Handout

1. **Purpose of the Presentation**
   a. Enhance counselors’ knowledge of the Chinese population’s acculturative stressors and struggles in the U.S.
   b. Introduce counseling implications to help the Chinese population overcome acculturation in the U.S.

2. **Are you aware the Chinese population?**
   a. 11% population in U.S.
   b. 20% world population
   c. 130,000 in the U.S. (2010)
   d. The largest Asian ethnic group in the U.S.
   e. Increased 57% 2000-2007 in the U.S.
   f. Reaching 2.9 million in 2004
   g. Over 95,000 Chinese international students enrolled in higher education in 2004
   h. 16.7% of international students in the U.S
   i. Main countries of Origin: China, Taiwan, Hong Kong

3. **Counseling Issues**
   a. Acculturation versus Adjustment
   b. Cultural Norms
   c. Conceal viewpoints Communication problems with professors & class
   d. Language Skills
   e. Work Challenges
   f. Isolation
   g. Ethnic Identity
   h. Mental Health
   i. Parenting Stress: Shameful & Failing - children’s misconduct
   j. Highly Value Academic Achievement

4. **Sharing Personal Experiences**
   a. Being a Chinese Counseling Professor in the U.S.-Dr. Yu-Fen Lin PhD LPC-S
   b. Helping Chinese/Asian counseling students/supervisees-Dr. Judy Nelson PhD LPC-S MFT-S
Reference


