

# R U ready for life after UNI? Survey questions.

Q. What will you do when you graduate?

Q. How do you feel about the above? Anxious, nervous, excited.

Q. What particular things you would like to discuss? Home, Family, Work, Church, Ministry, Migration, Guidance

## TOPIC : What happens when you go home to your country?

1. Transitions
2. Reverse culture shock
3. Expectations
4. Priorities
5. Things you can and cannot control.

### 1. Transitions and changes.

**Problem:** When you leave uni and go home you are experiencing change. It takes time to adapt to each change. The more things that change the harder it is to adapt.

Identify the changes taking place in your life. Tick the ones that apply to you.

Student → worker

Australia → home country

Independence → living with family

Caring for self → caring for others (family)

Church and focus in Australia → Finding a new church family

Friends in Australia → new and old friends at home

Culture in Australia → culture back home.

Single → married.

**Solution:** Try to minimise the number of big changes in your life at the same time.

For example – don't try to get married, find a new house and new job and move to a new country all at the same time. That is crazy! Spread them out and give time to get used each change before the next change.

### 2. Reverse Culture shock.

**Problem :** You have changed as a result of studying in Australia. Do you know how you have changed as a person?

**Problem :** You don't feel like an Australian in Australia neither do you feel like someone from your country in your own country. You have become a blend of cultures.

Relationships : are you more collective or individual ? welcoming or suspicious? dating or arranged?

Speech : English or your own language?

Customs : Aussie or Your culture (e.g. talking to elders)

Attitudes towards time:

Cultural Obligations :

**Solution:** don't fight it. Recognise how you have changed and understand that people in your country haven't changed. Be patient and see your experience as an advantage to help others.

### 3. Expectations.

Expectations affects how we face changes and challenges. If we have false expectations then we will have a harder time to cope with these changes.

Question : Do you expect life to get harder or easier after uni?

**Problem:**

Reality : life will get Harder because of work, family, health

False expectations : Nearly everybody thinks life will be easier.

**Solution:**

If we expect life to become harder then it will not surprise us when it hits us. We are prepared to face it. We will have less questions or doubts in our minds.

### 4. Priorities.

Your life will become more complicated and you will need to juggle multiple responsibilities. Work & family & church and many other responsibilities. It is easy to become completely overwhelmed by all your responsibilities and lose the reason why you are actually alive and what you are living for. It is important to understand how life functions and work and what your priorities are in life.

<p><b>1. Important/Not urgent</b></p> <p>Things that are important and should be maintained regularly</p>	<p><b>2. Important/Urgent</b></p> <p>Things that are in crisis.</p>
<p><b>4. Not important/ not urgent</b></p> <p>Big time wasters</p>	<p><b>3. Not important/urgent</b></p> <p>Usually takes our attention usually unexpected</p>

Box 1. Must work to maintain these regularly – it is usually the first things that people give up. If you neglect part it will become urgent then it becomes bad.

Box 2. You must not spend a lot of time in this box if you are it means your life is out of control. You are in crisis all the time.

Box 3. You should learn to manage this well by knowing when to say yes and when to say no because it will be an interruption to your life but be of no benefit to you or others. This can also potentially take control of your life.

Box 4. Unfortunately this box are time wasters , things which do not benefit anybody. But we spend a lot of time in this box. E.g. youtube , facebook

Try and identify which boxes the following items belong in your life?

Relationship with God – Fellowship, church, prayer and faith

Health - Rest and sleep, eating healthily, exercise

Work – success , pay the bills, ambition, overtime

Entertainment - friends , holiday

Family :

#### **5. Things in your control and things not in your control.**

It will be good to understand what things are under your control and which things are not under your control. This has to do with God's guidance and decision making. There are many things that will not be under your control. For example – family demands and responsibilities, work demands , health and so on. With regards to things you cannot control you can only depend on God to be in control of these things. But where you have control over things like what you eat, when you sleep, what is your priorities these things are determined by the things you value and put as priority. And your values and priorities should be shaped by Jesus and his words. It guides the choices you make and how you trust God in life unexpected surprises.

You also have control over your response to things that are not in your control.

#### **Bible values:**

Luke 10:27 Love God.

1 Tim 6:6 : contentment

Phil 4:6 : do not be anxious

Matthew 6:19-21