

Cross-cultural Communication and Adaptive Training Strategies in the Management of International Students

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Abstract: With the development of globalization and the trend of internationalization of education, more and more students choose to study abroad, which makes cross-cultural communication and adaptability increasingly prominent. This paper makes an in-depth analysis of the actual experience and needs of international students in cross-cultural communication and adaptability. It is found that the cross-cultural adaptability of foreign students is influenced by multiple factors such as individual characteristics and external environment, and effective cross-cultural communication is the key to improve the adaptability of foreign students. However, due to cultural differences and language barriers, international students face many challenges in cross-cultural communication. Therefore, this study puts forward a series of strategies to improve the cross-cultural communication and adaptability of foreign students, including strengthening the training of cross-cultural communication ability, establishing an effective cross-cultural communication mechanism, improving the psychological adaptability of foreign students and strengthening the education of cultural sensitivity and adaptability. The results show that the implementation of these strategies can effectively improve the cross-cultural communication ability of foreign students, enhance their psychological adaptability, and thus better integrate into the new cultural environment. This will not only help improve the quality of study and life of international students, but also promote international exchanges and cooperation.

1. Introduction

With the deepening of globalization, the field of higher education has also ushered in an unprecedented wave of internationalization. This trend of internationalization is reflected in many aspects: increasingly frequent academic exchanges, optimized allocation of educational resources around the world, and significantly enhanced international mobility of students [1]. Under this macro background, the importance of international student management is increasingly prominent [2]. The management of international students not only involves students' academic guidance and life service, but also helps them overcome all kinds of troubles caused by cultural differences so that they can adapt to the new learning and living environment more quickly [3]. Therefore, cross-cultural communication and adaptability cultivation have become an indispensable part in the

management of international students.

The obstacle of language communication is one of the most common problems that international students encounter. Even though many foreign students have passed the language test before going abroad, they may still encounter various difficulties in actual communication. Dialects, slang and even differences in body language and facial expressions in different regions may cause misunderstanding and confusion [4]. Cultural differences are also important issues that international students need to face. Every country and region has its own unique social customs and behavioral norms, which may be completely different from the cultural background of international students. Differences in lifestyle cannot be ignored. Eating habits, habits of using public facilities, social etiquette, etc., may make newly arrived international students feel uncomfortable [5].

In order to help foreign students better adapt to the new environment, it is particularly important to cultivate cross-cultural communication and adaptability. The purpose of this study is to explore the cross-cultural communication and adaptive training strategies in the management of international students.

2. Theoretical basis and practice of cross-cultural communication

2.1. The definition and importance of cross-cultural communication

Cross-cultural communication refers to the process in which people from different cultural backgrounds transmit information and emotions through language, behavior and habits [6]. Under the background of globalization, the importance of cross-cultural communication is increasingly prominent. It is not only related to personal career development and social integration, but also affects the harmony and stability of international relations. For international students, mastering cross-cultural communication skills is an important guarantee for their successful study and life in foreign countries.

The theoretical framework of cross-cultural communication mainly includes cultural dimension theory, face negotiation theory and cross-cultural adaptation theory. These theories explain the key factors in cross-cultural communication from different angles, such as cultural differences, communication strategies, face management and so on. Understanding these theories will help us to understand the essence and difficulties of cross-cultural communication more deeply.

2.2. An application example of cross-cultural communication in the management of international students

In the management of international students, there are numerous examples of cross-cultural communication. For example, when solving misunderstandings and conflicts between foreign students and the school or classmates, the application of cross-cultural communication skills can often resolve contradictions and promote mutual understanding and cooperation [7]. In addition, in the daily management of international students, such as accommodation arrangements, curriculum settings, etc., it is also needed to fully consider the cultural background and needs of international students to ensure the smooth progress of their study and life.

Cross-cultural communication faces many challenges, such as language barriers, misunderstandings and conflicts caused by cultural differences. In order to meet these challenges, we can adopt a series of strategies, such as improving language proficiency, enhancing cultural sensitivity, learning and respecting other countries' cultural customs, etc. Furthermore, international student management institutions should also provide corresponding support and training to help international students better adapt to the new cultural environment and achieve effective cross-cultural communication.

3. Cross cultural adaptability in international student management

3.1. The influencing factors of cross-cultural adaptability among international students

Cross-cultural adaptability refers to the ability to adjust and adapt when individuals face different cultural backgrounds. For international students, cross-cultural adaptability means not only adapting to the surface cultural features such as new language, food and lifestyle, but also understanding and accepting the deep cultural elements such as new values, social customs and ways of thinking [8]. This adaptation process is complex, involving psychological, social and behavioral aspects. There are many factors that affect the cross-cultural adaptability of foreign students (see Figure 1).

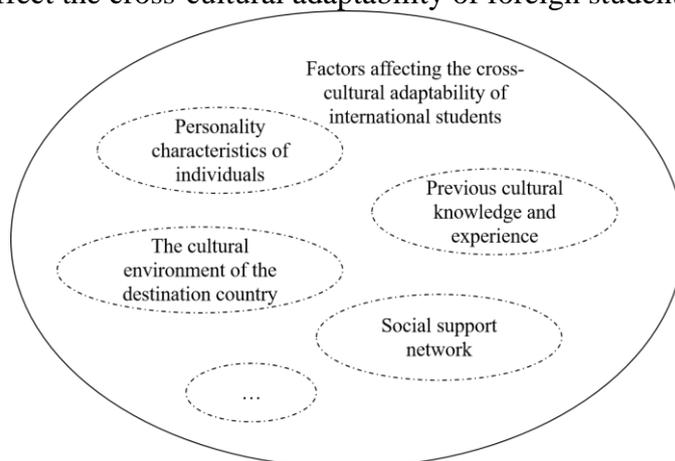


Figure 1: Factors affecting cross-cultural adaptability of international students

As shown in Figure 1, an individual's personality characteristics, such as openness and flexibility, will significantly affect his speed and degree of adapting to a new culture. Previous cultural knowledge and experience will also have an important impact on the adaptation of new culture. Social support network, including the support of family, friends and classmates, is also a key factor affecting cross-cultural adaptability. The cultural environment of the destination country, such as the degree of acceptance of foreigners and the size of cultural differences, will also have an impact on the cross-cultural adaptability of international students.

3.2. Ways to improve the cross-cultural adaptability of international students

In order to improve the cross-cultural adaptability of international students, comprehensive measures can be taken from multiple dimensions.

(1) Provide cross-cultural communication skills training.

The training of cross-cultural communication skills is an important part of improving the cross-cultural adaptability of foreign students [9]. This kind of training should include the deepening of language learning, the understanding of nonverbal communication, and how to deal with communication barriers caused by cultural differences. By simulating real communication scenes, foreign students can learn how to communicate effectively in different cultural backgrounds, which can not only enhance their language ability, but also improve their cultural sensitivity and communication confidence.

(2) Organizing cultural adaptability counseling activities.

In addition to language communication, understanding the culture of the destination country is also the key to cross-cultural adaptation. Organizing counseling activities specifically for cultural adaptability can help foreign students understand and accept the cultural customs and values of the

new environment more quickly. These activities can include cultural lectures, field trips, role-playing, etc., aiming to let foreign students learn how to behave appropriately in the new cultural environment through personal experience.

(3) Establish a mutual aid group for international students.

The establishment of a mutual aid group for international students can provide a community for international students to support each other and share their experiences. In this group, they can exchange their life and study experience in the new cultural environment and face and solve problems together. This kind of mutual help and support between peers can greatly alleviate the loneliness and cultural shock that foreign students may encounter in a foreign country.

(4) Encourage international students to actively participate in local social activities.

Actively participating in local social activities is an important way for foreign students to integrate into the new culture. By participating in various community activities, voluntary service or cultural exchange activities, international students can not only increase the opportunities for interaction with local people, but also get a more intuitive understanding of local culture and lifestyle. This kind of on-the-spot social participation plays an irreplaceable role in improving the cross-cultural adaptability of international students.

3.3. Case implementation

This section takes an American student as an example to elaborate on how to improve their cross-cultural adaptability. John, an American student, chose to study in China to experience and learn the culture of China. For John, China is an exotic country, but it also brings a series of challenges of cross-cultural adaptation. Figure 2 shows the cross-cultural adaptability improvement scheme of American student John.

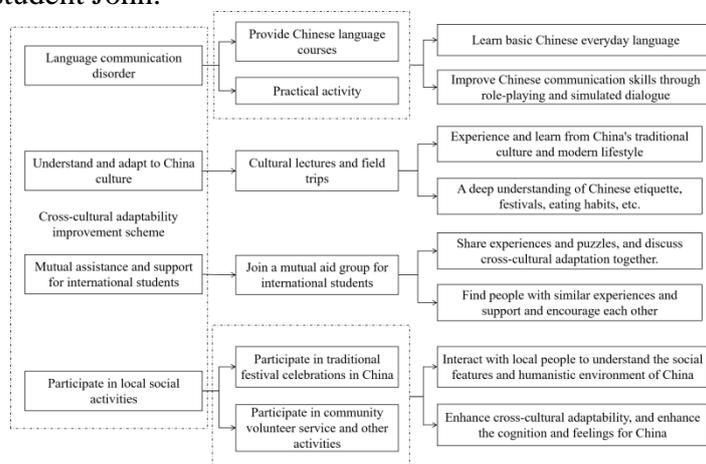


Figure 2: Cross-cultural adaptability improvement scheme

First of all, John faces obstacles in language communication. Although his English level is very high, he needs to learn how to communicate effectively in Chinese. In order to help him overcome this challenge, the school can provide him with Chinese language courses and teach him some basic Chinese everyday language. In addition, through practical activities such as role-playing and simulated dialogue, John can master Chinese communication skills faster and improve his ability to communicate with local people. Secondly, John needs to understand and adapt to China's cultural customs and values. This includes etiquette, festivals and eating habits in China. The school can organize cultural lectures and field trips, so that John can experience and learn the traditional culture and modern lifestyle of China. Through these activities, John can have a deeper understanding of the essence of China culture and learn to behave appropriately under the cultural

background of China. In addition to the support of the school, John can also join a mutual aid group for international students and share their experiences and puzzles with other international students from different countries. In this group, he can find people with similar experiences, discuss cross-cultural adaptation together, and support and encourage each other. This kind of mutual help and sharing between peers can make John feel warmer and more belonging. Finally, the school can encourage John to take an active part in local social activities, such as traditional festival celebrations in China and community volunteer service. Through these activities, John can have more interaction with local people and get a deeper understanding of China's social features and humanistic environment. This kind of on-the-spot social participation can not only improve John's cross-cultural adaptability, but also enhance his cognition and affection for China.

4. Cross-cultural communication and adaptive training strategies in the management of international students

(1) Strengthen the training of cross-cultural communication skills.

In order to improve the cross-cultural communication ability of international students, special training courses should be organized regularly. These courses can include language training, cultural differences training and communication skills training. Through role-playing and group discussion that simulate real scenes, foreign students can learn and master the skills of cross-cultural communication in practice.

(2) Establish an effective cross-cultural communication mechanism

Establishing an effective cross-cultural communication mechanism is the key to ensure smooth communication between international students and management institutions, teachers and classmates. This includes setting up consulting service for international students, holding cultural exchange activities on a regular basis and establishing feedback mechanism for international students. These measures can help international students solve communication problems in time and enhance their sense of belonging and satisfaction.

(3) Strategies to improve the psychological adaptability of foreign students.

Psychological adaptability is an important part of cross-cultural adaptation. In order to improve the psychological adaptability of foreign students, the school can adopt the following strategies: providing psychological counseling services to help foreign students cope with the psychological pressure brought about by cultural shock; Organize team building activities to enhance the teamwork ability of international students; Encourage foreign students to participate in sports activities and cultural performances to enhance their self-confidence and expression ability.

(4) Strengthen the education of cultural sensitivity and cultural adaptability.

Strengthening the education of cultural sensitivity and cultural adaptability is the key to improve the cross-cultural adaptability of foreign students. This includes introducing the characteristics, values and customs of different cultures to international students, and educating them how to respect and accept cultural differences. Furthermore, we should also cultivate foreign students' critical thinking so that they can rationally analyze and deal with the problems brought about by cultural differences. Through these educational measures, foreign students can face cross-cultural challenges with more confidence and better adapt to and integrate into the new cultural environment.

5. Conclusions and suggestions

Through the in-depth analysis of cross-cultural communication and adaptability in the management of international students, this study draws the following main findings: First, the cross-cultural adaptability of international students is not only influenced by individual

characteristics, but also restricted by external environment. Therefore, improving the cross-cultural adaptability of foreign students needs to start from many aspects, including providing language and cultural training and strengthening social support networks. Secondly, cross-cultural communication plays a vital role in the management of international students. Effective cross-cultural communication can not only help foreign students better adapt to the new cultural environment, but also promote their understanding and cooperation with local people. However, due to cultural differences and language barriers, cross-cultural communication often faces many challenges. Finally, this study finds that the cross-cultural adaptability of foreign students can be effectively improved by strengthening the training of cross-cultural communication ability, establishing an effective cross-cultural communication mechanism and improving their psychological adaptability. The implementation of these measures requires the joint efforts and cooperation of international student management institutions, teachers, classmates and all sectors of society.

Based on the above findings, this study puts forward the following practical suggestions:

First, international student management institutions should regularly organize cross-cultural communication and adaptive training to help international students understand and adapt to the new cultural environment. These trainings can include language courses, cultural lectures, role-playing and other activities to improve foreign students' language ability and cultural sensitivity.

Second, establish an effective cross-cultural communication mechanism, such as holding cultural exchange activities on a regular basis and setting up consulting services for international students, so as to promote the interaction and understanding between international students and local people. Furthermore, encourage international students to actively participate in local social activities and increase their social circle and cultural experience.

Third, pay attention to the mental health of international students and provide psychological counseling and support services. Foreign students may encounter various psychological challenges in the process of cross-cultural adaptation, such as loneliness and anxiety. Therefore, it is very important to provide timely and effective psychological support to help them through the adaptation period.

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