Appendix B

Background

1. What motivated you to go to college?

Cultural mismatch

1. What are some values that have been important to your family?
2. What are some values you associate with the college campus here at [name of university]? In what ways, if any, are the values promoted at [name of university] different from the values at home—in your family?
3. How do your own personal values relate to the values of your family and the University? In what ways have you experienced tension or conflict with family obligations or values and (your own) values or priorities at [name of university]?

Relational concerns and help-seeking behavior

1. Today, we’re going to talk about different types of stress that might arise while you’re in college: financial, academic, and personal. Think of a specific financial problem you have related to going to college. How did/do you cope with this financial problem?
2. Now think of a specific academic concern you have or have had in college. How did/do you cope with this problem? How does it make you feel to talk about this problem with other people?
3. Now think of a specific personal concern (e.g., psychological or emotional) you have or have had in college. How did/do you cope with this problem? How does it make you feel to talk about this problem with other people?
4. Who do you talk to about your problems?
5. What about times when you might choose not to seek out support? How do you cope?
6. What are some reasons why you might hesitate to ask your friends and/or your family for support? What kinds of burdens or concerns?
7. What kinds of judgments from family members and/or society (e.g., friends, neighbors) are you concerned about? How do they affect you?