

## Abstract

In order to understand the acculturation of international or exchange students, a cross-cultural study was carried out in Hong Kong and Canada. Two hypotheses were tested. The first hypothesis suggested that students with higher independent self-construal would experience less acculturative stress in individualistic Canada but more stress in collectivistic Hong Kong. Vice versa, students with higher interdependent self-construal would experience less stress in Hong Kong but more stress in Canada. Besides, it was also hypothesized that students with more perceived social support would have less stress. The coping strategies adopted by the international or exchange students were also examined. Correlation tests and  $2 \times 2 \times 2$  ANOVA were conducted and results supported both hypotheses partially. It was discovered that “Acceptance” was the most frequent coping strategy used by the students.