

Discussion Guide for *Adjusting to Life in the USA*
Book Club & Discussion Questions
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These questions are for book clubs, ESL classrooms, and community groups who want a flexible, chapter-free format to discuss themes from *Adjusting to Life in the USA*. Use this guide to spark reflection, conversation, and connection among readers. The questions are designed for readers of all backgrounds and experiences with U.S. culture.

General Discussion Questions

1. What was your first impression of the United States when you arrived? Has it changed over time?
2. The author shares this statement in her videos, "You're not failing — you're adapting." How does this statement help you reframe your experience?
3. What challenges did you face in the beginning that now feel easier? What helped you improve?
4. How does American communication feel different from what you were used to in your home country?
5. What are some unspoken cultural rules you had to learn by experience?
6. How have you dealt with feelings of isolation or homesickness while living in the U.S.?
7. What are some ways you've started to feel a sense of belonging or community here?
8. How do you balance keeping your culture while adapting to American life?
9. What small habits or systems have helped you feel more confident or organized in your new life?
10. What advice would you give to someone just arriving in the U.S. today?

Bonus Prompts for Conversation

- Share a funny or confusing moment you experienced because of a cultural misunderstanding.
- Talk about a person who helped you feel welcome in the U.S. What did they do that made a difference?
- What does "home" mean to you now?