In today's society, it is difficult to define a person by a single dimension. A person's definition and positioning in this society is often determined by many aspects. In my opinion, my definition of my identity is different at different stages, and in the United States as well. When I first arrived in the United States, I was often confused about my identity: who am I?

After coming to the United States, my way of thinking and world view was greatly impacted. This kind of impact is not in a negative sense. On the contrary, it is such "cultural conflict" that makes me have a more complete and comprehensive understanding of myself and make me clearer about my definition of myself. Here, people use a very different ideology to view things. For me, what I feel most strongly about is the idea of family. Here, family does not seem to be the most important factor people value in family relationships. It may seem abstract, but I can't imagine a young adult who hasn't graduated having to pay all the bills alone. I couldn't believe it when my American friends told me the fact. In China, that probably won't happen. It is not a matter of independence or ability, nor do we take our parents' efforts for granted. In fact, we know that one day we will have to take care of our parents, just as they took care of us when we were young. As far as I know, many American parents must think about the problem of retirement alone when they get old, which is inconceivable to me. As a newcomer to the United States, I felt lost in a society which is so different from China in many ways.

When I first faced this "culture conflict," my solution was to try to assimilate fully into American life: think like an American, act like an American. I made a conscious effort to join the "Americans" at some social events, but this deliberate effort didn't go well. It's a stressful social situation, as if everything comes with a mission. In this state, I am not like a young man who just went to college, but like a trained secret agent, carefully hiding himself. It soon became clear to me that such an approach was not feasible. Not only was it hard for me to really fit into their lives, but it was also making my own life more stressful: I was so busy running from one social event to another that I could barely get away.

Slowly I began to understand that, in fact, even if you imitate very well, you can hardly be truly American. I realized that the difference between the way I think and the environment I grew up in is not something that can be easily changed. I began to seek a new approach: try to fit in with the ABC community. I guess, maybe the same cultural background can help me better integrate into American life? But in fact, I was wrong again. Even though I thought we were both from China, in fact, it was their parents who really shared my cultural background, not these Asian faces who were my age and grew up in the United States. Growing up in different environments is destined to have an invisible barrier between us. In their minds, they identify themselves more as American, or Asian-American, than as Chinese, Japanese, or Korean living in the United States.

Eventually, I realized that in such a diverse country, there is no need to change who you are. In most cases, sticking to your original culture will be respected. I put a label on myself: a Chinese student studying in the United States. Yes, I am a Chinese and I am proud of my nationality and culture. I feel comfortable with the Chinese way of thinking and doing things, and I don't feel pressure to socialize with other people.