Synthesizing Research Findings - Themes and Insight Statements

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Difficulty knowing about or accessing resources

- Not understanding the credit system
- Not knowing wait times and delays in the application process
- Wished he had known more about the resources and services available to refugees when he first arrived in Canada
- Not enough awareness on the weather and having difficulties coping with winter seasons
- Lack of knowledge about available resources and support for newcomers.
- To encourage other young refugees to reach out for help, stay connected to their community, and not give up when faced with challenges.
- Language barrier and difficulty understanding the process of obtaining necessary documents
- Difficulty navigating the Canadian bureaucratic system and finding the right office or department to go to
- Have access to events and programs available for new immigrants
- "I wish I had known more about the resources and services that were available to refugees"
- Difficulty finding and accessing resources to help with the transition process
- Asking questions
- Increased access to resources
- researches on their own when there's no one to ask
- Goes to events whenever they are aware of it
- Have access to events and programs available for new immigrants
- Utilizes social media to find relatable experiences
- Trial and error their way through most situations they are in

Feeling Isolated and overwhelmed

- Unhealthy mental state from all the stress and isolation
- Feeling overwhelmed and isolated in a new environment
- Cultural shock and having difficulties understanding of the norms
- Having the network to experienced communities with the same background and language
- Desire for a sense of community
- Overwhelmed and stressed to ask questions
- Addressing culture shock
- Have access to events and programs available for new immigrants
- connects to families and friends back home to avoid the feeling of loneliness
- To encourage other young refugees to reach out for help, stay connected to their community, and not give up when faced with challenges.

Difficulty in finding stability

- Having a hard time getting hired for the first time since most job positions demanded Canadian work experience
- Difficulty navigating the complex Canadian immigration system
- Financial hardship and difficulty finding employment
- Not knowing where to stay and where to rent
- Difficulty finding and accessing resources to help with the transition process
- Search for stability particularly with regards to finding work and housing.
- Increased access to resources
- Trial and error their way through most situations they are in
- Have access to events and programs available for new immigrants
- Asking questions
- researches on their own when there's no one to ask

Insight statement for "Difficulty knowing about or accessing resources "

"New immigrants would like to avoid the difficulty of knowing about or accessing resources that could help them adjust to life in Canada, but they fear asking for help due to language barriers, cultural differences, and concerns about appearing needy or dependent."

Insight Statement for "Feeling Isolated and overwhelmed"

"New immigrants would like to avoid the feeling of isolation and the difficulty of adjusting to life in Canada, but they fear not being able to find the support and resources they need to thrive in their new home."

Insight Statement for "Difficulty in finding stability"

"New immigrants have the desire to establish stability in their new home, but they fear the challenges and barriers that can prevent them from achieving this goal."