Dear Study Abroad Returnee,

Welcome back to the United States and to the Lessons from Abroad returnee conference! We hope you had a wonderful experience studying and living in another country.

How does it feel to be back? We understand, all too well, that coming home may be more difficult than you anticipated. While some students make the transition back with ease, many others find the adjustment upon return to the United States to be a bit trying and confusing. While it is great to be reunited with loved ones and hang out in all the old, comfortable places, you may still feel a little disoriented and miss many aspects of your time abroad. It could be that you are finding your friends and family cannot relate to your experience abroad, or perhaps it is difficult to be back in an American classroom. No doubt your usual routine may seem a tad boring after the excitement and novelty of Madrid, Hyderabad, Cape Town, or Buenos Aires. We are here to assure you these feelings are quite normal. Re-entering your home culture can be just as difficult as adjusting to your host culture. For some students it may be even more challenging.

Today’s conference and this booklet are replete with tips and tools designed to facilitate the most common stages of reverse culture shock and guide you towards ways to apply and utilize your abroad experience in future endeavors. Read on for information and resources on surviving the perils of re-entry “shock,” embracing the return to your home culture, further work, volunteer or study abroad opportunities, and utilizing your “lessons from abroad” in your career development.

Today you will hear from a wide array of speakers who all understand the ups and downs of returning home after studying, living and working abroad. Many of our speakers have made a career out of their passion for travel and exploring new cultures. We hope that after today’s conference you will be equipped with new ideas and resources for how to continue pursuing your own passions as a global citizen.

This conference is made possible through the collaborative efforts of international education professionals. These colleagues know firsthand the power of a study abroad experience and with this conference, seek to provide students with resources to carry that transformative experience far into the future. We look forward to spending the day with you and inspiring the life-long learning and application of your “Lessons from Abroad!”

Warmest regards,

The LFA Conference Planning Committee
LFA Conference Objectives

- Meet other recent study abroad returnees from your regional area
- Explore various perspectives on the meaning of your study abroad experience
- Learn how to convey your newly-acquired international skills in a job interview
- Discover how you can teach, work, volunteer or study abroad after graduation
- Network with professionals in internationally-focused jobs
- Stay connected to and share stories about your study abroad experience

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The world is a book, and those who do not travel read only a page.”

– St. Augustine
TEN TOP IMMEDIATE REENTRY CHALLENGES

As Rated by University Students

Dr. Bruce La Brack

There are lots of reasons to look forward to going home, but there are also a number of psychological, social and cultural aspects which can prove difficult – often because they are unanticipated. The following list was generated by interviewing students like you who have been through the experience and survived nicely. However, they say you should take the process seriously by being realistic and thinking about it and your possible reactions. They offer the following thoughts on reentry for your consideration in the hope they will make your return both more enjoyable and more productive.

1. **BOREDOM**

After all the newness and stimulation of your time abroad, a return to family, friends, and old routines (however nice and comforting) can seem very dull. It is natural to miss the excitement and challenges which characterize study in a foreign country, but it is up to you to find ways to overcome such negative reactions – remember a bored person is also boring.

2. **“NO ONE WANTS TO HEAR”**

One thing you can count on upon your return: no one will be as interested in hearing about your adventures and triumphs as you will be in sharing those experiences. This is not a rejection of you or your achievements, but simply the fact that once they have heard the highlights, any further interest on your audiences’ part is probably unlikely. Be realistic in your expectations of how fascinating your journey is going to be for everyone else. Be brief.

3. **YOU CAN’T EXPLAIN**

Even when given a chance to explain all the sights you saw and feelings you had while studying abroad, it is likely to be at least a bit frustrating to relay them coherently. It is very difficult to convey this kind of experience to people who do not have similar frames of reference or travel backgrounds, no matter how sympathetic they are as listeners. You can tell people about your trip, but you may fail to make them understand exactly how or why you felt a particular way. It’s okay.

4. **REVERSE “HOMESICKNESS”**

Just as you probably missed home for a time after arriving overseas, it is just as natural to experience some reverse homesickness for the people, places, and things that you grew accustomed to as a student overseas. To an extent it can be reduced by writing letters, telephoning, and generally keeping in contact, but feelings of loss are an integral part of international sojourns and must be anticipated and accepted as a natural result of study abroad.

5. **RELATIONSHIPS HAVE CHANGED**

It is inevitable that when you return you will notice that some relationships with friends and family will have changed. Just as you have altered some of your ideas and attitudes while abroad, the people at home are likely to have experienced some changes. These changes may be positive or negative, but expecting that no change will have occurred is unrealistic. The best preparation is flexibility, openness, minimal preconceptions, and tempered optimism.

6. **PEOPLE SEE “WRONG” CHANGES**

Sometimes people may concentrate on small alterations in your behavior or ideas and seem threatened or upset by them. Others may ascribe “bad” traits to the influence of your time abroad. These incidents may be motivated by jealousy, fear, or feelings of superiority or inferiority. To avoid or minimize them it is necessary to monitor yourself and be aware of the reactions of those around you, especially in the first few weeks following your return. This phase normally passes quickly if you do nothing to confirm their stereotypes.
7. PEOPLE MISUNDERSTAND

A few people will misinterpret your words or actions in such a way that communication is difficult. For example, what you may have come to think of as humor (particularly sarcasm, banter, etc.) and ways to show affection or establish conversation may not be seen as wit, but aggression or “showing off.” Conversely, a silence that was seen as simply polite overseas might be interpreted at home, incorrectly, as signaling agreement or opposition. New clothing styles or mannerisms may be viewed as provocative, inappropriate, or as an affectation. Continually using references to foreign places or sprinkling foreign language expressions or words into an English conversation is often considered boasting. Be aware of how you may look to others and how your behavior is likely to be interpreted.

8. FEELINGS OF ALIENATION

Sometimes the reality of being back “home” is not as natural or enjoyable as the place you had constructed as your mental image. When real daily life is less enjoyable or more demanding than you remembered, it is natural to feel some alienation. Many returnees develop “critical eyes”, a tendency to see faults in the society you never noticed before. Some even become quite critical of everyone and everything for a time. This is no different than when you first left home. Mental comparisons are fine, but keep them to yourself until you regain both your cultural balance and a balanced perspective.

9. INABILITY TO APPLY NEW KNOWLEDGE AND SKILLS

Many returnees are frustrated by the lack of opportunity to apply newly gained social, technical, linguistic, and practical coping skills that appear to be unnecessary or irrelevant at home. To avoid ongoing annoyance: adjust to reality as necessary, change what is possible, be creative, be patient, and above all use the cross-cultural adjustment skills you acquired abroad to assist your own reentry.

10. LOSS/COMPARTMENTALIZATION OF EXPERIENCE (SHOEBOXING)

Being home, coupled with the pressures of job, family, and friends, often combine to make returnees worried that somehow they will “lose” the experience. Many fear that it will somehow become compartmentalized like souvenirs or photo albums kept in a box and only occasionally taken out and looked at. You do not have to let that happen: maintain your contacts abroad; seek out and talk to people who have had experiences similar to yours; practice your cross-cultural skills; continue language learning. Remember and honor both your hard work and the fun you had while abroad.
# Soundbyting Exercise: Reflecting on Your Study Abroad Experience

*Note your top memory in each area.*

<table>
<thead>
<tr>
<th>Biggest Cultural Mistake:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Funniest moment:</td>
</tr>
<tr>
<td>Scariest experience:</td>
</tr>
<tr>
<td>Most thrilling memory:</td>
</tr>
<tr>
<td>Most moving experience:</td>
</tr>
<tr>
<td>An important relationship:</td>
</tr>
<tr>
<td>A trip I took:</td>
</tr>
<tr>
<td>Other:</td>
</tr>
</tbody>
</table>

## Choose ONE Memory and Give the Highlights

*Focusing on one memory, write down the top 3-4 highlights or points you want to make.*

1. |
2. |
3. |
4. |

## Summarize and Generalize

*Summarize and generalize about the experience. Explain what you took away from the experience and what you learned about yourself, human nature, and/or interacting across cultures.*

---

*Adapted from Lessons from Abroad – Study Abroad Returnee Conference - Kate Berardo, 2008*
REFLECTION QUESTIONS

♦ What values, beliefs, and behaviors have I learned from my host country that I want to try to maintain while back in the U.S.?

♦ In what ways might these values, beliefs, and behaviors conflict with U.S. culture?

♦ How can I find support for these new values?

Source: Maximizing Study Abroad: A Student’s Guide to Strategies for Language and Culture Learning and Use
POSSIBLE OUTCOMES OF AN INTERNATIONAL EXPERIENCE

This sheet provides a handy reference of skills you may develop as a direct result of your experiences abroad. Use this to spark ideas for creating a resume, preparing for an interview, and reflecting upon your experiences.

**Skills**

- Understand cultural differences and similarities
- Adapt to new environments
- Learn through listening and observing
- Establish rapport quickly
- Function with a high level of ambiguity
- Take initiative and risks
- Utilize time management skills
- Identify problems and utilize available resources to solve the problems
- Accept responsibility
- Communicate despite barriers
- Learn quickly
- Handle difficult situations
- Handle stress
- Manage/organize
- Lead others in formal/informal groups
- Conduct research despite language and cultural differences
- Cope with rejection

**Qualities**

- Self-reliance
- High energy level/enthusiasm
- Appreciation of diversity
- Perseverance
- Flexibility
- Open-mindedness
- Assertiveness
- Inquisitiveness
- Self-confidence
- Self-knowledge
- Independence

*Source: Maximizing Study Abroad: A Student’s Guide to Strategies for Language and Culture Learning and Use*
LEVERAGING YOUR INTERNATIONAL EXPERIENCE

Students who have international experience are different than those who have not. Your unique set of skills and experiences set you apart from the average American student.

Have people assured you that your experience abroad “looks great on a resume?” They’re right! However, potential employers or members of graduate or professional school admissions may lack these experiences themselves. That’s why it’s up to you to effectively communicate the skills and proficiencies that will benefit their organization, convince them of the value of your experience, and demonstrate how this experience sets you apart from other applicants. You will have the opportunity to do this in your resume, your cover letter and even during your interview.

Skills
What skills or proficiencies have you acquired or enhanced while you were abroad? Take some time to reflect and write down those that come to mind. To get you started, some of the skills that professionals with international experience cite as being particularly useful in their careers include:

- Enhanced cultural awareness and sensitivity to customs and cultural differences
- Foreign language proficiency
- Nonverbal communication skills
- Adaptability
- Greater flexibility and receptivity
- Tolerance, sensitivity, listening and observing skills
- Ability to identify and achieve goals
- General improvement in communications skills
- Increased confidence, initiative, and independence
- Ability to deal with personal stress
- Sense of humor
- Awareness of global economic and political issues and realities
- Ability to maintain an open mind and be tolerant of others
- Clarification of goals and improved self-awareness
- General travel skills
- Resourcefulness
- Diplomacy and tact
- Organizational and people skills
- Problem solving and crisis management
- Patience
- Listening and observation
- Specific professional skills or knowledge base

Articulating transferable skills is not a simple process. Be sure to enlist the help of friends, alums, fellow professionals, your study abroad office and careers services office to help you determine which experiences produced relevant skills for the job search.

Resume
The goal of the resume is to demonstrate to potential employers that you would be valuable to their organization and to generate an interview. Research indicates that an employer spends approximately 30-40 seconds reading a resume, so keep these simple formatting tips in mind to start with:

- **Font** - Use standard non-serif fonts such as Courier, Arial, or Times New Roman in a readable font size.
- **Margins** - Use ½-inch to 1-inch margins for top, bottom, right, and left.
- **Style** - Highlight important facts and headings by bolding, underlining, indenting, capitalizing and/or using bullet points.
- **Action Verbs** - Use action verbs to begin statements describing skills and responsibilities.

“**I think I have my current job because of my experiences abroad. Those experiences gave me greater self-confidence and a greater understanding of myself, which led to my willingness to uproot myself and try new work in a new location.**”
- Higher Education Administrator

“**A global point of view is a critical skill set that is not easily come by in the US, and it is a skill set that facilitates creativity, diversity of thinking, and better skills for working with a variety of individuals with varied backgrounds, interests and capabilities.**”
- Advertising Executive
• Length - Be concise; a one-page resume is often adequate unless you have extensive applicable experience
• Paper - Use white or off-white resume paper only.
• Errors - Be grammatically perfect and free of typographical errors. Proofread!

Aside from the resume format, consider the content. Where are you locating your experience on your resume and how are you highlighting it? Consider listing your study abroad program in your education section rather than under activities or other experiences.

• B.A. Chapman University, Orange, CA
  Bachelor of Arts, Art History - May 2015
  L’Université de Paris IV, France, Fall 2013

If you completed an internship abroad, list it as work experience instead of an activity.

• Communications Intern, CNN Hong Kong
  Hong Kong, Hong Kong January 2014-May 2014

If you did a work program but the work was not particularly related to your intended profession, list it as work experience but concentrate more on the cross-cultural learning aspects and transferable skills of the job and less on other tasks.

• Forrester’s Arms Pub, Cape Town, South Africa
  Served patrons in a local restaurant, worked as the only American in a South African business, trained co-workers in American-style customer service.

Be sure to include any research you conducted abroad and the topic you focused on.

• Directed Research Topic: The Right of the Child: Children and Conflict in Sri Lanka

**Cover Letter**

How does your experience relate to your field? What field do you intend to work in? How might your international experience uniquely benefit a professional in that field? Work to specifically address this in both your cover letter and resume while also demonstrating the links between your acquired skills and the company’s needs. For example:

• My experience living in Nicaragua strengthened my Spanish language skills and enhanced my ability to adapt to various communication styles and interact effectively while working closely with the local Latino population.

• My education in Taiwan provided increased my cross cultural competence as I learned about the cultural differences that influence consumers and will improve my ability to contribute to international marketing initiatives.

**The Interview**

Consider in advance where and how you will refer to your experience abroad. While it is important, you should not use it as your only point of reference. Before the interview, think about various ways you can naturally incorporate the experience into your responses. If your interviewer remarks or asks about your international experience, take it as an opportunity to expand. Don’t let the opportunity pass by with a simple “Yes, it was great!” Prepare specific examples. Did you:

• Do a specific project or research applicable to your field of interest while abroad?
• Travel independently?
• Learn to work with a more diverse group of people than you had previously been exposed to?
• Resolve a conflict based on misunderstandings or cultural differences?
• Learn new activities, languages, hobbies, or skills?

“My experience in Russia and Ukraine differentiated me from the masses of “standard” college grads hunting for the most desirable jobs. I heard it time and again from employers.”
-Advertising Account Planning Manager

“I usually bring up my international experience when asked, ‘tell me something interesting about yourself’.”
-Clinical Research Coordinator

“My international experience is always asked about, whether it is relevant to the position or not.”
-Director of Conferences for a Professional Association

Source: Adapted from University of Minnesota, Learning Abroad Center & Sally Cardenas, Cal State Dominguez Hills
STUDY ABROAD RESUME EXAMPLES

Allison Hernandez
766 Blythe St, Pasadena, CA 91107
626.555.9999 | allisonh@gmail.com

OBJECTIVE
A position in a public relations or advertising firm

EDUCATION
B.A. Communication emphasis in Advertising and Public Relations, May 2015 (anticipated)
University of California, Santa Barbara, CA
Minor: Sociocultural Linguistics

Study Abroad, August 2013-May 2014
Chinese University of Hong Kong
- Academic courses incorporated world issues from US and HK perspectives
- Developed familiarity with local customs and gained proficiency in spoken Cantonese
- One month of independent travel to six countries following year of study

RELATED SKILLS
- Created multimedia presentation using slides, music, and narration to brief incoming UCSB students during orientation
- Developed sales presentations and assisted with advertising campaigns including radio spots, newspaper ads, billboards, posters, brochures
- Coordinated informational sessions for perspective study abroad students as a Global Intern
- Networked with students and faculty from Hong Kong and other international destinations

EXPERIENCE
Advertising Intern
AdMax Media, Inc., Santa Barbara, CA
July 2013-Present
- Provide integral support of strategic pr and marketing campaigns for existing and new projects
- Create and maintain detailed media lists, track press coverage and update website’s press highlights page
- Update and maintain press pages on company website as well as update company blog
- Proof read and edit press materials
- Assist in fulfilling timely media requests
- Internet and media research

World News Editor
Daily Nexus, University of California, Santa Barbara, CA
August 2012-May 2013
- Managed world news reporters and designated assignments for the publication
- Worked cohesively with Daily Nexus staff and assisted with layout design

Senior Teller
Bank of America, Goleta, CA
August 2011-June 2012
- Processed customer deposits, cashed checks, managed cash box, sold products and services
- Resolved customer service issues and trained new tellers
- Insured customer satisfaction measured by monthly customer delight score

ACTIVITIES & AWARDS
University of Santa Barbara, California: Dean’s List, fall 2012-spring 2014
Lessons from Abroad, Study Abroad Returnee Conference: attended, November 2007
Rocky Mountain Leadership Conference: attended and presented, July 2007
Boys and Girls Club, Santa Barbara: volunteer, August 2005-June 2006
OBJECTIVE
Seeking employment with an organization focused on watershed science utilizing interpersonal relationships and analytical skills.

EDUCATION

<table>
<thead>
<tr>
<th>Degree</th>
<th>Field</th>
<th>Institution</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Study Abroad</td>
<td></td>
<td>Centrolinguistico Latinoamericano</td>
<td>Heredia, Costa Rica</td>
<td>May 2013-July 2013</td>
</tr>
<tr>
<td>Semester at Sea</td>
<td></td>
<td>University of Pittsburgh Institute For Shipboard Education</td>
<td>Spring 2012</td>
<td>♦ Attended a university program involving living on a ship for 3 ½ months and traveling to 10 countries</td>
</tr>
</tbody>
</table>

RELATED FIELD and CULTURAL SKILLS

- Fluent in spoken and written Spanish
- Basic understanding of Chinese
- Easily adapt to changing circumstances

Hydrologic Techniques
- Water Balance
- Discharge Measurements
- Stream Classification
- Floodplain Estimates

Computer Knowledge
- GIS (ArcView 3.5)
- Minitab Statistical Package
- MS Word & WordPerfect
- HEC-1 Modeling

RELEVANT EXPERIENCE

Editorial Assistant
Colorado Water Resources Research Institute | Fort Collins, CO | August 2013-present |
♦ Write nomination for Colorado State University faculty for awards in hydrology
♦ Write articles for the bi-monthly newsletter

Hydrologist (SCEP Position)
USDA Forest Service | Bly, OR | May-July 2012 |
♦ Conducted water quality sampling to determine the cause of phosphorus loading into the Upper Klamath Lake in Klamath Falls, Oregon.
♦ Attended a training course on stream assessments in Region 6
♦ Assisted the wildlife biologist locate Goshawk nests and GPS Aspen stands for elk habitat
♦ Educated school-aged children about water quality and conservation

LEADERSHIP EXPERIENCE

President, Student Chapter of the American Water Resources Association | January 2013-present |
Member, Natural Resources College Council | January 2012-present |
COVER LETTER GUIDELINES & SUGGESTIONS
FOR THE STUDENT WHO HAS INTERNATIONAL EXPERIENCE

Do not underestimate the power of a good cover letter. A well-written cover letter can make a critical difference in an employer’s estimate of your qualifications. An applicant with average qualifications may gain many interviews with a good cover letter, while a well-qualified candidate may defeat him or herself with a poorly written cover letter.

NOTE: If an internship or job you want requires writing skills, you must have a superior letter.

A COVER LETTER SHOULD:

• Demonstrate your writing skills and professionalism
• Show that you have researched your field of interest and the specific company/organization to which you are applying.
• Convey a sense of who you are - your personality.
• Summarize your qualifications (skills and education) that are relevant to the specific internship position.
• Communicate your interest and enthusiasm for the position and the company/organization.
• Use positive word choices like “I will,” “I can,” “I look forward,” as opposed to “If selected,” “I hope,” etc.
• Note the skills and knowledge you acquired as a result of your study abroad experience(s).
• Proofread your cover letter very carefully – it is an example of your writing ability.

EACH COVER LETTER MUST BE SPECIFIC – NO FORM LETTERS PLEASE!

Each cover letter must focus on the particular internship position and organization or company to which you are applying.

Do not use a form letter that varies only in such details as name or the organization or position title. Employers recognize these form letters very quickly.

Employers are much more impressed with someone who has taken the time to research and write a letter specifically directed to their internship or job opening and their organization.

EXAMPLE

John G. Student
A-Z University, Box 0001, Los Angeles, CA 90000
(301) 123-4567 (cell)
Email: jstudent@a-z.edu

November 1, 2015

Mr. Noah Gray
Human Resources Manager
TBWA/Chiat/Day
1111 Wilshire Blvd.
Los Angeles, CA 90046

Dear Mr. Gray:

Jennifer Greenleaf from A-Z University’s Internship Office informed me that TBWA/Chiat/Day is accepting resumes for summer 2011. I would like to be considered as a candidate for the Summer Advertising Intern position.

I am a double major in Marketing and Advertising at A-Z University. My long-term career goal is to work for an international company in the advertising arena. This internship will be the beginning of my career path. I am President of the Advertising & Communications Club. I am also the editor of our campus student newspaper, “The Student News.” My education has helped me develop a strong understanding of interpersonal communication as well as thorough organizational skills. Being active on campus while maintaining a 3.5 grade point average has enabled me to develop abilities in: managing team members, engaging with the public, reaching long- and short-term goals and multi-tasking – skills that match the requirements for the Advertising Intern position.

During the spring of 2010 I studied with the Danish Institute for Study Abroad in Copenhagen, Denmark. During breaks in the academic program and the months of June and July, I traveled extensively throughout Europe and particularly in Scandinavia, Turkey and Russia. The knowledge and skills I acquired during those six months – independence, problem-solving, the ability to build relationships with individuals from a wide variety of culture will be an asset as a TBWA/Chiat/Day intern.

My resume is enclosed for your review. I believe I am fully qualified for the Summer Advertising Intern position and I look forward to meeting you and discussing the opportunity in more detail. Should you need additional information, I will be happy to provide it. You may reach me at (301) 123-4567.

Sincerely,

John G. Student

Source: Sally Cardenas, Cal State Dominguez Hills
HIGHLIGHT YOUR STUDY ABROAD SKILLS IN A JOB INTERVIEW

First, think about some of the skills you may have gained/developed through study

<table>
<thead>
<tr>
<th>Ability to establish rapport</th>
<th>Diversity appreciation</th>
<th>Motivation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ability to handle stress and unfamiliar situations</td>
<td>Familiarity with local customs</td>
<td>Open-mindedness</td>
</tr>
<tr>
<td>Adaptability</td>
<td>Flexibility</td>
<td>Perseverance</td>
</tr>
<tr>
<td>Ability to make transitions</td>
<td>Goal establishment</td>
<td>Positive outlook</td>
</tr>
<tr>
<td>Adaptability</td>
<td>Independence</td>
<td>Research experience</td>
</tr>
<tr>
<td>Adventurous spirit</td>
<td>Initiative</td>
<td>Resourcefulness</td>
</tr>
<tr>
<td>Analytical experience</td>
<td>Intercultural Competence</td>
<td>Responsibility</td>
</tr>
<tr>
<td>Assertiveness</td>
<td>Language proficiency</td>
<td>Self-confidence</td>
</tr>
<tr>
<td>Creativity</td>
<td>Listening and observation</td>
<td>Self-reliance</td>
</tr>
<tr>
<td>Cross-cultural communication</td>
<td>Managing, organizing, or leading others</td>
<td>Teamwork</td>
</tr>
<tr>
<td>Curiosity</td>
<td></td>
<td>Time management</td>
</tr>
</tbody>
</table>

Second, reflect on the following prompts to help you identify and articulate specific indicators of the skills you learned abroad:

Identify an experience that would demonstrate that...

1. You have a basic command of the local language, and be able to use it in a practical situation (Student in Spain, apartment, work, took classes)
2. You can take personal risks and act independently
3. You can creatively solve problems by applying familiar concepts to unfamiliar situations
4. You can contribute to an ethnically diverse team
5. You can be self-confident, yet able to listen and learn from people whose value systems are different
6. You can be flexible and adaptable to rapidly changing situations

Third, use the experiences and situations described above to answer behavioral questions asked in an interview.

These interviews are based on the premise that your past performance is the best predictor of future performance in similar circumstances. Interviewers seek specific examples to get as detailed an understanding as they can about the way candidates have responded in similar situations and challenges. They are looking for proof that you can demonstrate the desired capabilities in the real world. There is a three-step process to answering these questions:

• Situation: Describe a challenge you faced similar to the example posed by the interviewer.
• Action: Explain the actions that you took to resolve the situation.
• Results/Outcome: Detail the beneficial and positive outcomes that came from your initiatives.

Below are some questions commonly asked in the behavior-based interview:

• Tell me about a time when you changed your approach to a project after starting it. Why did you feel it was necessary to make the change? What was the result?
• Give me specific examples of several projects you were working on at the same time. How did you keep track of their progress? How did they turn out?
• Describe a time when a team member openly criticized you for something. Why were you criticized? How did you respond? What could you have done differently?
• Give me a specific example of a time when you had to meet a deadline, but your professor wasn't available to answer a question and you were unsure how to proceed. What did you do? What was the outcome?
• Tell me about an interpersonal conflict you have had with someone and how you dealt with it.
• Tell me about a time when you were a leader of a group. What was the most difficult thing about that experience?
• Tell me about a time when you were working as part of a team and someone else wasn't pulling their weight. How did you handle it?

WAYS TO GO ABROAD AGAIN

There are a variety of ways to go abroad again after you have graduated. Even on a tight budget, work, volunteer and independent study opportunities are readily available to you. The information below is intended to provide an overview of some of the options and provide you with resources to start the search. It is by no means an exhaustive list.

Before researching any opportunity, you should consider the following:

- What to you hope to gain from the experience?
- Where would you prefer to go?
- Would you like to utilize any language skills? Are you proficient enough to work in that language?
- How long would you like to stay abroad?
- How important is it to be paid? Can you support yourself financially?
- How will the experience relate to longer-term academic or career goals?
- What types of travel documents (visas etc.) are required and how will you obtain them?

**Internships Abroad:** Just like at home, some internships pay, others do not, and some even require you to pay for the arrangements of the internship. You may find leads on internships abroad through: 1) your study abroad office 2) your Career Services Office 3) various work or volunteer abroad resources.

**Volunteering Abroad:** Volunteering provides a flexible schedule and varying time commitments. You may choose to participate in a work camp in France for two weeks, volunteer with street kids in Peru for three months, or teach school in Nicaragua for two years. Not only that, but volunteering can be a good resume builder in terms of getting that job you eventually want abroad.

**Short-term Work Abroad:** If you are unsure about the length of time you want to work abroad, you might consider looking for short-term projects, such as youth exchanges, internships, work-and-learn programs or working holidays. A short-term placement may give you the experience and background you need to decide whether you want to work abroad for an extended period.

**Working Abroad & International Careers:** It is important to understand the difference between working abroad and having an international career. Working abroad means you have a job in another country. Most companies are looking for engineers, computer experts, scientists or medical personnel. More and more companies are hiring host nationals to work in their offices abroad. In order to successfully work abroad it is helpful to have extensive experience in the country you plan to work.

- What passport do you hold? If you have dual citizenship it will be much easier for you to find employment. For example, if you have a French passport, you can legally work in any country within the European Union.
- Sponsorship - If you don't have the proper passport to work in your target country, you often need sponsorship from a company. This means lining up a job before you leave or working for an American company for a few years then transferring overseas.

International Careers are typically based in the United States. While working in the US, these jobs usually involve travel, allowing you to see different parts of the world. For such internationally focused jobs, consider looking into the foreign service, international education, international business, international relations, international development agencies, non-profits with a global focus, or working for an airline, travel agency, or tourism board.

**RESOURCES TO GET STARTED**

A number of organizations are specifically dedicated to fighting global issues and improve education, health and social and economic development for individuals around the world. Consider working for agencies such as

- [www.accion.org](http://www.accion.org) - whose goal is to send dedicated workers to the field to document the impact of microfinance loans
- [www.crossculturalsolutions.org](http://www.crossculturalsolutions.org) - with volunteer programs dedicated to community impact.
- [www.fdsinternational.org](http://www.fdsinternational.org) - supports community development programs and internships,
Various organizations and councils can also be potential sources for obtaining information about a career path.

- Check out your local club or [www.rotary.org/en](http://www.rotary.org/en) an organization of professionals worldwide who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace.
- The [www.worldaffairs council.org](http://www.worldaffairs council.org) is an association of independent organizations that work to engage and educate Americans on international affairs and foreign policy and often have regional chapters.
- [www.nafsa.org/careercenter](http://www.nafsa.org/careercenter) is an organization geared towards careers in International Education.
A number of well known non-profits also post jobs for work in many of their locations abroad, or in their US based headquarters. Examples include:

- [www.worldvision.org/about-us/job-opportunities](http://www.worldvision.org/about-us/job-opportunities) - which also has volunteer and internship opportunities,
- [www.oxfam.org/en](http://www.oxfam.org/en), or [www.habitat.org/hr](http://www.habitat.org/hr) - which also has projects you can volunteer on from one day to a year.
- [www.irex.org/careers](http://www.irex.org/careers) - has job openings both domestically and internationally
- [http://jobs.interaction.org/home/](http://jobs.interaction.org/home/) - is a network of organizations working in international development.

Consider pursuing a career through the [www.state.gov/careers/](http://www.state.gov/careers/) or the [www.cia.gov/careers/](http://www.cia.gov/careers/) all of which also have opportunities for internships and fellowships. [www.peacecorps.gov](http://www.peacecorps.gov) Volunteers serve in 77 countries across the globe.

**Teaching Abroad:** It is important to differentiate what type of teaching abroad you would like to do. There are short-term programs (summer or less than a year) & long-term (one year or more). Furthermore, certain programs will be for teaching English as a foreign language. For such options, the programs may be self-arranged or with a teaching program or language school. The teaching might consist of private tutoring, or running entire classes. The paid opportunities are largely in Asian countries, though there are options worldwide. TEFL Certificates for teaching in these programs may be required. You might also consider teaching at a K-12 international school. Such programs can require credentials, but don’t always.

### RESOURCES TO GET STARTED

There are many ways to teach abroad. Similar to internships and volunteer programs, there is frequently a fee associated with some of these programs, particularly if it includes TEFL certification. A good place to start might be a job-listing database, such as

- The University of Michigan [www.internationalcenter.umich.edu/swt/work/teach/](http://www.internationalcenter.umich.edu/swt/work/teach/) provides a good overview of student teach abroad options, with resources for those with or without a teaching certificate.
- [www.studyabroad.com](http://www.studyabroad.com) and [www.goabroad.com](http://www.goabroad.com) are extensive web sites listing teaching programs as well as internships and grad school programs abroad.
- [www.teflsearch.com](http://www.teflsearch.com) - is a comprehensive search engine for TEFL/ESL jobs abroad that includes everything from a blog to country specific budget worksheets
- [www.teachaway.com](http://www.teachaway.com) - offers teaching jobs, principal and school director jobs, and opportunities to teach English overseas in 70 countries.

There are also programs that help arrange teaching English jobs in a number of locations.

- [www.ciee.org/teach](http://www.ciee.org/teach) - arranges programs in Chile, China, the Dominican Republic, South Korea, Spain or Thailand.
- [www.languagecorps.com](http://www.languagecorps.com) - offers year-long teach abroad programs in South East Asia and Latin America.
- [www.worldteach.org](http://www.worldteach.org) - sets up year-long or summer teaching positions in Ecuador, Costa Rica, Namibia, the Marshall Islands and China.

There are programs that cover the cost of your teach abroad experience but often require an extensive application process.

- Think about the Fulbright ([http://us.fulbrightonline.org](http://us.fulbrightonline.org)) English Teaching Assistantships in numerous countries.
- The [www.cetp.info](http://www.cetp.info) arranges teaching English in Hungary
- The [www.jetprogramme.org](http://www.jetprogramme.org) is for teaching English in Japan,
- [www.marshall.edu/gochina/](http://www.marshall.edu/gochina/) arranges teaching English in China.
Graduate School Abroad: There are several ways to do post-graduate studies abroad. One option is to apply and enroll directly and another is to go through an American organization that facilitates full degree programs abroad. Also see the section about scholarship programs, fellowships, and other funding tips.

- **www.acrossthepond.com** A resource to help students interested in earning a grad degree in the UK.
- **www.ags.edu** No language requirement. Several tracks of study offered.
- **www.barcelona.uibs.org** 16 International Master’s Programs offered at the Barcelona Business School.
- **www.britishcouncil.us** Figure out how to obtain your masters degree in the UK.
- **www.degreesabroad-cis.com** Helps students enroll in graduate programs abroad in England, Scotland, Ireland, Australia, New Zealand, Spain and Switzerland.
- **www.findmasters.com** - A comprehensive database of postgraduate Masters abroad courses along with helpful advice.
- **www.fu-berlin.de/en/** - Master’s Programs taught in English offered Jointly by several universities.
- **www.gradschools.com** - Comprehensive listing of grad schools in countless countries.
- **www.internationalgraduate.net** - A website for graduate opportunities worldwide.
- **www.keiabroad.org** - Offers a variety of degrees including Associates, Bachelors, Masters, Doctoral, Certificate and Diploma programs in a wide range of academic disciplines.
- **www.mastersportal.eu** - European based search engine for masters programs.
- **www.richmond.ac.uk** - Earn your MA in Art History or International Relations at this London-based university.
- **www.studyinholland.nl** - Allows you to search for programs, scholarships and various study options in Holland.
- **www.univ.cc** - A searchable database of universities around the world.
- **www.globaled.us/wwcu/** - Resource of UCLA Center for Global Education that provides links to colleges and universities around the world.

Internationally Focused Degrees in the US: More universities are offering study abroad opportunities for graduate students. Look into this while researching grad schools! Another option is to plan to do research for your degree abroad. Be sure to ask graduate school recruiters about opportunities to intern, study or research abroad. Not only that, but there are countless grad school programs in the U.S. with an international focus, be it Peace and Conflict Studies, or International Education.

- **www.american.edu/sis/** - A number of internationally focused degrees through the School of International Service.
- **www.apsia.org/** - Association of Professional Schools of International Affairs. 66 schools listed worldwide.
- **www.arcadia.edu** - MS in International Peace and Conflict Studies, International Public Relations or International Relations and Diplomacy.
- **www.cehd.umn.edu/olpd/grad-programs/CIDE/** - Graduate studies in Comparative and International Development Education with a number of areas of focus.
- **www.cui.edu/academicprograms/graduate/internationalstudies/** - The MA in International Studies cultivates academic, cultural, research and language skills alongside a practical work experience in China.
- **http://education.fiu.edu/academic_programs.html** - MS International and Intercultural Education.
- **www.gse.upenn.edu/international** - A number of degrees from the Graduate School of Education at Penn that offer an international focus.
- **www.ipis.org** - IPSL offers an MA or MS in International Development and Service.
- **www.miis.edu/** - The Monterey Institute offers professional graduate degrees with an international focus.
- **www.middlebury.edu/ls/grad_programs/** - Masters of Arts programs for 8 languages.
- **peabody.vanderbilt.edu** - M.Ed. in International Education Policy and Management at Vanderbilt.
- **www.sit.edu/graduate/** - SIT offers programs in International Education, Peace Building/Conflict Transformation, Sustainable Development, Social Justice, Intercultural Relations, and TESOL.
- **steinhardt.nyu.edu/humsocsci/international** - Master’s of International Education at Steinhardt NYU.

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FUNDING FOR GRADUATE SCHOOL, WORK, OR RESEARCH ABROAD

Asia Pacific Leadership Program (APLP)  www.eastwestcenter.org/education/aplp
The program links advanced and interdisciplinary analysis of emergent regional issues with experiential leadership learning. Option to participate in extended fieldwork in Southeast Asia, internships, self-designed projects and employment experience.

DAAD German Academic Exchange Service  https://www.daad.org/graduates
Provides over a dozen different types of scholarships
For post graduate study, language learning and research in Germany

David L. Boren Fellowship  www.borenawards.org/boren_fellowship
National Security Education Program (NSEP) David L. Boren Graduate Fellowships
Opportunities for graduate students to add a study abroad and language component to their studies.

The Davies-Jackson Scholarship  www.cic.org/Programs-and-Services/
Scholarship for study at St. John’s College at Cambridge in the UK
For students with exceptional academic records who are the first in their family to graduate college.

Fulbright Scholarship  http://us.fulbrightonline.org
For study, research, or teaching abroad
Applications are to ONE specific country
If more than one semester of study in a country, don’t apply to that country

Gates Cambridge Scholarship  www.gatesscholar.org
Awarded to students from outside the UK to study at Cambridge
The program aims to build a global network of future leaders committed to improving the lives of others.

Marshall Scholarship  www.marshallscholarship.org
Marshall Scholarships “finance young Americans of high ability to study for a degree in the U.K.”
For study at any UK university. Must have 3.7 GPA to apply.

The George J. Mitchell Scholarship  www.us-irelandalliance.org/
Scholarship for study in Ireland
Competitive – modeled as the “Marshall Scholarship to Ireland”

The Huntington  www.nationalgridus.com/huntington.asp
Provides a $10,000 stipend each year for a graduating college senior to pursue one year of public service anywhere in the world

Mellon Foundation Fellowships  www.woodrow.org  (search Fellows)
Offers support for graduate students who previously participated in the Mellon Mays Undergraduate Fellowships. Includes dissertation grants and travel and research grants

Thomas R. Pickering Graduate Foreign Affairs Fellowship  www.woodrow.org  (search Fellows)
For graduate students (or students accepted to a grad school program) with an emphasis on language learning and a fast track into the state department.

Rhodes Scholarship  www.rhodesscholar.org
For study at Oxford University, UK
Extremely competitive. Must have impressive grades and leadership experience

Rotary World Peace Fellowship  www.rotary.org  (Search World Peace Fellowship)
Rotary World Peace Fellowships fund either master’s degree or professional development certificate study at one of the six Rotary Centers for International Studies in peace and conflict resolution at seven universities worldwide.
Thomas J. Watson Fellowship www.watsonfellowship.org
A one-year grant for travel and study outside the US
Must be a student at one of the 50 participating institutions
Free-formed, non-study proposals

Additional Graduate Programs and Search Engines
Association of Professional Schools in International Affairs: www.apsia.org
Comparative and International Education Society: www.cies.org
GradSchools.com: www.gradschools.com
Peterson's Higher Ed Guides: www.petersons.com/graduate/gsector.html

Alternative Sources of Funding
Finding Funders: www.fdncenter.org/funders/
The Grantsmanship Center: www.grantdomain.com/

International Funding Sources
The Annenberg Foundation: www.annenberg.org/
The Annie E. Casey Foundation: www.aecf.org/
The Ford Foundation: www.fordfound.org/
The Robert Wood Johnson Foundation: www.rwjf.org/
W.K. Kellogg Foundation: www.wkkf.org/
MacArthur Foundation: www.macfdn.org/
The Andrew W. Mellon Foundation: www.mellon.org/
Charles Stewart Mott Foundation: www.mott.org/
The David and Lucile Packard Foundation: www.packfound.org/
The Pew Charitable Trusts: www.rwjf.org/index.jsp
The Rockefeller Foundation: www.rockfound.org/
The Starr Foundation: http://fdncenter.org/grantmaker/starr/
The Robert W. Woodruff Foundation: www.woodruff.org/

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LIFE-LONG LEARNING AFTER STUDY ABROAD

Here are some suggestions from returnees on how to transform your study abroad experience into life-long learning.

CONTINUE YOUR LANGUAGE AND INTERCULTURAL EDUCATION
Whether through formal or informal instruction, there are many opportunities to continue studying the language and culture of interest after you’ve returned. Universities and community colleges offer many choices for foreign language instruction, and many offer some of the less commonly taught languages as well. Private language schools also provide opportunities to practice and brush up on language skills through informal classes. Many universities and schools offer language exchange or “tandem” programs that match a native speaker, usually an international student or scholar, with someone interested in that student’s home language and culture. In exchange, the partner can tutor them in English.

INVOLVE YOUR FRIENDS
Invite your friends to a dinner once in a while where you have potluck international parties. Use this as a chance to learn not only about the food, but to have your friends share their experiences with other cultures and what they are doing now to keep an international perspective alive.

WRITE ABOUT YOUR EXPERIENCES
Magazines and newsletters, both on campus and off, will be interested in reviewing and possibly publishing accounts of your overseas experience and the unique perspective you now have. This is an excellent way for you to share with others what it’s like living in another country. Most of your audience will not have experienced what you did, so by sharing your stories, intercultural encounters, and travels with them, you allow them to enter into your world, and perhaps you may even inspire them to take steps toward their own journey abroad!

KEEP THE INTERNATIONAL CONNECTIONS ALIVE
Many returnees report regretting that they did not keep in touch with their new friends after returning home. You will feel torn, like your heart and mind is split between two countries. The good news is that with the Internet, it is easier now more than ever to maintain contact with people halfway around the world. Writing letters and e-mail is also an excellent way to maintain your newly acquired language skills. As more and more nations have Internet connections, the amount as well as the variety of information available via the Web has mushroomed. Online newspapers give you immediate access to news on current events that often are not reported in U.S. newspapers.

MAKE NEW INTERNATIONAL CONNECTIONS
Most universities and colleges have active international student organizations that tend to be organized and attended by both international students and U.S. Americans. Many professional and community organizations exist that have cultural exchange and learning as one of their goals. Find out when the next meeting is and check it out.

SEEK OUT INTERNATIONAL VOLUNTEER AND EMPLOYMENT OPPORTUNITIES
There are a multitude of opportunities for you to volunteer or find employment that let you utilize your bilingual and bicultural skills:

- Become a homestay family to an international student. Agencies and universities are always looking for suitable homestay families for students, and this is perhaps one of the best means of keeping connected internationally. Be willing to accept a student outside of your own experience and expand your cultural horizons.

- Volunteer or intern in a study abroad office. Your international skills and knowledge about living overseas can be put to valuable use by advising prospective study abroad students and by participating in pre-departure and re-entry orientation programs.

- Volunteer at an office for international students. Offices that work with international students tend to be understaffed and can use volunteers to do a number of vital tasks such as transporting students from the airport, or organizing a drive to collect used household goods and winter clothing for international students, or organizing events or volunteering at orientation for new students.
- Become a buddy or tutor for international students. Already knowing how it feels to go through cross-cultural adjustment in a foreign country, you have a unique perspective and can better understand the needs of international students studying in the U.S. Use those cross-cultural skills to help others and, in turn, deepen your own learning and make valuable international connections.

- Seek out volunteer or work positions at international organizations located in your area. You might be surprised at the number and breadth of international linkages that already exist in your area.

- Volunteer to work with refugees or immigrants in your community. The needs and backgrounds of refugees and immigrants in this country vary tremendously, but they typically do not have the kind of resources that international students have. More and more communities around the country have refugee communities that could use the support of culturally sensitive volunteers.

- Act as a tour guide for visitors from your host country. Many companies now have in-house opportunities for bilingual/bicultural translators and interpreters.

- Seek out opportunities through work, school, or other means to go abroad again. Use your cultural and linguistic fluency to accompany a delegation or tour to your country of interest. They do need you and your skills, even if they might not be aware of it yet!

- A wide variety of materials are available dealing with how to find an international job, whether you want to travel abroad again or be based in the U.S.

- There are also many opportunities for interning or volunteering overseas, which may be a great next step for you. Some of these experiences are longer term (1 to 2 years) and some are available for a few months or less.

- Keep in mind that as more and more connections worldwide are formed, there will be even greater need for your international skills and perspectives. As someone who has experienced another culture first-hand, you are well equipped to contribute to the growth in international and intercultural awareness happening at home and throughout the world.

Source: Maximizing Study Abroad: A Student’s Guide to Strategies for Language and Culture Learning and Use