

# LASELL COLLEGE

## Self-Reflection Exercise for Articulating the Study Abroad Experience

### What have I gained from my experience?

#### Cultural Understanding and World View:

As a result of my international experience(s), I have developed:

- A greater knowledge about another culture
- Awareness of political, economic or social events around the world
- My interest in global or transnational issues
- My involvement with a global issue
- My involvement with a civic cause
- A definition of my political views
- My ability to speak a foreign language

#### Personal Growth and Values

My international experience(s) have helped me to grow and develop:

- My desire for more diverse friendships and social networks
- My desire to further my education (e.g., postgraduate degree)
- A better understanding of myself and my values
- My sense of confidence in new situations or when meeting new people
- My ability to accept differences in other people
- My ability to empathize with people, especially those who are different from me
- My ability to be more flexible and open-minded
- My tolerance of ambiguity in a variety of situations
- An understanding of my own strengths and weaknesses
- My ability to be independent
- My ability to take initiative

And, I have:

- Become more aware of the way I use and structure time
- An increased capacity to profit from my mistakes
- Strengthened relationships with my family members
- Strengthened relationships with my friends
- A clearer notion of what I will do with my life

Additionally:

- I am more capable of solving life's day-to-day problems
- I think more critically: I am more discriminating and skeptical
- I have improved observation skills
- I need more time to be alone
- I am more confident about the decisions I make
- Recognized the importance I put on developing my skills and talents
- An increased willingness to work hard and sacrifice in order to do well in school or in my job

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## Professional & Career Development

Studying Abroad contributed to:

- My ability to formulate my career goals and clarify my professional aspirations
- I am more aware of the opportunities in life that are open to me.
- Developing skills and intercultural competencies which will aid in obtaining my first job after graduation
- I have a greater willingness to take on roles and tasks to which I am unaccustomed
- The importance I place on working in a field that I find interesting
- The importance I place on having personal fulfillment in my work
- My ability to speak a foreign language in the workplace
- Developing my ability to understand an organization's culture
- My ability to adapt in diverse workplace environments
- Other things that you want to list:

### Possible Outcomes of a Study Abroad Experience

Skills	Qualities
<ul style="list-style-type: none"> <li>• Establish rapport quickly</li> <li>• Function with a high level of ambiguity</li> <li>• Achieve goals despite obstacles</li> <li>• Take initiative and risks</li> <li>• Time management skills</li> <li>• Identify and solve problems</li> <li>• Accept responsibility</li> <li>• Communicate despite barriers</li> <li>• Learn quickly</li> <li>• Handle stress/difficult situations</li> <li>• Manage/Organize</li> <li>• Lead formal and/or informal groups</li> <li>• Cope with rejection, criticism, constructive feedback</li> <li>• Adapt to new environments</li> <li>• Understand an organization's culture</li> <li>• Learn through listening and observing</li> </ul>	<ul style="list-style-type: none"> <li>• Self-reliance</li> <li>• High energy/enthusiasm</li> <li>• Appreciation of diversity</li> <li>• Perseverance</li> <li>• Flexibility</li> <li>• Tolerance/open-minded</li> <li>• Assertiveness</li> <li>• Inquisitiveness</li> <li>• Self-confidence</li> <li>• Self-knowledge</li> <li>• Independence</li> </ul>