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Navigating Reentry course companion worksheet

Activity: The Navigator

culture

academics

home

confidence

A worksheet to reflect on places, routines, and nuances of study abroad. Type your responses into the text fields.

I appreciated these things about my host country's culture: *character limit 490*

I valued these aspects of my academic experience abroad: *character limit 490*

I'm happy to be where I am now (home or otherwise) because: *character limit 490*

After studying abroad, I feel more confident about: *character limit 490*

Inspiration

People

Friends and friendships
Connecting with locals
Romance and love
Familial-social structures
Respect/belonging
Professors/program staff
Communicating/language
Shifts in interests
Intersecting identities

Places

Monuments visited
Travel to cities or countries
Campus, classes, electives
Academic structures
Markets, restaurants, cafes
Gathering places
Other memorable places
Your sense of home

Things

Work-life balance
Career path and major
Food, music, the arts
Research, dissertations
Projects, extracurriculars
Transportation/navigating
Gender and sexuality
Religion and spirituality
Cultural and social norms

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Activity: Skills Suitcase

A worksheet designed to investigate transferable skills related to study abroad. Check the boxes that relate to specific skills you gained or improved on.

COMMUNICATION

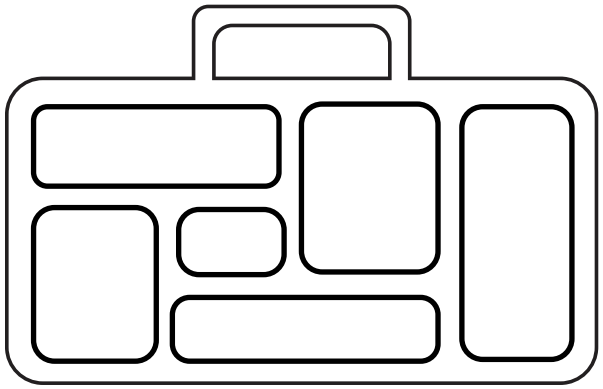
- ☐ Oral or written communication
- ☐ Nonverbal etiquette
- ☐ Bilingual or multilingual
- ☐ Language comprehension
- ☐ Listening deeply

TECHNOLOGIES

- ☐ Adaptability
- ☐ Curiosity
- ☐ Innovation
- ☐ Flexibility
- ☐ Resilience
- ☐ Analytical skills

RELATIONSHIPS

- ☐ Respect
- ☐ Teamwork
- ☐ Leadership
- ☐ Flexibility
- ☐ Accountability
- ☐ Open mindedness



consider multiple
CONTEXTS
as you examine
your transferable skills

- Socializing with peers or locals
- Participating in cultural activities
- In the classroom or internship
- Trying new activities
- Exploring your host city
- Other places you traveled to
- What was easy?
- What was challenging?

SELF-AWARENESS

- ☐ Initiative
- ☐ Resilience
- ☐ Empathy
- ☐ Adaptability
- ☐ Cultural self awareness
- ☐ Proactivity
- ☐ Goal oriented
- ☐ Open mindedness

PROBLEM SOLVING

- ☐ Curiosity
- ☐ Critial thinking
- ☐ Analytical skills
- ☐ Flexibility
- ☐ Open mindedness

PROFESSIONALISM

- ☐ Adaptability
- ☐ Self motivation
- ☐ Promptness
- ☐ Proactivity
- ☐ Organization
- ☐ Accountability
- ☐ Attention to detail

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Activity: S.T.A.R.

A worksheet designed to help craft study abroad stories using a S.T.A.R. framework. Follow the prompts and type your responses into the text fields.

S

- Challenges, circumstances, learning curves
- Situations where you succeeded against the odds
- Consider: in class, outside class, alone, in teams
- Consider: projects, hobbies, or extracurriculars

S = situation

character limit 400

T

- What goals did you need to achieve?
- What were the obstacles you encountered?
- What problems did you observe?
- Were there mistakes or misunderstandings?

T = task

character limit 400

A

- How did you respond?
- What was your plan of action?
- How did you approach a solution?

A = action

character limit 400

R

- How was the situation resolved?
- What skills did you gain from the experience?
- What did you learn and how did you apply it?
- Include details or data (feedback, percentages)

R = result

character limit 400

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Activity: Stepping Stones

A worksheet designed to help you brainstorm next steps after study abroad. Check the boxes that relate to your interests and ambitions.

EXPLORE

I want to explore....

- ☐ Internships
- ☐ Peace Corps
- ☐ Graduate school
- ☐ Jobs abroad
- ☐ Research fellowships
- ☐ Studying abroad again
- ☐ Scholarships and grants
- ☐ New major or minor
- ☐ _____
- ☐ _____

PARTICIPATE

I want to participate in....

- ☐ Career fairs
- ☐ Certifications
- ☐ Career center workshops
- ☐ Campus clubs
- ☐ Work experience
- ☐ Language practice
- ☐ Industry meetups
- ☐ _____
- ☐ _____

GIVE BACK

I want to give back by....

- ☐ Peer advising
- ☐ Mentoring
- ☐ Tutoring
- ☐ Volunteering
- ☐ Promoting study abroad
- ☐ Study abroad ambassadorship
- ☐ Share my study abroad story
- ☐ _____
- ☐ _____

small steps
can make a
BIG
difference!

- ☐ Make a coffee date with another returnee to exchange experiences
- ☐ Schedule one stepping stone idea in your calendar and follow up on it
- ☐ Contribute an image, a blog post, or a testimonial to the UCEAP community

- ☐ Drop by campus mental health and explore the types of support they provide
- ☐ Stop in your career center this week and ask who your career advisor is
- ☐ Ask your campus study abroad office how you can get involved

- ☐ Use LinkedIn to connect with one study abroad alumni from your campus
- ☐ Browse behavioral interview questions and draft a S.T.A.R. story to answer one
- ☐ How was studying abroad? Draft your answers for 3 different types of audiences