

# UCEAP's Navigating Reentry course

## Companion Worksheet: The Navigator activity

*A worksheet to help you begin critically reflecting on your experience abroad*



**culture**



**academics**



**home**



**confidence**

I appreciated these things about my host country's culture:

I valued these aspects of my academic experience abroad:

I'm happy to be where I am now (home or otherwise) for these reasons:

After studying abroad, I feel more confident about:

## 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

# UCEAP's Navigating Reentry course

## Companion Worksheet: The Skills Suitcase activity

*A worksheet to help you investigate transferable skills you gained and improved on while studying abroad*

### COMMUNICATION

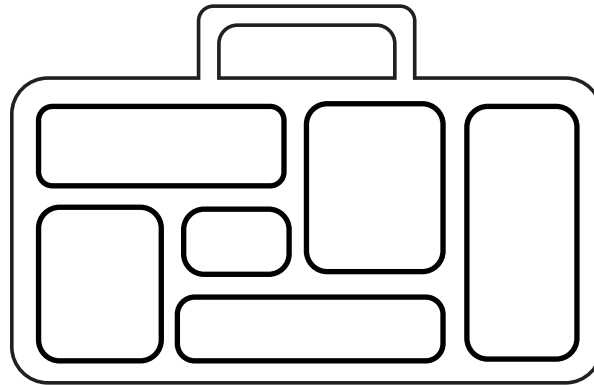
Oral or written communication  
Nonverbal etiquette  
Bilingual or multilingual  
Language comprehension  
Listening deeply

### 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  
Critical thinking  
Analytical skills  
Flexibility  
Open mindedness

### PROFESSIONALISM

Adaptability  
Self motivation  
Promptness  
Proactivity  
Organization  
Accountability  
Attention to detail

# UCEAP's Navigating Reentry course Companion Worksheet: The S.T.A.R. activity

*A worksheet to help you structure clear and professional stories about your experience abroad*



S

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

**S = situation**



T

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

**T = task**



A

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

**A = action**



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**

# UCEAP's Navigating Reentry course Companion Worksheet: The Stepping Stones activity

*A worksheet to reflect on how you want study abroad to play a part in your life moving forward*

## EXPLORE

**I want to explore....**

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

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## PARTICIPATE

**I want to participate in....**

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

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## GIVE BACK

**I want to give back by....**

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

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small steps  
can make a  
**BIG**  
difference!



Make a coffee date with another returnee to exchange experiences  
Schedule stepping stone ideas in your calendar and follow up on them  
Contribute imagery, a blog post, or 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