

# PREPARING “STARS” FOR YOUR INTERVIEW

## Skills/Traits

## STAR

### 1. Take initiative and risks

- S:** While studying abroad in Italy, I noticed early on that the work culture emphasized independence, with no regular deadlines or super specific guidelines.
- T:** I realized I had to take the initiative to succeed in this new environment. I couldn't rely on external accountability, so I really had to take initiative!
- A:** I decided to plan out each of my days at work so I knew what to work on, and so I can keep track of the things I wanted to get done.
- R:** I was able to complete a nojor project I wanted to take on: a month long fully planned out Instagram and TikTok schedule.

### 2. Self-reliance

- S:** During the first few weeks of my study abroad experience, I faced multiple stressful situations — including navigating a foreign city alone, managing a full academic load, and dealing with homesickness.
- T:** I needed to stay composed, independent, and find a way to manage the emotional and logistical challenges while still showing up and being consistent.
- A:** I developed daily routines to create structure, used mindfulness and journaling to manage stress. I also made sure to find time for myself.
- R:** By the end of the session, I've become much more self-sufficient and resilient. I learned how to remain calm under pressure and solve problems on my own.

### 3. Plan, organize and prioritize work

- S:** I think the difference in work environment could have made it easier to fall behind in my projects and classwork.
- T:** I had to plan and prioritize my work extremely well to avoid last-minute stress while making the most of my time abroad.
- A:** I set personal goals, balanced academic requirements with travel and rest, and adjusted my plans regularly based on my workload.
- R:** This experience further honed my time-management and organizational skills in the workplace.

### 4. Self-confidence

- S:** I entered the study abroad program nervous about succeeding in a foreign academic and social environment — especially with the language and cultural barriers.
- T:** I had to develop confidence quickly in order to engage in class and advocate for myself when I needed help.
- A:** I pushed myself to ask questions and try and engage in conversation.
- R:** I gained a deep sense of self-confidence in both academic and social settings. Now, I feel more comfortable trusting my ability to adapt anywhere.

### 5. Handle stress/difficult situations

- S:** Early in the semester abroad, I became overwhelmed by homesickness, language challenges, and the pressure of adjusting to a new education system.
- T:** I had to manage stress on my own while still performing academically and staying open to new experiences.
- A:** I created healthy coping mechanisms: daily walks, journaling, reaching out to friends and family back home at regular intervals, and building a local support network. I also prioritized sleep and structured my week to maintain mental clarity.
- R:** I stayed calm and focused through stressful situations and ultimately enjoyed the experience. I now carry that emotional resilience into internships and team settings where I need to manage pressure and maintain a positive outlook.