

Warm-Up Reflection Questions

Taking some time to think about your responses to these questions will help set your mind in the right direction. These questions are somewhat 'big picture', and the exercises following will help you hone in and identify even more specific skills and qualities.

From My International Experience...

- I can identify a change in myself – my values, outlook, attitude and/or abilities:

I can identify a change in myself when it comes to my attitude and adaptability. In being here, there were a few hurdles that I feel I encountered. The main ones were the reliability of public transport and my overall outlook on my experience. I now feel I have learned to adapt to different environments and their circumstances to make the best out of the situation.

- I experienced new cultures. One strategy that was really helpful in learning how to interact with people from another culture was:

Keeping an open mind and not taking things personally!

- I have clarified what is important to me – who I am, who I want to be, and what I want to accomplish. For instance...

I know now the area of Public Relations that I would like to go into. This internship working with content and social media has made me realize that I would like to become a social media manager one day.

- I had to learn how to adapt. One change that was really hard for me to adapt to in my host culture was:

At first, it was hard for me to adapt to the pace of things. I was used to a very structured, assignment/deadline based work environment. I realized early on that that wouldn't be the case here. So I had to adapt and really take initiative myself – often working on things that weren't "assigned."

- I gained a greater perspective on global issues. One social issue (local or global) that I learned more about is...

I learned a little bit more about the cost of living here. I was at first very surprised that the cost of things seemed so much cheaper here than in the States. I really noticed this at the grocery store. But I was talking with a coworker, and he was telling me a little bit about how a lot of things here are still pretty costly.