

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 can appreciate time to be alone, disconnected from social media, etc
- ☐ I am more confident about the decisions I make
- ☐ I recognize the importance I put on developing my skills and talents
- ☒ I have an increased willingness to work hard and sacrifice in order to do well in school or in my job

Professional & Career Development

Studying Abroad contributed to:

- ☒ My ability to formulate my career goals and clarify my professional aspirations
- ☐ Greater awareness 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
- ☐ My increased 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 you want to list: