RE-ENTRY HANDBOOK

SEATTLE UNIVERSITY
EDUCATION ABROAD
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Dear Seattle University Study Abroad Alumni,

Welcome back! It is our hope that your time abroad was truly transformative; challenging you in ways that promoted intellectual and personal growth. While your return may seem like the end of your experience, the end of your transformation, we assure you it is not. This time of reflection, of adaption, of readjustment, is yet another powerful opportunity for growth. For you are again being challenged, forced to reorient yourself, and in doing so, discovering another dimension of your self.

This toolkit is designed to guide you in unpacking and articulating your experience abroad. It has resources that will guide you in coping with your return, incorporating your experience in your academic and professional life, marketing your new found skill set, and discerning vocational opportunities that integrate your cultural and regional interests.

Regardless of the way that you use this toolkit, we urge you to stay engaged as a global citizen, finding meaningful ways to integrate your rich experiences abroad. We also encourage you to remember that your journey does not end when you land back in the United States. There are innumerable opportunities in your own communities, including the Seattle University community, to engage cross-culturally or pursue newfound interests and passions. In the words of T.S. Eliot:

“We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started.
And know the place for the first time.”

We, again, warmly welcome you back. Please know the Education Abroad Office is here to support you during this transition. Do not hesitate to contact us to reflect, chat, share stories, or get more information. Our doors are always open.

With kind regards,

Education Abroad

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“The most difficult part about returning to the US was the reverse culture shock. The US seemed more materialistic than my host countries—it made me want to “detox” my lifestyle and mentality.”

AUDREY KAN (UK 2017 & NEW ZEALAND 2018)

STUDENT PERSPECTIVES ON THE RE-ENTRY PROCESS

There is nothing like returning to a place that remains unchanged to find the way in which you yourself have altered.

- NELSON MANDELA - A LONG WALK TO FREEDOM

"Connecting back to my friends and Seattle after I felt that I changed a lot, yet most people and places here stayed the same."

"The most difficult part about returning was leaving my loved ones behind."

"Returning to a full schedule with work, school, friends and family obligations was the most difficult part about returning to the US/Seattle U."

"Coming back to Seattle U, I feel like getting used to the fast-pace quarter system appeared to be the greatest challenges. There are so many deadlines all at once."

"Homesickness for my host country and not being able to spend time with loved ones from Spain."

"The most difficult part about returning to Seattle U was seeing where and how I fit back in my friend group. We all have grown (mentally and emotionally) in the past year, except I grew in a completely different context in two different countries."
25 QUESTIONS - SELF DISCLOSURE EXERCISE

- What was the most memorable food you ate?
- What was your most memorable experience?
- What was the funniest thing that happened to you?
- What was the most embarrassing cross-cultural communication moment?
- What do you miss most about your host country?
- Where would you go if you had the chance to study abroad again?
- What was your living situation like abroad (host family, dorm, etc.)?
- Who did you spend most of your free time with abroad? What did you do?
- Where did you travel before/during/after your program?
- What was your favorite place in your host city?
- Where did you want to go but didn't get the chance to?
- What was the best language experience you had?
- What was the best present you brought back for a friend/family member?
- What was your favorite thing to do on a Friday night?
- When did you start to feel more "at home" in your host country?
- Who did you wish would visit you abroad so that you could share the experience with them?
- Did you have the chance to see live theater, dance, or music performed?
- What was your first impression of your teachers?
- What was the best photograph you took during your stay?
- What was the biggest change in your daily routine?
- How were the restrooms different?
- Why did you choose to go on a program to your host country in the first place?
- What was the place you missed most in the US while you were abroad?
- What was the thing (food, clothing, activity, etc.) you missed most while you were abroad?
- What is the most special item you brought back from your host country? Why is it such a treasure?
RETURNING HOME

REVERSE CULTURE SHOCK

This process is similar to the culture shock you may have experienced when you first went abroad, only in reverse. Just as it took time to adjust to a different culture when you arrived at your host country, it may take some time to re-adjust back home and back to Seattle University.

You are excited about returning home.

You gradually adjust to life at home. Things start to seem more normal and routine again, although not exactly the same.

You may feel frustrated, angry, or lonely because friends and family don't understand what you experienced and how you changed. You miss the host culture and friends, and may look for ways to return.

You incorporate what you learned and experienced abroad into your new life and career.
COMMON CHALLENGES
FROM THE UNIVERSITY OF DENVER'S RETURNEE RESOURCES. ADAPTED FROM KAPPLER AND NOKKEN.
TEN REENTRY CHALLENGES. ADAPTED FROM BRUCE L. ABRACK.

"NO ONE WANTS TO HEAR"

CHALLENGE: No one will be as interested in hearing at length about your adventures and experiences as you will be in sharing those experiences.

TIPS: • Be brief and highlight your favorite moments.
• Talk with others who have come back from abroad and share your experiences, frustrations, and joys.

REVERSE "HOMESICKNESS"

CHALLENGE: It's normal to miss the people, places, and things abroad that were a part of your everyday life.

TIPS: • Find local physical supports, go to the World Market and get German chocolate if you miss Germany, Japanese tea if you miss Japan.
• Realize you are adjusting to changes in you and your surroundings. Give some time for this adjustment.

RELATIONSHIPS HAVE CHANGED

CHALLENGE: The people in your life are the same, but life at home has gone on without you. You've changed while you were abroad, but there's a disconnect with your family and friends.

TIPS: • Family and friends may be feeling uncertain about how you have changed or grown. Discuss their feelings with them.
• Encourage positive changes in old relationships. Don’t expect your friends to suggest seeing a new international film - especially if they never did before. Take the initiative and invite them.
• Recognize that things at home have changed while you were away and respect those changes. No one's life went on hold because you were gone and their experiences are important to them too.

INABILITY TO APPLY NEW KNOWLEDGE AND SKILLS

CHALLENGE: You've learned a lot while abroad, but what now?

TIPS: • Get involved with on-campus organizations, the Education Abroad Office, the International Student Center, and student clubs.
• Look at problems in your own community now that you have a new perspective. You may be surprised to find similar challenges in your own community. Become an agent of change and draw from your experiences with similar problems/solutions abroad to innovate solutions and mechanisms for engagement.
• Use your cross-cultural study skills to observe your own culture.

CHANGES IN PERSONAL, ACADEMIC, OR PROFESSIONAL GOALS

CHALLENGE: After going abroad, has your goals changed to include a more global focus?

TIPS: • Take advantage of the wide range of educational opportunities and alternative available to you by finding informal or non-academic ways to continue the study of your favorite subjects.
• Take time to consider educational and career plans that include your new areas of interests.
• Seek advice from your mentors and advisors.

ADDITIONAL RESOURCES TO HELP YOU READJUST
- The U.S. Department of State: Reverse Culture Shock
- Marquette University: Reverse Culture Shock
FURTHER ADVICE

JOURNEYING HOME: PERSPECTIVES ON STUDY ABROAD AND REVERSE CULTURE SHOCK. ADAPTED FROM CET. SUGGESTIONS ON COMING "HOME" FROM THE UNIVERSITY OF THE PACIFIC STUDENTS (STOCKTON, CA).

Share the experience selectively
- Pick out favorite moments to share
- Summarize the overall experience

Enjoy what you miss
- Watch movies that take place in your host country or find restaurants that serve your favorite international cuisine
- Make friends with an international student from your host country through the International Student Center

Write it down
- Keep a journal
- Write articles for the school newspaper, international magazines, and study abroad website

Building a network at home & abroad
- Connect with other study abroad alumni and study abroad organizations
- Stay in touch with your friends or host family abroad through email or social media

Continue to develop skills & knowledge gained abroad
- Take classes, join language clubs, watch movies and read books
- Get involved on-campus or with your local community

Give friends and family equal time
- Remember you were not the only person to experience new things while you were gone
- You will need to "rebuild" relationships, not merely "resume" them

Keep Exploring
- Rekindle the spirit of adventure you had when you were abroad
- Go abroad again - volunteer, work, teach, intern, or study
MARKETING YOUR INTERNATIONAL EXPERIENCE

SKILLS DEVELOPED THROUGH STUDY ABROAD

Studying abroad often pushes you out of your comfort zone and provides exposure to new cultures, peoples, and ideas. Not only will you learn from your academic coursework, but because studying abroad is an experience in which you are immersed in a new culture, learning can come from your conversations, observations, personal activities and reflections. Learning also results from the experiences of navigating a new culture, city, and transportation system. Living with a host family allows you to learn about social expectations within family life and living with students from other countries fosters learning about their cultural backgrounds.

In 2017, IIE’s Gaining an Employment Edge: The Impact of Studying Abroad on 21st Century Skills & Career Prospects in the United States, found that a majority of study abroad participants reported positive skills gained from studying abroad:

- **Intercultural Skills**: The ability to understand and respect different cultural contexts and viewpoints. Includes an openness to new ideas and ways of thinking.
- **Curiosity**: The openness to new experiences and desire to learn.
- **Flexibility/Adaptability**: The ability to adjust one’s own behavior to changing circumstances and to work in ambiguous environments. The skill includes the ability to learn and be teachable.
- **Confidence**: The ability to make decisions based on one’s own convictions and to trust in one’s own competence.
- **Self-Awareness**: The ability to self-reflect and understand one’s own strengths and weaknesses.
- **Interpersonal Skills**: Having a positive attitude to get along with others that includes social awareness, the ability to listen, and display good etiquette.
Communications
The ability to convey ideas to others through verbal and written means, using clear and effective language that accounts for the audience.

Problem Solving Skills
The ability to identify work-related problems; analyze problems in a systematic but timely manner; draw correct and realistic conclusions based on data and information; and accurately assess root cause before moving to solutions.

Language Skills
The ability to communicate in spoken and written form in a language other than English.

Tolerance for Ambiguity
The ability to be comfortable with uncertainty, unpredictability, conflicting directions, and multiple demands. In essence, tolerance for ambiguity is manifest in a person’s ability to operate effectively in an uncertain environment.

Course/Major Knowledge
Proficiency in one’s chosen academic major or course content.

The skills that students have developed through studying abroad are sought after by employers. In 2016, the IIE and AIFS’ report, Study Abroad Matters: Linking Higher Education to the Contemporary Workplace through International Experience, employers seek the following attributes on a candidates resume in order of preference:

Ability to work in a team
Problem-solving skills
Communication skills (written)
Strong work ethic
Communication skills (verbal)
Leadership
Initiative
Analytical/Quantitative skills
Flexibility/adaptability
Detail-oriented
Interpersonal skills (relates well to others)

While this is not an exhaustive list of attributes, many of the skills that employers seek are developed through study abroad experiences. According to the National Association of College and Employers (NACE) 2016 survey, “employers projected a 7.2% increase in hiring for international positions among graduates in the class of 2017”, indicating that the increased globalization and emerging economies need more graduates to learn to think globally. Therefore applicants who are able to identify the skills they’ve developed and market their attributes have a greater advantage of getting hired or be accepted into graduate school.

Other skills developed through education abroad experiences include:

- Organizational Skills: travel and navigation skills; completing and tracking travel documentation; prioritization; time management

- Global Understanding: developing a global point of view; understanding global interdependence; appreciating diversity; learning about global cultures

- Personal Development: patience; independence; risk-taking and initiative; ability to plan and react to the unexpected; personal responsibility; assertiveness and persistence
MARKETING YOUR STUDY ABROAD EXPERIENCE TO EMPLOYERS: STUDYING ABROAD STANDS OUT

In a survey by the College Employment Research Institute, employers identified skill areas in which new employees with study abroad experience stood out. However, an employer’s understanding of these skills is not automatic. Employers emphasized that the value of study abroad experiences depends on how well a student can reflect on their experience, articulate the skills gained, and connect how these skills/competencies can apply in the workplace (p.4, 6)

With this employer perspective in mind and as with all self-marketing efforts, it is up to YOU to:

- Consider the benefits and relatedness of your skills and experiences to the types of roles, industries and/or organizations you are targeting.
- Communicate your skills and experiences with detail, specific examples and in a way that demonstrates their transferability to the job, organization or industry at hand.

As you present this experience to employers, consider (1) the responsibilities of the position you are seeking and (2) the context of the company or industry area you are entering.

- If you are targeting a position emphasizing communication skills, how could you emphasize the skills you developed through these relationships? Did you adjust your communication style with different students, and if so, how? Were there communication barriers to overcome? Did you develop your listening skills too?

- If you are targeting a position emphasizing your business experience, how will the political and economic knowledge you developed through conversations abroad influence your business practices, decisions or future learning? Did these conversations support or challenge your classroom learning, and if so, how? How will your international understanding benefit the employer(s) you are targeting?

Employers value the skills students develop through studying abroad as long as they are communicated in a way that pertains to the work setting. By studying abroad, you have already taken a great first step in developing your skills and enriching your college experiences. Remember to think strategically about how you connect your experiences to the work roles, industries or organizations you are targeting to sell these experiences most effectively.

STUDENT WHO STUDY ABROAD...

HAVE INCREASED HIREABILITY
SECURE JOBS MORE QUICKLY AFTER GRADUATION
START OUT WITH HIGHER SALARIES
ARE ACCEPTED AT A HIGHER RATE INTO GRADUATE SCHOOL
Incorporating your study abroad experience and details about what you learned can be a great addition to self-marketing approaches. Remember that employers see the most value in study abroad experiences through the relevant connections you make to their role, organization or industry area.

**COVER LETTERS**

Cover letters provide the opportunity to describe how and why an experience has prepared you for the role, industry or organization you are targeting. Consider your study abroad reflections and how you wish to market your experiences for employers. Providing specific examples is one of the most effective ways to make your cover letter stand out. Listing skills without examples is often less memorable for employers (reading more like a list than as specific experiences). Incorporating details from study abroad experiences can be a great way to provide examples and a context for the skills and/or experiences you describe. For example:

“Studying abroad in Italy developed my ability to quickly build relationships and rapport. Through taking courses at an Italian university and traveling extensively on the weekends, I prioritized meeting students and travelers with backgrounds different than my own. I developed both interpersonal communication and listening skills and often overcame communication barriers through persistence and patience. I have maintained these relationships through email and online networking websites since returning to the United States. The knowledge I developed through my relationships with students of diverse backgrounds has also reinforced my sensitivity to individual differences. Since studying abroad, I have been especially attentive to how it is important to consider a variety of perspectives when making decisions or considering marketing approaches and would bring this approach to business relationships. These skills will help me succeed in your organization’s marketing position as I professionally present services to existing and potential clients and maintain positive relationships throughout and after marketing campaigns.”

**PERSONAL STATEMENTS**

Like cover letters, personal statements provide the opportunity to describe how and why an experience has prepared you for a course of study, a specific university or program that you are targeting in your graduate school application. As you consider your own research interests, career goals, or the skills you will bring to graduate-level study, has your study abroad experience influenced your decision-making? If so, how could you communicate this impact using specific examples?
RESUMES

Study abroad experiences are most often included within the education section of a resume, following your formal degree name. For example:

**Education**

Bachelor of Arts in
Seattle University, Seattle, WA

**Study Abroad**

Sophia University, Tokyo, Japan
Coursework focused on Japanese culture and politics.

OR

**Education**

Bachelor of Arts in
Seattle University, Seattle, WA

• **Study Abroad**: Sophia University, Tokyo, Japan
• Coursework focused on Japanese culture and politics.

Academic Intensive coursework or International Service experiences may be listed as follows:

**International Short-Term Study Abroad Course**

MGMT 495: International Management in Korea/Japan
Summer 2018

• Traveled to Japan/Korea to study management in an international context.
• Coursework focused on cultural business practices, emerging markets, etc.

**International Service Immersion to Quito, Ecuador**

Summer 2017

• Enhanced interpersonal communication skills by facilitating business training classes for microfinance loan recipients.
• Deepened understanding of poverty & business practices and norms in developing countries.
• Engaged in local culture by developing working relationships with community members, local business leaders, and navigating local marketplace.

INTERVIEWS

To highlight your study abroad experience, you should certainly be ready to answer the question:

“*In what ways will your experience abroad add value to my company?*”

Effective self-marketing means that you are actively incorporating important details and examples about your skills and experiences into your interview responses. You do not need to wait for an employer to ask about your study abroad to incorporate and highlight the skills and knowledge you developed from your experience in your answers to interview questions.

If you would like to discuss marketing your international experiences with a Career Advisor, contact Career Engagement Office at careerengagement@seattleu.edu or call 206-296-6080 to set up an appointment.

Resources:
Information for this section was obtained from the following sources:
Marquette University Career Services Center, Marketing Your Study Abroad Experience handout
Recruiting Trends 2008-2009, Collegiate Employment Research Institute
University of Missouri Career Center, Guide to Maximizing Your Study Abroad
Alliance Board
Work and Volunteer Abroad programs around the world
https://www.allianceabroad.com/

BUNAC (British Universities of North America Club)
Non-profit that arranges exchange programs for US & British students
https://www.bunac.org/uk

Cadremploy
Job Recruitment site in French
https://www.cadremploy.fr/

Canadian Association of Career Educators and Employers Work Web
https://www.cacee.com/

CareerBuilder.com
Database of job openings from hundreds of employers across the U.S. and around the world
(Asia, Canada, India, UK)
https://www.careerbuilder.com/

CareerIndia
Resumé samples/job search information for career opportunities in India
https://www.careerindia.com/

CareerOne
Employment Opportunities in Australia

CIEE (Teach Abroad)
Teach abroad in selected countries
https://www.ciee.org/go-abroad/work/teach-english-abroad

Cultural Ambassadors
North American Language and Culture Assistants in Spain
http://www.educacionyt.pjab.es/eeuu/convocatorias-
programas/convocatorias-eeuu/auxiliares-conversacion-
EEUU.html

Cultural Vistas
Internship and Exchange programs around the world
https://culturalvistas.org/

Electronic Embassy
Guide to foreign embassies in Washington, D.C.
http://www.embassy.org/

Employment Guide
Database listings of job opportunities worldwide through keyword search
https://www.employmentguide.com/

Escape Artist
Thousands of articles, contacts, resources, links and tools for finding international employment, artist havens, investments, real estate and the requirements for living abroad.
http://www.escapeartist.com/

Euro Jobs
https://www.eurojobs.com/

The European Business Directory
Listing of 15000 suppliers from England, Denmark, France, Italy, Spain
https://www.europages.com/

European Council of International Schools
Placement and job fair agency
https://www.ecis.org/
Global Business Alliance
Site with over 25 business organizations listed in New England that are involved with international trade
http://www.gbane.org/

GoinGlobal
Information on resumes/CV’s, work permits, employment trends and job opportunities in the country of your choice.
http://www.goingglobal.com/

Interaction
A network of organizations working in international development. Sometimes there is a list of internship opportunities on their homepage
https://www.interaction.org/

International Research and Exchanges Board
https://www.irex.org/

International University of Japan
Information on resumes and cover letters for Japanese & non-Japanese employers, including Rirekisho (traditional Japanese form of a ‘resume’)
https://www.iuj.ac.jp/career/

Monster
Provides access to thousands of career opportunities in all fields. Search by location, industry, company, discipline, or keyword
https://www.monster.com/

Monster UK
https://www.monster.co.uk/

MyWorldAbroad
Global career skills start here
http://myworldabroad.com/

Peace Corps
https://www.peacecorps.gov/index.cfm

People Bank

PeopleFluent
https://www.peoplefluent.com/

Prospects
Lists entry-level and graduate-level job opportunities in the UK.
https://www.prospects.ac.uk/

Taking it Global
Online community to help youth find volunteer opportunities
https://www.tigweb.org/

Teaching Assistant Program in France
Teaching in France
http://frenchhighereducation.org/teaching-assistant-program

Teaching English in Japan
JET Programme & newsletters
https://jetprogramusa.org/
https://www.ohayosensei.com/

Top Margin Résumés Online
An Australian pay-for-service resume site that has some good general advice with before-and-after resume examples and cover letter tips
https://www.topmargin.com/

United Nations
Information on UN programs, employment and internship opportunities

US Department of State
Information about federal career opportunities
https://www.usajobs.gov/

US Department of State - Teaching
Information about teaching in US Overseas Schools
https://www.state.gov/m/a/os/index.htm

University of Northern Iowa
Overseas Placement Service for Educators
https://teachoverseas.uni.edu/

U.S. Citizenship and Immigration Services
https://www.uscis.gov/

Volunteer Service Overseas
https://www.vsointernational.org/

World Teach
https://worldteach.org/

The WWW Virtual Library: International Affairs Resources
Information on international resources/careers in international relations
https://internationalaffairsresources.com/

YMCA International
http://www.ymca.int/
Financial Resources for International Study/Work Experience

ADAPTED FROM MATERIALS COMPILLED BY ALEX TRAYFORD FOR WHEATON COLLEGE (MASSACHUSETTS)

David L. Boren Scholarship
Undergraduate Scholarships
- National Security Education Program (NSEP) David L. Boren Undergraduate Scholarships
- Offers undergraduates the resources to study the language and culture of a non-Western country

Graduate Fellowships
- National Security Education Program (NSEP) David L. Boren Graduate Fellowships
- Offers graduate students the resources to study the language and culture of a non-Western country

Fulbright Scholarship
- For study, research, or teaching abroad
- Applications are to ONE specific country
- If more than one semester of study in a country, don’t apply to that country
- Funds awarded

Marshall Scholarship
- Marshall Scholarships ‘finance young Americans of high ability to study for a degree in the U.K.’
- For study at any UK university, including the ‘Big Three’
- Need a 3.7 GPA minimum to apply

The George J. Mitchell Scholarship
- Scholarship for study in Ireland
- NOT for ‘Irish Studies’
- Competitive – modeled as the ‘Marshall Scholarship to Ireland’

Rhodes Scholarship
- For study at Oxford University, UK
- Super competitive
- Must have impressive grades and leadership experience

Thomas J. Watson Fellowship
- A one-year grant for travel and study outside the US
- Must be a student at one of the 50 participating institutions
- Free-formed, non-study proposals

https://www.borenaud.org/
https://us.fulbrightonline.org/
http://www.marshallscholarship.org/
https://www.us-irelandalliance.org/mitchellscholarship
http://www.rhodesscholar.org/
https://watson.foundation/fellowships/tj
Additional Graduate Programs and Search Engines
- Association of Professional Schools in International Affairs: https://apsia.org/
- Comparative and International Education Society: https://www.cies.us/default.aspx
- GradSchools.com: https://www.gradschools.com/
- National Association of Student Personnel Administrators: https://www.naspa.org/
- Peterson’s Higher Ed Guides: https://www.petersons.com/graduate-schools.aspx
- SIT graduate programs: https://graduate.sit.edu/academics/masters-degree-programs/

Alternative Sources of Funding
- Foundation Center: https://foundationcenter.org/find-funding
- The Grantsmanship Center: https://www.tgci.com/

Foundations
- The Annenberg Foundation: https://annenberg.org/
- The Annie E. Casey Foundation: http://www.aecf.org/
- The Ford Foundation: https://www.fordfound.org/
- W. K. Kellogg Foundation: https://www.wkkf.org/
- MacArthur Foundation: https://www.macfound.org/
- The Andrew W. Mellon Foundation: https://mellon.org/
- Charles Steward Mott Foundation: https://www.mott.org/
- The David and Lucile Packard Foundation: https://www.packard.org/
- The Rockefeller Foundation: https://www.rockefellerfoundation.org/
- The Starr Foundation: http://starrfoundation.org/
- The Robert W. Woodruff Foundation: http://woodruff.org/

International Funding Sources
- University of Iowa - International Funding Search: https://dsp.research.uiowa.edu/private-funding-international

Paid International Internships and Work Opportunities
- Idealist - Action without Borders: https://www.idealist.org/
- Go Abroad - International Internships, Jobs, Volunteer Opportunities: https://www.goabroad.com/intern-abroad
- University of Michigan Work Abroad: https://internationalcenter.umich.edu/abroad/swf/work
NOTES

This packet was adapted from the Texas Study Abroad Returnee Conference Resources and the other sources individually noted in this packet.
"Traveling is an inexhaustible source of wisdom. We learn not only about new places, but also about ourselves - our ability to adapt to different customs and meet new challenges. This stimulation is hard to give up."

- Alfred Lord Tennyson