

PROMOTING YOUR INTERNATIONAL EXPERIENCE

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 need more time to be alone
- I am more confident about the decisions I make
- Recognized the importance I put on developing my skills and talents
- 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
- I am more aware 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
- I have a greater 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 that you want to list:

POSSIBLE OUTCOMES OF AN INTERNATIONAL EXPERIENCE

SKILLS

- | | |
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| <ul style="list-style-type: none"> • Establish rapport quickly • Function with a high level of ambiguity • Achieve goals despite obstacles • Take initiative and risks • Time management skills • Identify and solve problems • Accept responsibility • Communicate despite barriers • Learn quickly | <ul style="list-style-type: none"> • Handle stress/difficult situations • Manage/Organize • Lead formal and/or informal groups • Cope with rejection, criticism, constructive feedback • Adapt to new environments • Understand an organization's culture • Learn through listening and observing |
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QUALITIES

- | | | |
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| <ul style="list-style-type: none"> • Self-reliance • High energy/enthusiasm • Appreciation of diversity • Perseverance | <ul style="list-style-type: none"> • Flexibility • Tolerance/open-minded • Assertiveness • Inquisitiveness • Self-confidence | <ul style="list-style-type: none"> • Self-knowledge • Independence |
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WHAT SKILLS DID YOU USE ABROAD?
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- Manual/Machine** (build, construct, fix, operate, run, drive, or make)
- Research** (research, experiment, observe, classify, study, or investigate)
- Problem Solve** (analyze, evaluate, diagnose, problem solve, adapt, improve, or strategize)
- Synthesize** (conceptualize, integrate, theorize, or formulate)
- Artistic** (draw, shape, compose, arrange, or display)
- Creative** (envision, develop, design, create, innovate, or improvise)
- Written Communication** (write, edit, summarize, clarify, or explain)
- Helping/Serving** (help, assist, interview, nurse, nurture, or serve)
- Consult/Counsel** (coach, counsel, advise, or consult)
- Instruct** (instruct, teach, train, demonstrate, translate, explain or interpret)
- Sell/Market** (motivate, persuade, sell, influence, convince, promote, advocate, lobby, or publicize)
- Lead/Manage** (lead, manage, direct supervise, or facilitate)
- Decision-Making** (decide, resolve, select, negotiate, or arbitrate)
- Perform** (perform, present, entertain, represent, or model)
- Implement** (execute, implement, administer, control, schedule, or follow-through)
- Organize** (plan, organize, coordinate, or systemize)
- Numerical/Financial** (calculate, compute, budget, estimate or appraise)
- Detail/Precision** (attend to details, copy, inspect, precision work, proofreading, collecting)