



After Study Abroad: A toolkit for returning students



SIT Study Abroad
School for International Training



What is Re-Entry?

For those who took the challenge to study abroad, the transition back to life at home can be full of exciting possibilities. This toolkit will be a starting point for you as you readjust to home life. Our goal is to provide you with resources to smooth your transition, help you integrate your experiences into your academic and professional lives, and take action to be an engaged global citizen. You can put your study abroad experiences to use in many ways. Most important, your learning does not stop here. Study abroad will continue to affect your life for many years to come as you pursue a new world of experiences and knowledge.

You're probably returning home energized with new emotions, newfound passions, and maybe even confusion from seeing the world in a different way. As you re-integrate into your home campus and community, you will also learn a lot about yourself.

Many view re-entry as simply the bundle of emotions that you feel as you see your home community or country again after studying or living abroad. But emotions are just one aspect of your experience. SIT can continue to provide you with support with emotional aspects of the re-entry process, academic reintegration, civic engagement and social action, and professional development.



We give you practical professional advice from career service experts about the many ways to get involved, stay connected, and make the most out of your study abroad experience.

SIT Study Abroad has dedicated staff available to assist you as you return home from studying abroad. Don't hesitate to contact us to share ideas, ask questions, get more information, or talk to knowledgeable people about your return.



Re-Entry Conferences in your Region

Why attend a re-entry conference? You will to connect with other returnees and talk about the topics covered in this toolkit – emotional re-entry, academic reintegration, professional development, civic engagement, and continued education. These conferences can be a time to figure out what’s next, sharpen your résumé, and network with professionals working internationally.

Your college may host a re-entry conference just for your classmates, or you may attend a conference organized by a local community of international education professionals. New conferences are added all the time, so check this website often:

Connecticut Area Study Abroad (CASA) Re-Entry

Conference will offer sessions on career paths of study abroad participants, volunteer and nonprofit opportunities abroad, how to go abroad again, and internationalizing your résumé and interviews. Developed by a committee of study abroad professionals, this event is open to any student from a college or university in Connecticut who has studied abroad, in any foreign country, for any length of time.

Delaware Valley Study Abroad Re-Entry

Conference is sponsored by Arcadia University, Drexel University, Temple University, University of Pennsylvania, West Chester University, and



Philadelphia University. Students from colleges in the surrounding area also often attend. Usually held in early-February.

Lessons From Abroad is a nonprofit network that offers re-entry conference programming in collaboration with colleges and universities areas around the country. Currently, annual re-entry conferences are held in the San Francisco Bay Area, Los Angeles, San Diego, the Rocky Mountain Region, Nebraska, Washington state, central Texas, Missouri, Oklahoma, Georgia, Chicago, Virginia, Three Rivers, Baltimore, Md., and Washington, D.C.

New England Study Abroad Returnee Conference was developed by a committee of volunteers in the study abroad field. The conference features sessions in adjusting to re-entry, becoming an advocate for study abroad, marketing your international experience, exploring careers in international fields, and finding opportunities to go abroad again. Usually held in early-February.

Northwest Returnee Conference is for students and recent graduates who have returned from an international education experience (study abroad, international internship/research, service learning, etc.). The conference was founded in 2009 by leading international educators throughout Oregon who sought to provide greater support and resources for returnees.

I was no longer comfortable with the way most people engage with consumerism and community, and as such felt called to radically challenge the status quo within my own life and those around me.

- Alumnus, Tibet 2007

All The Feelings

One of the biggest and most immediate challenges you are likely to face when returning home will be a fluctuating emotional state. Many students undergo what is sometimes called “reverse culture shock.” When going through this re-entry phase, you can experience a wide range of emotions – relief to be home again, happiness to see friends and family, and excitement about your recent learnings while abroad. You might also be feeling sadness, missing your host family and the culture you just left, and frustration if people at home lose interest in your cross-cultural experiences. You might be confused about how to reconnect with your friends in the United States whose lives have also changed while you have been away. All of these feelings are common and many people cycle through some or all of them at different times.

During your time abroad, you will have adopted new habits and cultural practices to get the most out of your experience, and these new behaviors and attitudes will not go away on the plane ride home. You may not want them to! You may not even be aware of some of the changes you have gone through until your return home. Change of any kind, even positive change, can be stressful until you regain your equilibrium. Because we think returning home should be easy, there is much less preparation for this phase of the



sojourn, and therefore students are unprepared for what they experience.

Often, we go abroad because we *want* to and return home because we *have* to, and this can shape our psychological reactions as well. Just like your initial cultural adaptation, adjustments during the re-entry process will take time. But there are many important strategies to help you prepare for these challenges, and a great first step is recognizing that you can hold on to all the ways you have grown, while still appreciating your home.

Strategies for Handling Emotional Impact of Re-entry

Seek support networks: Your parents and closest friends are most in tune with your emotional health and well-being. Let them help guide you through the process. We also have a handbook for parents or guardians so that they can best assist you upon your return.

Find mentors: Look beyond the study abroad staff and academic faculty at your school to other people in your community who have experienced re-entry —

other study abroad participants, professionals who have worked internationally, and adults who lived overseas as children.

Continue writing and journaling: Use the skills you learned during the program to closely examine your shift in understanding — describe the incidents or events objectively; interpret it in context; evaluate your experience.

Develop or participate in support groups with other students who studied abroad.

Meet with a counselor: Whether you just want a “check-up” or can’t shake the negative emotions, take advantage of the on-campus counselors who are particularly attuned to working with study abroad returnees

Check-In With Yourself

Being your best self — the best of who you were before study abroad with the new skills, attitudes, and habits you acquired during study abroad — requires you to acknowledge your emotions and put health and wellness at the top of your priorities list.



We encourage you to stop and check in with yourself throughout your day. How are you feeling right now? Are you getting competing signals from your heart, your head, and your body? You may need help decoding these feelings. This is a good chance to look for a community of other returnees or a counselor who can help you work through these new and complex emotions. your priorities list.

International Education specialists Jim Citron and Vija Mendelson have compiled some of the most common feelings upon coming home, and decoded them for you. What would you add to this list?

On a Good Day

I have the flexibility to fit in anywhere. I adapt easily. I feel horizontally rooted.

I am bilingual/multilingual.

I can empathize with multiple viewpoints.

I respect cultural differences.

I have tolerance for ambiguity.

I feel challenged/empowered by new experiences.

I am aware of global issues (news, politics, media, resource distribution, etc.).

I accept challenges to my lifelong beliefs and values.

I have a more complex/defined sense of self.

I act more socially responsible.

I enjoy a personal connection to the larger world; I feel like a global citizen.

I take risks and embrace the unknown.

I am curious and eager to learn.

To learn more, read *Coming Home: Relationships, Roots, and Unpacking*.

On a Bad Day

I don't seem to fit in anywhere. I resist change. I feel rootless.

I am semi-lingual in two or more languages.

I am frustrated by the narrow-mindedness of people at home.

I become impatient with mono-culturalism.

I am frequently indecisive.

I feel bored by the mundane.

I am uninformed about local issues and unable to apply what I've learned about the larger world to my life at home.

I am becoming re-socialized into U.S. patterns of thought.

I have a more fragmented sense of conflicting identities.

I act judgmental and self-righteous in the face of others' social choices.

I feel disconnected/alienated from my home environment.

I feel overwhelmed by the known and the unknown.

I feel depressed and reluctant to engage.



Be Patient, Be Flexible

Especially if this is your first time returning from a long sojourn overseas, do not expect the transition to happen within a specific timeline or following a strict process. Be confident that your process is important and personal, and will be different than any of your fellow returnees.

Share Your Story with SIT Study Abroad

Sharing the story of your experience abroad can help you remain connected to your time in the host community and inspire others to engage with study abroad and initiatives in the host country.

Contribute content to the SIT Study Abroad

website and social media platforms. We welcome stories and photos about your experiences on an SIT Study Abroad program. We also invite you to share your videos for our [YouTube channel](#), and tag us on Instagram at [@SITStudyAbroad](#) and hashtag [#SITstudyabroad](#). We frequently repost interesting alumni posts and credit them. Please contact marketing@sit.edu for more information.

Stay connected to your SIT network:

Fellow alumni on campus and in your local community will understand the re-entry rollercoaster like no one else. Also, be sure to visit with SIT staff when they're on your campus. They'll want to listen to all the stories you want to tell!

Share Your Story on Campus

Submit an article to your college or university student newspaper.

Host an Information Session: Do you want to promote study abroad on your campus? Pick a theme for a group presentation, such as “Non-Traditional Study Abroad Locations” or “Service-Learning Abroad.” Check to see what programs your study abroad office is already planning where you can present!

PechaKuchu Presentations: Do something unique. Invite fellow alumni to share stories in a brief, concise, and engaging format called PechaKucha. This is a simple presentation format in which you show 20 images each for 20 seconds.

Visit a classroom or faculty department or committee to make a quick study abroad presentation.

Invite other returnees to a meet-and-greet or other social event.

Get involved in freshman orientation: Talk to them — and their parents — about your study abroad experience!

Become a student volunteer in your study abroad office.

Share Your Story with the World

If you're interested in sharing your experiences with a wider audience, consider submitting your work to the following travel blogs and online magazines. The descriptions below are taken from the websites of each publication.

GoAbroad.Com: GoAbroad.com is committed to providing the most comprehensive international education and alternative travel resources. Our user-generated reviews, verified program listings, comprehensive interviews, and authoritative articles aim to help future travelers see the world intentionally and thoughtfully.

Her Packing List: The voice of Her Packing List is a collective that will only grow bigger and grow stronger as more female travelers participate. If you are a female traveler with tips and experience when it comes to female travel gear, then we are looking for your submissions.

Matador Network: An independent media company and nexus of travel culture worldwide. Launched in 2006, it envisions itself as a travel site and community based on the real cultures, people, and places we encounter, as well as a broader global discussion of historical, political, and socioeconomic realities that inform traveling.

The Pin the Map Project: The pages of this website are filled with stories and advice, tips and tricks to help you save on travel, discover destinations, ignite your wanderlust and even start your very own travel blog — in hopes of inspiring you to see the world one pin at a time!

Transitions Abroad: A no-nonsense web guide and webzine dedicated to work, study, travel, living, and volunteering abroad.

Verge Magazine: Verge is a magazine for exploring opportunities to study, work, and volunteer abroad. It is published quarterly.



Follow Your Academic Passions

Coming home usually involves a new passion for knowledge that puts your study abroad learning into a larger frame or follows up on paths opened during study abroad. The key to academic reintegration is finding ways to actively integrate your new knowledge, interests, and skills into your college or university experience. You may be asking yourself, “How can I talk about my experiences in class?” “Where can I talk about or present my ISP?” This section will get you started on integrating your new experiences into your academic life.

Strategies for Academic Reintegration

- **Register for courses** related to the location or theme of your program.
 - **Identify professors** who do work in the locations or on the same theme as your program or research. Visit them during their office hours and discuss your experience and their recommendations for continued study.
 - **Choose assignments** that focus on your host country and program-related topics.
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The research I conducted in Uganda and Botswana served as the foundation for my senior honors thesis on the politics of land policy formulation and participation in sub-Saharan Africa, which will be published in the spring edition of the Journal of Undergraduate International Studies.

- Emily Johnson, Uganda 2011

- **Visit the library** and become familiar with the literature and resources available related to your academic interests.

- **Use the primary research skills** you developed for your ISP project in research assignments back on campus.

- **Build on the research you started for your Independent Study Project.** Take your ISP to the next level by growing it into your senior capstone.

- **Present and attend conferences, seminars, or presentations** related to your study abroad program.

- **Connect with staff** in your school's Office of Nationally Competitive Awards to support ongoing research, professional experiences, and graduate study.





Publishing and Presenting Academic Work

Undergraduate Research Conferences

Consider submitting and presenting your ISP at one of these conferences geared toward undergraduate students. Descriptions below are taken from each conference's website.

We also encourage you to look at professional conferences. Recent alumni have presented at the International Conference of the American Cetacean Society, the American Anthropology Association Conference, and the Global Health & Innovation Conference.

Birmingham-Southern College Annual Undergraduate Latin American Studies Symposium:

A multi- and inter-disciplinary undergraduate research conference showcasing original research and creative projects conducted during the preceding year by undergraduate students from approximately 30 colleges and universities. The conference takes place in April. Submissions are due in March.

University of Notre Dame's Human Development Conference:

An annual, student-led conference that brings together undergraduate and graduate students to present their research related to issues of international development. The conference takes place in February, with submissions due in early Fall.

National Collegiate Honors Council Annual Conference:

Specifically for Honors College students, this conference invites administrators, faculty members, and students to present together on collaborative research and scholarship. This annual conference is usually held in the late fall.

National Collegiate Research Conference:

NCRC promotes the growth of a national undergraduate research community by facilitating communication, collaboration, and identity for undergraduate students in the global research sphere.

National Conference on Undergraduate Research:

Sponsored by the Council on Undergraduate Research, this conference promotes undergraduate scholarship and creative activities in partnership with

faculty or other mentors. This conference takes place annually in April, with proposals due in December.

North American Undergraduate Conference in Religion and Philosophy: Started in 2007 at Saint Francis University, Westminster College and Lebanon Valley College have joined as host institutions of this conference, which rotates between these locations. The conference takes place in March and abstracts are due in January.

Posters on the Hill: Also sponsored by the Council on Undergraduate Research, this mini-conference is an undergraduate poster session on Capitol Hill where students have the opportunity to speak directly to members of Congress and demonstrate how they have been impacted by undergraduate research programs. Posters on the Hill takes place in spring, with proposals due in early November.

Undergraduate Research Journals

There are many undergraduate journals, often specializing in a specific discipline. This list includes journals that have recently published work of SIT Study Abroad alumni. Descriptions below are taken from their websites.



Alumni Spotlight

Madison Stevens studied abroad in Uganda in 2013 with SIT's Post Conflict Transformation Program. She won the Forum of Education Abroad's Undergraduate Research Award in 2014 for her Independent Study Project on land conflicts in Northern Uganda. She attributes her award not only to her effort, but the local support system that SIT's program provided, as well as the host families, program staff, and community leaders. She is planning to return to Uganda to continue her research after she completes her undergraduate degree.



Al-Noor: The Boston College Middle Eastern and Islamic Studies journal is run entirely by BC undergraduates and featuring work from around the world.

American Journal of Undergraduate Research: A national, independent, peer reviewed, open-source, just-in-time, multidisciplinary student research journal with a 10-week publication schedule for excellent student articles.

Critique: A worldwide student journal of politics that provides a forum for graduate and undergraduate students of politics to express and exchange diverse ideas and to imagine new possibilities for democracy and justice.

Journal of Undergraduate International Studies:

A peer-reviewed journal that seeks to publish the best undergraduate work across the country related to international themes and topics including, but not limited to: international conflict and conflict resolution, human rights, environmental issues, history, comparative politics and economics, development and trade, global security and international health.

Journal of Undergraduate Research and Scholarly

Excellence: A peer-reviewed, undergraduate journal registered with the Library of Congress that accepts submissions of any subject, from any undergraduate institution.

scholarships and grants to continue research.

SIT Graduate Institute

If you are interested in pursuing a graduate degree, consider SIT Study Abroad's sister program, the SIT Graduate Institute. With coursework available on campuses in Washington, D.C., and Brattleboro, Vermont, as well as online in a low-residency format, SIT Graduate Institute offers unique, accredited master's degrees, graduate-level certificates, and professional development programs.

SIT Degree Programs

International Education offers students the unique opportunity to earn a master's degree in international education from an institution that provides international exchange, study abroad, and development programs. Students develop skills and expertise related to advising, exchange management, non-formal and community education, and volunteer program management.

Sustainable Development is presented in two tracks: *Advocacy, Leadership, and Social Change* is offered at the Vermont campus and prepares graduates for positions in organizations working toward a more equitable and sustainable use of the world's wealth and natural resources. *International Policy and Management* is offered at the Washington, D.C., campus and is designed to significantly advance students' leadership capacity, practical skills, and networking channels, particularly within the areas of sustainability, social justice, and entrepreneurship.

The Journal of Global Health: Columbia University's premier undergraduate-run public health publication and media organization, committed to featuring original student research in public health and spotlighting grassroots public health activism.

World Outlook: A student-run, peer-reviewed international affairs journal at the Dickey Center for International Understanding at Dartmouth College that publishes outstanding work by Dartmouth students and undergraduates worldwide.

Pursue Graduate Study

At this point, many students are considering whether to continue their education or take a break for professional experience. Both options are good ones. Consider what motivates you more right now.

Are you interested in continuing to pursue the languages and area studies of your study abroad program? **Check out the U.S. Department of Education Title VI National Resource Centers** for appropriate programs related to your country of study and academic content of interest. These centers often are great sources of funding for



Peacebuilding and Conflict Transformation is

designed to give students the analytical ability, theoretical knowledge, and practical skills necessary to work with groups of people in conflict. Student can choose to focus on conflict in relation to development, inter-group relations, youth programs, humanitarian aid, education, or human rights.

Intercultural Service, Leadership, and

Management allows students to design a personalized, interdisciplinary graduate degree experience based on their own professional objectives. Students take courses and form concentrations in any one of the other three degree areas.

TESOL at SIT stresses the practical applications of learning and effective teaching. Students learn to teach language for communication, self-expression, social change, advocacy, employment, education, and empowerment. SIT graduates are working around the world for peace and social justice through their language teaching.

Certificate Programs

Many students who are not quite ready to pursue a master's degree, are eager to pursue international

work experiences may benefit from short-term training programs.

Considering teaching English abroad? SIT

does not recommend teaching abroad without formal training and certification. Our internationally recognized, accredited TESOL Certificate Program will give you an edge in your pursuit of a career in language teaching.

Interested in peace and conflict studies? Join SIT's

Conflict Transformation Across Cultures (CONTACT) Summer Peacebuilding Program, a three-week professional and academic program that serves the needs of working professionals who want to advance their skills and knowledge in peacebuilding, as well as those who plan to pursue a graduate degree in conflict transformation.

Inclusive Security: International Policy and Practice is designed to train professionals to lead innovative and more sustainable approaches to peace-building. Highlighting the role of women as active participants in the shaping of peace, this program is offered through a partnership between SIT Graduate Institute and the Institute for Inclusive Security.



CENTELA ASIAICA
...
HIGHLIGHT ON POLYMEROLS
...
MITOCHONDRIAL DEVELOPMENT
...
CELLULAR DEVELOPMENT
...



Organize to Make a Difference

After spending so many months immersed in a new culture grappling with critical global issues, you will likely want to remain engaged in social change when you return home. You may want to get involved in action groups on your campus, begin a new project, or pursue volunteer work outside of school. Activist work cannot be done alone. The key to civic engagement and social action is connecting with organizations and people doing the work you want to do. This section will help you turn your ideas into action.

Strategies for Civic Engagement and Social Action

- **Stay connected** to your host country by seeking out relevant cultural, academic, and political events. You may find there is a diaspora from your host country near you.
 - **Write and article** for your local newspaper or college paper on how your experience abroad helped you gain global understanding about a particular global issue. What is your perspective about a social issue having lived abroad?
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I returned from Bolivia for my senior year feeling empowered and knowledgeable, and with a sense of obligation that I can't just sit around. Then and now, I know that I must continue learning, questioning, contributing, experiencing, and engaging.

- Aliza Grossberg, Bolivia 2010

- **Explore possibilities for volunteering or interning.** Is there a community group from your host country in your community? What service providers are working with your local immigrant or refugee communities?

- **Get involved with the international student union** or another international student group on your campus. Is there not an active group yet? Collaborate with other interested students to start one!

- **Stay in touch with your friends and host families from study abroad.** You may find opportunities to work with them on projects or visit in the future.

- **Stay in contact with SIT Study Abroad.** Sign up for the World Learning Alumni newsletter. Check out the World Learning's Exchange to build connections with fellow World Learning alumni.





Social Action with SIT Study Abroad

During your time with SIT Study Abroad, you will have realized the importance of reciprocity. Many SIT alumni describe their experiences as transformational and wish to give back to their host communities in a meaningful way.

The **SIT Global Reciprocity Fund** is a unique opportunity for reciprocity in SIT host communities. The fund supports sustainable, community-supported projects that foster an ongoing collaboration among students, program staff, and the community. By giving back, alumni and supporters can continue to support local initiatives that benefit marginalized communities and change lives.

Social Action on Campus

Many social justice and action groups like Amnesty International, Net Impact, and GlobeMed have campus chapters. You can also attend national conferences focused on the civic engagement of college students.

Impact National Conference: Held every February, The IMPACT Conference is historically the largest gathering in the country focused on the civic engagement of college students in community service, service-learning, community-based research, advocacy, and other forms of social action.

Model United Nations: MUN conferences are an excellent way to learn international relations

and debate in a fast-paced, practical setting. Many colleges and universities have clubs and courses to prepare students for national and regional MUN conferences. SIT recommends the MUN conferences at Harvard and Georgetown.

Harvard National MUN: Staffed entirely by Harvard College undergraduates, HNMUN brings over 3,000 students and faculty together from colleges and universities around the world to simulate the activities of the United Nations. HNMUN offers a unique opportunity to experience the challenges of international negotiation and diplomacy. Usually held in February.

Georgetown NCSC: Since 1972, NCSC has served as a dynamic forum for detailed debate on the world's most serious crises. Each year, internationally minded Georgetown University students work tirelessly to provide an unforgettable NCSC experience for more than 500 of the nation's best collegiate Model United Nations delegates. Usually held in October.

Connecting for Change Conference: Held each October, Connecting for Change, presented by the Marion Institute, is a solutions-based gathering that brings together a diverse audience to create deep and positive change in their communities.



Alumni Spotlight

Elizabeth Abel studied abroad with SIT in Bolivia in 2009, and now works at the Melting Pot Bolivia Foundation in La Paz. Elizabeth says SIT allowed her to relate to and become part of a Bolivian identity that until then had been very different than her own. This connection drew her back to Bolivia to help make the country's unique gastronomic culture a driver of socioeconomic development. Elizabeth says SIT gave her the tools she needed to connect and understand Bolivian society and be a part of its advancement.

Connecting Study Abroad and Career Development

Employers are looking for international experience. You may come home looking to work in areas that touch upon issues raised in study abroad, or are seeking ways to spruce up your résumé with the knowledge, skills, and experience you gained in study abroad. Highlighting your time abroad is useful for jobs and internships you may be applying to in the United States or internationally. The key to professional development is to integrate your international experience into your repertoire of skills and abilities.

Strategies for Professional Development

- **Practice describing your study abroad experience** in a professional context. What are the specific qualities and abilities you developed during your study abroad experience, both in and outside the classroom? What are some specific examples that demonstrate these competencies?
- **Discuss skill development** with a career counselor or staff in professional development offices on your campus.
- **SIT's Career Connections Site development** is a great resource for SIT students and alumni

[SIT is] definitely an interesting and attractive line on my résumé. Even if it's not directly related to jobs that I'm applying for, employers have often asked about it ... I think it helps demonstrate my ability to navigate new situations and be self-directed in completing a major project.

- Alumnus, China 2009

positions in sectors related to international development and social justice. Career center staff engage and network with local and international organizations to provide students with comprehensive lists of internship and job opportunities around the world.

- **Use LinkedIn.** Build your profile and reach out to the LinkedIn group for returning SIT Study Abroad students: World Learning Alumni. To join the group, you must mention your SIT Study Abroad experience on your profile.
- **Use SIT's Career Services Pinterest page.** There you will find tips and resources on career strategies, résumé writing, and personal branding. You can also find example résumés there.
- **Collaborate with your career center** to set up an international career event or day of presentations, discussions, and workshops.
- **Research jobs and internships of interest** via sites like Devex, ReliefWeb, and Idealist.





Professional Development Resources

Choosing a Career in International Development: A Practical Guide to Working in the Professions of International Development by Donovan Russell. This book provides down-to-earth information and advice about the international development field from top to bottom. What is International Development? What are the specialties and careers? How can one prepare? The book describes operations, challenges, and personal rewards through real life accounts.

International Jobs: Where They Are and How to Get Them by Nina Segal. For more than 20 years, *International Jobs* has been the authoritative guide for researching and launching an international career.

With the tried-and-true components of previous editions — practical résumé and interviewing advice, market analysis, and insightful “day-in-the-life” stories, as well as substantially increased Web resources — *International Jobs* is a comprehensive reference for students and established professionals alike who want a career in the global marketplace.

Work Your Way Around the World: The Globetrotter’s Bible by Susan Griffith. This book incorporates hundreds of first-hand accounts from people who have worked around the world, as well as a clear, country-by-country guide to the opportunities available. This working travel handbook reveals how to fund a trip of a lifetime by finding temporary work abroad — from selling ice cream in

Cape Town to working as a film extra in Bangkok — both in advance and on the spot while travelling.

Working World: Careers in International

Education, Exchange, and Development by

Sherry Mueller and Mark Overmann. This book has information on applying for internships, government jobs, nonprofit jobs, and volunteer opportunities. It is a tremendous resource for jobseekers and is targeted for college graduates. Sherry is a former World Learning Trustee, and the book profiles World Learning's former president, Carol Bellamy.

Databases and Search Engines

It can be difficult to find entry-level positions internationally. Explore fellowships and scholarships to travel abroad through some of these databases:

UC Berkeley Career Center: This is a list of fellowships available to recent graduates in fields like public health, environmental protection, and human rights.

Princeton Postgraduate Awards of Interest:

Not exclusively for Princeton students, this is a comprehensive list of fellowships and awards available to recent graduates. Note Princeton's region-specific fellowships in Africa, Asia, and Latin America.

Smithsonian Fellowships Office: This is a list of current fellowship opportunities at the Smithsonian, sorted by unit. Fellowships are offered in theoretical medicine, biodiversity, and arts research, as well as each topic area of the different Smithsonian Museums. Fellowship awards are also available for minority and Native American students.



Alumni Spotlight

Jedediah Fix studied abroad with SIT in Mongolia in 2004. He says this experience made him a better listener and more open to the different ways people can understand their environment, and he has taken these lessons along with him throughout his career. Jedediah lived in Senegal with the Peace Corps, completed a Fulbright Fellowship in the Philippines, and briefly worked with the United Nations. Now a consultant for the World Bank, Jedediah is able to return to places like Senegal to see the progress they make toward development goals. He attributes much of this success to SIT's unique pedagogy, grounded in experience and reflection.



Your SIT Network

As you readjust to life back at home, remember to take advantage of your new network with SIT and World Learning. One of our University Relations Managers will be on your campus, and while you may have met him/her briefly before you departure, be sure to check back in when you return from study abroad.

Apply for an Alice Rowan Swanson Fellowship. This fellowship was established in 2009 by the family of SIT Study Abroad Nicaragua '06 alumna Alice Rowan Swanson as a living tribute to her passion for bridging cultures and helping others, and the role that SIT Study Abroad played in her life. Fellowships are awarded twice annually to SIT Study Abroad and IHP alumni to return to their program country and pursue further development projects benefiting human rights in that region. **See eligibility and application requirements.**

You can also **become an Alumni Mentor**. SIT's network of Alumni Mentors is designed to facilitate the flow of information between those who have participated in one of our programs and those who may apply or have already applied. You will be in touch with prospective students to answer their questions on the nature of SIT programs, ISP topics, and expectations and budgeting while studying abroad.

A woman wearing a purple t-shirt with the words 'leave a review', 'study abroad', and 'peace love' printed on it, and a white conical hat, stands smiling in a vast, green rice field. The field is filled with tall, healthy rice plants. In the background, there are some yellow and white sacks stacked up.

Don't underestimate the significance of your SIT experience. Many students go on a study abroad program, but few choose to challenge themselves with an experiential, field-based program like what is offered by SIT. In my opinion, the format of the SIT program develops real-world skills that are more applicable to your professional development in your chosen field than a traditional classroom experience.

- Karen Fadely, Tanzania 1997

You can also **leave a review** for SIT Study Abroad on the three of the most popular study abroad directories: gooverseas.com, studyabroad101.com, and goabroad.com. These sites also hold competitions for submissions of stories and videos, so consider sharing your work!

Submit your photos to the annual SIT Photo

Contest. A chance to reward our students' amazing photography, the contest is run every April. When the contest opens on Facebook, submit your photos to this year's online gallery where your friends and family can vote for them. Prizes are awarded to the winners of the popular vote and SIT staff vote. Prizes include air travel voucher to the cost of a flight to wherever your next travel adventure might take you. Check out previous winners.



Contribute content to the SIT Study Abroad website and social media platforms. We welcome stories, photos, and video about your experiences, what you have accomplished since you returned, and the impact your time abroad had on you. We also welcome you to share your videos for our YouTube channel. Contact marketing@sit.edu for more information. On Instagram, tag us at @SITStudyAbroad and hashtag #SITstudyabroad. We frequently repost interesting alumni posts and credit them.

If you are in the Washington, D.C., area, **apply to intern in the World Learning offices.** Individuals with a career interest in international affairs and education are recruited seasonally for internship positions. Candidates may include undergraduates in their junior or senior year, current graduate students, or recent graduates. Ideal candidates will have had international travel and/or work experience. Interns are assigned on a rotational basis to programming teams to develop, implement, and monitor international exchange programs. Learn more about the internship on the World Learning website.



Suyt, Teddy đã nhanh chóng chìm vào giấc ngủ.

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A New Beginning

Re-entry after study abroad can be a long, difficult process, but it can also be a new beginning for you in your home community and university. We hope this guide has been a helpful resource for all the options available to you now that you've returned. But this guide does not have to be your only tool. There are many resources available on your home campus to support you, including career development offices, on-campus counseling, and myriad extracurricular activities relevant to what you have learned abroad.

Include your family and friends in your re-entry process. While they may not be able to fully understand all you've experienced over the past few months, they are resources for support and guidance as you make adjustments to your academic life and begin to plan for your future. Make sure to share the Parents' Readjustment Manual with your family.

Returning to your home campus is also a fantastic time to broaden your social circle. Many other students will also be experiencing the re-entry process, even if they have studied in different places than you. You may find it easier to relate with them and other international students. Even as you readjust to life back in the United States, pay it forward and continue reaching out to other study abroad alumni dealing with re-entry. There are

many ways to get involved with the study abroad offices of your home campus and support your peers through the process.

Finally, keep an optimistic outlook! SIT Study Abroad will have made a big impact on you, and the good news is that it is only the beginning of your relationship with the global community. There are many ways to use your experiences and travel abroad again.

For questions or more support, contact us at 802-258-3212 or email studyabroad@sit.edu.

Bibliography

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