

*International Academic Programs*

**POSITIVE LONG-TERM OUTCOMES FROM AN INTERNATIONAL EXPERIENCE**

Students generally find that it takes a while after returning from study abroad to realize the full applicability of their experiences to career planning. An overseas experience can create new interests, skills, and abilities of great potential for future employment. If you haven't thought carefully about how living in another country may have prepared you for employment, this exercise can help identify areas of personal growth and new skills.

As you read the following statements, place a check mark by each change that you believe has occurred in you.

- I am more knowledgeable about another culture and lifestyle.
- I understand better another country's role in world affairs.
- I have the ability to see situations and issues from more than one perspective.
- I have improved my ability to communicate with people in a second language.
- I have a greater ability to empathize, i.e., to sense how an event appears and feels to someone else.
- I understand more fully my own strengths and weaknesses.
- I can evaluate advantages and disadvantages of my own culture and society more objectively, i.e., from the perspective of an outsider.
- I can accept failures and shortcomings in myself more easily.
- I am more confident and positive when meeting new people.
- I have become a more patient person.
- I am sensitive to subtle features of my own culture that I had never seen before.
- I am more confident and assertive when facing new situations.
- I have learned to improve interpersonal communication through increased abilities in listening well, speaking clearly, and paying attention to non-verbal communication.
- I have a greater capacity to accept differences in others and to tolerate other persons' actions and ideas which may be vastly different from my own.
- I am more able to share my thoughts and feelings with others, and to be open when others wish to share theirs with me.
- I have more curiosity about, and respect for, new ideas.
- I have a clearer notion of what I will do with my life.

- \_\_I am more flexible and able to adjust to changes in others.
- \_\_I am more tolerant of ambiguous situations. that is of situations that are confusing and open to differing interpretations.
- \_\_I can see myself more objectively, i.e., I see my own day-to-day problems in a broader, more realistic context.
- \_\_I am more deeply committed to an idea, cause, or goal.
- \_\_I have increased my perseverance and self-discipline.
- \_\_I have the ability to create personal peace and satisfaction in my life.
- \_\_I have a greater sense of responsibility for other people.
- \_\_I am more able to express deep emotions freely.
- \_\_I am more able to ask for and receive help from others.
- \_\_I have greater willingness to take on roles and tasks to which I am unaccustomed.
- \_\_I have increased my capacity to experiment and take risks.
- \_\_I can cope in vastly different settings.
- \_\_I am more able to accept as valid other values and lifestyles.
- \_\_I have a deeper understanding of (if not necessarily commitment to) the values and lifestyle of my native community.
- \_\_I am more aware of opportunities in life that are open to me.
- \_\_I feel greater respect and appreciation for my natural family.
- \_\_I am more independent in my relations with family and friends.
- \_\_I can accept the shortcomings of my family members in an understanding way.
- \_\_I think that I need fewer friends but deeper (more intimate and more trusting) friendships.
- \_\_I am more aware of the way I use and structure time.
- \_\_I have a greater capacity to profit from my mistakes.
- \_\_ I am more interested in, and capable of, laying long-range plans.
- \_\_I am more determined to develop fully my skills and talents.

\_\_I feel a greater need to have diverse experiences and friends.

\_\_I am more balanced in my judgments, i.e., less likely to judge things as "good" or "bad", "right" or "wrong".

\_\_I am more likely to do things spontaneously, i.e., to do things without undue concern about possible consequences.

\_\_I am more capable of solving life's day-to-day problems and accomplishing necessary tasks.

\_\_I can set more realistic priorities, both short-term and long-term, for myself.

\_\_I think more critically; I am more discriminating and skeptical, particularly of stereotypes.

\_\_I have improved observation skills.

\_\_I realize the importance of time to be alone to think.

\_\_I am more confident about the decisions I make.

\_\_I value human diversity and respect others (from a variety of backgrounds different from my own).

\_\_I have learned to place a lower value on material things.

\_\_I have the ability to make clear personal choices and goals for my life rather than complying with what others expect and want from me.

\_\_I have a deeper understanding of the common problems and issues that confront all human beings on this planet.

\_\_I have greater awareness of political, economic, and social events occurring around the world.

\_\_Other:

\_\_Other:

Go back now and place an extra check mark by those *two* or *three* changes that seem the strongest or most significant.

Reflect on what effects you think these two or three biggest changes will have on you and your relations with others within the next three to five years. How will they increase your chances for success in a career?