

Study Abroad encourages students to encounter new cultural perspectives and develop skills, such as resilience, empathy, and adaptability. Articulating the impact of a study abroad experience can feel daunting. Fostering reflection can equip students to understand the impact, and effectively communicate, their global experiences.

Processing the experience of studying abroad is much like trying to capture a photograph of a sunset – it’s never quite as stunning as watching it in real-time. We’ve created a list of questions that encourage students to reflect on the skills they’re gaining while immersed in the experience, and how they can apply those skills once they return.

We invite you to utilize this guide to help students understand how their global experiences shape their professional story.



Career Journal:

Reflection Questions for Winter Term Travel

The following questions may assist professors in debriefs and reflection exercises:

**Career Exploration & Goals:**

* Were there any specific encounters, activities, or insights today that made you think about your career path?
* Did any of today's experiences inspire you to explore career avenues or interests that you hadn't considered before?
* How did today's experiences in this country relate to your current career goals or aspirations?
* What new skills did you develop today that could benefit your future career?
* Did you encounter any challenges today– and how might these challenges relate to the types of challenges you could face in your future career?
* In what ways have you stepped out of your comfort zone today, and how might this contribute to your professional growth?
* Can you identify any cultural differences or similarities that could be valuable in your future work, and how can you apply this knowledge?
* How have your interactions with locals or fellow students broadened your perspective on potential career opportunities?
* Can you identify any moments when you felt a strong sense of purpose or alignment with your future career goals during your time abroad?

**Cultural Awareness & Adaptability:**

* How have you adapted to the cultural differences you've encountered, and how could this adaptability be an asset in your future workplace?
* Reflect on a specific cultural experience or interaction from this week. How might you leverage this experience in your future career, or what lessons did you learn from it?
* Are there any cultural practices or local wisdom that you've encountered that you believe could enhance your career success back home?
* Have you noticed any global issues or challenges during your time here that you're particularly passionate about addressing in your future career? Why?

**Self-Reflection**

* What have you discovered about your strengths and weaknesses during this trip, and how might this self-awareness be beneficial for your career development? In an interview?
* How are you applying the knowledge gained from your academic program to your experiences in this country? How might this impact your academic and career choices?
* What are the most significant takeaways you've had so far, and how do you envision integrating these lessons into your future career?

**Long-term Considerations**

* Have you made any valuable professional network connections during this experience? If so, how do you plan to nurture those relationships?
* How are you documenting your experiences beyond the Career Journal (i.e. photos, video, and social media)?
* What are your short-term and long-term career goals now, and how have they evolved since the beginning of this trip?
* How will you carry these experiences forward to make the most of your education and career path, and what steps can you take to ensure these experiences continue to shape your future?