A Re-Entry Guide
For International Students

Congratulations on your accomplishments on the way to a successful future!

We sincerely hope that the information presented in today's discussion and in this booklet will assist you as you transition from life at AU to the next part of your journey.

Warm wishes,

International Student and Scholar Services
410 Butler Pavilion
4400 Massachusetts Ave., NW
Washington, D.C. 20016-8041
isss@american.edu
(202) 885-3350

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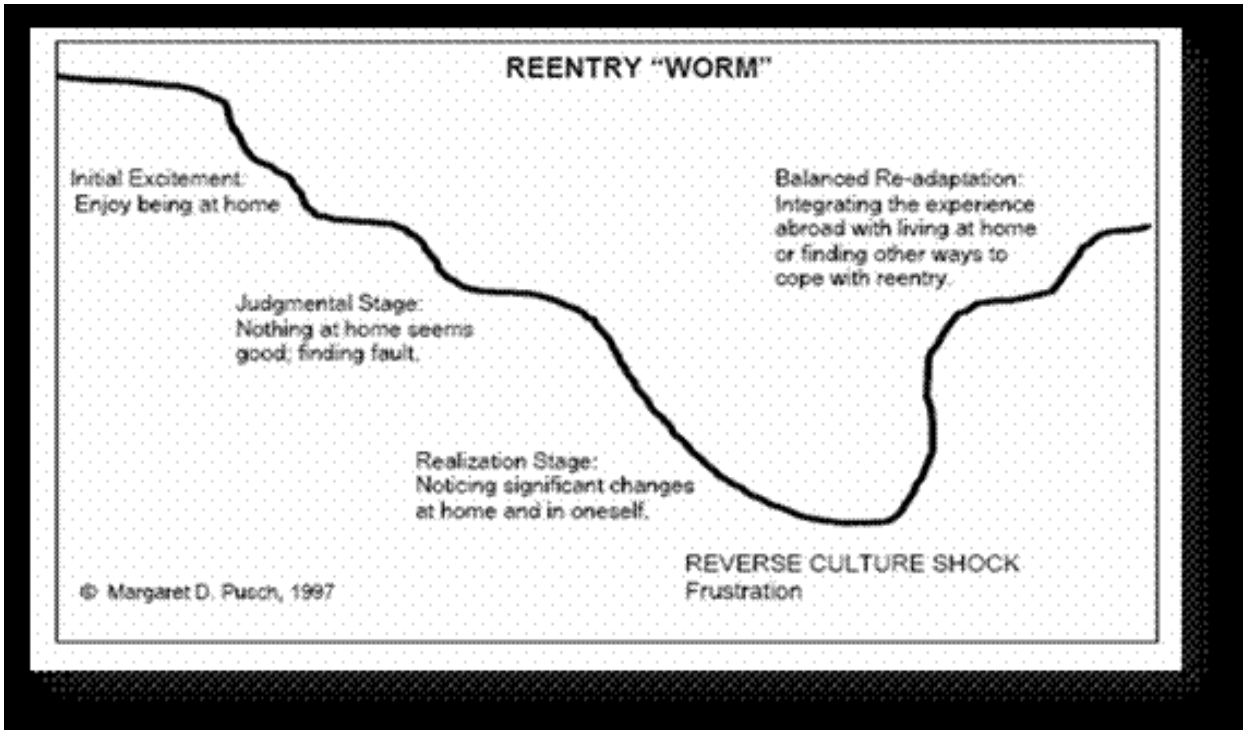
Reverse Culture Shock – What is it?

(**Adapted from:** http://www.isep.org/students/Placed/student_handbook5b.asp)

Definition:
Upon returning to your home country, you may experience a sense of disorientation or feeling out of place. This is called ***return shock*** or ***reverse culture shock***. These feelings and the readjustment process associated with them are completely normal; it is a temporary transitional state that many people encounter when they return home.

Culture shock is expected when you go to the U.S. but not when returning home after studying in the U.S. Becoming aware of this phenomenon and realizing that it is a normal process can help you handle the transition well.

(**Source**: http://ourworld.worldlearning.org/site/PageServer?pagename=WhatisReentry)



Typical Stages of the Re-Entry Experience

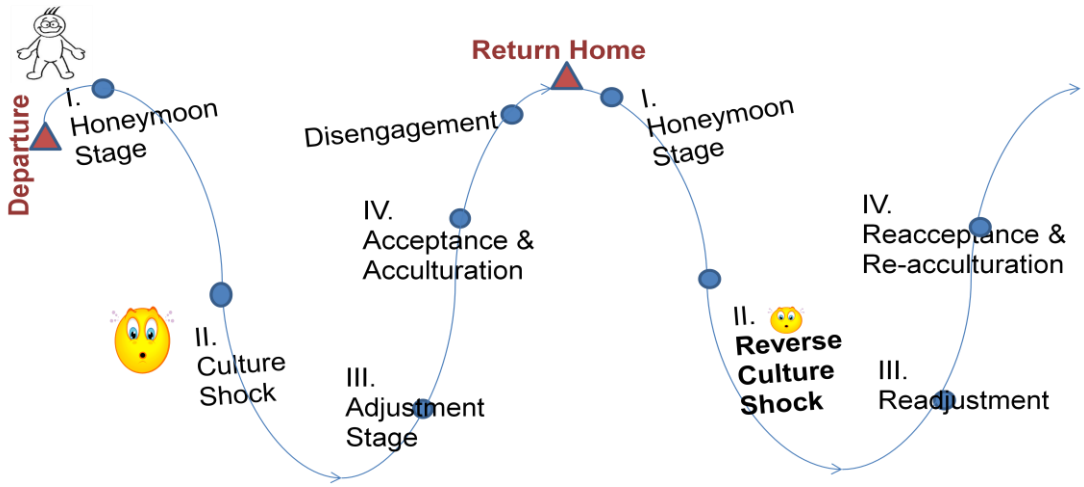
(**Source:** http://www.isep.org/students/Placed/student_handbook5b.asp. Summarized from "Back in the USA: Reflecting on your study abroad experience and putting it to good work," by Dawn Kepets).

Stage One - Disengagement
While in the U.S. and as your departure date approaches, you may begin to move away from your U.S. experience and start focusing on your return home. This is a feeling of having one foot in the U.S. and one foot in your home country. You may start thinking about concluding your time in the U.S. and making plans for what you will do when you get home.

Stage Two – Euphoria ("Honeymoon stage")
In this stage, you get very excited about going home. You think about how happy you are to see your old friends, eat your favorite foods, and speak your native language. This may occur before leaving the U.S. or upon arrival at home. This feeling may be very brief, especially for those who were very well adjusted to living in the U.S. The feeling of euphoria may last longer for those who were less attached to American culture. Students who were unhappy while in the U.S. may not experience return shock beyond this stage.

Stage Three – Dampened Euphoria ("Reverse Culture Shock")
This stage may occur after you've been in your home country for a little while, and you may find yourself feeling like a foreigner in your own country. You may feel frustrated, alienated, or critical of your own culture. Things that were previously normal to you now seem strange or backwards. You may feel like no one wants to hear about your experience and can't relate to it. This is a good time to seek out other students who have returned from studying in the U.S. They can provide support and sympathy as you readjust to life back in your home country.

Stage Four – Gradual Readjustment ("Readjustment, Reacceptance, and Re-acculturation")
At this stage, things may no longer be so shocking, and you are less critical about aspects of your culture that bothered you during the "dampened euphoria" stage. You can now begin to analyze what you learned in the U.S. and decide how you will apply it to your life at home. You may decide to adopt what you've learned in the U.S. both academically and professionally.



Cultural Re-Entry Challenges & How to Handle Them

(**Source:** http://www.isep.org/students/Placed/student_handbook5b.asp)

Boredom
After being in the U.S., where a daily task might have been an exciting challenge and where you were meeting so many new people, returning to the comfortable routines of home may seem boring. However, with your new international experience and language ability, you can find new outlets to channel your interests – new friends, clubs, activities, and more.

Reverse homesickness
If you made good friends and grew to love U.S. culture, it's only natural that you will miss it. Luckily, technology makes it easy to keep in touch with your new friends via e-mail, Skype, Facebook, etc. It also might help to befriend people at home who are from the U.S.

It's hard to explain
You experienced so much while in the U.S. that it may be difficult to explain all of the feelings you had or describe all of the sights you saw. You may feel that you can't get people to understand it. That's okay. This is a good time to talk to people who share your experiences. Journaling or scrapbooking may help you better articulate and express what you went through.

"No one wants to hear"
Upon return, you may want to talk non-stop about your time in the U.S., only to find that people don't seem very interested. You might feel frustrated that people ask, "How was it?" as if there is a simple answer to that question. Frequently, people who have not had an international experience will have a hard time relating to yours, and they may lose interest once they hear a little bit about your time in the U.S.

You can seek out others who have studied outside of your home country; they may be more receptive to listening to the details about your time in the U.S., and they will have stories to share with you, too. When discussing your time in the U.S. with audiences who are less interested, remember to keep your stories brief and interesting. This is called the elevator speech – when you can answer "How was it?" in the time it takes to ride in an elevator.

Relationships have changed
Just as you've changed while in the U.S., people at home have experienced changes while you were gone. You may notice now that you relate to people differently than you did before you studied in the U.S. Whether positive or negative, this is **normal**. Handle it with an open mind and patience, and remember why you were close to the person in the first place.

People see "wrong" changes or misunderstand you
Some people may be upset by changes in your behavior or ideas upon returning to your host country. From holding your fork differently to a new political ideology, some people may think negatively about these changes. This negativity is often rooted in feelings of jealousy, inferiority, or superiority. This phase normally passes quickly if you are attentive to how people react to you and willing to explain these changes in way that isn't boasting or defensive.

You feel alienated from your home culture or see home with critical eyes
After experiencing U.S. culture, you may find yourself critical of some aspects of your home culture. You may see faults all around you and feel very critical, remembering things you liked better in the U.S.

Keep these comparisons to yourself, and know that you likely went through these same feelings when you first arrived in the U.S. In time, you will realize the strengths and weaknesses of both cultures without being so critical.

You're unable to apply new knowledge and skills
You might feel like your newly acquired linguistic, cultural, and practical coping skills aren't relevant at home. While ways to apply them may not be immediately obvious, have patience and you will find ways to use them. See the worksheet at the end of this packet to think about how you can maximize your intercultural skills in the workplace in your home country.

You feel loss or compartmentalization of experiences
After getting back into the routine of life at home, you may feel like your U.S. experience is slipping away from you. Keep the experience alive by maintaining contact with the friends you made while in the U.S. and by sharing your experience with those who can relate to it. Look for ways to apply your new skills.

Re-Entry Checklist: Strategies for a Positive Re-Entry Experience

(**Source:** Portions adapted from http://international.missouri.edu/study-outside-the-us/returning-home/coping-adjusting-getting-involved.php. Portions adapted from Dr. Bruce LaBrack, *School of International Studies, University of the Pacific, Institute of International Education, San Francisco, Aspire Newsletter, Spring 1996)*

The key to having a positive personal/emotional re-entry experience is staying connected to people. The resources in this section are an attempt to get you talking to people, reflecting on your experience, and working through some of the challenging mental and emotional aspects of coming home.

Before returning home:

- Read about the challenges of re-entry so you are aware of what you may experience.
- Connect:
    - Spend quality time with the people you will miss the most. Let them know how they have impacted your life.
    - Collect contact information for all the people with whom you'll want to keep in touch.
- Experience:
    - Spend time in the places you liked or doing the things you like best in the U.S.
    - Take all the photos or videos you've been intending to take.
- Record:
    - Write down recipes of your favorite dishes in the U.S. Buy any special ingredients that you can't get at home.
    - Download or buy the music that you've been listening to while in the U.S.

Right after returning home:

- Remember:
    - Create a scrapbook.
    - Seek out other returnees from the U.S. They can relate to your experience and also have something interesting to share. They can offer support during the transition of re-entry and reverse culture shock.

After settling in at home:

- Stay involved:
    - Volunteer with *EducationUSA* at an advising center in your country. Follow this link and click on your region to find the opportunities near you: http://www.educationusa.info/centers.php
    - Volunteer in a study abroad office at a university in your city. You will get to talk about your time in the U.S. and how it impacted you.

After settling in at home (continued):

- Keep learning:
    - Reflect on your time in the U.S. (i.e. keep a journal of your thoughts, ideas, questions, etc.)
    - Continue your language learning. Look for ways to maintain your English language skills by taking classes, joining a conversation club, or volunteering in a bilingual setting.
    - Investigate international careers or careers that will use your language skills.
- Stay connected:
    - Keep in touch with friends you made in the U.S. Exchange letters, e-mails, and photos to stay up-to-date.
- Keep an open mind:
    - Understand that the familiar will seem different. You will have changed, home has changed, and you will see familiar people, places, and behaviors from new perspectives. Some things will seem strange, perhaps even unsettling. Expect to have some new emotional and psychological reactions to being home.
    - There will be much "cultural catching up" to do. Some linguistic, social, political, economic, entertainment, and current event topics will be unfamiliar to you as new programs, slang, and even governmental forms may have emerged since you left. You may have some learning to do about your own culture.
    - Reserve judgments. Just as you had to keep an open mind when first encountering the culture of a new foreign country, try to resist the natural impulse to make snap decisions and judgments about people and behaviors once you return home. Mood swings are common at first, and your most valuable and valid analysis of events is likely to take place after allowing time for reflection.
    - Respond thoughtfully and slowly. Frustration, disorientation, and boredom in the returnee can lead to behavior that is incomprehensible to family and friends. Take time to rehearse what you want to say and how you will respond to predictable questions and situations; prepare to greet others with a calm, thoughtful approach.
    - Cultivate sensitivity. Showing an interest in what others have been doing while you have been in the U.S. is the surest way to reestablish rapport. Being a good listener as well as a talker is a key ingredient in mutual sharing.

At all times, allow yourself time.

Reentering your own culture is a process that will take time, just like adjusting to a foreign culture. Give yourself time to relax and reflect upon what is going on around you, how you are reacting to it, and what you might like to change. Give yourself permission to ease into the transition.

Professional Re-Entry

Incorporating Study in the USA on your Résumé

- Your time in the U.S. has given you international experience, intercultural communication skills, and language ability. These are valuable qualities for a potential employer. You can include your studies at AU on your résumé in the "education" section. In your résumé's "work experience" section, discuss any internship or volunteer experience you had while in the U.S. This can make your résumé stand out.

Articulating your Study Experience in an Interview

- When you interview for a job, you might be asked about your experiences in the U.S. Prepare some key stories that you can share in an interview to illustrate the intercultural competence you gained while in the U.S. Think about the qualities you want to highlight when asked the general question, "What did you learn while abroad?" or "How was the U.S.?" Use the STAR technique (**S**ituation, **T**ask, **A**ction, **R**esult) to tell stories that will show the employer that you possess the skills and knowledge he or she is seeking. The interviewers' questions may indicate what skills or knowledge they want you to possess, so pay attention.

To think about the skills you gained in the U.S. that might be useful in a future job, complete the worksheet on page 17 of this booklet.

Possible Outcomes of an International Experience – Skills and Knowledge

(**Source:** Adapted from Maximizing Study Abroad: A Students' Guide to Strategies for Language And Culture: Learning And Use *By R. Michael Paige, Andrew D. Cohen, Barbara Kappler Mikk, Julie C. Chi, & James P. Lassegard)*

Use this list to spark ideas for creating a résumé, preparing for an interview, and reflecting upon your experiences.

Skills and knowledge you may have developed during your time in the U.S.:

- Understand cultural differences and similarities
- Adapt to new environments
- Learn through listening and observing
- Establish rapport quickly
- Lead others in formal or informal groups
- Communicate despite barriers
- Function with a high level of ambiguity
- Utilize time management skills
- Take initiative and risks
- Identify problems and utilize available resources to solve the problems
- Accept responsibility
- Learn quickly
- Handle difficult situations
- Handle stress
- Cope with rejection
- Manage/organize
- Conduct research despite language and cultural differences

Qualities you may have developed during your time in the U.S.:

- Self-reliance
- Enthusiasm
- Appreciation of diversity
- Perseverance
- Flexibility
- Open-mindedness
- Assertiveness
- Inquisitiveness
- Self-confidence
- Self-knowledge
- Independence

Complete the worksheet on page 17 to determine how these skills might be useful in a future work setting.

Opportunities for International Employment and Volunteering

(**Source:** Adapted from Maximizing Study Abroad: A Students' Guide to Strategies for Language And Culture: Learning And Use *By R. Michael Paige, Andrew D. Cohen, Barbara Kappler Mikk, Julie C. Chi, & James P. Lassegard*)

There are many opportunities for you to volunteer or find employment that let you utilize your bilingual and bicultural skills:

- Volunteer with *EducationUSA* at an advising center in your country. Follow this link to find the opportunities near you: http://www.educationusa.info/centers.php

- Seek volunteer or work positions at international organizations located in your area. You might be surprised at the number and breadth of international linkages that already exist.

- Become a homestay family for a student studying in your country. Agencies and universities are always looking for suitable homestay families for students, and this can be a way to stay connected internationally. Be willing to accept a student outside of your own experience and expand your cultural horizons.

- Volunteer or intern in a study abroad office or at an office for international students. Your international skills and knowledge about living overseas can be valuable. Offices that work with international students can be understaffed and need volunteers to do a number of vital tasks.

- Become a buddy or tutor for international students in your country. You already know how it feels to go through cross-cultural adjustment in a foreign country, and you have a unique perspective about the needs of international students. Use your cross-cultural skills to help others and, in turn, deepen your own learning and make valuable international connections.

- Volunteer to work with refugees or immigrants in your community. The needs and backgrounds of refugees and immigrants in each country vary tremendously, but they typically do not have the kind of resources that international students have.

- Become a tour guide for international visitors. Many companies now have opportunities for bilingual/bicultural translators and interpreters.

- Seek opportunities through work, school, or other means to go abroad again. Use your cultural and linguistic fluency to accompany a delegation or tour to another country.

Connecting with the Job Market Abroad

(***Source:*** *AU students and listed websites)*

Websites commonly used in countries around the world to network with professionals and find jobs:

AFGHANISTAN:

Agency Coordinating Body for Afghan Relief (ACBAR)
www.acbar.org
ACBAR is one of the most popular and most visited websites in Afghanistan, with a record number of 76,000 job vacancy announcements since March 2005.

On the top right hand part of the website, you will see "Jobseeker." Click on "New User" to create an account and begin looking for jobs in Afghanistan.

UNDP Jobs
www.undp.org.af/jobs
This is one of the most popular sites for people searching for jobs in Afghanistan.

www.jobs.af
This is another great website for finding job opportunities in Afghanistan.

BRAZIL

www.linkedin.com
LinkedIn is popular in Brazil amongst professionals.

www.Orkut.com
Orkut is a popular free social networking site where you can connect with friends and professionals.

CHILE:

Facebook is one of the most widely used tools for both social and professional networking. LinkedIn is progressively becoming widely popular for Chilean professionals.

CHINA:

See additional handout.

GLOBAL:

www.idealist.org
Idealist connects people and resources with 69,000 organizations worldwide. It is independent of any government, political ideology, or religious creed. Jobs listed seek to find practical solutions to social and environmental problems.

www.jobs.undp.org
Job listings across the world related to Millennium Development Goals, Democratic Governance, Poverty Reduction, Environment and Energy, Crisis Prevention and Recovery, HIV/AIDS, Women's Empowerment, and Management. More than 300 job listings are posted today!

Connecting with the Job Market Abroad (continued)

GLOBAL:

350.org
www.350.org
For those interested in working with grassroots movements, international public policy, and climate change, there are 350.org chapters in many countries. AU students have connected to them in the past.

INDIA:

brijj.com
You can create and join groups and also build your own network. You can also share videos and files. This site includes information about effective presentation skills, innovation, how to prepare for a job interview, etc.

apnacircle.com
This is a leading social and career networking site in India. You can connect with friends and professionals in this portal.

peerpower.com
You can find peers from your work domain, share experiences, and connect with leaders for access to many opportunities.

toostep.com
This professional networking site helps you share your professional expertise and apply to jobs.

www.linkedin.com and www.monster.com are widely used in India.

RUSSIA:

Russians don't use online social networks very much as job market resources. Vkontakte is commonly used as a version of Facebook, but Facebook is popular too. These resources are more like social networks than professional, though it helps to keep in touch with people from college, department, class, work, etc., and it is a way to get to know people in your field. LinkedIn is not as common in Russia.

SOUTH KOREA:

The Facebook-like site called CyWorld is widely popular in Korea as a networking tool. There is a popular site similar to LinkedIn called www.linknow.kr. There are also a few sites like Twitter, called yozm.daum.net and me2day.net.

MEXICO:

Twitter and Facebook are widely used in Mexico. LinkedIn is growing in popularity.

SRI LANKA:

Monster.com, LinkedIn, Facebook, and Careerbuilder.com are very widely used in Sri Lanka to connect to job opportunities and other professionals. In Sri Lanka, you can also find many job opportunities by reading the newspapers, The Sunday Times and The Observer.

Professional Networking in China

Find below:

1. Suggestions from fellow AU students
2. Job Search and Professional Networking websites
3. Social Networking websites
4. Micro-blogging websites
5. Instant message websites

1. SUGGESTIONS FROM FELLOW AU STUDENTS:

"The best way to get a job in China is to be recommended by people who are already employed. They may have the most recent information of vacancies. The second way is attending career forums and recruitment events. Some are focused on particular universities and not open to the public, so it is good to get to know students or professors who are currently in Chinese universities and ask for their help."

2. JOB SEARCH AND PROFESSIONAL NETWORKING WEBSITES

大街网（**DaJie**）

http://www.dajie.com/

This is a cool job searching website. You can log in with your social media accounts (like Renren, SinaWeibo, etc) and complete your profile. You can also find your friends and your schoolmates on the website. The site posts a lot of job information, like *AU Careerweb*.

Tips on how to use DaJie: http://page.renren.com/699147795/note/788153927

应届生（**YingJieSheng**）

http://www.yingjiesheng.com/

The name of this website is "recent graduate students". Companies post employment information, and since it focuses on the recent graduate students, most of them are entry level jobs. Like employment websites in the US, students create personal accounts and upload their CVs and recommendation letters. Check recent job opportunities and apply.

YingJieSheng also has a Weibo account. Follow them on Weibo. This account also provides job information: http://www.weibo.com/yjsqzw

Zhao Pin

www.zhaopin.com

The name of this website can be translated into "employment for intelligent people". It is the biggest employment website in China and it has connections with many companies and universities. It has hiring information for both entry level and experienced workers.

猪八戒/八戒威客（**ZhuBaJie**）

http://www.zhubajie.com/

This website can help you provide services to clients. It's not an employment website.
You can spend an hour or several days helping another client complete a task. The payment range depends on how much the client sets up at the beginning. The task message will include the price they will pay you for the task. You can coordinate with the client as well. It will be a great tool if you want to start your own work instead of being employed.

求职工作街（**Job Street**）

http://www.jobstreet.com.cn/ - Another website focused on job searches.

Professional Networking in China (continued)

58同城 (Wu Ba Tong Cheng)
http://bj.58.com/
Finding Jobs: http://bj.58.com/job.shtml
This fantastic website provides information in regards to sales, employment, rentals, etc. Since it targets people from various backgrounds, it takes more time to find the information you need.

百姓网 (Bai Xin Wang)
http://shanghai.baixing.com/ - A website like 58同城.

3. Social Networking Websites

Renren
http://www.renren.com/
Renren is the most popular Chinese social networking service for college students. In 2011, it had 31 million active monthly users! Set up a Renren account, and then you can log in. Create a profile by filling in information, and then find friends from primary school, high school, and college. Like Facebook, Renren has a "wall" where you can post information. You can also share information and upload photos.

Renren requires a real identity when you sign up.

Kaixin
http://www.kaixin001.com/
Usually, Kaixin users search for their colleagues instead of college friends on the site. Kaixin might not be as popular as Renren in China, but it still has a large number of users. It will be helpful if you want to share information and build a better relationship with your professional colleagues.

Kaixin also requires a real identity when you sign up.

4. Micro-blogging Websites

Weibo is a Twitter-like social media service in China. You can set up an anonymous account on SinaWeibo and post messages limited to 140 words on your wall. Everyone can follow you and repost your messages.

The most distinct difference between Chinese Weibo and Twitter is censorship! Keep this in mind.

The most popular Weibo in China is SinaWeibo and TencentWeibo.

SinaWeibo: http://weibo.com/
TencentWeibo: http://t.qq.com/
TencentWeibo can be logged on through your QQ account because they belong to the same company. What you say on QQ will be updated on Tencent as well.

5. Instant Messaging Websites

QQ
QQ is useful for chatting. You have to download QQ application to your computer if you want to use it. You can create an account and find your friends on it. Some people have a QQ app on their smartphone, so they can receive messages at any time. If you cannot log on using your computer, you can chat via cellphone.

The Chinese version is available at http://im.qq.com/qq/all.shtml
The international version, which means you can use the QQ in English, is available at: http://download.imqq.com/download.shtml

How to Stay Connected With International Alumni from AU

Follow the steps below to take full advantage of networking opportunities available to you through the AU Alumni Office (www.american.edu/alumni):

1. Send the Alumni Office your updated email and mailing addresses (http://tinyurl.com/7a9lyue).
2. If there is already an International Alumni Chapter in the country/region where you are located, join the alumni chapter. For information about international chapters, please visit: http://alumniassociation.american.edu/s/1395/index3col.aspx?sid=1395&gid=1&pgid=331
3. You can join a chapter by contacting the chapter leader directly, or by contacting Melissa Bevins, Assistant Director of Alumni Relations, at auchapters@american.edu. Some chapters host only one event per year, while others host four or five. You can even partner with AU Admissions and AU Abroad to host events with prospective and current students in the region.
4. If there is not an international alumni chapter in the region where you are located, you can contact Melissa Bevins at auchapters@american.edu to learn more about starting a chapter.

Current International Chapters

- Amman
- Beijing
- Berlin
- Brussels
- Istanbul
- Lagos
- London
- Madrid
- Paris
- Seoul
- Shanghai
- Tokyo

Current Affinity Chapters

- Young Alumni
- College of Arts and Sciences
- Kogod School of Business
- School of Communication
- School of International Service
- School of Public Affairs
- Washington College of Law

For Washington College of Law students:

Join the online alumni community called InCircle at wcl.affinitycircles.com. It is exclusive to WCL graduates. You can join as early as several weeks after you graduate, using your AU ID number and name when you became a WCL student.

WCL also has several LinkedIn and Facebook pages that graduates should consider joining. Visit both sites and search for “WCL alumni;” you should be able to join all sites.

Update your contact information regularly so that you can be included in alumni events. Update your information at www.wcl.american.edu/alumni and click on the form.

Contact Shelly Horn at shorn@wcl.american.edu with any questions.

Re-Entry Checklist: Strategies for Positive Professional Networking

While in the U.S.:

- Schedule an appointment with the Career Center to practice interviewing and to improve your résumé, interview skills, and networking skills.
- Volunteer at events at your country's embassy in D.C.
- Find out whether there are any international job fairs in the D.C. area or in the "Mid-Atlantic" or "Northeast" region of the U.S. You can start job searching and meet employers from your home country at these events.
- Attend an international alumni networking session hosted by ISSS.

After returning home:

- Join one of the AU networks on LinkedIn, and post networking questions for advice from alumni or fellow students.
- Use an online social network (Facebook/Twitter/etc.) to keep in touch socially with American University events, groups, students, and alumni.
- Join the AU Alumni network, and specifically the international chapter in your region/country. If a chapter does not currently exist in your city or country, start one!
    - See page 13 of this booklet for more information.
- Be a volunteer for the AU Alumni Programs Office and raise awareness about AU in your home community.
    - See page 13 of this booklet for more information.
- Continue to use the Career Center's online services after you graduate:
- Stay in touch with your academic advisor and your department's listserv. They may have information about current jobs, events, and news in your field of study.
- Become a contact for future international students at AU.
    - Contact the International Student and Scholar Services office for more information. Email isss@american.edu.

Re-Entry Journal: Before Returning Home

(**Source:** http://ourworld.worldlearning.org/site/News2?page=NewsArticle&id=9753. Adapted from *A Thoughtful Return, Maximizing Study Abroad, Student Handbook pp. 141-142. University of Minnesota.)*

1. What am I most looking forward to about returning home?

2. In what ways might my friends or family have changed while I have been away?

3. In what ways might I have changed that my family and friends may notice?

4. In what ways might these changes lead to potential conflicts/challenges?

5. What have I cherished the most about the U.S. experience that I want to share with my family and friends?

6. Which aspects of my U.S. experience am I going to apply when I return home?

Re-Entry Journal: After Returning Home

(**Source:** David Shallenbergher, *Department of Intercultural Service Leadership and Management SIT Graduate Institute, http://ourworld.worldlearning.org/site/News2?page=NewsArticle&id=9751)*

1. When you look back on your time in the U.S., how did the experience change you?

2. What new insights do you have about your role in today's global community?

3. What aspects of your time in the U.S. were most valuable to you?

4. What has the re-entry experience been like for you?

5. What have been the most challenging aspects of coming back into your home culture?

6. If you were to do it all over again (go to the U.S. and return home), what would you change?

Maximizing your Intercultural Skills for the Workplace

(**Source:** Adapted from *Departing Student Workshop, BFCE/USAID, 2010.* Retrieved from *http://www.pacific.edu.sis/culture.)*

During your time living in the U.S., you have developed many intercultural skills. These skills may be useful in the workplace that you hope to enter in your home culture.

Which skills describe you? Put a checkmark next to those skills.

- ☐ Perseverance
- ☐ Independence
- ☐ Second (or more) language ability
- ☐ Ability to solve problems
- ☐ Tolerance for stress
- ☐ Negotiation skills
- ☐ Motivation
- ☐ Sensitivity to cultural context
- ☐ Time management skills
- ☐ Accept responsibility for actions
- ☐ Can communicate across barriers
- ☐ Respect for difference and diversity
- ☐ Sense of curiosity
- ☐ Flexibility
- ☐ Ability to work in a multicultural group
- ☐ Ability to work in a multilingual environment
- ☐ Demonstrated initiative
- ☐ Adaptability without judgment
- ☐ Self-reliance
- ☐ Enhanced listening skills
- ☐ Able to establish rapport quickly
- ☐ Ability to cope with difficulty and rejection
- ☐ Clear written and oral communication skills
- ☐ Possess an understanding of culture's complexity
- ☐ Demonstrate self-confidence/self knowledge
- ☐ Ability to "fit in" to new groups

Which of the skills listed above will be useful to you in a career in your home country?

When you interview for jobs in your home country, how can you appropriately talk about the skills you have gained?

My Action Plan

How can you use the information and resources from today's discussion to help yourself prepare for a positive re-entry experience, both culturally and professionally?

To prepare for a positive re-entry experience, what steps will you take?

Before returning home:

After returning home: