

Skills I have Gained from Study Abroad

Look at the Before/After activity and check off each of the skills & knowledge you gained while studying abroad:

- Ability to work with people from different cultures
- Adaptability / Flexibility
- Appreciation for Diversity
- Cross-Cultural Communication
- Curiosity
- Focus / Drive
- Foreign Language Proficiency
- Global Perspective
- Grit / Patience / Perseverance
- Independence
- Leadership
- Maturity
- Open-Mindedness
- Problem-Solving / Strategic Thinking
- Time Management
- Other: _____
- Other: _____

global company

S.T.A.A.R. Approach for Job Interviewing

Competency/Skill	Story	S	T	A	R
Specific skill that you want to highlight	Descriptive story from your time abroad	Situation	Task/Goal	Action	Result