

RE-ENTRY: COMING HOME

WHAT IS RETURN CULTURE SHOCK?

- Re-adjustment period students often experience after being abroad and immersed in a new culture for an extended period of time
- Culture shock when leaving home country is generally expected, but having culture shock when returning home is often surprising

A silly (but true!) infographic of the progression of study abroad emotions:¹



HOW CAN STUDENTS ADJUST TO COMING HOME?

- Mentally prepare for re-entry
 - Don't assume that things will be the same
- Create a network of support in both countries
- Be aware that peers may not understand your study abroad experience or its impact
- Remain flexible and sensitive of cultural differences
 - Take caution when comparing cultures

1. Source: <http://www.gooverseas.com/blog/reverse-culture-shock-coming-home-after-studying-abroad>

HOW CAN STUDENTS REFLECT ON THEIR TIME ABROAD?

- Keep a journal while abroad and while readjusting at home (a good place to start is your FEA blog!)
- Use photos from the trip to illustrate impact
- Connect with other students who have traveled abroad and use them as a resource to reflect on similar experiences

HOW CAN STUDY ABROAD CONTRIBUTE TO YOUR JOB SEARCH / CAREER?

1. **Reflect on your experience living abroad.** What have you learned and how might the experience impact your career plans? Evaluate the benefits you've gained from studying abroad, and what those benefits mean for you and your career goals. Understanding what you learned and the challenges you've overcome will make it easier for you to convey to employers how your experiences will benefit them.
2. **Update your resume while your experiences are fresh in your mind.** On your resume, including a "relevant coursework" section beneath your study abroad experience might be helpful, if you took specific courses that demonstrate a knowledge base that is relevant to the job. If the courses you took were not directly related, a brief description of your study abroad experience may be more appropriate. More info on how? [Visit this USA Today College article.](#)
3. **Include soft skills in your cover letter.** While studying abroad, you likely gained many soft skills, like cultural understanding, empathy, listening, patience, multidisciplinary thinking, self-confidence, responsibility - just to name a few. These are valuable skills for your future employer. Promote them.
4. **Practice telling the story of your international experience.** This is helpful even if the job you are seeking is not international in nature. Participate in mock interviews to practice marketing your international experience to employers.
5. **Seek out alums of similar study-abroad programs.** Remain connected to your FEA Ambassador while you're abroad so they can share tips for re-entry.

FOR MORE INFORMATION, VISIT THESE LINKS:

- [World Learning re-entry toolkit](#)
- [Middlebury re-entry resources](#)
- [Time: "3 Reasons Traveling Can Help Your Career"](#)
- [Telegraph: "Study Abroad: The Career Benefits"](#)
- [LevoLeague: "5 Reasons Travel Is Important For Your Career"](#)
- [Inc.: "5 Reasons You Should Hire the Well Traveled"](#)
- [USAToday College: "11 ways to revamp your resume with study abroad experience"](#)