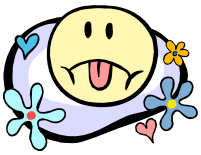
REENTRY ACTION PLAN

WELCOME HOME! Take a deep breath and let us take the opportunity to congratulate you for completing your study abroad experience. Whether you were abroad for a semester or a full year, you are probably returning home energized with new emotions, new found passions, or even confusion from seeing the world in a different way. Now is the time to start thinking about "bringing the learning home" and this **Reentry Action Plan** is meant to be used as a guide as you return to the Smith campus and local community.



DEALING with reverse culture shock - adjusting to life at home after studying abroad can often lead to a range of emotional highs and lows commonly referred to as reverse culture shock. Not everyone will experience reverse culture shock and for those who do, the intensity of the highs and lows will be different for each individual.

I plan to do the following in order to deal with reverse culture shock:

- _____
- _____
- _____

INCORPORATING the study abroad experience in cover letters, resumes and interviews - More and more employers are looking for candidates who have international experience. Returning students often look for work in areas that touch upon issues raised while studying abroad while others seek ways to their newly gained knowledge, skills and experience into their cover letters, resumes and interviews.

I plan to do the following in order to incorporate my new skills and interests into my career development:

- _____
- _____
- _____

REINTEGRATING academically – students who study abroad often find new passions for knowledge that puts learning into a larger context or follows up on paths created during study abroad experience. It is not uncommon for returning students to ask themselves: "How can I talk about my experiences in class?" "Where can I talk about or present my research?" Returning students may also be anxious to find graduate schools that are focused on a particular area of interest.

I plan to do the following in order to actively integrate my new knowledge, interests and skills into my Smith College experience:

- _____
- _____
- _____

FINDING THE CONNECTION between the study abroad experience and civic engagement or social action - for some students returning home from studying abroad means a desire to create social change. Putting this desire into action can take the form of developing an organization, seeking to deepen one's civic engagement or simply getting involved with already existing community service groups in the community.

I plan to do the following in order to contribute to positive social change in the U.S. through engagement in my home community and/or continued involvement with my host country or region:

- _____
- _____
- _____