

# Post-program *reflection*

You did it! You completed your program, expanding your worldview in ways you probably couldn't have expected when you first made the decision to travel.

While it's still fresh in your mind, answer the following questions to help you reflect on the experience.

- 1 What was your favorite thing about your program location?
- 2 Thinking back at those first few days or weeks abroad, was it hard to adjust to life abroad? What was the most challenging aspect? What was the most rewarding aspect?
- 3 Did you have specific personal, professional or academic goals that you wanted to accomplish during your global experience? What were your goals? Did you accomplish them?

4 Did your experience meet your expectations? In what ways did it or did it not meet your expectations?

5 How did you stay healthy mentally and physically? What strategies did you utilize?

6 Did any aspects of your identity, whether visible or invisible (e.g., Gender, nationality, race, sexual orientation, faith, etc.), play a role in your life abroad? Consider your day-to-day activities, people you interacted with, cultural differences, etc.

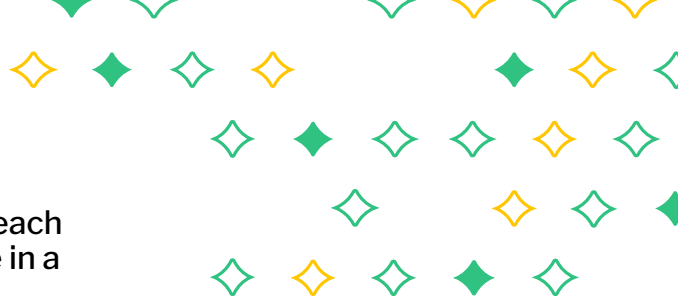
7 How did you make friends and build community abroad? What strategies did you utilize to meet new people?

8 Did you experience any culture shock in your academic setting (e.g., classes, campus, student life)? How did you adapt and/or overcome this culture shock?

9 What's one unique thing you've learned from traveling or another culture that you've adapted to your life?

10 What's something from your global experience that you'll never forget?

11 What's one piece of advice you'd give to others (or your past self) about doing a global experience?



# Go deeper

Consider the questions below. Think of 2-3 examples for each topic, then choose one to expand on. Write your response in a narrative (storytelling) format:

1 What was your biggest cultural mistake?

2 How did you grow personally from this experience?

3 What was a challenge that you overcame?

4 What struggles with intercultural communication did you encounter, and how did you react to them?

5 What advice would you give to future study abroad students going to your host country?

6 What was your biggest “life-changing” moment?

We'd love to hear about your experience! Share your responses by emailing us at

[alumnirelations@worldstrides.com](mailto:alumnirelations@worldstrides.com)