

Reflection Activity for Study Away

1 Unpacking your Study Away Experience

List 3 Challenges

1. _____
2. _____
3. _____

List 3 Success

1. _____
2. _____
3. _____

2 Transferable Skills

How to translate your international experience into the language employers are looking for.

Some common transferable skills that students gain from study abroad experiences are listed.

Check those you identify with. Then think of a brief example that illustrates each one on your list. **Circle the top 3 or 4 you'd like to highlight.**

Transferable Skills List

- Fluency
- Adaptability
- Strong verbal communication
- Take initiative
- Ability to compromise
- Comfort with ambiguity
- Identify and solve problems
- Intercultural Intelligence
- Open-mindedness
- Flexibility
- Independence
- Work in diverse teams
- Curiosity
- Empathy
- Establish rapport quickly
- Learn through listening/observing
- Foreign language skills
- Time management
- Adapt to new environments
- Handle stress
- High personal standards in dealing with others
- Treat all people with fairness and respect regardless of background, belief, gender
- Keep an open mind to diverse ideas and new ways of thinking

Other Skills:

1. _____
2. _____
3. _____
4. _____

3 Tell your story
This step blends your experiences, successes, challenges, and skills into a cohesive narrative for future applications like resumes, personal statements, and interviews.

Resume

- Include your study away experience in the Education, Experience, Leadership, Volunteer or Skills sections.
- More on resumes: <https://tinyurl.com/sa-resumes>

Personal Statement

- Give examples of your experiences and skills. Help the reader to see what you saw and feel what you felt.
- More on personal statements: <https://careers.augustana.edu/channels/personal-statements/>

Interview

It's wise to find opportunities to use your study abroad experiences when answering interview questions. The following are some questions you could link to your experience:

- Share your proudest accomplishment.
- How will you contribute to this field?
- What are your career goals and your plans to achieve them?
- Give an example of when you solved a problem.
- Do you have any hobbies?
- What was your most rewarding academic experience and why?
- How would you describe your leadership style?
- When was a time you had to work with a difficult person and how did you handle it?
- Name your strengths and weaknesses.
- More on interviewing: <https://careers.augustana.edu/channels/interview-prep-mock-interview/>

EXPERIENCE Signature Activity | 6 - 20pts:

- **6 Viking Score points** for completing registered Study Away experience
- **14 Viking Score points** for completing the Reflection Activity for Study Away with your Career Coach
- All points will be automatically added once each activity is complete