Unpacking your Study Abroad Experience

Your study abroad experience was likely an exciting and, at times, challenging experience. Now that you are back, the learning is not over! It is time to make connections between your experiences abroad and how these have influenced you academically, culturally, professionally and personally.

Reflection is a key skill to lifelong learning. Here are some questions to help you critically reflect on your learning and experiences:

- What expectations did you have about your study abroad experience? Do you have a different picture of your experience than you had before you began it?
- What were your plans for the study abroad experience?
- Would you do this again? Why?
- Has this experience changed you? How?
- What values, opinions, beliefs have changed for you?
- Did anything surprise you? If so, what?
- What did you learn about yourself as a result of this experience?
- What were the most difficult parts? Why? What happened? What might you have done differently, now in retrospect?
- What personal characteristics made this study abroad successful?
- What might you do differently in the future if faced with a similar situation
- How does this experience relate to your future goals?

Are you unsure about the skills you have developed while abroad? Contact CaPS (www.mcgill.ca/caps) and speak with a career advisor. We are here to help!

V.1 (July 2014)