

READJUSTING



The hardest part of coming home is often readjusting to your home culture, and all the changes that have taken place while you were gone. We leave for our study abroad experience expecting that upon arrival, things will be different. However we do not often anticipate that returning home we may encounter as many changes. Here is some advice from returned students on handling the readjustment process:

1. **Give yourself some time:** Don't try to jump right into everything. Take time to figure out what is different, both at home and in yourself.
2. **Know that the familiar will seem different:** Not only have you changed, but so has home, and you will be looking at it from a new perspective. This is normal.
3. **You will need to catch up culturally:** New slang, current events, fads, and trends will have come up while you were away, and it will take some time to get used to them.
4. **Reserve judgments:** Do not make quick decisions and judgments about things. It is not uncommon to have mood swings after first returning. Take time to think about what you are saying, so you do not accidentally snap at those you love.
5. **Be interested:** Show an interest in what your family and friends have been doing while you were gone, and they in turn will be more interested in what you have experienced.
6. **Beware of comparisons:** Remember that there are good and bad aspects of every culture. Try not to be overly critical of your home culture, and try not to overly praise your host culture.
7. **Be flexible:** You will not be able to fit right back into how things were before you went abroad, but that does not mean you should avoid others. Try new things while still balancing previous activities and friends.
8. **Build an international network:** There are many students, faculty, and staff at CSB|SJU who have had an international experience. Connect with them!
9. **Stay in touch:** Continue to build the relationships you made while abroad.
10. **Feel good about your success:** Even though the return can be a struggle, remember that you just completed an amazing journey!

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LINKS MENTIONED IN THIS BROCHURE

- Returning Students: <http://www.csbsju.edu/OEA/Students/Upon-Return.htm>
- Clubs and Organizations: <http://www.csbsju.edu/SALD/Clubs.htm>
- International Friends Program: <http://www.csbsju.edu/ISPO/Friends.htm>
- Internships: <http://www.csbsju.edu/Internship-Program.htm>
- Service Learning: <http://www.csbsju.edu/Service-Learning.htm>
- Competitive Fellowships: <http://www.csbsju.edu/Honors/Fellowships.htm>
- Counseling & Health Promotions: <http://www.csbsju.edu/CHP.htm>



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RETURNING HOME: THE OPPORTUNITIES, THE CHALLENGES



STAYING CONNECTED TO YOUR EXPERIENCE

CSB | SJU OFFER SEVERAL OPPORTUNITIES FOR STUDENTS RETURNING FROM ABROAD WHO WISH TO CONTINUE THEIR INTERNATIONAL LEARNING. CLUBS, ORGANIZATIONS, CLASSES, AND RESOURCES ARE AVAILABLE. THIS BROCHURE IS MEANT TO HELP YOU FIND WHAT YOU ARE LOOKING FOR.

STUDENTS RETURNING FROM ABROAD ALSO OFTEN EXPERIENCE A DIFFICULT PERIOD OF RE-ADJUSTING TO THEIR HOME CULTURE. THIS IS KNOWN AS “REVERSE CULTURE SHOCK,” AND CAN BE JUST AS UNCOMFORTABLE AS—OR MORE UNCOMFORTABLE THAN—ADJUSTING TO THE HOST CULTURE WHILE ABROAD. THIS BROCHURE IS ALSO DESIGNED TO PROVIDE INSIGHTS ON COPING FOR THOSE EXPERIENCING REVERSE CULTURE SHOCK.

Clubs and Organizations

- The following clubs and organizations have a distinctly international flavor. For more information, visit the clubs and organizations website: <http://www.csbsju.edu/SALD/Clubs.htm>
- Aikido
- Amnesty International
- Archipelago Association
- Asia Club
- Cultural Affairs Board
- Cultural Fusion
- Footy Club
- French Club
- German Club
- Global AIDS Awareness Organization
- International Affairs Club
- Irish Club
- Spanish Club
- Tae Kwon Do Club

You may consider creating your own club if one of these does not meet your interests.

Study Abroad Ambassador

Share your experiences with students considering study abroad. Ambassadors meet with students to let them know what they can expect and how much they will experience, and it gives you the chance to put your international expertise to work and share your experiences. To sign up, visit our website for returning students: <http://www.csbsju.edu/OEA/Students/Upon-Return.htm>



International Focused Classes

Naturally, any foreign language class will help you continue your experience, but there are many other opportunities out there! These are just a handful. Check the Course Catalog to find other classes that may fit your particular interests:

- ACCT 320: International Finance
- ART 208: Topics in Non-Western Art
- ECON 317 International Economics
- MGMT 309: International Management Seminar
- MUSC 152: Exploring World Music
- PCST 349: Int'l Law & Int'l Organization
- PHIL 156: Asian Philosophy
- POLS 352 Global Gender Issues
- SOCI 338 World Populations
- THEA 337, 338: History of Theater
- THEO 363: Religions of the World

There are many other options for you to explore! You may also want to consider the Latino/Latin American Studies and Asian Studies minors.

On-Campus Opportunities

For more information, visit our returning students website at: <http://www.csbsju.edu/OEA/Students/Upon-Return.htm>

Participate in the *biannual Photo Contest*, sponsored by OEA and the Admissions Office.

Connect with international students on campus. Consider joining the *International Friends Program*

Join a reflection group through *Companions on a Journey* to dive deeper into your study abroad experience and the re-entry process.

If you blogged while abroad, don't stop now! *Use your blog to continue sharing your experiences.* Returning home is an important part of the study abroad experience.

Attend the statewide conference designed just for you. *Minnesota: Study Abroad Returnee Conference*, is a collaboration of schools around the state for recent returnees.

Talk about your re-entry transition with the **CSB | SJU Counseling and Health Promotion** professionals.

Be Global, Locally

There's no reason for you to feel confined to campus, Minnesota or the United States. You have had a taste of international experience, and there are many ways to delve deeper. Consider exploring international issues in grad school, through an internship or service learning experience, or even with a Fulbright or other Competitive Fellowship. These are great ways to expand your international experience, and there are offices on-campus that can help you get started:

*Internships,
Service Learning
Competitive
Fellowships*

