Welcome back Generation Study Abroad!

Now that you have completed your study abroad, it’s important to reflect on your experience. Often we spend so much time thinking, planning, and preparing for an overseas experience that we forget to check in with ourselves and others after we get back from this life changing experience. The purpose of “re-entry” is to think about how you were affected and impacted from your study abroad. You have “re-entered” back to your home and need to process this experience, but how?

Often, the effects of your program will become apparent only after some time has passed, and you have the opportunity to reflect on your experience. It can take time to readjust to being back home, and if you are finding this process difficult, as you may be dealing with reverse culture shock, please know this is normal. Feel free to contact me at any time if you have questions or concerns. Your faculty, and other staff, are also a great resource to help you navigate your thoughts and feelings. Please reach out!

Finding ways to relive your experience can be very helpful, and we encourage you to share stories and pictures with friends, family, and community members. You may also find it helpful to stay involved in global issues and I encourage you to talk to others on campus about your experience. Think globally, act locally. Stay involved on campus and connect with your local community.

Here are a few questions that I think will be helpful as you navigate re-entry and deal with reverse culture shock:

* What’s it like to be back home? Do you feel like you’ve changed or you’re looking at things differently? If so, in what ways?
* Will you travel to another destination overseas or explore new places in North Carolina in the future?
* Thinking back to what you needed financially to make this experience happen, were you glad you allocated monies toward study abroad? Was it worth it?
* If you had one recommendation or comment for someone considering study abroad, what would you tell them?

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