

# NOW WHAT?

## Advice from Past Returnees on How to Ease your Transition Back from Abroad

- **Integrate and build upon your experiences abroad** by incorporating your new interests, knowledge and skills into your academic studies and career preparation:
  - **Select courses** that deal with issues you became interested in while abroad.
  - **Talk to your academic advisor** and other faculty members you are close with. Tell them about your experience and ask for their advice about how to build on that experience. They might have helpful suggestions for courses, internships, or careers related to your interests.
  - **Consider an independent study**, senior thesis or special project to continue exploring an area which is not covered by existing courses.
  - **Attend lectures and events** related to the areas from which you have just returned. This is a great way to meet others from the area who will be very happy to reminisce with you.
  - **Update your resume.**
- **Share your experience** with the Brandeis community. Connect with other students who have a global perspective and perhaps lead an event of your own:
  - **Volunteer** to serve as a reference to future study abroad students.
  - **Join a campus group** where you will find others who share your interests.
  - **Continue to meet with other returnees**—keep it informal or create a club.
  - **Get involved** with the Intercultural Center, Community-Engaged Learning Projects, etc.
- **Go abroad again.** Examples of funding and information sources:
  - **Summer Internships or Study Abroad:** find more information at [www.brandeis.edu/abroad/begin/summer/index.html](http://www.brandeis.edu/abroad/begin/summer/index.html).
  - **Summer Research** through academic departments (example: LALS offers the Jane's Travel Grant to send students to Latin America for undergraduate research).
  - **Research through fellowships.** Find more information at [www.brandeis.edu/acserv/fellowships](http://www.brandeis.edu/acserv/fellowships)
  - **Work or Volunteer abroad**—Utilize the Going Global system through Hiatt to help! <http://www.brandeis.edu/hiatt/search/international/>

### Having trouble reintegrating yourself to Brandeis? You're not alone!

- Re-adjusting culturally and academically can take some time
- Reach out to a study abroad ambassador – we've been through this!
- Talk to faculty during office hours to let them know what's going on
- Speak openly with friends who also went abroad about how you are feeling. There's a good chance they are experiencing similar feelings.
- Don't be afraid to make an appointment at the BCC (Brandeis Counseling Center) – one main issue they work with is helping students re-adjust to life at Brandeis: <http://www.brandeis.edu/studentaffairs/counseling/index.html>.
- Most importantly: Remember that if you feel different, it's normal!
- Processing an abroad experience can take time, year from now you might be making a connection to your abroad experience.