



# How Can I Capture My

# STUDY ABROAD EXPERIENCE?

Many students return from studying abroad and wish they had devoted more time and/or effort to documenting their experiences and adventures, both good and bad. Read on for ways to prepare for and document your time abroad so you can reflect on and relive them once you have returned home. Also, you can use these to create artifacts for a future ePortfolio to show employers and graduate/professional schools that the experience was more than "just a trip."

## *Prior to going abroad, consider these questions:*

- What initially inspired you to study abroad? What factors led to your choice of country? What specific aspects of your program led you to choose it?
- How do you envision this experience will help you reach your academic and professional goals?
- What are your expectations of the experience? Do you have any anxieties?

## *While abroad, document your experience:*



- Photos
- Videos and audio recordings
- Blog or journal excerpts
- Class assignments
- Drawings or paintings
- Presentations
- Flyers
- Scrapbook pages
- Poetry

## *Upon return, reflect on your time abroad:*

- Were your expectations of the experience met? Why or why not?
- Did your time abroad impact your beliefs or values? If so, how? Did the experience impact how you view yourself and/or your home culture?
- What did you learn (academically, personally, professionally)?
- Did you face any challenges? How did you overcome them?
- Why do you think your study abroad experience makes you a better candidate for a job or graduate/professional school admission?