

I've Returned
to the Nest,
Now What?



What opportunities do I have to speak about my experience to other students?

- ★ Work Study-If you have hours, join the OIE team!
- ★ World Integrated Nations-Join the popular student club.
- ★ Testimonials-post on our [website](#) for your peers to read.





LESSONS FROM ABROAD

Study Abroad Returnee Conference

Attend the “[Lessons From Abroad](#)” Conference held each year in the New England region.

- ★ Submit your photos for the contest.
- ★ Listen to fabulous speakers.
- ★ Have your resume’ critiqued by experts in the field.
- ★ Participate in mock interviews.
- ★ Network with other students & professionals.

Transferable Skills

Now comes the creative portion. Your degree gave you the *technical* skills you need for that interview which most of the applicants will have. But you will have some very exciting *transferable skills* that employers value.





FITCHBURG STATE UNIVERSITY

Now let's talk about those ***transferable skills*** you've gained while studying abroad...

- ★ Ability to identify, set and achieve goals - you set a goal of studying abroad, and met it! That wasn't easy! You had to persevere.
- ★ Flexibility and adaptability - Remember all those times you had to be flexible and patient while you were abroad because they "did things differently?"
- ★ Communication - While you were abroad, you had many opportunities to communicate with people in a language other than your own.



- ★ Global mindedness - you have a passport, and traveled through international airports, as well as other countries where you were exposed to different cultures, and a great deal of diversity.
- ★ You have also developed a heightened sensitivity to your American identity.
- ★ Independence - Studying abroad requires you to step outside your comfort zone, and rely on yourself.



- ★ Leadership skills - Remember that time your group of friends got lost and you found your way back to the main street?
- ★ Ability to view the world from a unique perspective - Less than 8% of American college students think about the world the way you do!



Career Services Can Help You!

A little bit of thoughtful planning will help you ***develop a narrative*** that can be used for any interview situation; whether a position in your chosen field of study or graduate school. You can get a return on the investment you made when you studied abroad, but remember-***less than 8% of American college students studied abroad, so you will most likely need to explain yourself in an interview situation because the chances are that the person interviewing you did not study abroad!*** This is where you learn how to talk about your experience effectively.



On My Resume'

Put your study abroad experience in your resume' or e-portfolio. This is the first step to highlighting your time abroad. There are a number of ways one can highlight this on a resume'.

- ★ Create a section titled "Study Abroad" and put the dates, University name and location in that section.
- ★ Include classes taken while abroad.
- ★ Highlight your language skills acquired while abroad.
- ★ Brief summary of the program's focus.
- ★ Document out-of-classroom experiences-volunteering, internship, service learning/community engagement.



Stay In Touch With Us!

- ★ Stop by our Office at 316 Hammond
- ★ [Email](#) us.
- ★ Call 978-665-3089

...to discuss any of the “Lessons” you learned from your study abroad experience.

