

# STUDY ABROAD RE-ENTRY HANDBOOK



Center for International  
Education

# Welcome home!

We hope you had a transformative and wonderful experience living and studying in another country.

How is it to be back? Are you finding coming home more difficult than you anticipated? While it's great to be back amongst friends and family and being in familiar places, you may feel a little out of place, bored, and even sad...

## It's normal—it's reverse culture shock!

Re-entering your home culture can be just as hard as adjusting to your host culture; for some, it may even be more challenging.

This handbook is designed to help you navigate the re-entry experience, provide you with some resources, and give you tools to re-adapt to life in the United States and at Northern Arizona University.

## BEFORE YOU COME HOME



*It's time to capture memories and say meaningful goodbyes to your friends, mentors, faculty, host family, etc. It can be difficult, but will help down the line with your re-entry experience.*

Here is a list of simple things you can do to make sure you bring proper closure to your adventure.

- Take some time to reflect on your experience.
- Take last-minute photos (upload your photos to a cloud-based system).
- Get contact info for your friends and program classmates.
- Collect souvenirs, music, postcards of your favorite places, or learn to cook a dish you like.

**In short, do anything you feel is important to capture future memories!**





## TO-DO

- ☐ Finalize your course approvals, especially if your courses changed since your last approval.
- ☐ Save all class syllabi and share with your EA advisor and academic advisor.
- ☐ Enroll in classes for the upcoming semester.
- ☐ Obtain an unofficial transcript from your host university to send to your EA Advisor for financial aid purposes.
- ☐ Obtain instructions on how to order official transcripts from your host university after returning to the US for graduate school or other professional careers.
- ☐ Plan for your housing and finances for when you return.
- ☐ Inform the Education Abroad office if you need to extend health insurance for any post-program travel.
- ☐ Cancel/close bank accounts and international phone plans, re-activate US cell phone.
- ☐ Pay any outstanding host university charges.

## STAGES OF RE-ENTRY



### THE HONEYMOON

You're thinking "It's **so good** to be back! I'm so happy to see my friends and family, go to my favorite hangouts, and eat all the food I missed!"

### REVERSE CULTURE SHOCK

You're feeling sad and out of place. You are frustrated by aspects of your home culture you did not notice before. No one seems to care about or understand your experience abroad. You miss your host country and your friends from abroad.

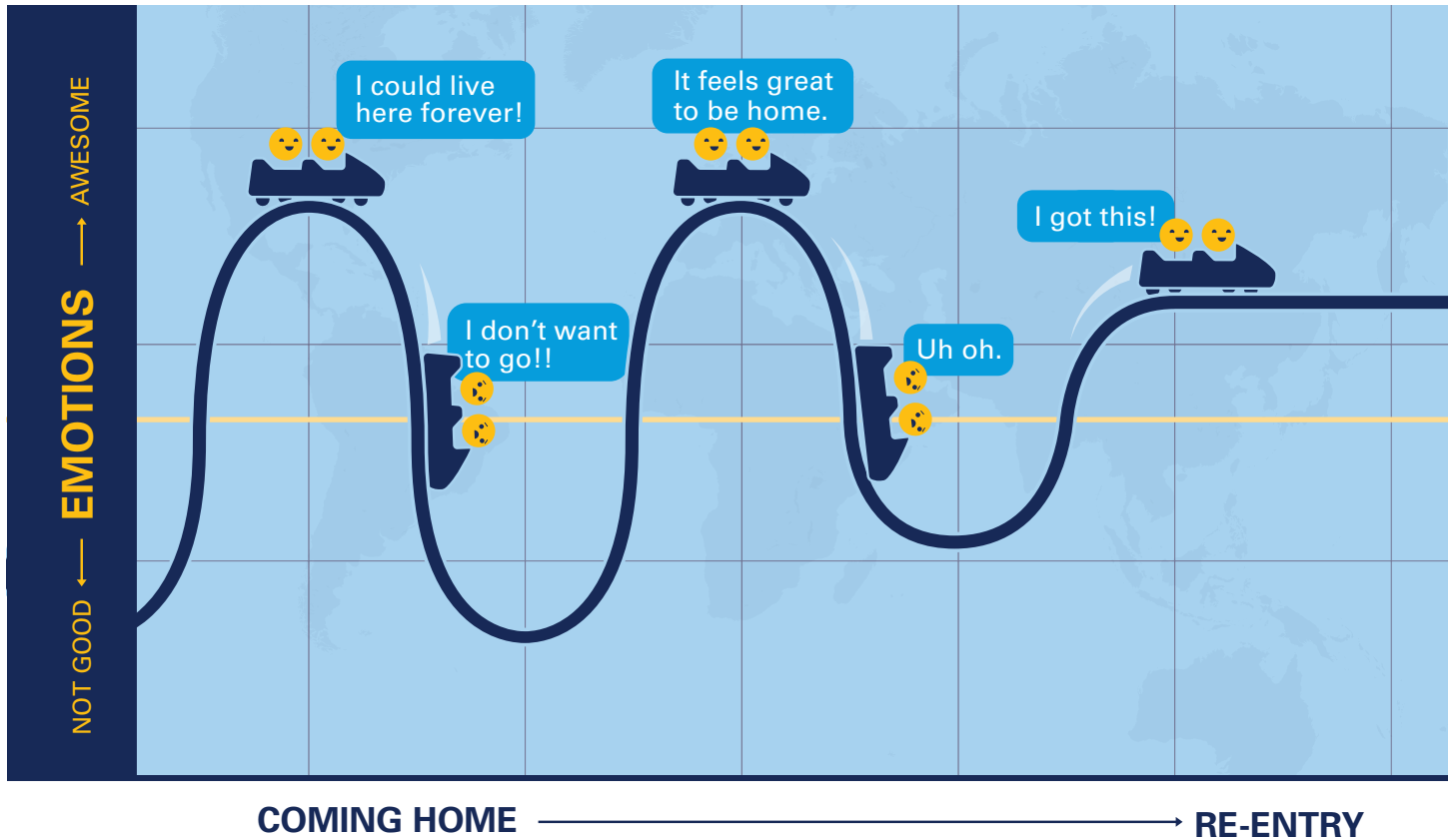
### READJUSTMENT

You are readjusting slowly. Your experience abroad provided you with new ideas and insights, giving you a better sense of yourself! This is the new **YOU!** Keep pursuing your newfound interests!





## RE-ENTRY ADJUSTMENT CURVE





## KEEP YOUR EXPERIENCE ABROAD ALIVE

1. Don't tuck your experience abroad away. It is part of who you are, not just something that has happened to you in the recent past.
2. Give yourself time to relax and process your experience.
3. Keep in touch with your friends from abroad.
4. Connect with NAU students who have also returned from abroad, as well as NAU international and exchange students. We'll help you make those connections!
5. Share your learning: write articles, publish blogs, and speak about new insights in class.
6. Stay up-to-date on international news. Watch international movies on campus (NAU International Film Series). Attend international events both on and off campus.
7. Satisfy your wanderlust with **new adventures**:
  - **Go abroad again!** Come to our office to learn about programs to study, intern, or volunteer abroad!
  - Discover Flagstaff, Northern Arizona, and the US.
8. Apply for a job with the Center for International Education. Check Handshake or talk to your EA Advisor.
9. **Get involved!**
  - Become a **Global Ambassador** and share your passion for studying abroad with NAU students and volunteer with the EA team.
  - Come to the Study Abroad Fair during Welcome Week, meet students, and share your experience.
  - Attend the Re-Entry Party!
  - Prepare for that dream job. Participate into our Career development seminar on how to incorporate your international experience in your résumé.
  - Submit your best pictures in the Education Abroad Photo Contest. Win prizes!
  - Attend NAU International Week in April.
  - Did you learn a new language? Participate in NAU Language Clubs and Conversation Tables.
10. Build community with cultures at home. Get involved with the Office of Inclusion: Multicultural and LGBTQIA Student Services (IMQ) and Native American Cultural Center.





## RESOURCES

The Education Abroad team is here to support you! Go to [edabroad.nau.edu](https://edabroad.nau.edu) to make an appointment with your EA advisor.

### RE-ENTRY RESOURCES

- Students, for more information, click the “re-entry” link at [nau.edu/edabroad](https://nau.edu/edabroad).
- You can make an appointment with Counseling Services to discuss your re-entry experience.
- Parents, click the “parents” link at [nau.edu/edabroad](https://nau.edu/edabroad) for helpful re-entry information.
- Join the NAU International Lumberjacks on LinkedIn. [linkedin.com/groups/8556911](https://linkedin.com/groups/8556911)

## CAREER DEVELOPMENT



NAU Career development is available for you up to a year post-graduation to help you with your résumé, cover letters, mock interviews, and other career prep guidance. Take full advantage of this valuable resource!

[nau.edu/career](https://nau.edu/career)

### INTERNSHIPS

Come talk to us about doing an internship or a research project abroad!

### FIND US ON SOCIAL MEDIA

