



AMERICAN  
UNIVERSITY  
OF BEIRUT



OFFICE OF INTERNATIONAL PROGRAMS

# POST STUDY ABROAD HANDBOOK

NAVIGATING LIFE AFTER STUDY ABROAD



# WELCOME BACK!

## HOST COUNTRY

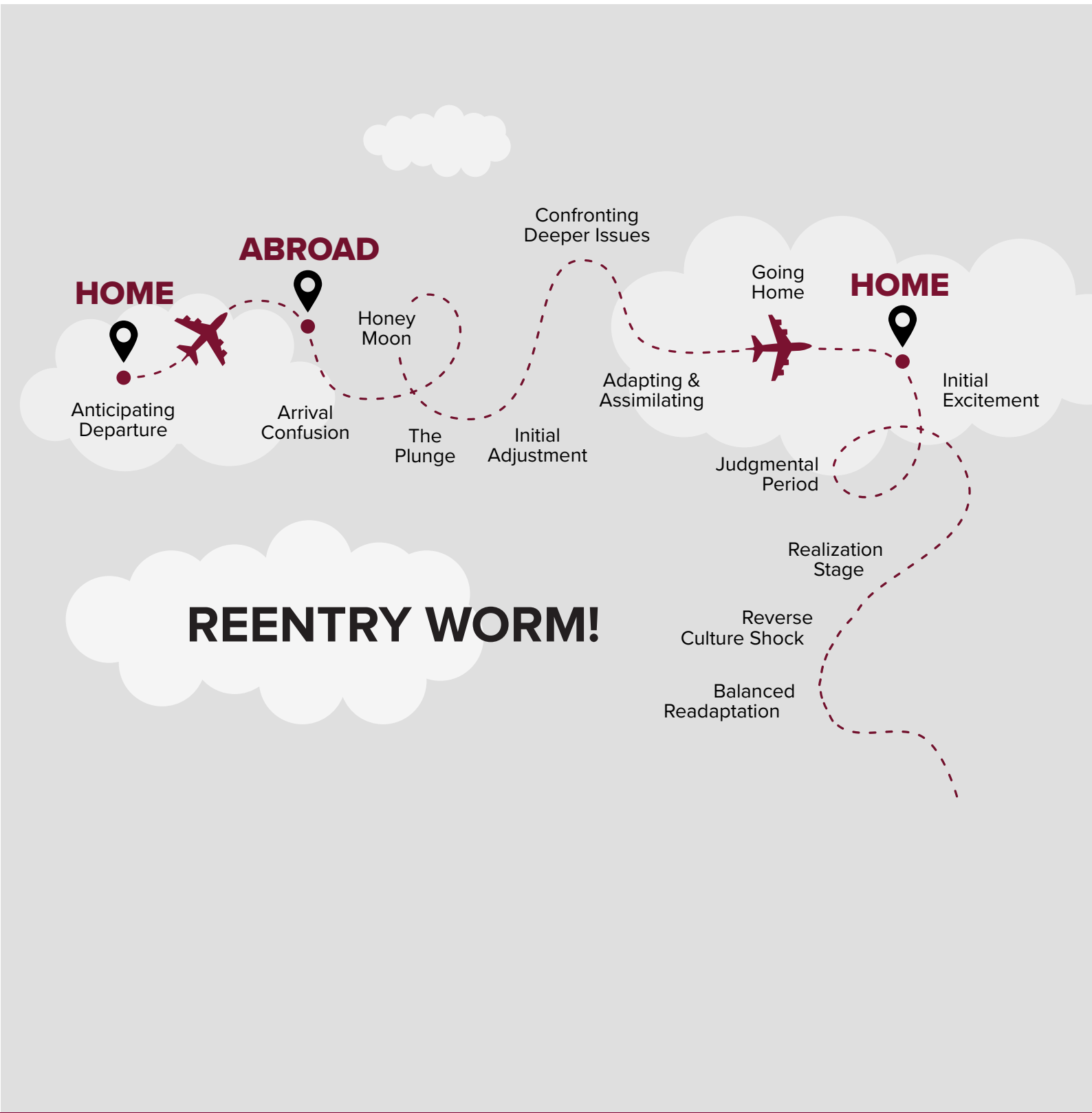
- 1 Everything is new, interesting & exciting.
- 2 Difference become apparent & can be frustrating.
- 3 You may feel homesick, depressed or helpless.
- 4 You work your way through culture shock & begin to adapt to your host culture.
- 5 You see your host country as your new home.

## HOME

- 6 You are excited about returning home.
- 7 You may feel frustrated, angry, or lonely because friends & family don't understand what you experienced & how you changed.
- 8 You readjust to life at home.
- 9 You integrate what you learned & experienced abroad into your "new" life.

Just as when you were abroad you went through the stages of **Culture Shock**...

Now you maybe experiencing the stages of **Reverse Culture Shock**...



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## POST STUDY ABROAD CHECKLIST

### TRANSCRIPT PROCESSING

- Request to have your transcript sent to OIP in one of the following formats
  - Hard copy official transcripts should be mailed to the following OIP Mailing Address: AUB, Office of International Programs, West Hall, 3rd Floor, Room 320, 1107 2020, Beirut, Lebanon
  - Electronic Official transcripts: If your host university only issues electronic transcripts, these must be certified by an official of the University with a certificate provided by a recognized security vendor or be encrypted and only accessible to the recipient and should be emailed to [aubabroad@aub.edu.lb](mailto:aubabroad@aub.edu.lb)
- Complete the [Online Study Abroad Testimonial Survey](#).
- Once you complete the survey, OIP will upload your transcript on the petition system and send your transcript to the Office of the Registrar for the credit transfer.
- If you experience any delays in getting the credits transferred even after completing all of the above steps, please consult with the Office of the Registrar and/or your faculty.

### ACADEMICS

- Keep copies of syllabi, papers and exams you have from abroad.
- If you think you might want professors from your semester abroad to write you recommendations for graduate school or be a reference for job applications in the future, talk to them now.
- Meet with your AUB academic advisor to discuss how your courses were abroad and how you can incorporate any new ideas or interests with your academic plan at AUB.



### READJUSTING & REINTEGRATING YOUR EXPERIENCE

- Attend a Virtual Post Study Abroad Gathering hosted by OIP.
- Volunteer with OIP to promote study abroad and assist AUB students interested in study abroad.
- Apply to the OIP Mentor Program, Volunteer to guide new international students at AUB Update your resume to include your new international experience, get tips at the Post Study Abroad Gathering!
- Find creative outlets to share your experiences from abroad become an OIP Mentor, talk to prospective study abroad students, join a cultural club on campus, etc.
- Email your favorite photos from abroad to OIP at [aubabroad@aub.edu.lb](mailto:aubabroad@aub.edu.lb)
- Share and post your pictures on OIP's social media outlets and **#AUBgoesabroad**
- Visit the counseling center if you are having trouble with reverse culture shock and re-entry.
- Talk to OIP if you are interested in studying abroad again!



# REFLECTION ON STUDY ABROAD EXPERIENCE

Studying abroad can be an incredibly enriching and transformative experience. It offers the opportunity to immerse oneself in a new culture, language, and educational system, fostering personal growth and expanding one’s global perspective.

## UNPACK YOUR EMOTIONS

- Returnees feel so many things in re-entry! Don’t minimize your feelings or sweep them under the rug. Instead, find an outlet for expressing your positive and negative feelings in a healthy way. A few examples: writing in a journal, participating in re-entry meetings, talking to your study abroad advisor.

## REFLECT ON YOUR IDENTITY

- Most returnees feel changed – eventransformed – after study abroad and are disappointed when friends and family at home don’t readily notice those changes. What can help is reflecting on who you were before you went abroad, who you were while you were abroad, and who you are now. In what ways have you remained the same? In what ways have you changed? What did you learn while abroad? What (and who) is important to you now?

## REST, REFLECT, AND REFUEL

- Because that’s exactly what you need to do in order to continue your lifelong global journey.

# UNDERSTANDING REENTRY CULTURE SHOCK

## HELPFUL PODCAST

- [anchor.fm/smallplanetstudio](https://anchor.fm/smallplanetstudio)

## HELPFUL BLOGS

- [smallplanetstudio.com/category/re-entry-diaries](https://smallplanetstudio.com/category/re-entry-diaries)
- [gooverseas.com/blog/reverse-culture-shock-coming-home-after-studying-abroad](https://gooverseas.com/blog/reverse-culture-shock-coming-home-after-studying-abroad)



## CAREER AND PROFESSIONAL DEVELOPMENT

- Studying Abroad is an incredible experience which puts you at an advantage when applying to internships and jobs because companies are looking for global citizens with international experiences. However, it's not enough to describe your semester(s) as "great" or a "life-changing experience". Employers want to know how and why this experience was life-changing.
- Articulating the skills you gained and how they relate to your career makes all the difference when speaking to potential employers. Make sure to relate these skills and competencies to the career you are interested in pursuing. Also, use concrete examples to illustrate how these skills were gained and practice saying them out loud.

### STEP #1 REFLECT ON YOUR EXPERIENCE

- Group Projects, met new people from different cultures, spoke a different language, lived/travelled alone for the first time, faced some challenges, volunteered, interned at a company...

### STEP #2 WHAT SKILLS DID THIS EXPERIENCE PROVIDE YOU WITH?

- Flexibility, adaptability, problem solving skills, decision making skills, being a team player, building relationships in a multicultural setting, thinking outside the box, networking, improving language skills, learning how to converse in a foreign language in its country of origin, self-reliance...

### STEP #3

- Use action verbs that stand out when writing your resume and cover letter or during interviews Adapted, built, immersed, analyzed, overcame, engaged, conducted, maintained, developed, initiated, fostered, communicated...

For more guidance, pass by the Career and Placement Services Office in West Hall, first floor, Room 112E.

### SOURCES

- Brown, Elspeth. "How International Study Can Boost Your CV and Broaden Your Horizons."
- The Guardian. "Surefire Way to Make Your CV Shine: Study Abroad." EF Blog Tillman, Martin. "Effective Marketing of Your Study Abroad Experience to Employers." Studyabroad.com





## GET INVOLVED

### OIP MENTOR PROGRAM

- Are you interested in meeting and mentoring students from all around the world? Do you have great communication skills, cross-cultural experience and familiarity with different spots in Lebanon? Interested in gaining leadership skills for your CV that also demonstrate your cross-cultural competence skills to future employers? Can you commit to attending training sessions, regular meetings, and events? Then you just might be the right person to join OIP's Mentor Program!
- For more information, please visit [aub.edu.lb/oip/internationals/Pages/mentorprogram.aspx](http://aub.edu.lb/oip/internationals/Pages/mentorprogram.aspx)

### YALLA NE7KIE ARABIC PROGRAM

- The Yalla Ne7kie Arabic Program features Chat Pals, student volunteers with high proficiency in Arabic, who offer free language classes to international students at both beginner and advanced levels. Our dedicated Chat Pals conduct sessions for seven weeks each semester, one hour per week. This program has helped international students improve their Arabic language skills, enhancing their communication abilities and enriching their daily lives.
- For more information, please visit [aub.edu.lb/oip/internationals/Pages/Yalla-Ne7kie-Program.aspx](http://aub.edu.lb/oip/internationals/Pages/Yalla-Ne7kie-Program.aspx)

## SOCIAL MEDIA

- Stay connected to OIP on social media via:



OIP's Facebook: [/oip.aub](https://www.facebook.com/oip.aub)  
***Join AUB Study Abroad Community***



OIP's Instagram: [oip\\_aub](https://www.instagram.com/oip_aub)



OIP's Twitter: [@OIP\\_AUB](https://twitter.com/OIP_AUB)



OIP's LinkedIn: [AUB Office of International Programs](https://www.linkedin.com/company/AUB%20Office%20of%20International%20Programs)



OIP's Tiktok: [@oip\\_aub](https://www.tiktok.com/@oip_aub)

- Remember to **#AUBgoesabroad** and **tag OIP** when you post pictures on social media!
- Share your stories with social media accounts that feature exchange students' stories and testimonials:
  - [@exchangestudents\\_stories](https://www.instagram.com/exchangestudents_stories)
  - [@exchangeourworld](https://www.instagram.com/exchangeourworld)
  - [@studyabroadexperience](https://www.instagram.com/studyabroadexperience)





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