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# **Study Abroad Returnee Handbook**

## **A Post-Program Guide**

**The Office for International Programs  
Loyola University Chicago**



*Preparing people to lead extraordinary lives*

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# Loyola Contact Information

**Office for International Programs (OIP)** [www.luc.edu/studyabroad](http://www.luc.edu/studyabroad)

## *During Regular Office Hours*

OIP is open 8:30 – 5:00 central time Monday through Friday. You may reach us at 773-508-3899 or e-mail: [studyabroad@luc.edu](mailto:studyabroad@luc.edu) or your study abroad advisor: Amy Day [aday1@luc.edu](mailto:aday1@luc.edu) or Kelly Heath [kheath2@luc.edu](mailto:kheath2@luc.edu). Walk-In Hours are Monday-Friday, 1pm-3pm.

## **Academic Units**

The College of Arts & Sciences  
773-508-3500  
<http://www.luc.edu/schools/cas>

The School of Business Administration  
312-915-6113  
<http://www.sba.luc.edu>

The School of Education  
773-508-8284  
<http://www.luc.edu/schools/education>

The School of Nursing  
773-508-3249  
<http://www.luc.edu/schools/nursing>

University Advising Office  
773-508-3714  
<http://www.luc.edu/advising>

## **Student Affairs Units**

Dean of Students  
773-508-8850  
<http://www.luc.edu/studentlife>

Internship & Career Center  
773-508-2874  
<http://www.luc.edu/resources/career>

Learning Assistance Center  
773-508-2741  
<http://www.luc.edu/depts/lac>

Residence Life  
773-508-3300  
<http://www.luc.edu/reslife>  
Contact: Mark Archibald;  
[marchi1@luc.edu](mailto:marchi1@luc.edu)

Student Activities  
773-508-8840  
<http://www.luc.edu/studentlife/activities>

Student Business Office  
773-508-3180  
<http://www.luc.edu/sbo>

Student Financial Assistance  
773-508-3155  
<http://www.luc.edu/finaid>  
Contact: [lufinaid@luc.edu](mailto:lufinaid@luc.edu)

Wellness Center  
773-508-2530  
<http://www.luc.edu/wellness>

Office of Registration and Records  
<http://www.luc.edu/regrec/>

## Academics: Transcripts, Course Approvals and Program Evaluations

### **Transcripts & Study Abroad**

When the Office for International Programs (OIP) receives your transcript, we will perform credit and grade conversions as necessary and submit the information to Loyola's Registration & Records office for posting in LOCUS. Titles of your study abroad courses, credit hours and grades will all appear on your Loyola transcript and will factor in to your credit totals and cumulative GPA.

After your program has ended, your study abroad program institution will mail OIP an official transcript. Please note that in some cases transcripts from abroad can take several weeks or even months to arrive. OIP will notify you via email once your transcript has arrived to the office. If a delay in the arrival of your transcripts and the subsequent uncertainty you may have regarding final course, credit and grade information causes you difficulty in making informed decisions about enrollment for future semesters at Loyola, please contact OIP and we will find out whether the process can be expedited.

### **Transcription of Study Abroad Courses- What They Will Look Like**

Once OIP has your transcript from your program abroad, we will format the information and send it to Registration and Records so they can remove the placeholder course from your schedule and then enter in the actual courses and grades you received. Each class will appear on your transcript for the term you were abroad in the following way:

#### Example

INDS 300X	TBA-Foreign Stdy	3.00	A
Course Topic(s): Romantic Lit in English			
(Course)		(Credit)	(Grade)

### **Course Approvals**

All graded courses you take on Loyola approved study abroad programs will count toward your Loyola degree as general electives unless they are approved by deans, department chairs, or program directors to count toward fulfilling major, minor or core requirements.

OIP recommends that all students seek course approvals prior to studying abroad or during the first few weeks of studying abroad. If you still need to seek approvals, you might be able to do so. Keep in mind that some departments or deans might not be willing to approve courses retroactively and this is up to their discretion. If you do receive additional approvals upon your return to the U.S., please make sure to give a copy to OIP and to your academic advisor.

### **Post Program Evaluation**

The Office for International Program strongly values student feedback about its approved and non-approved programs. **You must submit the Post- Program Study Abroad Evaluation to OIP before your grades from abroad can be processed in LOCUS.** OIP sends out the evaluation to all study abroad students at the end of each term and also to individual students as their transcripts come in.

## **International Events/ Activities at Loyola**

### Office for International Programs

- Become a Student Contact by making yourself available for future study abroad students to get in touch with you and/or by volunteering at study abroad events and/or information sessions. You can sign up through the Volunteer Card if you have not already done so <http://www.luc.edu/studyabroad/volunteer.shtml> .
- Enter the Office of International Programs Photo Contest. Pick your best photo and enter into one or all of the three categories: Best Scenery, Best Student or Academic Photo and Best Cultural Contrast. Please submit entries to the study abroad email address [studyabroad@luc.edu](mailto:studyabroad@luc.edu) .

### Loyola's International Club

- Become a member of the International Club and meet students from all over the world while attending trips to museum's, malls, and events around the city.
  - To find out more contact the International Programs email address [intlcntr@luc.edu](mailto:intlcntr@luc.edu) .

## **International Events/ Activities in Chicago**

### Exploring Chicago

- For an eye-opening experience of the different ethnically diverse events happening in the city, link on to the City of Chicago web site at [egov.cityofchicago.org/city/webportal/home.do](http://egov.cityofchicago.org/city/webportal/home.do) under Exploring Chicago: Arts and Culture. Among the varieties of events to choose from are: Attractions, Cultural Centers, Dance, Festivals, Music, Parades, and much more! Chicago is one of the most ethnically diverse cities in the United States. Take advantage of the great opportunities happening right on your doorstep.

### World Music Festival

- The best in international music converges upon Chicago usually during the month of September each year. This week-long festival showcases both traditional and contemporary music from many of the world's diverse cultures. Festival events include a mix of free and ticketed concerts, live radio broadcasts and educational workshops presented in the Chicago Cultural Center, Millennium Park, Under the Picasso at the Daley Civic Center, and various other performance spaces around the city. The World Music Festival Hotline: 312-742-1938

### The Chicago International Film Festival

- The oldest competitive international film festival in North America. Over 100 feature films documentaries will be presented. All of them will be first-time ever premiers in Chicago, plus directorial debuts of new talents. For more information contact 312-683-0121 or [www.chicagofilmfestival.com/](http://www.chicagofilmfestival.com/)

### International Activities in the City

For great international music and activities year round, try checking out these venues and locations:

- Hot House – The center for international performance and exhibition located at 31 East Balbo in Chicago. [www.hothouse.net](http://www.hothouse.net)
- Old Town School of Folk Music – Enjoy music classes as well as performances located several locations in the city. [www.oldtownschool.org](http://www.oldtownschool.org)
- The Map Room – International night on Tuesday evenings. Enjoy a cultural eating experience. Check their calendar to see what country will be spotlighted. [www.maproom.com](http://www.maproom.com)

## **Internationalize Your Career**

### **Resources available at the Career Center**

As a returning student from a study abroad program, you may want to incorporate an international dimension in to your future career plans. The Career Center, located in Sullivan Center for Student Services, can help you extend your international experience beyond academic life and into the workforce.

Whether you are interested in doing an internship related to your study abroad experience during your senior year, or making plans to join the global workforce, the Career Development Center at Loyola has resources to help examine your options and improve your chances of success. Their library has a diverse selection of book titles including:

International Job Finder  
Jobs Worldwide  
The Curriculum Vitae Handbook  
The Global Resume and CV Guide  
BUNAC: Work Abroad

International Jobs Directory  
Almanac of International Jobs and Careers  
American Jobs Abroad  
Work in Britain Handbook

The International Jobs and Internship Resources page of the Career Development Center's web site is also a good resource for international job web sites, including volunteering, interning and teaching abroad.

<http://www.luc.edu/career/resources-international.shtml>

The following are websites that would be useful in your job search abroad:

[www.4icj.com](http://www.4icj.com)

(4 International Careers and Jobs)

[www.goinglobal.com](http://www.goinglobal.com)

[www.gkazinow.com](http://www.gkazinow.com)

(focused on the Africa region)

# International Opportunities: Going Abroad Again

## Fellowship/ Grant Opportunities

### **Fulbright Scholars Program**

Full grants fund a year's study or research in one of more than 100 countries. Travel grants and teaching assistantships available in select countries.

Requirements include:

- U.S. Citizens who are graduating seniors, recent graduates, or graduate students
- All fields of study eligible, but a given country may express preference for certain fields
- GPA of 3.5 or above recommended, 3.8 for the U.K. highly recommended
- Language requirement for many countries

For more information on Fulbright grants contact:

Jame Calcagone, Ph.D  
Scholarship and Fellowship Advisor  
[jcalcag@luc.edu](mailto:jcalcag@luc.edu)  
Phone: 773-508-3472

Deadlines: New application materials for each year's Fulbright competition are available annually on May. All applications must be submitted to IIE's New York office by mid October, generally, in order to qualify for awards for the next academic year. Enrolled students should be aware that their applications must be submitted to their adviser by the campus deadline and may not be submitted directly to IIE.

Web site: [www.iie.org/fulbright](http://www.iie.org/fulbright)

### **Japan Research Scholarships**

The Japanese Ministry of Education offers Research Scholarships to spend up to two years at a Japanese university. The program includes: independent research project under a Japanese professor, monthly stipend, six-month intensive language course for grantees with little or no Japanese language skill, health insurance. Research areas include humanities, social sciences and natural sciences. Eligibility requirements:

- U.S. citizenship
- Under 35 years of age
- College degree

Web site- [www.chicago.us.emb-japan.go.jp/jic.html](http://www.chicago.us.emb-japan.go.jp/jic.html)

For more information contact: Japan Information Center, [jicmext@webkddi.com](mailto:jicmext@webkddi.com), 312-280-0434

### **Rhodes and Marshall Scholarships (Great Britain)**

The Rhodes Scholarships, the oldest international fellowships bring outstanding students from many countries around the world to the University of Oxford. The first American Scholars were elected in 1904. [www.rhodesscholar.org/](http://www.rhodesscholar.org/)

Marshall Scholarships finance young Americans of high ability to study for a degree in the United Kingdom. At least forty Scholars are selected each year to study either at graduate or occasionally undergraduate level at an UK institution in any field of study. Each scholarship is held for two years. [www.marshallscholarship.org/](http://www.marshallscholarship.org/)

## **Teaching English Abroad**

- 🌐 **American Assistants in France** through the French Ministry of Education  
[www.frenchculture.org/education](http://www.frenchculture.org/education)
  
- 🌐 **North American Language and Culture Assistants in Spain** through the Embassy of Spain. This program is aimed at recent college graduates.  
[www.educacion.es/exterior/usa](http://www.educacion.es/exterior/usa)
  
- 🌐 **Jet Programme**  
The JET Programme aims to promote internationalization at the local level by inviting young overseas graduates to assist in international exchange and foreign language education in local governments, boards of education and junior and senior high schools throughout Japan. It seeks to foster ties between Japanese citizens (mainly youth) and JET participants at the person to person level.  
[www.jetprogramme.org](http://www.jetprogramme.org)
  
- 🌐 **Fulbright**  
Awarded approximately six thousand grants in 2004, at a cost of more than \$250 million, to U.S. students, teachers, professionals, and scholars to study, teach, lecture, and conduct research in more than 150 countries, and to their foreign counterparts to engage in similar activities in the United States.  
[www.us.fulbrightonline.org](http://www.us.fulbrightonline.org)
  
- 🌐 **Dave's ESL Café**  
The Internet's Meeting place for **ESL** and **EFL** teachers and students from around the World  
[www.eslcafe.com](http://www.eslcafe.com)

## Volunteer Opportunities

- ✧ Peace Corps, [www.peacecorps.gov](http://www.peacecorps.gov)
- ✧ Jesuit Volunteers International [www.jesuitvolunteers.org/](http://www.jesuitvolunteers.org/)
- ✧ Idealist, a Project of Action Without Borders, is a search engine for volunteer opportunities in the U.S. and abroad [www.idealists.org](http://www.idealists.org)
- ✧ Volunteer Abroad search engine [www.volunteerabroad.com/search.cfm](http://www.volunteerabroad.com/search.cfm)

## Other Work Opportunities Abroad

### ➔ BUNAC

Working Adventures Worldwide - BUNAC offers a range of working holidays including a summer camp counseling program in the USA, flexible work and travel programs to Canada, Australia and New Zealand and volunteering placements. These are open to full-time or gap year students and other young people from both the UK and the USA. Programs last from 8 weeks to eighteen months. [www.BUNAC.org.uk](http://www.BUNAC.org.uk)

### ➔ Congress-Bundestag Youth Exchange for Young Professional

CDS International (CDS), is a non-profit organization committed to the advancement of international practical training opportunities for young professionals, students, educators... CDS started out small, arranging internships in U.S. companies for young German professionals. Today, CDS serves over 2,000 individuals annually from over 70 countries worldwide in a variety of work/study, internship, fellowship and study tour programs. [www.cdsintl.org](http://www.cdsintl.org)

### ➔ CIEE Work and Travel Abroad

CIEE provides quality programs and services for individuals, communities, educational institutions and employers. [www.ciee.org](http://www.ciee.org)

### ➔ Embassies Abroad

Study: Intern: Volunteer [www.embassiesabroad.com](http://www.embassiesabroad.com)

**\*\*\*\* Please check individual websites for updated information \*\*\*\***

# Reverse Culture Adjustment

*'A mind that has been stretched by new experiences can never go back to its old dimensions'*  
*Oliver Wendell Holmes (19<sup>th</sup> American Writer & Poet)*

Welcome Back! We hope that studying abroad provided you with unforgettable experiences and invaluable memories. Right now you may be feeling a variety of emotions while adjusting to being home, just as you experienced when you first arrived overseas. OIP would like to make this transition a little easier by providing you with information about Reverse Cultural Adjustment.

## What is it?

Does it feel as though your friends and family don't understand the importance of your experience abroad? Do they ask questions about your time overseas, but then seem to lose interest after a few minutes? Does everyday life here seem to be so trivial?

Do you feel any of these emotions?

- Wanting to be alone
- Depression
- Confusion
- Restlessness
- Negativity toward the US
- Changing goals and priorities

If these questions identify feelings you've been having recently, you may be experiencing "reverse culture adjustment". Just what is this phenomenon? In the same way that you may have experienced culture shock when you were adjusting to your new cultural surroundings abroad, you will now experience a re-adjustment period in the United States.

While you were abroad, you may have initially looked at some local customs as silly and wondered why people there did not 'do things right' or do things 'the American way'. Over time you probably lost some of these feelings and began to feel that your host culture has even better customs and ways of dealing with situations than at home. Now that you've returned to the U.S., you may experience similar feelings, wondering why Americans don't do things right or follow what you have now come to believe as the correct way to deal with a situation.

Every individual deals with these feelings in a different way. Some people want to be left alone by everyone and allow interaction only with others who were abroad with them. Others will want to tell everyone they meet about their experiences abroad! Some returnees will have a difficult time finding anything positive to say about the U.S., while others will hardly feel out of place at all.

The real key to re-entering your home culture is to realize that there may be frustration with adjusting to life in the United States, and that the frustrations are a normal part of the total learning process, and an on-going part of your entire cross-cultural experience.

If friends, roommates or parents seem to be somewhat mystified or bothered by your behavior once you're back home, you may want to explain to them a little about reverse culture adjustment. Knowing what is happening and that there is a process of adjustment going on can make it more understandable to those close to you, and can help them to be more supportive and understanding of what you are going through.

### **Stages of Reverse Cultural Adjustment**

*Emotional Health* – Most students expect to experience culture shock when they arrive to their host country, but not expect it when returned back to the states? These feelings can be attributed to your new attitudes, values and perceptions that you developed while abroad.

Research has shown that re-entry cultural adjustment is at least as frequent as the initial cultural adjustment/adaptation. It is therefore an inevitable part of your study abroad experience.

#### **Stage 1: Disengagement**

While you are still abroad, you begin to start thinking about moving back to the US and moving away from your overseas experience and friends.

#### **Stage 2: Euphoria/The Honeymoon**

You may be very excited to be back in your country and others may be equally delighted to have you back. After people express their pleasure at seeing you again, and listen politely to your stories for a few minutes, you may suddenly and/or painfully realize that they are not particularly interested in what happened to you and would much rather prefer to talk about their own affairs.

#### **Stage 3: Alienation**

In this stage, you experience dampened euphoria with feelings of alienation, frustration and anger. You may even feel like an outsider – a foreigner in your own country. America will be different from how you remembered it (the pollution may be worse; the pace may be more hurried and hectic, etc). Suddenly feel irritated with others and impatient with your own inability to do things as well or as quickly as you hoped. Resentment, loneliness, disorientation and even a sense of helplessness may pervade.

#### **Stage 4: Gradual Readjustment**

The fourth stage of reentry includes a gradual readjustment to life at home. During this stage, you will no longer be shocked by the variety you find on the supermarket shelves and be able to contain your comments about differences between cultures that come to your attention. If you have difficulty filtering out the foreign words in your conversation, you will find that your English-only conversational skills will improve during stage four.

### **Comments**

It may be helpful for you to identify with your fellow returnees. They will be able to relate to your growing pains and can provide you with needed support as you readjust to living at home. The best immediate remedy for reentry shock is to talk to others who have gone through a study abroad experience. They will be natural partners for communication.

Communicating will reduce your sense of loneliness and frustration. Rest assured, you will eventually regain your balance and reach Stage 4, where your overseas experience becomes an integrated part of your life!

### **Ideas for Making the Transition Easier**

- Remember that you are experiencing a transition with distinct stages. You may encounter all or none of the feelings described in the four stages of Reverse Cultural Adjustment. Learn ways to take care of yourself and ease into your surroundings.
- Realize that most students experience some stress readjusting to the American culture – you are not alone! Typically, the more you immersed yourself in the host culture, the more difficult you may find reentry. Find someone who can update you on the university, local and national changes that may have taken place while you were abroad.
- You may recognize that many of your values and beliefs have changed. Learn to incorporate this new way of thinking in your life.
- Understand that your friendships and relationships might change as a function of your new experiences. Explore new places and people with whom you can share your international experiences.

## **Helpful Tips for Returning Students**

**You are not alone if you begin to feel a little frustration. Here are some common frustrations you might experience once you settle in your regular routine.**

(Faced by most study abroad participants, so you are not alone!)

- Boredom
- Negativism
- It's hard to explain
- Reverse homesickness (missing host country)
- Previous relationships have changed
- People see the 'wrong changes'
- People misunderstand if I adopt elements of my host culture; my behavior is misinterpreted
- Feelings of alienation: seeing home with critical eyes
- Inability to apply new knowledge and skills
- Fear of losing the experience. It would be like storing it away in a souvenir box that you only look at occasionally

**Some solutions that may be helpful to continue your ‘Experience Abroad’.**

- Come visit the Office of International Programs Office. We would love to hear about your travels, look at your pictures and hear your tales.
- Volunteer to talk with prospective study abroad students and help with study abroad events on campus. Your experiences and perspectives are of great value to students thinking about studying abroad.
- Look into the various internationally focused student clubs and organizations available at Loyola. Learn about the various activities they sponsor.
- Make a scrapbook of your travels. Include your memories along side the photos and souvenirs.
- Study Abroad Again!! The Office of International Program is happy to help you explore additional opportunities about the various programs available.

