



TEXAS A&M UNIVERSITY
Education Abroad

RESOURCE GUIDE FOR RETURNEES



CONTENTS

03

Re-entry

- [Re-adjusting](#)
- [Strategies](#)

05

Marketing Your
Experience

- [Resumes](#)
- [Verbalizing Your Experience](#)
- [Cover Letters](#)
- [LinkedIn](#)
- [Ambassadorship](#)

12

Pursuing More
International
Experiences

- [Graduate School](#)
- [Funding Opportunities](#)
- [Working Abroad](#)
- [Volunteering/Internships](#)



RE-ENTRY

RE-ADJUSTING

Re-entry is the process of returning home after spending time abroad. It is a powerful experience that has the potential to allow for personal growth, to provide mobility for social action and civic engagement, to enhance skills for your professional life, and lastly, the ability to further your knowledge about the world and your place within it. Re-entry can come with some different challenges as seen below.¹

Reverse Culture Shock:²

- This is a term associated with the phenomenon of returning to one's own country and culture. Very similar to culture shock, a person entering into their home environment will have to make adjustments to reacquaint themselves with their surroundings. If you made any cultural adjustments while abroad, you will have to readjust once back home.

Psychological, Social and Cultural Challenges:³

- Boredom: After all the newness and stimulation of your time abroad, a return to family, friends, and old routines (however nice and comforting) can seem very dull. It is natural to miss the excitement and challenges which characterize studying in a foreign country, but it is up to you to find ways to overcome such negative reactions.
- Reverse "Homesickness": Just as you probably missed home for a time after arriving overseas, it is just as natural to experience some reverse homesickness for the people, places, and things that you grew accustomed to as a student overseas. Feelings of loss are an integral part of international sojourns and must be anticipated and accepted as a natural result of studying abroad.
- Alienation: Sometimes, the reality of being back "home" is not as natural or enjoyable as the place you had constructed as your mental image. When real daily life is less enjoyable or more demanding than you remembered, it is natural to feel some alienation. Many returnees develop "critical eyes", a tendency to see faults in the society you never noticed before. Mental comparisons are fine, but try to keep them to yourself until you regain both your cultural balance and a balanced perspective.
- Loss/Compartmentalization of Experience (Shoeboxing): Being home, coupled with the pressures of job, family, and friends, often combine to make returnees worried that somehow they will "lose" the experience. Many fear that it will somehow become compartmentalized, like souvenirs or photo albums kept in a box, and only occasionally taken out to be admired. Maintain your contacts abroad; seek out and talk to people who have had experiences similar to yours; practice your cross-cultural skills; continue language learning.

¹ College of Saint Benedict Saint John's University [CSBSJU]- Returnee Handbook (2016) 11

² CSBSJU- Returnee Handbook 12

³ CSBSJU- Returnee Handbook 13



STRATEGIES

Many of the feelings you may experience upon returning home stem from the changes you have undergone and the ambiguity about how the new and changed 'you' fits into your old life. It is important to remember change is a positive thing. You have new ideas and insights giving you a better sense of yourself. Don't consider studying abroad a singular experience; instead, look at it as the start of a lifetime of international experiences. Second, find ways to continue pursuing newfound interests. Make the most of the resources that exist for you on your home campus and in your local community.¹

Integrate your experience into your daily life:

- Join international groups within Texas A&M such as the German club or become an International Buddy to one of Texas A&M's many incoming international exchange students
- Intake different international news media to keep up with foreign affairs
- Find ways to get your favorite snacks/food you had abroad by going to international food markets or buying it online
- Use some of your elective courses to take international relations, cultural studies, or a history class on the country you visited
- Review all the photos and videos you took abroad and create something with them, like a vlog or a photo album
- Take or continue language classes to maintain your language proficiency
- Keep in touch with the friends you made abroad by texting, video calling, writing, or hosting alumni dinners
- Watch foreign films about your host country
- Become an Ambassador for Education Abroad to share your experience with other Texas A&M students to persuade them to study abroad

¹ CSBSJU- Returnee Handbook 22-23



MARKETING YOUR EXPERIENCE

RESUMES

Where do I add my Experience?

- Education Section
 - This is the most common choice for students who participate in a study abroad or study-hybrid experience, such as faculty-led programs, field trips, and affiliate provider programs in which you took any academic courses. You can add it as a separate academic experience (as in examples 1 & 2 on page 6) or as part of your current A&M academic experience (as in example 3).
- Work/Volunteer/Relevant Experience Section
 - If you participated in an internship, service-learning, or volunteer program, whether as part of an organized group or independently, you may choose to include that under an experience section
- Skills Section
 - Here, you can include technical or soft skills gained abroad, such as a language level or familiarity with new software

What information should I include?

- You should include the location (City, Country) at minimum. What else you include may depend on how you include the program on your resume, as illustrated in the examples on page 6.

Tips & Resources

- The goal of the resume is to demonstrate to potential employers that you would be valuable to their organization and, ultimately, to generate a job interview
- Research has shown that an employer spends approximately 30-40 seconds reading a resume
- Important tips to remember when developing an attractive, easy-to-read resume:
 - Font – Use standard non-serif fonts such as Courier, Arial, or Times New Roman in readable font size (no smaller than 10 point and no larger than 12 point)
 - Margins – Have a good text/white-space balance that is centered on the page. Use ½ inch to 1-inch margins for the top, bottom, right, and left.
 - Style – Highlight important facts and headings by bolding, underlining, indenting, capitalizing, and/or using bullet points to attract the reader's eye
 - Action Verbs – Use action verbs to begin statements describing skills and duties
 - Length – Be concise; a one-page resume is often adequate
 - Paper – Use white or off-white resume paper only
 - Errors – Be grammatically perfect and free of typographical errors
 - Digital Version – if sending electronically or uploading, save your resume as a PDF

RESUME EXAMPLES

Education Section

- 1** **Universidad Pompeu Fabra | CISabroad** **Barcelona, Spain**
 Relevant Coursework: Political Science, Advanced Spanish Sept - Dec 2022
- 2** **Education Abroad Participant** **Sydney, Australia**
 • Selected to participate in competitive study abroad program May - June 2022
 • Developed leadership skills through multiple team projects
 • Toured eight industry-specific companies and dialogued with managers at each company
- 3** **Texas A&M University** **College Station, TX**
 Bachelor of Science, Agricultural Economics Expected May 2023
 International Experience: semester-long exchange in Shanghai, China

Work/Volunteer/Relevant Experience Section

- 1** **St. Joseph's Primary School** **Jinja, Uganda**
Teaching assistant June – Aug 2022
 • Assisted lead teacher with class of 20-30 first grade students
 • Conducted small group activities based on the lesson plan
 • Supervised students during breaks and recess
- 2** **PUC Engineering Internship program** **Santiago, Chile**
Mechanical Engineering Intern Jan – May 2022
 • Designed prototype for machine to improve coal mining efficiency based on research and ideas of 4 separate superiors in the company
 • Successfully defended prototype design to company committee
 • Assisted with research and other tasks as needed

Skills Section

Technical and Linguistic skills

Technical: Microsoft office: Word, Excel, PowerPoint, Outlook

Language: French (conversational)

For full resume templates please visit The Career Center's website:
<https://careercenter.tamu.edu/Resources/Resume-Cover-Letters/Resume-Templates>



VERBALIZING YOUR EXPERIENCE

What Skills Did You Gain? ¹

Use some of these words to better express your new skills:

- Artistic (draw, shape, compose, arrange, display)
- Consult/Counsel (coach, counsel, advise, consult)
- Creative (envision, develop, design, create, innovate, improvise)
- Decision-Making (decide, resolve, select, negotiate, arbitrate)
- Detail/Precision (attend to details, copy, inspect, precision work, proofreading, collecting)
- Helping/Serving (assist, interview, nurse, nurture)
- Implement (execute, administer, control, schedule, follow-through)
- Instruct (teach, train, demonstrate, translate, explain, interpret)
- Lead/Manage (direct supervise, facilitate)
- Manual/Machine (build, construct, fix, operate, run, drive, make)
- Numerical/Financial (calculate, compute, budget, estimate, appraise)
- Organize (plan, coordinate, or systemize)
- Perform (present, entertain, represent, model)
- Problem Solve (analyze, evaluate, diagnose, adapt, improve, strategize)
- Research (experiment, observe, classify, study, investigate)
- Sell/Market (motivate, persuade, influence, convince, promote, advocate, lobby, publicize)
- Synthesize (conceptualize, integrate, theorize, formulate)
- Written Communication (write, edit, summarize, clarify, explain)

What Has the Experience Help You Develop? ²

A New Cultural Understanding and World View:

- A greater knowledge about another culture
- Awareness of political, economic, or social events around the world
- My involvement with a global issue
- My involvement with a civic cause
- A definition of my political views
- My ability to speak a foreign language

Professional & Career Development:

- My intercultural competencies and skills
- My ability to speak a foreign language in the workplace
- My ability to adapt to a diverse workplace

Personal Growth and Values:

- My desire for more diverse friendships and social networks
- A better understanding of myself and my values
- My sense of confidence in new situations or when meeting new people
- My ability to empathize with people, especially those who are different from me
- My ability to be more flexible, open-minded, and independent
- An understanding of my own strengths and weaknesses

¹ CSBSJU- Returnee Handbook 26

² CSBSJU- Returnee Handbook 25

COVER LETTERS

Tips & Resources

- A great cover letter should answer the question: “Why should I hire you?”
- The letter should support and complement your resume
- When crafting your cover letter, you should:

Address the letter to a specific person- make every effort to determine the name of the employer contact or the hiring manager and address your letter to that individual

Individualize for each position- you should create individual cover letters to address each specific position for which you are applying. Use this opportunity to demonstrate knowledge of the company’s mission, goals, and objectives.

Be concise- a cover letter should not exceed one page

Pay attention to the content- you should summarize your skills and experience but not repeat exactly what is in your resume

Review carefully- your cover letter should be grammatically perfect and free of typographical errors

How do I incorporate my experience?

- You can include your education abroad experience if it’s relevant to the position or somehow demonstrates why you are a great candidate. You can include your education abroad experience in the same way as you include any other relevant experience.
- It can often be easier to include any soft skills – such as flexibility and adapting to new environments – on the cover letter rather than on the resume

Consider these specific examples:

- *During my semester in London, I gained a unique perspective on the British governmental system by interning with MP Rosie Cooper. I was lucky enough to sit in on some of her daily meetings, including a conference with the United States Ambassador. I picked up on the intricacies of how our two countries interact on a political level by attending this conference, and I would like to bring my experiences back to Capitol Hill to help continue building our Special Relationship from the other side.*
- *My experience living in Chile enhanced my ability to communicate and interact effectively with the local Latinx population*
- *While studying abroad in England at the London School of Economics, I gained a global perspective on business topics related to marketing and finance. The experiences both inside and outside of the classroom helped illustrate the importance of cultural competency when working with diverse populations.*

COVER LETTER TEMPLATE¹

Your Name

Your present address · Preferred phone number · E-mail address

Date of correspondence

Name of Individual

Title

Name of organization/company

Address

Dear Dr. /Mr. /Mrs. /Ms. Last Name: (Do not address "To Whom It May Concern:")

Paragraph One

Address why you are writing and the position, field, or general area in which you are interested. Explain how you discovered this position and why you would like to work for this company. Mention something about the company that piques your interest.

Paragraph Two

Describe your qualifications, but do not restate your resume. Highlight one or two strong areas of experience which make you qualified for this position. Be sure to choose skills and experiences that complement the requirements in the job description. Mention professional or personal accomplishments, such as education abroad experiences and the skills you gained or demonstrated.

Paragraph Three

Close by noting that you have enclosed a copy of your resume and that you will provide any additional information requested. Note that you look forward to a future response and that you would like to schedule an interview. Thank them for their consideration.

Sincerely,

Your signature

Your typed name

¹ ISA Career Resources Guide (2018) 15

LINKEDIN

Studying, interning, or volunteering abroad is a very marketable trait and should be included in any capacity possible on your LinkedIn. You can also join alumni groups from some affiliate providers and scholarship organizations, to further connect with other world travelers. There are a couple of different places where you can include your international experience as showcased below:

If you studied at and received credit from a foreign university make sure to include them as a school under the education section.

Education + ✎




Massey University
 Communication
 2019 - 2019
 Grade: Sophomore

I finished an intensive two-week experience exploring the issues of image and identity among tourism providers across New Zealand. From these industry visits and my observations, I conducted several communication assessments for different companies utilizing relevant communication theories.

If you completed an internship abroad, this would go under the experience section.

Experience + ✎




Communication Trainee
 Rural Women New Zealand | Ngā Wāhine Taiwhenua o Aotearoa · Internship
 Jun 2019 - Jul 2019 · 2 mos
 Wellington Region, New Zealand

- Awards Administer for the NZI Rural Women NZ Business Awards 2019.
- Secured media placement in national print, online publications, and radio, including 'News Hub', 'KC News' and 'The Country- NZ Herald'.

If you participated in any volunteer work abroad add it to this section.

Volunteering + ✎



Student Volunteer
 Fondation Orient-Occident
 May 2021 · 1 mo
 Civil Rights and Social Action

I supported migrants, refugees and youth by providing them with job training, education, professional training, and a wide range of cultural and intercultural activities in Rabat Morocco.

If you mastered a foreign language while abroad don't forget to add it to the language section.

Languages + ✎

French
 Professional working proficiency

AMBASSADORSHIP

Becoming a Texas A&M Education Abroad Ambassador:

After going abroad you will be eligible to apply to be an Ambassador. A handful of passionate students are selected each year to promote education abroad experiences to their fellow Aggies. Apply at tx.ag/applyEAambassador

Requirements:

- Be a full-time undergraduate student at Texas A&M University (unless enrolled in your final semester)
- Be in good academic and disciplinary standing with the university, and maintain at least a 2.5 cumulative GPA
- Be a good representative of Education Abroad by being professional, reliable, and responsible
- Enthusiastically share your personal education abroad experience with others, emphasizing the educational, professional, cultural, and personal benefits
- Serve as a peer mentor and resource for students considering education abroad programs as well as to those transitioning back to Texas A&M at the conclusion of their international experience
- Contribute to Education Abroad processes by providing feedback, ideas, and suggestions from the student/participant perspective

Benefits:

- A stipend each semester
- Professional, real-world experience in higher education, recruiting, and international education
- Involvement in projects, events, campaigns, and committees to further build your CV
- Official Education Abroad Ambassador clothing and name-tag
- Professional headshot
- Leadership development and skill-building
- Membership into a small, exclusive group of undergraduate students dedicated to the success of other students and Education Abroad programs
- Could lead to future job mobility within Education Abroad
- LinkedIn recommendation upon completion of the program



Other Opportunities:

Some affiliate providers and scholarship organizations look for students to promote their programs on campus. Reach out to your affiliate provider or organization to see if they have an alumni program that is a good fit for you.

PURSuing MORE INTERNATIONAL EXPERIENCES

GRADUATE SCHOOL

Why attend graduate school abroad?

Many students are deciding to continue their education after their bachelor's degree. Here are a couple of reasons to consider looking abroad for this next step in higher education:

- Some global universities have more prestigious programs in some academic areas than schools here in the United States
- A student visa is one of the best visas to get after college if you want to live abroad. Some countries allow you to work on them and some have paths to transition to another visa type after school. This visa is also a good start to possibly obtaining citizenship.
- Some programs can actually be cheaper abroad than those in the United States
- Many international programs are taught in English

Where do I find out what global programs exist?

Search Engines:

- **QS World Rankings**: Compares and ranks over 1,000 schools from around the world
- **Shanghai World Rankings**: One of the most prestigious ranking systems, can sort by academic subjects and location
- **Peterson's Higher Ed Guides**: Comprehensive list of universities and their programs, including global institutions
- **Association of Professional Schools in International Affairs**: List of graduate schools and programs with international components
- **GradSchools.com**: Explains different higher education programs and has an extensive program search engine
- **Study in Europe**: Database of universities and their programs in Europe

Other Resources:

- **The Princeton Review**: Information and practice on graduate school exams
- **World Learning**: Has global education, development, and exchange programs



FUNDING OPPORTUNITIES

Boren Scholarships and Fellowships :

Funding from the National Security Educational Program supports American undergraduate and graduate students for intensive study of language and culture overseas.

Critical Language Scholarship:

The CLS Program is a summer study abroad opportunity for American college and university students to learn languages essential to America's engagement with the world.

DAAD:

Study or research in Germany.

Fulbright U.S Student Program:

The Fulbright U.S. Student Program offers research, study, and teaching opportunities in more than 140 countries to recent college graduates and graduate students. Grants are provided for individually designed study/research projects or English Teaching Assistant Programs.

Gates Cambridge Scholarship:

Offers some students full-cost scholarships to study at the University of Cambridge.

George J. Mitchell Scholarship:

Up to 12 Americans are chosen annually for one academic year of postgraduate study in any discipline offered by institutions of higher learning in Ireland and Northern Ireland.

Institute of International Education [IIE]:

IIE administers more than 200 programs for students, scholars, and professionals to participate in international exchange.

International Education Financial Aid:

Funding for international education.

Luce Scholars:

This program provides stipends, language training, and individualized professional placement in Asia for college seniors, graduate students, and young professionals.

Marshall Scholarship:

Finances around 50 Americans to study at a UK university for graduate school.

Mickey Leland International Hunger Fellowship:

Trains 12-15 emerging leaders in the movement to end hunger worldwide with locations in Asia, Africa, and Latin America.

Rhodes Scholarship:

32 Americans are chosen yearly to study at the University of Oxford.

Ronald E. McNair Postbaccalaureate Achievement Program:

Created to increase educational opportunities to students who are from low-income, first-generation families and/or those who are from ethnic backgrounds traditionally underrepresented in graduate education.

Rotary Scholarships:

Global grant scholarships to fund graduate-level coursework or research for one to four academic years.

Rotary World Peace Fellowship:

Funds for either Master's degrees or professional development certificate study at one of the Rotary Centers for International Studies in peace and conflict resolution.

The Samuel Huntington Public Service Award:

Provides \$20,000 stipends for graduating college seniors to pursue one year of public service anywhere in the world.

USAID Donald M. Payne International Development Graduate Fellowship Program:

Attracts outstanding individuals interested in pursuing careers in the Foreign Service of the U.S. Scholars work on the most pressing global challenges of our times — poverty, hunger, injustice, disease, environmental degradation, climate change, conflict, and violent extremism.

WORKING ABROAD

Anywork Anywhere:

Seasonal jobs from some of the biggest brands in the industry with a large number of destinations.

Au Pair World:

Work as a paid Au Pair in various locations around the world.

Bunac:

A global work and travel provider. They assist with visas, jobs, internship placements, travel planning, work abroad travel insurance, accommodation, arrival support, 24/7 emergency assistance, and more.

Eurojobs:

Find job openings in Europe.

GoinGlobal:

Helps new and experienced job seekers find opportunities both at home and abroad. Has career guides, country and city guides, and resources on everything about working abroad.

InterExchange:

Programs for au pair, camp counselors, summer exchanges, volunteering, teaching English, and general work/travel in 10 different countries.

My World Abroad:

Advice and resources for all ways to get abroad. Includes international job postings, visa information, and internships.

Overseas Jobs:

Features overseas jobs and international employment opportunities for professionals, expatriates, and adventure seekers.

Transitions Abroad:

Wide range of job openings across the world.

U.S Department of State:

Employs those who want to make a contribution to our global society. Opportunities to live and work in any country in the world, including those with unstable governments or infrastructures.

Teaching English

Chile's English Open Doors Volunteer Program:

Mission to improve the level of English for students between 5th and 12th grade throughout the Chilean public school system by providing teacher training, instructional materials, language competitions, English immersion camps, and semester abroad scholarships for university students.

CIEE:

Get paid to teach English abroad in Spain, China, Korea, or Thailand. Programs include on-site support.

Czech Republic's Academic Information Agency:

Teach English at primary and secondary public schools in the Czech Republic.

English First:

Earn a full-time salary as an ESL teacher in various locations around the world.

France's Teaching Assistant Program (TAPIF):

Opportunity to work in France for 7 months, teaching English to French students of all ages.

International TEFL Academy:

The worldwide leader in TEFL certification for teaching English abroad and online.

Japan Exchange and Teaching (JET):

Work in schools, boards of education, and government offices throughout Japan.

Korea's English Program in Korea (EPIK):

Native English speakers can share their knowledge and language with Korean students and teachers within the Korean public school system throughout the country.

Spain's Language and Culture Assistant Program:

American college students and graduates- who are native-like speakers of English - partner with elementary and secondary schools in Spain to bolster language programs, as language assistants (TAs) under the supervision and guidance of teachers in Spain.

VOLUNTEERING/INTERNING ABROAD

Volunteering

Global Volunteers:

International volunteer opportunities in about 20 different locations for one to three weeks.

Peace Corps:

Service opportunity for motivated change-makers to immerse themselves in a community abroad, working side by side with local leaders to tackle the most pressing challenges of our generation.

Projects Abroad:

Specializes in safe, sustainable international volunteer projects. Can live with a host family and work alongside local people. Work with other volunteers from around the world where you will gain practical skills and first-hand insight into global issues.

World Endeavors:

Immersive volunteer opportunities – live in the communities, meet local people, learn the language, and experience local customs and traditions.

Flexible durations and start dates, tailored to last between 1 week and 3 months.

4 The World:

Identifies and collaborates with communities across the globe to empower them to identify and solve the most pressing needs of their communities within the areas of health and education.

Internships

Cultural Vistas:

Internship and work abroad programs allow students and professionals to develop competencies demanded in today's global economy through sustained immersion in a foreign country – language learning, interdisciplinary problem solving, empathy, and respect for cultural attitudes and ideas.

Go Abroad:

Collection of different ways and companies that allow you to intern abroad.

Idealist - Action without Borders:

Can find internships or jobs all around the world.

Projects Abroad:

Customized internships in various locations during or after college.

The Intern Group:

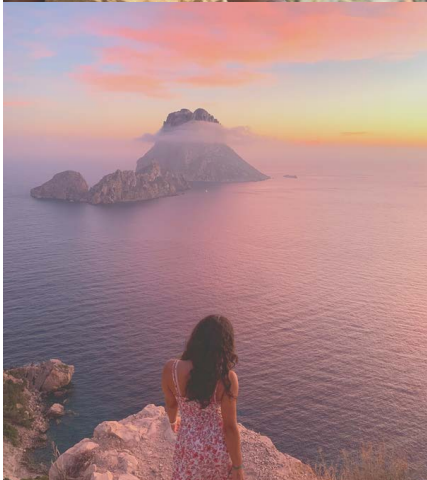
The leading provider of customized global internship programs. They offer programs for candidates at all stages of their academic or professional careers to all different places around the globe.

The United Nations:

Internships in diplomacy and public policy in various locations across the world. The internship program lasts for at least two months and can be as long as six months. Must begin your internship either prior to or within one year of graduation.

NOTE: Texas A&M does not have control of content, copyrights, or accuracy to any sites that are linked outside of the handbook. We do not endorse, recommend, or authenticate the accuracy of the information at linked sites. They are provided as an informational resource and individuals must evaluate linked sites for any usefulness or purpose.





CONTACT US

Office Information

Location: Pavilion 112

Hours: Monday-Friday: 8 a.m.-5 p.m.

Tel: 979-845-0544

Email: abroad@tamu.edu

Mailing address

Texas A&M Education Abroad

3262 TAMU

College Station, TX 77843-3262

Social Media

Instagram: @tamuabroad

Facebook: @AbroadTAMU

Twitter: @TAMUabroad

Spotify: @tamuabroad

LinkedIn: Education Abroad at Texas A&M

Youtube: TAMU Education Abroad