

Returning home- New beginnings: Re-adjustment Issues

Instructions

Print out a paper with the 7 student quotes. Cut up the paper so each quote is on a separate slip. Put all quotes into a hat/container.

- My first few weeks after I came home were strange. I felt that I didn't know where I was. Where was my home? Also, everything here was the same as it was when I left. Sometimes this made me feel like my AFS year was a big dream.
- Tomorrow is my first day of school and I am a little scared to go back there. I hope I will make it and that my teachers and friends will help me. I don't really remember how I studied before going to America.
- Some problems I faced were: people saying "Oh my, you're so fat!!" and "You really dress weird!" Then people just realized that I had changed, that maybe I was crazier, but I was more responsible too.
- I'm not doing very well. It was very nice to see my family again. I expected great feelings and big reunions with my friends and it just didn't happen. It's like we have nothing common, nothing to talk about.
- I think to my friends, I seem pretty much like the same person. They've had an exciting and eventful year at school, they've gotten closer through that and I'm outside of this. We've developed in different directions. I have a lot to catch up with.
- Soon after I got home, I had a difficult re-adjustment. I was always saying that I didn't want to be here and all I wanted to do was to go back to the U.S. where my life had already been started and settled. So, it's hard to accept that I must be here in my home country again.
- I'm only now beginning to understand some very important things of my experience. I didn't think that I changed much, but my family and friends say that I have grown up a lot and become more self-confident.