

Outcomes from an International Experience

Intercultural/Communication Skills

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| <input type="checkbox"/> | I have a greater capacity to accept differences in others and to tolerate other people's actions that may be vastly different from my own. |
| <input type="checkbox"/> | I am more knowledgeable about another culture and lifestyle. |
| <input type="checkbox"/> | I have improved my ability to communicate with people in a second language (or understand better the variety and peculiarities of a version of "World English"). |
| <input type="checkbox"/> | I have a greater ability to empathize (i.e., to sense how an event appears and feels to someone else). |
| <input type="checkbox"/> | I understand that there are many ways to accomplish the same task and that those approaches are only "different," not necessarily better or worse. |
| <input type="checkbox"/> | I have learned to improve interpersonal communication through increased abilities in listening well, speaking clearly, and paying attention to nonverbal cues. |
| <input type="checkbox"/> | I have more curiosity about, and respect for, new ideas. |
| <input type="checkbox"/> | I am more flexible and able to adjust to changes in others. |
| <input type="checkbox"/> | I am more tolerant of ambiguous situations, that is, of situations that are confusing and open to differing interpretations. |
| <input type="checkbox"/> | I realize why stereotypes can be so harmful and hurtful, both to others and myself. |
| <input type="checkbox"/> | I have learned how to recognize when I have made a cross-cultural mistake and can use culturally appropriate language and measures to repair any damage. |
| <input type="checkbox"/> | I understand and appreciate how much educational systems can differ across cultures. |
| <input type="checkbox"/> | I have a greater willingness to take on roles and tasks to which I am unaccustomed. |
| <input type="checkbox"/> | I can adapt and cope in vastly different settings. |
| <input type="checkbox"/> | I am more able to accept as valid others' values and lifestyles. |
| <input type="checkbox"/> | I am more balanced in my judgments (i.e., less likely to judge things as "good" or "bad," "right" or "wrong"). |
| <input type="checkbox"/> | I think more critically: I am more discriminating and skeptical, particularly of stereotypes. |
| <input type="checkbox"/> | I have generally improved my observation skills. |
| <input type="checkbox"/> | I realize the importance of time to be alone to think. |
| <input type="checkbox"/> | I find myself regularly reflecting about the abroad experience and its meaning for me. |
| <input type="checkbox"/> | I am confident that I can meet and make friends abroad. |
| <input type="checkbox"/> | I have an increased motivation to go abroad again. |

World View

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| <input type="checkbox"/> | I understand better another country's role in world affairs. |
| <input type="checkbox"/> | I have a better understanding of how and why political policy differs abroad. |
| <input type="checkbox"/> | I have the ability to see situations and issues from more than one perspective. |
| <input type="checkbox"/> | I understand more clearly how U.S. Americans and the United States are viewed abroad. |
| <input type="checkbox"/> | I see the world as more interconnected than ever before. |
| <input type="checkbox"/> | I value human diversity and respect others from a variety of backgrounds different from my own. |
| <input type="checkbox"/> | I have greater sympathy for the struggles of international students and immigrants as a result of my experience. |
| <input type="checkbox"/> | I have deeper understanding of the common problems and issues that confront all human beings on this planet. |
| <input type="checkbox"/> | I have greater awareness of political, economic, and social events occurring around the world. |
| <input type="checkbox"/> | I seek out international news and want to know what is going on in the world more than ever before. |
| <input type="checkbox"/> | I am aware that cultural changes can have unexpected consequences. |

Personal Capabilities

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| <input type="checkbox"/> | I understand more fully my own strengths and weaknesses. |
| <input type="checkbox"/> | I feel more confident in undertaking new travels or projects. |
| <input type="checkbox"/> | I can accept failures and shortcomings in myself more easily. |
| <input type="checkbox"/> | I am more confident and assertive when facing new situations. |
| <input type="checkbox"/> | I have become a more patient person. |
| <input type="checkbox"/> | I am more willing to share my thoughts and feelings with others, and to be open when others wish to share theirs with me. |
| <input type="checkbox"/> | I am less afraid of making mistakes or being laughed at than I used to be. |

Outcomes from an International Experience

<input type="checkbox"/>	I can see myself objectively (i.e., I see my own day-to-day problems in a broader, more realistic context).
<input type="checkbox"/>	I have increased my perseverance and self-discipline.
<input type="checkbox"/>	I can "analyze" a social situation more quickly than before (i.e., figure out what is going on and react appropriately).
<input type="checkbox"/>	I am more deeply committed to an idea, cause, or goal.
<input type="checkbox"/>	I have the ability to create personal peace and satisfaction in my life.
<input type="checkbox"/>	I have a greater sense of responsibility for other people.
<input type="checkbox"/>	I am more able to express deep emotions freely.
<input type="checkbox"/>	I am more able to ask for and receive help from others.
<input type="checkbox"/>	I have increased my capacity to experiment and take risks.
<input type="checkbox"/>	I have a clearer notion of what I wish to do with my life.
<input type="checkbox"/>	I am more aware of opportunities in life that are open to me.
<input type="checkbox"/>	I feel greater respect and appreciation for my natural family.
<input type="checkbox"/>	I am more independent in my relations with family and friends.
<input type="checkbox"/>	I can accept the shortcomings of my family members in an understanding way.
<input type="checkbox"/>	I think that I need fewer friends but deeper (more intimate and more trusting) friendships.
<input type="checkbox"/>	I am more aware of the way I use and structure time.
<input type="checkbox"/>	I am interested in, and capable of, making long-range plans.
<input type="checkbox"/>	I am more determined to develop fully my skills and talents, especially those recently gained through abroad living.
<input type="checkbox"/>	I feel a greater need to have diverse experiences and friends.
<input type="checkbox"/>	I feel that being abroad helped clarify my goals and values.
<input type="checkbox"/>	I am more likely to do things spontaneously (i.e., to do things without undue concern about the possible consequences or any advanced planning).
<input type="checkbox"/>	I am more capable of solving life's day-to-day problems and accomplishing necessary tasks.
<input type="checkbox"/>	I can set more realistic priorities, both short-term and long-term, for myself.
<input type="checkbox"/>	I am more confident about the decisions I make.
<input type="checkbox"/>	I have a greater appreciation for what I have.
<input type="checkbox"/>	I have the ability to make clear personal choices and goals for my life rather than complying with what others expect and want from me.
<input type="checkbox"/>	I have learned to place a lower value on material things.
<input type="checkbox"/>	I want to be able to use my skills in future work and can articulate what those are to a prospective employer.
Own Culture	
<input type="checkbox"/>	I see my own cultural values more clearly and understand how and why they differ from others.
<input type="checkbox"/>	I can evaluate advantages and disadvantages of my own culture and society more objectively (i.e., from the perspective of an outsider).
<input type="checkbox"/>	I am sensitive to subtle features of my own culture that I had never seen before.
<input type="checkbox"/>	I have both a greater appreciation for U.S. American culture and a clearer critical sense of its limitations and problems.
<input type="checkbox"/>	I have a deeper understanding of (if not necessarily commitment to) the values and lifestyle of my native community.
<input type="checkbox"/>	I appreciate U.S. American efficiency, but miss the different pace of life abroad.