



My Journal Reflection

On a separate piece of paper take some time to reflect on the following questions below. If you don't finish them all, it's ok, you can always come back to them later.

1. How has re-entry been? What have been the most challenging aspects of coming back home?
2. In what ways might my friends or family have changed?
3. How would I like my family and friends to treat me when I return home?
4. What have been the important things about this experience that I want to share with my family and friends?
5. What do I want to do with the experiences I've had (eg. Stay in touch with people I've met, continue with a new interest, stay involved with AFS)?
6. When I look back on my experience, what did I learn about myself?
7. What are the lessons I have learned that I never want to forget?
8. What new insights do I have about my own place in today's global community?
9. How can I apply the skills and knowledge I gained as part of study abroad in all the important areas of my life and future transitions?
10. If I were to do it all over again, what would I change?