

SELF-REFLECTION & SKILLS ASSESSMENT

Studying abroad is often seen as the opportunity of a lifetime. Students often refer to it as eye-opening and transformative, but yet still struggle to articulate exactly what they learned and how. After such an impactful experience that can really shape you and change your perspectives on your academics, profession, and personal life, it can be challenging to pinpoint how the growth and change truly took place over the experience. Take the time to reflect on different experiences you had throughout your time abroad and the skills these experiences demonstrate or helped build to work to convey them effectively with future employers.



Define your Skills:

Hard Skills

CONCRETE, OFTEN JOB-SPECIFIC, MEASURABLE, TECHNICAL SKILLS

Soft Skills

INTANGIBLE, PERSONAL ATTRIBUTES THAT SUPPORT EFFECTIVE WORK

Reflect on Your Stories from Abroad:

Examples:

Missed a connecting train from one city to the next, had to make new arrangements and accommodations to stay somewhere overnight

Worked on a group project with other international students from all around the world, navigating language barriers, different communication styles, and different perspectives on the field of study

Got lost on your own and asked for directions from someone who did not speak your language

Lived with a host family and was exposed to new customs and traditions and even had to adapt to new meal times, at first you really didn't understand but learned to appreciate these differences

Balanced school work and traveling/social life, especially in a new academic setting where there was more independent time

Stepped out of your comfort zone and joined a club or sport even though it made you nervous and you didn't know anyone

Navigated a grocery store in a different language when you had an allergy or dietary restriction

Interned with a company where you were the only person from outside their country

Consider What Skills They Relate to:

Examples:

Adaptability and Flexibility

Cross-cultural communication, leadership, cultural understanding

Problem-solving and non-verbal communication, independence

Cultural understanding, empathy, adaptability, open-mindedness

Perseverance, confidence, and independence, organization, self-initiative

Courage, self-reliance, independence

foreign language, problem-solving

Professionalism, cultural awareness, maturity



PRO TIP :

Journaling during your time abroad can help you keep track of these experiences so you don't forget them later! Growth and learning are possible in even the smallest of stories.

OSA IS HERE TO HELP!



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