

Reflecting on your international experience

It is important to take inventory of the highlights, valuable insights and lessons gained from your travel. Identifying the professional and cross-cultural skills developed during your experience maximizes your ability to effectively articulate your strengths to potential employers, giving you a head start on the next phase of your career.

Below are a few questions to help you reflect on your international experience, which will help guide your future conversations with potential employers, professors or mentors.

Reflecting on your International IQ:

1. What has made your travel experience abroad a success?
2. How did you experience or deal with culture shock?
3. What strategies did you use to help immerse yourself in the new culture?
4. What new understandings have you gained about the different cultures in the country you visited? How could you apply this to your home country?
5. If you were to repeat the whole experience, what would you do differently?
6. What are some of the benefits and challenges of working in a new country?
7. Describe a serious challenge(s) that you encountered during your experience
8. What personal reserves and resources did you draw on to overcome this challenge(s)?

Reflecting on skillset and work experience:

1. What are the tasks or projects you carried out during your experience abroad? In what ways did you excel at them?
2. Which of your previous skills contributed significantly to your success at work abroad?
3. What was the most important thing you learned about communicating and interacting in a diverse work environment?
4. What other knowledge, skills and/or attitudes/behaviors did you acquire during this experience?
5. Describe how you approached learning these new skillsets.
6. What types of tasks did you discover that you enjoyed or excelled at? What tasks were less attractive or fulfilling?
7. What did you learn that will be of value to your future employers?
8. How has this experience impacted your career or academic path/plan?