



Southwest

# LESSONS FROM ABROAD

Study Abroad Returnee Conference

2018



# WELCOME TO THE 2018 LFA CONFERENCE!

September 22, 2018

Dear Study Abroad Alum,

Welcome back to the United States and to the 3<sup>rd</sup> Annual Southwest Regional *Lessons from Abroad* Study Abroad Returnee Conference hosted at the University of Arizona in Tucson, Arizona! We hope you had a wonderful experience learning and living in another culture and country.



How does it feel to be back? We understand that coming home may be more difficult than you anticipated. While some students make the transition back with ease, many others find the adjustment upon return to the United States to be a bit trying and confusing. While it's great to be reunited with loved ones and hang out in all the old comfortable places, you may still feel a little disoriented and miss many aspects of your time abroad. It could be that you're finding your friends and family can't relate to your experience abroad, or perhaps it's difficult to be back in an American classroom. No doubt your usual routine may seem a tad boring after the excitement and novelty of Madrid, Sydney, or Beijing. We are here to assure you these feelings are quite normal. Re-entering your home culture can be just as difficult as adjusting to your host culture; for some students it may be even more challenging.

The handbook and today's conference are full of tips and tools designed to facilitate the most common stages of reverse culture shock and guide you towards ways to apply your experiences abroad in the future. Read on for information and resources on surviving the perils of re-entry "shock," embracing the return to your home culture, further work, volunteer or study abroad opportunities, and utilizing your "lessons from abroad" in your career development.

Today you will hear from a wide array of speakers from students and faculty to professionals working in the field of international education and beyond, all of whom understand the ups and downs of returning home after studying, living, and working abroad. Many of our speakers today have made a career out of their passion for travel and exploring new cultures. We hope that after today's conference you will be equipped with new ideas and resources on how to continue pursuing your own passions as a global citizen.

We have more great resources online, including: resume, cover letter, and interview tips; how to go abroad again; teaching English abroad; how to win a Fulbright grant; going to graduate school abroad; and how to fund your next international education adventure!

**Visit the Lessons From Abroad website:**

<https://www.lessonsfromabroad.org/>

We look forward to spending the day with you and inspiring the life-long learning and application of your lessons from abroad!

Warmest regards,

The Planning Committee

Lessons from Abroad Southwest 2018

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## *LFA Conference Objectives*

- *Meet other recent study abroad returnees from your regional area*
  - *Explore various perspectives on the meaning of your study abroad experience*
  - *Learn how to convey your newly-acquired international skills in a job interview*
  - *Discover how you can teach, work, volunteer or study abroad after graduation*
  - *Network with professionals in internationally-focused jobs*
  - *Stay connected to and share stories about your study abroad experience*
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# LESSONS FROM ABROAD SOUTHWEST

## 2018 CONFERENCE PROGRAM

The University of Arizona  
Environment and Natural Resources 2 Building  
1064 E Lowell St.  
Tucson, AZ 85719



### 9:30—10:00 am REGISTRATION CHECK IN & EXHIBITOR FAIR

### 10:00—10:45 am AGNESE NELSMS HAURY HALL S107—KEYNOTE

*Mr. Stewart Devine, Foreign Service Officer and Diplomat in Residence, U.S. Department of State*

Stewart Devine is a career Foreign Service Officer (American Diplomat) with the U.S. State Department. Although normally assigned to American Embassies and Consulates overseas, he is currently serving a domestic assignment as the Department's Diplomat In Residence (DIR) for the Rocky Mountains Region currently based in Denver, Colorado. He travels throughout the region doing speaking engagements about U.S. foreign affairs, life as an American Diplomat, and encourages college students and mid-career professionals to consider future careers with the U.S. Department of State. Before his current two-year assignment as DIR, Mr. Devine was posted to U.S. embassies in the Netherlands, Iraq, United Arab Emirates, Germany, Thailand, South Korea, Fiji, Japan, and Egypt. Prior to entering the Foreign Service, Mr. Devine was a military officer with the rank of Lieutenant Colonel. He is the recipient of various military decorations, and U.S. State Department Superior Honor and Meritorious Honor awards. He is a graduate of Florida International University.

### 10:45—11:00 am BREAK

### 11:00—11:45 am BREAKOUT SESSION I

#### ROOM S210—Go Abroad Again: Study, Volunteer & Research

- Mariel Goble, Assistant Director, Interdisciplinary Global Programs, Northern Arizona University
- Liliane Palm, Program Coordinator Senior, Interdisciplinary Global Programs, Northern Arizona University
- Kali Switchenberg, DAAD RISE Recipient, Northern Arizona University
- Kristin Havice, Admissions Advisor, ACM

Returning from your first time abroad brings many emotions, new perspectives, and questions that often include, how can I go again?! In our presentation, we will share the types of opportunities available to you, as well as what requirements, preparation, and commitment are involved in each. We'll also cover what you can expect from the various experiences, along with tips and information to keep in mind as you consider each option.

#### ROOM S215—Living an Internationally-Focused Life: Regional Perspectives

- Brigitte Bavousett, Student Recruitment/Retention Specialist Senior, School of Sustainability, Arizona State University
- Arina Melkozernova, Instructional Designer, School of Sustainability, Arizona State University
- Madeleine Rodish, University of Arizona

Cuba. India. Jordan. Costa Rica. This session will explore elements of living an internationally-focused life, with perspectives on four geographic regions. First, hear about a 'time-travel' experience from an ASU educator who co-lead a study abroad into Cuba. Second, hear how a U of A study abroad student experienced 'reverse culture shock' upon return to the U.S. after 2 months in Jordan and India. Third, hear how a Global Intensive Experience (spring break study abroad) to Costa Rica provides a glimpse into career choices which can benefit the environment, and society, and economy of countries around the world.

#### ROOM S225—Showcasing Your Experience: Resume, Cover Letters, and Interviews

- Jessie Wrona, University of Arizona
- Tiia Casey, University of Arizona

Studying abroad presents a unique opportunity to grow as a student and as a professional. This 2018 Study Abroad Tucson session will focus on how to identify the valuable skills learned while abroad. In our session we plan to discuss our own personal study abroad experience and how it pertains to our particular career choices. We will discuss strategies to market the knowledge gained in our different environments. This session will include these topics to create an understanding of the worthwhile knowledge and adventures gained. Ultimately highlighting the benefits and how to present them to potential employers.

### 11:45—1:00 pm LUNCH & RESUME REVIEW

### 1:00—1:15 pm BREAK

**1:15—2:00 pm BREAKOUT SESSION II****ROOM S210—Go Abroad Again: International Careers & English Abroad**

- Joy Crutchfield, Northern Arizona University
- Albrecht Classen, University Distinguished Professor, University of Arizona
- Brendan Thomson, Hacienda Health Care, America Nepal Medical Foundation
- Amanda Williamson, Education Abroad Advisor, Northern Arizona University

Study abroad contributes essentially to students' professionalization and builds unique career profiles for the future job candidates. Study abroad is not only a unique, intriguing, and life changing experience, it also contributes to a student's life preparation and growth of character. Hear from a wide variety of presenters on how study abroad influenced their current and future career paths.

**ROOM S215—Keeping Your Passion Alive: A Panel of International Educators Share the How To's**

- Christopher Adams - Internship Specialist, CEA Study Abroad
- Cara Appleton - Admissions Counselor, CEA Study Abroad
- Devon Bilsing, Study Abroad Coordinator, University of Arizona
- Erin Rydberg, Student Affairs Representative, International TEFL Academy

This is an interactive session where both panelists and attendees participate in knowledge sharing on international careers. The panel will share information on their personal experience while offering advice on entering the field. The panel will also field questions and anecdotes from the attendees with a dynamic process of crowdsourcing and active listening. Join us and learn about your opportunities and how to follow your passion through an international career.

**ROOM S225—Working in International Education**

- Anne Medill, Associate Professor, Northern Arizona University
- Reiko Akiyama, Lecturer of Japanese, Northern Arizona University
- Haley Kimble, Northern Arizona University
- Kimberly Dalton, Northern Arizona University

This panel will discuss lessons learned by students and faculty who studied abroad outside the United States in other countries or who came to the United States to study. This learning/teaching method facilitated our personal and professional development by providing us with opportunities to engage with or research different cultural systems. We were able to immerse ourselves in new environments and social practices. We each took away different lessons that we now integrate into our way of seeing the world.

**2:10—2:15 pm BREAK****2:15—3:00 pm BREAKOUT SESSION III****ROOM S210—Living an Internationally-Focused Life: Learning From Other Cultures**

- Michelle Ort, Academic Advisor, University of Arizona
- Courtney Hale, Northern Arizona University
- Kaitlyn Haven & Rayna Castillo, MHIRT, Northern Arizona University
- Kurt Lancaster, Professor, Northern Arizona University

This presentation will feature four different experiences abroad from students and faculty who have studied, researched, and worked abroad in Japan, South Korea, New Zealand, Italy, France, Russia, and China. This session will cover increasing Native American participation in study abroad, lessons learned from working with Indigenous people, working across languages through interpreters, and how international experiences impact both the personal and professional growth.

**ROOM S215—Self-Awareness and the Power of the Individual in Cultural Adaptation**

- Temani Aldine - Body & Brain Yoga and Health Centers, Inc.
- Christine Weiler, Site Specialist, CEA Study Abroad
- Mengdi "Mandy" Han, University of Arizona
- Bonni Beaupied, alumna, Northern Arizona University

Each of us plays a key role in how we will survive or thrive in new environments, especially when the old culture feels new. Harnessing observation and communication tools can make the experience go from surviving to thriving. Hear different perspectives on the re-entry process from four diverse voices: a Fulbright scholar, an international student, a study abroad professional, and a recent graduate of a year-long study abroad study & internship program.

**ROOM S225—Go Abroad Again: Study, Volunteer & Research**

- Christina Saidy, Assistant Professor, Arizona State University
- Muhammad Al Khudair, Instructor of Arabic, University of Arizona
- Paul LePore, Associate Dean for Student and Academic Programs, Arizona State University
- Kerry Hamilton, Assistant Professor, Arizona State University

International experiences can have a profound impact on personal and professional trajectories. In this panel-style presentation, presenters will provide an overview of their international journeys and impacts on their professional pathways. A series of questions will be posed to panelists regarding challenges and lessons learned. The audience will have the opportunity to ask participants additional questions regarding their experiences and to provide advice on additional topics.

**3:00—3:30 pm PHOTO CONTEST AWARDS AND CLOSING REMARKS**

## PRESENTER CONTACT INFORMATION

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## ACKNOWLEDGEMENTS

We would like to thank all of the LFA Southwest 2018 Planning Committee members and volunteers for their dedication and many hours contributed to make the returnee conference a reality!

### **Conference Co-Chairs**

**Kyle Rausch**, Assistant Director, Study Abroad Office, Arizona State University, On-site & Finance Committee

**Abby Dalpra**, International Coordinator in the Partnership & Exchange Programs Unit, Study Abroad Office, Arizona State University, On-site Committee Chair

### **Committee Members**

**Shayla Auer**, Alumni Relations Associate, CEA Study Abroad, Outreach Committee

**Hilary Beggs**, Manager, Logistics and Events, Special Projects & New Initiatives, University of Arizona, On-site Committee

**Natalie Coveyduck**, International Coordinator for Global Intensive Experience, Study Abroad Office, Arizona State University, Exhibit/Sponsor Committee

**Olivia Del Viscio**, Program Development Coordinator, CEA Study Abroad, Content Committee Chair

**Matt Hirman**, International Coordinator in the Faculty-Directed Programs Unit, Study Abroad Office, Arizona State University, On-site Committee

**Dafne Johnson**, Study Abroad Coordinator, UA Study Abroad, University of Arizona, On-site Committee

**Lily Palm**, Program Coordinator, Senior, Interdisciplinary Global Programs, Northern Arizona University, Finance Committee

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# NOTES

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