

**INTERNATIONAL
STUDY ABROAD
INTERNSHIP
REFLECTION
HANDBOOK**

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INTRODUCTION

Welcome to studying abroad! You are on your way to a great cultural adventure, an academic journey, a career expedition, and a self-reflective voyage. This handbook provides an opportunity for you to understand your own personal cultural path throughout the course, to examine what you are learning about the country you are visiting and about yourself. You have now entered a new world of opportunity. Take advantage of this academic expedition and explore!

How this handbook works:

- Take the pre-entry reflection prior to your international trip
- Finish the pre-entry assignment
- Complete the 2 Cultural Inventories – one in the handbook, one online
- Fill out the weekly journal based on your professor's instructions
- Complete the re-entry assignment
- Complete the re-entry reflection
- Complete the re-entry assignment
- Complete the 2 cultural inventories

Pre-entry Reflection

1. Why did you choose to study abroad?
2. Why did you choose this particular country?
3. What do you expect to learn?
4. How do you think this class relates to your career path?
5. What expectations do you have of your internship?
6. What do you think the workplace will be like?
7. What do you think culture shock is?
8. Do you expect to have culture shock once you arrive? Why or why not?
9. How are you preparing to communicate with residents of the country you are visiting?
10. What do you know about the country you are visiting?
11. What concerns you the most about visiting this country?
12. How are you feeling right now about your future international trip?

Pre-Entry Assignment A

1. Describe the country you are visiting (1) politically, (2) geographically, (3) culturally, and (4) economically.
 2. What do you expect to see once you arrive?
 3. What do you plan to visit while you are there?
 4. What is your plan of action if you do get lost?
 5. How do the people of this country communicate verbally and nonverbally (gestures, eye contact, etc.)?
 6. Research some of the current events in this country. Bring the article to class and be prepared to discuss it in small groups.
 7. Draw a map of the city you will be living and working in on the back of this page. For each section, write a brief description of the cultural and economic differences.
- Get into groups and discuss your responses

Self-Assessment of Cultural Sensitivity

Please read each of the following statement and rate the extent to which you agree with each one of them by using the scale provided on the right (1 = strongly disagree to 7 = strongly agree):

1. I enjoy learning about how others express themselves verbally.

1 2 3 4 5 6 7

2. I enjoy being with people from other cultures.

1 2 3 4 5 6 7

3. People from other countries threaten our nation's economic growth.

1 2 3 4 5 6 7

4. I don't worry about other's cultural differences when making decisions.

1 2 3 4 5 6 7

5. I don't like to hang out with people different from me.

1 2 3 4 5 6 7

6. Different cultures should not interact with other cultures.

1 2 3 4 5 6 7

7. People from different cultures should not get married.

1 2 3 4 5 6 7

8. I interact with other cultures on a regular basis.

1 2 3 4 5 6 7

9. I have lived away from my own family for any great length of time.

1 2 3 4 5 6 7

10. I don't like to talk to people who are different than me.

1 2 3 4 5 6 7

11. I enjoy learning about other cultures.

1 2 3 4 5 6 7

12. People from other cultures also do things differently.

1 2 3 4 5 6 7

13. I mainly listen to music from United States.

1 2 3 4 5 6 7

14. I do not like being in crowds.

1 2 3 4 5 6 7

15. We need to learn more about different cultures.

1 2 3 4 5 6 7

16. Residential neighborhoods should be culturally diverse.

1 2 3 4 5 6 7

17. I would like to live outside of the United States for any length of time.

1 2 3 4 5 6 7

18. Living in another culture would be easy.

1 2 3 4 5 6 7

19. I like to talk with other cultural groups.

1 2 3 4 5 6 7

20. Interacting with crowds from different cultures makes me nervous.

1 2 3 4 5 6 7

Weekly Journal

Week One:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Two:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Three:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Four:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Five:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Six:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Seven:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Eight:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Nine:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Ten:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Eleven:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Twelve:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Thirteen:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Fourteen:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Fifteen:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

Weekly Journal

Week Sixteen:

On a scale of 1 – 5, circle the number that best fits your thoughts from 1 = strongly disagree to 5 = strongly agree

1. I am contributing meaningfully to the business I'm interning in
1 2 3 4 5
2. Interning abroad allows me to gain a new perspective on my career goals
1 2 3 4 5
3. Interning helps me learn through direct "hands on" experience
1 2 3 4 5
4. I feel that through the internship and course I am gaining valuable business cultural understanding
1 2 3 4 5
5. I am able to understand the course material better through the internship experience
1 2 3 4 5

Describe any significant activities that occurred this week.

What did you learn about the organization you are assisting?

How did your work relate to the course content?

Is there anything you would do differently this week?

What is your goal(s) for next week?

Feedback from instructor:

RE-ENTRY REFLECTION

1. How satisfied were you with the international study abroad course(s)?
2. Are you satisfied with the country you chose? If not, what country do you wish you had chosen?
3. Did you learn what you expected to learn?
4. What important things did you learn while studying abroad?
5. How do you think this experience related to your career path? Explain.
6. In what ways do you think the internship helped you grow as a professional? Explain.
7. Did you have culture shock?
8. If you did have culture shock, how did you manage it?
9. Is there anyone you talked to about this trip once you arrived back in the states?
10. What did you learn about the country you visited?
11. What did you think needs to change about the country you visited?
12. How are you feeling right now about your international experience?
13. Is there anything you would do differently when visiting another country again?

Re-Entry Assignment B

1. Describe the country you visited (1) politically, (2) geographically, (3) culturally, and (4) economically.
 2. Did you see what you expected to see once you arrived? Why or why not?
 3. What places did you visit while you were there?
 4. How did the people of this country communicate verbally and nonverbally (gestures, eye contact, etc.)?
 5. If you got lost while visiting different locations, what did you do? How did you feel?
 6. What were some of the social concerns regarding the country you visited? What would you suggest on how to change those deficits?
 8. Draw a map of the city you lived and worked in on the back of this page. For each section, write a brief description of the cultural and economic differences.
- Get into groups and discuss your responses

Self-Assessment of Cultural Sensitivity

Please read each of the following statement and rate the extent to which you agree with each one of them by using the scale provided on the right: (1 = strongly disagree to 7 = strongly agree):

1. I enjoy learning about how others express themselves verbally.

1 2 3 4 5 6 7

2. I enjoy being with people from other cultures.

1 2 3 4 5 6 7

3. People from other countries threaten our nation's economic growth.

1 2 3 4 5 6 7

4. I don't worry about other's cultural differences when making decisions.

1 2 3 4 5 6 7

5. I don't like to hang out with people different from me.

1 2 3 4 5 6 7

6. Different cultures should not interact with other cultures.

1 2 3 4 5 6 7

7. People from different cultures should not get married.

1 2 3 4 5 6 7

8. I interact with other cultures on a regular basis.

1 2 3 4 5 6 7

9. I have lived away from my own family for any great length of time.

1 2 3 4 5 6 7

10. I don't like to talk to people who are different than me.

1 2 3 4 5 6 7

11. I enjoy learning about other cultures.

1 2 3 4 5 6 7

12. People from other cultures also do things differently.
1 2 3 4 5 6 7
13. I mainly listen to music from United States.
1 2 3 4 5 6 7
14. I do not like being in crowds.
1 2 3 4 5 6 7
15. We need to learn more about different cultures.
1 2 3 4 5 6 7
16. Residential neighborhoods should be culturally diverse.
1 2 3 4 5 6 7
17. I would like to live outside of the United States for any length
of time.
1 2 3 4 5 6 7
18. Living in another culture would be easy.
1 2 3 4 5 6 7
19. I like talking with other cultural groups.
1 2 3 4 5 6 7
20. Interacting with crowds from different cultures makes me
nervous.
1 2 3 4 5 6 7



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