

# Telling the Story: Reflection & Articulation

What did I really learn during my study abroad? Mapping outcomes of study abroad to career skills.

**Instructions:** Consider each of the 11 outcomes below and think about the experiences you had abroad that demonstrate each of these outcomes. How would you discuss these skills with a potential employer?

## Self-Awareness

- conscious knowledge of one's own character, feelings, motives, desires

## Appreciation of Diversity and Difference

- The ability to recognize, understand and respect human diversity and differences among and between cultures and people

## Independence

- Self-reliant, not dependent on others for care or support, free from the influence/guidance/control of others

## Flexibility / Adaptability

- The ability to adjust to new conditions, and changing to better suit a context or situation

## Tolerance of ambiguity

- ability to respond to an event or non-event that results in uncertainty (e.g. a situation with no familiar cues or many cues to consider, or in which cues suggest the existence of different structures/norms); tolerance for unfamiliar or different

## Effective Communication across cultures

- Ability to communicate verbally and in writing across various cultural backgrounds

## Integrity

- the quality of being honest and having principles and consideration for personal actions

## Leadership

- the ability to motivate or guide others toward the accomplishment of a common task

## Cultural Intelligence

- The ability to cross divides and thrive in multiple cultures

## Emotional Intelligence and Regulation

- capacity to be aware of, control and express one's emotions effectively and to handle interpersonal relationships empathetically

## Empathy

- the ability to sense or experience the feelings of another person