Preparing to be a supportive family to your study abroad student
Brief Snapshot of Study Abroad

- Teddy Roosevelt studied German and French in Dresden, 1873
- JFK, Studied at London School of Economics in Summer 1935, founded Peace Corps in 1961
- Bill Clinton, Rhodes Scholar in Oxford 1968

Professional Organizations

- NAFSA founded in 1948, Section for US students abroad in 1970
- Forum on Education Abroad incorporated 2001
Facts and Figures
some stats from 2015/16 and 2016/17 academic year

2015/16 academic year, 325,339 US undergraduates studied abroad
- 12% (39,140) students studied in the UK
- 10.6% (34,894) studied abroad in Italy
- 3.4% (11,070) students studied in Ireland
- 3.6% freshman
- 12.7% sophomores
- 32.9% juniors
- 27.7% seniors
- 9.1% unspecified

IIE Open Doors Report 2018 fast facts and profile

2016/17 academic year, 332,727 US undergraduates studied abroad
- 12% (39,851) students studied in the UK
- 10.6% (35,366) studied abroad in Italy
- 3.4% (11,492) students studied in Ireland
- 4% Freshman
- 13.2% Sophomores
- 33% juniors
- 27.4% seniors
- 8.6 unspecified
The future our children are going into

There is real uncertainty around what the nature of work will be.

The World Economic Forum estimates that 65% of children who are 10 years old now will ultimately end up working in completely new job types that don’t yet exist.
What are Soft Skills?

Top Outcomes

- Self confidence/self awareness
- Tolerance for ambiguity
- Open-mindedness
- Flexibility/adaptability
- Curiosity
- Leadership
- Teamwork
- Intercultural skills
- Problem solving skills

Let’s talk about HIP’s

HIP’s are High Impact Practices and the academic world is abuzz with how to embed them at college level.
Let’s talk about HIP’s

Project-based learning, community based learning, small group learning communities are good examples. Anything which embeds collaboration in and out of the classroom.

Small groups take the same classes together and through regular socialisation in and out of the classroom they gain confidence and human skills.

Students take responsibility for their learning...while faculty take mentorship roles. This takes students outside of their comfort zones but with institutional support when required.

HIP’s include regular and immediate feedback to allow students to join up the dots themselves. Students spend more effort and this active, rather than passive experience.

Let’s hear about HIP’s from one of the founders of the discipline, George Kuh.
Study Abroad

- Study Abroad IS a High Impact Practice. It:
  - takes young people out of their comfort zone.
  - Involves small group classes
  - Forces young people to reflect on what is happening to them (culture shock, making sense of the world)
  - Typically has resident faculty who act as mentors
The world the US is in is changing!
Other folks who studied abroad

- Matthew McConaughey – Rotary Scholar, New South Wales, Australia (actor)
- Bradley Cooper – Aix-en-Provence, France (actor)
- John Irving – Vienna, Austria (writer and academy award winning screenwriter)
- Bill Paxton – London, England (actor)
- Mahatma Gandhi – University College London, England (activist)
- David Muir – Salamanca, Spain (news anchor and correspondent)
- Vera Wang – Sorbonne, Paris, France (fashion designer)
- Meghan Markle – Madrid, Spain (Duchess of Sussex)

Source: Goabroad.com and IES
Students will be studying in Cities

- Remind your student to use common sense
- Be aware of surroundings, lock their doors
- Keep themselves and their valuables safe!
Have the talk again before departure

- Be aware, the legal age for alcohol is 18 in most of Europe
- Drugs are illegal, including marijuana
- Safety above all else
Communication

- 5 or 6 hour time difference from the east coast
- Students will be busy
- Skype; WhatsApp; Facebook; Instagram...
- Old fashioned letters
- £ € ... better than a care package stuck at customs
Culture Shock

- Definition: Anxiety and disorientation felt when people have to operate within a different cultural or social environment.

- Students studying in English speaking countries often face more culture shock because they don’t expect it.

- Feeling challenged and uncomfortable at times are all part of the process.

- Many freshmen feel this on campus too.

The Stages of Culture Shock:
- HONEYMOON
- HOSTILITY
- HUMOR
- HOME
Culture Shock

1. Everything is new, interesting and exciting.
   You see your host country as your new home.

2. Differences become apparent and irritating. Problems occur and frustration sets in.

3. You may feel homesick, depressed or helpless.

4. You work your way through culture shock and begin to adapt to your host culture.

5. You integrate what you learned and experienced abroad into your new life.

6. You are excited about returning home.

7. You may feel frustrated, angry or lonely because friends and family don’t understand what you experienced and how you changed.

8. You readjust to life at home.

9. You integrate what you learned and experienced abroad into your new life.

Based on Oberg (1960) and Gallahorn & Gallahorn (1963)
Ways to help your student manage culture shock

- Before they go identify some goals for the semester. If they call and seem sad, suggest they revisit their goals.

- Remind them that this experience is what they make of it.

- Keep a sense of humor and lighten the mood.

- Remind them to be open-minded: our motto is, it’s not wrong, it’s different!

- Remind them to have tolerance for ambiguity. It won’t all make sense, but that is half the learning experience!
¡Charleston and program staff are on site!

- Direct your student to staff on the ground – we can help
- Emphasize, but push your student to move forward
- Stay engaged with them through various touch points
- Think support vs intervention – help them problem solve
- Remind them you are proud of them
Prepare yourself

- Your student will change and grow while abroad
- Comfort your student, but push them to explore and find the other side of the discomfort
- Be flexible with their new routine and time differences
- Enjoy the ride with them!