

CONNECTING LEARNING ABROAD & YOUR CAREER



Learning abroad can help you develop and enhance intercultural competencies that are appealing to potential employers and graduate schools. Think about your academic and career goals before, during, and after your experience abroad.

BEFORE YOU GO ABROAD

Think about how an international experience will impact your career and professional development. Identify professional development goals early in your advising appointments by engaging in self-assessment and reflection. Create a clear relationship between your academic and career goals and your international experience.

Discuss the following with your academic adviser, career counselor, or a learning abroad staff member:

- The skills or proficiencies you hope to acquire or enhance while abroad
- Learning abroad program start and end dates and how they align with internship dates and opportunities or graduate and professional applications
- How to research positions in your field and industry
- What you hope to gain from your international experience
- Whether to focus solely on academics or build in volunteer, work, or internship experience as well
- How an international experience can make you stand out
- How international experience fits with who you are professionally and personally
- Opportunities to use and develop your strengths abroad

For more information about goal setting visit www.UMabroad.umn.edu/students/choosingprogram/settinggoals.

DURING YOUR EXPERIENCE ABROAD

Take responsibility for your own learning and engage your experience fully by making connections and documenting your experience.

Make Connections

- Build your network; collect and document contact information.
- Develop friendships and professional relationships.
- Conduct informational interviews.

- Connect with alumni, use the Learning Abroad Center's alumni page (www.UMabroad.umn.edu/about/alumni), LinkedIn page, or your college's alumni networks.
- Request and document references or letters of recommendation.

Document Your Experience

- Document and share with others, practice talking about your experiences.
- Develop your personal brand and build your online identity (LinkedIn, blog & video blog, Facebook, Twitter & Instagram, Pinterest).
- Pay attention to the ways in which your strengths are being used in a healthy and productive way and also how they are being challenged during your experience.

Enroll in *Global Identity: Connecting Your International Experience to Your Future*

- This optional, one-credit, online course helps you process your international experience and apply what you've learned while abroad and upon your return.
- The course helps you reflect on multiple layers of cross cultural experience and market your time abroad to future employers.
- Visit www.UMabroad.umn.edu/students/academics/globalidentity for more information.

UPON RETURN

Market Your International Experience

- Work with a career counselor to market your international experience for employers and graduate schools by identifying skills learned abroad and articulating your experience on resumes and in interviews.
- Reflect on the ways in which you used your strengths abroad to be successful. These will serve as examples to tell employers in interviews.

Minnesota Study Abroad Returnee Conference

- The statewide conference for study abroad returnees is a great way to take your international experience to the next level and discuss: teaching, short-term working, and volunteering abroad; international careers at home and abroad; resume writing and interview preparations sessions; and travel writing and documenting your journey.

Get Involved

- Internships for returned students in the Learning Abroad Center: www.UMabroad.umn.edu/students/process/reentry/internships.
- Share your experience by serving as a contact for future participants. Volunteer at pre-departure orientations and get involved in your community.

Additional Resources

- Learning Abroad Center Re-Entry Handbook
- Define Your Experience for Employers Handout
- career.umn.edu
- strengths.umn.edu



Hosted by the [LEARNING ABROAD CENTER](#) & GPSAlliance

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