PROGRAM SELECTION WORKBOOK
Choosing Your Learning Abroad Experience
“You learn so much about yourself... It’s just an experience you really can’t top.” —Tyler
Welcome to the Learning Abroad Center!

To help us make your appointment as helpful to you as possible, please complete this page while you wait for your adviser.

Major: ________________________________
Minor: ________________________________
Class Standing: _______________________
Desired career(s): _____________________
Country/region(s) of interest ________________
_____________________________________________
Term abroad: _____________________________

Desired program features:
- ☐ Homestay
- ☐ Internship
- ☐ Language courses
- ☐ Volunteer
- ☐ Research
- ☐ Other ________________________________

Do you already have a program in mind? Yes ☐  No ☐

If yes, how did you select this program?
Academic Planning

What academic progress do you want to make while abroad?

Fulfill liberal education requirements abroad*: Yes □ No □

Fulfill major/minor requirements abroad**: Yes □ No □

Have you spoken with your academic adviser(s) about studying abroad? Yes □ No □

If not, now is the time to start that conversation.

Notes:

*Liberal Education requirements are reviewed by Admissions via the Liberal Education Database gps.umn.edu/libed.

**Major/minor courses are reviewed by your department(s). You will receive the Academic Planning Form during the application process to facilitate that discussion. To access it sooner, email umabroad@umn.edu for a copy.

For programs that have been recommended by your major/minor department, visit the Major Advising Pages at UMabroad.umn.edu/students/maps.
4 The average years to graduation for a University of Minnesota student who studies abroad.
“There is so much to learn, see, and understand.”
— Kirstin
Dollars & Sense—Financial Considerations

**Apples to apples** Program fees vary in what they include (and don’t include). Consider and compare all expenses beyond the sticker price (flight, housing, meals, etc.) by using the Budget Worksheet. *E.g.*: Global Seminars include flights in the sticker price, but most other short term programs don’t.

**Mind the gap** The real cost of study abroad is the difference between being on-campus compared to what you will spend to participate in the program. *E.g.*: UofM cost of attendance (with resident tuition) is roughly $13,000 per semester. The cost of attendance for the Learning Abroad Center’s program in Buenos Aires, Argentina is roughly $17,500. Therefore, the real cost of the program is $4,500.

**Bang for buck** What is the total cost per credit for each program? *E.g.*: Semester programs often have a higher sticker price but a lower cost per credit than short-term programs.

**Cost of living** This can vary greatly from location to location. *E.g.*: Buenos Aires is 37% cheaper than Minneapolis, and 66% cheaper than London. For other comparisons, visit expatistan.com.

**Cash flow** Working abroad while on a program is typically not feasible. *E.g.*: How much income would you be giving up while studying abroad? Would you give up more income if you studied abroad in the summer instead of the semester?

Visit [UMabroad.umn.edu/students/finances/money](http://UMabroad.umn.edu/students/finances/money)
Using Financial Aid Abroad

Financial Aid can be used for study abroad. Need-based financial aid typically will not cover all of your program costs, and supplementary aid will come in the form of loans. Consider these other important points:

- Full time status is required—13 credits for semester, 6 credits for summer
  - Winter term is tied to spring for aid and credit, and May term is tied to summer.
  - Other grants and loans may require different credit minimums; read the fine print.
  - Semester program fees replace UofM tuition.

- It is challenging to receive financial aid for May or summer for two reasons:
  - Students often use all of their aid during fall and spring semesters
  - May courses are typically only 3 credits

- You will need to pay upfront costs (application fee, program deposit, flight, etc.) before financial aid is disbursed.

- If you don’t normally receive financial aid, it can still be worth completing your FAFSA; you may be eligible if your cost of attendance increases based on program choice.

Once you have narrowed down your program option(s) schedule a Financial Aid Preview Meeting, 612.624.1111.

Visit UMabroad.umn.edu/students/finances
“Study abroad adds depth and texture to a liberal education.” —Eliesa
1 in 3 University of Minnesota students who apply for a Learning Abroad Center Study Abroad Scholarship receives an award.
Scholarships

Facts

- The UofM distributes over 1 million dollars in study abroad scholarships annually.
- There are many national scholarships available to UofM students.
- Most scholarships will not fund an entire program abroad but help reduce the financial burden.

Tips

- Apply for scholarships early; many do not require you to have been accepted to a program.
- Put time into your essays and have them reviewed; most scholarships are awarded based on the quality of an essay rather than financial need or academic merit.
- You are eligible to receive multiple scholarship awards, so apply for several.

The next *You CAN Afford to Study Abroad* info session is on:

I will apply for:

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<thead>
<tr>
<th>Scholarship</th>
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Visit [UMabroad.umn.edu/students/finances/scholarships](UMabroad.umn.edu/students/finances/scholarships)
Homework: Connecting Career & Your Experience Abroad

1. What are your future/career goals, and how might study abroad influence those goals?

2. What skills and strengths will you strive to develop abroad for future graduate school and career opportunities?

3. Outside of the classroom, which opportunities are you planning to pursue to gain professional experience?
   - Volunteer
   - Internship
   - Job shadowing
   - Attend conferences
   - Join a student group
   - Informational interviews

For resources on how to connect your experience abroad with your future career goals:

- Meet with a career counselor
- Review the Connecting Learning Abroad and Your Career handout
- Visit UMabroad.umn.edu/students/career-info
“I can truly say that I am learning and growing every single day, as a person and global citizen.”

—Stephen
# Make a Plan

## Timeline

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<th>Due</th>
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<th>Pre-APPLICATION</th>
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<td>Select a program</td>
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<td>File FAFSA</td>
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<td>Meet with Academic Adviser(s)</td>
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<td>Attend Financial Aid Preview Meeting</td>
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<td>Apply to a program</td>
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<td>Apply for Bridging Loan</td>
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<td>Apply for scholarships</td>
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<th>Post-ACCEPTANCE</th>
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<td>Submit confirmation materials</td>
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<td>Pay program deposit</td>
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<td>Register for placeholder credits</td>
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<td>Attend program orientation</td>
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*Complete blue items if you plan to use financial aid*

## Additional Planning

- Do you have a passport? Yes ☐ No ☐
- All programs require a $400 deposit upon confirmation
- Most flights, with the exception of Global and Freshman Seminars, are not included in program fees