A ROOM OF ONE’S OWN: FINDING BALANCE AS A PROGRAM LEADER

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INTRODUCTIONS

• Who is in the room?

• Why are you here?

• What do you hope to take away from this dialogue?
WHY THIS MATTERS:

• For reflection:
  – Journal for a few minutes about how you find balance in your day-to-day life

• For discussion:
  – What “hats” does a program leader wear?
GROUP TASK

• As a group, determine 5 strategies to incorporate rest and relaxation in your program abroad.
  – One volunteer to lead discussion
  – One volunteer to take notes
  – One volunteer to keep time (you have 5 minutes)
STRATEGIES FOR BALANCE

• Empower students to be independent
• Give students responsibility to lead
• Set expectations prior to departure
• Balance academic goals with contact hours
• Recognize and accept that the unexpected will happen
• Rely on your support network
STRATEGIES FOR BALANCE

• You are learning abroad too!
• Reflection isn’t just for students
• Understand your limits
• Recognize that the rules don’t change abroad
• What else?
THANK YOU!

• Questions? Comments? Follow-up?
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