

**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?
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THANK YOU!

- Questions? Comments? Follow-up?
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