

Study Abroad 101 Worksheet

Before the 101 Session

Are there any countries/regions you are thinking of already? List those here: _____

Are you studying a foreign language (or have you in the past)? YES / NO Is it important that you get to use that language while abroad? YES / NO / HAVEN'T DECIDED

I want to study abroad to: (Circle all that apply)

- Study my major Study something new Experience a new culture Travel Go with friends Internship
Meet new people Learn Have fun I have to for my major Get out of my comfort zone Service Learning
Make a difference Not get left out Set myself apart Gain independence Grow as a person

Study abroad is a privilege, not a right. List 3 reasons you think YOU should go abroad:

- _____
- _____
- _____

During the 101 Session

What is the #1 reason you want to study abroad?

When would you like to go abroad and for how long? (Circle any that apply)

- Fall quarter Full year Spring semester Summer Winter or Spring quarter only Interterm

Are you interested in pursuing: an internship, service learning course, independent research, field study, or community service opportunity while abroad? YES / NO / NEED MORE INFO

Are you Cherrington eligible? YES / NO / NOT SURE

What level of program support do you want/need? HIGH / MEDIUM / LOW / NOT SURE

Is "cost of living"/ your financial situation an important factor for you in making a decision/ choosing a country? YES / NO / NOT SURE YET

After the 101 Session

Things to think about...

Academic

1. Is there something specific you want to study while you're abroad? Do you want to go to a school that's well known in that field? Do you want an academically rigorous program?
2. Who do you want to be taking classes with? Locals, international students, other Americans, DU students?
3. What kind of classes do you want/need to take abroad? Major, minor, Common Curriculum? Do you know how many of each you can take?

Personal

1. What kind of living situation are you looking for? (Remember – not all choices are available in every country, and each has advantages and disadvantages.) Choices include:
 - a. Dorm/ Residence Hall
 - b. Home stay (living with a host family)
 - c. Apartment (either found on your own or with help from the University/program)
2. Does the country you choose affect how much program support you want/need?
3. Are you interested in learning a new language or improving upon existing language skills? Is the language barrier the only thing deterring you from picking a certain country? Would you be willing to take a language course either at DU or over the summer to prepare?
4. Are you mentally prepared to deal with long distance relationships (with significant others, friends, and family) and the fact that these relationships may change, and/or things may be very different when you get back home?
5. What type of extracurricular and cultural activities do you want to engage in while abroad? (Examples: joining a sports team, taking an art class, doing community service, being involved in the Student's Union, etc.)
6. Are you studying abroad just because everyone else at DU does? Is this something YOU really want to do, regardless of what your friends are doing and where they are going?
7. What are the hidden reasons why you want to study abroad? (Examples: falling in love, helping to get a post-graduate job abroad, not letting your parents down, meeting people's expectations, getting away from people/ a person at DU, backpacking through Europe, etc.)
8. Do you have any physical limitations, mental health issues, or learning disabilities that may affect your study abroad experience? Have you thought about what you'll need to do/ what arrangements you'll need to make before you leave? Are the accommodations you require available on your program?
9. How might your race and ethnicity impact your study abroad experience? Will you be part of the majority or minority abroad, and how is this different from what you experience at home?
10. How open do you want to be about your sexual orientation and/or gender identity while abroad?
11. Are you prepared to live with fewer/none of our normal amenities (depending on where you study)? This includes: fast internet or any internet at all, cheap phone service, safe tap water, microwaves, your own bedroom, laundry facilities, etc.
12. Are you ready to live in and be respectful of a culture that may be very different from the U.S.? This includes different views of social norms, gender relationships, privacy, personal space, hygiene, fashion, etc.

Financial

1. Do you fully understand what being a Cherrington Global Scholar means? If you don't meet the requirements, can you still afford to go? Will that change what program you choose?
2. Do you need a visa for your program? If so, do you know what getting that visa entails? Do you mail it in, or do you have to appear in person? How long will it take? What additional expenses are there (if any)?

Lastly... are you really ready to LIVE in a foreign country for 3 months – 1 year, not just as a visitor? Have you thought about how to strike a balance between traveling and living in your host city? Have you thought about what challenges you're going to face, and how you'll overcome them? Are you ready for an experience that could change your life?