

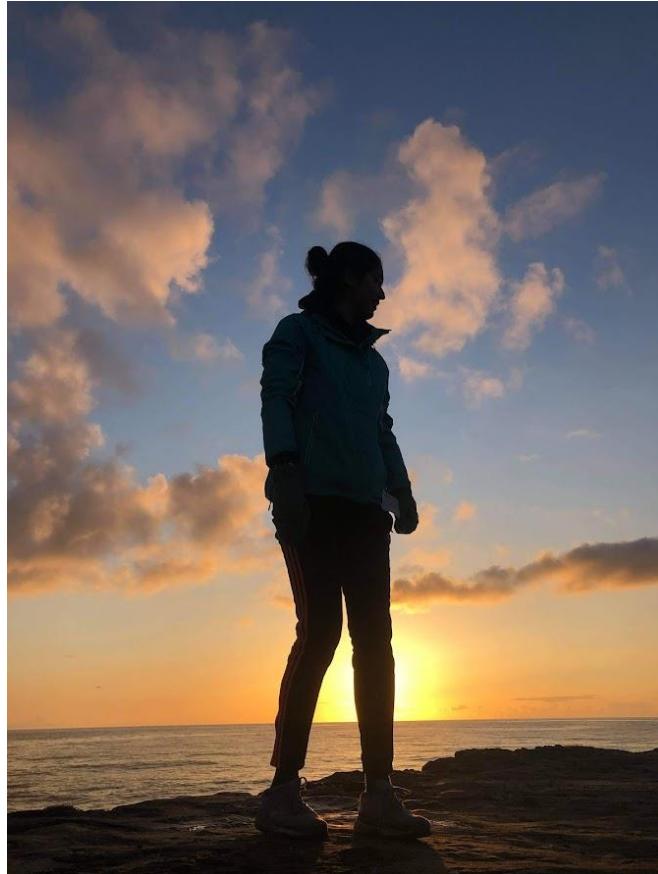
STUDY ABROAD RE-ENTRY: WELCOMING YOUR STUDENTS HOME FROM STUDY ABROAD! WHAT NOW?!

TULANE FAMILY WEBINAR JANUARY 12, 2026



Agenda

- I. Introduction
- II. Grades and Credits
- III. Reverse Culture Shock
- IV. Transferrable Skills
- V. Staying Involved
- VI. Going Abroad Again!
- VII. Questions?



Encourage Your Student to Talk to Us!

NTC Office of Study Abroad <https://cge.tulane.edu/appointment>

Ilana Aaquil



Maddie Hayes



Marissa Knell



Siena Farrar



Encourage Your Student to Talk to Us!

Freeman Study Abroad & Exchange

Lauren Bix



Aaron Forbes



Mary Hicks



Transcripts and Grades

- Transcripts from the host institution abroad will be arriving over the next few months!
- Grades can take up to 4 months from the program end date to appear on students' transcripts
- Grades will not be posted IF:
 - There are holds on your student's Tulane account
 - There is an outstanding balance through the abroad program
- Your student is likely going to be stressed over this! We are here to help them through it.
- All grades and credits earned abroad will be posted to students' Tulane transcripts.

Remind students to complete their Program Evaluation



OSA



Freeman

Credit Transfer – OSA

- ALL abroad courses will be received by Tulane as 5000-level general elective credits
 - Then, students will petition with the academic department to have courses count towards major/minor/NTC core requirements **if not preapproved**
 - Course codes may change upon petition to reflect the requirement fulfilled by the class
 - Have syllabi and papers/coursework available on request
- Grades are posted on transcript but **not** factored into CGPA -- “pause” semester on GPA

PRE-APPROVED COURSES!!
cge.tulane.edu/preapproved



Credit Transfer – Freeman-Specific

- ALL abroad courses will be received by Tulane as 5000-level general elective credits
- All abroad business courses taken on Freeman Abroad programs that have been pre-approved via the learning agreement process will transfer in as either general business electives or major electives, depending upon each student's degree audit.
- Abroad business courses taken on OSA programs that are pre-approved will also transfer in as stated above.
- Abroad business courses taken on OSA programs that are **not** pre-approved by the business school will be reviewed for credit transfer via the Freeman Abroad and the Freeman Office of Undergraduate Education. Most students have already requested pre-approval. If they did not, they should contact the Freeman Abroad office as soon as possible (freemanabroad@tulane.edu).



STUDENT EXPERIENCE: RETURNING FROM ABROAD

Sophia Young – OSA Peer Advisor

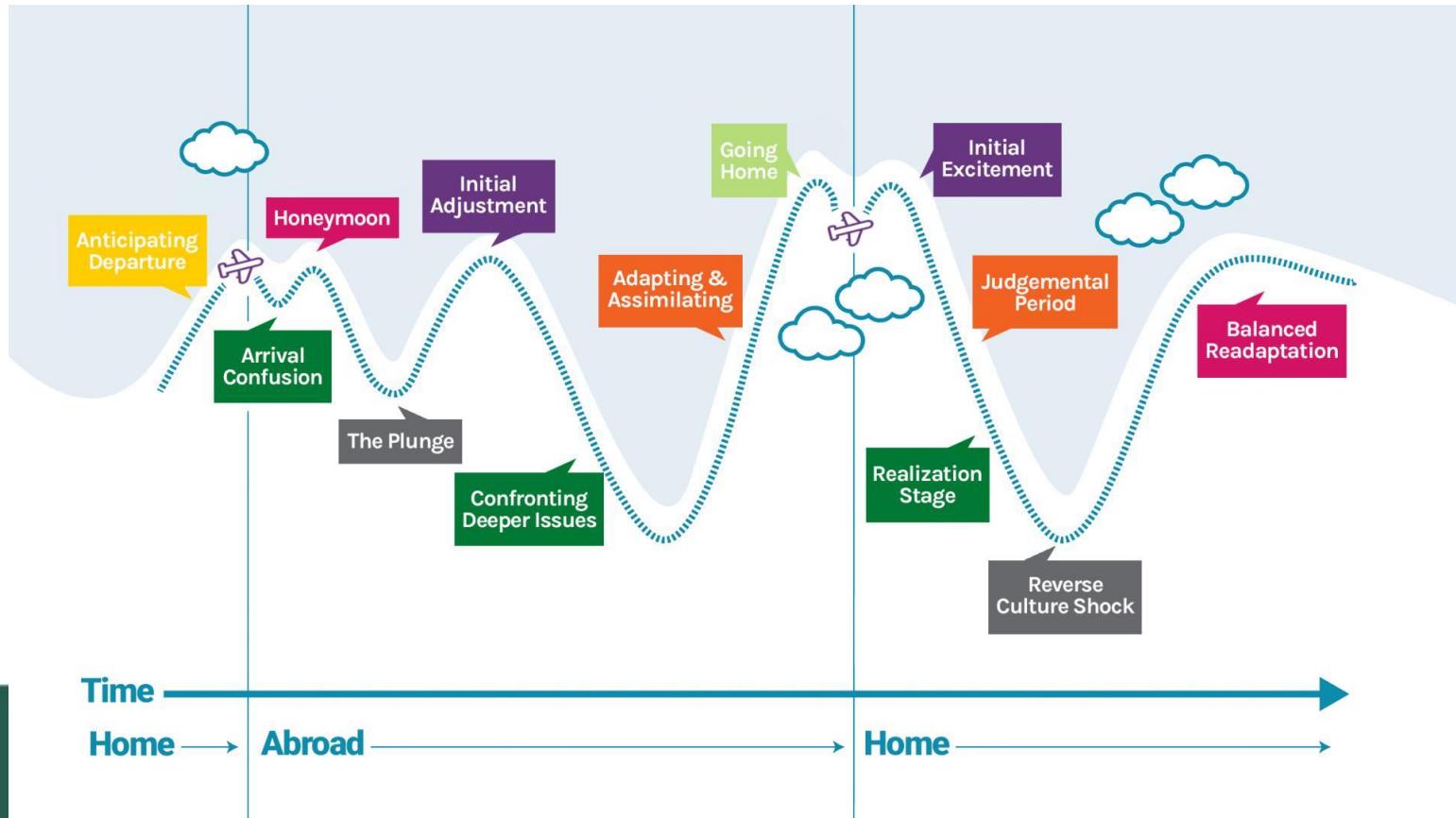
Fall 2023: Montevideo, Uruguay w/ Middlebury Schools Abroad

Spring 2024: Niterói, Rio de Janeiro, Brazil w/ Middlebury Schools Abroad

When I returned from a year abroad, I felt **disoriented and uncomfortable** in what I once considered my comfort zone. I had grown, my friends had grown, and I worried our growth might not align. The fast-paced academics and focus on productivity at Tulane were a **shock** after the slower, connection-centered values I had embraced abroad. To adjust, I **sought support from peers and professors** with international experience and found balance by working at the Office of Study Abroad, **staying connected** to my experiences abroad while contributing to the Tulane community.

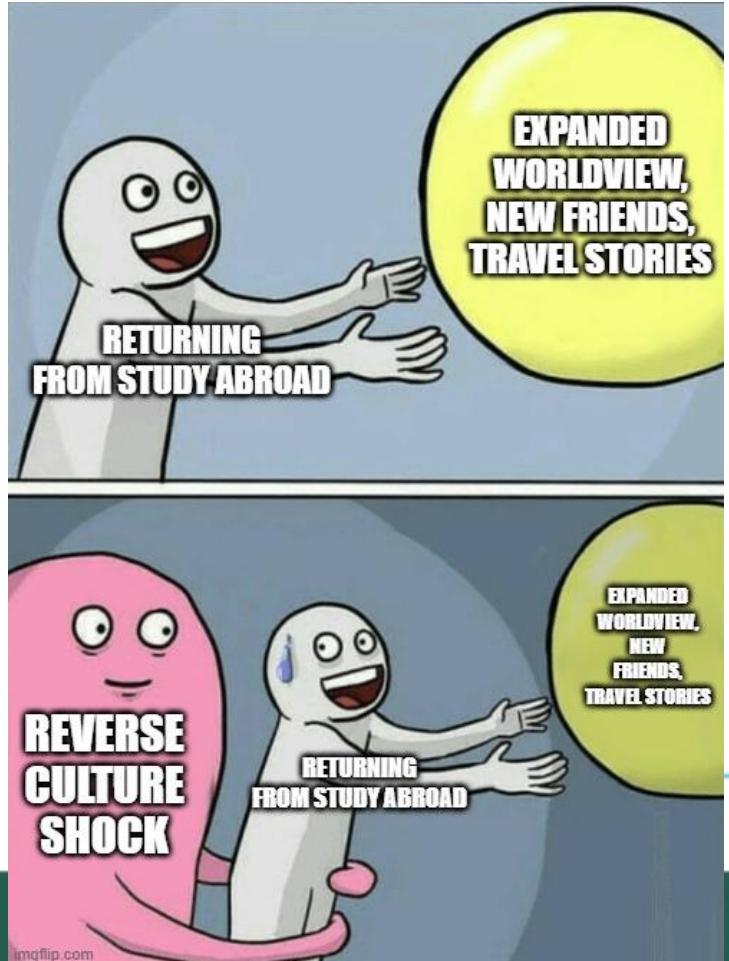
WHAT CHANGES OR CHALLENGES HAVE
YOU NOTICED IN YOUR STUDENT'S
PERSPECTIVE OR BEHAVIOR SINCE THEIR
RETURN?

Reverse Culture Shock



Reverse Culture Shock

- Difficulty re-adapting to the U.S.
 - Re-examining priorities, values, identity, and relationships to home country
 - Academic rigor differences – might feel too difficult, or may feel too easy
- These feelings may be disorienting and unexpected
- Each student's experience with reverse culture shock will look different!



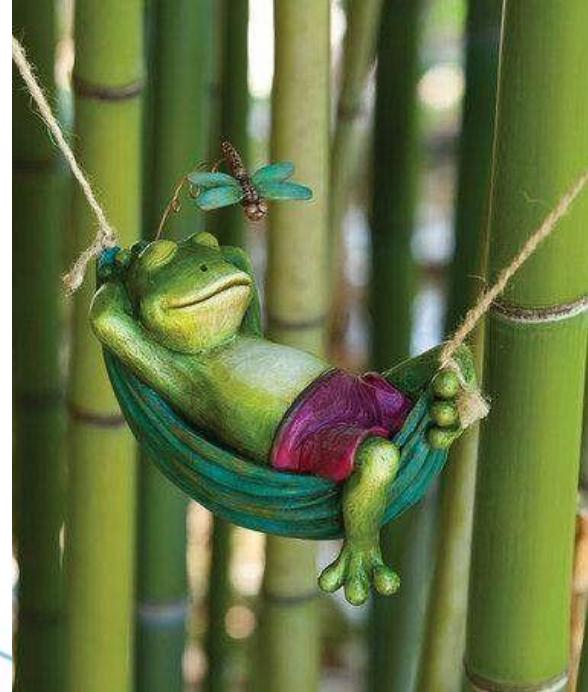
Reverse Culture Shock

- May look like:
 - Sadness or even symptoms of depression
 - Feeling disoriented or lost
 - Homesickness for the host country
 - Major shifts in values and life goals
 - Boredom or disinterest in life in the US
 - Mourning life abroad and autonomy



Reverse Culture Shock Tips

- Students should treat this re-adjustment period similarly to the initial culture shock they experienced abroad. They may need to:
 - Re-build relationships, habits, and a sense of self
 - Utilize self-care strategies
 - Build a routine and get out of the house
 - Adjust expectations of returning home
- It's normal for things to feel a bit odd for a while!
 - Remind them that these feelings are temporary!



Support Resources

- If your student is having a hard time, Tulane may be able to help:
 - Office of Study Abroad Advising
 - Freeman Study Abroad Advising
 - The Well
 - The Counseling Center
 - Case Management
 - Academic Advising
 - Success Coach
 - Career Coach
 - Fellow students
 - OSA Peer Advisors
 - Student Stories Blog
 - Freeman's Global Guides Student Association



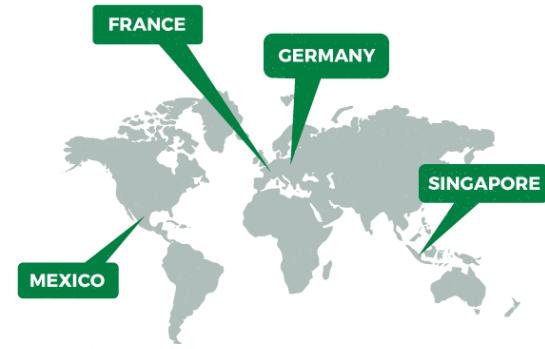
Discuss Transferrable Skills With Your Student

- Completion of a project/goal
- Knowledge of a particular region or topic
- Creative thinking
- Problem solving
- Adaptability and flexibility
- Comfort with ambiguity
- Ability to learn through observation/listening
- Broadened view of self/world
- Competency/fluency in a foreign language
- Ability to communicate across barriers
- Cultural understanding
- Appreciation of diversity
- Teamwork and relationship-building skills
- Independence
- Ability to take risks and initiative
- Accept responsibility
- Self-reliance
- Open-mindedness
- Self-confidence
- Curiosity and adventurous spirit

careerengagement.tulane.edu or
freeman.tulane.edu/careers

Your Student Can Go Abroad Again

- If your student came back from their study abroad experience hungry for more opportunities, good news!
- Students can study abroad again if they have time!
 - Summer options are also available
- Fellowship opportunities can fund abroad experiences
 - Peace Corps, Rhodes Scholarship, Fulbright, and more
- Graduate school abroad
- Teaching abroad
 - ESL or core subject areas
- Work abroad



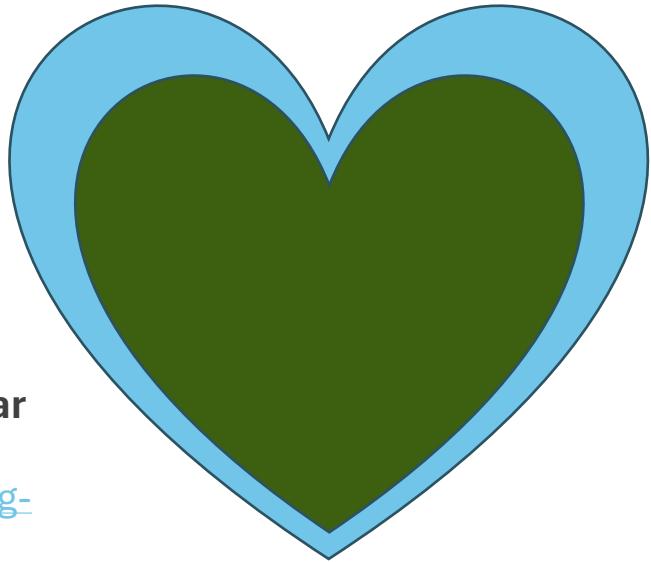
Getting Involved on Campus!

- There are many opportunities for students to 'Go Global' at Tulane:
 - Be a STAR! (Study Abroad Returnee contact)
 - <https://cge.tulane.edu/get-involved/stars>
 - Share photos from abroad by tagging us @tulanestudyabroad on Instagram or TikTok
 - Share a post about time abroad or coming back to Tulane for our student stories blog (email osa@tulane.edu)
 - Join the Freeman Global Guides student org (not limited to business students):



Other Resources:

- Tulane Career Services -
<https://careerengagement.tulane.edu/>
- Case Management: <https://cmvss.tulane.edu/case-management>
- Newcomb-Tulane College Undergraduate Research and Fellowship office: <https://uraf.tulane.edu/>
- Tulane Hospitality – dining plans – look for links to **class year** and **commuter plans, depending on your student's status/situation**-<https://tulane.mydininghub.com/en/dining-plans/choose-a-dining-plan>
- Tulane Off-Campus Living Guide:
<https://tulane.app.box.com/s/18f2db7jhczos1e72hv0amu8xuorfz9>



Global Café

Global Café is a weekly coffee gathering for international and internationally-minded Tulanians. Free coffee and snacks for all!



global
café

A GATHERING OF
INTERNATIONALLY-MINDED TULANIANS



TUESDAYS
2 PM - 4 PM
LBC Rosenberg Mezzanine

Tulane

Sponsored by the Center for Global Education, the Office of International Students and Scholars, the Office of Study Abroad, Freeman Study Abroad & Exchange, Tulane Law School International Legal Program, and the Lavin-Bernick Center for University Life.

Answers to questions posed in the live webinar:

Question: Are there resources to help students find out about post-grad opportunities such as the Rhodes Scholarship, etc.

Answer: The Newcomb-Tulane College **Office of Undergraduate Research & Fellowships (URAF, <https://uraf.tulane.edu/>)** is students' hub for information about Newcomb-Tulane College grants, research opportunities, non-Tulane funding (fellowships, scholarships, awards), writing an honors thesis, and the support they need to be competitive when applying for them.

Students may use the link to "non-Tulane funding" to

- make an appointment with the Fellowship Advisor,
- review a list of international **fellowships** <https://uraf.tulane.edu/international-opportunities>, and
- read about students who have earned fellowships in the "Tulanians in the News" section.

Question: Are there ways students can keep up their foreign language skills? My son is seeking ways to keep up his Spanish proficiency.

Answer: **Foreign Language Meetups** are sponsored by the School of Liberal Arts Language Learning Center. Scroll down <https://liberalarts.tulane.edu/language-learning-center/resources/resources>, for the Language Meetups section to find the languages offered, meeting details, and the coordinators' contact information.

- For Spanish, specifically, the meetup is called **terTULia** and meets on Wednesdays, 1 - 4 p.m. in the Language Learning Center, Newcomb Hall B-10, beginning Wednesday, January 21, 2026.



Tulane

Contact info:
Freemanabroad@tulane.edu
osa@tulane.edu