

STUDY ABROAD RE-ENTRY:

WELCOMING YOUR STUDENTS HOME
FROM STUDY ABROAD! WHAT NOW?!

TULANE FAMILY WEBINAR
JANUARY 8, 2025



**THIS IS A NEW TOPIC IN OUR
FAMILY WEBINAR SERIES:**

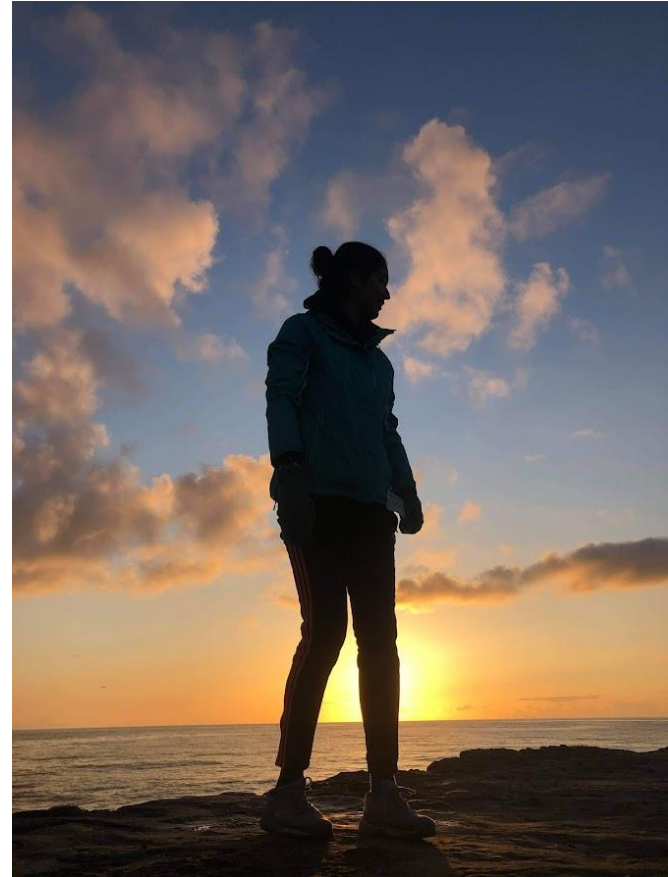
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Tulane

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

Ilana Aaquil



Maddie Hayes



Mike Whisenant



Siena Farrar



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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
 - The Program Evaluation has not been completed
- Your student is likely going to be stressed over this! We are here to help them through it.
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Complete your Program Evaluation



OSA



Freeman

Credit Transfer – OSA

- ALL abroad courses will be received by Tulane as 5000-level general elective credits
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 - Course codes may change upon petition, to reflect the requirement fulfilled by the class
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cge.tulane.edu/preapproved



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STUDENT EXPERIENCE: RETURNING FROM ABROAD

Sophia Young – OSA Peer Advisor

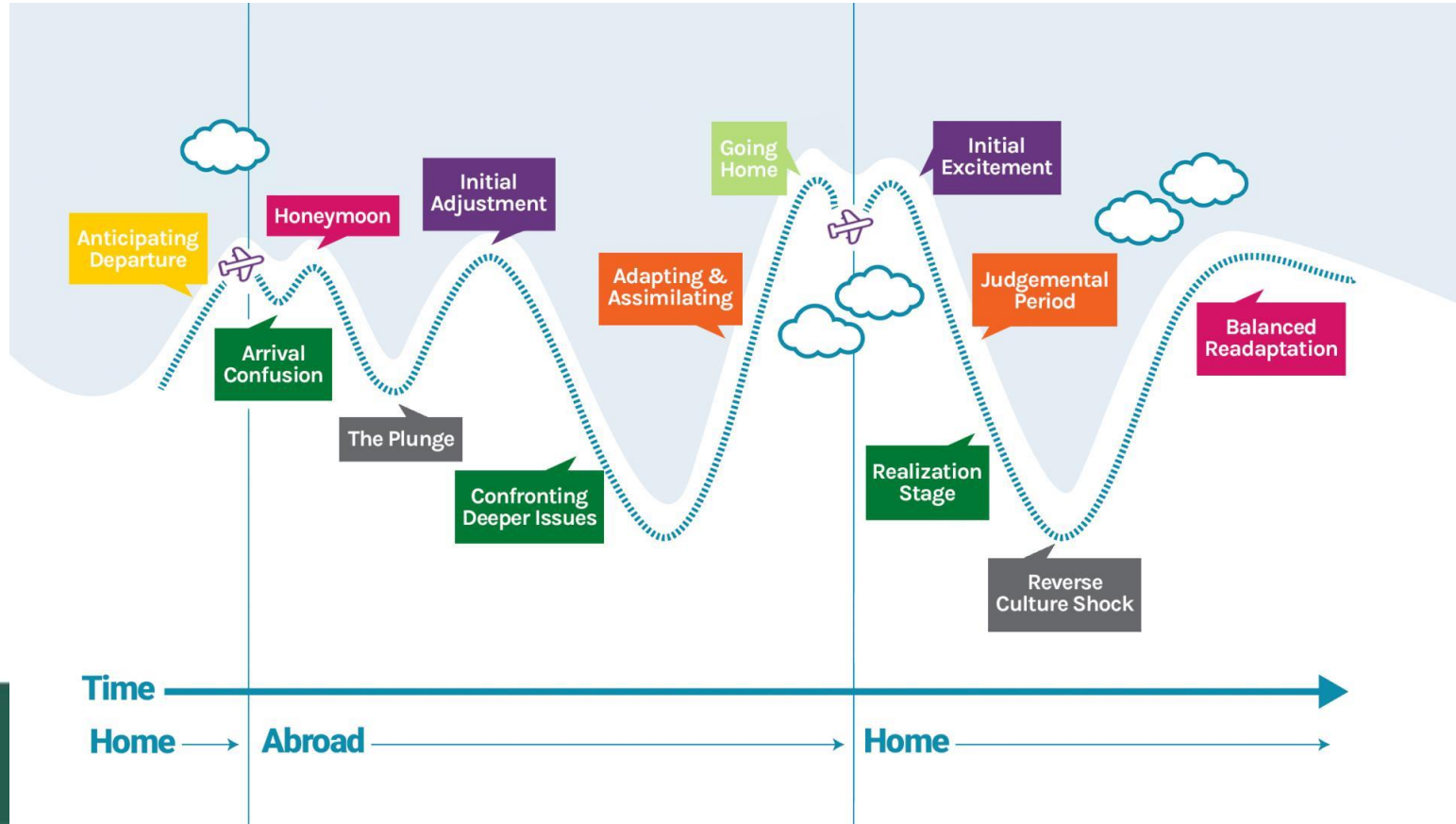
Fall 2023: Montevideo, Uruguay w/ Middlebury Schools Abroad

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.

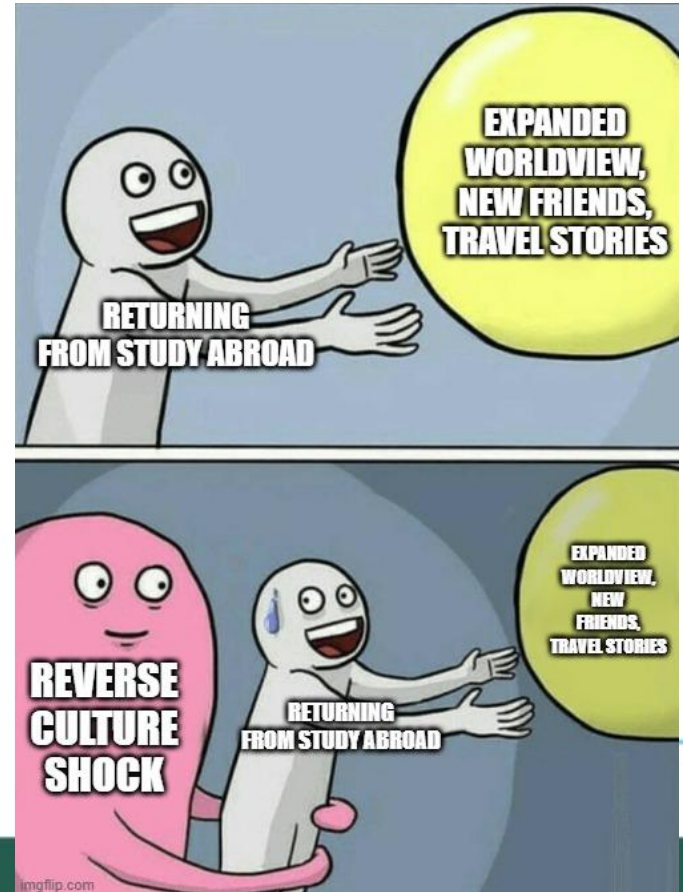
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Reverse Culture Shock



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!



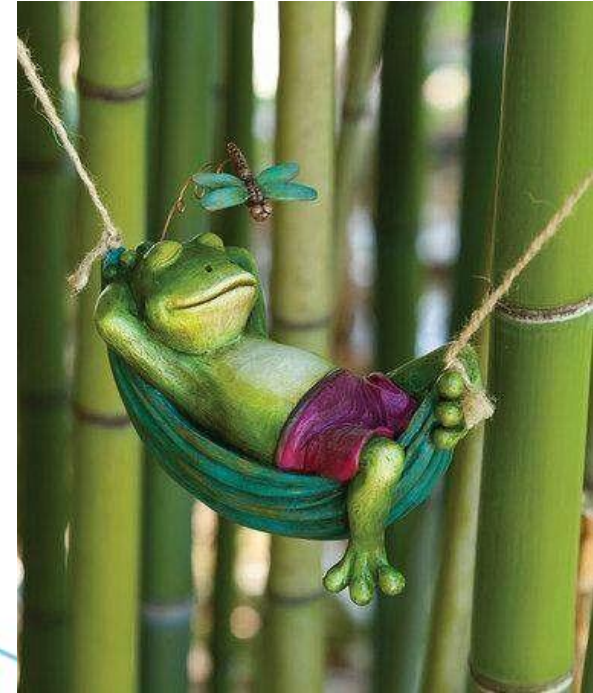
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- May look like:
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 - Feeling disoriented or lost
 - Homesickness for the host country
 - Major shifts in values and life goals
 - Boredom or disinterest in life in the US
 - Mourning life abroad and 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:
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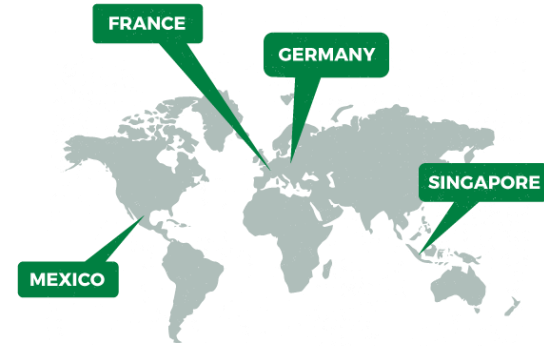
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careerengagement.tulane.edu or
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Sponsored by the Center for Global Education, the Office of International Students and Scholars, the Office of Study Abroad, Freeman Study Abroad & Exchange, Tulane Law School International Legal Program, and the Lavin-Bernick Center for University Life.

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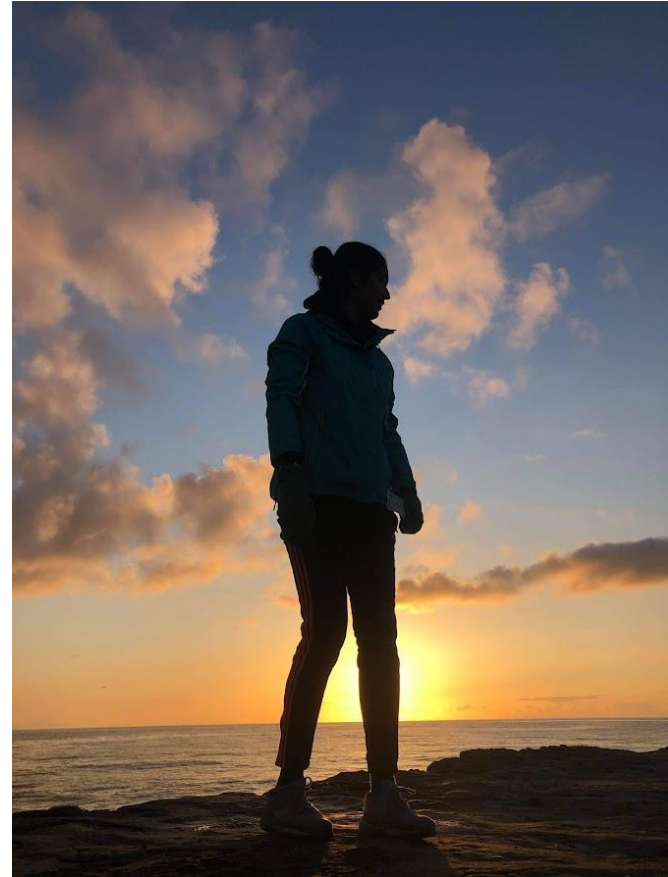
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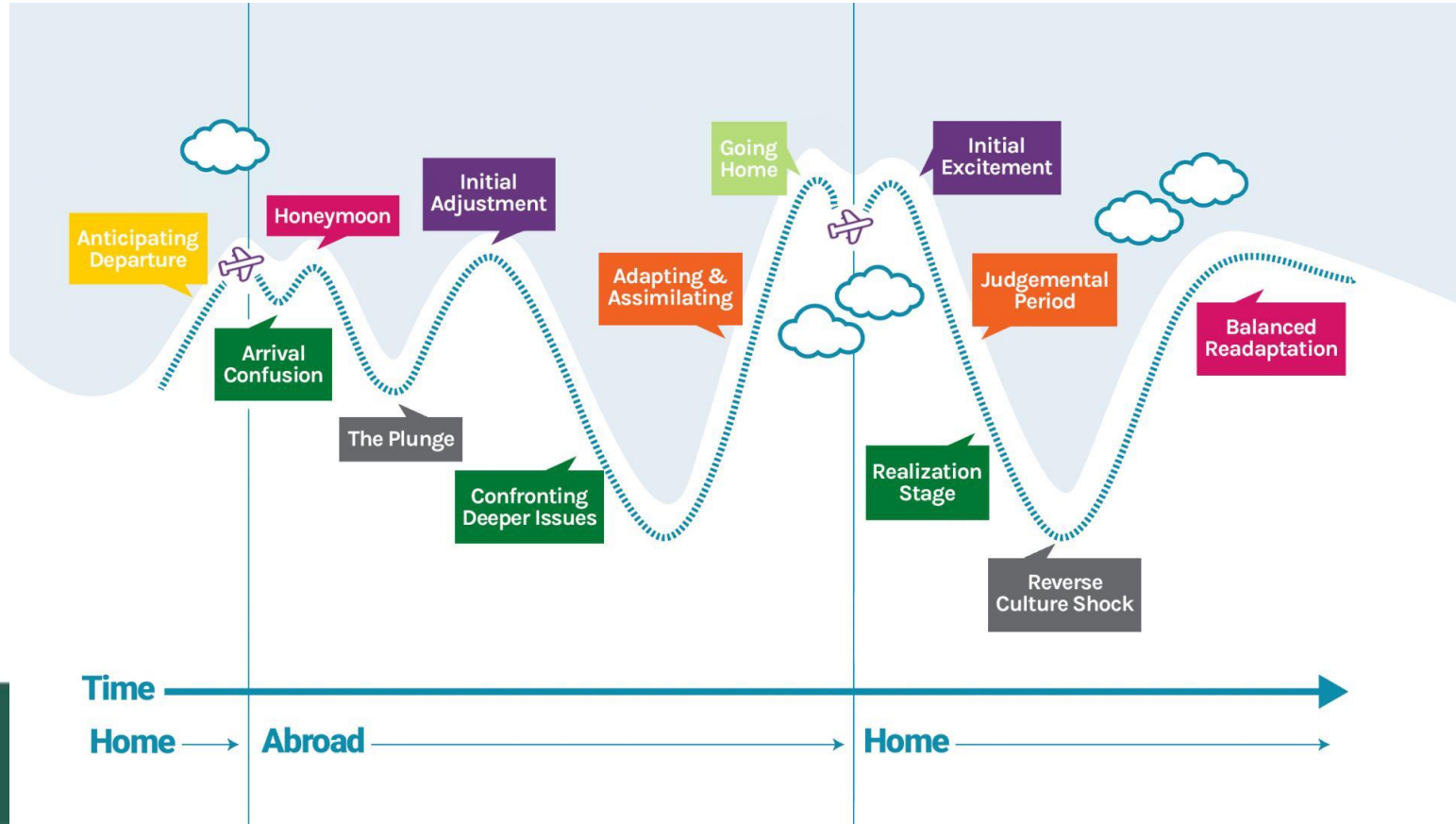
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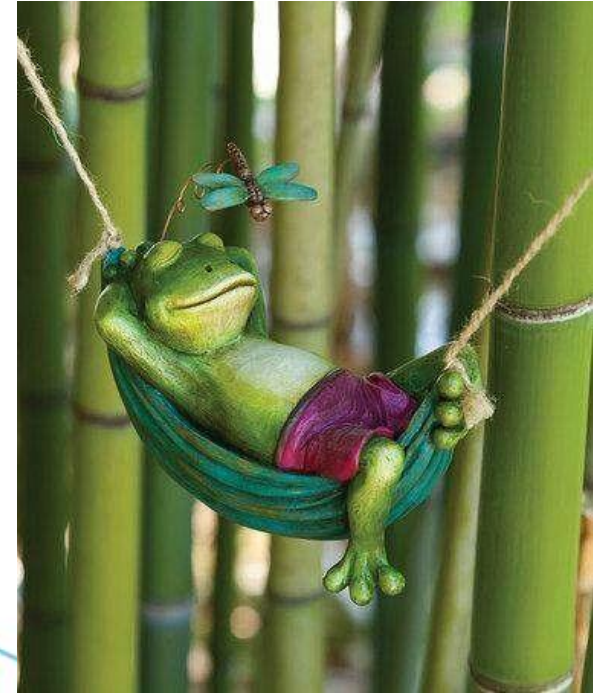
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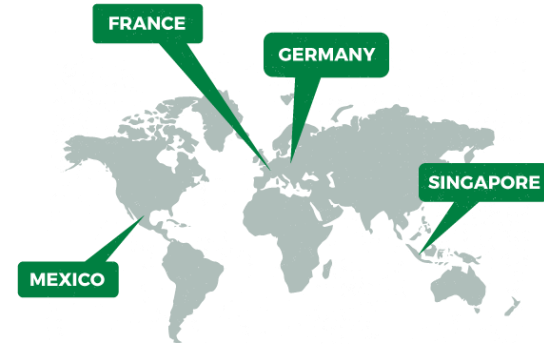
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