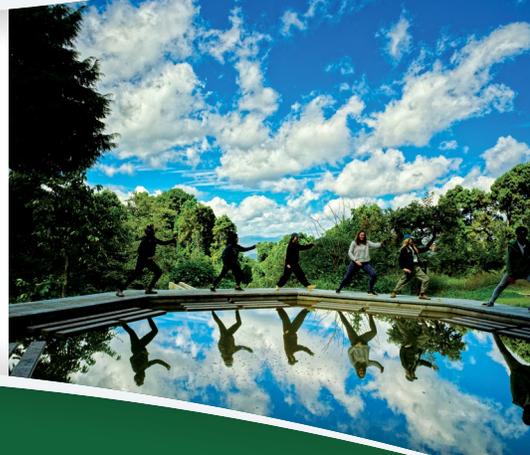
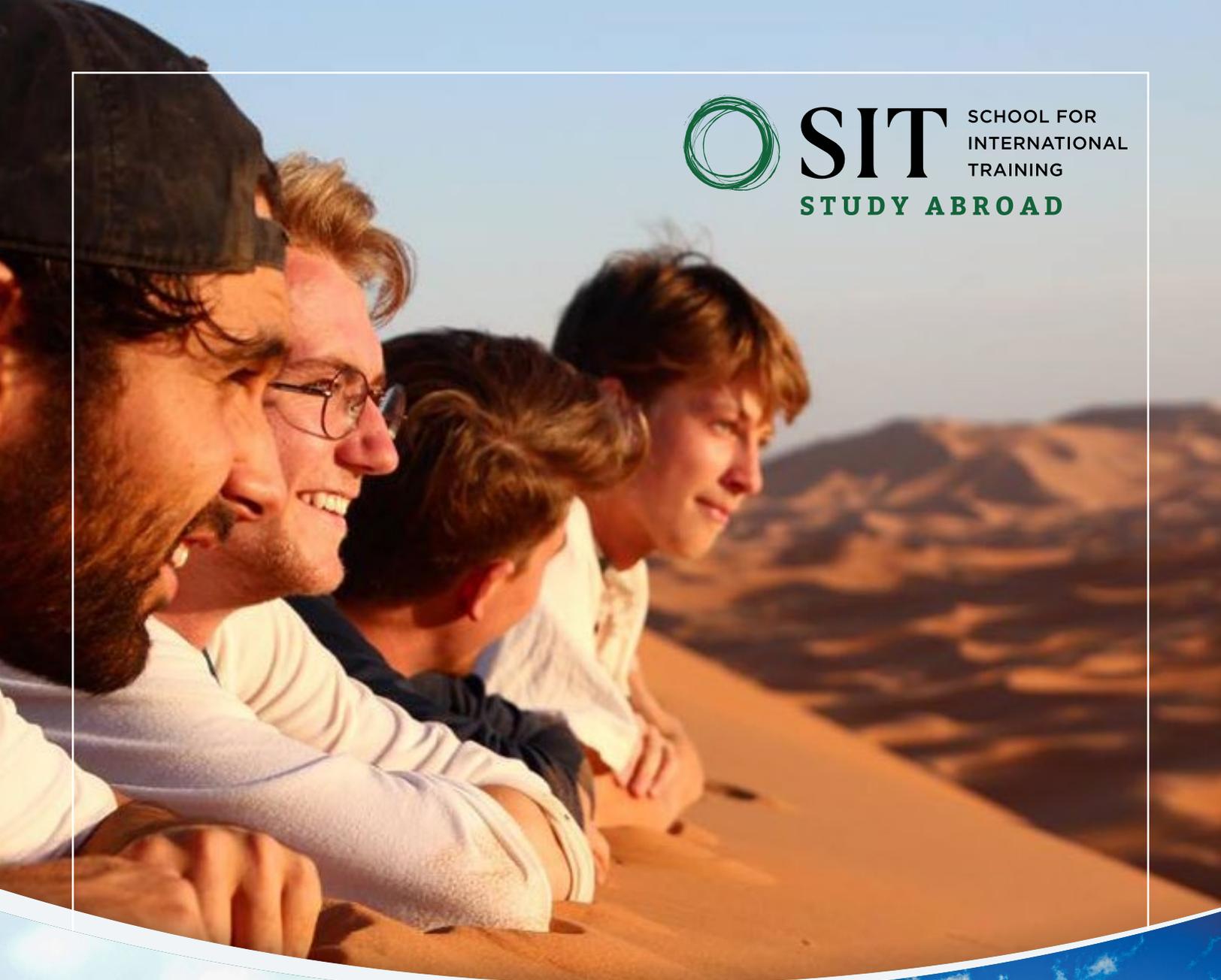




SIT SCHOOL FOR
INTERNATIONAL
TRAINING
STUDY ABROAD



SIT STUDY ABROAD
RE-ENTRY TOOLKIT



TABLE OF CONTENTS

SECTION 1 After Study Abroad: Adjusting to Returning Home.....	03
SECTION 2 One Among Many – You are Part of the SIT and World Learning Network.....	07
SECTION 3 Learning Never Ends – Integrating Learning from Study Abroad with On-Campus Learning and Beyond.....	09
SECTION 4 What’s Next? Furthering your Education and/or Launching your Career	15

Section 1

After Study Abroad: Adjusting to Returning Home

Transitioning back to life at home after study abroad can be full of challenges and exciting possibilities. This toolkit can be a starting point for you as you readjust. The goals of this toolkit are to:



Provide you with **resources** to smooth your transition.



Introduce you to the SIT and World Learning **Alumni Network**.



Help you **integrate your SIT experiences** into your academic and professional endeavors.

But this guide does not have to be your only tool. Many resources are available on your home campus to support you, including the study abroad office, career office, on-campus counseling, and a myriad of extracurricular and academic activities relevant to what you have learned abroad.

Your semester or summer is over, but study abroad will continue to affect your life for many years as you pursue new experiences and knowledge. Your learning does not stop once you return home.

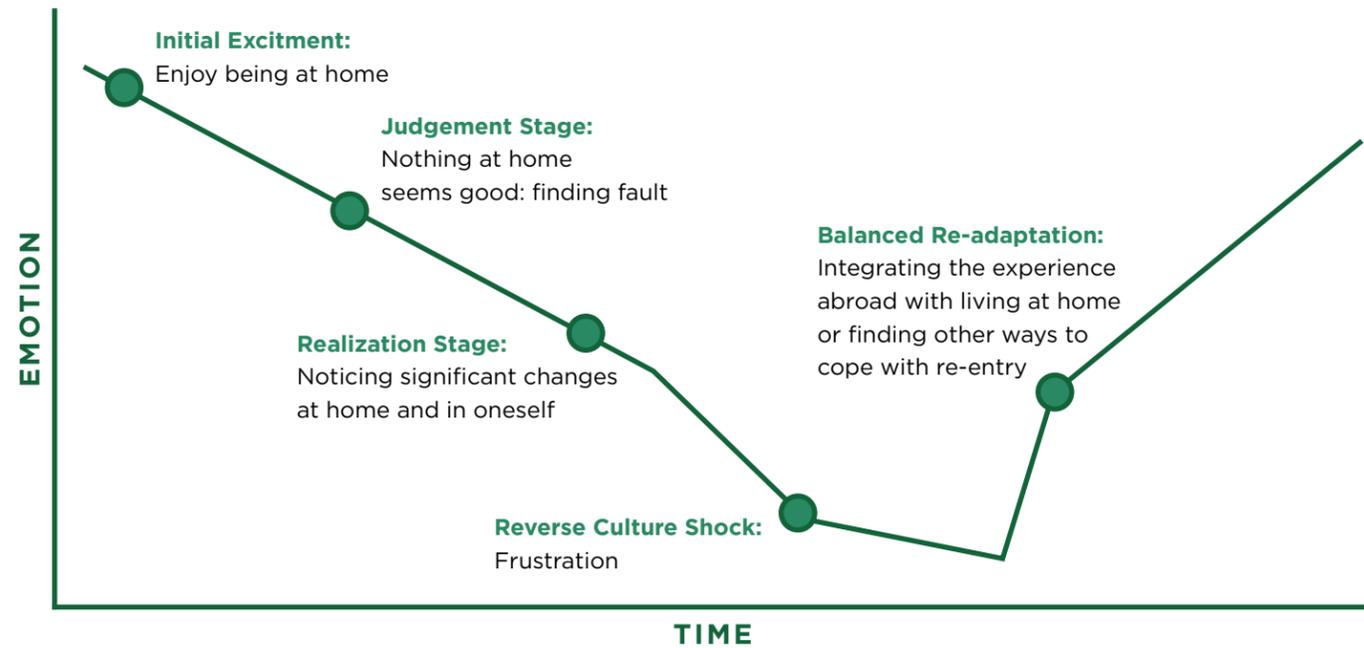
You may return home feeling energized by newfound passions, yet also uncertain, as you navigate the world with a fresh perspective. As you re-integrate into your home campus and community, you will also continue to learn a lot about yourself.

You may experience an array of emotions as you see your home community or country again through new lenses. But emotions are just one aspect of your experience. SIT can continue to provide you

with opportunities and resources throughout your process, including academic re-integration, civic engagement, social action, and professional development.

Reverse Culture Shock

One of the biggest and most immediate challenges you may face when returning home is a fluctuating emotional state. Many students experience a phenomenon called “reverse culture shock,” which is defined as the process of readjusting, acculturating, and assimilating into one’s home culture after having lived in a different culture for a significant period of time. This adjustment period involves navigating the emotional and psychological challenges of returning to a familiar environment that now feels different due to the individual’s changed perspective and experiences. Other returnees describe a feeling of “rootlessness,” in which one no longer feels as attached to their home culture as they used to.



Graph based on the “Reentry Worm” by Margaret D. Pusch, 1997.

As you return home from your study abroad experience, a wide range of emotions is expected: relief to be home again, happiness to see friends and family, and excitement about your recent learnings while abroad, all while simultaneously grieving the loss of experiences, a way of life in your host country, and the friends and connections you made abroad. You might also be confused about how to reconnect with your friends at home whose lives have continued and changed while you have been away. All these feelings are common and valid; many people cycle through some or all of them at different times. The above model of re-entry shows an established curve-shaped model, but it is important to note that adjustment isn't linear and can frequently contain changes in moods.

Check out this classic [article about returning home after study abroad](#) and read through the “Good Day vs. Bad Day” type of reactions/emotions students often experience.

During your time abroad, you may have adopted new habits and cultural practices to get the most out of your experience, and these new behaviors and attitudes

will not go away on the journey home. You may not want them to! You may not even be aware of some of the changes you have gone through until you return home. Change of any kind, even positive change, can be stressful until you regain your equilibrium. **Because many of us think returning home should be easy, we tend to prepare less for this phase of the journey and therefore are unprepared for what we experience.**

Often, we go abroad because we want to and return home because we must, which can also shape our psychological reactions. Just like your initial cultural adaptation, adjustments during the re-entry process will take time. But there are strategies to help you prepare for these challenges, and a significant first step is recognizing that you can hold on to all the ways you have grown while still appreciating your home.

Strategies for Handling the Emotional Impact of Re-Entry

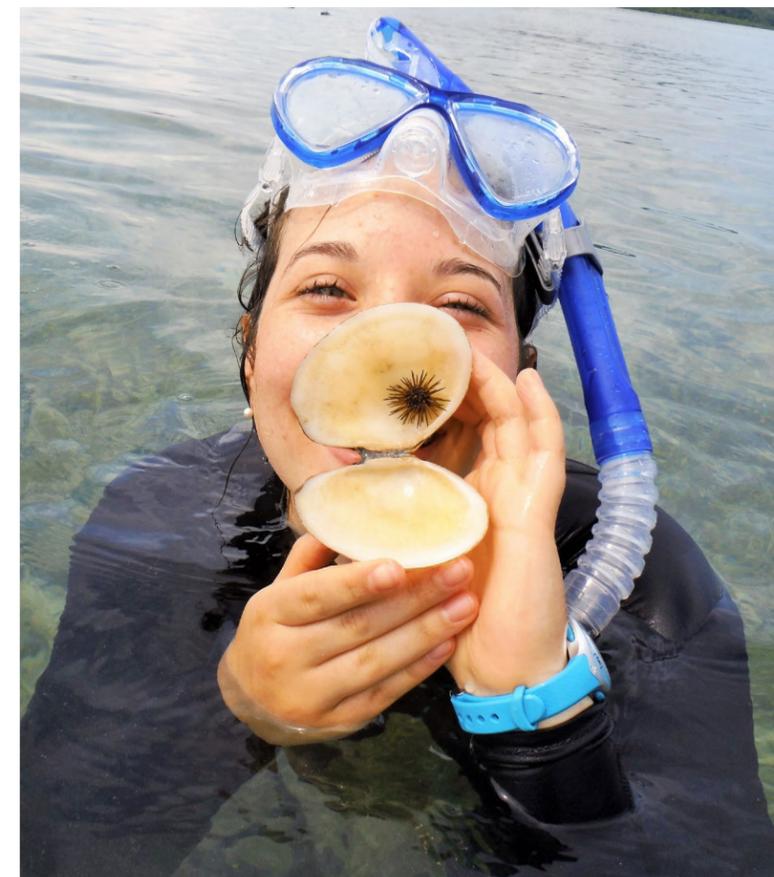
Check in with yourself: Being your best self—the best of who you were before study abroad with the new skills, attitudes, and habits you acquired during study

abroad—requires you to acknowledge your emotions and put health and wellness at the top of your priorities list. We encourage you to stop and check in frequently as you adjust to being home. How are you feeling right now? Are you getting competing signals from your heart, head, and body? You may need help decoding these feelings by utilizing other strategies listed below.

Seek support networks: Your family and closest friends may be most in tune with your emotional health and well-being. Let them help you through the process by being open with them about how you are doing. Be sure to seek connections with other students who studied abroad and may be going through some of the same experiences as you. Seek out and/or consider a support group for this cohort on your campus. This group can take whichever format makes the most sense for the group, such as getting together monthly to touch base and reminisce on your shared experiences. The staff at your campus study abroad office can often help you connect with other returnees, which leads to the next strategy.

Connect with your study abroad office: Your study abroad office wants to hear about your experience abroad! They may have opportunities for you to engage with them formally or informally, whether through post-program advising appointments, longer-term volunteer positions, or paid employment.

Ask them about opportunities to talk about your study abroad experience with your classmates, faculty, and/or incoming students and their families. Your study abroad office may also host sessions specifically for returnees to talk about their experience and learn from each other. In some locations, conferences are organized by a local community of international education professionals, providing an opportunity to connect with students from different colleges and universities with similar goals and interests. Ask your study abroad office about upcoming conference opportunities in your area and keep an eye out for online seminar opportunities.





Section 2

One Among Many: You are Part of the SIT & World Learning Network

As an alum of an SIT program, you are part of a community of over 250,000 individuals who have participated in World Learning programs for more than 90 years. **What's World Learning, and what does it have to do with SIT?**

The [World Learning Inc.](#) family includes:

World Learning is a global education nonprofit working to create a more sustainable, peaceful, and just world.

It is comprised of **The Experiment in International Living**, the 1932-originating organization that remains a pioneer of international in-person and virtual youth exchange; **School for International Training (SIT)**, an accredited global university offering undergraduate study abroad programs, graduate and doctoral degrees, and certificates; and locally driven U.S. domestic and international development initiatives and educational exchange programs.

World Learning's mission is to work globally to enhance the capacity and commitment of individuals, institutions, and communities to create a more sustainable, peaceful, and just world.

Our alumni represent our mission and values in the inspiring work they do worldwide, and you are now part of this network of leaders and changemakers. You can find tons of stories about our alumni on our [blog](#). There are many opportunities, detailed below, to become involved and connect more deeply with this incredible community.

Find mentors: In addition to the study abroad staff and academic faculty at your school, look to other people in your communities who have had international experiences and can share details of their own re-entry experiences with you. This may include other study abroad participants, professionals who have worked abroad, and adults who lived overseas as children. In section two, you can also find information on how to find potential mentors within the wider SIT alumni network.

Meet with a counselor: Often, on-campus counselors can be particularly attuned to working with study abroad returnees.

Stay in touch with and informed about your host communities: Maintaining your relationship with your host family and/or the friends you made abroad is a crucial way to keep your ties to your host communities alive. You may want to set up news alerts for the places or local topics you care about most or adopt a daily habit of checking the headlines in your favorite local news outlet. Continue incorporating things you learned about abroad (new foods, music, TV shows, etc.) into your daily life. Did you appreciate certain aspects of the culture and lifestyle in your host country that you don't want

to let go? Consider how you can incorporate those ways of doing or being into your life now. The effort and adventure in finding whatever it is from your experience abroad that you want to hang on to and then sharing them with family and friends may lead you to new insights and help you feel less distanced from your study abroad experience.

Don't stop reflecting: Continue journaling and using all the reflective skills you gained during the program to closely examine your shift in understanding—describe incidents or events objectively, interpret them in context, and evaluate your experience. Be aware of judgments and negative comparisons you may make about your home campus/culture/country and reflect on how they differ from the comparisons you made toward the beginning of your study abroad term.

Be patient, be flexible: If this is your first time returning from a long sojourn overseas, do not expect the transition to happen within a specific timeline or following a linear process. Be confident that your process is both important and personal to your lived experiences.





How SIT Will Stay In Touch with You

Please [update your contact information](#) as it changes.

We will use your contact information to send you the following (you can opt out of any communication at any time):

Engagement opportunities:

Lectures, alumni gatherings, professional development, fellowships, and networking opportunities, etc. Having your [correct mailing address](#) allows us to ensure you receive invites for in-person events in your local area.

Alumni newsletter: We send an e-newsletter twice a year. Starting a new job? Published an article? Getting together with your fellow alumni? Please submit your updates (we love photos!) and share your accomplishments to alumni@sit.edu for inclusion in the newsletter.

Organizational Messages: Letters from the SIT president and World Learning CEO, calls to action, and fundraising messages.

You may also wish to sign up for **Global Perspectives:** Subscribe to the monthly World Learning newsletter by selecting “Yes” to the Global Perspectives question on the [same page we use to update your contact info](#).



How to Access the SIT Alumni Network on LinkedIn

First, check out our tips on [how to optimize your SIT entry on your LinkedIn profile](#). Next, join the [SIT Alumni Community](#), the official, SIT-run LinkedIn group for all SIT alumni of all programs and all years. This is the space for alumni to share job postings, events, successes, and more.

You can also search thousands of people on the [SIT Alumni tab on LinkedIn](#). You can filter by geographic area, employment field, and more. [LinkedIn's Alumni tab](#) makes it easy to find fellow alumni who work at companies or organizations for which you may be interested in working or interning.

If you are looking for [mentors](#), search for alumni working in fields you aspire to be in and request a connection to them. Be sure to mention your mutual SIT connection in your request ([pro tip on how to connect](#) when all you see is the “follow” button under the person’s pic).



Other Ways to Stay in Touch with SIT

Follow SIT and World Learning on all your favorite social media sites:

INSTAGRAM

- [SIT Graduate Institute Instagram](#)
- [SIT Study Abroad Instagram](#)
- [World Learning Instagram](#)

X (TWITTER)

- [SIT Study Abroad X](#)
- [SIT Graduate Institute X](#)
- [World Learning X](#)

FACEBOOK

- [SIT Graduate Institute Facebook](#)
- [SIT Study Abroad Facebook](#)
- [World Learning Facebook](#)

YOUTUBE

- [SIT Graduate Institute YouTube](#)
- [SIT Study Abroad Students and Alumni YouTube](#)
- [World Learning YouTube](#)



Section 3

Learning Never Ends: Integrating Learning from Study Abroad with On-Campus Learning & Beyond

As a returning study abroad student, you can find many ways to actively integrate and expand upon your new knowledge, interests, and skills in your undergraduate studies. This section will help get you started.

Strategies for Academic Reintegration Back on Campus

Register for courses related to your program’s location or theme.

Identify professors who work in the locations or on the same theme as your program or research. Visit them to discuss your experience and their recommendations for continued study.

Choose assignment topics that focus on your host country and/or program-related themes.

Use the primary research skills you developed in any research assignments.

Build on the research you started abroad and develop it further for your senior thesis and/or for publication (see partial list of publication options below).

Visit the library and familiarize yourself with the literature and resources related to your interests. Consider meeting with a research librarian to discuss your research topic.

Attend, or even present at, conferences, seminars, etc., related to your study abroad location or theme (see a partial list of presentation options below). Don't forget to email alumni@sit.edu if you do present (or get published) so we can help spread the good news!

Apply to continue your research abroad after graduation (see partial list of options below).

Continue (or begin) a new language study.

Publishing & Presenting

ETHICAL STORYTELLING

Before we get into the logistics of publishing or presenting your research or other stories from study abroad, we wanted to provide some resources that can help you consider the impact the words and images you share may have. Things to reflect on include respect for, and permission from, collaborators and subjects; power dynamics; your positionality; how your narrative may reinforce or combat stereotypes, and more.

You may wish to start with the [10 principles of Dignified Storytelling](#), which “can help guide us towards storytelling that is grounded in deep respect, full transparency, and social responsibility.” You can dive deeper into all the interconnected principles in the [Dignified Storytelling Handbook](#).

This [short article from Ethical Storytelling](#) gives advice on how to emphasize the voice of “quiet” leaders in an ethical way.

The Peace Corps has developed an [Ethical Storytelling Toolkit](#) for their volunteers. Some of the content is Peace Corps specific, but the video

and handbook offer great examples and easy tools to use when crafting your narrative.

If you studied abroad on the African continent check out this handbook: [Why Change the Way We Write About Africa? A storyteller's guide to reframing Africa](#), from Africa No Filter. In addition to practical suggestions about ethical storytelling, it provides a historical context to problematic stereotypical narratives of Africa.

UNDERGRADUATE RESEARCH CONFERENCES

We highly encourage you to submit and present your study abroad research at undergraduate and professional conferences. This list includes conferences that SIT Study Abroad alumni have participated in. You are also encouraged to attend conferences without presenting; there is so much to learn!

SIT AND WORLD LEARNING:

We periodically host webinars and conferences where our alumni can submit a proposal. Announcements and calls for proposals are posted on our social media sites and emailed to alumni – another plug to [keep us up to date on your preferred email address](#).

National Conference on Undergraduate Research (NCUR): [NCUR](#) is an annual conference promoting undergraduate research, scholarship, and creative activity in all fields of study. This gathering of student scholars welcomes presenters from all higher learning institutions and disciplines.

ASIANetwork Conference: [AsiaNetwork Conference](#) is annual conference organized by a consortium of over 170 North American colleges designed to help prepare succeeding generations of undergraduates for a world in which Asian societies play prominent roles in an ever more interdependent world.

Latin American and Latinx Studies Symposium (LLSS): [LLSS](#) is a multi- and inter-disciplinary undergraduate research conference showcasing original research and creative projects conducted by undergraduate students from approximately 30 colleges and universities during the preceding year.

IMPACT: Historically, [IMPACT](#) is the largest gathering in the country focused on the civic engagement of college students in community service, service-learning, community-based research, advocacy, and other forms of social action. IMPACT is the one time during the year when students, administrators, faculty, AmeriCorps members and VISTAs, and nonprofit professionals gather to share resources and exchange stories.

The Gabriel E. Gallardo Research, Student Leadership & Advocacy Symposium (GEG Symposium): [The GEG Symposium](#) is a fantastic opportunity for undergraduate researchers to meet other scholars and share their research in a unique, exciting, and supportive environment. For all undergraduates, regardless of research participation, it is a chance to learn about the power of student research, leadership, and advocacy.

The above list is just a sampling of conferences where you might apply to present or attend as a participant. If you are interested in learning more about conferences and other opportunities to showcase your work, check with your home institution's undergraduate research office or look through the lists from these university websites:

[American University](#) | [University of Chicago](#)

[University of Illinois](#) | [University of Washington](#)





UNDERGRADUATE RESEARCH JOURNALS

There are many undergraduate journals, often specializing in a specific discipline. See if one might be a good fit for your ISP or other research paper. The last two also accept submissions written in Spanish!

The American Journal of Undergraduate Research (AJUR): [AJUR](#) is a national, independent, faculty peer-reviewed, open-source, quarterly, multidisciplinary student research journal.

Critique: [Critique](#) is peer-reviewed journal that publishes scholarship by graduate and undergraduate students of political science to express and exchange diverse ideas and to imagine new possibilities for democracy and justice.

Journal of Undergraduate International Studies: [JUIS](#) is a peer-reviewed journal that seeks to publish the best undergraduate work across the country related to international themes and topics including, but not limited to, international conflict and conflict resolution, human rights, environmental issues, history, comparative politics and economics, development and trade, global security, and international health.

Critical Theory & Social Justice Undergraduate Research Journal: [Critical Theory & Social Justice Undergraduate Research Journal](#) is a peer-reviewed journal whose mission is to offer a transformative space for undergraduate students

to engage critical theory in the pursuit of social justice and to open new possibilities for thinking and liberation.

World Outlook: [World Outlook](#) is a student-run, peer-reviewed international affairs journal at the Dickey Center for International Understanding at Dartmouth College that publishes outstanding work by Dartmouth students and undergraduates worldwide.

Letras Hispanas: [Letras Hispanas](#) is a peer-reviewed, open-access online journal dedicated to publishing scholarly essays that engage topics in connection with Iberian, Latin American, and US Hispanic literatures and cultures. Welcomes submissions in both English and Spanish.

The Kennesaw Tower: [The Kennesaw Tower](#) is an annual undergraduate world languages and cultures research journal at Kennesaw State University with the mission to publish quality, scholarly work of advanced undergraduate students in Chinese, FLED, French, German, Italian, Portuguese, and Spanish.

You can also find an [extensive list of journals](#) that accept undergraduate submissions on the Council on Undergraduate Research website. Note: some journals are open to students from a specific university, while others publish submissions from any undergraduate student.

Researching Grants, Fellowships, Awards, & Other Opportunities to Go Abroad Again:

Perhaps you are interested in finding ways to expand upon the research or other learning you started during your SIT program. Many SIT alumni have gone on to receive prestigious fellowships and research grants, including:

The Alice Rowan Swanson Fellowship: [The Alice Rowan Swanson Fellowship](#) was established in 2009 by the family of SIT Nicaragua '06 alumna Alice Rowan Swanson as a living tribute to her passion for bridging cultures and helping others and the role that SIT Study Abroad played in her life. Fellowships are awarded twice annually to SIT Study Abroad and IHP alumni to return to their program country and pursue further development projects benefiting human rights in that region.

- Fellowship amount up to \$5,000.
- Application deadlines are March 1 and October 1 every year.
- See eligibility and application [requirements](#).
- Read about [past recipients](#).

The Fulbright Scholarship Program: [The Fulbright Scholar Program](#) offers opportunities for U.S. citizens to research and/or teach abroad.

The Thomas J. Watson Fellowship: [The Thomas J. Watson fellowship](#) is a one-year grant for purposeful, independent exploration outside the United States.

Samuel Huntington Public Service Award: [The Samuel Huntington Public Service Award](#) provides \$30,000 stipends for graduating college seniors to pursue one year of public service anywhere in the world.

LOOKING FOR INSPIRATION? HERE'S WHAT SOME OF YOUR FELLOW SIT ALUMNI HAVE DONE:

- SIT Netherlands alum on [publishing her research](#) and working to support criminal justice reform
- SIT alum [co-publishes article](#) with SIT faculty on post-apartheid masculinity in South Africa
- Biochemistry and philosophy [student publishes vaccination research](#) in Argentinian journal
- Alumna of Iceland: Climate Change and the Arctic program [presented her research](#) on sequestering carbon at the Notre Dame Human Development Conference





Mitchell Scholars: [Mitchell Scholars](#) are chosen annually for one academic year of postgraduate study in any discipline offered by institutions of higher learning in Ireland and Northern Ireland.

Scoville Peace Fellowship: [The Scoville Peace Fellowship](#) is available to recent undergraduate and graduate school alumni and gives recent grads the opportunity to work in a 6- to 9-month paid fellowship in Washington, DC, at a think tank or advocacy group.

There are many other opportunities for you to explore. The fellowships or career office on your campus should be able to guide you through the application process. These lists can also give you ideas of the types of opportunities out there:

- Princeton Office of International Programs offers [a database of fellowships](#) available to recent graduates. Note Princeton's region-specific fellowships in [Africa](#), [Asia](#), and [Latin America](#).
- The [U.S. State Department offers fellowships](#) (as well as paid and unpaid internships).
- [Smithsonian Fellowships](#) are offered to individuals who design and develop proposals to conduct independent research using the institution's resources, including the collections and facilities.

Finally, applying for awards is another excellent way to showcase yourself and your achievements. Winning awards can open doors to opportunities like being a keynote speaker at a conference or setting yourself apart from other applicants for jobs or internships, and students are encouraged to nominate themselves for awards. **Check out these two renowned award organizations:**

- The [Global Undergraduate Awards](#) is the world's leading academic awards program, which recognizes top undergraduate work, shares this work with a global audience, and connects students across cultures and disciplines. You can submit your work in over 25 subject areas.
- The Forum [Award for Academic Achievement Abroad](#) recognizes thoughtful academic projects that students complete as part of their education abroad programs, and previous SIT students have won by submitting their ISP from their study abroad program!



Section 4

What's Next? Furthering your Education and/or Launching your Career

You may have returned from studying abroad with a newfound, or redoubled, desire to work in an international and/or social impact field. Perhaps you are excited to pursue a career or further study in a field related to something you researched on study abroad. This section contains practical advice and resources to help launch your next academic or professional journey.

Graduate Study

Many returning students consider continuing their education before diving into professional experience. This article from Idealist, "[Should I Go to Grad School?](#)" may help you decide if that path is right for you. If you are thinking grad school is for you, and especially if you've determined that a master's degree is likely required for the type of positions you are interested in, take a look at [SIT Graduate Institute](#).

[SIT Graduate Institute](#) offers experiential, multi-disciplinary, full-time [global master's programs](#) that spend two or three semesters (in different countries) focused on critical global issues. The programs

culminate in a practicum semester (in a country of your choosing) that allows you to work directly with an organization to gain professional experience. Check out upcoming and recorded [information sessions](#) or [contact an admissions counselor](#) for more details on any of the global MA programs.

Considering a doctoral degree? In addition to master's programs, SIT also offers [online doctoral programs](#) designed for working professionals aiming to advance their careers. Earn a PhD in Sustainability or International Relations or an EdD in Global Education.

Finally, SIT's [certificate programs](#) offer professionals the chance to enhance their expertise and advance their careers in a number of topics. Some certificate programs allow students to earn graduate credit that may be applied toward future degree programs at SIT, pending approval from the degree chair.

Service-Oriented Programs Before (or instead of) Grad School

If you are not ready for graduate school yet, you might consider serving with one of the many organizations that SIT is affiliated with. Alumni of all these service-oriented programs or organizations are eligible for special scholarships for SIT graduate programs:

[AmeriCorps](#)

[Northwest \(JVC\)](#)

[Atlas Corps](#)

[JET Program](#)

[Catholic Volunteer Network](#)

[Lutheran Volunteer Corps \(LVC\)](#)

[CityYear](#)

[Peace Corps](#)

[Food Corps](#)

[Oxfam America](#)

Great news! As an alum of SIT Study Abroad, **you are eligible for a \$10,000 scholarship for any SIT Graduate Institute master's program.**

GLOBAL MA PROGRAMS



Climate Change & Global Sustainability



Diplomacy & International Relations



Humanitarian Assistance & Crisis Management



International Education



Sustainable Development Practice

Critical Global Issues



CLIMATE & ENVIRONMENT



DEVELOPMENT & INEQUALITY



EDUCATION & SOCIAL CHANGE



GEOPOLITICS & POWER



GLOBAL HEALTH & WELL-BEING



IDENTITY & HUMAN RESILIENCE



PEACE & JUSTICE

Career Resources

LEVERAGING YOUR EXPERIENCE FOR THE JOB MARKET

Your study abroad experiences likely helped you develop a new set of knowledge, attitudes, and skills that will be attractive to employers. Let's be clear, though: most employers aren't interested in you just because you studied abroad – they are interested in you because of the skills you have gained. It's your task to effectively communicate these competencies in your resume, cover letter, and interview responses.

Below, we've outlined some suggested steps to help you articulate and highlight your new proficiencies so that employers (or grad schools) understand all you have gained. The career center on your home campus may also have additional suggestions and resources. Taking the time to reflect on what you have gained will not only help employers pick you out of the crowd but will also help you identify the priorities and passions you may wish to pursue next.

HIGHLIGHT YOUR SIT EXPERIENCE ON YOUR RESUME

IN THE EDUCATION SECTION:

- Include your study abroad as a separate entry.
- List 'School for International Training' as another institution you have attended and include your [program name](#), location(s), term, and year.
- Consider also including a short description of the program, any courses that may be relevant to the job you are applying for, and any research project titles and/or descriptions.

Example 1: Just the basics

School for International Training, SIT Study Abroad Chile: Cultural Identity, Social Justice, and Community Development (Fall 2023)

Example 2: Includes a detailed program description and ISP details

School for International Training, SIT Study Abroad Portugal: Sustainability and Environmental Justice (Fall 2023)

- Studied Portugal's approach to sustainability and social equity. Conducted an Environmental Assessment Agency survey to evaluate environmental impacts on delimited neighborhoods. Studied the economies of Portugal, northern Spain, and the Azores using a theoretical and empirical perspective of the economic, environmental, and sociocultural sustainability impacts of bioenergy, biotechnology, and use of renewable resources (**hint: A good place to start for this type of bullet point is the "Program Learning Outcomes" found on the "Academics" tab of your [program's web page](#).*)

Example 3: Includes a brief program overview and relevant coursework

School for International Training, IHP Health and Community: Globalization, Culture & Care (Argentina, India, South Africa, United States; Fall 2023)

- Program spent time in four countries, in communities in mega-cities to rural villages to take a holistic, interdisciplinary look at how people around the world define what it is to achieve and maintain health.
- Relevant coursework: Health, Culture, and Community – Using medical anthropology as a theoretical foundation, the course examined the philosophy and practiced characteristics of biomedicine, as well as the reality of medical pluralism in the lives of individuals.

IN THE EXPERIENCE SECTION:

If you completed an internship and/or an ISP that gave you significant hands-on experience:

- Enter it as you would for any other position you have had, but use "Student Intern" as the job title.
- Include only the dates you were at the internship (not the full semester dates).
- Indicate that the internship was completed as part of your SIT study abroad experience.

Example: Student Intern, Kenya Medical Research Institute (Nov 2023–Dec 2023)

- Completed a one-month internship as part of my SIT Study Abroad program. Conducted research on.../Assisted with outreach to.../Developed relationships with...(describe the work you did and any important outcomes)

IN THE SKILLS SECTION:

If you choose to include a skills section on your resume, think of the specific qualities and abilities you developed during your study abroad experience, both in and outside the classroom. These could be qualitative or quantitative research skills, language skills, and more. See a suggested list below from the IIE publication, "[Gaining an Employment Edge: The Impact of Study Abroad on 21st Century Skills & Career Prospects](#)":

- Intercultural skills
- Curiosity
- Flexibility/adaptability
- Confidence
- Self-awareness
- Interpersonal skills
- Communication
- Problem-solving
- Language
- Tolerance for ambiguity
- Teamwork
- Leadership
- Work ethic





Finally, it is important to practice describing your study abroad experience in a professional context.

In job interviews, you must be prepared to talk about what you gained and learned from your study abroad experience and how it will positively impact your future work. Identifying specific examples that demonstrate the competencies you listed in the step above while the experience is still fresh in your mind can be helpful when preparing for an interview. Here are a few things to consider:

- Develop a repertoire of statements and stories you can use in cover letters and/or interviews.
- Consider including something about study abroad in your “elevator pitch.”

HIGHLIGHT YOUR STUDY ABROAD IN YOUR LINKEDIN PROFILE

Make sure that all the experiences and skills employers might care about are also represented on your LinkedIn profile.

In [this document](#), you will find step-by-step instructions on how to do these things in LinkedIn:

- Add your SIT experience in the Education section.

- Spotlight your study abroad accomplishments by storing, or linking to, your ISP or other research/articles/blogs/etc. in your profile.
- List an internship you did as part of the program in the Experience section.

You can choose to [update your LinkedIn network](#) about the changes you are making to your profile to amplify your study abroad experience and increase your visibility.

Social Impact Careers

We are incredibly proud of the professional accomplishments of our alumni and are privileged to hear from many alumni that their SIT experience helped them gain the insights and skills needed to pursue a social impact career. [Read some of their stories](#) to get inspired! While this toolkit is too short to give a fully comprehensive overview of the many ways you could shape a career in education, social justice, equity, the environment and/or human rights, we have listed a few resources that may help you as you launch your career. As with developing your resume, your home campus career center will also have resources to share with you.

JOB BOARDS

SIT Graduate Institute’s Career Center has compiled this list of almost [100 job boards](#), sorted by critical global issue.

You may want to check out [PhilanthroSee](#), a job board started by an SIT alum. It’s dedicated to entry-level and early career internships, fellowships, and jobs within the philanthropic sector all requiring 0–3 years of experience. Every listing provides salary information!

NETWORKING

Networking can be an integral part of career development. Attend conferences on topics of interest to meet fellow professionals and changemakers in person, and take advantage of online networking opportunities like online conferences and LinkedIn. Remember to join the [SIT Alumni Community](#) on LinkedIn and to check out the [SIT Alumni tab](#) on LinkedIn.

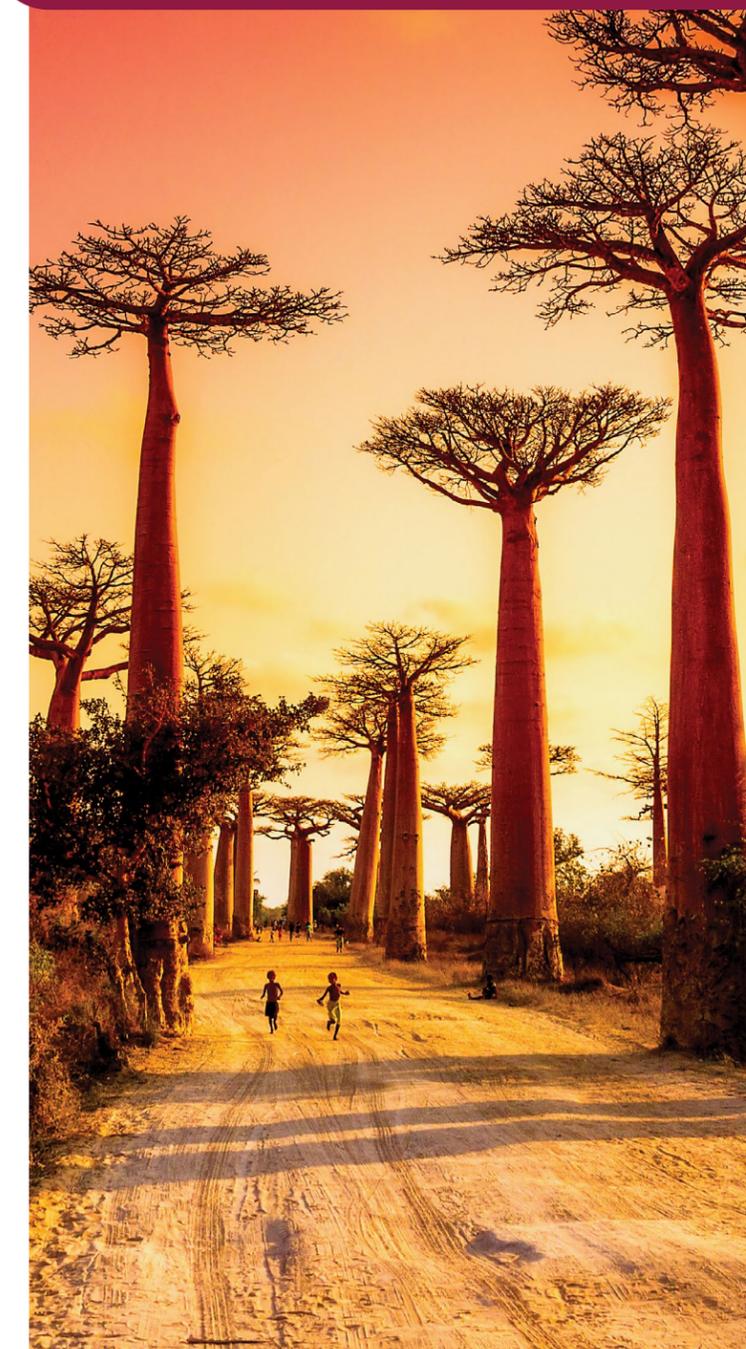
INTERNSHIPS

Seek out internship opportunities to begin putting what you learned during your study abroad program to work. You can use the following internship databases as a starting point in your search, but be sure to search for your specific field of interest on your favorite search engine to expand your opportunities.

- [Portal for Federal Government Internships](#): The Office of Personnel Management launched a portal for internships across the federal government. Filter for internships by a federal agency, location, or salary.
- [LinkedIn internships](#): Filter by location and see all essential information about the internship opportunities in a variety of sectors all on LinkedIn.
- [Idealist](#): A site specifically for looking for internships and jobs in the nonprofit sectors.
- Look at your university’s job listing site or alumni network.

“[SIT is] definitely an interesting and attractive line on my résumé. Even if it’s not directly related to jobs that I’m applying for, employers have often asked about it ... I think it helps demonstrate my ability to navigate new situations and be self-directed in completing a major project.”

—SIT Study Abroad Alum





Professional Opportunities with SIT & World Learning

Come join many other alumni who have decided to make World Learning and SIT their professional home! SIT and World Learning have a wide variety of employment opportunities in the U.S. and abroad. Even if you aren't looking for a job right now, we encourage you to browse [our open positions](#) to see what kinds of options could be available for you in the future. We also offer [internship opportunities](#).

World Learning Youth Exchange hires group leaders and facilitators each summer for these programs:

- [The Experiment in International Living](#): Co-lead a high school study abroad program.
- [World Learning youth programs](#): Lead an in-bound high school program in the U.S. for international students.
- [The Experiment Digital Leadership in STEM](#): Facilitate a virtual program that connects youth across the globe. This is ideal for those who can't travel in the summer and are interested in a part-time position.

This is just the beginning

This is only the beginning of your relationship with a global community and your own professional and academic journey.

We encourage you to be in touch about your new adventures and successes. Please don't hesitate to reach out to alumni@sit.edu with questions, ideas, and updates. Here's to a lifetime of learning!



"My SIT experience was so transformative and has shaped my life in a profound way. It shaped my graduate school studies and every stage of my career after."

—SIT Study Abroad Alum



CONTINUE YOUR JOURNEY WITH SIT

Continue your education with [SIT Graduate Institute](#) (alumni scholarships available!)

Return to your country of study through the [Alice Rowan Swanson Fellowship](#) program

Explore [professional opportunities](#) with SIT, The Experiment, and World Learning

Travel abroad with SIT again on one of our [Return to Study Abroad](#) programs

STAY CONNECTED



Join the [SIT Alumni Community](#) on LinkedIn



Update your [contact information](#)



Review [your program](#)



SIT SCHOOL FOR
INTERNATIONAL
TRAINING
STUDY ABROAD