

Unpacking Dreams and Reality: Creative Group Approaches for Students Upon Re-Entry to Campus After Study Abroad

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Intervention One: Glimpses of Study Abroad

Ask the client to bring three or four photos to session that capture answers to some of the questions below. Use time together in session to allow the client to share and explore areas of growth/learning and of ongoing conflict or tension.

Re-entry Reflection Questions:

1. In what ways have I changed? Stayed the Same?
2. What things (people, places, activities, etc.) will I miss most from my study abroad context?
3. In what ways might my friends and family have changed?
4. How would I like my family and friends to treat me when I return home?
5. What am I looking forward to the most? The least?
6. What are the lessons I have learned that I will never forget?
7. What are the skills I have learned?
8. What have been the important things about this study abroad experience that I want to share with family and friends?
9. What do I want to do with the experiences I've had (e.g. continue studying the language)?

Adapted from Paige, R. M., Cohen, A. D., Kappler, B., Chi, J. C., & Lassegard, J. P. (2014). *Maximizing study abroad: A student's guide to strategies for language and culture learning and use* (2nd ed). Minneapolis, MN: Center for Advanced Research on Language Acquisition

Intervention Two: Paradox of Post-Study Abroad

Often students who study abroad experience shifts in views towards home country and the world. With the current political climate, in the US and around the world, the ability to provide space for students (and any client) to explore these changes can increase self-awareness and promote action to seek healthy coping strategies and coping mechanisms.

Provide the client with a sheet of paper, folded into two columns. Have the client write in one column: *How my views of the world have changed*. In the other column, have the client write: *How my views of my own country and culture have changed*. Give the client a few moments to jot down a few ways in which their views have changed and begin to sort through some of their changing perspectives. Questions to prompt thinking in this area are:

- What new experiences did you have during study abroad that shocked or surprised you about the world?
- How do you feel now about those experiences after returning to campus?
- Are there certain stereotypes you discovered you held? Modified? Released?

Adapted from Kappler, B., & Nokken, K (1999). *Making the most of your time abroad*. Minneapolis, MN: International Student and Scholar Services, University of Minnesota.