Strategies for Working through Re-entry:

Make a picture album (physical or virtual)

Write a letter to yourself:

 a.) Yourself a year ago

 b.) Yourself now

 c.) Yourself in five years

Maintain your network with the people you studied with.

Create a digital story recounting an incident or focusing on something that you will always associate with your time abroad.

Update your resume. Brainstorm for competencies you developed or qualifications (e.g., independence) you demonstrated.

Develop an elevator talk about your study abroad.

Create a power-point presentation on your experience.

Volunteer for events where you can share your experience with prospective study-abroad students (study-abroad fair, international education advising, pre-departure orientation, classes in disciplines you studied abroad, open houses for prospective OU students.)

Join SAVA (Study-Abroad-Volunteer-Alumni).

Find a grocery that sells foods imported from your country. Plan a feast.

Find the website of a newspaper from the city where you studied. Bookmark it and visit regularly.

Sign up to live in the International Village.

Host an international student.