

# Study Abroad

## Reflection Questions – Before and During Trip

### Before Trip

Why did you select this program? \_\_\_\_\_

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What do you hope to get out of this experience? \_\_\_\_\_

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How would you describe Americans and the U.S. in general? How would you describe yourself as an American? \_\_\_\_\_

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### During Trip

What are your initial reactions? How are they different from others you are with? \_\_\_\_\_

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How effectively did you deal with confusing or stressful situations that arose? \_\_\_\_\_

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Describe how people in your host country react to you, or Americans in general \_\_\_\_\_

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Describe any "culture shock" you are experiencing. \_\_\_\_\_

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