

IOWA STATE UNIVERSITY

College of Human Sciences Career Services

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STUDY ABROAD HANDOUT

Congratulations on choosing to study abroad! Study abroad can have major impacts on both your personal and professional development and is something employers are increasingly interested in discussing at interviews/seeing on resumes. Below you will find some tips and advice on how to best uncover and translate the experiences you have abroad into personal and professional skill development.

PRIOR TO DEPARTURE

While experiencing a variety of academic and cultural activities, the potential for learning and skill development is nearly endless.

Review the list of skills that can be developed while abroad and compare those to your planned activities. Which skills from this list could be gained from your activities?

- Creative problem solving
- Flexibility / adaptability
- Communication
- Independence
- Patience
- Conflict resolution
- Multitasking
- Time management
- Planning
- Leadership skills

In addition, consider utilizing [Goinglobal](#) prior to your departure. As an Iowa State University student, Goinglobal is available for you to use free of charge. This resource can provide:

- **Job Search Resources** – Features the top in-country resources for finding a job: Local job boards, staffing agencies, executive search firms, career fairs, and NGO opportunities.
- **Industry and Employment Trends** – In-depth analysis of industry trends and hiring outlooks by sector, including professional networking contacts.
- **Business/Professional Associations and Networking Groups** - Professional associations, expatriate organizations and social networking groups for making new connections.
- **Work Permits and Visas** - Developed by an immigration lawyer specifically for GoinGlobal, information includes key work permit and visa requirements for students and professionals with links to application documents and supplemental online resources.
- **Resume/CV and Cover Letter Guidelines** – Expert advice for creating a culturally correct resume/CV and cover letter in formats that meet local employers' expectations.
- **Cultural/Interview Advice** – Insights on the local culture and advice on how to act appropriately in both social and professional settings, including guidelines for interview preparation and follow-up

DURING YOUR STUDY ABROAD PROGRAM

Now that you're abroad and engaging in your learning experiences, take some time to fill out the table below. Try to match each experience you've had with a corresponding skill from above. Provided below are two examples – one for a long-term study abroad experience and another for a short term experience.

Skill	Experience 1	Experience 2	Experience 3
<i>Example: Independence (long term program)</i>	<i>Developed independence through adapting to a new environment on my own.</i>		
<i>Example: Conflict Resolution (short term program)</i>	<i>Managed conflict among roommates, creating a cohesive environment.</i>		
Time Management			
Problem Solving			
Independence			
Patience			
Multitasking			
Planning			

UPON RETURNING

Congratulations on completing your study abroad! After spending time abroad, you've developed several marketable skills.

Schedule an Appointment:

We strongly encourage you to set up an appointment with CHS Career Services to discuss your international experiences. We can help you easily translate all your skills and experiences via your resume or in interviews. Simply log in to CyHire and request an advising appointment!

IOWA STATE UNIVERSITY
CyHire

Home
Jobs
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Events

What's New

There are currently no announcements or notifications to display.

Shortcuts

[Request a Career Advising Appointment](#)

Add Study Abroad to Your Resume:

Below is an example of how you could represent your study abroad experience within the education section of your resume. Other options for where you can include your study abroad experience include: an international experience section, related experience, or additional experience. Check with CHS Career Services to see what make the most sense for you. Make sure to review the section “During Your Study Abroad Program” to find those key development experiences you had!

Long-term Program Example:

EDUCATION

Iowa State University

Bachelor of Science: Event Management

GPA: 3.4/4.0

Certifications: ~~Sery~~ Safe – Food Handling

Ames, Iowa

May 20XX

Lorenzo de Medici

Coursework in Event Management

- Studied international event management with a final project of coordinating a conference in Florence
- Adapted to new and unfamiliar scenarios, overcoming language barriers and interacting with a diverse culture

Florence, Italy

August – Dec. 20XX

Short-term Program Example:

EDUCATION

Iowa State University

Bachelor of Science: Event Management

GPA: 3.4/4.0

Certifications: ~~Sery~~ Safe – Food Handling

Ames, Iowa

May 20XX

International Experience

International experience in Hospitality and Event Management

- Attained hands-on knowledge of the hospitality industry in the United Arab Emirates, gaining insight into international hospitality business structures and functions
- Adapted to new and unfamiliar scenarios, overcoming language barriers and interacting with a diverse culture

United Arab Emirates

Jan. 20XX

DISCUSS STUDY ABROAD IN INTERVIEWS

Utilize the **S.T.A.R.** method to describe your study abroad experiences in interviews. Below is a table you can complete to practice articulating your skills through the **S.T.A.R.** method.

Skill	Experience	Situation	Task / Action	Result
<i>Example: Problem Solving, Long-term example</i>	<i>Missing the train back to school after a weekend away.</i>	<i>While studying abroad in Italy I utilized the train system to get around. After a weekend away from school, my friends and I ended up missing the train back to our city!</i>	<i>I immediately gathered my friends and went to the train terminal and spoke with a station employee. They looked up the next train schedule and informed me of when the next train will arrive. I then informed all my friends and set reminders on their phones so everyone knew when the train would arrive.</i>	<i>We caught the next train home and got home safely! Every time we went traveling after this, I made sure to set reminders on everyone's phones and text them when the train departure time was close to ensure that no more trains were missed!</i>
<i>Example: Problem Solving, Short-term example</i>	<i>Getting separated from program group in the Paris metro.</i>	<i>While abroad, my program group and I were taking the Paris metro to our next location. I went to the restroom prior to boarding, but when I came back the metro had left with my group on it!</i>	<i>I quickly remembered our group's action plan in case anyone got lost; to meet up at the next stop. I then asked a station employee for a map of the metro to determine the next stop and boarded the metro alone.</i>	<i>After riding the metro to the next stop, I got off and found my program group awaiting me! I made sure never to leave the group again when in the metro, but I was also far more confident of my abilities to think clearly while under pressure.</i>

Skill	Experience	Situation	Task / Action	Result