

**INTERNATIONAL AND OFF-CAMPUS PROGRAMS**  
**156 Hurley Bldg. Notre Dame, IN 46556**

To: Students returning from International and Off-Campus Programs 8/05  
From: Tom Bogenschield, Director

The International and Off-Campus Study Program Office welcomes you back to campus! We'd like you to know about several upcoming events, ongoing services and opportunities available to you as program returnees.

**Your return to campus...**

The university values the experience you have gained while abroad, and we encourage you to share the fresh insights and perspectives that you acquired while away with other students, faculty, and staff of the university. One significant rationale for international and off-campus study is that it benefits the entire campus, and to this end we encourage you to share your experiences and perspectives that you have acquired through your interactions with others.

Faculty members frequently comment that as a group students returning from programs abroad or off-campus study have a great deal to offer in classroom discussions, and in their academic work more generally. They find returnees more focused, more insightful, and more mature than those who were unable to study abroad. So don't be shy about putting to use the new knowledge that you have acquired, or to air out new questions that have arisen from your study abroad experience.

**Resources for returnees**

Students returning from off-campus programs often have questions or needs related to their experience. We invite you to browse a web page designed for returnees that is designed to address several of these questions in a FAQ format. You can find the 'Returnees Page' by clicking here: <http://www.nd.edu/~intlstud/services/returnees.htm>

In addition, several activities and services have been organized on behalf of returning students this coming semester that you should be aware of. This is a partial list, and you will no doubt hear of additional activities or opportunities as they are scheduled.

## **Upcoming events and deadlines**

**September 8, 2005**

**Campus Ministry Welcome Back Mass and Dinner for program returnees. Mass is at 5:15 in the Basilica, followed by dinner in Coleman-Morse Hall.**

**September 19, 2005 (first meeting)**

**Discussion Group forming to assess impact of study abroad and transition issues related to your return (see below).**

**September 21, 2005, 3:30-5:30**

***“Internationalizing your Life” Resource Fair***

Each year ISP organizes a small resource fair around the globe in the Hurley Building. Our goal in planning this fair is to keep newly returning students as well as students who have recently been accepted to off campus study programs up-to-date on international campus activities, courses and future international career opportunities. Several student clubs as well as academic and administrative departments send representatives to speak with students regarding ways to continue internationalizing your life.

**October 31, 2005 (deadline)**

***7<sup>th</sup> Annual Photo Contest***

We'd love to see your photos! The deadline to submit photos to our contest is October 31, 2005. Please visit our web site at [http://www.nd.edu/~intlstud/photocontest/contest\\_intro.htm](http://www.nd.edu/~intlstud/photocontest/contest_intro.htm) for a complete list of contest rules. Eight categories are available and the winner of each category will be awarded a \$50 check.

**November 14-18, 2005**

## **International Education Week**

- a. **Speech on internationalism.** Invitations are being sent NOW to bring a prominent internationalist to campus. Watch for announcements.
- b. **Ten Thousand Villages Festival Sale:** Student volunteers sought NOW to help organize a campus sale of products from Ten Thousand Villages, a non-profit organization dedicated to promoting and sustaining artisans in developing countries. Want to help? Watch *The Observer* for an announcement of our Organizational meeting in early September, or Contact Connie Peterson-Miller, in the International Student Services Office at [cpeters4@nd.edu](mailto:cpeters4@nd.edu).

**Deadline TBA, *International and Off-Campus Teaching Award.* (NEW!)** Watch the OIS website for instructions on how to nominate your best professor from abroad. Let's give credit where credit is due, for outstanding teaching on- and off-campus.

### **Other ways you can help further international study on campus:**

*Help recruit new applicants for study abroad.* Returning students are frequently enthusiastic about their experience, and they often prove to be effective recruiters for these programs. The ISP Office invites you to participate in the recruitment of students for the 06/07 academic year this Fall. The application deadline will be November 15, 2005 for all 06/07 programs, so we encourage you to get out the word early. Spread the word in your residence hall or in classes. And join us as we hold recruiting sessions describing these programs during the months of September and October. You are needed!

*Help orient students selected for these programs during the current and Spring 06 semesters.* You are the experts, and you can greatly assist outbound students with advice on classes, things to do, places to see, and ways to navigate everyday life in the special situation abroad or off-campus.

*Participate in De-Briefing Sessions.* Beginning early in the Fall semester ISP and Program staff will hold a series of de-briefing meetings, generally one per program, to provide feedback on your experience abroad with an eye towards improving the experience for future students. You will be asked to fill out a survey/feedback form, but we find the give and take of face-to-face meetings to be more effective in monitoring the off-campus experience. We will ask questions about academics, living arrangements, extracurricular activities, security issues, program staff,

orientation and recruitment, and any advice you might pass on to those who follow in your footsteps. Several of these have already been scheduled by Program Coordinators. You will be contacted independently in a list-serve message, but you might also check the ISP Calendar for existing fixtures, here:

<http://www.nd.edu/%7Emweber/Calendars/Slide3.html>

**Other opportunities or things to consider:**

*Use your international or off-campus experience as an academic or career springboard.* Your experience has opened up a number of important academic or career opportunities that you would be wise to pursue upon your return to campus. Talk with your academic advisor about your experience, and think about applying for additional study abroad via independent research or through internships. Notre Dame is exceptionally well-connected internationally, and opportunities abound for further study. The university's International Web Page contains a number of important links: (<http://www.nd.edu/international/index.shtml>)

The following campus organizations offer undergraduate fellowships or further opportunities for international study, and we encourage you to pursue these leads.

- i. *Nanovic Center for European Studies*
- ii. *Kellogg Institute for International Studies*
- iii. *Kroc Institute for International Peace Studies*
- iv. *Center for Social Concerns*

In response to student requests, we are going to be starting a Study Abroad Re-Entry Support Group at the University Counseling Center (UCC). The group will be meeting at the Coalition Lounge located in the Multicultural Student Programs and Services Office on the 2nd floor of La Fortune. We will begin on September 19 from 4pm-5pm. The support group is intended for students who have recently studied abroad and have encountered challenges to readjusting to U.S. culture, Notre Dame culture, or both. The group is meant to be a place for support and discussion around study-abroad challenges such as personal changes, changes in friendships and other relationships, and reverse culture shock which can include one or more of the following:

self-isolation

uncertainty

restlessness

inability or unwillingness to fit in

boredom

increased need for sleep

irritability

crying spells

loss of interest in activities

feeling overly focused on how things were done in your country abroad

disorientation

loneliness

communication problems

withdrawal

**change in goals and priorities**  
**compulsive eating or drinking**  
**exaggerated cleanliness**  
**physical ailments**  
**degrading home culture & people**  
**intense identification with non-nationals**

**If you have friends who have studied abroad and have not received this message, please forward this information to them.**

**To learn more about the support group or other UCC services, please call 631-7336. The group leader is Swati Pitale, a Staff Clinician with experience living abroad.**

**Again, Welcome Back!**