



ANTICIPATION AND EXPECTATION EXERCISE

Adapted from University of the Pacific's *What's Up With Culture* On-Line Cultural Training Resource for Study Abroad (<http://www.pacific.edu/sis/culture/>):

What we are asking you to do is to write your own personal responses to the questions below. Be as honest as you can be. Your responses should reflect how you feel right now, before going abroad. We believe taking this exercise seriously will eventually assist you to better gauge how the process of overseas adaptation has played out for you personally. It will also facilitate your understanding about how expectations, realistic and unrealistic, play a role in how well you adapt and how you feel about it in retrospect.

We hope that by going through some self-reflective exercises at various stages of your journey, you can gain additional insights into the kinds of personal changes a study abroad program can bring about. This is particularly true in terms of one's perceptions about the self and others, both before and after a period of intense cross-cultural exposure.

So take a few minutes and fill out the following questions and put your answers in a safe place. We promise it will be worth your effort as you work through similar pre-reentry and return exercises at the appropriate time.

a. What are the five things that you are *most looking forward to* about studying abroad?

b. What are the five things that currently worry you *most* about going overseas?

c. What are the five things (people, places, activities, etc.) you believe you will miss **most** from home when you are abroad?

d. What are the five things (people, places, activities, etc.) you believe you will miss **least** from home when you are abroad?

e. My greatest single challenge overseas will be: