

SKILLS GAINED FROM STUDYING ABROAD

If you have studied abroad, you are well on your way to developing a solid International I.Q. This is a package of skills uniquely possessed by people who have lived abroad, and several of these abilities are purposely sought out by employers. Therefore, before writing a resume, it's essential to review what competencies/skills you have gained from study abroad. Below is a short list of skills students can gain from study abroad.

- Coping skills (the ability to deal with stressful situations)
- Broad and strategic thinking
- Communication skills (including active listening and overcoming language barriers)
- Intercultural competencies
- Global mindedness, appreciation of diversity, cultural awareness, and sensitivity to customs and cultural differences
- Flexibility and adaptability
- Tolerance/open-mindedness
- Motivation and initiative
- Adaptability in new environments
- Organization and time management skills
- Respect for protocol and hierarchy
- Ability to identify, set, and achieve goals
- Problem-solving and crisis-management
- Ability to view situations/problems from a unique perspective
- Patience and perseverance
- Independence, self-reliance, and responsibility
- Leadership skills
- Inquisitiveness and assertiveness
- General travel and navigational skills
- _____



S.T.A.R Approach for Job Interviewing

Competency or Skill	Story	S	T	A	R
What skill you want to present?	Create story from past experience.	Situation	Task/Goal	Action	Result/Outcome
Example: Leadership & Motivating Others	While I was studying in Spain for the Summer. I was on a project team with students from Spain.	On our team, I quickly learned that some Spanish students tend to wait until the last day to complete their part of the assignment. We didn't have enough time to review each other's work.	So, my goal was to get them to complete their work 2 days before it was due.	I decided to have 2 short coffee breaks with them per week to discuss some of their personal & cultural interests to break the ice. I always highlighted their strengths of looking at things from a different point of view than Americans.	It was amazing how things changed. The week after the first two coffee breaks. They finished their work 3 or 4 days before the due date. They felt respected because I took an interest in them as people and show them how cool it was to combine our views in the projects.
SKILL 1	STORY 1				
SKILL 2	STORY 2				
SKILL 3	STORY 3				

Benefits of the S.T.A.R Approach

1. You can present competency in specific areas such as Flexibility, Motivation, Problem-solving, etc.
2. You can express yourself in a clear and articulate manner.
3. It helps you keep your response brief and concise within a structured flow.