



## Resume Writing Information

### INTEGRATING YOUR INTERNATIONAL EXPERIENCE

Identify when you first became aware of your international/global interests or concerns, as well as events or circumstances that served to intensify those interests or concerns.

**Example:** “HIV/Aids” in the eighth grade I grew disturbed at the HIV/Aids rates in Africa “rain forest” ever since I was a child I have been fascinated by tropical rain forests

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

List specific factors that motivate(d) you to pursue international work, study, or volunteering. Then, briefly elaborate or describe that motivation in ways that are meaningful to you.

**Example:** “adaptability” thirst for challenge of experiencing and thriving in new situations “teaching” thinking about teaching in unconventional ways; why not China?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Identify and list what you most hoped to accomplish through your international experience(s).

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Identify some ways that you were surprised by what you first discovered upon arriving to your overseas destination. How were you surprised? (Hint: related to attitude or value? behavior or skill? info or knowledge?)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_





## Graduate and Professional School Information

### INTEGRATING YOUR INTERNATIONAL EXPERIENCE

**Take time to identify skills you developed or enhanced by virtue of your international experience.**

- ability to better cope with ambiguous information
- ability to make transitions
- ability to see more than one perspective on an issue
- ability to speak a second language
- ability to think more originally
- adaptability - flexibility and comfort with uncertainty
- adept at managing change
- adventurous spirit, curiosity
- aware of interpersonal politics
- change behavior to accommodate social norms
- commitment
- computing
- conscious
- courageous
- creativity
- cultural sensitivity
- customer service
- diligent
- familiar with culture shock and cycles of stress
- flexibility
- functional in unfamiliar environments
- goal orientation – clear-cut goals and objectives
- good sense of humor
- greater flexibility
- greater self-confidence
- greater self-reliance
- greater tolerance for other opinions
- improved foreign language skills
- independent
- initiative
- insightful
- intelligence/ability to learn
- interest in continuous learning
- language and communication skills
- leadership
- linguistic
- more comfortable with complex situations
- motivation to achieve
- networking
- observant
- open minded
- oral communication
- organization
- ownership of projects
- patience
- persistent
- planning
- political astuteness
- positive outlook toward hardship and adversity
- practical coping skills
- problem-solving
- professional skills
- project completion
- propensity for language learning
- relationship building skills
- resourceful
- respectful of protocol and hierarchy
- risk-taking
- self-awareness
- self-confidence
- self-control
- self-disciplined
- self-knowledge
- sensitive to the needs of others
- strong work ethic
- teamwork
- tenacious
- translate
- versatility
- written communication



## Graduate and Professional School Information

### INTEGRATING YOUR INTERNATIONAL EXPERIENCE

Briefly describe the conditions in which you lived during your international experience. Consider the physical and social environment, plus practices or customs new to you. Be descriptive/concise.

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Briefly describe the activities associated with a typical day. Where did you go? What did you do? With whom were you interacting? Be descriptive, yet concise. (Hint: Include practices/customs new to you)

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Briefly describe the any activities beyond your primary purpose/activity. For instance, service or shopping experiences, travel with host family, interacting with local culture in a different way.

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#### Summarizing Key Elements and Themes of Your International Experience

Use the following prompts to connect your experiences with how they may have enhanced your knowledge, skills, and attitudes. (Hint: the language list on the previous page may prove useful)

Because I (or as a result of) [list specific experience] . . . I am better able to (or I can now) . . .

Example: Because I traded daily at local marketplace I developed negotiation skills; increased assertiveness

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