SELF REFLECTION

Take time to reflect and assess your individual needs:

1. Have you traveled? If so, where? Reflect on past experiences and discern how to deepen your ties to a familiar place or challenge yourself to explore a new destination.

2. Do you have skills in another language sufficient to take courses in your major in that language?

3. Which part of the world are you interested in and why? Have you enrolled in courses on the UM campus to further your knowledge? Do you actively engage someone who’s lived or studied in your preferred host country?

4. Is there a region or country whose art and design traditions intrigue you?

5. Do you want to study abroad for credit? Volunteer abroad? Conduct independent research abroad? The international experience requirement can be met through a range of experiences.

6. What level of cultural immersion are you looking for?
   a. Do you feel comfortable studying in countries where there are relatively few US citizens or do you want to have easy access to other Americans?
   b. Do you want to live with UM students, other US students, a host family, students from your host country?
   c. Do you want to take courses with UM students, other US students or students from your host country?
   d. Have you thought about studying in a location where your ethnic background would be in the minority population? Or majority?
   e. If you were raised in an urban or suburban area, have you thought about studying in a rural area? Or vice versa?
   f. What is your family’s heritage? Do you want to explore your heritage on a deeper level or explore a new place with unfamiliar traditions?
7. When do you want to gain international experience? How long do you want to be gone? Identify the year and term.

8. Do you need the credits to graduate? If so, what kind of credit do you need to earn while abroad—studio or academic?

9. Are there specific courses that you need to take while abroad? Talk to your SWAPC academic advisor and find out how study abroad fits into your 4-year plan.

10. Consider your financial resources for the international experience.
   
   a. Do you understand how your financial aid package may or may not transfer to various kinds of study abroad programs?
   
   b. If you have MET, do you know its limited applicability for study abroad programs?
   
   c. Have you considered that scholarship deadlines may be months prior to deadlines for study abroad programs?
   
   d. How will being abroad impact your housing commitments in Ann Arbor?