

“Once the Adventure Ends: Making Sense of Life after Returning Home from the CCI Program”

Other reasons why I am finding re-entry so difficult:



During the time I was living in the U.S. it was the first time I..... (Be sure to mention new activities, experiences, roles, and skills). Mark the ones you feel have changed you permanently.

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

What do you feel was the greatest lesson you learned from your time abroad?

THE TRANSITION CYCLE

How I felt in my adjustment to the U.S.

- Involvement Stage

- Leaving Stage

- Transition Stage

- Entering Stage

- Re-involvement Stage

*

*

*

*

*

*

*

*

*

*

How I feel in my adjustment back home



PREPARING FOR CHANGE

You have grown and changed while you were gone. These changes may not be so obvious to you because they have evolved slowly over time (like the triangle). Think about the following categories and make some notes for yourself on how you recognize these changes in yourself as well as how they might be perceived by your family and friends.

- The way you communicate with your elders, professors, colleagues, or people of the opposite sex.
- Your command of the English language
- Your level of maturity
- Your level of independence

- Your sense of adventure
- Your financial responsibility and how you manage your money
- Your appreciation of diversity
- Your open-mindedness
- Your view of the world
- Your life priorities
- Your relationships
- Other

Think about any new behaviors you have now as a result of these changes. (You may want to highlight them with a marker.)

Will you have to let some of these behaviors go in order to settle in well back at home?

Which ones will you need to tone down or change completely?

MOVING FORWARD IN RE-ENTRY



Which of the changes you have listed above, if any, will be seen as positive changes?

List all the skills that have come out of the changes you have listed in the different categories above.



How can you use your new skills to move forward and make an impact on your community? How will you use them to complete your Action Plan?



My favorite things about life in the U.S:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

☐

My favorite things about being back home:

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

What of your favorite things back at home might be able to replace some of your favorites from the U.S?



Things I did not like about living in the U.S:

☐

☐

☐

☐

☐

☐

- ☐
- ☐
- ☐
- ☐
- ☐

What I don't like about being back home:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Chances are there are some similarities between what you liked and disliked about the U.S. and being back in your home country. One place is not necessarily better than the other. We tend to romanticize the past and might easily forget all the not-so-nice things about being in the U.S.

How can you integrate the things you liked about living in the U.S. into your life now?

Name some of the losses you are feeling (these could be tangible things like people and places or they could be hidden/intangible things like weather, status, feelings.)

- ☐
- ☐

○

○

○

○

○

○

Who can you go to for support – someone who is truly understanding and interested?

What kinds of things bring you joy and make you feel alive?

Start your new adventures. Make a list of places to go and people to see.

○

○

○

○

○