

# The Good, the Bad, and the Confusing: Being Back at Colby

## Do you find that you...

- Feel that campus feels strange and full of new people?
- Want to talk about it but realize that others don't always want to hear very much about it?
- Have trouble explaining your experience abroad or its importance to you?
- Have the sensation of being "out of place" despite being home?
- Experience "reverse homesickness" for the place where you studied abroad?
- See that relationships with family and friends have changed?
- Feel that others misunderstand your growth, or see the "wrong" changes in you?
- Assess your home in a way that is judgmental or overly critical?
- Feel that your experience abroad is lost or cut off from the rest of your life?



It is likely that at least one of these questions pertains to you. You're most definitely not alone in the frustrations you may be having.

On a Good Day	On a Bad Day
I have the flexibility to fit in anywhere. I adapt easily. I feel horizontally rooted.	I don't seem to fit in anywhere. I resist change. I feel rootless.
I am bilingual/multilingual.	I am semi-lingual in two or more languages.
I can empathize with multiple viewpoints.	I am frustrated by the narrow-mindedness of people at home.
I respect cultural differences.	I become impatient with monoculturalism.
I have tolerance for ambiguity.	I am frequently indecisive.
I feel challenged/empowered by new experiences.	I feel bored by the mundane.
I am aware of global issues (news, politics, media, resource distribution, etc.).	I am uninformed about local issues and unable to apply what I've learned about the larger world to my life at home.
I accept challenges to my lifelong beliefs and values.	I am becoming resocialized into U.S. patterns of thought.
I have a more complex/defined sense of self.	I have a more fragmented sense of conflicting identities.
I act more socially responsible.	I act judgmental and self-righteous in the face of others' social choices.
I enjoy a personal connection to the larger world; I feel like a "global citizen."	I feel disconnected/alienated from my home environment.
I take risks and embrace the unknown.	I feel overwhelmed by the known and the unknown.
I am curious and eager to learn.	I feel depressed and reluctant to engage.

From Transitions Abroad

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# Top Ten Reentry Challenges

(faced by most study abroad participants- No, you are not alone.)

## **Boredom**

After all the newness and stimulation of your time abroad, a return to family, friends, and old routines (however nice and comforting) can seem very dull. It is natural to miss the excitement and challenges which characterize study in a foreign country, but it is up to you to find ways to overcome such negative reactions – remember: a bored person is also boring.

## **No One Wants to Hear about this**

One thing you can count on upon your return: no one will be as interested in hearing about your experience as you will be in sharing about them. This is not a rejection of you or your achievements, but simply the fact that once they have heard the highlights, any further interest on your audiences' part is probably unlikely. Be realistic in your expectations of how fascinating your journey is going to be for everyone else. Be brief.

## **It is Hard to Explain**

Even when given a chance to explain all the sights you saw and feelings you had while studying abroad, it is likely to be at least a bit frustrating to relay them coherently. It is very difficult to convey this kind of experience to people who do not have similar frames of reference or travel backgrounds, no matter how sympathetic they are as listeners. You can tell people about your trip, but you may fail to make them understand exactly how or why you felt a particular way. It's okay.

## **Reverse Homesickness**

Just as you probably missed home for a time after arriving overseas, it is just as natural to experience some reverse homesickness for the people, places, and things that you grew accustomed to as a student overseas. Feelings of loss are an integral part of international experiences and must be anticipated and accepted as a natural result of study abroad.

## **Relationships Have Changed**

It is inevitable that when you return you will notice that some relationships with friends and family will have changed. Just as you have altered some of your ideas and attitudes while abroad, the people at home are likely to have experienced some changes. These changes may be positive or negative, but expecting that no change will have occurred is unrealistic. The best preparation is flexibility, openness, minimal preconceptions, and tempered optimism.

## **People See the "Wrong" Changes**

Sometimes people may concentrate on small alterations in your behavior or ideas and seem threatened or upset by them. Others may ascribe "bad" traits to the influence of your time abroad. These incidents may be motivated by jealousy, fear, or feelings of superiority or inferiority. To avoid or minimize them it is necessary to monitor yourself and be aware of the reactions of those around you, especially in the first few

weeks following your return. This phase normally passes quickly if you do nothing to confirm their stereotypes.

## **People Misunderstand**

A few people will misinterpret your words or actions in such a way that communication is difficult. For example, what you may have come to think of as humor (particularly sarcasm, banter, etc.) and ways to show affection or establish conversation may not be seen as wit, but aggression or "showing off." Conversely, a silence that was seen as simply polite overseas might be interpreted at home, incorrectly, as signaling agreement or opposition. New clothing styles or mannerisms may be viewed as provocative, inappropriate, or as an affectation. Continually using references to foreign places or sprinkling foreign language expressions or words into an English conversation is often considered boasting. Be aware of how you may look to others and how your behavior is likely to be interpreted.

## **Feelings of Alienation**

Sometimes the reality of being back "home" is not as natural or enjoyable as the place you had constructed as your mental image. When real daily life is less enjoyable or more demanding than you remembered, it is natural to feel some alienation. Many returnees develop "critical eyes," a tendency to see faults in the society you never noticed before. Some even become quite critical of everyone and everything for a time. This is no different than when you first left home. Mental comparisons are fine, but keep them to yourself until you regain both your cultural balance and a balanced perspective.

## **Inability to Apply New Knowledge and Skills**

Many returnees are frustrated by the lack of opportunity to apply newly gained social, technical, linguistic, and practical coping skills that appear to be unnecessary or irrelevant at home. To avoid ongoing annoyance: adjust to reality as necessary; change what is possible; be creative; be patient; and above all, use the cross-cultural adjustment skills you acquired abroad to assist your own reentry.

## **Fear of Loss/Compartmentalization of Experience (Shoeboxing)**

Being home, coupled with the pressures of job, family and friends, often combine to make returnees worried that somehow they will "lose" the experience. Many fear that it will somehow become compartmentalized like souvenirs or photo albums kept in a box and only occasionally taken out and looked at. You do not have to let that happen! Maintain your contacts abroad; seek out and talk to people who have had experiences similar to yours; practice your cross-cultural skills; continue language learning. Remember and honor both your hard work and the fun you had while abroad.

*Adapted from "What's Up With Culture" by Bruce LaBrack, University of the Pacific.*

***"I felt like I was unable to really communicate to people what my semester abroad meant. Few people want to take the time to hear about what really touched your heart and changed your perspective."***

***"I have been to another world and come back. Listen to me."***  
***Mark Helprin, Winter's tale***