



Skills Reflection Handout

Directions: Now that you have learned about what skills you may have gained during your study abroad experience, it's time to conceptualize which skills YOU developed.

- 1) You are going to choose 2-3 of the skills described in the skills handout.
Note: If you feel like you developed additional/other skills abroad, you are more than welcome to select those as well.
- 2) Next, you are going to define what each skill means to you in the left hand part of the table.
- 3) Finally, you are going to think about how you acquired each skill abroad, and a time you have used each one since returning. These examples can include class experiences, internships, volunteering, activities, or any other relevant experiences.

Skill/Competency #1 _____

I define this skill as the ability to....	How did you develop this skill, and how have you used it since?

Skill/Competency #2 _____

I define this skill as the ability to....	How did you develop this skill, and how have you used it since?

Skill/Competency #3 _____

I define this skill as the ability to...	How did you develop this skill, and how have you used it since?