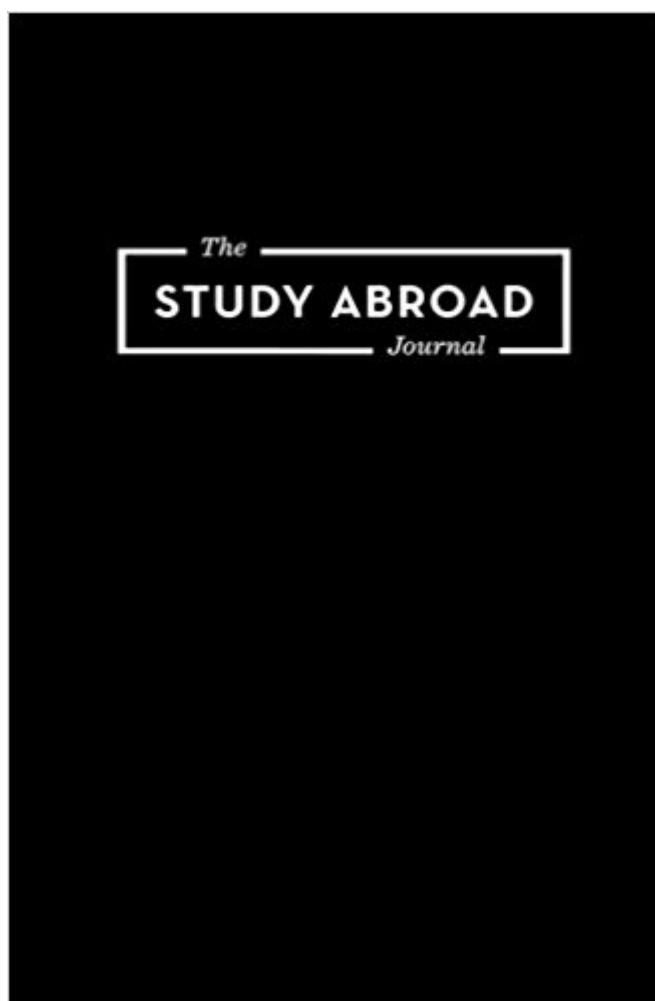




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# The Study Abroad Journal: Your Roadmap To An Epic Experience Abroad



## Synopsis

Having an epic experience abroad begins with focusing on what you most want to achieve, how you want to impress professors and future employers, and outlining action items that will get you there. This Journal helps you go beyond the superficial tasks and basic country-hopping that make many study abroad experiences less than impressive to professors, grad school committees, parents, and future employers. Built from proven goal-setting, action planning, and productivity principles and strategies, the Study Abroad Journal is designed to help you transform your experience beyond “it was awesome” to create a study abroad experience that is both meaningful for your personal and academic development and game-changing for your career and life. **COLLECT YOUR MEMORIES:** When you study abroad, you might be sharing elements of your experience across multiple platforms, social media channels, and with different audiences. The Study Abroad Journal is for you to capture all your thoughts, goals, reflections, and experiences in one place. You’ll walk away with a beautiful keepsake that you can return to again and again. **MEASURE THE VALUE OF YOUR STUDY ABROAD EXPERIENCE:** Study abroad ain’t cheap. This Journal gives you the power to design a powerful study abroad experience that will pay out huge dividends (this is called ROI or Return on Investment). If you follow our plan, you’ll have tangible, measurable knowledge, skills, and experience to leverage in your future career. **TRACK PROGRESS TOWARD YOUR GOALS:** Study abroad is about having a great time, learning a lot, and evolving as a global citizen. But it’s hard to see how far you’ve come if you don’t track as you go. The Journal will help you understand where you want to go, how to get there, and keep you on track. **DO MORE THAN (JUST) PARTY:** Hey, we know you’re going to have a fun time. You absolutely should! But students often struggle to show that they did much more than “have a good time.” The Study Abroad Journal will help you dive deeper into your experience and walk away with some fun memories and some tangible, super impressive learning outcomes as well. **OWN YOUR EXPERIENCE:** While your program may have been planned by someone else, you have the power to make your experience meaningful. Your Journal will help you explain what you learned, how you grew, and what skills you will carry to your next adventure and your future career. All designed by you. **FOCUS ON WHAT YOU REALLY WANT:** What do you want to say you did/accomplished when you return? How will you impress future employers, grad school admissions officers, or even mom and dad? We’re all about reverse-engineering your study abroad program so you can stay focused on what is important to you. First, you’ll zero in on your end goals, then you’ll make a plan for how to get there. **GO FROM AWESOME TO EPIC:** Most study abroad students

come home and say “it was awesome!” and they can’t seem to tease out why. Your Journal will help you tease out the value of your experience and articulate it in a meaningful way to your parents, professors, friends, future employers, and perhaps some future dates.

## Book Information

Paperback: 226 pages

Publisher: BRNG Creative LLC; 1 edition (September 11, 2016)

Language: English

ISBN-10: 0998085502

ISBN-13: 978-0998085500

Product Dimensions: 5.2 x 0.5 x 8 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #280,746 in Books (See Top 100 in Books) #3 in Books > Travel >

Specialty Travel > Students #663 in Books > Travel > Reference > General

## Customer Reviews

All as promised.

I am developing a 1 credit online reflection course that students can take while they are studying abroad. The Study Abroad Journal is the ideal companion for this course, and will provide a lasting artifact for students to keep with them as they move through life. I am very excited about using the publication. I only wish the Study Abroad journal existed during my undergraduate career. Noah Goldblatt, Director of Study Abroad, Champlain College, Burlington, VT.

As someone who has studied abroad multiple times and who now works with students as they prepare for their own international experiences, I am so excited to have a tool like this to make the value of the study abroad experience concrete. International exposure is so important for personal, professional, and academic development, and this structured journal is absolutely the best way to process that experience in a way that makes it more meaningful and eventually more marketable. This is the perfect way to capture fleeting emotions and memories that photos can never really fully capture, and it can be a great way to spark some more vibrant content for a travel blog!

We are definitely excited to receive this next batch of journals and to see how our scholarship recipients in particular grow with them. Not only do we believe that the study abroad journal provides a useful framework for self-reflection, goal setting, and exploration, the exercises are lifelong tools in their own right. It's a great resource we hope our students will reference throughout their lives!

I wish this journal had existed when my daughter studied abroad in Switzerland. Now I'm passing this on to my grandson for his first trip abroad!

I am so happy I got this! I was able to outline my goals in a variety of fields before I had even left. I know it will keep me on track so that when my semester is over I can truly see everything I have accomplished. One of my biggest goals I had was going to a soccer game and I just went this weekend! It was a blast and I can't wait to cross more things off my list!

This is an incredible tool that I wish I had when I studied abroad. I'm gifting this to my nephew who is excited to use the Journal in Italy this fall!

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