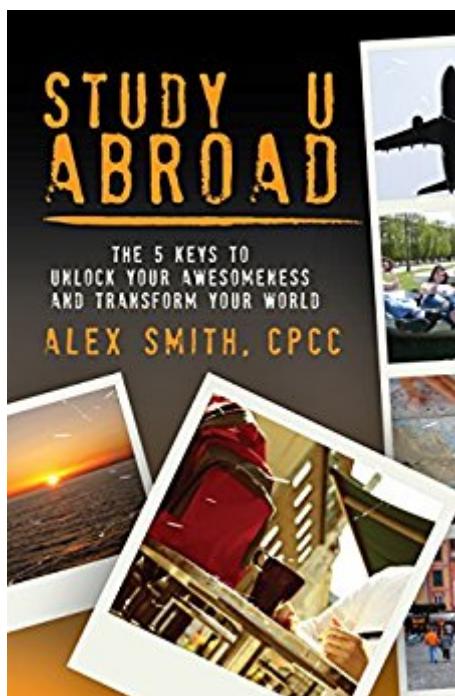


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# Study U Abroad: The 5 Keys To Unlock Your Awesomeness And Transform Your World



## **Synopsis**

When you study abroad, you're given an amazing opportunity to challenge your ideas about yourself and the world in ways you can't imagine. You join a growing network of globally-minded explorers who are in a unique position to use their experience to do good in the world. Study U Abroad gives you the tools to seize the opportunity for self-growth and make a conscious impact. The book's 5 Keys create an easy-to-use framework to tackle any challenge and get the most out of your time abroad, whether it's preparing to depart, battling your inner fears, navigating culture shock, adjusting back home, or fine-tuning your career to include new possibilities. Author Alex Smith richly illustrates each phase through personal stories of students like you, including his own of studying and living abroad, providing first-hand insight into the transformative power of Study Abroad.

## **Book Information**

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## **Customer Reviews**

This book is a must read not only for students studying abroad, but for anyone intending to travel to a foreign country. It includes so many insights that will enhance the enjoyment of your travels. And the beauty of this author is that his 5 Keys are important to all of us trying to learn how to navigate

life in general, and the way he has woven them throughout the book in such an organized manner also makes this book beneficial to everyone. For those looking for a job, the last section of the book is devoted to creating a resume and preparing for job interviews. Obviously it's geared toward incorporating the study abroad experience, but the information is again transferable and invaluable for anyone seeking employment. I highly recommend this book for all!!

This book can really change your life because gives you really easy and clear tips on how to optimize as much as possible your experience abroad as a student but also as a worker. The author has the big potential to give clear messages that you can easily fix in your mind on how to successfully approach your experience abroad. The key messages at the end of the chapters are really helpful and can be also used for a quick review after having read the book. The mantras are also a really nice way of making people reflecting on this phase of their life and how the experience abroad can change their life and also the lives of who is around you. I really suggest to read it!

This is not like any normal study abroad book. Smith takes it one step further and really captures how to make the most of one's study abroad experience, both on a personal and professional level. At the end of each chapter he really challenges you to take control of your experience and make the most of it. I found it great not only for those who are going on study abroad, but also for those who have studied abroad and would still like to apply it to their professional lives.

I love this book for many reasons. The first of which is that it put me back in touch with my 20 year old self who studied abroad in Spain and was so eager to discover the world. If I had this book back then, it would have served as a road map or GPS to help me emotionally navigate my first extended cross-cultural experience. The result: less self criticism, less terror, more savoring and living in the moment. Fortunately, I have this book now and am finding it still relevant to my life experience even though I'm not currently studying or living abroad. Alex's 5 Keys remind me to challenge myself to experience my world anew each day, stay curious and savor life more. This book also makes me want to live abroad again and plan some new adventures! I'm already taking French lessons.

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