

COPING STRATEGIES & RESOURCES FOR RETURNEES

1. Acknowledge the Re-entry Phase.

Give yourself, your friends and your family time to adjust. Recognize that you are not the only person who has ever gone through this. **Realize you don't have to be alone in this adjustment.**

2. Seek out other returnees.

They are your best resource; they understand what you are going through. The International Center and DU-IT can help put you in touch with each other.

3. Get to know Drake's internationals.

Because of your experience, you know what the international students are going through. Be a resource for them...you may be surprised at what a great network you can provide for each other. A great way to extend hospitality is to be a “greeter” at the airport- please review the enclosed Welcomer form.

4. Stay in touch with your host culture.

Correspond with friends in your host country. Write to them and invite them to visit you in the US. It is also helpful to subscribe to a foreign newspaper or magazine. This keeps you informed of current events and developments and makes you feel connected to your second home.

* **The International Center: X2084** (especially: Jen Hogan)
Study Abroad Advisor

* **Drake Returnees: X2084**

The International Center (see above) can provide contact information for other students who have international experiences.

* **Your Academic Advisor:**

Make an appointment to see your advisor to discuss your international experience and how it relates to your Drake degree and your career plans.

* **The Counseling Center X3864:**

For advice on reentry adjustment and changes you may have in various relationships.

* **Other Resources**

The Study Abroad Office has books, pamphlets and magazine articles on reentry issues, reverse culture shock, etc. Feel free to come in and browse. There are resources for those looking for ways to “get back,” such as *BUNAC*, teach abroad programs, etc.