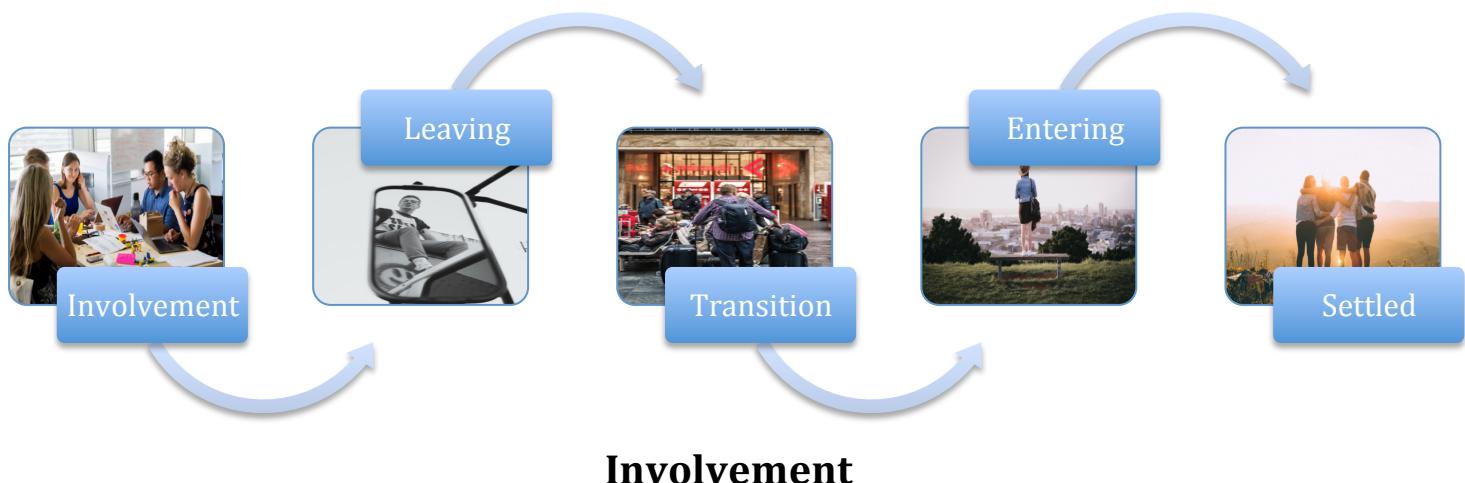


Preparing for College as a Globally Nomad: Student Workbook

There is no right way to complete this workbook. Some students may write full sentence reflections, others will create lists, and others more will brainstorm all over the page. The most important part is taking the time to think about and answer the questions. You may want to answer some questions personally and others may be best discussed with your family at dinner or during lunch with your best friend.

Before we get started, this is a transition model. You've been here before and later in the session we will highlight some of your experiences in the past.



Here are some of my highlights from high school:

My favorite thing about my current bedroom is....

** If this is something that can be brought to university, think about packing it! Especially if it reminds you of people or places that you consider close to your heart.

My favorite de-stress activity is when I'm ...

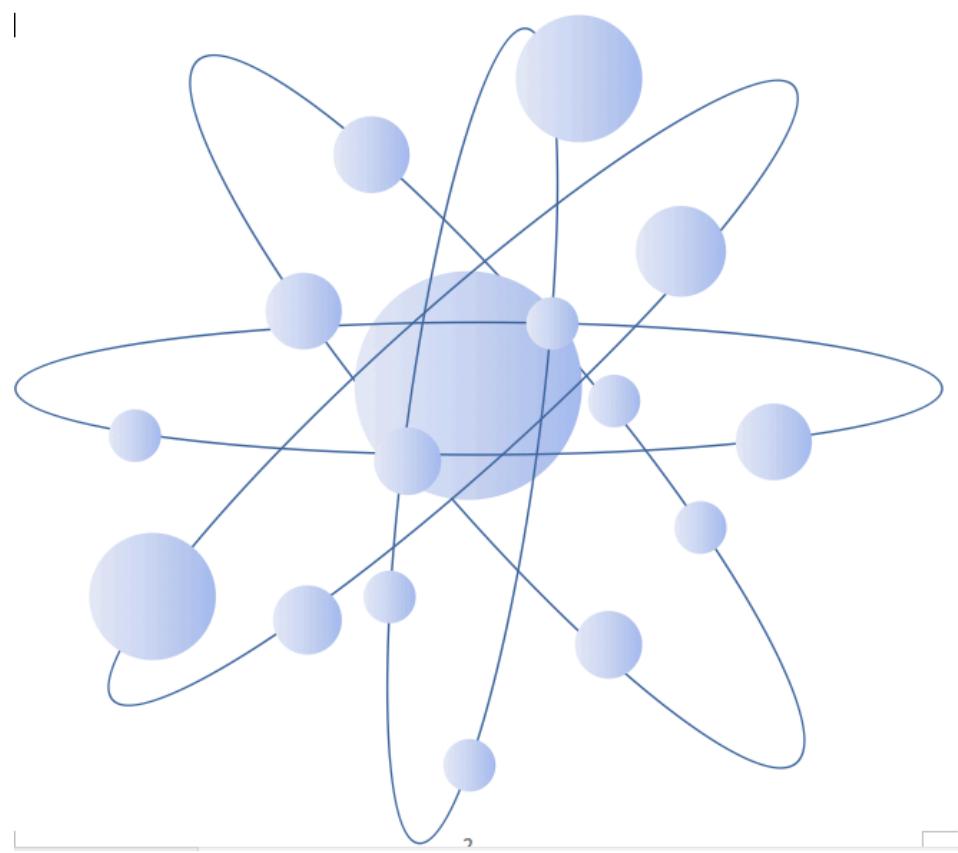
Things that bring me joy include...

Leaving

We often think about leaving as packing a suitcase but before we can truly leave, it is important to think about the places, people, tradition, foods, and activities that make up a part of who we are.

Add your name to the middle of the diagram. Now, write down places you've lived, places you enjoy going, traditions you enjoy celebrating, languages you speak, topics you enjoy learning about, and activities you enjoy doing in the spheres that orbit your name. Think of other things in your life that bring meaning to you and add them, too.

Remember – there is no right or wrong way to complete this orbit



Transition

I appreciated _____ about my last transition because _____.

I began to feel settled when I _____.

A challenge I encountered in my last move was _____
and I overcame it by _____.

Entering

What I'll be doing on campus:

I am looking forward to taking courses in _____
_____.

Bonus: Identify instructors you'd like to take these courses with

I plan to keep my heart healthy by _____.

Bonus: Identify the location, hours, and other important information for this activity:

I am looking forward to meeting friends, getting involved in my community, and learning more about my academic studies by getting involved in the following organizations:

Activity Name	Meets	Contact	Requirements to be involved:	Why this organization is important to me:

When things get difficult, I know that I can find support with _____.

I can contact this person via _____ and will need _____.

How I can connect with others:

When someone asks me “where are you from?” I will answer:



5 Second Answer



5 Minute Answer

If someone asks me to tell them about myself, a few responses I can say include:

When someone says “How are you” or “How’s everything” they might also mean _____.

When I tell someone where I’m from and it confuses them, I will treat their question with compassion and try to explain by saying _____

Cultivating Mentors

International Center

Email:

Office Location:

Notes:

-Attend International Orientation

Current Globally Mobile Students

Email:

Social Media:

Notes:

Mentors

Faculty and Staff I Interacted With During Admissions:

Email:

Office Location:

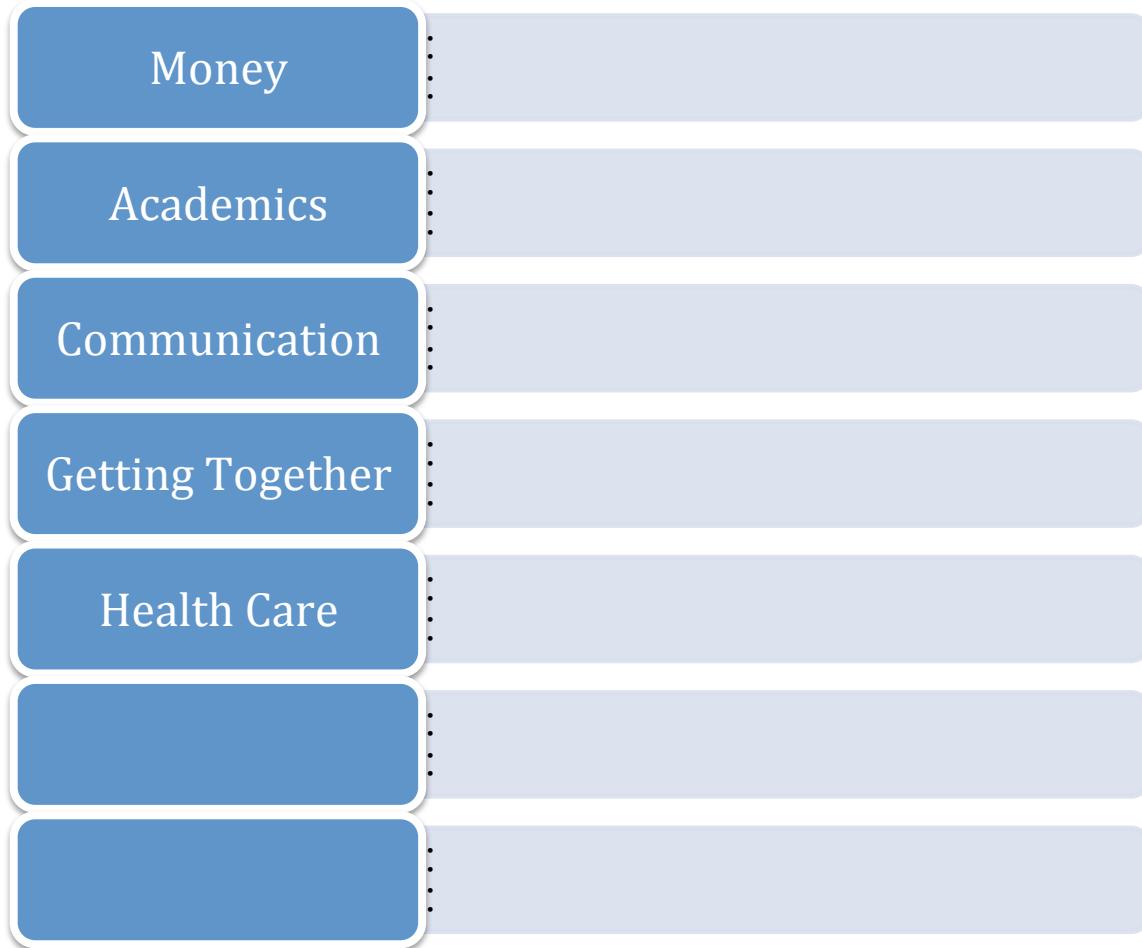
Notes:

Staying Connected

Friends & Mentors:

How we'll stay connected:

Negotiating realities with my parents



Re-Engagement

Feeling Settled

This is how I will know if I have settled in university:

Thank you for completing this workbook!

You may have noticed that many of the questions will require you to go to your university's website and search. This will allow you to learn more about navigating the website outside of the admissions page such as looking up courses, finding faculty contact information, and learning more about organizations you want to join. By connecting with your university early, you will help to create and nurture relationships and have a game plan for when life gets chaotic.

There are great resources for TCKs outside of your university, too. Get involved with a TCK online community, pick up a book on transitions (I recommend Tina Quick's *The Global Nomad's Guide to University Transitions*), read a check-list about preparing for university ([New College New Culture: Preparing for College as a Third Culture Kid](#) from the Foreign Service Journal) and reach out to high school alumni who have already navigated this transition and ask them about it.

If you ever have a question for me, please feel free to connect:

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