

## Planning Your Exchange Inbound Students



## SWOT Analysis

- Strengths
- Weaknesses
- Opportunities
- Threats

## Strengths

- What strengths, talents, assets, and resources are available to help you succeed on your exchange?
- How can you take advantage of these strengths, talents, assets, and resources during your exchange? How can you use them to connect with the people in your new home?

## Weaknesses

- What weaknesses do you have that could make success on your exchange more of a challenge?
- What can you do to make sure that these weaknesses do not stop you from experiencing a successful exchange?

## Opportunities

- What opportunities does your exchange give to you?
- What can you do to improve your chances of taking advantage of these opportunities?

## Threats

- What are the obstacles that might keep you from having a successful exchange?
- What can you do to make sure that these obstacles do not trip you up?

## Culture Shock



## What are the four stages of culture shock?

- Initial excitement or euphoria.
- Irritability and hostility
- Slow and gradual adaption
- Biculturalism

### What are signs of being in the irritability or hostility stage?

- Homesickness
- Boredom
- Withdrawing
- Excessive sleeping
- Compulsive eating
- Compulsive drinking
- Family tension and
- conflict
- Stereotyping of host
- Loss of ability to do school work
- Unexplainable crying
- Aches, pains, and getting sick

### What internal resources do you have to help you?

- Which signs signalling the arrival of the irritability and hostility stage are most likely in your case?
- What passions, strengths, talents, and resources do you possess that will help you deal with your irritability and hostility?
- What activities will help you overcome culture shock?
- What can you learn about American culture that will help you overcome your culture shock?
- How can you change your thinking to help you overcome your culture shock?
- How can you better connect with your new community?

### What external resources are available?

- How can my host family help?
- How can my host Rotarian counselor help?
- How can my classmates help?
- Who else may be able to help?

### Goals for Your Exchange

#### Phase 1: Living Within: Laying the foundation for your exchange.

- Function in English.
- Establish rapport with your host counselor and host family.
- Respect, understand, and observe local customs and laws and the Rotary D's.

## Goals for Your Exchange

Phase 2: Becoming an Ambassador by growing, sharing, developing, & branching out.

- Regular speaking roles.
- Extensive contact network.
- Deep understanding of American culture.
- High level of function in English.
- Engaging others first about America and then about my host country.

## Goals for Your Exchange

Phase 3: Leaving a Legacy by sharing the fruits of your exchange by giving back.

- Freely sharing your passion, gifts, and talents for a greater purpose.
- Initiating an endeavor or project that makes a difference in the community.

## Set Goals that help you thrive in these areas:

- Host family
- School
- Making friends
- Being involved with your host Rotary club
- Keeping in touch your home Rotary district
- Volunteering in the Community

## Set up Communications Plan [Frequency, When, & How]

- Family
- Friends back home
- Rotary YEO and Counselor
- American Friends

