

Best Practices in Rebound Orientation

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- Why need?
- When held?
- How long?
- Who leads?
- What need to conduct?
- Large vs. small group activities?

Pre-weekend

- Banner at last outbound training entitled:
“During my exchange I plan to . . .”
- Banner during rebound weekend entitled:
“During my exchange I . . .”

Banner results

- Ate ant eggs
- Pet a camel
- Age coagulated chicken's blood
- Got hit by a dead fish on a pole for good luck
- Drank bird saliva
- Pulled hair off a dragon
- Climbed Mount Fuji
- Grew up

Banner results

- Rode a yak in the Himalayas
- Learned Chinese, Taiwanese, Japanese and Portuguese
- Met Santa at the North Pole
- Accidentally yelled inside a temple—oops
- Gave dinner to orphanages with my host family
- Visited a holocaust camp

Banner results

- Got lost in the most populated city in the world
- Went to 9 countries
- Went to a 900 year old school
- Fell in love
- Learned how to ski above the Arctic Circle
- Found myself
- Made the best friends I've ever had

Banner results

- Lived in the moment
- Enjoyed every moment as much as possible because it ends way too soon
- Lived to be my own person and be more open-minded and curious to the world around me
- Had an open mind and accepted and appreciated others culture

Pre-Friday

- Prior to weekend all Rebounds alerted to importance of experience as essential part of exchange
- Rebounds asked to send in top 10 photos from exchange for slide show before general sessions
- 2-3 Rotex selected for each small group (8-10) with 50% having served before. Provided curriculum guide to prepare for weekend

Pre-Friday

- Folders prepared with insert materials for all Rotex and Rebounds
- Materials needed include pens, hula hoops, swimming noodles, masking tape, colored pencils and magic markers, blank paper, lined paper, Kleenex and name tags

Friday

- Rotex training and assignment to small groups
- --Review curriculum and answer questions
- --Discuss strategies for addressing challenging Rotarians, Rotex or Rebounds
- --Flexible rigidity in regard to schedule
- --Rotex critical in success of small groups
- --Clarify my role as consultant
- Have rebounds complete post-resiliency test

Opening

- Overview
- Goal
- Objectives
- Hoops Around a Circle exercise
- Introduce country coordinators
- Youth self introductions—providing name, country and city they lived in and one memorable experience. Say something in that language and explain its meaning
- Rotex introductions—same as rebounds but explain why they decided to be a Rotex
- Placed into small groups randomly with max of 12

Small group meeting

- Post ground rules
- 1. Only 2 Rotarians present
- 2. Must sit in circle and participate
- 3. Don't monopolize
- 4. What said in group stays in group
- Discussion guide—review and emphasize encouraged, compassionate participation and sharing
- Distribute folders and embellish cover in way meaningful for them. Folders are to stay in the group room until end of the weekend.
- Discuss 10 contents of folder

Small group meeting

- Have each member introduce themselves:
- 1. Name
- 2. Where they went
- 3. Highlights
- 4. Best and worst experiences
- 5. What you learned about yourself
- 6. What you learned about others

Small group meeting

- Human shield exercise—draw or write something in each quadrant addressing following:
 - 1. Something proud of
 - 2. Something about USA that bugs you
 - 3. Something about self since came home
 - 4. Something want to accomplish this weekend

Human Shield

- Tape shield to chest and mill about room discussing shields
- After 5 minutes have them pair up and get to know partner for 10 minutes
- Have them introduce each other to group
- Have group ask questions of them
- Continue until everyone is introduced
- Debrief with entire group

Small group meeting

- Have each complete “Reflections On Rebounding” exercise then share with group and debrief
- Biggest surprise since coming home, + & - things, hardest aspect, relationship with family and friends, other issues since return

Saturday morning large group

- Yurt circle exercise and debriefing covering the following:
 - 1. What was the task?
 - 2. How successful were you?
 - 3. What worked well?
 - 4. What didn't work well?
 - 5. Was your exchange a balancing act like this?
 - 6. Were there times you had to coordinate your efforts to keep from falling?
- Reverse Culture Shock game show by small group--demonstrate
- Meet as small groups and Rotex discuss their experience and facilitate discussion on RCS—focus on challenges, successes and failures, what most helpful, relationships

Saturday morning small group

- Complete rebound survey anonymously and turn in
- Tangle knot exercise– demonstrate and reflex as follows:
 - 1. Were there times in exchange you felt in a knot?
 - 2. How resolve?
 - 3. Who most helpful and what did you learn?

Saturday morning group

- Complete “How Have I Changed From My Experience?” exercise
- 1. Identify ways different due to exchange
- 2. Identify 3-4 changes that were most significant
- 3. Write sentences elaborating on how change came about, how it affected your life today and how it may affect your future

Saturday morning group

- Complete “Goals for my rebound year” and discuss with group including:
 - 1. What you want to accomplish
 - 2. Expected major impediments
 - 3. Resources available to overcome these
 - 4. How you’ll know you’ve been successful
- Meet with country coordinators to improve exchange for next year’s outbounds

Saturday afternoon

- Large group “Where do I go from here?” presentation and discussion
- Small group—trust circle exercise and reflection on the following:
 - 1. What was it like to be falling?
 - 2. What was it like to keep someone else from falling?
 - 3. During exchange were you falling and who helped?

Saturday evening

- Work individually on essay and/or letter to the editor
- Rotex arrange room and selves to best facilitate process
- Use items checked on “How I have changed” as an outline and elaborate with specific experiences from the exchange
- Try out essay in pairs and give and receive feedback and then with entire group

Saturday evening

- Be prepared to give presentation to entire group on Sunday
- Assist others in group in completing theirs

Sunday

- Review resiliency test findings
- Presentations before entire group recorded
- Empathic listening and constructive feedback
- Complete Rebound Weekend Evaluation
- Present Rotex T shirts for group photo
- Closing remarks

Rebound Survey Summary

- Support from club
 - Received monthly allowance on time
 - Expectations of club realistic and attainable
 - Felt welcomed by host club
 - Had regular contact with Rotarians
 - Sufficient support by District and YEO
 - Had regular contact with counselor
 - Included in club activities

- Support from host family
 - Felt accepted
 - Expectations were realistic
 - Had good relations with host siblings
 - Felt overburdened by home duties

- Support at school
 - Felt welcomed in school by teachers
 - Participated in extra school activities
 - Did my best to get good grades
 - Was easy to make friends in school
 - Accumulated unexcused absences

- Support from home
 - Had minimal contact
 - Spent little time on Facebook and such
 - Greatly missed family and friends
 - Had a romantic involvement with someone back home

Factors enabling a successful placement

- Mastering the language
- Good relationship with host parents
- Successful at making new friends
- Positive contact with other RYE students
- Had realistic expectations about what the exchange would be like

Dealing with problems

- 24% considered an early return
- For 50% was within first 2 months
- Most due to host family, next club and people back home
- Counselor and other inbounds most helpful
- Most helpful intervention would have been getting a new host family
- 90% would do exchange again if possible

Biggest self changes

- Deeper understanding of problems that all humans face
- More confident, assertive and positive when meeting new people and situations
- Greater capacity to accept difference in others
- More flexible and able to adjust
- Understand own strengths and weaknesses

How better prepare outbounds?

- Teach them to have realistic expectations
- More interaction with other inbounds
- Teach creative problem solving and resilience
- Reach out to those who can help
- Nothing, fine as it is
- “Make sure they’ re really dedicated before they go.”

- “Make sure they’ re not in relationships” .
- “They have to rely on themselves, no more coddling from families” .
- “No way to prepare for this experience” .
- “More emphasis on language” .
- “Get involved as soon as they can” .
- “A bad day on exchange is always better than a bad day in your home country; you can grow from it” .

Rebound Weekend Evaluation

- 1. What did you think and feel about the weekend?
- 2. Should this be available for all future rebounds?
- 3. What did you like best?
- 4. What did you like least?
- 5. What can we do to make it better?
- 6. What did you do to leave your country a better place?

Rebound Weekend Evaluation: How did you feel about the weekend?

- This weekend helped to sort out feelings of coming home and how to deal with them correctly.
- It was nice and not a waste of time.
- It was fun! Glad I came.
- A good place to start to accept my reverse culture shock.
- Fun and emotional. Proper mix of the 2.

- Rewarding and helpful.
- As nervous as I was to come, I'm so happy I did because it's finally nice to have people to relate to. I don't want to go home!
- This weekend helped me open up about things I know others wouldn't understand. I love the opportunity to get to talk to other alumni.

- Great stuff.
- Great idea and amazing activities.
- I think it was amazing. I became closer to the other rebounds and realized how I'm not alone. It made me miss my host country and it was hard to admit my feelings but I needed it.
- I feel that I now have closure with my exchange and I now fully understand that I have to embrace my home culture to be completely bicultural.

Available to future rebounds?

- All said yes emphatically
- Very crucial for the adjustment of coming back from a year abroad
- It'll help bring closure to their exchange
- Make it available to those who didn't make it through because they need guidance and help too and shouldn't be ostracized

What liked best?

- Small groups
- The people
- Reconnect and talk
- Sharing our essays
- Incredible experience
- Listening to the speeches
- Everyone let out their feelings because we didn't have to hide how we truly felt

What liked least?

- Repetitive
- Guilted into speaking
- Too much reflecting
- Long amount of sitting
- Lake Yale food
- Weekend too short
- Jeopardy game
- Writing the essay

What liked least?

- Being in the United States
- To be honest nothing really
- Structured work
- Full group sessions
- Psychology test

How make better?

- Last 2 weeks
- More free time
- More small group chats
- Changing up the small groups daily
- Make assignments more fun
- Make this meeting mandatory
- Was everything any student could ask for
- Better food

How did you leave your country better?

- Showed them Americans are not all like on TV
- Planting 200 trees
- Teaching children English
- Tutoring students
- Proved American stereotypes are not correct
- Have a new life and family
- Left my old sense of myself and have new self
- Left best apple pie recipe Sweden ever had

- I touched the hearts and lives of everyone I met.
- Taught my host sister better English.
- Community service as well as diplomatic meetings.
- I shared my culture and talents.
- Made meaningful relationships.
- Inspired a few kids to do an exchange.

Questions and comments?