



### Anticipation and Expectation Exercise

**A.** What are the five things that you are *most looking forward to* about studying abroad?

1. Leaving the country
2. Learning with other people
3. Visiting a new culture
4. Enjoying new food
5. Having all my creature comforts taken away

**B.** What are the five things that currently *worry you most* about going overseas?

1. I have no worries as I lived in a foreign country for 15 years

**C.** What are the five things (people, places, activities, etc.) you believe you will *miss most* from home when abroad?

1. My telephone
2. My radio
3. My t.v.
4. My a.c.
5. My bed

**D.** What are the five things (people, places, activities, etc.) you believe you will *miss least* from home when abroad?

1. Annoying dog barking
2. Annoying neighbors
3. Bad food

E. My *greatest single challenge* overseas will be:

Completing all the tasks expected of me.

F. Choose the quote that represents how you are feeling right now about studying abroad. Do you have a personal story to which this quote applies? What did people in your life have to say about your choice to participate in a study abroad program?

*The ultimate measure of a person is not where they stand in moments of comfort and convenience but where they stand at times of challenge and controversy.*” - Martin Luther King, Jr.

I choose this quote because at the moment we have absolutely no comforts whatsoever and it most likely will remain so. Many people were excited for me, getting to visit another country and study there, probably more so than I was.