

# Table of Contents

<b>Welcome to Study Abroad!</b> .....	<b>1</b>
Personal Goals for Study Abroad .....	2
General Departure Tips .....	4
Terms Used in this Guide .....	8
Discovering Your Styles: Strategies to Language and Culture Learning.....	9
Learning Style Survey.....	10
Language Strategy Use Inventory.....	21
Culture-Learning Strategies Inventory .....	29

## **Section I: Culture-Learning Strategies**

<b>Introduction</b> .....	<b>39</b>
The Dimensions of Culture Learning.....	40

### ***Pre-Departure Unit***

<b>Part I: What IS Culture, Anyway?</b> .....	<b>43</b>
You as a Culturally Diverse Person.....	43
<b>ACTIVITY:</b> Discovering Your Cultural Diversity .....	44
Becoming Familiar with Culture: The Iceberg Analogy .....	46
<b>ACTIVITY:</b> Joshua and the Iceberg.....	47
<b>ACTIVITY:</b> Identifying Aspects of Culture .....	50
Differentiating Cultural from Personal and Universal.....	52
<b>ACTIVITY:</b> Cultural, Personal, or Universal? .....	53
Some Strategies for Culture-Specific Learning .....	54
<b>ACTIVITY:</b> Basic Things You Should Know before You Go.....	56
Working with Stereotypes and Testing Hypotheses.....	57
<b>ACTIVITY:</b> Changing Stereotypes into Generalizations and Hypotheses .....	58
Using Generalizations to Respond to Stereotypes about You .....	60

<b>Part II: Understanding the Ways Cultures Can Differ in Values.....</b>	<b>63</b>
Core Cultural Values: The Key to Understanding Culture .....	63
<b>ACTIVITY:</b> Culture Mapping .....	67
<b>ACTIVITY:</b> Core U.S. American Cultural Values: What the Experts Say .....	68
Conclusion to the Pre-Departure Section .....	75

### ***In-Country Unit***

<b>Part I: Strategies for Social Relations.....</b>	<b>77</b>
Overcoming Obstacles for Making Connections .....	77
Making Friends .....	78
Dating .....	80
<b>ACTIVITY:</b> Dating Scenarios .....	81
Sexual Harassment .....	82
Love and Marriage.....	83
Being a Visitor .....	84
Making the Most of Homestays and Host Families.....	85
<b>ACTIVITY:</b> Homestay Expectations .....	86

<b>Part II: Adjusting.....</b>	<b>91</b>
Understanding Cross-Cultural Adjustment .....	91
Understanding Culture Shock and the Stages of Adjustment .....	92
<b>ACTIVITY: Statements of Adjustment.....</b>	<b>95</b>
<b>ACTIVITY: Personal Highs and Lows of Study Abroad .....</b>	<b>97</b>
<b>ACTIVITY: My Personal Coping Strategies.....</b>	<b>99</b>
Going Beyond Surface Adjustment .....	99
<b>ACTIVITY: Coping Scenarios .....</b>	<b>100</b>
Phases of Cultural Awareness.....	103
<b>ACTIVITY: Differentiating the Phases of Cultural Awareness .....</b>	<b>105</b>
<b>Part III: Strategies for Developing Intercultural Competence .....</b>	<b>107</b>
A Model of Intercultural Sensitivity .....	107
<b>Part IV: Strategies for Making Cultural Inferences .....</b>	<b>113</b>
The Role of Inferences .....	113
The Description-Interpretation-Evaluation (D-I-E) Model of Debriefing .....	115
<b>ACTIVITY: Revisiting the Iceberg .....</b>	<b>117</b>
<b>Part V: Strategies for Keeping a Journal.....</b>	<b>119</b>
The Traditional Way to Keep a Journal .....	119
An Alternative Way to Keep a Journal.....	120
<b>Part VI: Strategies for Intercultural Communication.....</b>	<b>125</b>
Low-Context and High-Context Communication .....	126
<b>ACTIVITY: Identifying Low- and High-Context Communication .....</b>	<b>128</b>
Specific Communication Styles.....	130
<b>ACTIVITY: Contrasting Your Communication Styles .....</b>	<b>130</b>
<b>Part VII: Nonverbal Communication .....</b>	<b>133</b>
Communicating Nonverbally.....	133
<b>ACTIVITY: Observing Gestures and Understanding Their Meanings.....</b>	<b>135</b>
Three Important Forms of Nonverbal Communication.....	136
<b>ACTIVITY: Eye Contact Survey .....</b>	<b>137</b>
<b>ACTIVITY: Personal Distance Survey .....</b>	<b>138</b>
<b>ACTIVITY: Touching Behavior Survey .....</b>	<b>139</b>
<b>ACTIVITY: Nonverbals Used in Host Country Greetings .....</b>	<b>140</b>
Pauses and Silence in Communication .....	141
<b>ACTIVITY: Journaling – Making Sense out of Nonverbal Communication .....</b>	<b>141</b>
<b>Part VIII: Preparing to Return Home .....</b>	<b>143</b>
<b>ACTIVITY: Leaving the Country .....</b>	<b>143</b>
<b>ACTIVITY: A Thoughtful Return .....</b>	<b>145</b>
<b><i>Post-Study Abroad Unit</i></b>	
<b>Continue the Learning .....</b>	<b>147</b>
Dealing with the Emotional Challenges of Study Abroad .....	148
<b>ACTIVITY: Reacting to the Changes .....</b>	<b>148</b>

Examining What You Have Learned While Abroad.....	151
<b>ACTIVITY: Seeing the U.S. and the World in a New Light .....</b>	152
Appreciating Different Styles of Successful Re-entry .....	157
Study Abroad Leads to Lifelong Learning .....	159
Strategies for Long-Term Maintenance of Language and Culture Learning.....	160
<b>Recommended Reading on Culture-Learning Strategies.....</b>	163
<b>Section II: Language-Learning Strategies</b>	
<b>Introduction .....</b>	167
<b>ACTIVITY: Do You Speak English?.....</b>	167
Motivation to Learn a Language.....	169
<b>ACTIVITY: Taking My Motivational Temperature on a Language Task .....</b>	170
<b>Listening .....</b>	173
Pre-Departure Listening Activities .....	173
Strategies to Become a Better Listener .....	174
<b>ACTIVITY: Increasing Your Exposure to Language in the Host Country .....</b>	180
Making the Most of Your Language Classroom .....	182
Avoid Faking that You Understand the Conversation.....	182
Understanding Different Types of Speech.....	183
Language Shock and Language Fatigue.....	185
Post-Study Abroad Listening Activities .....	186
<b>Learning Vocabulary .....</b>	187
Pre-Departure Vocabulary-Learning Activities.....	187
<b>ACTIVITY: How Do You Learn Vocabulary? Part I, Learning Aymara .....</b>	188
Learning Vocabulary by Association .....	191
Association Techniques.....	191
<b>ACTIVITY: How Do You Learn Vocabulary? Part II, Using Association Techniques</b> .....	193
Other Means of Learning Vocabulary .....	195
Additional Ideas for Vocabulary Learning .....	199
What Native Speakers Know about the Vocabulary in Their Language .....	200
Post-Study Abroad Vocabulary Activities .....	201
<b>Speaking To Communicate.....</b>	203
Pre-Departure Speaking Activities.....	203
Advice to Help Improve Your Speaking Skills .....	204
Learning from Your Mistakes .....	210
Creating Opportunities for Speaking the Language In-Country .....	211
Beyond Knowing the Vocabulary .....	215
<b>ACTIVITY: Gathering Culturally Appropriate Language .....</b>	217
<b>ACTIVITY: An Exercise in ‘Getting What You Want’ .....</b>	218
Post-Study Abroad Speaking Activities .....	224
<b>Reading for Comprehension .....</b>	225
Pre-Departure Reading Activities .....	225
Get the Most from Your Reading.....	226

<i>ACTIVITY: Filling in the Gaps</i> .....	229
Reading During Your Time Abroad.....	232
Returning Home.....	235
 <b>Writing</b> .....	 <b>237</b>
Pre-Departure Writing Activities.....	237
Advice from Second Language Writers.....	237
Feedback on Written Work.....	238
A Special Means of Getting Feedback: Using the Reformulation Technique ..	239
Writing a Term Paper in the Target Language.....	244
Other Kinds of Writing in the Target Language.....	244
Post-Study Abroad Writing Activities.....	245
 <b>Translation Strategies</b> .....	 <b>247</b>
Choosing between Mental and Written Translation.....	247
Translating when Languages are Either Very Close or Very Far Apart.....	247
Translating Idioms, Sayings, and Expressions .....	248
Translating While Speaking.....	249
Translating While Writing.....	250
<i>ACTIVITY: Different Approaches to Translating While Writing</i> .....	250
Translating While Reading.....	251
Translating While Listening.....	251
 Conclusion of the Language Strategies Section .....	252
 Recommended Reading on Language-Learning Styles and Strategies.....	253
 References .....	255
 Index .....	259