

So what is reverse culture shock? First, let's examine the process of returning home. There are usually two elements that characterise a study abroad student's return home:

- An idealised view of home
- The expectation of total familiarity (that nothing at home has changed while you have been away)

Often students expect to be able to pick up exactly where they left off. A problem arises when reality doesn't meet these expectations. Home may fall short of what you had envisioned, and things may have changed. For example, your friends and family have their own lives and several events may have occurred since you've been away. This is part of why home may now feel so 'foreign'.

Feelings you may experience

The inconsistency between expectations and reality, plus a possible lack of interest on the part of family and friends (nobody seems to really care about all of your "when I was abroad..." stories) may result in frustration, feelings of alienation and mutual misunderstandings between study abroad students and their friends and fa

Relevant questions

- Would you like to return abroad, and what is the best way for you to be able to return?
- What do you want to do abroad– study, research, work, volunteer, intern, travel?
- Who do you have to contact to begin the process of going abroad again?
- What careers are you considering that might be related to your study abroad experience?
- Does your university's Careers Advice Service offer any special services for students considering employment abroad?
- What accomplishments from your time abroad could you include in your CV?
- When coming home, is there anything you don't need anymore that you may be able to donate?

