To be globally aware means to be uncomfortable as you try to bring together more than one culture. When you return from abroad, you may notice your views of campus life, friends, parents and studies have changed. Some students experience difficulties readjusting to life back home.

Reasons for this reverse culture shock include:

- **Personal Growth and Change.** You’ve changed as a result of your time abroad. One of the biggest challenges many returnees report is adjusting their new self to their old home. Your worldview may have changed. You may have had more academic or personal freedom while abroad. You probably matured and became more self-confident.

- **New Knowledge and Skills.** Just as your attitudes changed while you were abroad, you probably developed new knowledge, skills and behavior patterns. For example, you probably developed competencies that helped you survive in your everyday life overseas, such as learning to find your way around a new city, acting in a culturally appropriate manner, conversing about new subjects and improving foreign-language skills. It is not uncommon to feel frustrated if you are not using these skills once you return home.

- **Relationships with Family and Friends.** Does it seem as though your friends and family are not really interested in your stories about your experiences? Are you finding that it is hard to fall back into the old patterns of your relationships with your parents or friends? This is not uncommon. You’ve changed and they’ve changed while you were gone. Many returnees describe difficulties with adjusting to their old relationships after their time abroad.

The best way to cope with reverse culture shock is to be patient with yourself. It’s going to take time to readjust to your old life and loved ones. Recognize what you are going through is normal. Expect a period of stress, and know that re-entry is a natural part of the readjustment process.

Use these strategies to help you readjust to the United States:

- **Talk with people who understand your situation.** Watch the CGE events calendar for activities to help you meet and talk with other study abroad returnees or stop in and talk to CGE staff. Keep in touch with people from your host country and from your program.

- **Tell others about your international experience.** Volunteer with CGE and talk with other students about your experiences. Visit a classroom or student organization or help other students prepare at pre-departure orientation.

- **Write about your experiences.** The CGE is constantly seeking articles for its news pieces. Contact Colin Large in the CGE if you are interested in contributing. You can also submit photos from your time abroad to the CGE’s annual Study Abroad: It’s a Trip! Photo Contest.

- **Remain globally engaged.** Seek situations in which international experiences and perspectives are appreciated. Volunteer with the CGE. Get involved with TU Global Campus Connections. Continue studying your language. Consider going abroad again, perhaps with another study-abroad program or to work.