



Program Exploration Worksheet

STUDY ABROAD AND AWAY

Thinking about studying abroad or away?

Instructions: There are many different program options and it can sometimes be a little overwhelming to know where to begin. Use this worksheet to guide you through the process of identifying your goals and thinking through your program preferences to help you with your program search and planning.

STEP 1: IDENTIFY YOUR GOALS

What do you want to get out of your study abroad or away experience? What are you hoping to achieve or accomplish? What is motivating you to study abroad or away? Jot down any personal, academic or professional goals you have.

Personal goals (ex: I want to learn about my family's heritage.):

- 1.
- 2.
- 3.

Academic goals (ex: I want to learn about my field of study from another perspective.):

- 1.
- 2.
- 3.

Professional goals (ex: I want to learn new skills that will help me get an internship.)

- 1.
- 2.
- 3.

STEP 2: DETERMINE YOUR PROGRAM PREFERENCES

Once you have identified some goals, consider the different factors involved with choosing a program. The questions below are just some examples of how to think about these factors. Rank the preferences you identified in order of importance to you from 1-7 (1 being most important to you).

Type of experience/learning environment: Do you want to travel with a group of SJSU students or are you looking for a more independent experience? Do you want to study at a partner university or take a class with an SJSU professor? Do you want to participate in culturally-focused activities and volunteer alongside other SJSU students?

Academics: What subjects do you want to study? Are there any specific courses or requirements you are looking to fulfill during your program?

Location and geographic interests: Are there particular locations you are interested in? Do you want to be in a big city or small town? Do you have any preference regarding the climate or terrain for your host community (ex: mountainous, warmer weather, etc.)?

Timing/length: What time of year do you want to go (ex: fall, summer)? How long do you want to be away (ex: 2-3 weeks, semester)?

Housing: What type of housing arrangements would you prefer? Do you want to live in an apartment with local students or other study abroad students? Do you prefer living on or off campus? Would you prefer a homestay experience?

Language: Do you want to study in another language or take courses in English?

Finances: Are you looking for a program that does not cost much more than being on campus? Would you like to use your financial aid for study abroad?

STEP 3: WRITE YOUR GOAL STATEMENT

Using the goals and program preferences that you identified, try to write 1-2 sentences that summarizes what you are looking for in a study abroad or away experience. (ex: "I want to take a class with an SJSU professor and get credit for my major in Nutritional Science. I am interested in Asia."; "I want to study for a semester, take classes in Spanish with local students and live with other study abroad students.")

GOAL STATEMENT

