



STUDY ABROAD

SKILLS SHEET

Incorporating your study abroad experience into your resume

TRAITS AND SKILLS

Enjoyment of change

Desire for Challenge

Street Smarts

Sense of Adventure

Open mind

Patience

Curiosity

ADAPTATION AND COPING SKILLS

Emotional stability/ ability to deal with stress

Understanding of culture shock

Receptivity

Flexibility

Humor

Self Knowledge

INTERCULTURAL COMMUNICATION SKILLS

Tolerance

Sensitivity

Listening and observing skills

Non- verbal communication skills
Second Language speaking skills

EFFECTIVENESS SKILLS

Independence/ self discipline

Training experience

Resourcefulness

Versatility in work

Persistence

Organizational/people skills

Leadership

Energy

Calm demeanor

Project planning

Writing skills

Verbal communication skills

Diligence/ dedication

Loyalty

Diplomacy/ tact

TECHNIQUES FOR SELLING YOUR SKILLS:

Use short stories to explain your international experiences

Explain successes and why- what you learned

Group international experiences together on your resume