

Tell Your Story

September 23, 2017
Gilman Alumni Workshop 2017
Arizona State University

Your Global Experience



Enriched your academic experience



You developed intercultural competence + leadership skills



You increased your social & professional network

How to Capitalize on the Experience



Make the connections



Understand the transformation process



Effectively present it to the right audience

Table Introductions

To the person to your right:

1. Your name/institution/major
2. Where you studied abroad through the Gilman scholarship?
3. One example of how you have already capitalized on your international experience from a personal or professional standpoint?
4. One take-away you desire from this session (these will randomly be shared)

Brief Introduction: Adam Henry

Kenya, 1996
South Africa, 1996, 1997
Guatemala, 1998
China, 2006-2009

How I told my story...in 1999, 2001,
2009, 2010, 2014, & 2015



The Most Common Responses:

“

- *Amazing*
- *Incredible*
- *Inspiring*
- *Life-changing*
- *Awesome*
- *Transformative*

Mezirow's Transformative Learning Theory (1991)



The Phases:

- Disorienting dilemma
- Self-examination
- Critical assessment of assumptions
- Exploration of options
- Planning a course of action
- Acquisition of KSAs for implementing a plan
- Trying on new roles – provisionally
- Building competence and self-confidence
- Reintegrating the new perspective into life



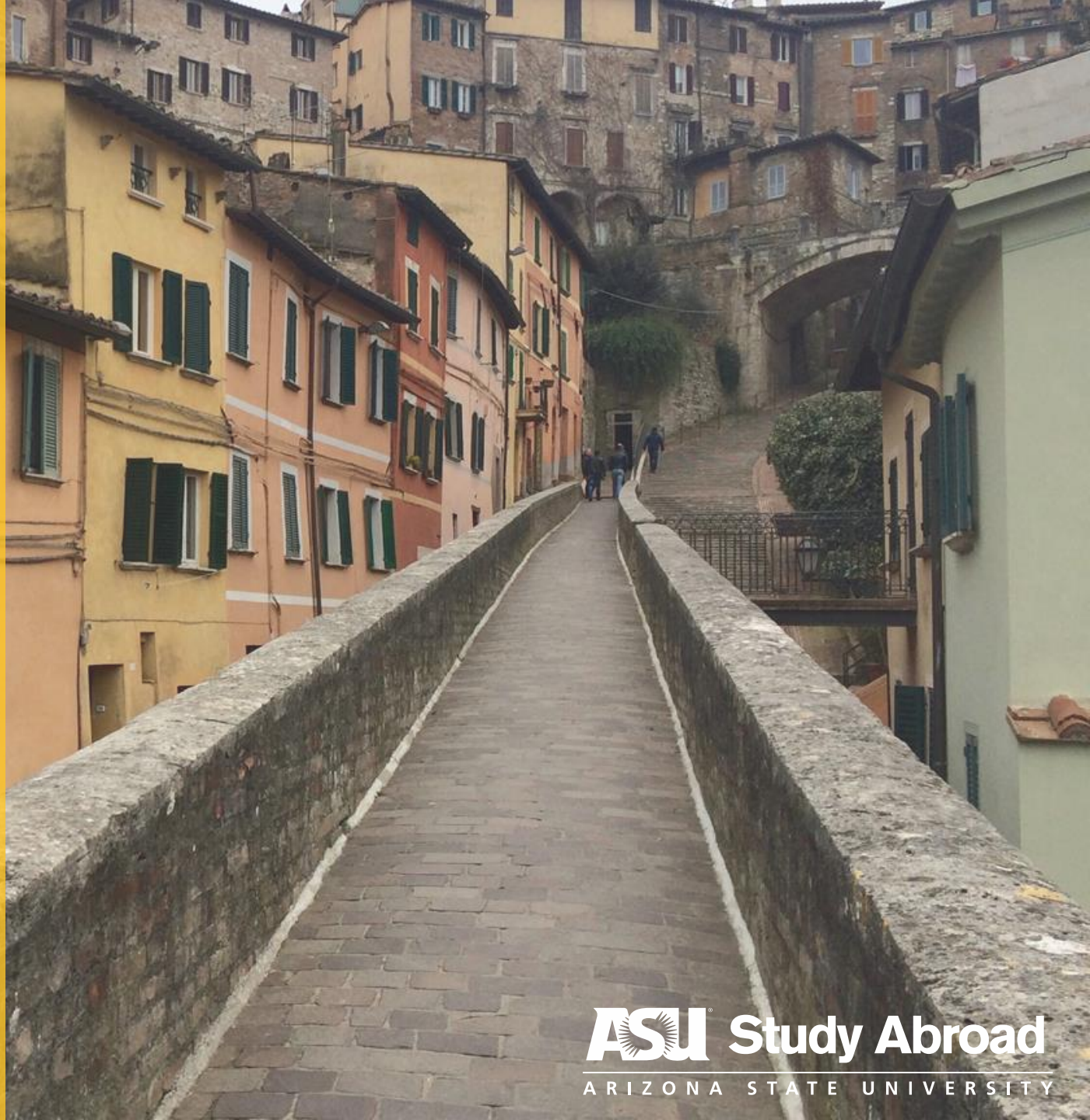
Where to Share Your Story?

- To close friends & family
- Cover letter & resume
- Interviews – phone & in-person
- Elevator pitch
- LinkedIn profile
- Your desk
- Your social media channels



Questions to Ask

- ▶ Why did you choose to study abroad?
- ▶ Why were you selected for the Gilman Scholarship?
- ▶ Tell me about a time when you had to adapt to a new situation.
- ▶ Tell me about a time you had to think on your feet.
- ▶ Tell me about a time when you took initiative and took the lead.





Activity

- Seeing the U.S. and the world in a new light
- Understanding yourself differently (identities)
- Possible outcomes of your international experience (KSAs)



Seeing the U.S. and the world in a new light

I now recognize how individualistic we are and I want to learn more about the collectivist culture I was exposed to in Guatemala.

I better identify with international students on my campus and I see more how my American classmates are a bit timid to speak with them. I want to bridge the gap!



Understanding yourself differently (identities)

Feel more confident

Have a higher tolerance of ambiguity in situations. Now I can be in situations in which I don't understand all that is going on and still feel comfortable in trying to communicate.

Am able to suspend judgement about people and their actions.



Possible outcomes of your international experience (KSAs)

Understand cultural differences and similarities

Communicate despite barriers

Utilize time management skills

Take initiative and risks

Handle stress

Group Activity: Telling Your Story

30 Seconds = An intriguing introduction to your study abroad story.

3 minutes = A thoughtful and entertaining overview of your study abroad experience, with a glimpse into something deeper.

15 minutes = Your compelling study abroad narrative that weaves several threads into one cohesive story with depth, texture, meaning and purpose.

Cover Letters

1. Keep it relevant
2. Outcomes or skills based
3. Focus on the job description
4. Relate back to the company/organization
5. Do not highlight your global experience for the entire cover letter

Resumes

1. Incorporate international when appropriate
2. Outcomes or skills based
3. Focus on the job description



Resume: Accomplishments

1. Start with an action verb: “Adapted to living in a foreign environment.”
2. Add qualifiers: “Adapted to overseas living in Beijing, China.”
3. Add quantifiers: “Adapted to overseas living in Beijing, China, during a 4-month academically-focused study abroad program.”
4. Speak to outcomes: “Adapted to overseas living in Beijing, China, during a 4-month academically-focused study abroad program, while successfully completing a Mandarin-speaking internship and 12-credits of university coursework.”

Resume Example (ASU Student)

PROFILE: Possess the ability to jump into new environments and thrive competitively. Exceptionally well-organized and highly motivated; versatility in ability to lead others or be a part of a high functioning team.

EDUCATION

Bachelor of Arts in Global Studies

Arabic Studies Minor

Arizona State University, Tempe, AZ

December 2014

4.00 Cumulative GPA

GLOBAL EXPERIENCE

Fluent in English and Somali both orally and written

Traveled to: Somalia, United Arab Emirates, Kuwait, Ethiopia, Canada, England, and Australia

Study Abroad

Research Assistant/Intern

June 2013

American University of Kuwait, Kuwait City, Kuwait

Assisted Director of International Relations with research on Conflict Resolution in the Middle East

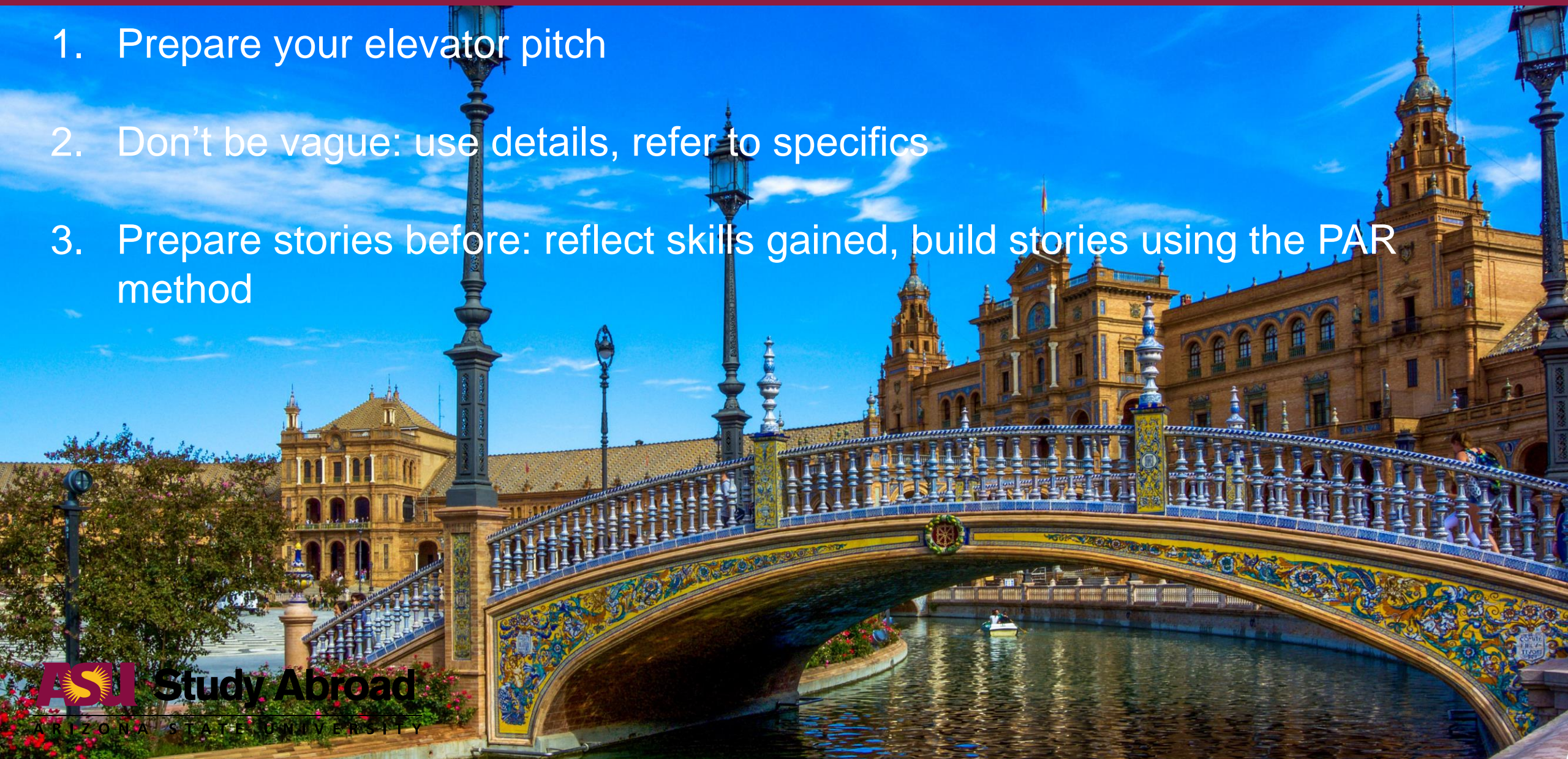
Built a bibliography to be used in a published book

Resume: Verbs to Use

1. Adapted
2. Learned
3. Cooperated
4. Immersed
5. Led/Facilitated
6. Developed
7. Overcame
8. Translated
9. Enhanced or Expanded
10. Navigated

Interviewing

1. Prepare your elevator pitch
2. Don't be vague: use details, refer to specifics
3. Prepare stories before: reflect skills gained, build stories using the PAR method



Interviewing: Utilize P+A+R

1. **Problem:** describe the task or situation, what was your role?
2. **Action:** what steps did you take?
3. **Results:** share the outcome, share what you learned, share how you grew

Tell a story: the PAR method allows for stories with details and specifics



LinkedIn

1. Add to your summary
2. Education section
3. Experience section
4. Include projects
5. Follow institution
6. Connect with alumni and classmates

“Globally focused leader with 18 years of proven leadership experience in management, higher education, fundraising, non-profit administration, international education program development, intercultural relations, recruiting professional personnel, and operating efficiently and effectively within budget constraints.”



**What will you do in the
next 24-48 hours?**