

JENNIFER KALLIO | NEW ZEALAND, 2014

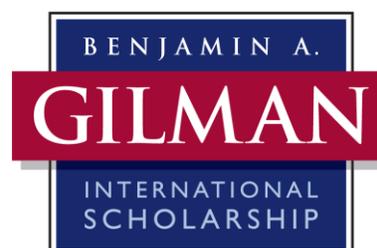
- Studied Anthropology and History at American University in Washington DC
- Gained experience with archaeological methods
- Increased knowledge of Maori language
- Blogged about experiences with depression while abroad upon return to the U.S.

**Gilman Alumni Ambassador**

During her time in New Zealand, Jennifer participated in an archaeological field school off the coast of New Zealand. The field school provided her with her first experience in archaeology, and following the field school she engaged in a semester long research project on obsidian tool usage in pre-contact Maori settlements. She is currently using what she learned in field school and her research to identify human remains and stone tools in pre-contact Native American burial sites. While abroad, she also took a Maori language class, which served to reinforce her passion for language learning. She is currently pursuing her love of languages through independent study of Japanese and Dakota.

Jennifer's time in New Zealand not only provided insight into what she would like to do professionally with archaeology and language learning, but also encouraged her to reflect upon her experience with depression and anxiety while abroad. By viewing her time in New Zealand holistically, she was able to identify resources to help herself and others who are struggling with depression. These experiences motivated Jennifer to feel comfortable sharing her story and helped her grow immensely on a personal and professional level.

“The most significant aspect of my experience abroad was a deeper understanding of myself and increased ability to self-reflect on my experiences.”



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