Goals For My Summer Abroad

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***Prompt 1: Mission / Vision / Purpose Statement:*** Provide your mission / vision / purpose statement here. Also, comment on the value of this process, and how your thinking at this level relates to your specific goals that follow. Can you see a connection?

The purpose of this study abroad program for me is two part. I am looking to gain professional experience and course credits to complete my major and I am also looking to grow personally by jumping far out of my comfort zone. The process of reflection for me is very helpful when measuring growth. I am glad we are to think about things like this before we leave and write about the trip as we go. The whole process of documenting my time in Prague gives me a chance to look back on this later in life and see all the things that made me stronger. I also plan on keeping a personal blog while we are on this journey. This is the biggest thing I’ve ever done on my own and I need to write down the big things I overcome. Success on this trip for me looks like overcoming my anxiety, growing personally, and learning as much as I can about Czech culture.

***Prompt 2: Overall Program Goals:***  What SMART program goals would you be willing to commit to accomplishing?  Include your detailed plan (with SMART format action steps) for each goal.

The SMART goals I’ve set for myself follow along the lines of personal and professional development while I’m abroad. The specific goals I hope to conquer have to do with my self-confidence. In my internship, it is my goal to speak up when I have ideas. I do not want to let my fear of being wrong get in the way of my growth. Outside of the internship, my specific goal for myself is to be uncomfortable and find ways to cope with it. I have anxiety, especially in situations where I’m not in control. Throughout this whole experience I plan to put myself in situations where I’m not in control and find ways to navigate through.

A measurable goal for me will be to complete both courses and achieve a B or higher in them. This is something that might be difficult for me with everything else going on. However, if I commit the time for each assignment and ask for help when necessary I will be able to succeed.

The most ambitious goal I have set for myself is the trip itself. This whole process is such a giant leap outside of my comfort zone. However, I feel it is necessary for my life to gain these experiences. My ambitious goal is to travel abroad and navigate a new world on my own.

Realistically, my goals are to handle my anxiety and nerves while traveling. A way I can do this is by preparing and being aware of my surroundings. Another realistic goal is to meet new people and gain lifelong friends through this program. I think this will be manageable, especially with my roommates and coworkers.

***Prompt 3: Coping and Thriving Goals:***  What SMART program goals would you be willing to commit to accomplishing?  Include your detailed plan (with SMART format action steps) for each goal.

Realistically, I have accepted the fact that I am going to miss my family like crazy. This will be my first time being away from them for so long, my first time out of the country by myself, etc. The first thing I can do is prepare myself to be homesick. I know it’s going to happen and I have a plan for when it does. While everything around me is going to be different, I can remember that I will be the same person. I can spend time over Skype and email talking to my family. We have set times we have planned for phone conversations and such.

For me specifically, I know it will be hard because of my anxiety and depression. These are issues I have carried with me for a long time and I can tell when they are creeping up. It is important for me to get outside of my own head when I feel this happening. A lot of times it seems easier to withdraw into myself and be sad. However, I know I need to talk to others and get my attention away from my own problems.

The most ambitious goal I have set for myself is to conquer my anxieties and depression while abroad. I will have support from faculty and my peers to do so. However, asking for help is a huge goal while away. The people I’ll be with won’t know when I’m starting to feel down. It is important for me to speak up and explain what is going on so that I can move on.

Everything gets better with time- even anxiety and depression. I know that these issues won’t last the whole time I am away, and this is something I need to focus on. Seven weeks sounds like a long time, but it really isn’t. My goal is to make the most of my time spent away. I will do so by keeping a countdown of how many days are left, and by keeping a journal to remember all the things that happened.

***Prompt 4: Cultural Engagement Goals:***  What SMART program goals would you be willing to commit to accomplishing?  Include your detailed plan (with SMART format action steps) for each goal.

I can commit to talking to specific people each day. One of my goals while I am in Prague is to find a café or restaurant that I can sit in for hours. A place where I can people watch and converse with the locals. I think this will help me engage with the culture.

Another goal is to explore the city of Prague. I want to learn as much as I can because I have so much family history in Czech. My ancestors have walked those streets and I want to put myself in their shoes. It is my goal to get out as much as I can and walk around the town, soaking in as much culture as I can.

***Prompt 5: Future Readiness: International Work Experience and Perspective Goals:***  What SMART international work experience / perspective goal(s) would you be willing to commit to accomplishing?

One goal specific to my internship is being able to help a company create their brand and social media image. My plan to achieve this goal includes getting to know the company I will work for and getting to know the social media scene in Prague. The way we use media in America is not the same and it is my goal to be able to tailor a strategy based on Prague culture.

A measurable goal for me would be to be able to put on my future resume that I helped a company recreate their brand image. I would love to one day show a potential boss the finished product and say I had a part in it.

An ambitious goal I have set for myself is to feel like a part of the company I will be working for. My supervisor tells me they are like a family and I would love to be a part of that. I hope to integrate myself and make my role an integral one. Another ambitious goal I commit to is to speak my mind and get out of my shell while working with this company. I can be shy, but I will use this opportunity to prove that I can be assertive.

Realistically I just want to do a good job. I want to be able to say I helped this company when they really needed it. The confidence that would give me on a professional level would be the boost I need to move up in my organization or find one I can do more for.