

# Table of Contents

|                                                                           |          |
|---------------------------------------------------------------------------|----------|
| <b>Welcome to Study Abroad! .....</b>                                     | <b>1</b> |
| Personal Goals for Study Abroad .....                                     | 2        |
| General Departure Tips .....                                              | 4        |
| Terms Used in this Guide .....                                            | 8        |
| Discovering Your Styles: Strategies to Language and Culture Learning..... | 9        |
| Learning Style Survey .....                                               | 10       |
| Language Strategy Use Inventory.....                                      | 21       |
| Culture-Learning Strategies Inventory .....                               | 29       |

## **Section I: Culture-Learning Strategies**

|                                         |    |
|-----------------------------------------|----|
| Introduction .....                      | 39 |
| The Dimensions of Culture Learning..... | 40 |

### ***Pre-Departure Unit***

|                                                                                 |    |
|---------------------------------------------------------------------------------|----|
| Part I: What IS Culture, Anyway? .....                                          | 43 |
| You as a Culturally Diverse Person.....                                         | 43 |
| <i>ACTIVITY: Discovering Your Cultural Diversity</i> .....                      | 44 |
| Becoming Familiar with Culture: The Iceberg Analogy .....                       | 46 |
| <i>ACTIVITY: Joshua and the Iceberg</i> .....                                   | 47 |
| <i>ACTIVITY: Identifying Aspects of Culture</i> .....                           | 50 |
| Differentiating Cultural from Personal and Universal.....                       | 52 |
| <i>ACTIVITY: Cultural, Personal, or Universal?</i> .....                        | 53 |
| Some Strategies for Culture-Specific Learning .....                             | 54 |
| <i>ACTIVITY: Basic Things You Should Know Before You Go</i> .....               | 56 |
| Working with Stereotypes and Testing Hypotheses .....                           | 57 |
| <i>ACTIVITY: Changing Stereotypes into Generalizations and Hypotheses</i> ..... | 58 |
| Using Generalizations to Respond to Stereotypes about You .....                 | 60 |
| Part II: Understanding the Ways Cultures Can Differ in Values.....              | 63 |
| Core Cultural Values: The Key to Understanding Culture .....                    | 63 |
| <i>ACTIVITY: Culture Mapping</i> .....                                          | 67 |
| <i>ACTIVITY: Core U.S. American Cultural Values: What the Experts Say</i> ..... | 68 |
| Conclusion to the Pre-Departure Section .....                                   | 75 |

### ***In-Country Unit***

|                                                     |    |
|-----------------------------------------------------|----|
| Part I: Strategies for Social Relations.....        | 77 |
| Overcoming Obstacles for Making Connections .....   | 77 |
| Making Friends .....                                | 78 |
| Dating .....                                        | 80 |
| <i>ACTIVITY: Dating Scenarios</i> .....             | 81 |
| Sexual Harassment .....                             | 82 |
| Love and Marriage.....                              | 83 |
| Being a Visitor .....                               | 84 |
| Making the Most of Homestays and Host Families..... | 85 |
| <i>ACTIVITY: Homestay Expectations</i> .....        | 86 |

|                                                                                 |                |
|---------------------------------------------------------------------------------|----------------|
| <b>Part II: Adjusting.....</b>                                                  | <b>91</b>      |
| Understanding Cross-Cultural Adjustment .....                                   | 91             |
| Understanding Culture Shock and the Stages of Adjustment .....                  | 92             |
| <b>ACTIVITY: Statements of Adjustment</b> .....                                 | 95             |
| <b>ACTIVITY: Personal Highs and Lows of Study Abroad</b> .....                  | 97             |
| <b>ACTIVITY: My Personal Coping Strategies</b> .....                            | 99             |
| Going Beyond Surface Adjustment .....                                           | 99             |
| <b>ACTIVITY: Coping Scenarios</b> .....                                         | 100            |
| Phases of Cultural Awareness.....                                               | 103            |
| <b>ACTIVITY: Differentiating the Phases of Cultural Awareness</b> .....         | 105            |
| <br><b>Part III: Strategies for Developing Intercultural Competence .....</b>   | <br><b>107</b> |
| A Model of Intercultural Sensitivity .....                                      | 107            |
| <br><b>Part IV: Strategies for Making Cultural Inferences .....</b>             | <br><b>113</b> |
| The Role of Inferences .....                                                    | 113            |
| The Description-Interpretation-Evaluation (D-I-E) Model of Debriefing .....     | 115            |
| <b>ACTIVITY: Revisiting the Iceberg</b> .....                                   | 117            |
| <br><b>Part V: Strategies for Keeping a Journal.....</b>                        | <br><b>119</b> |
| The Traditional Way to Keep a Journal .....                                     | 119            |
| An Alternative Way to Keep a Journal.....                                       | 120            |
| <br><b>Part VI: Strategies for Intercultural Communication.....</b>             | <br><b>125</b> |
| Low-Context and High-Context Communication .....                                | 126            |
| <b>ACTIVITY: Identifying Low- and High-Context Communication</b> .....          | 128            |
| Specific Communication Styles.....                                              | 130            |
| <b>ACTIVITY: Contrasting Your Communication Styles</b> .....                    | 130            |
| <br><b>Part VII: Nonverbal Communication .....</b>                              | <br><b>133</b> |
| Communicating Nonverbally.....                                                  | 133            |
| <b>ACTIVITY: Observing Gestures and Understanding Their Meanings</b> .....      | 135            |
| Three Important Forms of Nonverbal Communication.....                           | 136            |
| <b>ACTIVITY: Eye Contact Survey</b> .....                                       | 137            |
| <b>ACTIVITY: Personal Distance Survey</b> .....                                 | 138            |
| <b>ACTIVITY: Touching Behavior Survey</b> .....                                 | 139            |
| <b>ACTIVITY: Nonverbals Used in Host Country Greetings</b> .....                | 140            |
| Pauses and Silence in Communication .....                                       | 141            |
| <b>ACTIVITY: Journaling – Making Sense out of Nonverbal Communication</b> ..... | 141            |
| <br><b>Part VIII: Preparing to Return Home .....</b>                            | <br><b>143</b> |
| <b>ACTIVITY: Leaving the Country</b> .....                                      | 143            |
| <b>ACTIVITY: A Thoughtful Return</b> .....                                      | 145            |
| <br><b>Post-Study Abroad Unit</b>                                               |                |
| <b>Continue the Learning</b> .....                                              | <b>147</b>     |
| Dealing with the Emotional Challenges of Study Abroad .....                     | 148            |
| <b>ACTIVITY: Reacting to the Changes</b> .....                                  | 148            |

|                                                                            |     |
|----------------------------------------------------------------------------|-----|
| Examining What You Have Learned While Abroad.....                          | 151 |
| <i>ACTIVITY: Seeing the U.S. and the World in a New Light</i> .....        | 152 |
| Appreciating Different Styles of Successful Re-entry .....                 | 157 |
| Study Abroad Leads to Lifelong Learning .....                              | 159 |
| Strategies for Long-Term Maintenance of Language and Culture Learning..... | 160 |

|                                                         |     |
|---------------------------------------------------------|-----|
| Recommended Reading on Culture-Learning Strategies..... | 163 |
|---------------------------------------------------------|-----|

## **Section II: Language-Learning Strategies**

|                                                                              |            |
|------------------------------------------------------------------------------|------------|
| <b>Introduction</b> .....                                                    | <b>167</b> |
| <i>ACTIVITY: Do You Speak English?</i> .....                                 | 167        |
| Motivation to Learn a Language.....                                          | 169        |
| <i>ACTIVITY: Taking My Motivational Temperature on a Language Task</i> ..... | 170        |

|                                                                                 |            |
|---------------------------------------------------------------------------------|------------|
| <b>Listening</b> .....                                                          | <b>173</b> |
| Pre-Departure Listening Activities .....                                        | 173        |
| Strategies to Become a Better Listener .....                                    | 174        |
| <i>ACTIVITY: Increasing Your Exposure to Language in the Host Country</i> ..... | 180        |
| Making the Most of Your Language Classroom .....                                | 182        |
| Avoid Faking that You Understand the Conversation.....                          | 182        |
| Understanding Different Types of Speech.....                                    | 183        |
| Language Shock and Language Fatigue.....                                        | 185        |
| Post-Study Abroad Listening Activities .....                                    | 186        |

|                                                                                           |            |
|-------------------------------------------------------------------------------------------|------------|
| <b>Learning Vocabulary</b> .....                                                          | <b>187</b> |
| Pre-Departure Vocabulary-Learning Activities.....                                         | 187        |
| <i>ACTIVITY: How Do You Learn Vocabulary? Part I, Learning Aymara</i> .....               | 188        |
| Learning Vocabulary by Association .....                                                  | 191        |
| Association Techniques.....                                                               | 191        |
| <i>ACTIVITY: How Do You Learn Vocabulary? Part II, Using Association Techniques</i> ..... | 193        |
| Other Means of Learning Vocabulary .....                                                  | 195        |
| Additional Ideas for Vocabulary Learning .....                                            | 199        |
| What Native Speakers Know about the Vocabulary in Their Language .....                    | 200        |
| Post-Study Abroad Vocabulary Activities .....                                             | 201        |

|                                                                   |            |
|-------------------------------------------------------------------|------------|
| <b>Speaking To Communicate</b> .....                              | <b>203</b> |
| Pre-Departure Speaking Activities.....                            | 203        |
| Advice to Help Improve Your Speaking Skills .....                 | 204        |
| Learning from Your Mistakes .....                                 | 210        |
| Creating Opportunities for Speaking the Language In-Country ..... | 211        |
| Beyond Knowing the Vocabulary .....                               | 215        |
| <i>ACTIVITY: Gathering Culturally Appropriate Language</i> .....  | 217        |
| <i>ACTIVITY: An Exercise in ‘Getting What You Want’</i> .....     | 218        |
| Post-Study Abroad Speaking Activities .....                       | 224        |

|                                        |            |
|----------------------------------------|------------|
| <b>Reading for Comprehension</b> ..... | <b>225</b> |
| Pre-Departure Reading Activities ..... | 225        |
| Get the Most from Your Reading.....    | 226        |

|                                                                             |            |
|-----------------------------------------------------------------------------|------------|
| <i>ACTIVITY: Filling in the Gaps</i> .....                                  | 229        |
| Reading During Your Time Abroad .....                                       | 232        |
| Returning Home.....                                                         | 235        |
| <b>Writing</b> .....                                                        | <b>237</b> |
| Pre-Departure Writing Activities .....                                      | 237        |
| Advice from Second Language Writers.....                                    | 237        |
| Feedback on Written Work.....                                               | 238        |
| A Special Means of Getting Feedback: Using the Reformulation Technique ..   | 239        |
| Writing a Term Paper in the Target Language.....                            | 244        |
| Other Kinds of Writing in the Target Language.....                          | 244        |
| Post-Study Abroad Writing Activities.....                                   | 245        |
| <b>Translation Strategies</b> .....                                         | <b>247</b> |
| Choosing between Mental and Written Translation.....                        | 247        |
| Translating when Languages are Either Very Close or Very Far Apart.....     | 247        |
| Translating Idioms, Sayings, and Expressions .....                          | 248        |
| Translating While Speaking .....                                            | 249        |
| Translating While Writing.....                                              | 250        |
| <i>ACTIVITY: Different Approaches to Translating While Writing</i> .....    | 250        |
| Translating While Reading.....                                              | 251        |
| Translating While Listening .....                                           | 251        |
| <b>Conclusion of the Language Strategies Section</b> .....                  | <b>252</b> |
| <b>Recommended Reading on Language-Learning Styles and Strategies</b> ..... | <b>253</b> |
| <b>References</b> .....                                                     | <b>255</b> |
| <b>Index</b> .....                                                          | <b>259</b> |