Study Abroad Self-Assessment

Please answer the following questions using the appropriate scale. Try to answer each question without thinking too much—use your first instinct.

Comfort with ambiguity
Are you comfortable receiving vague or unclear instructions?

Not at all       Somewhat       Mostly       Very

Are you OK with not knowing the outcome of a situation?

Not at all       Somewhat       Mostly       Very

Adaptability
How comfortably can you handle failure and learn from it?

Not at all       Somewhat       Mostly       Very

Are you comfortable navigating completely new environments?

Not at all       Somewhat       Mostly       Very

Self-awareness and humility
How well do you know your strengths and weaknesses, and how willing are you to learn from your peers?

Not at all       Somewhat       Mostly       Very

How easily are you able to admit when you are wrong and when a peer is right?

Not at all       Somewhat       Mostly       Very
Independence
How often do you rely on yourself rather than others?

Not often       Somewhat       Often       Very often

Are you resistant to peer pressure?

Not at all       Somewhat       Mostly       Very

Desire to develop comfort with ambiguity
Are you looking to develop a comfort with ambiguity through a study abroad program?

Not at all       Somewhat       Mostly       Very

Desire to develop adaptability
Are you looking to improve your ability to adapt to new situations through a study abroad program?

Not at all       Somewhat       Mostly       Very

Desire to develop self-awareness and humility
Would you like to work on your weaknesses and learn from your peers?

Not at all       Somewhat       Mostly       Very

Desire to be independent
Do you feel the need to be less dependent on others?

Not at all       Somewhat       Mostly       Very

Semester study abroad programs help students to develop key global mindset competencies such as Comfort with Ambiguity, Adaptability, Self-Awareness and Humility, and (though not an articulated competency) Independence. The questions you answered are designed to give you an idea of the competencies you possess and the ones you may want to foster through study abroad.

We encourage you to utilize this assessment when making your study abroad decision and to bring your results to your in-person advising session.