

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.



UNIVERSITY OF
MARYLAND
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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.