While Abroad

1. Journal
   a. Document examples of skills
      i. Document situations specific to *generic cognitive skills*
      ii. Document situations specific to *social skills*
      iii. Document situations specific to *Personal Trait*
      iv. Document situations specific to *Cross-cultural competence*
   
   b. Sample skills: (all came from Orahood et al., 2004 article)
      i. While abroad document examples when you:
         a. Complete a specific project or conduct research applicable to your field of interest
         b. Travel independently
         c. Learn to work with a more diverse group of people than those which you had previously been exposed
         d. Resolve a conflict based on misunderstanding of cultural differences
         e. Learn new skills, activities, language or hobbies
      ii. Document examples of times when you are abroad that you:
         a. Deal with uncertainty and ambiguity
         b. Confront a challenging situation
         c. Handle conflict
         d. Learn something new