

Returning Home Worksheet

Welcome home, Fulbrighter!

On behalf of Fulbright Denmark, we hope you have enjoyed your experience as a Fulbright grantee, made lasting connections and advanced in your field. Now that you have returned home, it is likely that you will go through a readjustment phase. To assist you, we have created this worksheet where you will find questions designed for reflecting on three key aspects of your grant period plus your time moving forward. Plan out time to answer all questions and writing them down. On the second page, we have included a list of examples of skills and qualities you may have acquired or developed that may help voice exactly which knowledge and talent you have gained or developed – whether it be to share with your fellow students, academics, boss or simply to put on your resume.

The overall mission of Fulbright

1. What has your overall experience as a Fulbrighter given you?
2. Who did you create meaningful connections with in the host country?
3. How do you plan to stay in touch with them?
4. What are the most valuable takeaways about the host country's culture?
5. Name key areas of knowledge that you advanced during your Fulbright stay
6. Did you have any breakthroughs related to your academic work?
7. In which situations did cooperation play an essential role while away?
8. How can your new knowledge benefit the academic community in your home country and how do you plan to share it?

Personal experience

1. What did you learn about yourself during your Fulbright stay?
2. How did you engage with the local community inside and outside of the academic environment?
3. In which ways did you learn to adapt to the new culture?
4. On a personal level, what new perspective did you gain?
5. Looking back at your experience as a Fulbrighter, is there a lesson you overlooked?
6. Did you experience culture shock and if so, how did you handle it?
7. What can you implement in your daily routine to get you through this adjustment phase?
8. Would you like to engage with an international or similar community here?

Skills and qualities

1. Which (academic) skills did you develop during your stay?
2. Which personal qualities did you gain or improve upon?
3. Did you accomplish every goal you set out to?
4. Are there any experiences you can use as a good story to tell your coworkers, fellow students or during a job interview?
5. Did you learn new academic methods or theory?
6. Did any areas of your knowledge/expertise expand?

Examples of skills and qualities

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| <ul style="list-style-type: none"> - Cross-cultural communication - International cooperation - Team work - Time-management - Organizational skills - Leadership - Stress management - Interpersonal skills - Problem solving - Decision-making - Delegating - Conflict management and resolution - Active listening - Constructive feedback - Relationship-building - Effective storytelling - Open communication - Ability to solve complex problems - Ability to transfer skills - Learning a new language - Critical thinking - Sense-making - Project management - Personal development - Identifying pain points - Connecting the dots - Strategy - Finding and maintaining purpose - Holistic thinking - Effective prioritization - Ideation - Taking initiative - Cultural understanding - Public speaking - Research - Data analysis - Mentoring - Expertise in [insert your area(s)] - [insert academic theory] - [insert academic or scientific method] - [insert teaching or learning format] - [insert cultural concept] | <ul style="list-style-type: none"> - Self-reliance - Open-mindedness - Assertiveness - Self-awareness - Flexibility - Compassion - Driven - Perseverance - Empathy - Creativity - Integrity - Tolerant - Responsible - Respectful - Patient - Curious - Reliable - Adaptable - Resilient - Enthusiastic - Diligent - Pragmatic - Trustworthy - Diplomatic - Detail-oriented - Committed - Authentic - Supportive - Disciplined - Inclusive - Generous - Friendly - Humble - Confident - Conscientious - Honest - Kind - Perceptive - Polite - Ambitious - Goal-oriented - Self-starter |
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