



<u>Orientation</u>	Re-Entry
<u>Session Overview</u>	<p>During this session, students will identify and discuss the ways they have changed as a result of their exchange experience. The session begins with the students reflecting back on the goals they set during the Mid-Year Orientation. Then they will do an activity called “The New Me” to articulate how they have grown through the year and how their Personal Culture has changed. Finally, they will briefly look back at Amelie’s letter and reflect on how the exchange experience changes a person and how to celebrate that change.</p> <p>Note the following lesson icons throughout the session:</p> <ul style="list-style-type: none"> <li>✓ this indicates a take away point that should not be missed during the lesson</li> <li>• this indicates a question or idea that can be used to facilitate a conversation</li> </ul>
<u>Session Objectives</u>	<p>Students will:</p> <ol style="list-style-type: none"> <li>1. Identify the skills they have developed during their exchange experience and celebrate how their personal culture has changed.</li> <li>2. Recognize that the end of the exchange brings many emotions and saying goodbye is difficult.</li> </ol>
<u>Participants</u>	<input checked="" type="checkbox"/> Students <span style="float: right;"><input type="checkbox"/> Host Parents</span> <input type="checkbox"/> Natural Parents <span style="float: right;"><input type="checkbox"/> Host Siblings</span>
<u>Format</u>	<input type="checkbox"/> Highly Active / Interactive <span style="float: right;"><input checked="" type="checkbox"/> Discussion</span> <input checked="" type="checkbox"/> Some Activity / Interactivity <span style="float: right;"><input type="checkbox"/> Independent</span>
<u>Duration</u>	45 minutes
<u>Group Size</u>	Any size
<u>Minimum Staffing</u>	2 facilitators
<u>Materials Needed</u>	<ul style="list-style-type: none"> <li>• Mid-Year Goal Envelopes (if these are available)</li> <li>• New Me worksheet: one per student</li> <li>• Flipchart from Session #1- The BEST thing....</li> </ul>
<u>Preparation</u>	<ul style="list-style-type: none"> <li>• On flipchart paper, write out all the New Me questions (so they can be reviewed as group).</li> <li>• Refer to the example of a completed “New Me” worksheet</li> </ul>

Facilitator notes: This session is about reflecting on how the exchange experience has changed students’ personal cultures. Throughout the session, remind students that *Personal Culture*, (also known as *Individual Culture*) **includes:** race, ethnicity, language, national culture, community culture, neighborhood culture, friends and family, hobbies, and preferences. Attitudes, beliefs, and values also influence how one approaches life and is also part of one’s Personal Culture/Individual Culture. Experiences (such as going on exchange) that influence our attitudes, beliefs, and values have a significant impact on Personal Culture. It is with this mindset, that this session delves deeply into the experiences and accomplishments that have occurred during the exchange experience as these have greatly influenced the student’s Personal Culture.



- Are you surprised about anything you wrote down? Why or why not?
- Which goals did you accomplish? Which ones make you the most proud? Record their responses on flipchart from Session # 1 titled, “The Best Thing About My Exchange Year...” to share in last session with host parents.

Transition the discussion to think about any disappointment that students might feel if they did not achieve a goal. Try to keep this positive and help students see that there is opportunity for learning and growth even when goals are not achieved.

- Are there any goals that changed for you or goals that are no longer important? Why did these change?
- How will you let go of these goals or will you make plans to try to accomplish them in the future?
- It’s okay if you didn’t reach all your goals. Sometimes when we don’t reach a goal, we learn an unexpected lesson instead. What unexpected lesson did you learn or accomplish, that may not have been on your original list of goals?

## ACTIVITY #2: THE “NEW ME” (25 minutes for entire activity #2)

Facilitator notes: During this activity, the students will be thinking about their experiences and how they have changed and grown. The *New Me* worksheet will help students articulate their **new Personal Culture**. The terms **PERSONAL CULTURE** and **INDIVIDUAL CULTURE** can be used interchangeably throughout this session. Explain that it is likely that their Personal Culture/Individual Culture has changed as a result of their experiences living in another culture. If necessary, remind the students about the iceberg analogy (cultural behaviors are those above the water, whereas values and beliefs are below the water and often cannot be seen).

1. Introduce the activity by asking the students to think about how they have changed over their exchange year.
  - How many of you feel like you are a different person now than you were nine months ago?
  - Why, what has happened that has made you different?
2. Explain that their experiences and accomplishments this year have created and influenced their Personal Culture, also known as their Individual Culture, resulting in the “New Me.”

## DIRECTIONS FOR “NEW ME” ACTIVITY

### INDIVIDUAL WORK (8 minutes)

1. Tell the students that they will work individually and think about responses to some questions about how they have changed over the exchange year. They will then need to summarize their responses using just a few words or a phrase. (A completed worksheet with sample answers is at the end of this session.)
2. Provide them with an example by reading Question 1 aloud and asking for student responses. Based on a student’s response, demonstrate how to summarize the thought into 3 or 4 words which will be written on the worksheet.

3. Pass out the *New Me* worksheet and tell the students that they will have 8 minutes to write down their responses to the questions that make up their *New Me*.
4. Give the students a 3 minute warning and tell them that soon they will work in pairs or groups of three to share their *New Me*.

### THE “NEW ME” PARTNER WORK (10 minutes)

1. Once the 8 minute work time is over, ask the students to find a partner.
2. Students will have 10 minutes to work as partners to discuss their *New Me* and decide on their key words.
3. Explain that each person needs to share their *New Me* with their partner by reading some of their favorite responses to the questions on the worksheet.
4. Then, explain that each pair needs to help each other choose three key words that best represents or describes their *New Me*. Have students write these words inside the stick figure on their own handout using the 1,2,3 numbers provided. For the final prompt where they choose summary words, they can use whatever words they would like; share some examples:
  - *Adjectives (describing words) such as adventurous, curious, reflective, fulfilled, or intelligent.*
  - *Or nouns (things) to represent the New Me, such as a bird because you want to soar all over the world; or a rose with thorns with the rose representing the beauty of growth, and the thorns representing the hard times.*

### DISCUSSION (7 minutes)

1. After sharing their *New Me* with a partner, bring the whole group back together to have a discussion about Personal Culture and their *New Me*.
2. Ask the following questions or develop your own:
  - What are your favorite parts of your *New Me*?
  - What key experiences changed or influenced your Personal Culture, or helped develop your *New Me*?
  - What were your favorite experiences or accomplishments?
  - What were the most difficult experiences? Did these help you grow? How and why?
  - Ask students what words they came up with to describe or represent their *New Me*?
  - What is the significance of these words or what do these words represent?  
*Student answers will vary.*

### WRAP UP (5 minutes)

1. For the wrap up, the facilitator will read the following section of Amelie’s letter and ask students questions about their interpretation of the letter.

*Also, when you left your first home country you had a certain personality and now that you are about to leave the States you realize you have changed a lot. You may not feel it now or the first days after your re-entry, but you will notice as soon as you see yourself changing back to the old you. Don't get this wrong: you won't change back completely but you definitely have to find a balance. That was something I was really*

*worried about too. I liked my new me and I didn't want to go back in time again to the old me.*

2. Use the following questions or develop your own to encourage reflection on key points from Amelie's letter.
  - What do you think she means in this part of the letter?
  - What does she mean by "balance"; what is she trying to balance?
  - What is the best thing about your New You that you will try not to lose?
3. Explain to the students that during the next session, they will think about how they will bring the *New Me* home as they adjust to life back in their home country.



**YOUTH FOR UNDERSTANDING**  
**Intercultural Exchange Programs**

## **DISCUSSION QUESTIONS FOR MID YEAR GOAL ACTIVITY**

- What is the first emotion or thought that comes to you when you read the goals (or think back on the goals) that you had set earlier this year?

- Are you surprised about anything you wrote down? Why or why not?
- Which goals did you accomplish? Which ones make you the most proud?



## THE NEW ME WORKSHEET

### IDENTIFYING YOUR PERSONAL CULTURE

1. What is something you did this year that you will remember for the rest of your life?

2. What is something you accomplished this year that makes you proud?

3. If you could change one thing that happened this year, what would it be?

4. What was the nicest thing someone did for you this year?

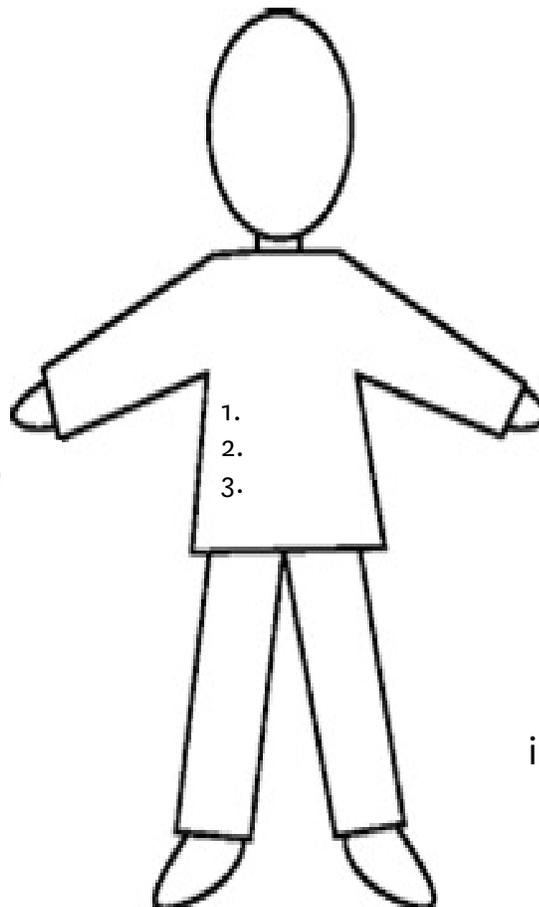
5. What new skill did you learn this year?

6. What is something that was hard for you at the start of the year, but is easy now?

7. In what area do you feel you made your biggest improvements?

8. What person in your exchange experience has made the biggest impact on your life this year? Why?

9. What is something you taught someone this year?





## THE NEW ME WORKSHEET (WITH EXAMPLES)

### IDENTIFYING YOUR PERSONAL CULTURE

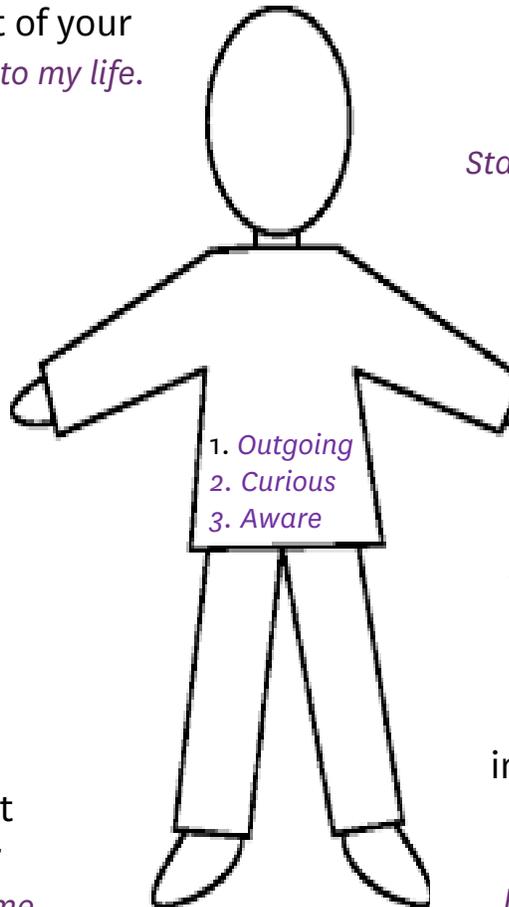
1. What is something you did this year that you will remember for the rest of your life? *Added a 2<sup>nd</sup> family to my life.*

2. What is something you accomplished this year that makes you proud? *Learned about giving back and community service.*

3. If you could change one thing that happened this year, what would it be? *Try new things sooner in the year.*

4. What was the nicest thing someone did for you this year? *Treated me as a member of the family.*

5. What new skill did you learn this year? *How to be a team player.*



6. What is something that was hard for you at the start of the year, but is easy now?

*Starting a conversation with someone new.*

7. In what area do you feel you made your biggest improvements?

*Became a better ...*

8. What person in your exchange experience has made the biggest impact on your life this year? Why?

*My host parents because they helped me make good choices to make the most of my year here.*

9. What is something you taught someone this year?

*How to make Zopf.*

