



Checklist for Returning Students

Program Evaluation

- When the time comes, be sure to fill out your program evaluation

Transcripts

- If you participated in a Transfer Credit program, ensure that you have ordered an official transcript to be sent to your School Registrar or Transfer Credit Evaluator.
- Order additional transcripts for your own use (applications to graduate school, to jobs, etc. may require transcripts from your foreign institution or program. Keep these transcripts sealed in their original envelopes as many schools will only consider transcripts official if they have not been opened).

Stay connected to your international experience! Engage in global issues and activities! Here are *SOME* ways:

- Become an **Intern** for the International Studies Office and share your experience with the UVA student community! Applications are posted and due each summer – keep an eye out for additional emails regarding these opportunities.
- Become an **International Buddy!** Buddies help incoming exchange students transition to the life at the University of Virginia. We are looking for motivated students who like to meet other students from different countries and help as a mentor. If you are interested, please contact the coordinator Lal at zt5mz@virginia.edu to learn more about becoming an international buddy for next year.
- Visit the **Lorna Sundberg International Center** to participate in a variety of free social and cultural programs, such as cooking classes, international film screenings, and art and musical performances. If you would like to share your international experience, the International Center would be happy to host a program for you. To learn more about the IC's programs and to view upcoming events, please visit their website or contact the center at intlctr@virginia.edu. Sign up for the e-newsletter!
- **Attend UVA Global Week** events. UVA will celebrate with a week of internationally-focused activities.
- **Attend a Returnee Conference.** Meet other recent study abroad returnees from all over Virginia. Hear from dynamic and motivating keynote speakers. Learn how to talk about your developing global skillset in a job interview. Discover how you can work or study abroad after graduation. Network with professionals working in internationally-focused jobs. Stay connected to and share stories about your study abroad experience. Check out the website for information about local conference dates. <http://www.lessonsfromabroad.org/conferences/>
- **Attend C.O.R.E.** seminars to reflect on your experience and how to carry it forward throughout your life.
- Check out the **Hoos Abroad Blog** to stay connected with what other students are doing abroad.
- "Like" the **Education Abroad Facebook Page**.
- Investigate other ways of getting involved in **international activities on-grounds** and continue your cultural exploration.
- **Go abroad again!** Research additional opportunities abroad, such as internships, research, graduate school, and work.
- **Stay in touch** with your classmates from abroad. Start gathering contact information now!