

Study Abroad Student Success Plan

Student Name: _____

Study Abroad Program & Term: _____

Study abroad can be stressful. You'll need to adjust to many unexpected conditions and new norms. Even simple things like learning how to shop for groceries or understanding the public transportation system can cause stress and frustration. And you'll be away from your usual support system while adapting.

DU promotes healthy and mindful behaviors abroad. We've provided this plan to help you be proactive and plan for success. We suggest sharing your plan with your support team: family members, friends, your LEP advisor, your doctor, and/or your counselors/therapist.

Every student's plan will be different. Yours will depend on who you are and how you manage stress. Examples from past plans: remote counseling with therapist, weekly check in with study abroad program staff/parent/trusted friend, commitment to de-stress through working out (versus unhealthy behaviors), seeking academic counseling from the host institution, and joining student clubs to make friends.

	Action I'll take to be successful abroad	Frequency	How I'll be accountable
Ex.	I commit to talking with the local program staff once each week and sharing my growth points with them.	Weekly	I will let the program staff know once I land & ask for support.
1			
2			
3			
4			

Please feel free to use additional paper if needed.