Purpose:

The purpose of this Action Guide is to encourage you to explore the possibility of leaving campus to study in an area of the country/world that is different from what you’re used to. Students who have taken advantage of these programs repeatedly say this was one of the best experiences of their life.

Description:

National Student Exchange (NSE) is a consortium of U.S. and Canadian colleges and universities, including the University of Minnesota. Students who attend a school that participates in NSE can go on exchange to any other member school. That means you can choose to go on exchange for a semester or a year to schools all over the U.S., Puerto Rico, Guam, the Virgin Islands, and Canada!

The Learning Abroad Center in 230 Heller Hall (on the west bank) is the University of Minnesota's comprehensive resource for study, service-learning, work, intern, volunteer, and travel experiences worldwide. A variety of program options – 300 programs in over 70 countries – have been developed to address the diverse needs of students. Programs vary in length, level, academic focus, teaching format, language requirements, cost, and degree of independence demanded of the participant.

Directions:

1. Go to the Off-Campus Study website
   a. If interested, register for an Information Session
   b. Make yourself aware of the eligibility requirements and the application deadlines
   c. Learn what institutions are part of the consortium, and research school options
2. Go to the Learning Abroad Center website
   a. If interested, create your profile
   b. Attend a First-Step Meeting
   c. Investigate programs
   d. Talk with your advisor, and don't forget to apply early for the program!

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1 http://www.nse.org/
2 http://www.offcampusstudy.umn.edu/nse
3 http://www.umabroad.umn.edu/
**Reflection Prompts:**
When you meet with your coach, be prepared to discuss the following questions:

- Based on this exercise, what programs appeal to you?

- In what ways might an off-campus study experience influence your choice of academic major or future career path? **WHY?**

- What is it about being away for a semester or a year that might, in your opinion, prompt positive changes in you?

- What are your next steps to pursue this opportunity?

- In what ways might an employer value what a student gains from NSE or Learning Abroad?