

2007 Conference for Returning JETs

**REENTRY PREPARATION &  
REVERSE CULTURE SHOCK**

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## WORKSHOP AGENDA

- I. Introduction
- II. Now You Come Back Home: The Challenge of Re-Entry
- III. What Is Reverse Culture Shock? The W-Curve and Beyond
- IV. How to Cope with Reverse Culture Shock
- V. Conclusion

## TOP TEN CHALLENGES OF REENTRY

1. Boredom
2. "No one wants to hear"
3. You can't explain
4. Reverse "home" sickness
5. Relationships have changed
6. People see the "wrong" changes
7. People misunderstand
8. Feelings of alienation; seeing with "critical eyes"
9. Inability to apply new knowledge or skills
10. Compartmentalization or loss of the experience

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## **PREPARING TO RETURN HOME: QUICK TIPS**

1. Prepare for the adjustment process that is required when you return home.
2. Allow yourself time.
3. Understand that the familiar will seem different.
4. There is much "cultural catching up" to do.
5. Reserve judgment.
6. Respond thoughtfully and slowly.
7. Cultivate sensitivity.
8. Beware of comparisons.
9. Remain flexible.
10. Seek support networks.

## Integrating Past and Future

<p>What you learned in Japan (skills, attitudes, and/or new abilities)</p>	<p>How to bring these (skills, attitudes, and/or new abilities) into your new life</p>

## REENTRY CAN RESULT IN. . .

1. Development of intercultural sensitivity and a more international perspective.
2. New professional skills, including successfully working with a wider range of people.
3. Increased flexibility in dealing with problems.
4. Increased self-awareness.
5. Increased self-confidence.
6. Being patient. Asking the right questions(as opposed to knowing the right answers).
7. Enhanced skills in making decisions under ambiguous and uncertain conditions.
8. Seeing situations from a number of perspectives.  
--from Nancy Adler's "Re-entry: Managing Cross-Cultural Transitions"

## FURTHER READINGS ON REENTRY

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