PRE-DEPARTURE BRIEFING SESSION

SBM Exchange-Out
Fall 2022
Contact Information

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Office of Global Learning
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Study.abroad@ust.hk | 2358-8178

SBM UG Office
Room 1037, 1/F, LSK
## Rundown

**Date:** 8 April 2022, Friday  
**Time:** 7:00 – 8:30pm, ZOOM

| Part I | EXCHANGE CREDIT TRANSFER  
by Mr. Forrest Kam, SBM | • Credit Transfer per Exchange  
• Course Equivalence Assessment  
• Credit Transfer Application System |
|--------|--------------------------|----------------------------------|
| Part II | EXCHANGE INFORMATION  
by Mr. Forrest Kam, SBM | • Student Status  
• Visa Application  
• Insurance  
• Tuition Fees  
• Financial sponsorship/scholarships  
• Exchange Report  
• Transcripts |
| Part III | EXCHANGE REMINDERS  
by Ms. Wendy Cheung, SBM | • Undertaking  
• Responsibilities  
• Academic Integrity & Misconduct  
• Exchange Survey |
| Part IV | ADJUSTING TO EXCHANGE  
by Ms. Wendy Cheung, SBM | • Tools for Adjustment |
PART I

EXCHANGE CREDIT TRANSFER

by Mr. Forrest Kam, SBM
• Students must attend OGL’s pre-departure and country info sessions for more details on COVID undertaking, ISOS, visa, and etc.

<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
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<td>Pre-departure Briefing Sessions (6pm-7pm)</td>
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<td>5</td>
<td></td>
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<td>United Kingdom, Ireland (38)</td>
<td>United States (41), Canada (43)</td>
<td>France, Germany, Italy, Netherlands (52)</td>
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<td>6</td>
<td>United States (41), Canada (51)</td>
<td>ISOS Session – Asia &amp; Oceania</td>
<td>ISOS Session - Europe (8)</td>
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<td>Austria, Belgium, Czech Republic, Hungary, Poland, Portugal, Spain, Switzerland (39)</td>
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<tr>
<td>13</td>
<td>United States (41), Canada (51)</td>
<td>ISOS Session – Europe (8)</td>
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<td>14</td>
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<th>Date</th>
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<td>Pre-departure Briefing Sessions (6pm-7pm)</td>
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<tr>
<td>19</td>
<td></td>
<td>Australia, Japan, Singapore, South Korea, Taiwan (47)</td>
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</tr>
<tr>
<td>20</td>
<td>Australia, Japan, Singapore, South Korea, Taiwan (47)</td>
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<td>21</td>
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<td>22</td>
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</tbody>
</table>
• Courses taken on exchange will follow set guidelines for credit transfer.
• Students are to familiarize themselves with these guidelines:

https://registry.hkust.edu.hk/resource-library/crtran/credit-transfer-application-process-ug

ABOUT THIS GUIDE:
Transfer of credits may be granted to students in recognition of studies completed elsewhere other than HKUST at an appropriate level as recognized by the University.

Transfer of credit can be of two types: course-credit transfer, where a transferred course is equivalent to a specific course in the HKUST course catalog, or credit-only transfer, where only credits are transferred.

Transfer credits granted will not be included in the calculation of grade averages, unless prior arrangements have been made. The records of credit transfer can be viewed at the Student Services Center in SIS.
Course mappings previously approved are recorded in the Database (Students **DO NOT** need to remember the Ref No).

- The database only indicates the possible credit transfer mapping, but **NOT** the availability of such courses in respective institutions.
- Students need to check what courses their host university are offered in their specific exchange term.

**As of Term: 2022-23 Fall**

<table>
<thead>
<tr>
<th>McGill University</th>
<th>HKUST</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Basic Materials of Western Music</strong>&lt;br&gt;MUAR201&lt;br&gt;Ref No: B003477-04</td>
<td><strong>1000-level Course in Humanities</strong>&lt;br&gt;HUMA1000HMCC&lt;br&gt;3 Credits</td>
</tr>
<tr>
<td><strong>Basic Materials of Western Music</strong>&lt;br&gt;MUAR201&lt;br&gt;Ref No: B003477-06</td>
<td><strong>1000-level Course in Humanities</strong>&lt;br&gt;HUMA1000ARTC&lt;br&gt;3 Credits</td>
</tr>
</tbody>
</table>
Course Equivalence - Mapping

- Specific course code/title ➔ fulfill major/major elective/minor requirement... etc

<table>
<thead>
<tr>
<th>Applied Corporate Finance</th>
<th>Intermediate Corporate Finance</th>
<th>3 Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>FINE443</td>
<td>FINA3303</td>
<td></td>
</tr>
<tr>
<td>Ref No.: B006496-02</td>
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</tr>
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</table>

<table>
<thead>
<tr>
<th>Brand Management</th>
<th>Brand Management</th>
<th>4 Credits</th>
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<tbody>
<tr>
<td>MRKT438</td>
<td>MARK4450</td>
<td></td>
</tr>
<tr>
<td>Ref No.: B013114-01</td>
<td></td>
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</tr>
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</table>

<table>
<thead>
<tr>
<th>Business Intelligence and Data Analytics</th>
<th>Data Mining for Business Analytics</th>
<th>3 Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>INSY442</td>
<td>ISOM3360</td>
<td></td>
</tr>
<tr>
<td>Ref No.: B013683-01</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- 3000/4000-level course in specific major ➔ fulfill major elective

<table>
<thead>
<tr>
<th>Developing Business Applications</th>
<th>3000-level Course in Information Systems, Business Statistics and Operations Management</th>
<th>3 Credits</th>
</tr>
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<tbody>
<tr>
<td>INSY341</td>
<td>ISOM3000IS</td>
<td></td>
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<tr>
<td>Ref No.: B034227-02</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Operations and Supply Chain Analysis</th>
<th>3000-level Course in Information Systems, Business Statistics and Operations Management</th>
<th>3 Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>MGSC431</td>
<td>ISOM3000QM</td>
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<tr>
<td>Ref No.: B033459-01</td>
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</table>

<table>
<thead>
<tr>
<th>Recruitment &amp; Selection</th>
<th>3000-level Course in Management</th>
<th>4 Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BU408/BUSI408</td>
<td>MGMT3000LEVEL</td>
<td></td>
</tr>
<tr>
<td>Ref No.: B030531-01</td>
<td></td>
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</tbody>
</table>
• Restrictions

CRTBD: Number of transfer credits will be determined per number of credits earned upon presentation of official transcript after studies.

• To determine the amount of credits transferred for electives, it generally depends on the number of contact hours of the course you studied on exchange.
## Course Equivalence - Approved

- **HMCC/STCC/SACC/ARTC/Specific SSC code** → fulfill Common Core requirement

<table>
<thead>
<tr>
<th>Basic Materials of Western Music MUAR201</th>
<th>1000-level Course in Humanities HUMA1000HMCC</th>
<th>3 Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ref No: B033477-04</td>
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<table>
<thead>
<tr>
<th>Basic Materials of Western Music MUAR201</th>
<th>1000-level Course in Humanities HUMA1000ARTC</th>
<th>3 Credits</th>
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<tbody>
<tr>
<td>Ref No: B033477-05</td>
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</table>

<table>
<thead>
<tr>
<th>Introduction to Brain, Mind, and Behavior PSYC1110</th>
<th>Discovering Mind and Behavior SOSC1960</th>
<th>3 Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ref No: B034782-01</td>
<td></td>
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</table>

- **Others** → Free Credits (just credits)

<table>
<thead>
<tr>
<th>Visual Communication BIMKV1008U</th>
<th>Free Credits OTHRFREE</th>
<th>4 Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ref No.: B011726-04</td>
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<table>
<thead>
<tr>
<th>Aboriginal Sydney ASTI1012</th>
<th>1000-level Course in Humanities HUMA1000LEVEL</th>
<th>3 Credits</th>
</tr>
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<tbody>
<tr>
<td>Ref No.: B034435-01</td>
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</table>

<table>
<thead>
<tr>
<th>General Psychology I PSCL101</th>
<th>1000-level Course in Social Science SOSCL000LEVEL</th>
<th>1 Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ref No.: B035801-02</td>
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</tbody>
</table>
Normally, students taking a course listed in the Database will be granted credits according to the mapping in the Database provided that:

- The course taken is the **SAME** as the one recorded in the Database (e.g. with the same course code, course title).
- The course is taken within the **VALID** period
- The transferred credits will not **VIOLATE** other regulations (e.g. course exclusion / repeat rules)

For students taking courses with **deviations** in any of the items above, their credit transfer application will be reassessed in the submission to ARO upon completion of elsewhere study.

Students who plan to take courses **not listed in the Database (new or expired)** should submit an [assessment](#) request before the actual study.
Course Assessment

Before exchange

i. Check your major curriculum which course you would like to take in your exchange. Consult your School or major department for advice if necessary.

ii. Check the course equivalence database maintained by ARO. Submit new course assessment requests to ARO as needed once you get the syllabus (search in host university’s website or google, or get it upon arrival...etc). If no updated syllabus, you can try to find the one offered in previous year.

• Students can only seek assessment for the courses they plan to study, normally not more than 6 to 8 courses (or 18 credits) for each regular term of study.

• Assessment requests with incomplete information or missing supporting documents will NOT be processed.

• This is only an assessment of course equivalence and no transfer credit is granted yet. Upon completion of the elsewhere study, students who would like to apply for credit transfer are required to submit their application in Credit Transfer Application System after you return to HKUST.
The system will **NOT** send emails to notify you of individual mapping result.

You are **ADVIS ED** to enter the system regularly to check the mapping result.

There are different types of mapping status:

- This mapping is pending for review.
- This mapping is approved and valid within your transfer term.
- This mapping is denied.
When you have completed your exchange study and want to apply for credit transfer, the procedures will be as below:

1. Submit the online application to Academic Registry no later than one month after a student's return to study at HKUST (in a regular term) via Credit Transfer Application System; and
   - Course information - course outline including class schedules with topics, assessment criteria and the number of contact hours (lecture/tutorials), and any other information relevant to the application;

2. Present the official transcript - original copy or certified true copy with finalized results and transcript notes from the external institution.

3. If you have not obtained your official transcript, please still submit the online application to ARO first for any course intended for credit transfer before the deadline.
Post Transferred Credits

- Only courses with a passing grade or above will be considered and applications with incomplete information or missing supporting documents will NOT be processed.

- Students may check the details of the results from the Student Information System.

<table>
<thead>
<tr>
<th>Model Nbr</th>
<th>Transfer Term</th>
<th>Incoming Course</th>
<th>Units Taken</th>
<th>Grade Input</th>
<th>Status</th>
<th>Equivalent Course</th>
<th>Units</th>
<th>Grade</th>
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<tr>
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<td>2014-15 Fall</td>
<td>35E 00400</td>
<td>6.00</td>
<td>4</td>
<td>Posted</td>
<td>ISOM 4770</td>
<td>3.00</td>
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<td>2014-15 Fall</td>
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<td>6.00</td>
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<td>SOSC 3120</td>
<td>3.00</td>
<td>T</td>
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<td>2014-15 Fall</td>
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<td>4.00</td>
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<td>2014-15 Fall</td>
<td>28C 00800</td>
<td>6.00</td>
<td>3</td>
<td>Posted</td>
<td>FINA 3304</td>
<td>4.00</td>
<td>T</td>
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</table>
Credit Transfer System - Video
Enquiries:

Academic Registry
(Credit Transfer Application Unit)

Email: crtran@ust.hk
Telephone: 3469 2213
Address: Room 6603 (Lift No. 31-32) Academic Building Annex
PART II

EXCHANGE INFORMATION

by Mr. Forrest Kam, SBM
• A **Registered HKUST student** during the exchange

• Students must return to HKUST for the completion of their degree after exchange. Contrary actions will not be supported.

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**NOT ALLOWED**

- Gaining enrollment at the host university.
- Transferring to host university.
The visa process is lengthy, especially during the COVID time. Students should immediately apply after receiving the necessary documents.

Some Embassies are not in Hong Kong (ie: Portugal Consulate is in Macau)

HK Consulates/Embassies: https://www.protocol.gov.hk/tc/posts.html

Do not delay. Complications may arise. Students bear all risk of not getting a visa.
PRC Students and/or Students born in China:

- Some countries (eg. Australia, Netherlands) require PRC students and/or students born in China to have English qualifications in order to apply for the student visa or exchange-related permits.

- Such students need to submit TOEFL/IELTS scores to the host institution for processing of the visa application or related permits.
Visa Application - Important

- Students are solely **RESPONSIBLE** for their own visas and are **ACCOUNTABLE** for the results.

  ✓ Be resourceful in the visa preparations and process
  ✓ Immediately apply upon receiving the relevant documents

**Warning:**

Inform SBM asap if assistance is needed.
No guarantees, but can check how to help.

**Warning:**

Due to COVID, visa approvals are not guaranteed. Also, even with a visa, there are no guarantees you can board a flight or enter a country.
• Student visa application procedures and processing may change or become suspended depending on the host country government’s policies without advance notice. Although you have a HKUST exchange offer and possibly even the host university’s admission offer, the changes related to student visa processing may render you unable to proceed.
Tuition Fees

- Only pay HKUST Tuition.
- Adhere to the HKUST tuition deadline.

Please notify SAO if you need to defer payment. Otherwise, exchange may be suspended.
• Covered by HKUST travel insurance.


• The plan covers travelling within your destination country. Your place of departure or return must be HONG KONG. If this does not apply to you, please arrange your own insurance.

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**NOT COVERED**

- Travelling to other countries outside your exchange country before arriving, during, and after the exchange.
- If your place of departure or return is NOT Hong Kong (HK Transit does not count)
Insurance

- Period of Travel cannot exceed **200 days**.

- Recommend to obtain an Insurance Certificate once flight itinerary is confirmed and before leaving for exchange.

- If this plan does not meet the host institution requirements, you will also **need to purchase** the plan provided by your host institution. Check with the host university for details.
• Do not purchase your flight ticket until the date of departure/return is fully confirmed.

• Book flights that allow you the flexibility to change dates or cancel free of charge.

• Look for exclusive benefits from different airlines:
  • Extra baggage allowance (up to 35kg on round trip basis)
  • Rebooking allowed within ticket validity

Student Fares
Students, we’ve got you covered

Whether you’re flying to study abroad, returning home, or planning a getaway in between terms, travel lies at the heart of life as an overseas student.

Take advantage of exclusive fares*, extra baggage allowance and free changes to your booking with our student-only discount codes HKSTUDENT (single booking) or HKSTUPLUS* (Student Saver package).
Exchange Sponsorship Scheme

- Exchange Sponsorships thru OGL:
  1. Basic Exchange Sponsorship, $6,000 HKD
  2. Subsidies on Exchange, type and amount varies

- The Basic Exchange Sponsorship is applicable to both local & non-local students. The sponsorship is released AFTER the exchange to students who have:
  ✓ Satisfactorily completed the exchange as per SBM
  ✓ No failed courses
  ✓ Submitted a qualified exchange report online

- Students needing more financial assistance with eligibility, can apply for Subsidies on Exchange through OGL.

- OGL will have final approval of all applications.
Exchange Sponsorship Scheme

• Exchange Sponsorship Application details: [https://studyabroad.hkust.edu.hk/outbound/financial-support/hkust-sponsorship](https://studyabroad.hkust.edu.hk/outbound/financial-support/hkust-sponsorship)

• Application deadline: TBC

• Late application will NOT be entertained

• Enquiries:
  Office of Global Learning
  Email: study.abroad@ust.hk
  Tel: 2358-5882
  Address: Room 2001 (Lift 4), Academic Building
Exchange Scholarships

- List of Current Exchange Scholarships offered by the University:
  - HKUST Alumni Endowment Fund - Exchange Scholarships for Non-local Students
  - HSBC Overseas Scholarship
  - Hung Choh Jan Fong Scholarships
  - Kowloon Investment Co. Ltd. Overseas Exchange Scholarships
  - Tone Tone Foundation Scholarship for Overseas Exchange

- Exchange students will be matched to scholarships by SFAO

- Refer to this link for eligibility and more Scholarship details: https://sfao.ust.hk/page.php?i=46
SBM Travel-Related Financial Awards

• SBM offers travel-related financial awards such as:
  
  1. Wong Chak Chui International Enrichment Scholarship
  2. International Enrichment Grant

• Details:
  
  https://bmundergrad.hkust.edu.hk/student-life/scholarship

• Application deadline: **30 April 2022 (Saturday)**

• These schemes are handled by SBM. For details on the International Enrichment Scholarship/Grant, please email bmfunds@ust.hk.
• Check your estimated expenses
• [https://mystudyabroad.hkust.edu.hk/](https://mystudyabroad.hkust.edu.hk/)
  → Click “Programs” → Click “Search” directly → Search your host university

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<thead>
<tr>
<th>Locations:</th>
<th>Ithaca, United States</th>
</tr>
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<tbody>
<tr>
<td>Program Terms:</td>
<td>Fall, Spring</td>
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<tr>
<td>Homepage:</td>
<td><a href="#">Click to visit</a></td>
</tr>
<tr>
<td>Restrictions:</td>
<td>HKUST applicants only</td>
</tr>
<tr>
<td><strong>Budget Sheets:</strong></td>
<td>Fall, Spring</td>
</tr>
</tbody>
</table>
## Spring Budget Sheet for HKUST School of Business and Management Undergraduate Outbound Exchange Program: Aalto University (Finland)

<table>
<thead>
<tr>
<th>Budget Item</th>
<th>Outbound Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Return flight between Hong Kong and host destination</td>
<td>$8,500.00</td>
</tr>
<tr>
<td>Living costs (including accommodation/meals/other living costs)</td>
<td>$48,800.00</td>
</tr>
<tr>
<td>Visa processing and related fees</td>
<td>$700.00</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>$58,000.00</strong></td>
</tr>
</tbody>
</table>

Notes:

**All amounts are estimated average in HKD for reference only.**

*Reference exchange rate: Please click [HERE](#)*

- Accommodation expenses may vary depending on the housing option.
- Meal and living costs vary depending on individual lifestyle.
- You are advised to check the visa application procedures and the related fees a few months before the program starts.
Exchange Report

• REQUIRED: Exchange Report
  ✓ Summarizing your experience
  ✓ Submit in Qualtrics after exchange

• GUIDELINES: Report Writing
  https://studyabroad.hkust.edu.hk/outbound/resources/returnee

⚠️ Late submission of reports will negatively affect your sponsorship, deposit, etc.
Exchange Report

• The report should include three parts:
  ✓ Monthly Activity Log
  ✓ General Exchange Information
  ✓ Items to Bring

• A confirmation will be sent after report submission. Only students with problems with their report or photos will be contacted.

|⚠️| Each report is an individual effort. Any students found copying other reports will be penalized. |
Exchange Transcript

- Official transcripts are required for credit transfer and must be:
  - a **SEALED** hardcopy OR
  - an **AUTHENTICATED** softcopy

- Most Exchange institutions issues at least one free copy. Bear in mind that some schools require permission to release transcripts.

- Students should request the Official Transcripts to be sent to:

<table>
<thead>
<tr>
<th>SEALED Hard Copy by mail:</th>
<th>AUTHENTICATED Soft Copy by email:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr. Forrest Kam</td>
<td><a href="mailto:bmforrest@ust.hk">bmforrest@ust.hk</a></td>
</tr>
<tr>
<td>Room 1037, 1/F, UG Programs Office</td>
<td>*Include HKUST Student ID</td>
</tr>
<tr>
<td>School of Business &amp; Management</td>
<td></td>
</tr>
<tr>
<td>The Hong Kong University of Science &amp; Technology</td>
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</tr>
<tr>
<td>Clearwater Bay, KLN, Hong Kong</td>
<td></td>
</tr>
</tbody>
</table>
PART III

EXCHANGE REMINDERS

by Ms. Wendy Cheung, SBM
Vaccination

- All students must complete a full course of COVID-19 vaccination to participate in the outbound exchange program.

- Could be 2 or 3 doses, depending on most updated HK gov’t guidelines

- Check host country/university if there are requirements on the specific types of vaccines needed.
Graduation Requirements

- Exchange does not alter a student’s responsibility to fulfill **GRADUATION REQUIREMENTS** stipulated in the curriculum handbook for year of admission in a student’s major, unless otherwise specified by their major department.

- Students must consult with their major department regarding how major requirements will be fulfilled, and resolve any extenuating circumstances that might justify a **DEVIATION** from the curriculum.
Credit Transfer

• The overloading policy will be strictly applied on the number of credits to be transferrable back:
  • **Maximum Credits 18**
  • **Maximum Credits 21** if CGA is **3.3** or above in semester prior to exchange

• Please consult SBM with any questions regarding the guideline.
Exchange Once only

- SBM Students will be allowed to go on exchange only **ONCE**. Students have not been and will not apply for a second exchange through any other School before or afterwards. Any actions that deviate from this will result in immediate withdrawal from the SBM exchange program.

- OGL winter/summer programs are not be counted as exchange.
Pass/Fail Option Not allowed

• Cannot opt for Pass/Fail (Not Pass) grade for any courses taken at the host institution, unless the course concerned awards Pass/Fail grades only.

IMPORTANT
Violation of the above rule will result in the withdrawal of the nomination by the School and refusal to recognize all or part of the credits you will earn at the host institution for fulfilling major program requirements.
Undertaking con’t

Others Reminders

• Students must RETURN TO HKUST to complete their degree after the exchange.

IMPORTANT
SBM reserves the right to rescind exchanges offers to students if they are unsuitable for exchange and/or does not respect the preparation process of our partners and/or does not understand objectives of the exchange program.
COVID-19 Reminders

• Students must refer to Study abroad undertaking:

  1) COVID-19 pandemic-related

  2) Study Abroad Undertaking related to COVID-19 vaccination and Consent to access VTRS
Responsibilities

BEFORE EXCHANGE:

• Be **MATURE** and **SENSIBLE** regarding your visa, flight itinerary, welfare, courses, belongings, communications, and etc.

• **ORIENTATION** is **COMPULSORY**. Considerable effort is put into the organization. If you cannot attend or skip the orientation, you will be withdrawn from exchange immediately.

AFTER EXCHANGE:

• all exchange components required by the host institution or associated organizations must be **COMPLETED** before returning home. Credit transfer will not be granted if you **FAIL** to complete these components.

Be **RESPONSIBLE** and **ACCOUNTABLE** for their own actions through **ALL STAGES** of the exchange process.
• You will be an **ambassador** of HKUST and expected to maintain the highest standards of academic integrity during the exchange.

• Breaches of these standards of **academic integrity** include, but are not limited to Cheating, Copying, Plagiarism, and etc.

• Please refer to your Business Ethics class and [HKUST Honor Code](http://ugadmin.ust.hk/ug-guide/integrity/dishonesty.html).

• Any act of academic misconduct will be penalized at the School level and in severe cases, penalty will also be given at the University level. Credit Transfer for courses on exchange will not be allowed.

• University Guidelines on Academic Misconduct: [http://ugadmin.ust.hk/ug-guide/integrity/dishonesty.html](http://ugadmin.ust.hk/ug-guide/integrity/dishonesty.html)
• The exchange offer can be rescinded at any time if a student is found to be unsuitable for exchange including, but not limited to being involved or suspected of any misconduct or disciplinary matters prior to exchange.
Exchange Survey

- Before, During, and After Exchange Survey
- $200 HKD for participation
- Survey Invitation in July
PART IV

TOOLS FOR ADJUSTING TO EXCHANGE

by Ms. Wendy Cheung, SBM
INTERCULTURAL SURVEY FINDINGS

- Understanding factors that promote or hinder CULTURAL COMPETENCE
- Study reflects that MINDSET (BELIEFS) about the self and culture can play an important role in shaping a SUCCESSFUL experience overseas.
• Because your mindset (beliefs) influences your levels of anxiety and adjustment and reaction to these feelings during exchange.
CULTURAL COMPETENCE

- These overseas experiences then influence subsequent CULTURAL COMPETENCE.
- Ideally, to get the most benefit from the exchange experience, students should keep a mindset that can help to adjust and reduce feelings of anxiety.
### Which mindset might be helpful?

<table>
<thead>
<tr>
<th>FIXED MINDSET</th>
<th>GROWTH MINDSET</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt; Success comes from talent.</td>
<td>&gt; Success comes from effort.</td>
</tr>
<tr>
<td>&gt; I’m either smart or dumb.</td>
<td>&gt; I can grow my intelligence.</td>
</tr>
<tr>
<td>&gt; I don’t like challenges.</td>
<td>&gt; I embrace challenges as a chance to grow.</td>
</tr>
<tr>
<td>&gt; Failure means I can’t do it.</td>
<td>&gt; Failure means I’m learning.</td>
</tr>
<tr>
<td>&gt; Feedback is a personal attack.</td>
<td>&gt; Feedback helps me grow.</td>
</tr>
<tr>
<td>&gt; If you succeed, I feel threatened.</td>
<td>&gt; If you succeed, I’m inspired.</td>
</tr>
<tr>
<td>&gt; If something’s too hard I give up.</td>
<td>&gt; I keep trying even when I’m frustrated.</td>
</tr>
</tbody>
</table>
How to grow our mindset?

• Focus on what we can learn from the challenges
• Consider ways to handle/reflect on the situations differently (if not now, for the future...)

[Image of a signpost with 'Comfort Zone' and 'Challenge']
What perceptions do you have?
What it means to be an exchange Student?

WHY DO YOU WANT TO GO ON EXCHANGE?

What are your expectations in these areas?

Academics
Professors
Courses
Campus

Experiences
Fun
Friends
Culture
How do you feel?

Happy
Excited
Hopeful

Nervous
Uncertain
Scared
Emotions...
Factors that might affect us...

- Environment
- Personality
- Gender
- Socio-economic status
- Ethnicity
- Community
- Peers
- Parents
How to deal with challenges?

Unique challenges during exchange
Being prepared

Eating
Chocolate Sweets
Music
Dancing

Meditation
Exercise
Sports
Yoga

OUR MINDSET
Social support
Peers; Friends
Family
Mentors
Counseling & Wellness
  - http://counsel.ust.hk
  - 2358-6696
WHAT ELSE CAN I DO?

A simple thing...
WRITE... WRITE... WRITE...

Date? Time? Where? Who are involved? What happened?
Imagine if that challenge happen to your friend, what would you say to help him/her to learn from that experience?
Reflect

Perception

THIS IS TRUE

REALITY

THIS IS TRUE

THIS IS TRUTH
EXPRESS YOUR THOUGHTS...

Writing
Elaborate
Freestyle

Conversation
Listener
Support
In Summary...

We will encounter **UPS** and **DOWNS** throughout ... We **LEARN** and **GROW** from these experiences...

Enjoy your cultural journey!
Q & A
THE END