Pre-Departure Briefing Session

SBM Exchange-Out
Fall 2023

19 Apr 2023 (Wed)
Room 4619, Lift 31/32
Contact Information

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SBM Undegraduate Office
Room 1037, 1/F, LSK Business Building

SBM UG Exchange Pre-Departure Briefing Session
Rundown
19 April 2023 (Wed) 6:00 - 7:30pm

**Part 1 & 2 by Ms. Fiona Wong**

**EXCHANGE CREDIT TRANSFER**
- Credit Transfer per Exchange
- Course Equivalence Assessment
- Credit Transfer Application System

**EXCHANGE INFORMATION**
- Student Status
- Visa Application
- Insurance
- Tuition Fees
- Financial sponsorship/scholarships
- Exchange Report
- Transcripts

**Part 3 & 4 by Ms. Wendy Cheung**

**EXCHANGE REMINDERS**
- Undertaking
- Responsibilities
- Academic Integrity & Misconduct
- Exchange Survey

**ADJUSTING TO EXCHANGE**
- Tools for Adjustment

SBM UG Exchange Pre-Departure Briefing Session
# OGL Pre-departure Sessions

Students should also attend OGL pre-departure / country info sessions for more details on COVID undertaking, ISOS, visa, & etc.

<table>
<thead>
<tr>
<th>Date</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
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<tbody>
<tr>
<td>APR 10</td>
<td></td>
<td></td>
<td>Japan, South Korea, Taiwan</td>
<td>Australia, New Zealand, Singapore</td>
<td>Finland, Sweden</td>
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<tr>
<td>APR 17</td>
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<td>USA</td>
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</tr>
<tr>
<td>APR 24</td>
<td></td>
<td></td>
<td></td>
<td>(TBC) ISOS - Europe I</td>
<td></td>
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</tbody>
</table>

Pre-departure Briefing Session (6-7:30pm)

ISOS Security Briefing Session (7-8pm)

(TBC) ISOS - Europe II

(TBC) ISOS - North America I

(TBC) ISOS - Europe III

(TBC) ISOS - Asia-Pacific (Including Mainland China)

(TBC) ISOS - North America II
Part 1.

Exchange Credit Transfer

by Ms. Fiona Wong
Exchange Credit Transfer

- 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/credit-transfer-undergraduate-studies-ug
Course Equivalence Database

- 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.
Course Equivalence Database
Approved Mapping

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fixed Income Analysis</td>
<td>Quantitative Methods for Fixed Income</td>
<td>3</td>
</tr>
<tr>
<td>FINE451</td>
<td>Derivatives</td>
<td></td>
</tr>
<tr>
<td>Ref No.: B033476-02</td>
<td>MATH4511</td>
<td></td>
</tr>
<tr>
<td>Game Theory</td>
<td>Applied Game Theory</td>
<td>4</td>
</tr>
<tr>
<td>ECONS46</td>
<td>ECON4124</td>
<td></td>
</tr>
<tr>
<td>Ref No.: B035117-02</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Developing Business Applications</td>
<td>3000-level Course in Information Systems</td>
<td>3</td>
</tr>
<tr>
<td>INSY341</td>
<td>Business Statistics and Operations Management</td>
<td></td>
</tr>
<tr>
<td>Ref No.: B034227-02</td>
<td>ISOM30001S</td>
<td></td>
</tr>
<tr>
<td>Security Trading and Market Making</td>
<td>4000-level Course in Finance</td>
<td>3</td>
</tr>
<tr>
<td>FINE444</td>
<td>FINA4000LEVEL</td>
<td></td>
</tr>
<tr>
<td>Ref No.: B041238-02</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
To determine the amount of credits transferred for electives, it generally depends on the number of contact hours of the course you study on exchange.
### Course Equivalence Database

**Approved Mapping**

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

#### Examples:

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Equivalent Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Materials of Western Music</td>
<td>1000-level Course in Humanities</td>
<td>3 Credits</td>
</tr>
<tr>
<td></td>
<td>HUMA1000HMCC</td>
<td></td>
</tr>
<tr>
<td>Basic Materials of Western Music</td>
<td>1000-level Course in Humanities</td>
<td>3 Credits</td>
</tr>
<tr>
<td></td>
<td>HUMA1000ARTC</td>
<td></td>
</tr>
<tr>
<td>Introduction to Brain, Mind, and Behavior</td>
<td>Discovering Mind and Behavior</td>
<td>3 Credits</td>
</tr>
<tr>
<td></td>
<td>SOSC1960</td>
<td></td>
</tr>
</tbody>
</table>

- Others -> Free Credits (just credits)

#### Examples:

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Free Credits</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visual Communication</td>
<td>OTHRFREE</td>
<td>4 Credits</td>
</tr>
<tr>
<td>Aboriginal Sydney</td>
<td>1000-level Course in Humanities</td>
<td>3 Credits</td>
</tr>
<tr>
<td></td>
<td>HUMA1000LEVEL</td>
<td></td>
</tr>
<tr>
<td>General Psychology I</td>
<td>1000-level Course in Social Science</td>
<td>1 Credit</td>
</tr>
<tr>
<td></td>
<td>SOSC1000LEVEL</td>
<td></td>
</tr>
</tbody>
</table>
Course Equivalence Database
Approved Mapping

• Normally, students taking a course listed in the Database will be granted credits according to the Database mapping provided that the course taken is:

  - the **SAME** as the one recorded in the Database (e.g. same course code, course title),
  - 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.
Mapping Result Checking

• The system will **NOT** send emails to notify you of individual mapping result.
• You are **ADVISED** 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.
Returnee Stage

When you have completed your exchange study and want to apply for credit transfer,

1. Submit the online application to Academic Registry no later than 1 month after your 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>4</th>
<th>Posted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Institution</td>
<td>HKUST</td>
<td>Undergraduate</td>
</tr>
<tr>
<td>Career Program</td>
<td>Bachelor of Business Admin: 4Y</td>
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</tr>
<tr>
<td>Credit Source Type</td>
<td>Source Institution</td>
<td>Manual</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<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>
</tr>
</thead>
<tbody>
<tr>
<td>2014-15 Fall</td>
<td>35E 00400</td>
<td>6.00</td>
<td>4</td>
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<td>3.000</td>
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<td>2014-15 Fall</td>
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<td>6.00</td>
<td>5</td>
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<td>FINA 3404</td>
<td>4.000</td>
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<tr>
<td>2014-15 Fall</td>
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<td>3</td>
<td>Posted</td>
<td>FINA 3304</td>
<td>4.000</td>
<td>T</td>
</tr>
</tbody>
</table>
Credit Transfer System

Video
Contact ARO Credit Transfer Office

Enquiries

Academic Registry
(Credit Transfer Application Unit)

- crtran@ust.hk
- 3469 2213
- Room 6603 (Lift No. 31-32) Academic Building Annex
Part 2.

Exchange Information

by Ms. Fiona Wong
Student Status

• 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.

NOT ALLOWED

- Gaining another exchange enrollment at host university.
- Transferring to host university.
Visa Application

• 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 (e.g. Portugal Consulate is in Macau)

• Some Embassies do not handle entry visa (e.g. Sweden Consulate HK does not handle visa)

• 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.
Visa Application

PRC Students and/or Students born in China:

• Some countries (e.g., 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

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

Due to COVID, visa approvals are not guaranteed. Please check up-to-date regulations.
Visa Application - COVID Impact

- 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.
Housing

• Check if exchange institute offer on-campus accommodation

• Submit your housing application ON TIME

• Some exchange institute **DO NOT guarantee on-campus accommodation**/ at full capacity (i.e. NYU)

• Pay attention to Housing information email

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START EARLY
Student will bear the responsibility to secure housing.
Tuition Fees

• Only pay HKUST Tuition

• Adhere to the HKUST tuition deadline

- Notify SAO if you need to defer payment. Otherwise, exchange maybe suspended.
Insurance

• 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.

**NOT COVERED**

× Travelling to other countries outside your exchange 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*

Exchange Sponsorship Scheme

- Exchange Sponsorships thru OGL:
  - Basic Exchange Sponsorship, $6,000 HKD
  - 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


- Application Period: July – Aug 2023 (tentative)

- 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:
  o HKUST Alumni Endowment Fund - Exchange Scholarships for Non-local Students
  o HSBC Overseas Scholarship
  o Hung Choh Jan Fong Scholarships
  o Kowloon Investment Co. Ltd. Overseas Exchange Scholarships
  o Wong Chak Chui One-Belt-One-Road Enrichment Scholarship

• 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](https://bmundergrad.hkust.edu.hk/student-life/scholarship)

• Application deadline: 30 April 2023 (Sunday)

• These schemes are handled by SBM. For details on the International Enrichment Scholarship/Grant, please email [bmfunds@ust.hk](mailto:bmfunds@ust.hk).
Financial Aids After Withdrawal

• Students who **WITHDRAW** from exchange, **MUST** inform the relevant committee/team/office if you have been awarded any scholarships/funding that supports your exchange-out within **ONE** week after withdrawal.

• Your total scholarship/funding amounts will be affected and/or can be offered to other students in need.

Please notify the Exchange team and your major department immediately.
Budget Sheets

• Check your estimated expenses: https://mystudyabroad.hkust.edu.hk/
  -> Click “Programs” -> Click “Search” directly -> Search your host university

<table>
<thead>
<tr>
<th>Locations:</th>
<th>Ithaca, United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Terms:</td>
<td>Fall, Spring</td>
</tr>
<tr>
<td>Homepage:</td>
<td>Click to visit</td>
</tr>
<tr>
<td>Restrictions:</td>
<td>HKUST applicants only</td>
</tr>
<tr>
<td>Budget Sheets:</td>
<td>Fall, Spring</td>
</tr>
</tbody>
</table>
# Budget Sheets - Sample

## 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 will negatively affect your sponsorship, return of 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 either:
  - 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 POST:</th>
<th>AUTHENTICATED Soft Copy by EMAIL:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ms. Fiona Wong</td>
<td><a href="mailto:bmfionaw@ust.hk">bmfionaw@ust.hk</a></td>
</tr>
<tr>
<td>Room 1037, 1/F, UG Programs Office</td>
<td></td>
</tr>
<tr>
<td>School of Business &amp; Management</td>
<td></td>
</tr>
<tr>
<td>The Hong Kong University of Science &amp; Technology</td>
<td></td>
</tr>
<tr>
<td>Clearwater Bay, KLN, Hong Kong</td>
<td></td>
</tr>
</tbody>
</table>

*Include HKUST Student ID and your FULL name*
Part 3.

Exchange Reminders

by Ms. Wendy Cheung
Vaccination

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

• Subject to changes depending on most updated HK gov’t guidelines.

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

• Contact ISOS: +852 2528 9900
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.
Undertaking

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.

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

RETURN TO HKUST

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

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.
**Undertaking: Covid-19 related**

**COVID-19 REMINDERS**

- Students must refer to study abroad undertaking:
  1. covid-19 vaccination and consent to access VTRS
  2. covid-19 pandemic-related
  3. study abroad undertaking related to covid-19 vaccination and HKSAR vaccine pass
## Responsibilities

### BEFORE EXCHANGE

- Be **MATURE & 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.

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Be Responsible & Accountable for their actions through ALL STAGES of exchange process!
Academic Integrity & Misconduct

• 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.

• 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
Academic Misconduct

• 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 summer
Part 3.

TOOLS FOR ADJUSTING TO EXCHANGE

by Ms. Wendy Cheung
Intercultural Survey Findings

• Understanding factors that promote or hinder cultural competence

• Studies reflect that MINDSET (BELIEFS) about the self and culture can play an important role in shaping a SUCCESSFUL experience overseas.
How To Handle?

- 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...)
Why do you want to go on EXCHANGE?

- Academics
- Professors
- Courses
- Campus

- Experiences
- Fun
- Friends
- Culture
How do you FEEL?

- HAPPY
- NERVOUS
- Excited
- Uncertain
- Hopeful
- Scared
Factors that might affect us...

- Environment
- Gender
- Personality
- Ethnicity
- Socio-economic status
- Peers
- Parents

SBM UG Exchange Pre-Departure Briefing Session
How to deal with challenges?

Be mentally prepared!

Eating
Sweets
Music
Dancing

Meditation
Exercise
Sports
Yoga

OUR MINDSET
Social Support

Peers; Friends
Family
Mentors
Counseling & Wellness

- [http://counsel.ust.hk](http://counsel.ust.hk)
- 2358-6696
What else can I do?

• A simple thing......
Have a conversation!

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**

This is **TRUE**

**REALITY**

Perception

SBM UG Exchange Pre-Departure Briefing Session
Learn to express yourself

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

SBM UG Exchange Pre-Departure Briefing Session
The End