

Recordings of Self-help Group Activities to Support Japanese Students Returning from Study Abroad Programs (2): Measures to Deal with Reverse Culture Shock

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According to a recent survey, although many Japanese students who have returned from study abroad programs wish to have the opportunity to get together with others who also have study abroad experiences, their wish seldom comes true. Thus, as university professionals promoting student exchange, the authors of this paper started to create such educational opportunities for returnee students by applying self-help group activity methods. In this paper, the details of the first session focusing on measures to deal with reverse culture shock are reported. Seven Japanese university students joined the session, and they talked about various strategies to deal with difficulties upon reentry to Japan. Among the strategies, they regarded communicating with friends who had also experienced study abroad as the best way to handle their problems and to alleviate their stress upon reentry. Additionally, it was implied from their conversation during the session that it motivated them to take action to make use of their study abroad experiences in their personal hobbies, local volunteer activities, and future career.