

## Best Practices in Rebound Orientation

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- Why need?
- When held?
- How long?
- Who leads?
- What need to conduct?
- Large vs. small group activities?

## Pre-weekend

- Banner at last outbound training entitled:  
“During my exchange I plan to . . .”
- Banner during rebound weekend entitled:  
“During my exchange I . . .”

## Banner results

- Ate ant eggs
- Pet a camel
- Age coagulated chicken’s blood
- Got hit by a dead fish on a pole for good luck
- Drank bird saliva
- Pulled hair off a dragon
- Climbed Mount Fuji
- Grew up

### Banner results

- Rode a yak in the Himalayas
- Learned Chinese, Taiwanese, Japanese and Portuguese
- Met Santa at the North Pole
- Accidentally yelled inside a temple—oops
- Gave dinner to orphanages with my host family
- Visited a holocaust camp

### Banner results

- Got lost in the most populated city in the world
- Went to 9 countries
- Went to a 900 year old school
- Fell in love
- Learned how to ski above the Arctic Circle
- Found myself
- Made the best friends I've ever had

### Pre-Friday

- Prior to weekend all Rebounds alerted to importance of experience as essential part of exchange
- Rebounds asked to send in top 10 photos from exchange for slide show before general sessions
- 2-3 Rotex selected for each small group (8-10) with 50% having served before. Provided curriculum guide to prepare for weekend

### Pre-Friday

- Folders prepared with insert materials for all Rotex and Rebounds
- Materials needed include pens, hula hoops, swimming noodles, masking tape, colored pencils and magic markers, blank paper, lined paper, Kleenex and name tags

## Friday

- Rotex training and assignment to small groups
- --Review curriculum and answer questions
- --Discuss strategies for addressing challenging Rotarians, Rotex or Rebounds
- --Flexible rigidity in regard to schedule
- --Rotex critical in success of small groups
- --Clarify my role as consultant

## Opening

- Overview
- Goal
- Objectives
- Hoops Around a Circle exercise
- Introduce country coordinators
- Youth self introductions—providing name, country and city they lived in and one memorable experience. Say something in that language and explain its meaning
- Rotex introductions—same as rebounds but explain why they decided to be a Rotex
- Placed into small groups randomly

## Small group meeting

- Post ground rules
- 1. Only 2 Rotarians present
- 2. Must sit in circle and participate
- 3. Don't monopolize
- 4. What said in group stays in group
- Discussion guide—review and emphasize encouraged, compassionate participation and sharing
- Distribute folders and embellish cover in way meaningful for them. Folders are to stay in the group room until end of the weekend.
- Discuss 11 contents of folder

## Small group meeting

- Have each member introduce themselves:
  1. Name
  2. Where they went
  3. Highlights
  4. Best and worst experiences
  5. What you learned about yourself
  6. What you learned about others

### Small group meeting

- Human shield exercise—draw or write something in each quadrant addressing following:
  - 1. Something proud of
  - 2. Something about USA that bugs you
  - 3. Something about self since came home
  - 4. Something want to accomplish this weekend

### Human Shield

- Tape shield to chest and mill about room discussing shields
- After 5 minutes have them pair up and get to know partner for 10 minutes
- Have them introduce each other to group
- Have group ask questions of them
- Continue until everyone is introduced
- Debrief with entire group

### Small group meeting

- Have each complete “Reflections On Rebounding” exercise then share with group and debrief
- Have each complete Resiliency Scale for Children and Adolescents as post test to exchange year and give to administrator of weekend

### Saturday morning large group

- Yurt circle exercise and debriefing covering the following:
  - 1. What was the task?
  - 2. How successful were you?
  - 3. What worked well?
  - 4. What didn't work well?
  - 5. Was you exchange a balancing act like this?
  - 6. Were there times you had to coordinate your efforts to keep from falling?
- Reverse Culture Shock game show by small group--demonstrate
- Meet as small groups and Rotex discuss their experience and facilitate discussion on RCS—focus on challenges, successes and failures, what most helpful, relationships

### Saturday morning small group

- Complete rebound survey anonymously and turn in
- Tangle knot exercise– demonstrate and reflex as follows:
  - 1. Were there times in exchange you felt in a knot?
  - 2. How resolve?
  - 3. Who most helpful and what did you learn?

### Saturday morning group

- Complete “How Have I Changed From My Experience?” exercise
  - 1. Identify ways different due to exchange
  - 2. Identify 3-4 changes that were most significant
  - 3. Write sentences elaborating on how change came about, how it affected your life today and how it may affect your future

### Saturday morning group

- Complete “Goals for my rebound year” and discuss with group including:
  - 1. What you want to accomplish
  - 2. Expected major impediments
  - 3. Resources available to overcome these
  - 4. How you’ll know you’ve been successful
- Meet with country coordinators to improve exchange for next year’s outbounds

### Saturday afternoon

- Large group “Where do I go from here?” presentation and discussion
- Small group—trust circle exercise and reflection on the following:
  - 1. What was it like to be falling?
  - 2. What was it like to keep someone else from falling?
  - 3. During exchange were you falling and who helped?

### Saturday evening

- Work individually on essay and/or letter to the editor
- Rotex arrange room and selves to best facilitate process
- Use items checked on “How I have changed” as an outline and elaborate with specific experiences from the exchange
- Try out essay in pairs and give and receive feedback and then with entire group

### Saturday evening

- Be prepared to give presentation to entire group on Sunday
- Assist others in group in completing theirs

### Sunday

- Speech presentations before entire group with feedback from audience
- Complete “Rebound Weekend Evaluation” and turn in
- Presentation of Rotex T-shirts
- Group photo
- Closing remarks
- Clean up and depart

### Rebound Survey Summary

- Support from club
  - Received monthly allowance on time
  - Expectations of club realistic and attainable
  - Felt welcomed by host club
  - Had regular contact with Rotarians
  - Sufficient support by District and YEO
  - Had regular contact with counselor
  - Included in club activities

- Support from host family
  - Felt accepted
  - Expectations were realistic
  - Had good relations with host siblings
  - Felt overburdened by home duties

- Support at school
  - Felt welcomed in school by teachers
  - Participated in extra school activities
  - Did my best to get good grades
  - Was easy to make friends in school
  - Accumulated unexcused absences

- Support from home
  - Had minimal contact
  - Spent little time on Facebook and such
  - Greatly missed family and friends
  - Had a romantic involvement with someone back home

### Factors enabling a successful placement

- Mastering the language
- Good relationship with host parents
- Successful at making new friends
- Positive contact with other RYE students
- Had realistic expectations about what the exchange would be like

### Dealing with problems

- 24% considered an early return
- For 50% was within first 2 months
- Most due to host family, next club and people back home
- Counselor and other inbounds most helpful
- Most helpful intervention would have been getting a new host family
- 90% would do exchange again if possible

### Biggest self changes

- Deeper understanding of problems that all humans face
- More confident, assertive and positive when meeting new people and situations
- Greater capacity to accept difference in others
- More flexible and able to adjust
- Understand own strengths and weaknesses

### How better prepare outbounds?

- Teach them to have realistic expectations
- More interaction with other inbounds
- Teach creative problem solving and resilience
- Reach out to those who can help
- Nothing, fine as it is
- “Make sure they’ re really dedicated before they go.”

- “Make sure they’ re not in relationships”.
- “They have to rely on themselves, no more coddling from families”.
- “No way to prepare for this experience”.
- “More emphasis on language”.
- “Get involved as soon as they can”.
- “A bad day on exchange is always better than a bad day in your home country; you can grow from it”.

### Rebound Weekend Evaluation

- 1. What did you think and feel about the weekend?
- 2. Should this be available for all future rebounds?
- 3. What did you like best?
- 4. What did you like least?
- 5. What can we do to make it better?
- 6. What did you do to leave your country a better place?

### Rebound Weekend Evaluation: How did you feel about the weekend?

- This weekend helped to sort out feelings of coming home and how to deal with them correctly.
- It was nice and not a waste of time.
- It was fun! Glad I came.
- A good place to start to accept my reverse culture shock.
- Fun and emotional. Proper mix of the 2.

- Rewarding and helpful.
- As nervous as I was to come, I'm so happy I did because it's finally nice to have people to relate to. I don't want to go home!
- This weekend helped me open up about things I know others wouldn't understand. I love the opportunity to get to talk to other alumni.

- Great stuff.
- Great idea and amazing activities.
- I think it was amazing. I became closer to the other rebounds and realized how I'm not alone. It made me miss my host country and it was hard to admit my feelings but I needed it.
- I feel that I now have closure with my exchange and I now fully understand that I have to embrace my home culture to be completely bicultural.

### Available to future rebounds?

- All said yes emphatically
- Very crucial for the adjustment of coming back from a year abroad
- It'll help bring closure to their exchange
- Make it available to those who didn't make it through because they need guidance and help too and shouldn't be ostracized

### What liked best?

- Small groups
- The people
- Reconnect and talk
- Sharing our essays
- Incredible experience
- Listening to the speeches
- Everyone let out their feelings because we didn't have to hide how we truly felt

### What liked least?

- Repetitive
- Guilted into speaking
- Too much reflecting
- Long amount of sitting
- Lake Yale food
- Weekend too short
- Jeopardy game
- Writing the essay

### What liked least?

- Being in the United States
- To be honest nothing really
- Structured work
- Full group sessions
- Psychology test

### How make better?

- Last 2 weeks
- More free time
- More small group chats
- Changing up the small groups daily
- Make assignments more fun
- Make this meeting mandatory
- Was everything any student could ask for
- Better food

### How did you leave your country better?

- Showed them Americans are not all like on TV
- Planting 200 trees
- Teaching children English
- Tutoring students
- Proved American stereotypes are not correct
- Have a new life and family
- Left my old sense of myself and have new self
- Left best apple pie recipe Sweden ever had

### Questions and comments?