

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?

Opening

- Overview
- Goal
- Objectives
- Hoops Around a Circle exercise
- Introduce country coordinators
- Youth self introductions
- Rotex introductions
- Placed into small groups

Small group meeting

- Post ground rules
- Discussion guide
- Distribute folders and embellish cover
- Discuss contents
- Introduce self
- Human Shield exercise
- Complete “Reflections on Rebounding” sheet and discuss

Saturday morning large group

- Yurt circle exercise and debriefing
- Reverse Culture Shock game show
- Meet as small groups and Rotex discuss their experience and facilitate discussion on RCS
- Complete Rebound survey
- Tangle knot exercise and reflection
- “How Have I Changed” activity and discussion
- Complete “Goals for Rebound Year” and discuss
- Meet with country coordinators

Saturday afternoon

- Large group “Where do I go from here?” presentation and discussion
- Small group—trust circle exercise and reflection
- Free time
- After supper work on speeches and letter to the editor

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: 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.