

Thurman Group Global | College Edge | Study Abroad

Go Further. Know Yourself First.

EQ preparation for before departure, in-country, and re-entry. For students, parents, and advisors.

There Is Greatness Inside

● Study Abroad EQ Readiness Guide

No passport prepares you for the internal experience of studying abroad. The cultural disorientation. The loss of your familiar social identity. The communication friction of navigating a world where your default style does not land the way you expect. And for many students, the most disorienting part is not leaving - it is coming home. Emotional intelligence is what turns a semester abroad from a challenging experience into a transformative one.

Top 10

WEF 2025 Skills: Flexibility, Empathy, Self-Awareness

15

Coachable EQ Competencies

3

Phases: Before, During, After

\$1,000

College Edge Pre-Departure Program

What Students and Families **Are Actually Facing**



Cultural Identity Disruption

When every environmental cue is unfamiliar, a student's sense of self comes under pressure in ways they did not anticipate. Students with strong EQ Self-Regard hold their identity through that pressure.



Communication Style Collision

Your DISC behavioral style was shaped in a specific cultural context. When that context changes, your default style stops working - and most students have no framework for why or what to do about it.



No Support Network Within Reach

The safety net that caught every previous struggle is nine time zones away. A student whose stress management skills are underdeveloped has nothing to fall back on when the pressure spikes.



Re-Entry Shock Is Real and Underestimated

Research on international students consistently shows that re-entry is often more emotionally difficult than departure. The student who returns is not the student who left.

DISC Abroad **Your Style in a New World**

D - Dominance

Risk: Directness Misread as Aggression

Many global cultures read D-style directness as rude or aggressive. Your results-first communication style requires intentional adjustment. D-styles adapt fast once they see the tactical advantage.

I - Influence

Risk: Surface Connections That Do Not Sustain

I-styles make friends everywhere - and sometimes nowhere deeply. Build for depth, not just warmth. The relational opportunity of abroad is only available to students who invest below the surface.

S - Steadiness

Risk: Loyalty to Familiarity Over Growth

S-styles find their people and stay close - which abroad can mean clustering with students from home and missing the full cultural experience. Build in intentional discomfort.

C - Conscientiousness

Risk: Paralysis When Systems Are Unclear

C-styles need structure and clear expectations. Abroad, those things often do not exist in the form they are used to. Build a personal structure before departure.

The EQ-i 2.0 **Composites**

FLEXIBILITY

The number-one EQ skill abroad. Adapting emotions, thinking, and behavior to what a situation actually requires.

EMPATHY

Tuning into someone from a completely different cultural context. What transforms tolerance into genuine connection.

STRESS TOLERANCE

Coping with lost luggage, language failure, cultural misstep, academic struggle - without falling apart.

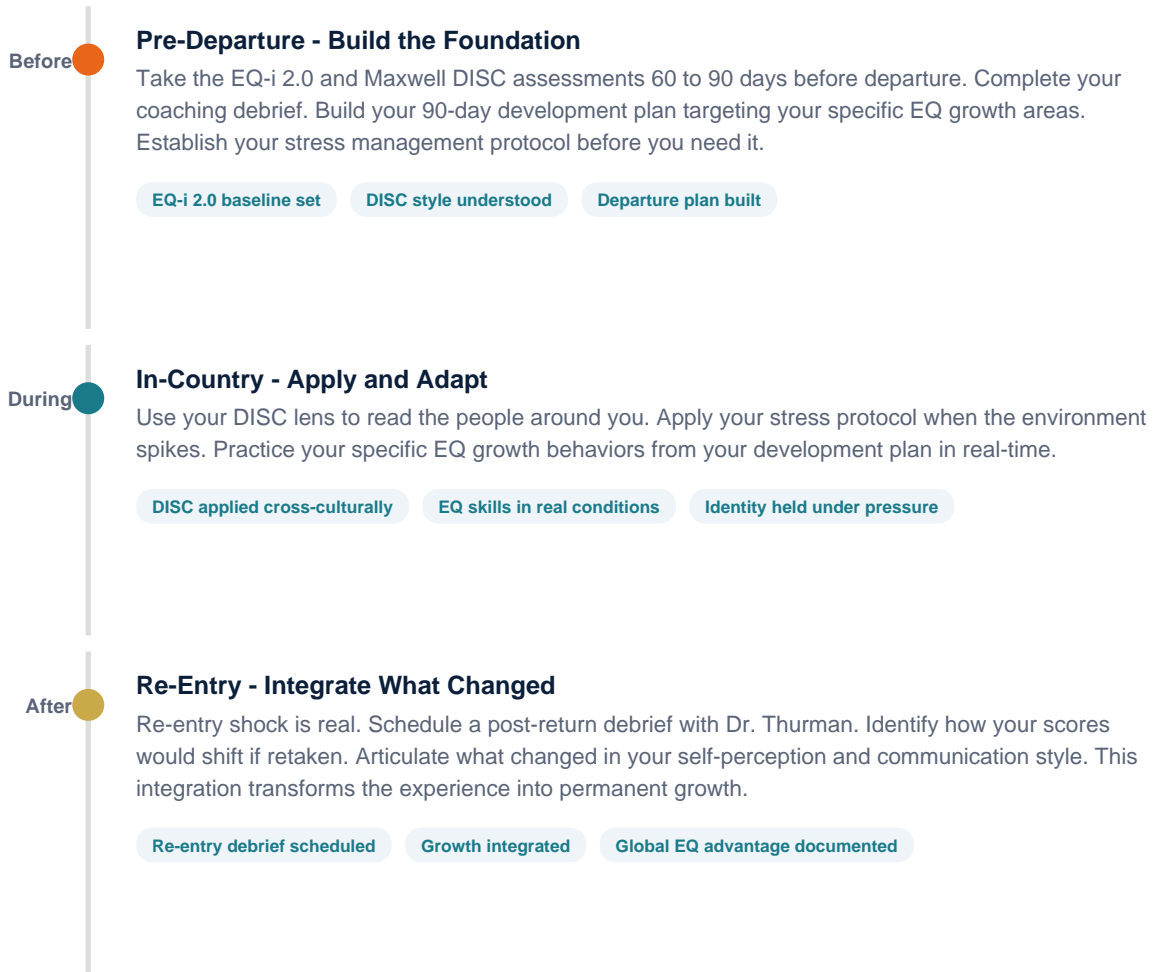
SELF-REGARD

Holding your identity when everything familiar is removed. Students with strong self-regard come home more themselves.

INTERPERSONAL

Building trust and connection across language, culture, and difference. The relational opportunity of abroad depends on this.

Development **Timeline**



Interpersonal skills become more predictive of academic success as students move into young adulthood. Empathy, social responsibility, and relationship quality determine how quickly a student establishes belonging in any new environment.

JOURNAL OF EDUCATION AND HUMAN DEVELOPMENT, 2025

Share with your student:

thurmangroupglobal.com/guide/in-college

For students already enrolled, see the In-College guide.

Go Further. Know Yourself First.

College Edge gives study abroad students and the families and advisors supporting them the EQ and DISC framework to make the most of every mile.

Start College Edge

thurmangroupglobal.com/college-edge-pricing