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Life-changing Outbound Exchange Experience in the University of Oklahoma

In my outbound exchange program at the University of Oklahoma, I was happy to know a different culture and study environment of the United States. This reflective journal aims how I learn from local people, accepting a different culture and academic activity participation during the exchange experience.

Before my outbound exchange, I have already known the differences between the United States and Hong Kong. I was expected that I could go there to expand my cognition of that state. I also knew that I needed to face new challenges such as cultural shocks during the exchange.

After arrival, I quickly knew the difference between Oklahoma and Hong Kong. Most people use cars to travel, and transportation there is not convenient. Oklahoma is a very religious state, as there are many churches located around the university. The environment of the University of Oklahoma is very different, since the school has more than 100 years of history. Buildings look very old but neat.

Courses in the University of Oklahoma is slightly different. Professors there tend not to make slides and required students to buy textbooks. However, professors were very helpful and engaging. They want student gain knowledge from course and ensure them have a high score in examinations. Students there were actively raising questions.

Students come from around the world. Some classes are even mainly South Asians. Since the university is multicultural, I am glad to meet cultures around the world. I could handle commutations between locals, and knew how locals describe the state of Oklahoma. This enhance my English speaking performance and become more brave about talking in real life situations.

Since this was the first time going to a different country independently, it is a challenge for me to do financing, transportation planning, and trying to integrate the local society. I was able to live independently, and how to communicate with roommates.

One big challenge is slides in lectures is not common in the university, and I must use

textbook to know what professors were talking about. To overcome that challenge, I did a lot of research on specific topics, such as watching videos from online to have a better understanding.

After this outbound exchange, I found myself reflecting on the impact this experience had not only on my personal development, but also knowledge about my major. With the eyesight expansion on worldview, cultural information from local and foreigners, will construct my future, and making myself more aware about international things.

My outbound exchange program at the University of Oklahoma was an exciting and life-changing experience which changed my original expectations. By exploring large variety of cultures, different academic teaching method, meeting different kinds of local and foreigners, I gained valuable eyesight and skills which further shape my future. The exchange experience is meaningful for me. I am very grateful that I am granted this opportunity to explore the culture of the state of Oklahoma and especially different kinds of courses I have studied there, which completely changed my study direction positively. I will use my knowledge learned from there to apply them in coming courses and challenges.