

Type of Experience: Study Abroad
Trip _____

Name of Experience: American Hellenic Institute Student Foreign Policy
Trip _____

Date or Time Frame: June 2019- July
2019 _____

Description: I applied to a student foreign policy trip with the American Hellenic Institute. They are an organization dedicated to promoting peace and stability in the Eastern Mediterranean and in Cyprus. I got to visit Turkish occupied Cyprus as well as meet with various ambassadors in Cyprus and Greece in order to learn about key issues in the region.

Reflective Essay:

During this program, I learned about key issues facing Cyprus and the eastern mediterranean. While I was there, I discovered that leadership also must define how one frames their country's own interest in relation to another. For instance, do other countries have an obligation to help Cyprus even if it is not in their own interest? Furthermore, I learned that leadership requires really examining the issues and not just going by common opinion especially. For instance, many people in the United States believe that Europe's issues are intertwined. And while that may be the case in some instances, regional interests must be analyzed to fully understand the issues facing the content.

Type of Experience: Virtual
Internship _____

Name of Experience: Euraffex Research
Internship _____

Date or Time Frame: September 2020- December
2020 _____

Description: I worked for an organization that works as a consulting group to the EU to provide them solutions to key problems such as climate change and trade. I conducted research on these key issues.

Reflective Essay:

During my time with Euraffex researching the key issues mentioned above, my definition of leadership changed because I learned that issues are much more complex than perceived. Furthermore, when I conducted research on government procurement for trade policy, I realized in order to initiate trade, the EU and its trading countries have strict guidelines they agree to abide by. In addition I developed cross cultural communication skills. Furthermore, my boss had different ways of communicating through emails such as the pace of responses, and I had to adapt to these cultural differences.

Type of Experience: ____ Study
Abroad _____

Name of Experience: France Study
Abroad _____

Date or Time Frame: __ February 2020- March
2020 _____

Description: _____ I studied abroad in France with the program API Paris and underwent a rigorous language program. _____

Reflective Essay:

I studied abroad in France before COVID hit for 6 weeks. I did not know any French before going, but picked up some of the language before leaving. I developed adaptability skills by going to a country not knowing any of the native language.