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**LINGNAN UNIVERSITY**

**Office of Global Education**

**STUDENT EXCHANGE PROGRAMMES - FOR OUTGOING STUDENTS**

**PORTFOLIO OF EXCHANGE ACHIEVEMENTS**

1. **Personal Particulars**

|  |  |
| --- | --- |
| Name |  |
| Lingnan Student ID |  |
| Programme & Major/ Stream  |  |
| Year of Study in 2018/19 |  |
| Term of Exchange |  |
| Host Institution |  |
| Host Country |  |

1. **Goals and Evaluation**

Refer to the goals and action plans you set prior to your exchange, please evaluate whether you have achieved your goal(s) in EACH of the following aspects. If yes, please provide examples and elaborations. If no, please identify the reason(s) why the goal(s) is/are not achieved. (Not less than 50 words for each aspect)

1. Academic Experience

|  |  |
| --- | --- |
| 1. Goal(s)
 |  |
| 1. Actions taken
 |  |
| 1. Goal(s) achieved?
 | □ Yes [complete (d)] □ No [complete (e)] |
| 1. Examples and elaborations
 | *(Not less than 50 words)* |
| 1. Reason(s)
 | *(Not less than 50 words)* |

1. Cultural Exposure

|  |  |
| --- | --- |
| 1. Goal(s)
 |  |
| 1. Actions taken
 |  |
| 1. Goal(s) achieved?
 | □ Yes [complete (d)] □ No [complete (e)] |
| 1. Examples and elaborations
 | *(Not less than 50 words)* |
| 1. Reason(s)
 | *(Not less than 50 words)* |

1. Social Experience

|  |  |
| --- | --- |
| 1. Goal(s)
 |  |
| 1. Actions taken
 |  |
| 1. Goal(s) achieved?
 | □ Yes [complete (d)] □ No [complete (e)] |
| 1. Examples and elaborations
 | *(Not less than 50 words)* |
| 1. Reason(s)
 | *(Not less than 50 words)* |

1. Professional Development

|  |  |
| --- | --- |
| 1. Goal(s)
 |  |
| 1. Actions taken
 |  |
| 1. Goal(s) achieved?
 | □ Yes [complete (d)] □ No [complete (e)] |
| 1. Examples and elaborations
 | *(Not less than 50 words)* |
| 1. Reason(s)
 | *(Not less than 50 words)* |

1. Personal Development

|  |  |
| --- | --- |
| 1. Goal(s)
 |  |
| 1. Actions taken
 |  |
| 1. Goal(s) achieved?
 | □ Yes [complete (d)] □ No [complete (e)] |
| 1. Examples and elaborations
 | *(Not less than 50 words)* |
| 1. Reason(s)
 | *(Not less than 50 words)* |

1. **Difficulties and Challenges**

Did you encounter any unexpected difficulties or challenges during your exchange? If yes, please elaborate. (Not less than 100 words)

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How did you overcome these unexpected difficulties or challenges? (Not less than 100 words)

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1. **Overall Review**

Except the preset goals, did you have any other achievement(s) during your exchange? If yes, please elaborate. (Not less than 100 words)

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What are the most valuable skills and knowledge you have acquired from your exchange experience? Please elaborate. (Not less than 100 words)

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Has your exchange experience changed your plans for the future? If yes, how? (Not less than 100 words)

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Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_