

Counseling and Psychological Services

COVID-19 & Study Abroad Students



Unique Challenges to Consider

Feelings related to:

- Effort put in to going abroad (finding sites, applying, getting accepted, finding financial support, going through the efforts of moving)
- Moving and adjusting, just to be sent home
- Not getting to see friends at school
- Loss of the full experience
- Loss of the learning and benefits of being abroad
- Adjusting to the boundaries of being at home
- Adjusting to taking classes online from a different university, likely in a different time zone
- Competing feelings, in general, such as some relief if you were not having the experience you hoped for, mixed with loss and grief

Tips to Try

- Reach out to your host school. They may continue to offer support, despite returning home
- Keep in touch with your GW Study abroad liaison, as well as the study abroad office
- Check out the Study abroad website about re-entry, which may help you understand some of your feelings: [Study Abroad Re-entry](#).
- Learn a little about post-study abroad depression: [Study Abroad Depression](#) - While you may not have had the full experience, you are likely still experiencing some of these concerns.
- Work to maintain some structure of what your days were like, while being at home.
- Talk to parents, friends, and other supports about your feelings related to your experience, such as what you are sad you missed, happy you got to do, hopes for next steps, etc.
- Don't get sucked into the news. Information is good, but too much can lead to anxiety and overthinking.
- Practice some self-compassion. Each day will be different. You may go through lots of different feelings, motivation levels, etc.: [Self-Compassion](#)

Additional Online Resources

- [Online Student Resources](#)
- [Free Online Language Learning](#)
- [Museum Tours](#)

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