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### Studying Abroad in France

The opportunity to study abroad at any point in one's education is the opportunity of a lifetime. I took advantage of this opportunity and was fortunate enough to spend four months during the Fall Semester of 2019 at a French university in Lyon, France. Although a single semester does not seem like a lot of time, that single semester was the most impactful and most cherished of my college career. Through this incredible experience, not only did I earn academic credit, but I also further developed my independence and my problem solving skills, and expanded my world view.

As this semester-long program was academically focused, it is evident that it supported my general education. Through my program in France, I was able to earn 16 credits that supported my major and minor studies. The structure of this program was critical to my success abroad and in college in general because I was able to take similar upper division classes in France to those that I would have taken at CSU. This meant that I did not have to delay my graduation in order to study abroad. By earning credits and learning content directly related to my current studies, my study abroad experience enriched my education at CSU.

In addition to the academic benefits of my study abroad program, this semester in France provided the opportunity to further develop my independence and problem solving skills, which will continue to positively impact my education. By moving to a foreign country for four months, I was forced to forego my traditional support networks and be entirely self-reliant. Through every instance, from curing my sicknesses to adapting to travel changes, I was forced to independently solve every problem. This will continue to benefit my education experience because I am now confident in my abilities to be independent and rational during stressful situations.

Finally, I will always cherish my time studying and living in France because I was able to expand my world view by adapting to the culture, learning the language, and interacting with the people. I was out of my typical comfort-zone, which allowed me to be more receptive to people and traditions that were different from those that I was raised with. This contributed to my overall education because I now further understand and appreciate the differences and similarities between different populations of the world. I believe that this acceptance of others is applicable to all classes and all interactions in life.

Ultimately, my time studying in France was an enriching experience that benefitted all aspects of my education. From gaining relevant academic credits to growing as an individual and a citizen of the world, I have improved my college experience. I will always be grateful for this opportunity and the positive impact that it has had on my education.