

Student-Athlete Checklist for Study Abroad Experiences

1. Getting Started with the MAC and Athletics

- Pick up MAC Study Abroad Form – signatures will be required throughout this process
- Discuss appropriate travel time and training needs with your coach
- Ask your MAC counselor about specific academic degree requirements you must meet

2. Getting Started with the Learning Abroad Center (<http://umabroad.umn.edu/students>)

- Complete a First Step Meeting in person or online
- Complete your online profile

3. Explore Program Options

- Research programs and options
- Brainstorm study abroad ideas using the “What Can I Do Abroad” section (<http://umabroad.umn.edu/students/process/fulfillment.php>)
- Consult the “How to Choose a Program” page for more considerations and goal setting

4. Visit the Resource Center for Program Selection and Advising

- Advisers in the Learning Abroad Center can work one-on-one with you to assist in selecting a program considering academic implications and discuss financial aid basics
- Inform Learning Abroad Center you are a student-athlete

5. Review Your Ideas with the MAC and Athletics

- Schedule a follow-up meeting with your MAC counselor to prepare for college meeting
- Update your coach on the progress you are making with this process

6. Consult with Your College/Major Adviser(s)

- Download the Academic Planning for Study Abroad form (http://umabroad.umn.edu/assets/files/PDFs/PeopleSoft/Common/AcademicPlanning_web.pdf)
- Discuss the list of items your MAC counselor generated to be discussed with your college/major adviser
- Meet with your college/major adviser and discuss how your study abroad program fits into your curriculum. Have them sign the Academic Planning for Study Abroad form

7. Select and Finalize your Program in Consultation with your MAC Counselor

- Complete Athletics Study Abroad Program Form

8. Meet with the Scholarship Coordinator in the Compliance Office (scholarship athletes only)

- Discuss athletic scholarship issues related to study abroad and obtain the corresponding signature on the Athletics Study Abroad Program Form

9. Submit Program Application

- Work directly with the Learning Abroad Office if you have questions about submitting your application for the program you will be participating in while abroad

Miscellaneous

- Any U of M student conducting activity abroad and not using a Learning Abroad Center Program is required to carry international insurance (<http://global.umn.edu/travel/insurance/index.html>)
- There are many options for paying for this experience – begin planning early in the process – Consult with the Financial Aid Coordinator in Compliance to review your scholarship/financial aid plans and how it impacts your travel (<http://umabroad.umn.edu/students/process/funding.php>)
- Involve your parents in your planning (<http://umabroad.umn.edu/students/process/parents.php>)
- Consult with Strength and Conditioning staff throughout planning process to determine what types of facilities you need to train on your own
- Develop a final training schedule before departure
- Any changes to your program plan must be shared immediately with your MAC counselor