

Book Review

***International Students: The Essential Guide to Study Abroad* by Lucas Burns**

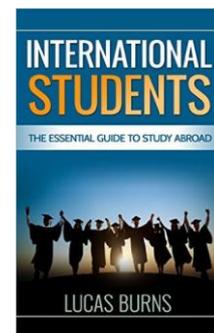
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ABSTRACT

Book details

- **Title:** International Students: The Essential Guide to Study Abroad
- **Author:** Lucas Burns
- **Format:** Kindle Edition
- **Print Length:** 37 pages
- **Language:** English
- **ASIN:** B012HZCH74



This handbook-style publication is a collection of personal experience and advice for current and prospective international students, as well as students considering a semester or year abroad. It is a short, concise lesson in how attitude can shape your overall experiences in another culture.

Burns has organized his book into sections dealing with specific issues that international and study abroad students could struggle with, and then gives advice and specific examples to help alleviate those issues. He then builds on previous sections, making the book logical, cohesive, and thus easy to read. He has laid it out in a way that takes the reader from beginning to end. This logical organization is based on four key areas the author lays out in the introduction: build an outstanding attitude, learn how to maximize your results in class, build a great routine and positive lifestyle, and actively create adventures, experiences, and memories.

The first main topic of the book deals with the attitude of the international student. Burns begins with what he calls “the winning psychology” by building a positive attitude and strengthening a focus on goals for the student studying abroad. Those goals become the first step on which everything else in the book will follow. Examples of buying food at the supermarket and concert going make the transition from abstract concepts of attitude to active steps students can take to make friends and build a support system in their new community and country.

The second major topic of the book deals with the international student taking action. Burns refers to his background in working with English language learners, before offering advice from experiences travelling the world. Making a game out of learning basic skills, like shopping and eating, seems simple and straightforward. Teaching people about the country and culture the international student comes from is another tip that makes early communication an

easier task in the beginning. Making lists of local expressions and vocabulary to help acclimatise to their chosen community is one of the strategies Burns recommends.

One of the best pieces of advice in this book, though, is the list of tips for staving off the unavoidable homesickness that will eventually set in. Bringing books, music, TV and movies from the student's home country is an easy way to reconnect while away, especially if time zones make regular communication an issue. Journaling the experiences is another great way to keep in contact, and blogs are a simple way for friends and family to keep up on the adventures of the student and leave comments and feedback, serving as yet another way to stay connected.

While Burns's book is an easy read and full of helpful tips and ideas, it does little in the way of convincing one to pursue an international university or study abroad experience. Instead, it is a great reference for those who have already made the decision, and a wonderful starting point for what to expect, not in experience, but in how to plan their time away. Being an international student, whether for a semester or for four years, is a commitment, and commitment requires the right attitude and the right steps taken at the right times. "International Students: The Essential Guide to Study Abroad" has a strong mix of both, in a simple, easy to read and easy to follow format. For less than \$3 as an e-book, this is a great reference for anyone interested in studying abroad.

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