13-14 How Well Can You Adapt?

To assess how hard you will have to work to succeed in another country, rate yourself on your responses to the statements below. Use a scale of 1-5 to rate how strongly you agree with the statement with 1 being strongly disagree and 5 being strongly agree.

1. I am constantly trying to understand myself better. I feel I know my strengths and weaknesses.
2. I respect the opinions of others, though I may not always agree with them.
3. I interact well with people who are very different from me in age, race, economic status, or education.
4. When I am at a party with foreigners, I normally go out of my way to meet them.
5. I do not need to understand everything going on around me. I tolerate ambiguity well.
6. I am able to change course quickly – I readily change my plans or expectations to adapt to a new situation.
7. I often find humor in difficult situations and afterwards I can laugh at myself.
8. When I have to wait, I am patient. I can be flexible with my agenda, schedule, or plans.
9. I am always asking questions, reading, and exploring. I am curious about new things, people, and places.
10. I am resourceful and able to entertain myself.
11. I tackle problems confidently without always needing the help of staff or friends.
12. When things go badly, I am able to keep my mind clear and my attitude positive.
13. I have made mistakes and learned from them.
15. I am a good listener.
16. When I am lost, I ask for directions.
17. I sincerely do not want to offend others.
18. I like people and accept them as they are.
19. I am sensitive to the feelings of others and observe their reactions when I am talking.
20. I like new ideas, new ways of doing things, and am willing to experiment.

How to score: Total your answers. If your score is 80 or higher, you have already made good progress toward intercultural sensitivity and an acceptance of difference. If your score is between 50 and 79, you will have to work on developing the attitudes and behaviors needed for good adjustment to living abroad. If your score is below 50, you should examine closely your motivations for wanting to go abroad.