**Exchange Program Statements**

Lauren Lau

Chestnut Hill College

Major: Journalism

**Q: Tell me a bit about yourself. Where are you from? What do you plan to study? What are your passions?**

A: I am from Philadelphia, Pennsylvania and I attend Chestnut Hill College. I plan to study Journalism at Mount Saint Mary’s University in Los Angeles, California. Some of my passions are writing, fashion, and travelling.

**Q: What inspired you to study another campus? What drove you to seek change?**

A: I wanted to experience a brand new surrounding, something I was complete unfamiliar with. I also wanted to see what more I could do with my interest in Journalism. I felt that going to a new place would help me grow both professionally and personally.

**Q: How did you learn about ACSSJ’s Student Exchange Program?**

A: I heard about the program from a friend who was looking into doing it for Journalism as well. When she had mentioned it to me, it seemed like such a great opportunity that came at a good time of my college career. I’ve gotten to meet so many amazing people and travel while attending a great school.

**Q: What risks are you excited to take on your new campus?**

A: I am excited to travel more around campus and off-campus as well. I have started taking film courses, which is something I’ve been interested in, but I never pursued it until now. Off-campus, I’ve been able to seem so much of the beautiful and lively city of Los Angeles.

**Q: In the process of moving to another brand-new campus, what have you learned about yourself so far?**

A: I have learned that I can handle much more than I ever thought. The idea of leaving home for an entire semester had seemed really difficult to deal with when I was first leaving. Now, I think I am a stronger person from this experience.

**Q: What advice would you give to other students considering participating in the Student Exchange Program?**

A: I would tell them that if they are considering it, they should go for it! It’s an experience that I never thought I would get to have and I have gotten to do so many things here I never imagined I would try. College is a time for all around growth and I feel that a program like this caters to students who hoping to push themselves further.

**Q: How has participating in the Student Exchange Program advanced your long-term academic and vocational goals?**

A: This opportunity has made me more confident in my academics. I have learned so much about what else is out there outside of what I have grown up knowing. A new setting has helped me focus on my future and what I am hoping to get out of my entire college experience. Personally, I feel that the Student Exchange Program increased my interest in my future career. I am constantly learning more about what the field is like both inside and outside of the classroom.

**Q: So far, what has been your most eye-opening experience as an exchange student?**

A: So far my most eye-opening experience has been the cultural shock. The east and west coast have so many cultural differences that everyday life feels far from home, but in a good way.

**Q: When you return to your home campus, what new perspectives do you see yourself bringing?**

A: I have become much more independent with the way I both think and act. Being in a new city really causes you to challenge yourself in more ways than one. When I return home, I feel that I will go more confidently towards new experiences at school.