



UU Study Abroad Report Form

	Contact info at the IO.
faculty/college	Geesteswetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Liberal Arts and Sciences

destination city & country	Oklahoma, United States of America
name university abroad	Oklahoma State University
start date	11 / 01 / 2023 (dd/mm/yyyy)
end date	12 / 05 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

I experienced the exchange application process as pretty smooth. Cathelijne van Weelden was of great help and every step was clearly explained. It does take some time to get all the right documents and complete the application, but as long as you keep an eye on your e-mails, you'll be fine.

counselling & support at Utrecht University

Cathelijne van Weelden was of great help whenever I had questions and she made sure that I had everything I needed to complete the application. I was initially ruled out of the exchange program but she made sure I could still go.

academic preparation

I did not have a lot of academic preparation besides deciding what course to do and to schedule around that. I did not have to do any tests.

language preparation

The only thing I had to do was send the exchange university a signed copy of a language proficiency form, which was provided by UU.

finances

To be able to afford this exchange, I took off the 2nd period and started working. This meant that I did not get any EC in this period, which was a shame, but necessary. My family also helped me out by gifting and lending me money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

During my exchange, I did courses that weren't necessarily in my program. I picked courses that seemed interesting and wouldn't be too demanding. In hindsight, I could've picked harder courses that were in my program so that they would've counted towards my degree.

academic quality of education activities

I noticed right away that the academic quality at my exchange university was significantly lower than what I'm used to at Utrecht University. Like I said, I didn't pick the hardest courses, but the overall level was considerably lower.



counselling & support at receiving university abroad
The exchange coordinator at my exchange university was really nice and helped me out whenever I needed it. My exchange went fairly smooth though, so I didn't talk to her a lot.
transfer of credits
I'm currently in the process of transferring credits so I cannot say too much about this.

STUDENT LIFE
welcome & orientation programme
We had a three-day orientation program and more activities throughout the semester to make us familiar with the school and other students. I was scared initially that this was going to be an issue, but they took really good care of us and made us feel really welcome, which was really nice.
accommodation
I was put in a dorm with a student from Oklahoma, so not an exchange student. My roommate didn't really talk and was really introverted, which made it so that we barely had any conversations. However, all exchange students were placed in the same building, which was nice. This made connecting with the other exchange students and domestic students easy.
leisure & culture
I had a lot of free time during the day, which I mostly spent hanging out with friends, playing sports and watching the university's sports games. It was amazing to see how much they care about sports games and for outsiders, it's really imposing.
suggestions/tips
Make sure to connect with other students as soon as possible to make the transition easier. Get out of your dorm and go to activities. Most likely, there will be plenty of activities planned that you can go to to connect with people and get familiar with the university.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, absolutely. Although Oklahoma is not necessarily known for anything, Oklahoma State University gave me an amazing semester and I'm extremely grateful for the experience. They have a beautiful campus, amazing student life and even though it's located in a small town, there is plenty to do. Definitely recommend.
do you have any additional advice or comments?
A few weeks before I went I got really nervous and did not want to go at all. I was close to calling it off a few days before. However, I decided to just give it a try and that was the best decision I've ever made. Just go for it. You won't regret it.



UU Study Abroad Report Form

Faculty/college:	University College Roosevelt
Level:	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
Name degree programme:	Bachelor of Liberal Arts and Sciences (Majors: Psychology & Law)

Destination city & country	Oklahoma, United States
Name host institution and/or company/organisation	Oklahoma State University
Purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
Departure date (dd/mm/yyyy)	07/08/2016
Return date (dd/mm/yyyy)	20/01/2017

Preparation

Exchange/placement application process:

The application process was quite lengthy and complicated due to the double bureaucracy from UCR and UU, but definitely worth it.

Counselling/support at home university:

The coordinator at UU was very nice, helpful, and always replied in a timely manner. There is currently no coordinator responsible at UCR, which made the process more difficult.

Academic preparation:

There was no preparation.

Language preparation:

Not needed as the bachelor was already in English, thus a certain level was already required.

Finances:

-

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

At OSU, it was quite easy to create a suitable course plan with many interesting subjects, and it was also possible to change subjects after the first week without problems. The international office was very helpful and communication with UU was great, whereas the communication with UCR was problematic.

Academic quality of education/placement activities:

The quality very much depended on the course. The facilities and available materials were



outstanding, and the professors kind. Some of the lower level courses were very easy, but the higher-level courses were a lot of fun.
Counselling/support at host institution/organisation:
-
Transfer of credits:
Was extremely difficult and not everything was transferred. Make sure to speak to the UCR senior tutor, because it was a lot of stress over weeks and weeks both before, and after the exchange; OSU on the other hand sent the transcript straight away and was very helpful throughout the process.
Student life
Welcome/orientation programme:
The welcome program was great, we got to know the campus, made our student cards, and met all the other international students. It was a great way to meet internationals, who became friends straight away. We also stayed together on the same floor with the other internationals for the first week, which was very nice.
Accommodation:
I lived on campus, which was very simple, and I shared the room with another girl. I really liked it, I could choose who I wanted to live with and there are many other rooms available (single room in an apartment, family housing, off-campus housing). I chose a double room for the real "American experience" and it was definitely the right decision for me as it was a great way to meet people, and everyone in the house was also quite nice. Although the building was old. I would recommend living in Parker Hall- it was a great location.
Leisure/culture:
The university offers an extremely wide range of leisure activities – especially sports. The gym and the swimming pool are located directly next to the campus and they are very well equipped. Another highlight is the football stadium. Everyone in the town lives game days and it is a great atmosphere. Besides that, Stillwater is very small and the public transport is very scarce, Oklahoma is not a typical state for travelling, and not the most beautiful American state as it is difficult to get around, and mostly red-dirt lands. However, the culture is great – I would not have wanted to switch the kindness of the people for anything. They were very open and friendly and made me feel welcome straight away. Attending rodeo events was of course also a great experience. If you want to get to know the "old American" culture, this is the perfect space to be in.
Suggestions/tips:
I would recommend to join a sports team to meet locals so that you can get the real American experience -especially as the sports facilities and the university's support are outstanding.
Conclusions
Would you recommend this host organisation/destination to others? Please explain:



The application process is exhausting and the grade conversions afterwards are also nerve-wrecking, but the experience will definitely be worth it – so yes, 100 %! If you want to experience the real American college life (OSU has the biggest homecoming) and the old American culture, spending a semester at OSU is a great opportunity. It is not a place to travel, but it is an amazing place to live, in which people are nice, open, fun, and really care about you (and you can always travel through the US during fall break or after the semester ends). Go Pokes!

Do you have any additional advice or comments?:



UU Study Abroad Report Form

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor <input type="checkbox"/> master <input type="checkbox"/> PhD <input type="checkbox"/> other
name degree programme	Language and Culture Studies
destination city & country	Stillwater, Oklahoma, United States
name host institution and/or company/organization	Oklahoma State University
purpose of exchange	<input checked="" type="checkbox"/> study/courses <input type="checkbox"/> work placement <input type="checkbox"/> field work <input type="checkbox"/> other
departure date (dd/mm/yyyy)	06 / 01 / 2014
return date (dd/mm/yyyy)	10 / 05 / 2014

preparation

exchange/placement application process

The application process at Utrecht University started a year before my exchange would take place. After filling out all the documents, I had to wait for a response. The process at Oklahoma State University took place half a year later. Again, I had to fill out documents and send them by post to their university. It took quite long to get a response from them. I got my confirmation at the end of October and my exchange would start at the beginning of January.

counselling/support at home university

Everything went smoothly and I didn't really use support at Utrecht University. I saw my study abroad advisor once to get a signature for a document I needed. Unfortunately I wasn't able to attend the pre-departure meeting due to an exam.

academic preparation

I had to register for courses online and I was able to do all of them. I didn't need to do any other preparation, because the courses didn't have prerequisites.

language preparation

Oklahoma State University only needed an official letter from Utrecht University about my level of English. I didn't need to do an additional test, unlike some of my foreign friends. I didn't really prepare my language skills, because I have had courses in English at Utrecht University.

finances

I had been saving up for two years and my parents also contributed to my exchange.

study/placement abroad period

study programme/work plan (concerning content and organisational issues)

Registering for courses happened online. Finding the course descriptions wasn't easy, but eventually I managed to register correctly. I was able to do all the courses that I wanted. They are a good enrichment for my major here in the Netherlands.

academic quality of education/placement activities

My teachers were very professional and knowledgeable. The level was a little bit easier than the courses in at Utrecht University, but we had to do a large amount of work. I enjoyed the courses very much.

counselling/support at host institution/organisation

I never visited the Study Abroad office at Oklahoma State University because I didn't have any problems. I know



that friends of mine did have to go there for support and I heard that they were very helpful.
transfer of credits
Oklahoma State University sent me my transcript. I now have to transfer this to the Board of Examiners as soon as possible.
student life
welcome/orientation programme
We had a meeting with the other new exchange students to explain some procedures. The day after there was a big orientation for all the international students, which we had to attend as well. It was all very clear and it was very helpful to receive some extra information at the beginning. It was also a great place to meet some fellow students.
accommodation
Oklahoma State University has a big campus. I stayed in a suite, where I had my own room and shared the other facilities with three roommates. Some of my other friends lived in traditional dorms, where they shared their bedroom. Some buildings were nicer than others, but the one I lived in looked very good.
leisure/culture
Stillwater is a college town. There is not a lot to do and the bigger cities were quite far away. You really needed a car to get around. Campus had some good facilities, like a gym and a lot of eating options. However, for the shops, the movies or other activities, you needed a car. Americans are luckily very nice and are usually more than happy to drive you around if you are friends. Just off campus there was a street with bars called the strip. This is where we would go out on the weekends.
suggestions/tips
conclusions
would you recommend this host organisation/destination to others? please explain
I would definitely recommend Oklahoma State University to others. I had a great time there. Stillwater is not a very exciting place, but the people are very nice and helpful. It is also very easy to meet the other exchange students at the beginning of your stay, which in my case led to some amazing friends.
do you have any additional advice or comments?