
STUDENT TESTIMONIES



CAROLINE ARMOUR '20

Swiss Semester '17

I had a really difficult time with, as we called it, “post-Swiss depression.” I had two months between returning home from Swiss Semester and the beginning of the second semester at Chadwick, so I felt like I had all this time to sit around, be upset, and miss my new friends--you know how tight those

bonds get! Especially when I felt like my friends, family, and teachers didn’t understand what I had just gone through. I became really active in Round Square, relying on spreading Swiss Semester around campus as effectively as I could. This also offered me an outlet to talk about my experiences while still feeling like I was contributing to the community. This also helped my friends know how to be there for me. Mainly, I really committed myself to theatre. I finally found how I could best express myself artistically and was able to get Mr. Williams’s and Mr. Bloom’s support in helping develop my directing. Lastly, one of the most helpful things I did was cut myself some slack. I felt really guilty for not wanting to come home because I thought that was a reflection of what I thought of my home-friends. I allowed myself to be at peace with the fact that this was not the case, I was just adjusting to having had a lifetime’s worth of growth in four months! Be kind to yourself. Don’t expect people to understand, so give them grace too, and keep yourself engaged in your passions. It’s so easy to not have the energy to do anything but look at photos and memorabilia, but that doesn’t help you build off all this new learning you’ve just done.

CARSON BREUS '21

SYA China '20

After coming home and drastically improving my Chinese skills, I found it so rewarding to speak the language in America and have interesting conversations about cross-cultural experiences with Chinese people. Every five-minute conversation felt like I was back in Beijing and made me reminisce about my experiences broad. I was excited to be able to maintain and embrace the new culture I learned in China despite being halfway across the world.



RUBY WHEELER '20

HMI '18



Keeping myself busy really helped. The hardest part was that I didn't have as much school work as my friends at home, so I had to find ways to keep myself occupied like going to the gym or being in the pool. What really helped was taking what I learned from HMI and bring it to my home life with my home friends. Remember that

the feelings you are experiencing are real as it's almost like going through grief--no one wants to leave their trips which shows how amazing they are. It's okay if it feels like it's not getting better, but remember that it will get easier.

ALANA IKEMOTO '21

Swiss Semester '18

After being constantly on the go while abroad--hiking and skiing every day or traveling to neighboring countries--life back home felt dreary and monotonous. I felt confused and wrong for feeling such negative emotions and I didn't know how to express my inner challenges to others. I had always loved art, but I truly began to take it seriously as it became a creative outlet when I returned home. I started taking art classes and my paintings became a way for me to express the difficult emotions I had while adjusting back home. This kept me active and doing something I am passionate about. I found an activity that I really loved and pursued it.

