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**LINGNAN UNIVERSITY**

**Office of Global Education**

**STUDENT EXCHANGE PROGRAMMES - FOR OUTGOING STUDENTS**

**PRE-EXCHANGE GOAL-SETTING FORM**

1. **Personal Particulars**

|  |  |
| --- | --- |
| Name |  |
| Lingnan Student ID |  |
| Programme & Major/ Stream |  |
| Year of Study in 2023/24 |  |
| Term of Exchange |  |
| Host Institution |  |
| Host Country |  |

1. **Goals and Action Plan**

(a) Please set goals for your exchange in **EACH** of the following aspects and (b) action plan to achieve these goals. (Not less than 50 words for each aspect)

1. Academic Experience

|  |  |
| --- | --- |
| 1. Goal(s) |  |
| 1. Action Plan | (*Not less than 50 words)* |

1. Cultural Exposure

|  |  |
| --- | --- |
| 1. Goal(s) |  |
| 1. Action Plan | (*Not less than 50 words)* |

1. Social Experience

|  |  |
| --- | --- |
| 1. Goal(s) |  |
| 1. Action Plan | (*Not less than 50 words)* |

1. Professional Development

|  |  |
| --- | --- |
| 1. Goal(s) |  |
| 1. Action Plan | (*Not less than 50 words)* |

1. Personal Development

|  |  |
| --- | --- |
| 1. Goal(s) |  |
| 1. Action Plan | (*Not less than 50 words)* |

1. **Difficulties and Challenges**

Please anticipate the difficulties and challenges you would encounter during your exchange. (Not less than 100 words)

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|  |

How would you prepare yourself to these difficulties and challenges? (Not less than 100 words)

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Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_