

Polly Trigger

Study Abroad Counselor

Career/Education Background:

I graduated with a B.S. in Civil Engineering from the University of Texas at Austin in 2003. During undergrad, I spent a semester studying abroad outside of Copenhagen, Denmark, which had a major impact on my life. I worked for a global engineering consulting firm for 3 years after undergrad based in Austin, Texas before coming to New York City for my Master's degree in International Education. After graduating from NYU in May 2008, I joined the Office of Global Programs as a Study Abroad Counselor.

Why do you think students should study abroad?

An international component to a college experience is not only a valuable professional and academic experience to possess and take with you into your future career, but more importantly it has the potential to become the most life-changing, character building and memorable experience of your life. It is too amazing to pass up - everyone should do it!

What advice do you have for students who are about to study abroad?

Do your research on the culture and customs abroad. Managing expectations (and creating realistic ones) is the key to study abroad. Anticipate the stages of culture shock and depend on friends/family to help you through it - but trust yourself and be confident that you can handle a semester abroad. You will likely surprise and impress yourself! Also have an open mind when going abroad - be humble about where you come from, and show your new home respect.