[Ariana Sanabria] My time abroad definitely forced me to really step out of my comfort zone, talk to people that I never would have hung with before, speak in languages that I wasn't really comfortable speaking in a social setting, and also just get to navigate the world in a way that I never would have before.

[Ella Keiner] Studying abroad helped me grow as a person because it made me more independent of a person. That was the first time in my life that I truly was on my own, and if something didn't work out, I had to figure it out and make it work.

[Adja Anne] I came back with more people that I got to know, not only in Japan, but here at Ohio State, because we went as a group, and we came back as an even stronger group.