



TEXAS A&M INTERNATIONAL UNIVERSITY

Study Abroad Counseling Requirement

Students are required to complete 10 modules on the TAO platform that will prepare them for their study abroad experience. Below are the instructions on how to access the modules and send badges as proof of completion. Follow the steps below:

STEP 1 - Go to ThePath.TAOconnect.org

STEP 2 - Enter your information using your TAMIU student email

STEP 3 - Enter the Enrollment Key - Abroad-2020

STEP 4 - List of 10 Modules that need to be completed will appear

Modules to complete:

Let Go and Be Well

- Introduction to Acceptance and Commitment Therapy
- Fusion and Defusion
- Thinking Mind vs. Observing Mind and Acceptance
- Mindfulness
- Values
- Taking Action

Interpersonal Relationships and Communication

- Communication Strategies
- Relationships
- Communication Styles
- Problem Solving

STEP 5 - Submit your completion Badges

Sign in to TAO

Click on “My TAO” on the upper navigation bar

Under Badges Functions tab, click “View My Badges”

Send your badges via email or upload them at [Study Abroad Supporting Documents](#)

Optional -

After completing the modules, if the student has any questions/concerns and would like to meet with a counselor, they can schedule an appointment at:

Student Counseling and Disability Services

Student Center 128

Phone: 956-326-2230

Email: counseling@tamiu.edu