

5-2016

# International Students Newsletter

International Studies  
*Humboldt State University*

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# International Students Newsletter May 2016

Many of you will be graduating this may and returning to your home countries. All of us at the Center for International Programs and IELI have truly enjoyed our time with you! You have all been an important part of our international community on campus. Let's get together to say "thank you and farewell," and celebrate this wonderful opportunity we have had to get to know each other here at HSU in the United States!

*When? May 5th at 6pm to 8pm*

*Where ? Creekview Lounge*



**Enjoy one last trip to the redwood coast before the semester ends! Patrick's point is known for it's great hiking and breath taking view!**

**To reach Patrick's Point take the 101 north, it's just past Trinidad. By Bus you can take Bus 20 Northbound Service run by Redwood Coast Transit.**



**Do you want to invite your family to attend your graduation ceremony?**

Family members (other than your spouse and children) wishing to visit the US must apply for a "tourist" visa at US embassy or consulate in their home countries.

There is no documentation available from the CIP for tourist visa application.

For more information on having your family come for your graduation you may email us [international@humboldt.edu](mailto:international@humboldt.edu).

If your address, major, or name has changed you are required to report it to the CIP within 10 days.



# International Farewell Party

**When? May 5th at 6pm to 8:30pm**

**Where ? Creekview Lounge**



**Come wish a Good Journey  
to our international students!**





The Humboldt Bay Aquatic Center Presents:



May 21, 2016

National Safe Boating Day

FREE

10:00 AM - 2:00 PM



OHSNAP!



HUMBOLDT STATE UNIVERSITY

OhSNAP!

Donate Your Non-Perishables To Oh SNAP!  
(canned beans, corn, soup, etc. )

END OF THE YEAR  
FOOD DRIVE



Bins Will Be Located @ College Creek,  
Campus Apartments, Depot & JGC 2nd floor  
from MAY 6 to the 13th

If You Have Any Questions,  
You Can Contact Us At 707.826.4556



Commencement 2016

Saturday, May 14



## Don't pull an all-nighter

Even after months of dedication and hard work, your success or failure in a college class can hinge on a single, heavily weighted assignment — the final. To further complicate matters, many schools compress all course finals into a single week. This may understandably seem like a recipe for stress and dread, but there are a number of ways to improve your performance during finals week. Here are six to try this spring:

### 1. Verify the details

Each college and university arranges its finals week differently. This means that your final for organic chemistry may be scheduled at your usual class time — or it may be scheduled on a different day and hour. Be absolutely sure that you know when (and where) your finals will be held. Scrambling to find this information on the day of an exam will only serve to increase your nervousness.



### 2. Get some sleep

During finals week, many campus libraries stay open 24 hours a day, and numerous students commiserate over the intensity of their last-minute cram sessions. Pulling an all-nighter, however, is one of the worst things that you can do (short of accidentally sleeping through your final). Fatigued brains do not retain information, nor do they recall it well. There are effective ways to study in the last weeks of the semester (see below for more), but adhering to a reasonable sleep schedule is the key to their effectiveness.

### 3. Stay active

Exercise boosts blood flow to the brain, and sitting in one place for an extended period of time can lead to a tired, ill-supplied mind. You may not be able to squeeze in a full workout during finals week, but you do have time to go for a short walk or to do two sets of crunches or push-ups. Try searching online for “exercises for office workers.” This search may lead you to activities that you can do to keep your blood flowing during this critical portion of the semester.

#### **4. Eat well**

Eating healthy food is always a great idea. During finals week, you may be tempted to eat and drink whatever items are most convenient. However, the quick calories of processed carbohydrates will ultimately leave you exhausted. Instead, eat foods that are digested slowly: whole grains, fresh vegetables, and lean proteins. A little planning can go a long way as you head into finals week. A loaf of whole grain bread and turkey slices can make a stack of sandwiches. Bags of baby carrots or microwaveable frozen peas can provide a quick, healthy snack, as can a handful of almonds or walnuts.

Before a final, be sure to eat a meal that is high in protein. Most final exams are more than an hour in length, and a sugar rush simply will not see you through. Likewise, taking an important test while hungry can be a recipe for disaster.

#### **5. Experiment with different methods of studying**

If you have more than one final, you might be planning to study for each individually, likely in chronological order. Interestingly, research has shown that human brains are not designed to focus narrowly for long stretches of time. So, plan to work on an individual subject for an hour or two, and then switch. You do not have to split your time equally. If you have a British literature exam soon, review for it during more than one block of time (and never in back-to-back blocks). You will find that your retention increases, and the repetition that comes from revisiting material more frequently will help your class content “set” in your memory. You can also take short breaks each hour to refresh your mind.

#### **6. Silence your social media accounts**

The reverse of focusing too intensely is not being able to focus at all. While it is true that devoting too much time to studying can lead to fatigue, dividing your review sessions into too many parts can lead to scattered and ineffectual learning. Turning off your social media for an entire week may not be realistic or achievable for every student. Do, however, consider using it as a reward. Check in on your favorite platforms or websites for 10 to 15 minutes before going to bed or during your downtime. However, be aware of the “just for a moment” syndrome. As most people know all too well, checking news headlines can lead to an entire afternoon of watching hilarious cat videos and reading celebrity gossip.

A strong finals week performance may seem impossible, but it is anything but. Set your worries and nerves aside, and remember to stay on task, work hard, eat well, and make time to rest. Soon, finals week will be over, and you can begin the summer confident that your grades will reflect the work you did all semester long.

Brian Witte is a professional SAT tutor with Varsity Tutors. He earned his Bachelor of Science from the University of Washington and holds a Ph.D. from The Ohio State University.



# THE LUMBERJACK

## Women of Color Conference



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## Mushrooms!



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## Canna-Quiz



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## International Baseball



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## "Bringing Gold to the Green and Gold"

by Luke Basulto

Humboldt State joined universities from all over the country and around the world in Reno, Nevada to compete for the top prize: a toilet.

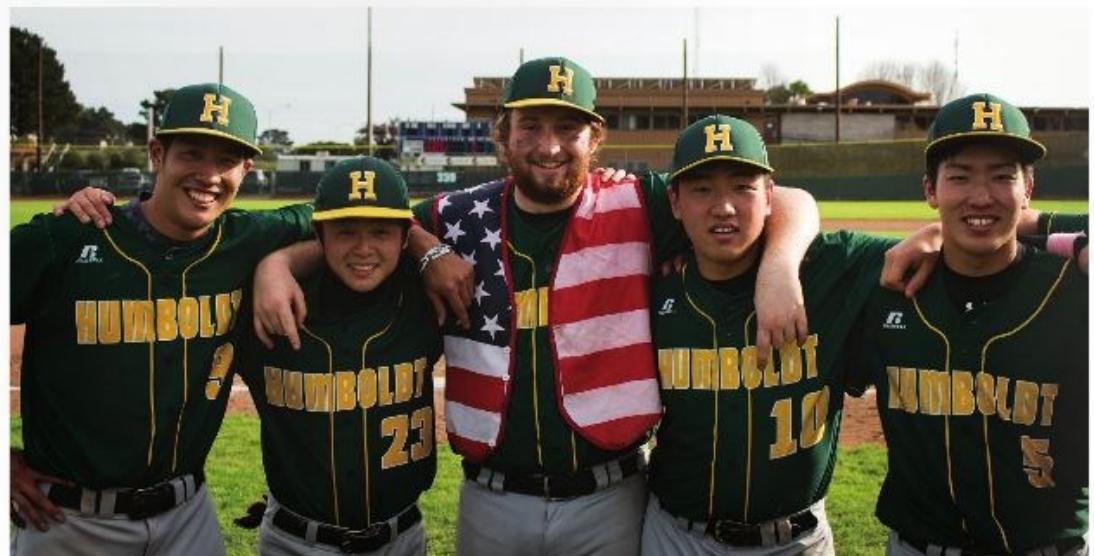
HSU brought home the small wooden toilet mounted on a redwood stump for placing first overall. Other awards they received include: third place in the presentation category, second place in the water quality category and first place in the construction category.

"Humboldt has historically been involved with the waste water filter competition and is now tied for most wins in this competition with UC Berkeley and Reno," Yaad Rana, biomass research assistant at Schatz Energy Research Center and team chair, said. "We all worked really hard and had a blast doing it."

Every year, the American Society of Civil Engineers (ASCE) holds the Mid-Pacific International Competition, or "Mid-Pac," as it is known by students. This

*continued on page ten*

## Japanese Ballers Living the American Dream



Taiki Nomura, Eito Tanaka, Jack Aitchison, Takumi Oki, Eigo Hiraoka after a game one win of the double header on Saturday against St. Mary's. | Brian Cohen

*Read the story on page 12*



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**@HSULumberjack**



## **TIPS FOR HOW TO WRITE A GREAT ROOMMATE AD**

### **About You**

Sharing a bit about yourself will help your future roommate get an idea of who you are, if you will be a good fit for their home and any current roommates and if you will be a good fit for their living habits. Paint a good picture by describing your ideal living environment. Don't make it too long because your ad is not the only one they will be reading. You can always tell them more about yourself when they contact you for follow-up or when you meet in person/via video message (e.g. Skype, Facebook, Tango, etc.).

**Note:** Make sure you do not share any private information via an online ad or email.

### **How to describe yourself:**

Describe the housing you are looking for

If you are an international student (optional)

Major

Age (optional)

Gender (optional)

Describe the kind of roommates you are looking for

Preferred sleep schedule

Date you would like to move in

If you like/do not like animals or if you are allergic to animals

Amenities you are looking for like on-site laundry or Wi-Fi

Here's an example.

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**Subject Line:** HSU Student needs room

I am looking for a 1 bedroom in an apartment or house as soon as possible.

I am a 20 year old (male) international student at Humboldt State University majoring in Biology.

I'm a serious student and school oriented. I go to sleep around 10pm on weekdays and like to stay up late on weekends.

# Add Humboldt state on Snapchat



## Immigration Information

Do you need Verification of Enrollment from HSU? The Office of the Registrar is able to help you! You may download the form from their website (<http://pine.humboldt.edu/registrar/forms/VerifiEnroll.lc.pdf>), or you may also complete their online form (<http://www2.humboldt.edu/registrarforms/node/69>). For more information, please contact the Center for International Programs.





