

3-2015

## International Students Newsletter

International Studies  
*Humboldt State University*

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# International Student Newsletter **March 2015**

## Inside This Issue:

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## Spring Into Spring!

One of the best way to make memories during your international travel is to take advantage of the breaks in your school schedule to adventure. Many students were able to leave Humboldt and do a bit of exploring. Other folks stayed in Arcata, enjoying some well-deserved rest and to catch up on whatever needed attention (homework, reading, cooking, playing...).

No matter which option that you had over the break, we hope that you had a safe and wonderful time. In this newsletter, some of your fellow international students shared their experiences—read on to hear about their adventures!



**Top:** Some Brazilian students enjoy their adventures in Hanauma Bay, Hawaii. (Photo submitted by Caroline Miyazaki.)

**Left:** Caroline Miyazaki enjoys a well deserved rest from climbing over 1000 stairs on the Koko Head Trail in Oahu, Hawaii.

**Right:** Sofia Banu enjoys the sunshine of Miami, Florida.



# Spring Break Adventures



March was full of tons of opportunities for fun, but none greater than spring break. From March 14<sup>th</sup> through the 22<sup>nd</sup>, students had a chance to take a break from school and spend their time as they pleased. We asked you all to share stories and photos from your spring break experiences, and here is what you said!

Caroline Miyazaki spent her spring break on the Hawaiian island of Oahu. She was there for 9 days and had a great experience. Caroline tells us about some of her adventures in Oahu. "I have many stories to tell, but the most striking was doing the Dead Man's Catwalk Trail," she says. The trail had the most beautiful view she'd ever seen. She also hiked the Koko Head Trail: "It is more than 1,000 stairs, with an incredible view of the top of the volcano." In Hanauma Bay, Caroline met up with some HSU students from Brazil.

Pinar Tuerkben and Sofia Banu both spent their spring break in Florida with a group of international students. They went to theme parks such as Universal Studios and Aquatica in Orlando and went to the beach in Miami.



"[Universal Studios] was pretty cool, especially the Harry Potter

World," Pinar says. "I was amazed! I didn't want to leave it!" Pinar recalls that the people were friendly and she was happy to find lots of restaurants serving food, such as halal, from a diverse range of cultures. She also enjoyed her time spent at the beach and at Aquatica.

Both Pinar and Sofia enjoyed the opportunity to experience a new state. "The moments spent from the hectic airport of San Francisco to



**The dolphin show at Aquatica.**



## Spring Break Adventures (cont'd)

the fiery beach of Miami, colorful and amusement parks of Universal Studios, Island of Adventure and the water parks were full of energy and adventure," Sofia remembers. "It was a time of immense pleasure for me especially, because since I have been here this was my first trip ever to any other states of America beside California. It was a great exposure and a nice experience of another different culture over there."

Wherever your spring break took you, we hope you had fun!



## HUMBOLDT RISING!

SATURDAY, APRIL 25, 2015 12-6:00 P.M.  
SPECIAL EVENTS FIELD, HSU

A free music event!

**Featuring:** Comfortable, Dahi Lola, Diggin Dirt, Indiocholo, Liquid Cactus, seatones and Spliff Moth!

Call 826-3928 for info

## MAD RIVER CLEAN-UP PARTY! SATURDAY, APRIL 25 9AM - NOON



Meet @ Stardough's in Blue Lake at 8:45 am to get your clean-up area assignment.



Please let us know you'll be joining us!  
**707-382-6162**  
madriverralliance@suddenlink.net

**WWW.MADRIVERALLIANCE.ORG**

## Important Immigration Reminder!

With summer approaching, we know many students have the opportunity to move. Remember, you are required to report any changes to your physical address within 10 days of your move.

Reporting your new change of address is easy and convenient when you use the online form found by clicking on the following link:

[Change of Address Form](#)



Brownian



# Congratulations to Our Outstanding Students!



The Center for International Programs is very proud of the many successes for folks from this department for their success as an Outstanding Student for 2014-15!

**Outstanding Research Award:** Joao Curti (Brazil)

**Al Elpusan Award for Student Activism:** Sierra Farmer (CIP Front Reception Assistant)

**Patricia McConkey Outstanding Graduate Student:** Benjamin Taylor (IELI Instructor)

## UPCOMING EVENTS

**All College Elections Mixer (4/21)**  
12:30pm—5:00pm  
UC Quad and South Lounge



**HSU Got Talent—1st Annual Talent Show!**

April 30th

Goodwin Forum, 7pm - 10pm

**IdeaFest**

April 17th, 3:00pm—5:30pm

HSU Library Reading Room

[www.humboldt.edu/ideafest](http://www.humboldt.edu/ideafest)



**T-SHIRTS TO TOTE BAGS**

Tues. April 21<sup>st</sup>  
3:00 - 5:00  
@ CCAT

A step-by-step, hands-on activity.  
Create a reusable tote bag, using an old t-shirt.

For more information, contact WRRAP at:  
[wrrap@humboldt.edu](mailto:wrrap@humboldt.edu) 707-826-4162



# STUDY SMARTER FOR LESS STRESS

College students may have the hardest balancing act of all. It's especially difficult to keep it all together when you have classes, exams, plus a job and maybe team practice too. How is a person supposed to get it all done? Some of these tips may help to lessen stress and feel more in control.

## PLAN AHEAD

There is something very powerful about time management. Use a daily calendar, a palm pilot, or your computer to keep track of your tests, assignment due dates, study sessions and personal engagements. Scheduling can prevent unnecessary stress.

## DIVIDE THE WORK INTO CHUNKS

Breaking a big project up into smaller tasks that are more manageable can make it less overwhelming.

## DON'T PROCRASTINATE

Putting things off can make things harder by adding unnecessary stress.

## TAKE STUDY BREAKS

Even if it is only for five minutes, it may help; you might also try studying in 45 minutes blocks to keep yourself focused.

## GET UP AND STRETCH PERIODICALLY

This is especially good to do during planned breaks. If you are inside, you may want to go for a walk outside.

## DON'T SKIMP ON SLEEP

Try to maintain a regular sleep schedule that gives your body as much rest as it needs to stay healthy and productive.

## EXERCISE DAILY

Just 20-30 minutes of aerobic activity can help your overall well-being. If you don't have time, try using the stairs instead of the elevator, or walking to class instead of getting a ride. It gives your complete being a boost all over.

## EAT NUTRITIOUS, REGULARLY SCHEDULED MEALS

When you need that late night snack, try not to order the sub with everything or the cheeseburger – opt for a healthier snack food (raisins, apples, carrots, nuts, etc.) Be sure to drink at LEAST 8-12 full glasses of water daily.

## BE AWARE OF SELF MEDICATING

Limit or moderate use and consumption of caffeine, soda, tobacco, marijuana, alcohol and other drugs. These types of substances ultimately carry a negative impact on a person's ability to cope with stress in a healthy and preventative manner.

*It's All About BALANCE!*

HSU Student  
**REC CENTER**  
HUMBOLDT STATE UNIVERSITY

**10TH ANNUAL  
BOULDERING  
COMPETITION**

**SATURDAY  
APRIL 25, 2015**  
5:00-10:00 PM

**HSU STUDENT  
RECREATION CENTER**

**ENTRY FEE:**  
\$15 HSU STUDENT  
\$20 ALL OTHERS

**TO SIGN UP VISIT THE SRC OR CALL 826.4197**





# Celebrating Student Leadership Week

**Leadership Fair: April 22<sup>nd</sup>**

**April 21<sup>st</sup>-23<sup>rd</sup>**

**Campus-wide workshops  
and presentations  
geared toward current  
and aspiring student  
leaders!**

## **SCHEDULE OF EVENTS**

✓ **Tues. April 21<sup>st</sup>, NHE 120, 2-3:00p.m.**

*"Tech-It to the Limit" presented by  
Marissa Mourer*

✓ **Tues. April 21<sup>st</sup>, NHE 106, 5-6:00p.m.**

*"Leadership Reflection Activity"  
presented by Michele Miyamoto*

✓ **Wed. April 22<sup>nd</sup>, NHE 106, 2-4p.m.**

*"Leaders Wanted! How to Market  
your Skills" presented by Molly Kresl  
& Cherry Ouellette*

✓ **Wed. April 22<sup>nd</sup>, KBR, 2-5:00p.m.**

*"Student Engagement Fair"*

✓ **Thurs. April 23<sup>rd</sup> NHE 113, 2-4:00p.m.**

*"Introduction to Student  
Leadership Values" presented by  
Tay D. Triggs*

**Student Engagement & Leadership**

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