

1-2015

International Students Newsletter

International Studies
Humboldt State University

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International Student Newsletter **January 2015**

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Happy New Year!

The Center for International Programs would like to send you all a warm welcome back to HSU! It is so wonderful to see all of your happy smiles return. We would also like to give a big welcome to those who are just starting their journey here and look forward to learning more about you.

Last semester was filled with many exciting adventures and we are ready to see what the start of the new year will bring. Please stop by the office to say hello. We would love to hear about all of the exciting things that you were able to do over the winter break!

Welcome Back!



Left: Students enjoy a moment to take a picture during the winter farewell celebration.

Right: Students enjoy Mexican Hot Chocolate at the Nacho Bar.

International Cultural Festival

Saturday, February 21



The International Cultural Festival is quickly approaching! In 1986, this event began as a community style potluck, with spontaneous performances from whomever wished to share. Now, this event has grown to be a unique experience of cultural sharing, fun, and excitement.

This year we are looking forward to another exciting event and would love to have your help to make it even better. There are many ways that you may be involved:

- **Represent a Country:** As part of the event, there are informative tables that present information about different countries. This would be a wonderful opportunity to share your culture, or represent a country of your choice!
- **Perform:** As part of this event, there are performances of different kinds (music, dance, acrobatic and more). You are welcome to share a performance talent from your country!
- **Volunteer:** If you would like to participate from behind the scenes, we would love to have your help. Volunteers are needed to help set up for the event, organize performers, decorate and more.

Please contact Tafya Nailatika (our Event Coordinator Intern), or Jenn Soderfelt at the Center for International Programs office for more information. Otherwise, we will be sending more information regarding the event very soon.



Left: Participants explore the country tables to learn about other cultures. **Center:** A student represents China through beautiful papercraft.

Right: Our local Capoeira group displays their amazing skills during the performances.

RESERVE YOUR SPOT TODAY!

HSU LIBRARY presents:

Snacks Provided!

P.A.S.S.

Study Skills Workshops

Time Management Listening Note-taking

<http://humboldt.libcal.com/workshops>

Throughout the school year, the HSU library offers a variety of workshops designed to improve your studying and learning skills to get you on the path to success! Some upcoming workshops include Basic Research, Listening and Note Taking, Learn to Build a Website, Zotero Citation Management and more! Check out the library website for more information:

Rogue Waves

Here in Arcata, we are lucky enough to be within minutes of some of the most gorgeous beaches the Pacific Northwest has to offer. We hope that while you're here at Humboldt State, you take the time to enjoy these beaches as much as possible! When enjoying yourself at the beach, however, here is one important thing to keep in mind: rogue waves.

Rogue waves, also known as sneaker waves, are rare but it is because of their rarity that they pose serious danger to those who encounter them. According to the National Ocean Service, or [NOAA](#) and [earthsky.org](#), rogue waves reach heights that are over twice as large as the waves surrounding them, sometimes measuring up to 100 feet. They often travel in different directions from the waves and winds around them. It is not yet clear why rogue waves occur, but some scientists think that it is due to swells, or groups of waves, traveling in different directions and colliding, creating much larger waves.

While they are rare, rogue waves are known to affect beaches in Humboldt County. In fact, on Thursday January 29, 2015, NOAA forecasted the occurrence of rogue waves during the day.



What can one do to be cautious against rogue waves?

- Be prepared! NOAA offers a weather app for Androids, called "[NOAA Weather Free](#)," which warns you when rogue waves are expected in your area.
- Visit NOAA's website at <http://oceanservice.noaa.gov/> and check for weather updates.
- When at the beach, watch the ocean for some time before going in the water, giving yourself the chance to notice any abnormal patterns in the swells. Troy Nicolini, who works for the Eureka Office of National Weather Service, says in an article with the [North Coast Journal](#) that one should wait at least 30 minutes before entering the water, or at least be aware of the conditions that often prompt rogue waves.

Enjoy your time at Humboldt County's lovely beaches, and stay safe!

career expo AND VOLUNTEER FAIR 2015

Explore, Experience, Achieve!

Thursday, February 12, 2015
10:00am to 2:00pm
West Gym
Health & Wellness Complex



**academic
& career** ADVISING CENTER

For more information go to
www.humboldt.edu/career
or call 707-826-3341

Gist Hall 114 • www.humboldt.edu/career • 707.826.3341 • <https://www.facebook.com/HumboldtCareerCenter>





Explore Your Surroundings!



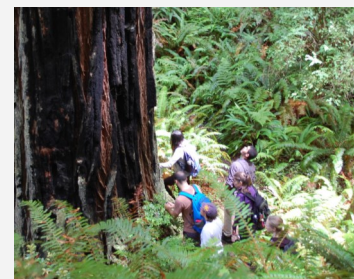
HSU and the Humboldt County community offer a wide variety of activities every week! While you're here, we recommend that you take advantage of the many events that occur here on campus and within the community. Here are some resources you can refer to when looking for things to do.

Humboldt State Now: The university's online publication that gives you updates on many of our upcoming events. Check your emails every week for a list of some upcoming events, or check out the website for more information on upcoming events on campus. You can visit the page here: <http://now.humboldt.edu/>.

Clubs & Activities: There are over 180 clubs on campus and plenty of variety to choose from! HSU Clubs & Activities offers everything from beach volleyball to juggling. There might even be a club for your major! Check out everything that Clubs & Activities has to offer and maybe try something new! <http://www.humboldt.edu/clubs/>.

Center Activities: HSU Center Activities offers many recreation and personal well-being classes to Humboldt State students. Go kayaking, surfing, backpacking, or rock climbing! Learn how to optimize your health or brush up on your environmental ethics with some of the many workshops offered.

<http://www.humboldt.edu/centeractivities/>



Center Arts: Here at HSU, we host many different bands, singers, dancers, speakers, and performers of all kinds! There are plenty of performances in store this semester—don't miss out! Visit the Center Arts website at <http://www.humboldt.edu/centerarts/home> for more information.

Sustainable Futures Speaker Series: Throughout the semester, speakers from all over the globe come to HSU to speak on and discuss their experience on matters related to sustainability and environmental topics. For dates and the list of speakers, please visit the website: http://www.humboldt.edu/envcomm/speaker_series.



The Music Department: Throughout the year, the HSU music department hosts concerts performed by your peers! For some great musical entertainment, you can check out their website, which lists all upcoming performances: <http://www2.humboldt.edu/music/>.

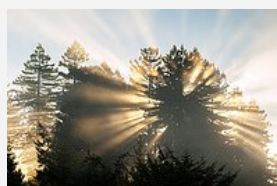
AS Presents: AS Presents brings a variety of creative events to our school. Some upcoming events for this spring include Arts in the Quad and a Spring Festival.

<http://www2.humboldt.edu/aspresents/>.

Arcata Community Events: The Humboldt State campus isn't the only place to look for fun activities! The City of Arcata offers a wide variety of events throughout the year!

<http://www.cityofarcata.org/departments/parks-recreation/community-events>.

Bulletin Boards: The HSU campus and many businesses in Arcata have multiple bulletin boards with posters and flyers advertising events of all kinds. Take a look next time you pass one in the hall - you might find that you don't have to look too far to find something great!



Whatever you're doing while you're at Humboldt State, we hope that you're having fun! Get involved, gain new experiences, and explore your surroundings!

Tutoring Services

Did you know that there is a Learning Center on campus that has a lot of **services that can help you with your classes**? Through the Learning Center, you can get help with difficult courses, study skills, standardized test preparation, reading, math, and writing skills. You can study with a tutor meet individually with a lab assistant to help keep you on track, and use interactive software programs that strengthen academic and learning skills.

Math Tutoring Lab

Located in Library 208, this lab offers peer-to-peer math support. Open daily, check their [website](#) for available hours.

Science Tutoring Lab

Located in the Lower Library 55, this lab offers peer tutoring support for lower-division, high-demand science courses. This lab is open on the evenings and weekends. Check out their [website](#) for the schedule.

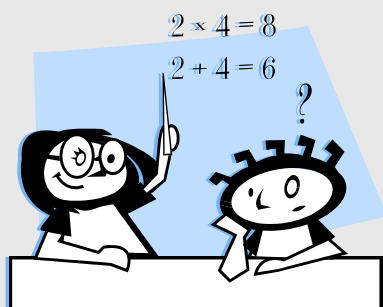
Writing Center

Located in the Lower Library 32, students receive peer-to-peer help with writing for all disciplines. It is recommended to make an appointment in advance. Visit the [website](#) for more information.

For more information about other help that is available, please visit the Learning Center in the Library Basement, room 055. They are open Monday—Friday, from 9:00am - 5:00pm.

Phone: (707)826-4266

Email: learning@humboldt.edu



Club Corner—Global Connections Club

Are you looking for a great way to meet new people and have fun? Try the Global Connections Club! This club seeks to bring people from all international and domestic backgrounds together to have fun, make connections, understand and get to know members of other cultures. Students learn about each other's cultures through celebrations, festivals, and cultural exchange. The club helps to put on the International Cultural Festival and sponsors potluck parties, international movie nights and a variety of culturally themed events.

Club Meetings: Thursdays, from 6:00pm—7:00pm in the Multicultural Center

Wellness Workshops

Dish It Up

Meets Monthly
Feb 1, Mar 4, & Apr 1
Wednesdays • 12:00 - 1:00 PM
Recreation & Wellness Center Room 122
FREE

Get tips, tools & support for your healthy nutrition & lifestyle.



Cooking 101

Cooking for college students
Feb 4
Wednesday • 5:00 - 6:00 PM
Recreation & Wellness Center Room 122
Program Fee: \$5

Learn how to steam, sauté, bake and boil, spice up meals with a few herbs and spices, and make great meals with just a few ingredients. Includes recipes.



Fast, Easy, & Cheap

Affordable Healthy Eating
Mar 4
Wednesday • 5:00 - 6:00 PM
Recreation & Wellness Center Room 122
Program Fee: \$5

Learn fast, easy and cheap ways to fill your belly without breaking the budget or cooking all day. Includes recipes.



Spring Cleaning

Detox Naturally
April 1
Wednesday • 5:00 - 6:00 PM
Recreation & Wellness Center Room 122
Program Fee: \$5

Eliminate toxins, food allergies, sugar and caffeine dependence without the need for special foods, supplements or fasting!
Works with dining hall, dorm and off-campus dining.



Eating well made simple!
Sign up at the Student Recreation Center today

