

9-2014

## International Students Newsletter

International Studies  
*Humboldt State University*

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### Recommended Citation

Studies, International, "International Students Newsletter" (2014). *Campus Publications*. 22.  
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# International Student Newsletter **September 2014**

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## International Welcome Reception

The International Welcome Reception this year was a great success! This event always offers a great opportunity to make new friends, reacquaint with old friends and celebrate new beginnings.

Tafya Natilatika was the Mistress of Ceremonies for the evening and did an amazing job of hosting the event. For those of you who have not yet met Tafya, she is a great person to know! Tafya is from Indonesia and will be our Activities Intern for the year. You will certainly be seeing more of her as the year progresses.

For those of you who were not able to attend, there is no worry. We have a year of fun events and activities scheduled. The Center for International Programs and Humboldt State University is so happy to have you here and we welcome you home to Humboldt!



**Above:** Tafya Nailatika is our new Activity Intern.

**Right:** Students, faculty and staff enjoy the Welcome Reception and great food!





# Homecoming Weekend

## Friday, October 3 and Saturday, October 4

Homecoming is here! Homecoming is an American tradition that welcomes back the alumni (former students of the school or university) and is usually held during the fall. Humboldt State University likes to celebrate Homecoming Weekend during football season and offers a variety of events, to include a parade, evening pep rally, kayak tours, tailgate party and of course, Saturday's football game.

Last year, the Center for International Programs (CIP) sponsored a parade float that international students had a fun opportunity to participate with. The CIP would like to invite you all to participate in this year's events as well! If you would like to join the fun, here is how you can:

- Thursday, October 2nd (8am - 6pm): Float decoration - contact Calvin for more information
- Friday, October 3rd (8am - 1pm): Float decoration - contact Calvin for more information
- Friday, October 3rd (3:15pm): Meet at the HSU Events Field to walk in the parade - contact Calvin for more information
- Friday, October 3rd (7pm - 9pm): Pep Rally on the UC Quad
- Saturday, October 4th (3pm - 6pm): Tailgate Party in Parking lot G11
- Saturday, October 4th (6pm): Homecoming Football game!

**For more information about helping with the float and walking in the parade, please contact Calvin at the Center for International Programs.**

**For more information regarding Homecoming, please see the website at [www.humboldt.edu/homecoming](http://www.humboldt.edu/homecoming)**



**Left:** 2013 International Homecoming Parade Float **Center:** Students help decorate the float **Right:** Fireworks after football game.

## Football Idioms

*An idiom is an expression that has a different meaning than the usual definition of the word or group of words.*



**Drop the Ball:** In football, it's important to hold on to the ball, because dropping it can be a huge mistake. Almost any kind of failure to live up to responsibilities can be referred to dropping the ball. *"I really dropped the ball on getting my homework in on time!"*

**Run interference:** block an opponent in order to give your team's ball carrier an advantage. *"If my next appointment arrives, can you run interference for me until I return?"*

**Pile On:** illegal hitting or jumping upon players after the play is dead. *"It's fine to disagree with me, but it's hard when all of you pile on at once."*



# 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

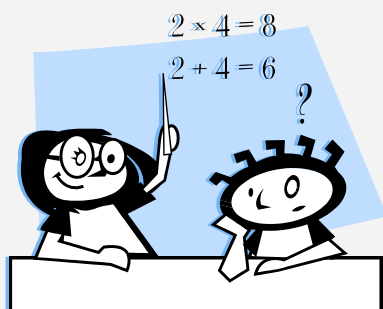
Located in the Lower Library 32, students receive peer-to-peer help with writing for all disciplines. It is recommended to make an appointment in advance. Visit the [website](#) for more information.

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](mailto:learning@humboldt.edu)

**Web:** [www.humboldt.edu/learning](http://www.humboldt.edu/learning)



# Are You Feeling Homesick?

If you are starting to miss home, feel lonely, are having trouble sleeping, or struggling with your classes, you are not alone. This is normal for people to experience during their journey abroad, even if you are a seasoned traveler. This is such a normal situation, that it is called *Culture Shock*.

## Stages of Culture Shock

1. **Honeymoon Stage:** Usually during the first few days or weeks. People experience emotions such as excitement, happiness, and anticipation. Everything and everyone is new and exciting.
2. **Frustration Stage:** Can result in the following symptoms:
  - Difficulty sleeping
  - Sadness or unexplained crying
  - Homesickness
  - Extreme fatigue (overly tired)
  - Increased worry
  - Wanting to be alone
  - Overeating or not eating
3. **Adjustment Stage:** One becomes more familiar and comfortable with the culture, people, food and language of the host country. Students will likely feel less homesick and have made friends that they can rely on for support.
4. **Acceptance Stage:** At this point, students will be able to compare the good and bad of their host countries with the good and bad of their home countries. They should feel less like a foreigner and view their host country as more of a second home. Students will have the satisfaction of knowing that they can live successfully in two cultures.



## Tips for Culture Shock

**Talk with people who understand:** Stay in touch with other international students. They will understand what you are going through and may be feeling the same thing.

**Share your experience with others:** Volunteer to share your culture in classes, or tutor those learning to speak your native language.

**Maintain a healthy diet and be sure to exercise:** take care of yourself physically, and this will help your mind as well. A healthy diet and exercise help to reduce your stress levels.

**Maintain your sense of humor:** Being flexible and expecting the unexpected helps to get you through more difficult times.

**Try new things:** You are surrounded by a whole new world—take time to enjoy new experiences and you will be sure to meet new friends and have fun along the way.

Please remember—you can always stop by the Center for International Programs for help. You are always welcome and we are more than happy to help you in any way that we can!

## Club Corner

Now that you have had an opportunity to settle in to the flow of life at Humboldt State University, it is a good time to start exploring other ways to have fun and enjoy Humboldt. A great option to do this is by joining one of the many clubs that HSU has to offer.

**Global Connections Club:** The GCC celebrates cultures from around the world and gives you an opportunity to make international friends.

- Wednesdays, 4:00pm - 6:00pm
- Multicultural Center

**Baile Folklorico:** Learn some of the traditional forms of Folk Dance from Mexico. Open to everyone at all experience levels.

- Sundays, 2:00pm - 4:00pm

**Capoeira:** Capoeira is a Brazilian art form that combines fight, dance, rhythm and movement. Experience a conversation through movement, regardless of your level of experience.

- Mondays & Thursdays, 6:30pm—8:00pm
- Green & Gold Room

**Danza Azteca:** Join in practicing the ancient tradition of Danza Azteca, which has been preserved by the living ancestors of the Mexica.

- Sundays, 10:00am—12:00pm
- Native Forum (BSS162)

Clubs & Activities offers an amazing array of different club options. Visit



## Upcoming Events

**Homecoming Weekend!**  
**Friday (10/3—10/5)**

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

**Halloween**  
**October 31st**

For local events,  
check out the  
[Northcoast Journal](#)

Don't forget to  
check out HSU's  
[Event Calendar](#)