Greetings from the Editor’s Desk by Cecilia B. Martinez Gomez

Welcome to a new year! My name is Cecilia B. Martinez Gomez, and I am the new editor of “International Perspectives.” This issue may appeal to you. You may be new at WSU or one of those students part of the “6-year program.” No matter who you are, you will enjoy getting tips on how to become green with an article by Rich Reed, president of an on-campus organization called Green Group. You will also get information about two departments on campus, Housing and Residence Life and Cooperative Education. In both articles you will be able to get an inside of each department and the way they are able to help you.

Dr. Dasey-Morales, Director of the Counseling and Testing Center gives you details on stages of homesickness and International students give you tips on how to deal with it. Hamed AlOlyani has a special message for Arabic speakers and Taymur Hallal is introducing himself as the Vice-President of events in the International Student Union. If you are an international student make sure to read the section “Don’t Forget” because it has important information. I hope you enjoy this edition thought especially for you.

Cecilia B. Martinez Gomez, Paraguay. Communications (IMC)

Your Home Away from Home by Vanessa Rodriguez

The Office of Housing and Residence Life provides on-campus accommodations for enrolled students.

There are three areas of housing areas: Fairmount Towers, Brennan Halls, and Wheatshocker Apartments. In Fairmount Towers and Brennan Halls, we offer furnished, suite-style accommodations. In Wheatshocker Apartments, the suites include a kitchen area and come either furnished or unfurnished. Students wishing to live on-campus may complete a Housing Contract on-line or in our office. Our office is located in the Fairmount Towers Commons building, directly across from the cafeteria. Our cafeteria, located in Fairmount Towers Commons, is open to all students, faculty, staff and general public. All-you-can-eat meals are reasonably priced and can be paid at the door with Shocker Dollars, cash or credit card. A weekly menu can be found on the dining website, http://www.wsudining.com/.

In addition to on-campus housing, our office sponsors a number of events on campus throughout the year.

One of our annual favorites is the Eid Dinner during the fall semester, which is advertised and open to the public. Another favorite is our Midnight Breakfast. During our Midnight Breakfast, WSU President Beggs and other well known university administrators serve breakfast to the diners. This year the Midnight Breakfast is scheduled for Tuesday, October 7 – so mark your calendars! We hope to see you visiting or living with us this year.

Vanessa Rodriguez
Director, Housing and Residence Life

August 2008
As an International Student, How do You Deal with… HOMESICKNESS?

“I try to make myself busy with studies to ease the suffer brought on by homesickness. Also, I started to become active in church and a few of student associations. I think hanging out with friends is also a good choice to deal with homesickness.” Adeline Tan, Malaysia. Psychology.

“I go window shopping! It takes your mind off of sad thoughts without having to spend a single penny! (Unless you have poor self control).” Roxanne/Adi Uy, Philippines. Chemistry, undergrad.

“I make a dish or cook something that I like from home!” Fai Tai, Hong Kong. Accountancy, grad.

“I try to tell myself that I’m getting an education in a foreign country and it will be very valuable for my future. I try to be in the company of my friends (even if I don’t feel very social – having other people around distracts me from feeling sad). And you have to remember, it’s not forever - soon you will be able to go back home!!!” Natasha Olinetchouk, Russia. Opera Performance, grad.

“To deal with homesickness I try to make as many friends and to hang out with them as often as I can. We cook home food and gather to eat all together. Also spending time with people who I share the same language or/and the same culture helps a lot. However the ultimate way is to communicate with people from back home. For me it is mainly by calling and I am always loaded with phone cards. That is how I kept in touch with my family when I first got here and I still do when I am homesick.” Howard Lakougna, Cameroon. Computer Engineering, undergrad.

Moving to a new place can be both exciting and a tremendous adjustment. Most students look forward to involving themselves in their studies, making new friends and achieving the goals they came to accomplish. It’s important to know that adjusting yourself to a new environment is a process. You can expect the process to come in stages. At first, everything is new and exciting. Your new surroundings and experiences feel like a pleasurable adventure. This stage is called the “tourist stage”.

At some point, most students experience the second stage, “culture shock”. During this part of the process, you may feel overwhelmed and stressed with the lack of familiar things. Remember that this is a normal reaction and that this will pass. During this stage, many students experience homesickness. They miss their families, their friends from home, familiar foods, smells and sounds. It can feel exhausting to have to think in another language all the time or to have to do another new thing. For some, they reach this stage very quickly. For others, it may take longer.

In time, you will begin to feel more comfortable in your new surroundings and things will not all feel so different. Ways to cope and adjust will begin to be easier. This is called the “adjustment stage”.

Finally, in the “adaptation stage”, you will begin to feel as though you fit in and begin to combine your new culture with the culture of your homeland.

It’s important to be patient with yourself as you move through these stages and to understand that everyone copes with change differently. Make sure that you don’t isolate yourself or pull away from learning about your new environment. Take care of yourself physically, keep a sense of humor, and seek help if you need it.

The Counseling & Testing Center on campus is here to help students with their adjustment to WSU. We can help giving support during times that you feel overwhelmed, homesick, or stressed.

It’s a sign of health to seek help when you need it! Services are very low cost and appointments are available at many different times. We are located in Grace Wilkie Hall, Room 320 or by phone at 978-3440.

Maureen Dasey-Morales, Ph.D.
Director, WSU Counseling & Testing Center
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Why Living Green is Important by Rich Reed, MPA

Being conscious of our relationship with our natural environment has not been seen as important until recently in the United States. We are a consumer country. Business has often complained about pollution laws and considered them as being burdensome and unnecessary.

The controversy over global warming has brought increased attention to this issue. I believe we need to think beyond just CO2 and Global Warming. We need to think about the cause of all environmental pollution. Whether this is water pollution from dumping chemicals or landfills that leak chemicals into our ground water or air pollution from plants and cars.

The cause of pollution is human behavior. We don’t think about the effect our actions have on the natural environment.

The Earth is a closed system. There is no such thing as just getting rid of a chemical or toxic gases or trash. It goes somewhere. Add it to water and you can still tell it is there. Put it in the ground and you’ve just added dirt to the toxic chemicals. Put it in the air and it still doesn’t go away.

One of the side stories of the Beijing Olym-
USE FLORESCENT LIGHT BULBS
Only recently have bulbs that will easily fit into regular sockets and lamps come on the market. Many new bulbs use 1/4 the energy of standard light bulbs but provide the same amount of light. They also last for years. You can then return used bulbs to the Sedgwick County Hazardous Waste Center to be recycled.

TURN OFF POWER STRIPS
Most modern electronics don’t fully turn off when you hit the power button. Many continue to consume energy while they are turned off. The Federal Government has cited appliances in sleep mode as one of the largest ways Americans waste energy.

UNPLUG CHARGERS
Chargers for cell phones and other adapters continue to use electricity even when you don’t have something plugged into them. This is because they are actually transformers.

DRINK TAP WATER
Tap water requires less energy to produce than pop, sports drinks, bottled water, caffeinated drinks or energy drinks. Tap water is regularly tested and held to strict standards. Not all bottled water is tested. The City of San Francisco has banned bottled water in City Offices. This is due to the millions of bottles that are filling their landfills.

BATCH COOK
Cooking once every two days instead of every day can help save energy.

ONLY WASH FULL LOADS
Whether you are using the dishwasher or washing machine this holds true. The washing machine or dish washer still has to use the same amount of energy whether you are washing a full or partial load.

SHARE THE A.C.
Try to spend the hottest part of the day in a place where the A.C. is free. That way you are sharing the A.C. and saving the energy you would have used to cool your apartment or home.

GROCERY SHOP WEEKLY
If you only run to the store once a week you will save on gas and maintenance costs related to all the extra trips you usually take.

CARPOOL/TAKE THE CITY BUS
This will help to cut down on energy use and also make the air easier to breath to everyone.

USE MORE BLANKETS/DRESS WARM
If you use more blankets or simply dress warmer, you can turn down your thermostat. The cost of an additional blanket will pay for itself in energy savings.

Your Cooperative Opportunity by Kyle Carr
I am pleased to welcome you to Wichita State University. An important component of our University is the Cooperative Education and Work-Based Learning Program. The program works with students in almost every major to help them obtain degree-related work experience before graduation. We offer opportunities for two types of work experiences:

• Cooperative Education-Paid positions related to a student’s major that last longer than one semester
• Internships-Paid or unpaid positions related to a student’s major that generally last only one semester

Once international students have enrolled full-time for one year in the United States, they can often obtain the right to work off-campus in degree-related positions through the CPT (curricular practical training) authorization process. Our program works with international students to help them develop their resume, prepare for interviews and research and apply for positions inside and outside of Wichita. For international students, there are some unique factors when looking for work. Students must:

• Visit the International Office to obtain the CPT form before working with our office
• Register with our program to search for Wichita-area openings through our online system
• Renew their CPT authorization each semester
• Enroll in at least one credit hour of co-op or internship credit during each semester that they are working. This credit may or may not count as a part of a student’s degree track.
• Meet academic guidelines to receive credit each semester in their co-op/internship course

Since there are limited industry options in Wichita, we encourage all international students to explore opportunities outside of Wichita. During summers, students may travel to another part of the country to live and work full-time in industry. Keep in mind, positions open to international students are highly competitive, so students must work hard to develop an attractive resume and conduct successful interviews. Degree-related work experience can be a valuable asset for all students as they near graduation and begin looking for their first post-college position. Visit our website at www.wichita.edu/coop to learn more about our program. Best of luck to you as you begin and continue your studies at Wichita State.

Kyle Carr
Cooperative Education Advisor
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Green Living Tips by Rich Reed, MPA

If you want to read the article “Deal with others as you want them to deal with you” by Hamed AlOlyani in English click on this link

http://wisc.xunta.edu/~shady/foresight/Foorsight_12_C08_HN.pdf
Who is Who in ISU? by Cecilia Martinez

In an effort to give the International Student Union a recognizable face, we decided to introduce one ISU member per edition. Who is more important than the person in charge to organize all the fun events? Meet the Vice-president of events, Taymur Hallal. Make sure to say hi if you see him around campus.

**Name:** Taymur Hallal.

**Country of Origin:** Ukraine and Lebanon (dual).

**Languages Spoken:** Frankly speaking, I consider my native languages to be English and Russian simultaneously! I grew up in Ukraine and then moved to Nigeria at the age of 7 where my language of instruction in school was English. In addition to speaking English and Russian, I also speak Arabic and Hausa, the former being one of the 3 major languages spoken in Nigeria. Hausa is mainly spoken in Northern Nigeria, where most of the population is Muslim.

**Major:** Aerospace engineering.

**Favorite Sports:** Basketball, volleyball, swimming, badminton, table tennis. I would love to learn how to play tennis!

**Favorite Music:** Mainly trance and techno. I also listen to Russian and Arabic music. Nonetheless, anything that sounds pleasant to the ear.

**Hobbies:** Anything that has to do with commercial aviation, current affairs, reading engineering, science mags, and Times magazine, observing trends in electronics, cruising the web.

**Favorite Food:** Mediterranean food!

**Favorite Movie:** Can’t think of any, but my favourite genres are documentary and horror.

**Favorite Place in the World:** Hmm, hard to tell so far. I guess I need to explore more places of the Earth. There are many countries that I’d love to visit, France for example.

**Why did You Join ISU?** It provides an excellent opportunity to get involved on-campus, meet new people, improve my communication skills, and learn numerous ideas and techniques from my co-advisors and other members of the union.

**Don’t Forget…**

1. **NEW STUDENTS!**
   - Before classes start, you MUST:
     - Go to Orientation
     - Get the Tuberculin Skin Test
     - Meet with your Academic Advisor
     - Register and pay for classes
     - Get your student ID (Shocker Card)

2. **REMEMBER!**
   - **WELCOME PARTY!!!!!! Thursday, August 28th ~ 9:00 p.m. to 12:00 a.m. Rhatigan Student Center. FREE**
   - Fall classes can be added during the add/drop period. 16 week classes can be added through August 27 and can be dropped through October 29.
   - If you have not paid for your classes, THEY WILL BE CANCELLED AT THE FOLLOWING TIMES AND DATES:
     - 5 PM on Friday, August 15
     - 5 PM on Wednesday, August 20
     - 5 PM on Wednesday, August 27
   - As an undergraduate international student you MUST be enrolled full time (12 credit hours) during the Fall and Spring semesters. If you think you may qualify for a “Reduce Course Load” exception visit and International Student Advisor at the Garvey International Center.
   - As a graduate international student you MUST be enrolled full time (9 credit hours) during the Fall and Spring semesters. Some exceptions apply. Visit an international student advisor for more information.

Want to submit an article, an event or comment on the articles? , send us an email:

isu@wichita.edu

Visit us at
http://webs.wichita.edu/isu

Wichita State University Does not discriminate in its programs and activities on the basis of race, religion, color, national origin, gender, age, sexual orientation, marital status, status as a Vietnam Era Veteran or disability.