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From the Editor

Hello all!

There's a lot to celebrate in May: beautiful spring weather, budding flowers, last days of classes, and most importantly (at least for the seniors), graduation!

It is finally here!! As much as I am excited to graduate, I have to admit that it is a little bit scary. Graduation brings to an end a really important chapter of our

lives, but also the beginning of a new one that is full of uncertainties. It is normal to feel nostalgic sometimes, but now it is time to prepare ourselves for whatever is coming next. There is an entire world ahead of us filled with endless opportunities and possibilities.

Once I read a quote that said, "All glory comes from daring to

begin"(Eugene F. Ware). And this is the message that I want to leave to all of you in my last newsletter: do not be afraid to take risks, because I believe every single one of you have a great potential to excel in life.

Good luck on your finals!

-Carol



Note from Sally

As I read Carol's editorial, I realize how much we are going to miss her in the International Programs office. The good news is that Carol will be taking advantage of OPT or Optional Practical Training which is the 12 month internship available to international students in good standing for the year following graduation. I realize that was a shameless advertisement for International Student Benefits, but I encourage all of you to consider the possibility of OPT after you graduate. Of the students who graduated in 2009 and took advantage of OPT, all four are now in the application process for an H-1B visa, which is the work visa good for three years. There are lots of possibilities available to you.

All good wishes for Clinton Wong, Gerarrdo Villareal Lopez, Charlie Guiguet and Carol Pinho as they head off to their next adventures in China, Prague, France/England or work in the U.S. And for each of you heading home or for travel into the world at large, our wishes for safe landings and a swift return to campus in the fall. It feels awfully quiet on campus without you here.

I will attend a conference in Kansas City in late May where I am presenting a poster session on the ISM program and then in mid July I will fly to Boston for another conference of Overseas Advisors with a possible quick trip to France to go on a bicycle adventure with my grandson, Gabriel. See you all in the fall!

-Sally

For new contributions, and/or comments on this newsletter, please contact Carol Pinho at cpinho@pugetsound.edu

USCIS Corner and more notes from Sally

Check your I-20 to verify that I have signed it in the last 8 months so you can return to campus in the fall without incident!

Congratulations to the following students for academic awards:

Clinton Wong: Scholar of the Year!

Carol Pinho: Leadership Award

Julia Stadler: First Year Chinese Language Scholar

And all the rest of you too shy to let us know your awards.

Farewell to Julia, Meino and Alina, the exchange students from Passau who are returning to Germany and points beyond.

See everyone at the party at my house on Sunday (see note from Carol) Come celebrate!

Surviving Finals Week

The semester is coming to an end and as finals week begins, many of you will experience high levels of stress. Managing stress is vital during finals week. As a senior, I know that surviving finals week is one of the most challenging aspects for college life, so here are some tips from the Mental Health America website:

- 1. Get moving.** A little bit of exercise will decrease your stress level and make your studying more productive.
- 2. Eat smart.** Eating a well-

- balanced diet will give you the energy you need to get through the end of the term.
- 3. Establish your priorities.** Decide what you have to finish today and what can wait for another day or two. You can't do everything at once.
- 4. Create a study plan.** Make a schedule for what you are going to do each day—and leave the room for short breaks.
- 5. Set realist goals.** Set a goal and work towards it. When you reach them, re-

- ward yourself.
- 6. Do what works for you.** Some people need silence and others need quiet music. Figure out what is best for you.
- 7. Listen to your body.** Headaches, sore muscles, and nausea are signs of stress.
- 8. Take time to relax.**
- 9. Recognize and accept your limits.** Understand your strengths and weaknesses. Not many people get A's in every class they take.
- 10. Celebrate the end of exams!!!!**

Of Special Interest

Library open all night!

Starting on Sunday, May 2nd, Collin Library is open all night to help you prepare for finals week. Delicious, hot tea will be provided to sooth your studies. Open 24/7: May 2-4 and May 9-13.

Fruit bags

Circle K is once again providing Fruit Bags to all international students to help you through finals week. You may pick up a fruit bag in the Wheelock Student Center (across from dish return) anytime between 11am and 5pm on May 5th, the last day of classes.

Tacoma Bike Swap

Whether you are looking for a new bike, want to sell the old one, or are just interested in learning more about biking in Tacoma, the Bike Swap promises to be a great time! Vendors will be selling bikes and parts for all types and ages of riders. The event will take place on **Saturday, May 8, from 10am-3pm** here at University of Puget Sound.



*May is National
Bike Month!*

End of the Year Celebration
for the International Student Community at Puget Sound

Please join us at a dinner at Sally's house (with support from Multicultural Student Services and International Programs) on **Sunday, May 9th at 5pm**. Please let us know if you can join us by sending an email to nengelbrecht@pugetsound.edu.

Upcoming Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Baseball vs. Willamette	3 Puget Sound Gamelan Ensemble	4 Sacred and Profane	5 Midnight Breakfast	6 Puget Sound Business Breakfast	7	8 Tacoma Bike Swap
9 Int'l Student End of the Year Celebration	10	11	12	13	14	15
Finals Week						
16 Graduation Ceremony	17	18	19	20	21	22
23/31	24	26	27	28	29	30

May Holidays and Celebrations

- May 1:** May Day; Labor Day
- May 3:** Constitution Memorial Day (Japan); Santa Cruzen Day (Philippines)
- May 5:** Cinco de Mayo; Children's Day (Japan)
- May 9:** Mother's Day; Europe Day (European Union)
- May 15:** Armed Forces Day
- May 16:** Peace Day
- May 24:** Victoria Day (Canada)
- May 28:** Independence Day (Ethiopia)
- May 30:** Memorial Day

Events On Campus

Annual Pops on the Lawn
Wednesday, May 5 @ 4pm
Schneebeck Concert Hall

Wind Ensemble with student conductors. Free admission.

International Club: Movie and Lecture
Wed., May 5 @ 4pm
WSC, Room 101



Showing of the movie "Romero" about the 4th archbishop of El Salvador who died protecting his people during the El Salvadorian Civil

War in the 80s. Movie followed by lecture from a faculty member who lived through the war. Free El Salvadorian food includes Papusas. Free.

Der Besuch der alten Dame
Wednesday, May 5 @ 7:30pm
Schneebeck Concert Hall

Advanced German students will perform the celebrated tragicomedy "Der Besuch der alten Dame"/ "The Visit" by Friedrich Durrenmatt in the German original. Supertitles in English will make the performance accessible to the entire campus community. Free admission.

Puget Sound Business Breakfast
Thursday, May 6 @ 7:30 am
Bell Harbor International Conference Center, International Promenade

Four local entrepreneurs and alumni of University of Puget Sound will share their experiences in building their businesses and keeping ahead of competitors at the 2010 Puget Sound Business Breakfast in Seattle. Those interested in attending should visit www.pugetsound.edu/psbb. Admission is \$25 for UPS affiliates.

