

## INTERNATIONAL STUDENT SUCCESS SERIES WEDNESDAYS / 12:30-1:30 / SEARS 464

### SEPT 2: HEALTH INSURANCE - SHOPPING SUGGESTIONS (Health)

American Insurance is so expensive! Find out more about your student health plan, what comparable coverage means and about American Health Insurance in general. You'll learn how and where to obtain medical treatment if you need it and how to avoid unnecessary costs by understanding how CWRU insurance works.

### SEPT 9: RESUMES, CVS AND COVER LETTERS (Career)

Resumes, CVs, and cover letters are often the first chance employers have of getting to review your strengths, experiences, and skills. This session will cover tips about writing these documents, especially for International Students. Questions encouraged.

### SEPT 16: CULTURE SHOCK & BEING FAR FROM HOME (Counseling)

Moving away to a new country and adjusting to a new culture can be challenging. Feelings of excitement, frustration, and homesickness, although normal to the adjustment process, can be difficult to endure. In this workshop, you will be introduced to the ins and outs, and ups and downs, of cultural adjustment, and learn tips that will help you to cope with the adjustment process.

### SEPT 23: PREPARING FOR THE CAREER FAIR (Career)

Last year nearly 1,500 students participated in the Fall Career Fair. It presented a tremendous opportunity for students to become acquainted with company representatives from a variety of industries and disciplines. Attend this session to learn how to be prepared to participate in the Career Fair. RSVP through CWRULink.

### SEPT 30: UNIVERSITY HISTORY & TRADITIONS (Student Activities)

Learn CWRU's long standing history and traditions with Dick Baznik, University Historian. Originally established in 1826, CWRU's history forms what the university is today .

### OCT 7: TACKLING JOB INTERVIEWS IN THE USA (Career)

According to a Society of Human Resource Management survey, the Interview is the #1 thing to make or break a candidate's chances of getting a job. A review of common interview structures within the USA will be provided. Please RSVP through CWRULink.

### OCT 14: DRIVERS LICENSES (CLE Hts Driving School)

Are you new to driving in the United States? Driving conditions and customs may be different from what you are used to. Prepare for driving in the U.S., including tips, etiquette, and important skills to keep you safe on the roads in both good and bad weather. Learn what documentation you need to get your own license.

### OCT 21: TIPS FOR PRONUNCIATION AND FLUENCY (ESS)

Help improve your language skills including the nuances of the English language. Learn to converse fluidly and easily and feel more comfortable speaking in class and social functions.

### OCT 28: SPEAKING IN CLASS: PRESENTATIONS AND GROUP DISCUSSIONS IN A SECOND LANGUAGE (ESS)

Want to feel more comfortable and confident speaking and presenting in class? This presentation will provide tips for making successful presentations and for participating in class discussions. Learn about audience expectations, how to best organize presentations, and how to improve confidence in speaking along with spoken English fluency and vocabulary skills.

### NOV 4: SOCIAL AND BUSINESS ETIQUETTE (Career)

Have you ever wondered if it was appropriate to say or do certain things in a professional environment? Participating in networking events and speaking with working professionals is a way to enhance credibility for potential employment. Join a career center representative to learn about proper behavior in social business situations. Please RSVP through CWRULink.

### NOV 11: BEING IN A HEALTHY RELATIONSHIP (Title IX)

Dating on campus can be confusing and difficult due to cultural differences. What's the difference between harassment and flirting in America? How do you set personal boundaries? What does Sexual Misconduct really mean and what is included in the definition? Find out the context of a healthy vs. an unhealthy relationship and how to help yourself or intervene for others.

### NOV 18: IDIOMS, PHRASAL VERBS AND SLANG (ESS)

The English language is considered to be one of the most highly idiomatic in the world. English spoken every day is full of expressions like "check it out" or "hang on". Learning these can help improve your English speaking but also understand and recognize common idioms and phrasal verbs.

### NOV 25: AMERICAN FOOD AND YOUR HEALTH (Health)

Do you have questions about Western food culture? What are all the condiments used for? Why is pizza everywhere, and cheese on everything? Learn about the culture of food, as well as tips and techniques for healthy and nutritious eating.

### DEC 2: TRAVELING IN AMERICA—TIPS AND SUGGESTIONS (ESS)

Are you considering visiting other cities in the United States during your studies? Come learn first-hand some ideas on where to go, what to bring, how to navigate, and what to expect across the country. Get a good understanding so you can enjoy your travels!

All events are free, snacks are provided, and some will require registration.

A series of programs, workshops and events that help international students transition and better understand the social and academic culture at both CWRU and Cleveland.

<http://www.case.edu/international/studentsuccess>

# Spring 2016

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### JAN 13: VOLUNTEERING – ADD IT TO YOUR RESUME (CCEL)

Volunteering isn't just a philanthropic endeavour, it helps build resumes and offer opportunities for personal development. Come find out about volunteer opportunities on and off campus, and how volunteering can help you develop transferable practical work skills.

### JAN 20: GET EXPERIENCED FAIR PREP (Career)

Come and learn about how to make a positive impression with employers at the February 9th "Get Experienced" Fair. Tips for crafting a 30 second commercial and ways to identify employers ahead of the fair will be reviewed.

### JAN 27: DEPRESSION - TIPS TO HELP FRIENDS (Counseling)

Stress and mental health concerns are universal across all students. Have you noticed a friend withdrawing, acting irregularly or saying concerning things? Understand that stress and sadness is a normal reaction to life's struggles, but certain symptoms or regularity may be reason to intervene. Find out how to talk about this difficult subject and what resources on campus may be beneficial.

### FEB 3: TIME MANAGEMENT (ESS)

Struggling to find time to study? Want to be involved on campus but don't think you have the time management skills? This program will offer strategies on how to best plan and organize time. Gain an understanding of the importance of time management and learn tips for combating procrastination, scheduling, and avoiding distractions.

### FEB 10: EXPERIENTIAL LEARNING - INTERNATIONAL STUDENTS (CC)

Practicum, Co-op, internship – all of these are ways for a college student to gain work experience while attending university. As an international student, these experiences require an understanding of CPT and the various CWRU offices that support experiential learning activities. This session will review the steps required for international students to successfully participate in practicum or co-op.

### FEB 17: PLAN AHEAD: H1B AND THE JOB SEARCH (GlobalCLE)

Learn the basic requirements and time frames for H1B applications, as well as important timing challenges with immigration attorney, Erin Brown Faro. Global Cleveland will provide job search strategies geared towards the H1B process and work authorizations.

### FEB 24: READING IN A SECOND LANGUAGE-STRATEGIES TO MAKE READING IN ENGLISH EASIER (ESS)

Are you spending hours on reading assignments? Do you feel that you need to understand more of what you read? Find basic strategies to improve reading skills. Learn tips for improving understanding of new vocabulary and be provided with resources for continued reading skills improvement.

### MAR 2: DOING YOUR UNITED STATES TAXES (Accounting)

Do you have questions about doing your taxes in the United States? Do you even need to file? Learn from trained VITA volunteers who can give basic tax advice. and help you understand paperwork like the W2 and 1098's. They will cover the free software program, GLACIER, specifically for international students. Don't forget, taxes are due on April 17th.

### MAR 16: USING LINKEDIN FOR CAREER DEVELOPMENT (Career)

Join Dave DiBiase from the Career Center to learn ways of using LinkedIn for exploring careers and making connections. Please RSVP through CWRULink.

### MAR 23: CLEVELAND BUSINESSES - THEN AND NOW (GlobalCLE)

Find out the history of American business and manufacturing and how Cleveland was the second largest industrial hub behind New York City. Moguls like Rockafeller and Carnegie industrialized America with Cleveland based businesses. Even today buisnesses are thriving, learn about the current business environment in the Cleveland area.

### MAR 30: SUGGESTIONS FOR A PRODUCTIVE SUMMER (Career)

As the academic year draws to a close, a Career Center representative will share suggestions for career-related tasks that can be accomplished during the summer months.

### APR 6: AMERICAN CIVIL RIGHTS HISTORY (OMA)

Do you have questions about Ferguson or Baltimore? Learn the context behind recent civil unrest and how it fits into the history of Civil Rights Movements in the United States. Cover the vocabulary surrounding racial identity and diversity and put into context the importance of programs like Diversity360 on campus.

### APR 13: BEING OUT: TALK ABOUT LGBTQ ON CAMPUS (LGBT)

What is it like to be Lesbian, Gay, Bisexual, Transgender at CWRU? Learn about gender identity, beliefs, and expectations about sexual orientation and gender in the US. It may be very different from your home country. Find out more about the LGBTQ community on campus and the resources provided that make it welcoming for students of all identities.

### APR 20: LEADERSHIP (Student Activities)

Join in and learn about joining student organizations on campus. They can be a great way to meet people, learn new skills and enrich your American University experience. They can also teach you skills that can help with interviews, or even your future career. Learn about the many student organizations on campus and the best ways to get involved in this part of campus life.

All events are free, food is provided, and some will require additional registration as the room may have a limited capacity. A series of programs, workshops and events that help international students transition and better understand the social and academic culture at both CWRU and Cleveland.