



## Special points of interest:

- Calendar of events on last page

## Inside this issue:

|  |     |
|--|-----|
| On-Campus Employment                     | 2   |
| Spring 2013 classes                      | 2   |
| Group Health Insurance Procedure         | 2   |
| Spring 2013 Health Insurance             | 2   |
| International Education Week             | 3   |
| Proclamation Signing                     | 3   |
| 2013-2014 Scholarship Application        | 3   |
| International Emergency Telephone Number | 3   |
| Safe Ride                                | 3   |
| International Thanksgiving Dinner        | 4   |
| Fall Break Thanksgiving                  | 4   |
| Residence Hall Over Break                | 4   |
| Medical Bills & Insurance                | 4   |
| Conversation Corner                      | 4   |
| Tiger Transport                          | 5   |
| Driver's License                         | 5   |
| Winter Break Travel Opportunity          | 5   |
| Thanksgiving Meals                       | 5   |
| Fall Break Information                   | 6-7 |

## From the Desk of the Advisor

Carol Solko-Olliff

Happy Fall!!! It is hard to believe that the fall semester is quickly passing by. There is a great deal of **important information in this newsletter**, so I would ask that you take a few minutes to read through it all.

### IMPORTANT REMINDERS:

#### Immigration Information – Optional Practical Training

Are you graduating this December 2012 semester? If you are and want to apply for optional practical training, please stop by the International Student Office **as soon as possible** and pick up the paperwork. Practical training applications can take 60–90 days to be completed and returned from the processing center. **Remember, you cannot start a job until you receive this work authorization AND you must apply BEFORE you graduate.**

#### Traveling Abroad or Going Home For The Semester Break

F-1, F-2 and J-1 students **must have an endorsed (signed) I-20 or DS-2019 if leaving the U.S. and returning.** If you have changed status, **OR** if your visa has expired, you must get a new visa before re-entering the U.S. To get a new visa you will need a new I-20 and some additional documents to take to the Embassy. **Please allow three (3) working days for us to issue a new I-20 for you.**

#### CHECK YOUR PASSPORT & I-20 or DS-2019

If your passport, I-20 or DS-2019 is expiring, **you must renew and get a new one**, even if you will not be traveling outside the United States! Come in and see Marnie, Karen or myself if you need information on how to get a new passport, I-20 or DS-2019.

#### International Education Week – November 12-16, 2012

We have planned a number of events and activities to celebrate International Education Week. I would encourage you to attend the IEW proclamation event which will officially start the week. Please come and join Dr. Hammond and Mayor Troy Hickman for this event. It will be held on Monday, November 12<sup>th</sup> at 9:00 am in the lobby of Sheridan Hall. This is a great opportunity to promote the importance of international education, and **YOU** as international students on campus and in our community. I hope you will plan to take part in many of the activities. We want to **LEARN** from YOU!!

### ENGLISH

**Another reminder to continue to speak and use your English skills!** The more you practice the quicker your adjustment to the American classroom will be.

### OUT OF OFFICE

I will be out of the office November 28<sup>th</sup> through December 4<sup>th</sup> so if you need documents signed or have questions please make an appointment to see me before this time. You can also talk to Karen or Marnie as they are also good resources.

**Lastly**, if you are feeling a little stressed, don't be surprised. This is the time of the year when students experience a little culture shock, and/or adjustment issues. If you are not doing as well as you had hoped in classes, are having difficulty with relationships, disliking the food, experiencing trouble with English, feeling homesick or ill, or maybe you feel like you do not have a close friend you can really talk to, stop by the International Office and let us know. Any of these things can cause sadness, depression or overall negative feelings. Living in a different culture is very challenging. Culture shock, missing your home country and family and emotional ups and downs are a normal part of living in a new country and sometimes are hard to avoid. **It WILL get better**, but adjustment takes time. *We are here to help and support you, let us know what we can do! Have a great November and Happy Thanksgiving!!*

## On-Campus Employment



Please remember as an F-1 or J-1 visa holder you are only allowed to work 20 hours total per week for all jobs when school is in session, and this work must be **ON CAMPUS**. Off campus employment is not allowed unless approved as part of OPT or CPT. Graduate assistantships are considered a job and counted toward the 20 hours per week. We will be verifying with the student employment office and

Chartwells the number of hours students are working. If students are working more than 20 hours for all jobs, if they have more than one, we will contact them and the supervisor(s) they are working for. If you have questions regarding this, please stop by the International Office. We want you to be successful academically and don't want work to interfere with your coursework.

## Spring 2013 Classes

If you have not already picked your classes for the spring 2013, you should get started now. Please use TigerTracks to pre-register for classes. Log into TigerTracks and go to "Online Services" tab to find TigerEnroll. Then fill out the course worksheet through TigerEnroll to get approval for the classes from your academic advisor. If you would like to talk about your classes, you should make an appointment with your academic advisor. Early registration has already started. Please refer to the University calendar for registration date based on classification (graduate, senior, junior, sophomore, and freshman) and family name. If you have any questions about when you can enroll or who your academic advisor is, please do not hesitate to contact the International Student Services Office. As a reminder, you can only enroll in one (1) three hour virtual college course to count toward your full-time enrollment.

## Group Health Insurance Procedure

If you are not purchasing the Kansas Board of Regents insurance plan, you must turn in the Student Health Insurance Waiver Form with a copy of your policy's benefits summary page (in English), and the Acceptance/Denial Form **EVERY SEMESTER**. For the spring semester, the date is, January 22, 2013. Forms & insurance brought in after this date WILL NOT be accepted. If you have questions regarding health insurance, please visit with Marnie in the International Office.

The International Student Services Office has a procedure stu-

dents must follow if you choose to purchase your own private insurance. We want to make sure that students are aware of the procedure.

**First**, there is an **Acceptance/Denial Form and a Student Health Insurance Waiver Form** that students must complete if they have their own private health insurance. These forms have important information as well as deadlines on when forms must be turned in. Forms can be obtained on-line at following website <http://www.fhsu.edu/>

**international/health/**. Forms can be printed off in the library or in any computer lab.

**Second**, students must provide proof of private insurance which includes the card or certificate, explanation of benefits, and US contact information (telephone & address) all in English. The insurance must meet the minimum requirements that are listed on the Student Health Insurance Waiver Form.

Health insurance is required for all Fort Hays State University international students.

## Spring 2013 Health Insurance

Students have been able to start pre-enrolling and finalizing enrollment for the spring 2013 semester. Please remember that if you have your own private health insurance that you must complete the two waiver forms and provide proof on insurance. Please see procedure above for more details. You can start completing these forms now and bring in all documentation before the end of the fall semester. Forms can be obtained on-line at the following website <http://www.fhsu.edu/international/health/>. Forms can be printed off in the library or in any computer lab.

## Let's Get Excited About International Education Week!

International Education Week (IEW) will be celebrated on the FHSU campus and in the Hays community starting Monday, November 12 through Friday, November 16, 2012. This is your week to celebrate and share with the campus and the Hays community your cultures, traditions, and lifestyle. If you

would like to participate or present a program, please let Marnie know. Also, if you have ideas about programs and events for this week, please share them with our office. The International Student Services Office appreciates you getting involved and any help you can provide to us to celebrate your week!




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## Proclamation Signing

A proclamation is a formal announcement to make something known. Dr. Hammond will be proclaiming International Education Week at FHSU on Monday, November 12, 2012 at 9:00am in the Dreiling Lobby (Sheridan Hall). **WE ENCOURAGE ALL INTERNATIONAL STUDENTS TO ATTEND** this event to show support for International Education Week and internationalization at FHSU.

A reception will follow this event including refreshments.




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## 2013-14 FHSU Scholarship Application

The 2013-14 Scholarship is available at <http://www.fhsu.edu/finaid/Scholarships/>. The priority deadline for applying for scholarships for 2013-14 is November 15, 2012. The final deadline is February 15, 2013. If you have question please stop by the Scholarship Services Office in Picken Hall 202 or call 785-638-4408.

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## International Emergency Telephone Number

The International Student Services Office has a cell phone that can be called after normal office hours or on the weekend for emergency purposes. We would ask that if you

have questions that can be answered during normal office hours that you call the office number at 785-628-4276. If an emergency situation such as sickness, problem or an accident

happens outside of office hours, please use the cell phone number 785-259-0005 and someone from the ISS will try to assist you.

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## Safe Ride

Are you planning to hang out at a friend's house, a bar or other location? Will you or a friend need a ride home? Don't take the risk of driving drunk or riding with someone else who has been drinking. Protect yourself, your loved ones and others by taking advantage of the Safe Ride program. Safe Ride offers a free ride home, no questions asked. **Call (785) 621-2580 Wednesday through Saturday 10 p.m. to 3 a.m.**

## International Thanksgiving Dinner



As you know Fall Break and Thanksgiving (Nov. 24th) are coming up in soon, November 19- 25. Often during this time students take a break and travel, which is great! If you are not planning to travel and enough students are interested, the International Student Services Office will plan a Thanksgiving Dinner that would be held on Tuesday, November 13 at 11am. Before we can finalize plans for

dinner, **we need to know from you, will you be here in Hays AND will you attend the dinner?** We need to have your response by Tuesday, November 6th. Please respond to the international email address: [international@fhsu.edu](mailto:international@fhsu.edu). Again, your response is very important so PLEASE let us know if there is an interest in this event. If students are not interested the dinner will not be held.

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## Fall Break/Thanksgiving Vacation

There will be **no classes** November 19-25, 2012 for Fall Break and in observance of Thanksgiving. If you can, we encourage you to travel and visit friends, or family elsewhere in Kansas or the U.S. You might want to do some shopping or sightseeing outside of Hays. Whatever you do, take at least a short break from studying. Most students need to take their minds off of school before entering the last part of the semester, and all of the pressure that comes with final exams. Take time to relax and take a break!

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## Residence Halls Over Thanksgiving Break

If you plan to stay in the residence halls over fall break, please make sure you let your RA know as you may need a pass key to get into the building. Also, this will let them know who will be in the building. The McMIndes cafeteria will close after lunch Nov 16 and re-open for dinner on Nov 25.

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## Medical Bills and Insurance



First, if you purchased the group health insurance through FHSU (not a private health insurance in the US or your home country), your insurance cards are in the International Office ready for you to pick up. We will need to make a

copy of your card for your file. Second, for those students who have been seen by at the hospital or other doctor office and are receiving bills, once you receive your health insurance card, bring in your insurance card and your bills and Marnie

will help you with the next step in getting your bills paid. Please do not hesitate to come in and see Marnie or the Student Health Center if you have questions with any medical insurance needs.

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## Conversation Corner

If you are an international student AND want to have more opportunities to practice listening and speaking English PLEASE join our Conversation Corner Thursdays 7:00-8:00 PM CHUCK'S PLACE in Wiest Hall

**Begins:** Thursday, September 20, 2012    **Ends:** Thursday, December 6, 2012

There will be opportunities to: get to know other students—play games—share ideas and ask questions & relax and have fun!!!

## Tiger Transport

Tiger Transport is a FREE van transportation service that runs a fixed route throughout Hays. It operates each Wednesday & Friday from 2:00-7:00pm and Saturday from 2:00-9:00pm. Tiger Transport

stops at The Mall and Wal-Mart. The van pick up location on campus is at the Wiest Hall parking lot. Check out the Tiger Transport website for route schedules and times:

<http://www.fhsu.edu/international/Tiger-Transport/>



## Getting A Kansas Driver's License

Many of you are thinking about getting a driver's license in the United States. In order to get a driver's license, you must attend a DMV Workshop. You will need to sign-up for the DMV Workshop in the International Office, Sheridan Hall 208. The workshop dates are:

Wednesday, Nov 7—  
Session 1 at 3:00-3:45pm  
Session 2 at 3:45-4:30pm

Sign up for the November 7 DMV Workshop is November 2 & 5

Location of the DMV Workshops are in the Prairie Room, 2nd floor of the Memorial Union.

The workshop will provide you information about driving laws and other important information. At the end of the workshop, you will receive the necessary documentation to start the process of

getting a driver's license.

You will also need to read the driver's license handbook which you can view at the following website, <http://www.ksrevenue.org/pdf/dlhb.pdf>.

You will be quizzed during the workshop on information in the handbook so please make sure you read it before attending the workshop.



## Winter Break Travel Opportunity

Are you making plans for winter break? Great! You could spend an exciting week experiencing Christmas in Colorado at an international house party with the Tippy family. Meet other international students from around the world, learn about Christian Christmas customs, enjoy nature and practice your English. December 20 -26. For more information please contact Jarod and Amanda Tippy at [thetippys@gmail.com](mailto:thetippys@gmail.com) or 785-301-2703. Optional drop off at the Denver airport on Dec. 26th for you to continue your U.S. travels."

## Thanksgiving Meals

### Community Thanksgiving Dinner

A Community Thanksgiving Dinner will be held on Thanksgiving Day, Thurs. Nov. 22 at Noon (12:00 p.m.). International students who will be in Hays on Thanksgiving are encouraged to attend! The dinner will be held at the Armory on Main Street, South of the Hays Aquatic Park. The Armory is within walking distance of FHSU.

## **IMPORTANT – FALL BREAK INFORMATION!!**

Fall Break at FHSU is right around the corner. For those of you new to FHSU this semester, fall break is a week long break from classes, homework, and tests. Many students chose to travel during this break time. If you are planning on staying in Hays, below is the schedule for on-campus services such as Forsyth Library, the Wellness Center and food service. Information about Tiger Transport, restaurants within walking distance of campus, and on-campus events are also below.

### **Forsyth Library –**

Saturday, Nov. 17 and Sunday, Nov. 18 - CLOSED  
 Monday, Nov. 19—Wednesday, Nov. 21 – 8:00 am – 4:30 pm  
 Thursday, Nov. 22 and Friday, Nov. 23 – CLOSED  
 Saturday, Nov. 24 – 10:00 am – 5:00 pm  
 Sunday, Nov. 25 – 1:00 pm – Midnight (12:00 am)

### **Wellness Center -**

The Wellness Center will be closed November 21-23.

### **On-Campus Food Service**

#### **McMindes Cafeteria**

Saturday, Nov. 17 – Sunday, Nov. 25 through lunch – CLOSED – No Food Service

#### **Union Station & Mondos Subs**

The information will be sent out to all the international students once it is available.

#### **Union Grab 'N Go**

The information will be sent out to all the international students once it is available.

#### **Outakes**

The information will be sent out to all the international students once it is available.

### **Tiger Transport –**

Tiger Transport WILL be running its regular schedule during Fall Break. You can ride Tiger Transport to The Mall, & Wal-Mart. You can shop, eat or watch a movie.

#### **Tiger Transport Schedule:**

|                         |               |
|-------------------------|---------------|
| Friday, Nov. 16         | 2:00pm—7:00pm |
| Saturdays, Nov. 17 & 24 | 2:00pm—9:00pm |
| Wednesday, Nov. 21      | 2:00pm—7:00pm |

### **Meals**

#### **Restaurants within Walking Distance**

Below is a listing of restaurants that are within walking distance of FHSU.

Taco Shop—333 W 8th St—625-7114

Gella's Diner—117 E 11th St—621-2739

Gutch's—109 W 7th St—623-4088

Chinese Food Express—1312 Main St—628-9999

Soda Shoppe Café—800 Main St—625-7323

Cancun Mexican Grill—1011 Elm St—621-4550

Golden Q—809 Ash St—625-6913

The Bakery Shop—205 E 7th St—625-9508

Quizno's—135 W 8th St—625-6222

Daylight Donuts—113 E 8th St—625-7016

Lomato's Pizza—130 W 9th—623-2888

### **Delivery**

This is a listing of restaurants that you call (we have provided telephone numbers for you) with your order (what you would like to eat) and they will bring your meal to your residence hall room or apartment when it is ready. When you are placing your order over the telephone, the restaurant employee will tell you how much your meal is going to cost so you can have your money ready when they bring you your meal. Also, remember to give the restaurant employee your address so they can deliver your meal to you! It is a very convenient way to eat because you do not need to leave your apartment. We have also provided web addresses to most of the restaurants to you can view their menu online and have your order ready when you call them.

**November 2012**

**FORT HAYS STATE  
UNIVERSITY**

International Student Services  
Sheridan Hall 208  
600 Park St  
Hays, KS 67601

Phone: 785-628-4276  
Fax: 785-628-4113

E-mail: international @fhsu.edu

**We're on the Web!**  
[www.fhsu.edu/international](http://www.fhsu.edu/international)

| S  | M  | T   | W   | T   | F  | S   |
|--|----|---|---|---|--|---|
|  |    |   |   | 1<br>Conversation<br>Corner 7pm in<br>Chuck's Place,<br>Wiest Hall  | 2<br>FHSU wrestling<br>6pm Gross<br>Memorial | 3<br>FHSU football at<br>2pm Lewis Field  |
| 4  | 5  | 6   | 7<br>Tiger Series<br>Workshop @<br>5pm in Stouffer<br>Lounge, Memo-<br>rial Union   | 8<br>Conversation<br>Corner 7pm in<br>Chuck's Place,<br>Wiest Hall  | 9  | 10<br>FHSU volleyball<br>at 11am Gross<br>Memorial<br><br>FHSU Men's &<br>Women's Bas-<br>ketball at 2:30 &<br>4:30 Gross<br>Memorial |
| 11   | 12 | 13<br>FHSU Men's &<br>Women's Bas-<br>ketball at 5:30<br>& 7:30pm<br>Gross<br>Memorial                      | 14  | 15<br>Conversation<br>Corner 7pm in<br>Chuck's Place,<br>Wiest Hall | 16   | 17<br>Fall Break<br>Begins<br><br>FHSU Men's &<br>Women's Bas-<br>ketball at 2pm &<br>4pm Gross<br>Memorial                           |
| <b>I n t e r n a t i o n a l E d u c a t i o n W e e k a c t i v i t i e s</b> |    |   |   |   |  |   |
| 18   | 19 | 20<br>~FHSU Wom-<br>en's Basketball<br>at 7pm Gross<br>Memorial<br>~International<br>Thanksgiving<br>Dinner | 21  | 22<br>Thanksgiving<br>Day<br>~Community<br>Thanksgiving<br>Dinner   | 23   | 24  |
| <b>F a l l B r e a k &amp; T h a n k s g i v i n g H o l i d a y</b>           |    |   |   |   |  |   |
| 25   | 26 | 27  | 28<br>Tiger Series<br>Workshop @<br>5pm in Stouffer<br>Lounge, Memo-<br>rial Union<br><br>FHSU Men's<br>Basketball at<br>4:30pm Gross<br>Memorial | 29<br>Conversation<br>Corner 7pm in<br>Chuck's Place,<br>Wiest Hall | 30   |   |

**Restaurants with Delivery in Hays**

**Chinese**

China Garden – 628-2280

Chinese Food Express – 628-9999

**Pizza**

Domino's Pizza – 625-2311 -- [www.dominos.com](http://www.dominos.com)

Lomato's Pizza– 623-2888

Pizza Hut – 628-1777 -- [www.pizzahut.com](http://www.pizzahut.com)

**Mexican**

Taco Grande – 625-1413

Taco Shop – 625-7114 -- [www.tacoshop.net](http://www.tacoshop.net)

**Subs & Pasta**

Mr. Goodcent's — 650-0800 — [www.mrgoodcents.com/index.cfm](http://www.mrgoodcents.com/index.cfm)

Jimmy John's—621-2227—<http://www.jimmyjohns.com/>