Tiger International

May
2011

From The Advisors Desk — Carol Solko-Olliff

Congratulations to all the students who will be graduating this May and also this Summer. We wish you the best of luck for a successful future! Please keep in touch with the International Office and let us know what you are doing. ***Thank you*** for choosing FHSU for your program and as your second home. For all continuing students we hope you had a great semester!!

With the end of the spring semester fast approaching I wanted to mention a few items:

FINALS WEEK

Good Luck for a very successfully finals week! We realize this is a stressful time and that you have been working very hard. We have confidence that each of you will do well. **GOOD LUCK!!** Graduation will be held on Friday, May 13th for Master's graduates at Beach/Schmidt Performing Arts Center in Sheridan Hall at 7:00 p.m. and on Saturday, May 14th at 10:00 a.m. at Gross Memorial Coliseum for Undergraduate (Bachelor's degree), please try to attend and congratulate the many new graduates on their accomplishment!!

MOVING??

It is important if you are moving out of the residence halls or an apartment in Hays that you follow the check out procedures that are in place. Please check with the hall director or your landlord if you do not know what the proper way to check out is. Checking out correctly can save you from having to pay unexpected additional charges.

IMMIGRATION INFORMATION – OPTIONAL PRACTICAL TRAINING

Are you graduating this May 2011 semester or during the summer? 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. Please have your application completed and turned into the International Office by Monday, May 9. Practical training applications can take 60–90 days to be processed and returned from UCIS. **REMEMBER, you cannot start a job until you receive this work authorization**. Also, you are required to keep the International Office informed of your current job status, whether you do or do not have a job. This must be reported in the SEVIS system until the end of your OPT.

ADDRESS UPDATES

All International Students are required to inform the International Student Office (Sheridan Hall Room 208) of any address or phone number changes. It is very important that we have your current information at all times. If you know your summer address and phone number please stop by the office.

FINALLY - Have a great summer!

Take some time to relax, travel and take a break from your studies. If you will be staying in Hays this summer, please feel free to stop by the International Office. We are always happy to make time to talk to you. Enjoy your summer break!

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IMMIGRATION INFORMATION—OPTIONAL PRACICAL TRAINING

Are you graduating this May 2011 semester? If you are and want to apply for Optional Practical Training (OPT) please stop by the International Student Office **as soon as possible** and pick up the paperwork. With the SEVIS requirements you **SHOULD PLAN TO APPLY** for Practical Training **BEFORE** you complete your degree. Practical training applications can take 60-90 days to be processed and returned from BCIS in Lincoln, NE (formerly INS). **Remember**, you cannot start a job until you receive this work authorization.

FINAL EXAMS SCHEDULE

Please look up your final exams schedule to make sure that you are not going to miss them. You can check the schedule at http://www.fhsu.edu/registrar/Spring-2011-Finals-Schedule/.

CONGRATULATIONS GRADUATES!!!

You made it! Congratulations on completing your degree at Fort Hays State University. We wish all graduates **Congratulations** and **Good Luck** as you pursue future endeavors. Please keep in touch with the International Student Office and let us know what you are doing! The schedule of events during commencement week is listed on http://www.fhsu.edu/commencement/. Please check the time of the rehearsal in order to be ready to attend commencement.

INTERNATIONAL GRADUATION GROUP PICTURE

The International Student Services Office cordially invites you to gather for a group picture with President Hammond, Provost Larry Gould, Dr. Tisa Mason, and several FHSU faculty members.

Graduate pictures will take place on

Friday, May 13, 2011at 8:50 p.m. on the stage at Beach/Schmidt Performing Arts Center

Undergraduate pictures will take place on

Saturday, May 14, 2011 at 12:05 p.m. In the chair back seating area, Gross Memorial Coliseum

GRADUATION/COMMENCEMENT

Do you want to see your friends graduate? Do you want to see how a graduation ceremony looks like at Fort Hays State University? Then you can attend the graduation ceremony (commencement) this year! The Graduate commencement will take place at 7:00 p.m. in Beach Schmidt, Sheridan Hall on Friday, May 13 and the Undergraduate commencement will be held at 10 a.m. in Gross Memorial Coliseum on Saturday, May 14. Gates will open at 8:30 a.m. for commencement and both ceremonies are FREE!

COMMENCEMENT BROADCAST!

In order to eliminate overcrowding in Gross Memorial Coliseum, FHSU will again broadcast its Undergraduate Commencement live on May 14 at 10 a.m. to alternate locations. With its air conditioning, easy access and comfortable seating, Beach/Schmidt will be a good choice for some people. Campus residence halls and the Hays community will receive the live broadcast over the campus system via channel 67.

COMMENCEMENT WILL BE AVAILABLE LIVE ON THE INTERNET!

Your family and friends around the world can watch the both commencements live on the FHSU website http://www.fhsu.edu/commencement/. Windows Media Player is needed to watch the commencement. Make sure your family and friends download the software before May 13. For the Internet option, use Windows or Mac OS X v. 10.3.9. Graduate broadcast will be May 13 at 7pm and the Undergrad broadcast will be May 14 at 10am.

FHSU ALUMNI ASSOCIATION

According to Wikipedia, "an alumni association is an association of graduates (alumni) or, more broadly, of former students. In the United Kingdom and the United States, alumni of universities, colleges, schools, fraternities, and sororities often form groups with alumni from the same organization. These associations often organize social events, publish newsletters or magazines, and raise funds for the organization."

Fort Hays State University has its own alumni organization, and you can become its member! By being a member of the FHSU Alumni Association, you can stay connected to family, friends, the University and the world.

The benefits of membership include free subscription to *FHSU Magazine* (published 3 times annually), Fort Hays State University Bookstore and Tiger Book Shop discounts, access of Tiger On-line Directory to locate classmates, faculty and friends, and automobile rental discounts, and hotel and motel discounts. For more information, check the FHSU Alumni Association website http://goforthaysstate.com or call 785-628-4430 or email at alumni@fhsu.edu

TIGER ENROLL

Tiger Enroll is the way to enroll in classes at FHSU. Tiger Enroll is another feature in your TigerTracks account. Pre-enrollment for Summer and Fall 2011 have already started. Please visit the following website for a tutorial on how to use Tiger Enroll. http://www.fhsu.edu/tigerenroll/.

PRE-ENROLLMENT & PAYMENT

The deadline to complete Enrollment/Payment through Tiger Enroll for pre-enrolled classes is **August 10, 2011**. Pre-enrolled classes will be deleted if Enroll/Payment tab is not completed. If you have not made fee payment arrangement by this date, you will be dropped from your classes and will have to set your schedule up again.

Please try to return to Hays before this time if you plan to travel home for the summer, or if you cannot return before this date, make arrangements to pay while you are at home. The following website will help you in finalizing your enrollment. http://www.fhsu.edu/sfs/students_parents/enrollment/.

ROTARY SCHOLARSHIP RECIPIENT

The International Student Services Office would like to congratulate Mr. Anderson Dugazon, Ms. Lina 'Marina' Ma, Ms. Di 'Jennifer' Jiang, and Ms. Shanshan 'Susan' Zhu on their accomplishment of receiving a Rotary Scholarship for 2011-2012. Congratulations!

JOB OPPORTUNITY—GLOBAL AWARENESS COORDINATOR

The International Student Service Office (ISSO) is looking for a Global Awareness Coordinator. Some of the Coordinators job duties include assisting the ISSO staff with the week long new student orientation, airport pick-ups, planning and attending events/activities, preparing and distributing the monthly newsletter, sending weekly email reminders, office projects, and participating in the International Speakers Bureau. For a detailed job description and application, please stop by the International Office to pick one up.

APPLICATIONS SHOULD BE RETURNED BY FRIDAY, MAY 6, 2011

AIRPORT SHUTTLE SERVICE TO/FROM KANSAS CITY & WICHITA

The International Student Services Office found a shuttle service for you to/from Fort Hays State University to/from Kansas City Airport and Wichita Mid-Continent Airport. Unfortunately, we could not find a shuttle services from Denver International Airport to/from Hays.

Here are some information of the shuttle service companies. You will need to call them to make a reservation and ask the cost.

Shuttle Services from Kansas City, Missouri Airport
KCI Shuttle — www.kctg.com
Toll free number — 1-800-258-3826

Shuttle Service from Wichita Mid-Continent Airport
Emu Express, Inc
Telephone number — 316-734-0100

Elite Shuttle - 316-516-5148
http://www.eliteshuttleandcourier.com/

RESIDENCE HALLS FOR THE SUMMER

For students wanting to live in the Residence Halls, Stadium Place, or Wooster Place for the summer, please visit with Leanna in the Student Residential Life office, McMindes Hall. Leanna can provide you with information and costs associated for the summer. Please note that not all the Residence Halls are available to live in this summer. A "things to do" list can be picked up in the International Office.

PLEASE BE SURE TO CHECK OUT OF YOUR RESIDENCE HALL PROPERLY IF YOU WILL NOT STAY IN THE HALLS THIS SUMMER.

WELLNESS CENTER HOUR FOR THE SUMMER

Monday - Friday	Saturday - Sunday
6:30am - 7:00pm	10:00am - 3:00pm

Hours of the Wellness Center may change during the summer based on usage. Please check the center for changes in hours of operation throughout the summer.

LIBRARY OPEN HOURS DURING SUMMER

The Forsyth library will be open during summer, but with new hours. Here are the summer hours:

First Summer Intersession - May 23- June 5

Monday – Thursday	7:00 am to 5:30 pm
Friday, Saturday & Sunday	Closed

Summer School Session - June 6 – July 29

Monday – Thursday	7:00 am to 5:30 pm
Friday	8:00 am to 4:30 pm
Saturday & Sunday	Closed

Second Summer Intersession - August 1 – August 5

Monday – Thursday	7:00 am to 5:30 pm
Friday, Saturday & Sunday	Closed

SUMMER OFFICE HOURS

Please note that office hours on campus for various buildings and services will be modified starting May 23. The International Student Services Office hours will be as follows for this summer:

Monday – Thursday 7:00 am – 5:30 pm

Friday – Office will be closed

The Student Health Center will be **closed for the summer** starting May 13 and reopen on August 22. If you need medical assistance the following health care providers will be available.

First Care Clinic, 105 W. 13th St. Suite 5, (785) 623-6210

Victoria Family Health Care, 208 Mark Wagner Road, Victoria, (785) 735-9721

Hays Medical Center Emergency, 2220 Canterbury Drive, (785) 623-5000

SUMMER ACTIVITIES

Please let the International Student Services Office know if you will be in Hays this summer by emailing or calling us. We would like to plan a trip or activities for students spending the summer in Hays.

TIGER TRANSPORT INFORMATION

Thank you in advance to those of you who have taken, or will take time to complete the Tiger Transport survey. We appreciate your feedback. We will be reviewing the results and determining if any changes should be made to the route, times and stops. Currently the hours for Tiger Transport will remain the same until the start of Summer School in June. If the usage for Tiger Transport declines dramatically, we may decrease the days the route runs to two (2) days a week (Wednesday and Saturday) with the same time schedule 2:00 – 7:00 pm. If the days change we will try to give you plenty of notice, so please continue to check your email during the summer.

HELP & WELCOME NEW STUDENTS

If you will be in Hays starting Monday, August 8 and would like to meet new international student arrivals and help with new international orientation, please email Karen at kmccullo@fhsu.edu or call 628-4276. We would love to have you help!

HOME STAY OPPORTUNITY

The International Office has information on a possible home stay opportunity for international students. The home stay is for $325 a month each. Included in the home stay are meals, laundry facilities, wireless internet, fully furnished, large shared loft space and bathroom. It is close to campus. You must like small children and want to participate in family life. Must complete an application and provide a $325 deposit. A summer, six month or one (1) year contract may be available. If you are interested in this home stay opportunity, please contact Amanda at 785-259-8475, or stop by 703 Fort, or email her at thetippys@gmail.com.

INTERNATIONAL STUDENT UNION (ISU)

Do you like Planning events? Would you like a chance to be in a leadership role? Then an ISU officer is what you are looking for! ISU is now looking for new officers for next academic year. Please let us know if you would like to be an ISU Officer. Here are the duties of what each position is:

President responsibilities—organizing ISU meetings, a contact person for international students to get in touch with, a contact for the Office of International Student Services, organizing and promoting ISU events, being a representative for ISU, helping with calling/e-mailing int'l students about misc. items or reminders.

Vice President responsibilities—filling in for the President when they are not able to attend meetings, a contact person for int'l students to get in touch with, being representative for ISU, assisting with promoting ISU events, helping with calling/e-mailing int'l students about misc. items or reminders.

Social Chair responsibilities—help to come up with events and fundraisers the students would like to do, a contact person for int'l students to get in touch with, assisting with promoting ISU events, helping with calling/e-mailing int'l students about misc. items or reminders.

Secretary responsibilities—taking notes at the meetings, write/type them and distribute to committee members, ISU members, Marnie, Karen, and Carol, helping with and promoting ISU events, a contact person for int'l students to get in touch with, helping with calling/e-mailing int'l students about misc. items or reminders.

INTERNATIONAL STUDENT AMBASSADORS

The International Student Services Office is looking for International Student Ambassadors for the 2011-2012 year. International Student Ambassadors are FHSU students who meet with and spend time with newly arrived international students. They will serve as a source of information about the United States, Kansas, Hays, Fort Hays State University campus environment, and the International Student Union. They will also serve as a support through the difficult times that can occur during the year. For more information or for an application, contact Marnie or Karen at 628-4276.

GROUP HEALTH INSURANCE

The International Student Services Office requires all international student to have group health insurance. If you have your own insurance we want to make sure that students are aware of the procedure. The forms that students are required to complete if they have their own health insurance have been updated for the upcoming academic year and are ready to pick up. The required forms are the Acceptance/Denial Form and the waiver form. The forms have important information as well as deadlines on when forms and proof of insurance must be turned in. Please make sure to review your policy and renew the insurance before it expires.

Health insurance is required for all Fort Hays State University international students. 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 fall semester, the date is September 6 and for the spring semester it is January 30. If you have questions regarding health insurance, please visit with Marnie in the International Office. These forms are also on-line at http://www.fhsu.edu/international/health/

INFORMATION ON STRESS

Do you often feel stress in daily life? Are you overwhelmed when you think of what you need to do? College students often feel stress on a variety of things. Here are some symptoms and signs that appear on you when you feel over-stressed.

Physical symptoms

- Stomach ache, headache, dizziness, eye strain
- Sleep problem (too little or too much)
- Problems concentrating

Feelings

- Moodiness (feeling low or depressed)
- Anxiety (tense, nervous, jumpy, unable to relax)
- Irritable or hostile (getting angry over minor things)
- Fearfulness (afraid to make decisions)

Behaviors

- Exaggerating normal behavior (hard workers turn into workaholics)
- Withdrawing (from friends, family, and co-workers)
- Working harder (but getting less done)
- Blaming others (finding fault, being critical or hard to please)
- Having fights (about everything and nothing)
- Sharing fewer satisfactions with family and friends
- Having other family members with stress problem (stress is contagious)
- Pretending that nothing is wrong (denial)

Thoughts

- This is horrible/ unbearable. I'm not good enough.
- I'm going to go crazy.

It is important to recognize these symptoms and signs of stress overload.
If you feel stressed out, the Kelly Center can help you to find a way to cope with. They have plenty of useful information that can help you have better life.

Here is the Kelly Center website http://www.fhsu.edu/kellycenter/

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S	M	T	W	T	F	S
1	2	3	4	5	6 Community Connections @ 5:30pm corner of 7th & Fort (by Post Office)	7
8	9 FINALS WEEK	10	11	12	13 ~Semester ends ~Graduate School Commencement 7pm in Beach/Schmidt PAC	14 Undergraduate Commencement 10am, Gross Memorial Coliseum
15	16	17 Grades available on TigerTracks	18	19	20	21
22	23 Summer hours begin	24	25	26	27	28
29	30 Memorial Day—University closed	31	1	2	3	4

International Student Union
Sheridan Hall 208
600 Park
Hays, KS 67601

Phone Number (785) 628-4276
Fax Number (785) 628-4113

We're on the Web!
www.fhsu.edu/international