

Tiger International

May
2012



From The Advisors Desk

Carol Solko-Oliff

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

Graduation for Master's graduates will be held on Friday, May 11th at 7:00 pm. Graduation for Undergraduates (Bachelor's degree) will be held on Saturday, May 12th at 10:00 a.m. Both graduation ceremonies will be held at Gross Memorial Coliseum so 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 2012 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. Practical training applications can take 60–90 days to be processed and returned from UCIS. **RE-MEMBER, 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 PRACTICAL TRAINING

Are you graduating this May 2012 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. Practical training applications can take 60-90 days to be processed.

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-2012-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 11, immediately following the graduation ceremony in the chair back seating area, Section K, Gross Memorial Coliseum

Undergraduate pictures will take place on

Saturday, May 12, immediately following the graduation ceremony in the chair back seating area, Section K, 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 Gross Memorial Coliseum on Friday, May 11 and the Undergraduate commencement will be held at 10 a.m. in Gross Memorial Coliseum on Saturday, May 12.

COMMENCEMENT BROADCAST!

In order to eliminate overcrowding in Gross Memorial Coliseum, FHSU will again broadcast its Undergraduate Commencement live on May 12 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 17.

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 11. For the Internet option, use Windows or Mac OS X v. 10.3.9. Graduate broadcast will be May 11 at 7pm and the Undergrad broadcast will be May 12 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 2012 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 8, 2012**. 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 Ms. Xinyu “Alice” Zhang, Ms. Wei “Vivi” Lai, Ms. Huili Li, and Ms. Zhihui “Annie” Jiang on their accomplishment of receiving a Rotary Scholarship for 2012-2013. Congratulations!

INTERNATIONAL STUDENT AMBASSADORS

The International Student Services Office is looking for International Student Ambassadors for the 2012-2013 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.

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. The Wellness Center is closed on Monday, May 28 and July 4 as these are holidays.

LIBRARY OPEN HOURS DURING SUMMER

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

Summer Intersession - May 23- June 3

Monday – Thursday	7:00 am to 5:30 pm
Friday, Saturday & Sunday	Closed
**Closed Monday, May 28 for holiday	

Summer School Session - June 4 – July 27

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

Summer Intersession - July 28 – August 3

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 21. 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 14 and reopen on August 20. 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 to those of you who have taken the time to complete the Tiger Transport survey. We appreciate your feedback, we will be reviewing the results and will determine 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. Starting in June the day and hours Tiger Transport runs will most likely decrease due to the lower number of students on campus. Once the schedule has been changed 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 6 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. 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 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.

GROUP HEALTH INSURANCE — SUMMER

Students who will be returning home this summer and are **NOT** taking classes, you will not have to do anything.

Students who will be taking virtual classes and/or on campus classes and will be in the US, you will follow the procedure below (see Fall 2012). You will print out **summer** forms **NOT** fall forms.

The deadline for summer forms is **June 11, 2012**.

For students who will be taking virtual classes and returning home for the entire summer, you will need to bring your airline ticket in to me to verify you are returning home. Then I will release the health insurance charges.

GROUP HEALTH INSURANCE — FALL

The International Student Services Office has a procedure students must follow if you have 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. You will be responsible for printing these forms on your own from the following website <http://www.fhsu.edu/international/health/> Because of the increase in students with their own private health insurance, you must go to the website and print them off yourself. **I will not have copies in the office for students to pick up.**

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. If you are **not** purchasing the Kansas Board of Regents insurance plan (which you pay for with tuition), 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, **August 27, 2012**. 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.

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/>

MAY 2012

S	M	T	W	T	F	S
		1	2	3 FHSU Baseball @ 2pm	4	5
6 ~FHSU Baseball @ 7pm ~Finals Feeding Frenzy 10pm—12am	7 ~FHSU Baseball @ 2pm ~Study Break in the Union 6pm—12am	8 ~FHSU Baseball @ 12pm ~Study Break in the Union 6pm—12am	9	10	11 ~Semester ends ~Graduate School Commencement 7pm in Gross Memorial Coliseum	12 Undergraduate Commencement 10am, Gross Memorial Coliseum
FINALS WEEK						
13	14	15 Grades available on TigerTracks	16	17	18	19
20	21 Summer hours begin	22	23	24	25	26
27	28 Memorial Day—University closed	29	30	31		

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

Phone Number (785) 628-4276

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