

Before You Leave: Pre-departure Information

Communicating with Your New Roommate

You will receive your roommate's name and email address during the summer before you depart for the United States. Your roommate will also receive the same information about you. You are encouraged to email your new roommate over the summer.

Frequently Asked Questions

- Q.** What should I write to my roommate?
- A.** Anything is okay – the goal is to help you get to know your roommate better so that it is more comfortable for you when you first begin to live together. Some ideas are:
- introduce yourself and any nicknames you prefer to be called
 - describe some of your hobbies, music you like, and what you will be studying at Lawrence
 - ask for advice on what your residence hall will be like and what you should bring to make it a more comfortable place to live
 - ask what Lawrence is like, what Lawrence students do for fun, etc.
- Q.** How often should I write my roommate?
- A.** There are no set guidelines for how often to write. Some roommates communicate often over the summer, while others have busy schedules or little access to email, so write only once or twice. You should write at least once, but after that it depends on your schedule and your roommate's schedule.
- Q.** What if my roommate doesn't write me back?
- A.** Some American students have little or no access to email over the summer. If your roommate doesn't respond to your email, chances are they haven't received it yet. Try an old-fashioned airmail letter instead.

Packing Advice and Climate

Clothing: Most Lawrence students dress casually. They often wear jeans and t-shirts or sweatshirts, etc. Some students even wear pajamas to class! However, there are a couple of social occasions, such as Lawrence International Formals, when students dress up in suits and dresses. Also, there are a couple of international student events, such as International Cabaret, when students dress in traditional clothing from their countries, so you may want to bring a couple of traditional outfits or items with you.

Climate: When packing clothing keep in mind that the climate in Appleton is quite a bit cold, especially for the time period of September through early June. You may want some warm weather clothing for the first few weeks, but the temperature begins to get cool by the end of September. Here are some average daily temperatures for the school year:

September

Average high temperature: 69°F (21°C)

Average low temperature: 49°F (9°C)

October

Average high: 57°F (14°C)

Average low: 38°F (4°C)

January

Average high: 23°F (-5°C)

Average low: 6°F (-15°C)

Record low: -30°F (-34°C) Very unusual, but it is possible!

June

Average high: 76°F (24°C)

Average low: 44°F (6°C)

These records are from the “Weather Underground” website located at:

<http://www.wunderground.com> For more detailed information, go to this website, then type in Appleton, Wisconsin and click “fast forecast.”

Advice on coats and other cold weather clothing: You will need some clothing for very cold weather. If you have a warm coat, bring it along, but you may find that it is not warm enough for a Wisconsin winter. If you don’t have a warm coat, you should probably wait to buy one here.

Bedding, linens, and toiletries: You will not be able to go shopping the first day you arrive on campus, so bring the items you will need to be comfortable: a small towel, travel size toothpaste, a small bar of soap, etc.

You will need other basic items, but may wait to buy them after you arrive. You will need your own pillow, sheets, blankets, and towels for your residence hall room. The beds are twin size, but require x-long size sheets. You can bring these with you or purchase them after you arrive. You should also receive an order form for sheets from a bedding company over the summer. If you order sheets from them, they will arrive over the summer and be waiting for you when you get here. These are more expensive than sheets you can buy at local stores, but also more convenient. If you choose to purchase sheets after you arrive, you can borrow a set of sheets and a cotton blanket from International House for the first couple of nights.

Room furnishings: Your residence hall is furnished with a bed, desk, desk chair, lamp, and dresser. However, you may want to purchase some other optional items to make your room more comfortable, such as an alarm clock, desk lamp, coffee maker, hair dryer, etc. For electrical appliances, U.S. voltage is 110 – 112 and outlets fit two flat prongs. It is recommended that you purchase most of your room furnishings here, rather than bring them with you because you will need to be able to carry your own luggage from the airport to your residence hall. Bring only what you think will be absolutely necessary before you have a chance to shop (i.e. a small travel alarm clock, etc.).

Study Aids: You can purchase notebooks, pens, binders, and other school supplies at the LU campus store. Walgreen's, a pharmacy and variety store, is located about 15 minutes from campus by foot. They sell a wider variety of school supplies at lower prices. However, you may want to **bring one small notebook and a pen** so you can take notes during orientation sessions before you have the chance to go shopping.

Packing Advice

- ❖ Bring LOTS of socks and underwear – you probably won't do your laundry as often as you think!
- ❖ Don't forget your pajamas and maybe some slippers
- ❖ Bring one formal outfit (a suit or nice dress) for the Lawrence International formal dance
- ❖ Bring some shower sandals
- ❖ Coats in your country may not be warm enough. If you have one, bring it, but otherwise wait to buy it here.

Shipping Items by Mail or Shipping Company

For items that you want from home but do not want to carry in your luggage, consider shipping them. If you ship to yourself at your residence hall address, the packages will be stored in your room prior to your arrival. You should **insure** your belongings for the amount it would cost you to replace them if they are lost or damaged. If you ship by post office, it is also a good idea to ask for a tracking number so that you can track your package if it does not arrive when you expect it. Packages shipped by regular surface or air mail are nearly impossible to locate if they get lost unless they also have a tracking number.

Information about shipping internationally via the US Postal Service

- Maximum weight of any single box: 70 pounds(31.78kg)
- Maximum dimensions of any single box: 108 inches(274.32cm)-find this by using the following equation: $(\text{height} + \text{width}) \times 2$
- You will have to fill out a customs declaration at the post office which lists the items and their approximate value
 - Make sure you remember what is inside each box or bring a list
 - Estimate the cost of things. For example, for textbooks, list what you would get from the bookstore if you sold them back, not what you paid new. The same idea goes for clothing.
- Address and return labels should look like this:

Student Name
SPC #
711 E. Boldt Way
Appleton, WI 54911 USA

Addressee Name
Address in your country's style and language
City and Country names in English

- For more information, visit USPS homepage: <http://www.usps.com>. Look under *Mailing and Shipping* on the main website for international delivery services. You can find out more options and print out address labels.
- Please note that all the items are shipped via air mail.

- If you have a lot of books or printed material to ship internationally, you may use Media Mail option at USPS which is a more efficient way to ship printed or recorded material. Please visit USPS homepage and look under Media Mail service for more information.



Finances

It is not safe to carry large amounts of cash with you while traveling or living in the United States. Most Americans carry little cash with them (\$10 - \$50), and do most of their shopping by **check, credit card, or debit card**. There are, however, a number of situations in which only cash is accepted, such as some fast food restaurants or taxi cabs, so most Americans also carry an ATM (Automatic Teller Machine) card, which allows them quick access to cash from ATM machines. Until you are able to open a bank account in the U.S., it is recommended that you use **traveler's checks** and **credit card**.

- ❖ **Checks** are used to purchase items by drawing funds from a local bank account. Most stores accept personal checks along with a picture I.D., but restaurants do not generally accept checks.
- ❖ **Debit cards** can be used like a credit card but the funds are drawn directly from your local checking account. Many students prefer this to writing checks. **However, do not use debit cards for on-line purchases because, unlike credit cards, debit cards offer no safeguards against internet fraud.**
- ❖ **Credit cards** can be used to purchase items at most stores, restaurants, travel agents, and on-line retailers. You will get a bill for all your purchases at the end of the month, which you will then have to pay. It will be almost impossible to get a credit card from a U.S. bank if you do not have a permanent U.S. residence. **Also note that many U.S. on-line retailers do not accept foreign credit cards – this is especially true for websites that sell airline tickets!!**
- ❖ **ATM** cards allow you to receive cash from your local bank account 24 hours a day. There is an ATM on campus located in the Memorial Union. Usually this service is free if you are using a machine sponsored by your own bank. If you use another bank's ATM, however, you are often charged a fee by that bank and by your own bank, so be careful!
- ❖ **Traveler's checks** are a convenient way to carry cash when traveling in the U.S. They are accepted as cash in most places and offer protection against theft or loss.

Sending money from your country to the U.S:

- ❖ **Traveler's checks** can be carried with you and then deposited into a bank account when you get here. This is convenient as it also allows you to cash in some of the checks along the way if you plan to travel in the U.S. before coming to Appleton. Most banks charge a small fee when you purchase traveler's checks, but it is usually quite reasonable.
- ❖ **International money orders** can be purchased cheaply from post offices and mailed (after you are already here) to the U.S. If you mail them, however, be sure to use registered mail and to purchase insurance just in case they are lost. Even with these additional fees, however, they are one of the most economical methods of sending money to the U.S. Once here, your local bank can cash the money order and/or deposit it into your bank account.
- ❖ **Credit card** companies (like Citibank) are another method of withdrawing cash in the U.S. Appleton, however, has no local branch of Citibank, so any withdrawal will incur additional fees from the ATM that you use and probably from your account as well. If a large sum of money (over \$100.00) is withdrawn, it should definitely be deposited into a local bank account right away.

Exchanging Currency

- ❖ **The international terminal at the airport** is usually the easiest place to exchange your money for U.S. dollars. Look for the small currency exchange booths.
- ❖ **U.S. Bank** in Appleton is a place where you can exchange money locally. They are about 5 minutes from campus, at 200 N. Durkee St. However, you will probably need to open a free savings account in order to use their currency exchange.

Please note that it is advisable for you to exchange your currency to U.S. dollars in your country prior to departure because it is usually a better rate.

Academics

Cultural Differences

Certain cultural differences and attitudes toward education make studying at a liberal arts college like Lawrence a new experience for many international students. One such attitude is the idea of a liberal arts education, which emphasizes study in a wide range of academic disciplines in addition to an area of specialization. The idea is that an educated person should be knowledgeable about many subjects rather than narrowly focused on only one area of study. As part of a liberal arts education, Lawrence students are also encouraged to take part in extra-curricular activities, such as volunteering in the community, joining athletic teams, joining musical ensembles, or working with a social organization.

Another aspect of American academic culture that may be new to international students is the focus on students' active participation in the classroom. Students are encouraged to discuss, ask questions, and assert their opinions in class. This more interactive style of instruction may seem unusual to students who are used to studying in classrooms where the professor lectures and students quietly take notes.

In addition, American professors are often just as interested in the *process* of a student's learning as they are in the final outcome. This is seen in the way that students are graded at Lawrence. For many classes, attendance, participation, and multiple assignments throughout the term are all averaged together for the student's final grade in the course. Professors will note absences from class, lack of participation, and missing assignments and these factors will all lower a student's grade. This is quite a contrast for students who come from educational systems where the final grade is determined by the score on one cumulative exam at the end of the semester.

Registration

Many of you advance-registered for your classes in late June. This information will be processed before you arrive. You will also be required to meet with your **academic advisor** to discuss your choices once during the first week of the fall term. You will then need to register online through Voyager. If you later change your mind about your class choices, you can add/drop classes during the first two weeks of each term. This flexibility allows students to attend a couple of sessions of different classes before making their final registration decision. Please be aware, however, that popular classes often have limits on the number of students who can enroll. Changes you make must be signed by your academic advisor and the course instructors, then be turned in to the registrar's office.

Academic Advisors

All students at Lawrence are assigned to academic advisors. Students are expected to meet with their academic advisors at the start of every term to review course choices and discuss any changes. You are encouraged to meet with your advisor more often and to develop a good relationship with her/him. They are there to help you navigate the academic world at Lawrence. For more information on the role of academic advisors at Lawrence, please see the description of academic advising at <http://www.lawrence.edu/academics/procedures.shtml>

Course Load at Lawrence

Lawrence University's academic year is composed of three terms. Each term lasts for 10 weeks. Regular courses are worth 1 academic credit. One credit equals 6 units. The normal course load for students during one term is 3 credits, or 18 units, which is usually 3 courses. International students **must** maintain a 15 unit (2 1/2 credits) course load to keep their visa status. Students who wish to take 4 regular courses (24 units or more) in any term (called an "overload") must gain permission from their academic advisor.

Class Numbering System at Lawrence

Courses have numbers which indicate how much previous knowledge in the subject area students taking the course are expected to have.

100 – 199	Introductory
200 – 399	Foundation
400 – 599	Advanced
600 – 699	Capstone (only for majors, usually in their senior year at LU)

Class Styles

Although not noted formally in the catalogue, most classes at Lawrence are lecture, seminar, or some combination of these two class styles.

- ❖ **Lecture courses** are more common at the introductory and foundation. Most of the class period is taken up by the professor's lecture while students take notes. However, you may notice more teacher-student interaction than is typical. Instructors and students may ask questions during lecture more frequently than in most other countries. Some instructors may also assign small group work, where students work on problems or discuss issues with each other. The instructor may also try to engage the entire class in a discussion.
- ❖ **Seminar courses** are discussion-based classes in which the instructor will more often act as a leader of the students' discussion with each other, rather than as a lecturer. In these courses, a student's oral participation is often a component of their final grade for the course. Freshman Studies will be your first introduction to a seminar style course.

Study Tips

The average American college student spends four hours studying outside of class for every hour in class. That means a typical Lawrence student who takes 3 classes in one term (10.5 hours of class per week) will need to spend an additional **42 hours studying outside of class** each week. Non-native speakers of English will probably need to spend a little more time studying than the average American student.

Study Tips from Students

- ❖ Expect to spend 4 – 5 hours reading every day. Learn to skim first term – this will help you a lot second term.
- ❖ For a basic paper (3 – 4 pages), expect to spend 3 – 4 hours writing every day for at least 3 days before it is due. In addition, you should plan one more hour to meet with your tutor at least an hour before you revise. You can't write it in one sitting!
- ❖ There is a lot more reading and writing for Lawrence courses than is typical.
- ❖ Homework can include 3 or more papers for one class, research papers, presentations, etc.
- ❖ Final exams last three hours.

Roommates and On-Campus living

Lawrence is a small residential campus, which means that nearly all students live on campus in the residence halls. As there are very few single rooms available, most students live with roommates. Freshmen are all paired with a roommate. This is an important part of your Lawrence experience. Although many of the experiences of living with a student from another culture will be fun and rewarding, other aspects of this arrangement can be challenging for both you and your roommate. Americans generally expect a more direct style of communication than is common in most countries, so if you have concerns or complaints, you will need to learn to communicate them to your roommate directly. It is **very** important that you make every effort to communicate with your roommate right from the beginning and to let him or her know what you like and what you dislike about your living situation. As adults living together, the Lawrence housing office expects you and your roommate to compromise when you have differences and to make multiple efforts to work things out if you have problems. Your roommate may or may not become a great friend, but even if you find that you have different personalities, you can have a rewarding and happy relationship and gain much from each other throughout the year.

RLAs, RHDs, and Campus Life – People who can help you

If you have any concerns about a situation with your roommate or other aspects of living in your residence hall, there are a variety of Lawrence staff people who are here to help you.

RLAs are Residence Life Advisors. These are upper-class students who have been selected to work as peer advisors in the residence halls. At least one RLA is located on every floor of the residence halls. If you have questions about residence life, a problem with your roommate that you cannot resolve yourself, or questions or complaints about life on your floor, the first person to talk to is your RLA. Please make sure to seek out and introduce yourself to your RLA early in the term. Also if you get locked out of your room, your RLA can let you back in.

RHDs are Residence Hall Directors. These are full-time staff members who have graduated from college. Their job is to make sure that everything runs smoothly in the residence hall where they live and work. If you have a problem that your RLA is unable to help you resolve, then you should contact your RHD immediately for help.

Amy Uecke is the Associate Dean of Students for Campus Life. If you have a serious situation and have talked to your RHD for help, he or she may refer you to Amy for further assistance. Her office is located in room 405 at the Warch Campus Center.

Residence Hall Desks

Residence hall front desks are the focal point for the services that each residence hall offers. Located in the main lobby of each residence hall, the front desk often becomes a gathering area for residents looking to find others who are taking a “short study break”. On occasion Resident Life Advisors (RLAs) will host social activities while they are staffing the desk. Movies, board games, study groups, and other random activities have been known to spontaneously happen at or near the front desk in the late evening hours. The desk opens at 9:00pm and stays open until midnight on both weeknights and weekends. During these hours RLAs staff the desk. Each residence hall front desk has a variety of items and services available. Change can be made at the desk for laundry machines, and you can get light bulbs and garbage bags at no charge. If you ever get locked out of your room during desk hours, the desk clerk can help you get back into your room.

Items that you can check out include:

Movies, board games, cooking utensils, vacuum cleaners, small TV sets, VCRs, DVD players, various tools and various sports equipment.

Campus Dining

The campus dining facilities will be located in the Warch Campus Center

- ❖ **Andrew Commons Café**, the main dining facility, is an all-you-can-eat buffet featuring breakfast items, soups, salads, comfort foods, pizza, sandwiches, and international entrees.
- ❖ **Kate’s Corner Store**, located on the second level of the Warch Campus Center, is a sophisticated, comfortable retail shop designed with a focus on freshness and a menu of popular brands. Snacks, beverages, and personal items are among the many convenience items offered. It also features premium items such as Starbucks Coffee and Chocolate Shoppe packaged ice cream.
- ❖ **Kaplan’s Main Street Café & Grill** is great food served in a quiet, efficient manner. The deli cases are constantly filled with specialty sandwiches and paninis. At breakfast a full line of bagels and breakfast sandwiches is featured. The full grill menu includes hot sandwiches, great burgers, appetizers, and many late night snack options
- ❖ **The Coffee Shop**, located adjacent to Kaplan’s on Level 3, is a full service coffee shop featuring Starbucks coffee and coffee drinks, smoothies, Chocolate Shoppe hand-dipped ice cream, and a full line of home-made pastries and desserts baked fresh daily in the campus bakery.

For additional information, please visit the campus dining website:

<http://www.cafebonappetit.com/lawrence>

Meal plans

New students will have to choose one meal plan from the following plans:

Plan	Meals	Culinary Cash	Cost
A	120 (<i>Ave. 11 meals per week</i>)	\$150.00	\$1,240.00
B	95 (<i>Ave. 9 meals per week</i>)	\$300.00	\$1,240.00
C	150 (<i>Ave. 14 meals per week</i>)	\$25.00	\$1,240.00
D	Declining Balance	\$930.00	\$1,240.00

You will use meals at Andrew Commons Café. You may use the meals on your plan in any way you like, for example using more meals one week and fewer the next. And you will use culinary cash in any retail food operations other than Andrew Commons in the Warch Campus center. Culinary cash and unused meals roll over from term to term but expire at the end of the academic year.

Other dining options

Most Lawrence students do not eat all their meals in the dining halls. Instead, they supplement their meal plans with a variety of other options:

- ❖ **Cooking for yourself** – each residence hall has a kitchen with a refrigerator, stove, oven, and microwave. In addition, International House has cooking facilities, including cookware. Two rice cookers are also available and may be checked out from International House.
- ❖ **Shopping for groceries** - Students often find it economical and convenient to purchase and keep some non-perishable food items in their rooms, such as granola bars, chips, and other snacks for quick breakfasts and late night snacks. Some students also purchase small refrigerators (your roommate may have one) to keep perishable items, like milk and fruit. You may also keep food in your residence hall refrigerator, but be sure to label it with your name or others may eat it.
 - There is shopping shuttle service from campus to Fox River Mall, Walmart, and local grocery stores such as Woodman’s Sundays through Thursdays. The Sunday shuttle runs from 1pm to 5pm, and the weekday shuttle runs from 6pm to 9pm. Ask mentors for more information.
- ❖ **Local Dining** – College Avenue features a number of ethnic and American restaurants in all price ranges.

Dining and Groceries in Walking Distance- Please note that there are many more stores and restaurants in non-walking distance.

Grocery Stores

Jacobs Meat Market – an old-fashioned butcher shop that also carries groceries
544 N. Lawe Street

Oriental Food Market – a bit of a longer walk, but this small Korean grocery also carries a number of Japanese food items. It is located at the corner of Richmond and Wisconsin streets.
633 W. Wisconsin Avenue

Walgreen's Drug Store – carries a small section of packaged and frozen groceries
700 W. College Avenue

Sandwich Shops

Cobbleston Market – good selection of sandwiches and salad
119 E. College Ave.

1910 Sausage Company-mostly hotdogs
204 E. College Ave.
(920) 257-2064

Erberts and Gerberts -They deliver until 2:00 am!
218 E. College Ave.
(920)730-8701

Jimmy John's - They also deliver
345 W. College Ave.
(920)882-8470

Subway
318 W. College Ave.
(920)749-0504

Chicago Grill – good selection of sandwiches, dogs, burgers and salad. Dine-in and delivery available.
110 S. Locust St.
(920) 730-1313

International Food

Casablanca – fine Latin cuisine (a little expensive)
531 W. College Ave.
(920) 954 – 1010

Dong Po – Chinese food and American sushi
719 W. College Ave.
(920)749-0186

Gyros Kabobs - Greek sandwiches

205 W. College Ave.
(920)830-9355

Hunan 1 -Chinese food with special discounted prices for Lawrence students

220 E. College Ave.
(920)738-0119

Katsuya –Fine Japanese food, 30% discount during happy hours (from 5pm-6:30pm on Mon.-Thu.)

511 W. College Ave.
(920)882-4183

Senor Tequila's – Mexican American

531 W. College Ave
(920) 968-2525

Tapas - Spanish

527 W. College Ave.
(920)955-4646

Taste of Thai -Thai food with a popular, all-you-can-eat lunchtime buffet Monday-Friday

321 E. College Ave.
(920)832-2030

Victoria's Italian Cuisine –Italian food (known for their large portions!)

503 W. College Ave.
(920)730-9595

Coffee Shops

Acoca Coffee

500 W. College Ave.
(920)993-1458

Brewed Awakenings -Also serves food

107 E. College Ave.
(920)882-9336

Copper Rock Coffee, Co.

210 W. College Ave.
(920)882-9462

Harmony Café

233 E. College Ave.
(920)734-2233

Starbucks

101 E. College Ave.
(920)733-8737

Tropical Smoothie Café

10 E. College Ave. (Inside City Center Plaza)
(920)734-3288

Restaurants

Café on the Ave – breakfasts, omelets, etc. Good for breakfast or brunch. Open only until 2pm.

100 E. College Ave.
(920)739-7401

Good Company - burgers, sandwiches, steaks. Good for dinner

110 N. Richmond St.
Appleton, WI 54911
(920)735-9500

Seven Angels Family Restaurant – breakfasts and casual dining

1401 E. John St.
Appleton, WI 54911
(920)993-8847

The Queen Bee – open for breakfast and lunch only

216 E. College Ave.
Appleton, WI 54911
(920)739-8207

Vince Lombardi's Steakhouse – steaks, fine dining

333 W. College Ave. Inside the Radisson Paper Valley Hotel
Appleton, WI 54911
(920)380-9390

Pizza - Most pizza places will deliver

Domino's Pizza - South

206 W Calumet St
(920) 380-4030

Frank's Pizza Palace

815 W College Ave
(920) 734-9131

Little Caesar's Pizza -Carry-out only

205 N Richmond St
(920) 734-5664

Muncheez Pizza – pizza, subs, salads; free delivery, open to 3:00 a.m.

600 W. College Ave.
(920)749-1111

Papa John's Pizza South Side – a popular chain; this location delivers to LU
2205 S Memorial Dr # A
(920) 993-7272

Pizza Hut – delivery only
2730 N Meade St
Appleton, WI 54911
(920) 739-5599

Sal's Pizza – pizza by the slice as well as whole pizza and pastas
411 W. College Ave.
Appleton, WI 54911
(920) 955-4444

Topper's Pizza - traditional and creative pizza
109 E. College Ave
(920-730-7070

Socializing and Making Friends

Get involved! The Lawrence community is host to many student organizations including academic clubs (for example, biology club), social organizations (for example, Amnesty International), musical ensembles, and athletic teams.

International students are strongly encouraged to join clubs and organizations. It is a great way to meet students with shared interest. For a list of Lawrence student organizations, see the Involvement Guidebook under Campus Organizations of Campus Life at Lawrence website.

Advice from Students on Making Friends

- ❖ Talk to people in your classes. Ask for help! They will be willing to help you once you ask.
- ❖ Join a club or activity like ORC (Outdoor Recreation Club), tennis, chorale, fencing, crew, etc.
- ❖ Make friends with your roommate and meet his/her friends
- ❖ You should join a club activity, even if you have so much stuff to do for class. It really helps you improve your English!

Fun Things to Do in Appleton

Fox River Mall

4301 West Wisconsin Ave.
Appleton, WI 54913
(920) 739-4100

Fox Cities Performing Arts Center

400 W. College Ave.
Appleton, WI 54911
(920)730-3760

-Cheap student rush tickets available an hour before the show with Lawrence ID

Wisconsin Timber Rattlers Minor League Baseball

2400 N. Casaloma Dr.
Grand Chute, WI
(920)733-4152

Movie Theaters:

Regal 16 on College Avenue

W3091 Van Roy Rd.
College Park Plaza
Appleton, WI
(920)734-3456

Marcus Valley Value Cinemas

1401 Valley Fair Mall
Appleton, WI
(920)734-2388
\$1.50 shows on Tuesdays

Marcus Hollywood

513 N. Westhill Blvd.
Appleton.
(920)830-6568

Adapting to Life on an American College Campus

The chance to study and live in another country is an exciting and life-changing experience. However, no matter how excited and well-prepared a student is to study abroad, living in another culture and speaking a foreign language every day can have an emotional and physical effect. This is a normal part of the cultural adaptation process called “culture shock.” Every person adjusting to life in another culture goes through some elements of culture shock, although the process varies depending on the individual and the situation. This is a process that, to some extent, follows a predictable pattern.

Most individuals adjusting to a new culture are usually happy and excited when they first arrive. Everything is new and interesting, and cultural differences often match what they have read or learned about the new culture before they left their home country. As time passes, however, these emotions often give way to feelings of frustration especially when the individual encounters differences in culture, language, and expectations that make it difficult for him or her to function comfortably. At this point, the person may feel some of the physical and/or emotional symptoms of culture shock, which include:

- a change in eating habits (either loss or gain in appetite)
- problems sleeping or sleeping too much
- mental and emotional exhaustion
- depression
- headaches
- cold or influenza
- homesickness

It is a good idea to get help from the **Health and Counseling Center** should you feel these symptoms. If you do experience any aspects of culture shock, take heart, because things get better. Soon you will begin to adjust to your new environment and feel more and more comfortable and competent living and interacting in the new culture.

Although the term “culture shock” is often viewed negatively, it is important to remember that this is actually a very positive growing and learning experience. The process of adapting to a new culture calls on an individual to reassess his or her beliefs and perspectives. By adjusting to a new culture people often discover new ways of looking at the world, including their own culture.

Banking in the United States

Types of Bank Accounts

You will need to keep your money in a secure bank account that you can access easily while you are in the United States. DO NOT keep large sums of money (more than \$50.00) in your room. One of the most convenient solutions for many students is to open a bank account at a local bank while you are in the United States. There are a couple of types of bank accounts available to you:

- ❖ **Savings accounts** are usually free of charge. Once you deposit your money in a savings account, you can access it by visiting the bank during business hours or withdrawing it from an ATM (automated teller machine) 24 hours/day. Most savings accounts also pay you a small amount of interest on the money you have deposited. Some stores will also allow you to use your debit card (ATM card) at the checkout to pay for your purchase directly from your savings account.
- ❖ **Checking accounts** may cost a couple of dollars each month, but these accounts allow you to write checks to pay for purchases at most retail stores, even those that do not accept a debit card. In addition, you can also withdraw funds at the bank, via ATM, or by debit card at store checkout, just like a savings account.
- ❖ **Safety deposit boxes** can be rented for a small monthly charge at any bank. This is a good place to store any valuables that you have brought with you, including your passport.

Opening a Bank Account

You will need two forms of picture identification, usually your passport and your Lawrence ID card to open a local bank account. You will also need to know your residence hall address. During orientation, you will have the chance to learn more details from a local banker. At the services fair during Welcome Week, you will be able to talk to representatives from a few area banks and to open an account right away. It is recommended that you compare services, prices, and ATM locations for a couple of banks before deciding which one will work best for you.

Health Care in the U.S.

Medical Care

If you are sick:

- ❖ The Health Center is your best, cheapest option for general sickness such as colds, influenza, headaches, stomach problems, etc.
- ❖ Visits to the nurse are free.
- ❖ Over the counter medicine is free (aspirin, cough drops, etc.)
- ❖ Prescription medicine (that a doctor must recommend for you) is **not free**. The cost varies depending on the medicine.
- ❖ A doctor comes every morning from 7:45 – 8:45 a.m. A visit to the doctor costs \$8.00.

How do I pay for doctor visits or prescription medication from the health center?

- ❖ You do not need to bring cash to the health center.
- ❖ For students with health insurance plan, not through Lawrence, ask for an **itemized bill** when you leave the health center. You will need this to send to your insurance company (the bill from your student account will not have enough information on it for your insurance company).
- ❖ All costs will be charged to your **student account**.
- ❖ Your bill will appear on your student account on Voyager.
- ❖ Take this to the Student Account Office in Brokaw Hall, 1st floor and pay with cash or check (skip this step **only if** you contact your insurance company and they say they will pay Lawrence University directly).
- ❖ If your insurance pays for prescriptions and doctor visits, send your bill to the insurance company. They should reimburse you (pay you back) for the charges. You may need to contact your insurance company or read your policy information to understand exactly how this process works for your company. Most insurance companies have different requirements.
- ❖ If you have a **deductible**, you must pay this before the insurance company will begin to pay you. However, you still need to mail in your bills and receipts so it will count towards meeting your deductible.

Will I ever need to go to the hospital?

- ❖ If you have a serious sickness or injury, such as a broken arm or sprained ankle, you will need to go to the hospital for treatment.
- ❖ Bring your insurance information to the hospital if you can. You will not need to pay when you receive treatment. They will send a bill to you or your insurance company.
- ❖ You should contact your insurance company right away. They will let you know whether they will reimburse you or pay the hospital directly.
- ❖ If you have a **deductible**, you must pay this before the insurance company will begin to pay you. However, you still need to mail in your bills and receipts so it will count towards meeting your deductible.

Lawrence Holidays & Travel

Lawrence University Residence Halls are closed for the winter break. For the 2009 – 2010 academic year, the residences close at noon on Wednesday, November 25 and do not reopen until 9:00 a.m. on Sunday, January 3. You will be able to stay at Bjorklund until December 13 for \$100 per week with food provided. After December 13, you may stay in rooms in Brokaw Hall on the main Lawrence campus for \$50 per week without dining services.

Residence Halls are officially closed for spring break, Saturday, March 20 – Sunday, March 28, 2010. You may stay in your room if you let your RLA know of your plans. Locks are not changed so you do not need to notify Raymond House if you intend to stay on campus over spring break.

Your residence will close for the year on Friday, June 13 at noon. If you need to stay any longer than this due to your flight schedule, you must notify Amy Uecke in the Campus Life Office at the Warch Campus Center.

Travel During Breaks

School breaks are a great opportunity to travel within Wisconsin or to other regions of the U.S. However, you need to follow certain precautions for safe travel in the United States:

- ❖ Unless you are traveling to visit a friend in another city, do not travel alone. Find a friend to travel with you.
- ❖ Leave your travel itinerary and contact information (hotel phone numbers, etc.) with someone. That way, if there is some emergency and people need to get in touch with you, they know where you are.
- ❖ Carry traveler's checks and credit cards, not cash. You may have difficulty using checks from an Appleton bank account outside of Wisconsin, so traveler's checks are the safest and most convenient method of carrying money while traveling.
- ❖ **Make hotel reservations before you go** – this is especially important during the winter holiday season when many people are traveling and it may be difficult to find a hotel room.
- ❖ Research the place you travel to so that you can choose a safe location to stay. This is especially important in larger cities where safe neighborhoods may border dangerous neighborhoods.
- ❖ Don't walk around unknown parts of town after dark. Take taxis unless you are sure that the walk is safe. Check with the concierge at your hotel for advice about which parts of town are safe in the evenings.
- ❖ Leave yourself some flexibility in your travel schedule, especially during winter break. Winter weather conditions often cause delays at airports like Chicago O'Hare.
- ❖ If you are traveling outside of the United States, be sure to see Tim Schmidt in International House for the proper forms/signatures to re-enter the U.S.

Travel Resources

Council Travel – A student travel company, now affiliated with STA travel. For more information, see the website: <http://www.statravel.com>

International Youth Hostel Association – For inexpensive lodging and a chance to meet other young people while traveling. For the best rates, be sure to join before leaving your country. <http://www.hihostels.com/openHome.sma>

The Convention and Tourism (or Visitors) Bureau for the city/region you plan to visit – look up the bureau’s website for information on lodging, dining, transportation, special events, etc.

Example:

Chicago Convention and Tourism Bureau: <http://www.meetinchicago.com/>

New York City Convention and Visitors Bureau:

<http://www.nycvisit.com/home/index.cfm>

Websites for Travel Information

<http://www.studentuniverse.com>

<http://www.cheaptickets.com>

<http://orbitz.com>

<http://www.expedia.com>

<http://www.hotwire.com>

<http://www.travelocity.com>

<http://priceline.com>

<http://travel.yahoo.com>

<http://www.cheapseats.com>

<http://www.hostels.com>

Greyhound Bus Lines

100 E. Washington St.

Appleton, WI 54911

(920)733-2318 or (800)231-2222

Amtrak Train Service (in Milwaukee)

433 West St. Paul Ave.

Milwaukee, WI 53203

(Lamers Bus Lines has one departure daily to Milwaukee Amtrak Station)

(920)731-1118

Outagamie County Regional Airport

W6390 Challenger Dr., Suite 201

Appleton, WI 54914

(920)832-5267

Taxis:

Appleton-Neenah-Menasha Taxi - (920)733-4444

Community Cab - (920)788-4645

Fox Valley Cab - (920)734-4546

T & D Taxi - (920)969-1573