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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.

Sample Email from American Roommate

Hello,

My name is Casey Cooper-Fenske and I will be your roommate at Lawrence University. I'm really excited about next year, and would like to tell you a little bit about myself. I will be 20 years old in June, I'm taking Japanese this year and my major will probably be East Asian Languages and Cultures, focusing on Japan. I have lots of hobbies including ballet & dance, piano, watching movies, etc. I'm a member of the swing dance club on campus. It's really fun. I listen to all kinds of music from jazz to pop to hip-hop.

I have 2 brothers (one older, one younger) and 1 sister. My older brother is also a student at Lawrence studying piano and government. My sister is in medical school. My younger brother is still in high school. My family is very eager to meet you and you're more than welcome to visit our home during breaks or summer vacation. We'd love to have you. I'll write again soon and let you know where we'll be living. I already have a telephone, TV, refrigerator and stuff like that, so you don't have to worry about buying those things when you get to Lawrence. I can't wait to meet and get to know you! Please write me back and tell me about yourself if you get a chance. Next year is going to be so fun. If you have any questions about me or Lawrence or anything at all, please feel free to ask. I am really looking forward to hearing from you.

Sincerely,

Casey Cooper-Fenske

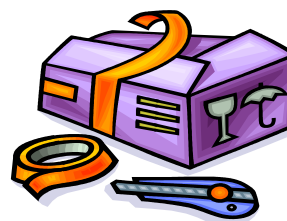
Sample Email From International Student to American Roommate

Dear _____,

My name is _____ and I'd like to introduce myself. I'm 20 years old now and belong to the School of Commerce at Waseda. I live with my family (mom, dad and 2 younger brothers) in Tokyo, pretty close to Waseda. My hobbies are watching sports and traveling. I'm also in a tennis club at Waseda and work part-time at Starbucks. I went to Los Angeles last summer to study for 6 weeks, which was great. I hope we can spend a great time together at Lawrence as well. I'm really looking forward to seeing you this September!!

Signature

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 October through mid-May. 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: 70°F (21°C)

Average low temperature: 51°F (10°C)

October

Average high: 57°F (14°C)

Average low: 39°F (4°C)

November

Average high: 42°F (5°C)

Average low: 27°F (-3°C)

January

Average high: 23°F (-5°C)

Average low: 6°F (-14°C)

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

May

Average high: 67°F (20°C)

Average low: 47°F (9°C)

June

Average high: 76°F (25°C)

Average low: 56°F (13°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 “search.”

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. Warm and water-proof boots are important as well, but we suggest you buy them after you arrive 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 (see picture below). 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 15-20 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. ISS will organize a trip to Walmart and Fox River Mall during the welcome week orientation. This is a good chance to buy school supplies, because stores usually have back-to-school sales at that time.

Shopping Shuttles: Campus Life and International Student Services provide shopping shuttles to Woodmans (a grocery store with a decent ethnic food aisle), Walmart, and the [Fox River Mall](#) from Mondays to Thursdays and on Sundays. So you can purchase any items that you need any time during the school year. Please ask your RLAs for the shuttle schedule.

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 a traditional costume of your country for LI Cabaret and other cultural events
- ❖ 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 from Home

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 SPC campus mailing address (see below for more information), the packages will be stored in mailing services at the Warch Campus Center 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 from your country to US prior to your arrival

- Every student has his or her own SPC mailbox on the second level of the Warch Campus Center and all mail including packages is delivered to their mailboxes. Campus mail, small items, or magazines delivered to you will be accumulated in your mailbox. You will receive an email notice if you have any package that does not fit into your mailbox and you can claim it at mail services. Students have to show their Lawrence ID card to claim the package. We recommend you check your mailbox frequently. For information about mail room schedule, please check <http://www.lawrence.edu/warchcc/services/mail.shtml>
- You can find your SPC number and mailbox combination on Voyager. Log on to your Voyager account → Click *Personal Information* → Click *View Address(es) and Phone(s)*. It should appear under *Campus Mailing Address*.
- When shipping your items from home to your address at Lawrence, write down the receiver's address as follows:

STUDENT NAME
711 E BOLDT WAY SPC (insert mailbox number here)
APPLETON, WI 54911
USA

How to make local and international calls from phones on campus

How to Make Local Calls

1. Dial 9 first to get an external line
2. Dial the number you wish to call, including the area code
For example, 9 – 1(country code in U.S.A) – ###(area code) - ###- #####

How to Make International Calls

1. Dial 9 first to get an external line
2. Dial 011 (the international prefix used to dial somewhere outside of U.S.A)
3. Dial country code
4. Dial the number you wish to call, including the area code

For example, if you want to call the number ### – ##### in Beijing, China, you need to dial:

9 – 011 – 86(country code of China) - 10(area code of Beijing) – ### – ##### (local number you wish to call)

*If the area code starts with 0, you may have to dial the area code without 0.

Country name	Country Code
Bangladesh	880
Belarus	375
Brazil	55
Cameroon	237
Canada	*1
China	86
Ethiopia	251
Germany	49
Ghana	233
Hong Kong	852
Jamaica	*876
Japan	81

Country name	Country Code
Korea (ROK)	82
Mexico	52
Myanmar	95
Nepal	977
Nigeria	234
Pakistan	92
Peru	51
Sri Lanka	94
Sweden	46
Taiwan	886
The Netherlands	31
Vietnam	84

*If you call to Canada or Jamaica, you don't need to dial 011 , You just need to dial 9-1-876-Local Number

Free calls

It's what Skype is made for.

Using Skype to call another person who also has Skype is totally free. Yep, absolutely nothing. Zip. Zero. Zilch.



Free Skype-to-Skype calls.

To anywhere in the world.

And at any time, day or night, morning or weekends.

Free calling

You've [downloaded Skype](#), and so has your friend. Now you can get started on the really cool stuff – such as making **completely free** and great quality calls from your computer. That's the great thing about Skype, you can use your internet connection and turn your computer into an internet phone and make free Skype-to-Skype calls.

You and your friend will need to have a headset (or use your computer's built-in microphone and speakers) to talk to each other. You can really improve the sound quality of your calls with a [headset](#), or take your calls to the next level with [free video calls](#).

You can also use Skype to make [terrific value calls](#) to phones and mobiles.

You're now downloading Skype



The Skype download should start within seconds. If it doesn't, you can [start download again](#). You need Windows 2000, XP or Vista to run Skype.

1 Run the Skype Setup application

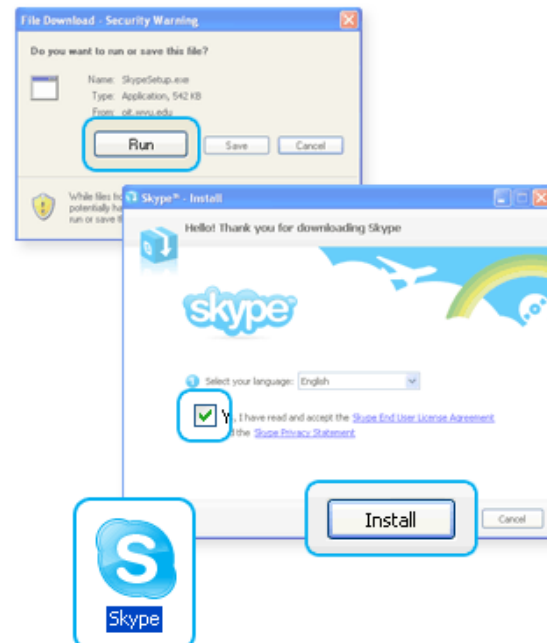
A window will open asking what you want to do with a file called **SkypeSetup.exe**. You might see a confirmation message, asking if you're sure you want to run this software. Click 'Run' again.

2 Follow the Setup Wizard

When the download has finished, the **Skype Setup Wizard** will appear and guide you through the rest of the installation.

3 Launch Skype

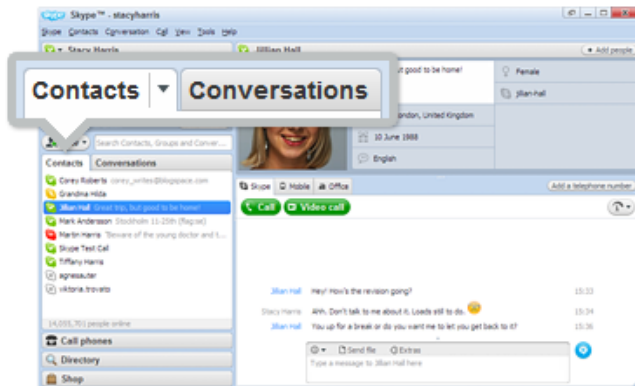
After the installation has finished, you can **open Skype** at any time by clicking the icon on your desktop or in your system tray.








Call someone who's on Skype

Call someone in your Contact list:

- 1 Click the **Contacts** button at the top of Skype.



- 2 In the list, find the person you want to call.


Click on them. (Remember - anyone with one of these beside them    is on Skype so it's free to call. Anyone with one of these   means it's a phone or mobile number and calls will cost you a little.)

- 3 You will see their details in the main window.

Click the green Call button. You should hear ringing. If you don't hear the other person or they can't hear you, click the call quality icon at the top of your call window.

- 4 To hang up, click the red End call button.

Useful things you can do on a call:

Mute – click this icon  to mute your microphone so the other person can't hear you.

Hold – click on this icon  to put the call on hold.

Turn video on – if you've got a webcam plugged in, click the green Video call button to make it a video call.

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 ATMs. 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, be careful when using 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 Warch Campus Center. This service costs \$1.50 per transaction.
- ❖ **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.

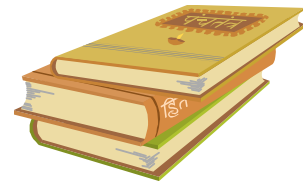
- ❖ **Credit card** companies (like Citibank) are another method of withdrawing cash in the U.S. Appleton, however, has no local branch of Citibank, so any withdrawal will incur additional fees from the ATM that you use and probably from your account as well. If a large sum of money (over \$100.00) is 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. It is 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. Don't worry if you have not registered yet. Certain students (e.g. exchange students, conservatory students, etc.) are only eligible to register in the fall. You will be required to meet with your **academic advisor** to discuss your choices 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 period is September 10th-21th in Fall Term 2012). 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. After the class change period concludes, students can only withdraw classes. The withdrawal will show on the transcript. Students cannot withdraw any class after the 7th week.

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 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 more than 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/Gateway
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 foundational level. 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 what is typical in your home country. 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.

CTL – Center for Teaching and Learning

The CTL, located on the first floor of Briggs Hall, offers students tutoring in writing, oral communication, and quantitative skills; subject-specific help (content tutoring); or ESL assistance. The CTL also provides workshops on topics such as time management, test taking strategies, and study habits as well as offering individualized academic skills counseling. You can request a tutor online or consult the CTL Online Calendar for a list of workshops and group study sessions. Getting help from CTL tutors, especially for Freshman Studies papers, is strongly recommended for international students. Also, it is free!

Visit the CTL website at http://www.lawrence.edu/dept/student_acad/ctl/

Study Tips from Students

- ❖ Expect to spend 4 – 5 hours reading every day. Learning how to skim books is a valuable skill. Look into CTL programs or meet with tutors to develop good reading skills.
- ❖ 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. You can't write it in one sitting! Don't put it off!
- ❖ You should plan to meet with your writing tutor much ahead of the time when the paper is due.
- ❖ There is a lot more reading and writing for Lawrence courses than is typical.
- ❖ Homework for one class can include 3 or more shorter papers for, research papers, presentations, etc.
- ❖ It is also important to participate in the class actively. During discussions there is no right or wrong answer. It is important that you present your opinion in the class. Don't be shy because of your speaking ability! Everyone in the class understands you are an international student.
- ❖ Visit and talk to your professors often. Don't keep your concerns or problems to yourself. Get help from as many people as possible.
- ❖ Final exams last two and half hours. Some professors will give take-home finals as well.

Academic Support for International Students

- ❖ **ESL courses** - these courses are designed to help your English language development and ease your adjustment to American academic culture. Some courses are available to only TSA students, others to any international student whose first language is not English.
- ❖ **Tutoring** – available through the Center for Teaching and Learning (CTL) located on the first floor of Briggs Hall.

- ❖ **ESL Writing tutoring** – each TSA student will be assigned to a trained ESL writing tutor at the beginning of the year. They can help you plan, organize, revise, and edit your writing. You will be responsible for making appointments to meet with them (be sure to plan in advance). You can work with your ESL writing tutor all three terms.
- ❖ **Communications tutoring** – Communications tutors are also trained to work with ESL students on developing oral skills. ESL discussion sessions will be offered every term to help students develop confidence and competence in academic discussion skills. You may also sign up to get help from a communications tutor in working on a particular skill, such as pronunciation, expressing opinions, etc. It is also recommended that you meet with a communications tutor for advice and feedback before any presentation you need to give for a class. Stop by the CTL to request any of these tutoring options.
- ❖ **Core Course Study Groups** – For each of the required core courses, TSA students will have the opportunity to meet with two tutors: a content tutor who has taken the course in the past and excelled in it; and a note-taking tutor who is currently enrolled in the course and can help with questions about the lecture, notes, etc. The study groups will meet once, at a pre-arranged time, after every class session.
- ❖ **Content tutors** – Content tutors are trained to work with students who need help with course content, but have no special ESL training. They are available to support you, should you ever need help with any of your elective courses.

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 Campus Life 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 (such as too much noise in the next room or a broken laundry machine in the basement, etc.), **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. Tell them it is your first time living in the States and share your concerns about residential life. RLAs in each residence hall also plan programs and activities for residents. Those events might include floor dinners, games night, or small trip. Try to get involved in those activities to interact with other residents on your floor and ask them if you don't know what the programs are. 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 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. You can get light bulbs and garbage bags at no charge. If you ever get locked out of your room during desk hours, RLAs can help you get back into your room.

Items that you can check out at the desk 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 (WCC)

- ❖ **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. It's located on the first floor of the WCC.
- ❖ **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/menu/your-cafe/lawrence>

Or <http://www.lawrence.edu/warchcc/dine.html>

Meal plans

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

Plan	Meals	Culinary Cash	Cost
A	120 (Ave. 11 meals per week)	\$150.00	\$1,393.00
B	95 (Ave. 9 meals per week)	\$300.00	\$1,393.00
C	150 (Ave. 14 meals per week)	\$25.00	\$1,393.00
D	Declining Balance	\$930.00	\$1,393.00

Basically, meals can only be used for eating in Andrew Commons, sack lunch in Kate's Corner Store or on some special occasions like LI's ethnic dinner, etc. You can use culinary cash in any retail food operations in the Warch Campus Center. But you can only use culinary cash for food. To buy daily supplies in Kates, you have to use Viking Gold, cash or credit/debit card.

You may use the meals on your plan in any way you like, for example using more meals one week and fewer the next. Culinary cash and unused meals roll over from term to term but expire at the end of the academic year.

Tips on choosing meal plan: Choose the 120 meals+\$150 culinary cash for the first term. Then you would figure out whether you prefer more meals or more cash. You can make change accordingly for next term.

NOTE: None of the meal plans cover every meal (i.e. breakfast, lunch, dinner every day) at LU. History has shown that the vast majority of students do not eat each meal (three times a day during weekdays and two meals a day on weekends). Therefore, the plan has been designed to address this trend. Please note that even the 150-meal plan would not cover three meals per day/19 meals per week for 10 weeks. The following addresses more dining options.

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 a shopping shuttle service from campus to Fox River Mall, Walmart, and local grocery stores such as Woodman’s Sundays through Thursdays. Ask your RLAs 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 Korean and Japanese food items. It is located at the corner of Richmond and Wisconsin streets.
633 W. Wisconsin Avenue

Walgreen's– 15 minutes by foot, carries a small section of packaged and frozen groceries and also school supplies
700 W. College Avenue

Sandwich Shops

Chicago Grill – good selection of sandwiches, Middle Eastern food (gyros, shawarma, hummus), hotdogs, burgers, and salad. Dine-in and delivery available.
110 S. Locust St.
(920) 730-1313

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

Erberts and Gerberts – variety of sandwiches at affordable price. They deliver until 2:00am!
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

International Food

Apollon –Mediterranean Rim and fine Hellenic cuisine
207 N Appleton St.
(920)739-1122

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

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 – serves a variety of ice cream as well

500 W. College Ave.

(920)993-1458

Brewed Awakenings -also serves food

107 E. College Ave.

(920)882-9336

Copper Rock Coffee – also serves food and is a good place to study, too

210 W. College Ave.

(920)882-9462

Harmony Café – also serves food and holds various community events

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 – serves breakfasts, omelets, etc. Good for breakfast or brunch. Open only until 2pm.

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

Good Company – serves burgers, sandwiches, steaks. Good for dinner

110 N. Richmond St.
(920)735-9500

Seven Angels Family Restaurant – breakfasts and casual dining

1401 E. John St.
(920)993-8847

The Queen Bee – open for breakfast and lunch only

216 E. College Ave.
(920)739-8207

Vince Lombardi's Steakhouse – steaks, fine dining

333 W. College Ave. (Inside the Radisson Paper Valley Hotel)
(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 – a popular chain; this location delivers to LU

600 W. College Avenue
(920) 749-1111

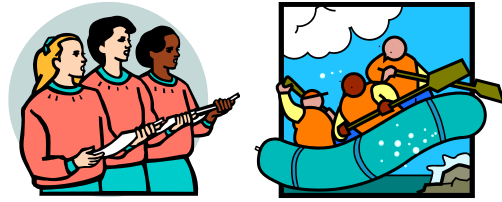
Papa John's Pizza South Side – a popular chain; this location delivers to LU
2205 S Memorial Dr # A
(920) 993-7272

Pizza Hut – delivery only
2730 N Meade St
(920) 739-5599

Sal's Pizza – pizza by the slice as well as whole pizza and pastas, good for dine-in
411 W. College Ave.
(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 Guidbook 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 and understanding of American social skills!



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. (close to Woodman's grocery store)
Appleton.
(920)830-6568

There is a bus going to Woodman's and you can walk to the theater from there

Parks in Appleton

City Park

500 E. Franklin Street
Right behind the conservatory building, a good place to spend time to relax

Peabody Park

601 N. Green Bay Road
About 15-20 minutes from the campus, a beautiful place with the Fox River right next to it

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 US



Types of Bank Accounts

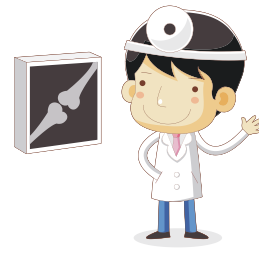
You will need to keep your money in a secure bank account that you can access easily while you are in the United States. DO NOT keep large sums of money (more than \$50.00) in your room. One of the most convenient solutions for many students is to open a bank account at a local bank while you are in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



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 a 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 the bill to the Student Accounts 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.

Contact Numbers

Police, Fire, Ambulance, Emergency Response: 911

☒ If dialed from a university phone, dial 9 to get an external extension and then 911, so 9-911

Helpful Offices and Services on Campus

(Campus telephone extensions are noted in parentheses)

- ❖ **International Student Services** – Tim Schmidt (x6509), Coordinator of International Student Services, can help with any questions regarding visas, immigration status, and travel outside of the U.S. during breaks. There are many complicated rules and regulations for international students, and they vary for students from different countries. For this reason, it is important to check with International Student Services when you have questions. Do not rely on advice from other international students who come from different countries or may have different circumstances. Tim’s office is in the International House.
- ❖ **TSA Program and ESL Office** – Cecile Despres-Berry (x7130) is both the director of Lawrence’s TSA program and an instructor in ESL. Her main office is located in the Center for Teaching and Learning (CTL) on the first floor of Briggs Hall. The office number is Briggs 135. She also has an office in International House (x6780). Check her office hours each term to find out when she is available in which office. See Cecile for questions about improving English skills, getting tutoring help, or any other aspects of the TSA program.
- ❖ **The Center for Teaching and Learning** – (x6767) Located on the first floor of Briggs Hall, this is the place to go for tutoring services and other academic help.
- ❖ **Dean of Students** – Nancy Truesdell is Lawrence’s Vice President for Student Affairs and Dean of Students. Her office is located in Raymond House. Visit this office for non-academic concerns, such as problems with food. Shelby Stilp is the Dean’s Administrative Assistant (x6596) and can help you with your initial questions.
- ❖ **Campus Life** (x6600) – Amy Uecke (x6595) is the Associate Dean for Campus Life and the office for Campus Life is located in room 403, Warch Campus Center. They can help with roommate issues that you have not been able to resolve with your RLA and Hall Director. Also, the campus activities office runs many extracurricular programs that students participate in, such as student government and volunteering.
- ❖ **Business Office and Student Accounts** – This office is located on the first floor of Brokaw Hall. They will send you bills for fees you may owe the university, such as bills for prescription medicines from the health center, book fines from the library, etc. You can pay with cash or check at the cashier’s desk. Bonnie Schallie (x6547) is in charge of student

accounts services.

- ❖ **Health Center** – (x6574) The Landis Health Center is located on the second floor of the Buchanan-Kiewit Wellness Center. Susie Muenster is a registered nurse and the director of the health center. Visit the Health Center when you are sick. Some of your instructors may also require a note from the health center to excuse you from classes that you have missed due to illness. If you need to see a doctor for any reason, a doctor is available every weekday morning from 7:45 to 8:45. Doctor visits cost \$8.00, but you can charge this fee to your health insurance. You can also visit counselors here, who can assist you in dealing with the stress of studying in another country or any other issues you may have.

- ❖ **Office of Multi-Cultural Affairs** –(x7051) Pa Lee Moua is the Assistant Dean of Students for Multicultural Affairs. Her office is involved with promoting diversity on campus through educational and recreational activities.

- ❖ **Volunteer and Community Service Center** (x6644) – Located in the Raymond House, it can help you find out about volunteer opportunities in the Appleton community. Kristi Hill is Director of the Volunteer and Community Service Programs

- ❖ **Campus Security** (x6999) If you get locked out of your dorm/room and can't find anyone else to let you in, Campus Security will help you. Also, if you ever feel uncomfortable and want Campus Security to give you a ride back to your dorm, you can just give them a call and they will come pick you up

Lawrence Holidays & Travel



Lawrence University Residence Halls are closed for the winter break. For the 2010 – 2011 academic year, the residences close at noon on Wednesday, November 24 and do not reopen until 9:00 a.m. on Sunday, January 2.

If students plan to go home for only one break each academic year, ISS strongly encourages students to go home during winter break and stay on campus over summer break when employment opportunities are available. There are no student employment positions available during winter break. There is also very little to do on campus over winter break as there are very few students who are permitted to stay. If students cannot travel home over winter break, ISS recommends staying with relatives/friends in the U.S. (if possible) or traveling around the U.S. (see below). More winter housing information for international students will come out via email during fall term.

Residence Halls are officially closed for spring break, Monday, March 14 – Monday, March 21, 2011. 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 Campus Life if you intend to stay on campus over spring break.

Your residence will close for the year on Friday, June 3 at noon. If you need to stay any longer than this due to your flight schedule, you must notify your RHD and 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/hostel 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 flight reservation

<http://www.studentuniverse.com>

<http://www.cheaptickets.com>

<http://orbitz.com>

<http://www.expedia.com>

<http://travel.yahoo.com>

<http://www.travelocity.com>

<http://priceline.com>

<http://kayak.com>

<http://www.hotwire.com>

Websites for hotel/hostel reservation

<http://www.hostel.com>

<http://www1.hostelworld.com/>

Greyhound Bus Lines

100 E. Washington St.

Appleton, WI 54911

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

<http://www.greyhound.com/home/>

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

<http://www.amtrak.com/>

Outagamie County Regional Airport

W6390 Challenger Dr., Suite 201

Appleton, WI 54914

(920)832-5267

<http://www.atwairport.com/>

Taxis:

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

Community Cab - (920)788-4645

Fox Valley Cab - (920)734-4546

International Student Services

Lawrence University

Appleton, WI