SEPTEMBER BIRTHDAYS

Sept 8: Xinfang Hu
Sept 10: Ryan Eardley
Sept 10: Tamanna Akram
Sept 10: Julian Tomasini
Sept 11: Ziyu Zheng
Sept 14: Linh Khanh Nguyen
Sept 16: Benjamin Drummond
Sept 16: Ghazi Al-Zyoud
Sept 17: Regina Morales
Sept 17: Anh Minh Ta
Sept 17: Maamie Appiah
Sept 18: Cheyenne Beckelman
Sept 19: Junlin Xie
Sept 19: Jiahui Chen
Sept 20: Wanli Lu
Sept 20: Yuriko Hirose
Sept 22: Sang Duc Le
Sept 26: Xiaoxiang Liu
Sept 30: Cynfor Chenghui Lu

UPCOMING EVENTS

Tuesday, Sept. 27: The U.S Presidential Debates—A Panel Discussion: Distinguished faculty members of the Lawrence Government Department as well as staff members will comment and engage in a discussion of the 2016 Presidential Debate and Elections. Warch Campus Center Cinema. 7pm.

Friday, Sept. 30: Sitting, Stress and Sleep—Healthy Living Series with Kate Harrell—Learn how sitting, stress and sleep impact your health, especially as you embark on the journey of weight loss or improved health this new school year. Learn helpful strategies to reduce sitting time, reduce stress and improve sleep. Kraemer Room. 12pm.

Thursday, Oct. 6: Career Best Practices for International Student Employment—Good opportunity for international students to learn more about job/internship search best practices, how to appropriately request a recommendation letter, how to manage your personal brand and more. Pizza will be provided! Alice G. Chapman Hall 202. 4.30pm.

Thursday, Oct. 13: Intern, Major and Research Symposium—Students will have the chance to explore majors, minors and interdisciplinary programs, view student research posters, learn from upperclassmen’s experience and declare your major! WCC Esch/Hurvis. 7pm.

UPCOMING MUSIC EVENT

WORLD ARTIST SERIES: HUUN HUUR TU

A Tuvan acoustic quartet that started 24 years ago, their eerie overtones resemble the whistling of the high mountain winds, while the repeated thrum of a string against wood and hide has a peculiar meditative effect. Huun Huur Tu’s complex acoustic compositions bring to life the songs of their ancestors, isolated Siberian herdsmen, and transformed them into strangely universal music. Stansbury Theatre. Monday Sept. 26. 8pm.

Upcoming Event
Spotlight:
International Scholar Brown Bag Series

Mambomania: Afro-Cuban Music in a U.S. Context

Thursday, Sept. 29, 2016
11:10a.m. @ International House

Presented by
Dr. Amy Ongiri, Jill Beck Director of Film Studies and associate professor of film studies, will be presenting her research on the African Diaspora including the Caribbean
The fall is definitely one of our favorite things here in Wisconsin: the weather is gorgeously sunny and pleasantly cool; the trees turn into colorful artwork themselves; and there are plenty of things to do. Whether you are a new or returning student, below are a few things to get adjusted, have fun, and get the most out of what the fall in Wisconsin has to offer!

Go to the last few Saturday farmers’ market. Yes, although waking up before noon on a Saturday might be a challenge for some, it will be worth it. Taking place on College Ave, the outdoor market will be up and running until the end of October, when it will move inside the City Center due to colder weather. Go for a leisurely stroll and check out stalls after stalls selling organic local produce, gourmet cheese curds and freshly baked pastries; while listening to the music of local performers and enjoying the new vibrant Appleton art scene. Look out for some of our long-time beloved College Ave eateries such as Mai’s Deli, Copper Rock or Seth’s coffee; they will also have stalls at the farmer’s market.

Go to a corn maze, a farm, or an apple orchard. These might sound strange to many new international students, especially if you are from a big populated city! But here in Wisconsin, visiting a farm, a corn maze or picking apples at a local orchard are some of the best ways to enjoy the beautiful weather and nature here. It is very likely that your friendship family will offer to take you; they are must-do fall activities after all. But on any off-chance that you don’t get to do it with your families, fear not! Many residence halls and student organizations will have similar programs for their residents and members, so don’t hesitate to go, make new friends and bring home some delicious apples.

Going thrift shopping to get some layers and colder weather wear. It is definitely getting colder, and fast! Before you know it, it’s going to be quite chilly outside, with temperatures fluctuating quickly. If you’re from somewhere not as cold as Wisconsin, doing a wardrobe makeover while on a college student budget is not easy. Thrift shopping will definitely be your best friend in finding weather-appropriate clothing at a bargain. Check out Fox Valley Thrift Shoppe and Beatnik Betty’s Resale Butik, both within walking distance from campus. If you can get a ride, go to the local Goodwill and Salvation Army, as well as Plato’s Closet. Bring a friend seasoned in winter survival skills, and you are all set!

Check out some local exhibitions and shows. It might sometimes feel like there is so much to do on campus that you never need to go somewhere else for arts and entertainment, but Appleton does offer some cool shows and exhibitions you should not miss. The Fox Cities Performing Arts Center offers amazing shows from plays to concerts and Broadway musicals that you can see for cheap on a $25 Student Rush ticket. (Pro tip: Check their website for upcoming Broadway shows!) Trout Art Museum and the Museum-in-a-Castle both have great exhibitions that you can see for free as well.

Go to Bjorklunden. Bjorklunden has always been a well treasured gem for many generations of Lawrentians. Situated right next to Lake Michigan, Bjorklunden is a beautiful wooden lodge right in the middle of the woods. Go with a student organization (pro tips: LI is going!) and enjoy the breathtaking scenery of gorgeous auburn leaves and crisp autumn air. When you get tired of walks, enjoy some hot cocoa and get cozy by the fire inside; Bjorklunden never disappoints.

Take care of yourself! It will be a fun and exciting fall season, but don’t forget to take good care of yourself! The weather can be quick changing and temperatures might fluctuate wildly from searing hot to chilly cold, so brace yourself and wear layers. Go for a quick run along Fox River, or a workout sesh at the Wellness Center or the YMCA to prep your immune system for the long winter ahead. You can also get a personal trainer for free at the Wellness Center under the Healthy Viking program. Eat well and be well!

Join Kimberly Barrett, vice president for diversity and inclusion and associate dean of the faculty, for one of several listening sessions. If you have concerns about diversity issues or ideas for how we can make Lawrence more inclusive, come to Steitz Hall, Room 202, on one of the dates below!

Oct. 4: 5–6:30 p.m.
Oct. 6: 11:30 a.m.–1 p.m.

Each session will begin with brief opening remarks followed by an opportunity to share your ideas or concerns with others in attendance. Light refreshments will be served.
**CAMPUS RESOURCE SPOTLIGHT: CENTER FOR ACADEMIC SUCCESS**

The Center for Academic Success (CAS) aims to maximize Lawrence students’ chances of achieving academic success at the university. In all of its activities, the Center takes a holistic approach to assisting students, recognizing that academic abilities, success skills, and personal concerns are often connected.

**What can the CAS provide assistance with?**

- **Academic counseling:** goal setting, motivation, overcoming challenges, managing academic stress.
- **Academic procedures:** academic progress, transfer credits, options for meeting the GRE language requirement, preparing academic petitions, arranging for incomplete, taking or returning from a leave.
- **Academic success skills:** time management, critical reading/thinking, coping with test anxiety, organization.
- **Accessibility services:** academic accommodation for disabilities, resources including Kurzweil text-to-speech reading software.
- **ESL resources** including tutoring, instruction, books and DVDs.
- **Tutoring:** whether done one-on-one or in group, students can get help in writing, content, oral communication, quantitative assistance for Lawrence courses.
- **Workshops:** on time management, learning styles, metacognition.

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**Tutoring Center Hours:**

- Monday-Thursday 1-11 p.m.
- Friday 1-5 p.m.
- Sunday 7-11 p.m.

Writing tutors are available during the time above on a “first come, first served” basis, as well as by appointment. You may request writing, content, oral communication or quantitative, ESL or any specific tutoring by calling or emailing CAS, filling out the tutor request form in Voyager or by dropping by during open hours. Please make your request 24 hours in advance.

Where: Briggs Hall, first floor
Website: [go.lawrence.edu/cas](go.lawrence.edu/cas)
Email: cas@lawrence.edu and tutoring@lawrence.edu
CAS Office: 920-832-6530
Tutoring Center: 920-832-6767

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**LAWRENCE INTERNATIONAL BARBECUE/ORIENTATION**

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**I.S.S. STUDENT SPOTLIGHT: TAMARA NASSAR**

- **Year:** Senior
- **Major:** History
- **Country:** Palestinian but grew up in Amman, Jordan
- **Career Aspiration:** Academic

**Why did you choose Lawrence?** I chose Lawrence because it was very generous with offering me enough scholarship money to make my higher education affordable.

**How has your adjustment to the US and the university been?** My adjustment to the United States remains a struggle in the same vein that I cherish this challenge. The United States is a very big country, and being in Appleton is very different than being three hours from Appleton. My adjustment is in many ways my resistance to the struggles I face here, so far away from home. But it is an ongoing process.

**What is one of the most memorable moments during your years here at Lawrence?** My most memorable moments were the ones spent talking to the very close friends I have made here, including professors. I cannot express how much forming these relationships has meant for me, something I probably would not have been able to do anywhere else.

**What are you involved with at Lawrence?** I used to run the Students for Justice in Palestine chapter here at Lawrence, but now I remain a general member. Our agenda was one of education more than it was one of activism. We distribute books to the student body in hopes that those who are interested will commit to the material in their own fashion.

**Do you have any plans yet for life after Lawrence?** I plan on staying in academia for the rest of my life. Graduate school is definitely on the table.

**Do you have any advice for the underclassmen?** My advice to underclassmen is to remember that these four years are just four years. Remain diligent, serious, consistent, and committed to yourself.
Dear Leah,

I feel that taking three 6-unit classes for a term here at Lawrence is sometimes a lot. Is there a way to reduce my course load but still maintaining my full-time student status?

Great question! Many students can feel overwhelmed with 18 units, particularly during their first year at Lawrence or if they have registered for an improper course level. Additionally, seniors who have met all requirements for graduation may not want to take a full course load if it is not necessary. As you know, F-1 international students are required to maintain a full course load. **For immigration purposes, a full course load is a minimum of 15 units each term.** If three six-unit classes are not ideal for you, it would be possible to take a 3-unit class along with two 6-unit classes and still be considered full time for immigration purposes. However, immigration **does** recognize that there are still some academic or medical circumstances that would require a student to drop below 15 units. If this is the case please contact ISS (BEFORE dropping classes) to complete the Reduced Course Load Authorization Form for F-1 and J-1 students. You can find this form at the ISS website under Current Students-Useful Forms: [http://go.lawrence.edu/1384](http://go.lawrence.edu/1384)

To summarize, 18 units is standard but F-1 and J-1 are considered “full time” for immigration with a minimum of 15 units. If you feel it is necessary to drop below 15 units, contact ISS before dropping the class. Below are reasons, authorized by ISS with permission of SEVP, that students may drop below full time.

<table>
<thead>
<tr>
<th>Category</th>
<th>Reason</th>
<th>Academic Year</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic difficulties</td>
<td>Initial difficulty with English language</td>
<td>First year</td>
<td>Student may only drop below 15 units for academic difficulties <strong>ONE time</strong> throughout duration of study at Lawrence.</td>
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<tr>
<td></td>
<td>Initial difficulty with reading requirements.</td>
<td>First year</td>
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<tr>
<td></td>
<td>Unfamiliar with U.S. teaching methods.</td>
<td>First year</td>
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<td></td>
<td>Improper course level placement</td>
<td>Any year</td>
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<tr>
<td>Final Term of Study</td>
<td>Student completing program of study at the end of current term.</td>
<td>Final year</td>
<td>May only occur in <strong>final term</strong> of study if all graduation requirements are met.</td>
</tr>
<tr>
<td>Medical condition</td>
<td>Temporary illness or medical condition</td>
<td>Any year</td>
<td>Limited to maximum of 12 months for duration of studies. Written documentation from medical professional is required.</td>
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