UPCOMING EVENTS

NOVEMBER BIRTHDAYS

Nov 1: Tahsin Huq
Nov 4: Reno Zemrak
Nov 4: Robert Meiser
Nov 7: Qinlan Lyu
Nov 8: Jung Hoon Choi
Nov 9: Weiqi Liang
Nov 10: Elin Karlsson
Nov 12: Niklas Curle
Nov 12: Nicolas Haken
Nov 12: Shuxian Liu
Nov 14: Dongwoo Hong
Nov 14: Minh Nguyen
Nov 15: Xiaoyang Lei
Nov 15: Kunga Shrestha
Nov 16: Shuwei Zhang
Nov 17: Shuangmu Feng
Nov 17: Jialin Zhao
Nov 18: Tenzing Syelneon
Nov 19: Emi See
Nov 21: Linh T. Tran
Nov 22: Binita Rajbhandari
Nov 23: Rebecca Bernheimer
Nov 23: Hitkarsh Chanana
Nov 25: Celia Chambers
Nov 25: Yu Luo
Nov 27: Josephine De Chabot
Nov 28: Denise De Lange
Nov 29: Matthew Demers
Nov 30: Yuechen Wang

UPCOMING EVENTS

Monday, Nov. 7—Off-Campus Programs Drop-in Advising Meetings—Drop in and talk about off-campus study and study abroad possibilities. No need for an appointment. 1-4 pm. International House.

Tuesday, Nov. 15—U.S. Presidential Election Results 2016—A Panel Discussion: LU Government and History faculty and staff members discuss the results of the U.S. presidential election. Warch Campus Center Cinema. 7pm.

Wednesday, Nov. 16—All-Greek Dessert-Off—a friendly competition between Greek letters organizations. Pay $1 to try all the different desserts and baked goods made by these organizations, and the highest rated organization wins all the proceeds to donate to their philanthropy of choice. Warch Campus Center Gallery.

Friday, Nov. 18—Conquer The Holidays One Bite at a Time: Exploring Emotional and Mindful Eating Strategies—This workshop will explore emotional eating as well as how we can choose and eat more mindfully, while enjoying the holiday season. Warch Kraemer Room. Noon.

TRAVEL ENDORSEMENT WALK-IN HOURS

It is required to get your I-20 and DS-2019 signed every six months. This is especially important if you plant to travel outside of the United States during Winter Break.

Walk-In Hours
11/14 3:30-5: Plantz
11/15 3:30-5: Hiett
11/17 3:30-5: Kohler
Friday 11/18 (1-4) in Seeley G. Mudd Library
*And by appointment at your convenience!

Finals Week
Monday 11/21 (2-4:30) – International House
Tuesday 11/22 (2-4:30) – International House
Wednesday 11/23 – ISS CLOSED so plan ahead!
*By appointment during finals week
What is Counseling Services?
Lawrence University counseling is a safe, confidential space for all students. Currently 25% of students come to counseling services to discuss issues such as academic stress, relationship stress, anxiety, depression, sleep difficulties, concerns for their family, or merely wants a safe, confidential space to explore personal and interpersonal concerns. Counselors can help students gain a greater understanding of themselves and teach effective ways to handle problems.

What can I talk to the counselors about?
Counselors specialize in areas such as:
• relationship issues
• anxiety and stress
• depression
• sleep issues
• academic concerns
• substance misuse/abuse
• cultural issues
• sexual identity
• LGBT resources
• gender identity
• procrastination and perfectionism
• loss and grief
• food and body image issues
• recovery from assault or abuse
• attention deficit disorders
• sexual assault

How can I schedule appointments and contact the counselors?
You can schedule an appointment by calling Counseling Services at 920-832-6574 or email at counseling@lawrence.edu

Who are the counselors?

Richard L. Jazdzewski, Psy.D, LP
Associate Dean of Health and Wellness Services
Licensed Psychologist- #57-2556

Kadihjia Kelly, MSE, LPC, Staff Counselor
Wisconsin Licensed Professional Counselor
#4922-125
Email: kadihjia.kelly@lawrence.edu

Katie Huskey, MSW, CAPSW, Staff Counselor
Wisconsin Certified Advanced Practice Social Worker #130253-121
Email: katie.huskey@lawrence.edu

Andrea (Andy) Guenther-Pal, JD, MSW,
CAPSW, Staff Counselor
Wisconsin Certified Advanced Practice Social Worker #129887-121

Canzi Wang, Ph.D., LP 王粲子
Staff Counselor
Email: canzi.wang@lawrence.edu

Photo Credits Ethnic Dinner: Billy Liu
I.S.S. STUDENT SPOTLIGHT

Name: Nuttanicha Suriyanont Payne (Nikki)
Year: Sophomore
Major: Economics
Country: Half American half Thai, Live in Bangkok, Thailand
Career Aspiration: Multinational Company

Why did you choose Lawrence?
I came for the admitted student day during April 2015 and loved the campus. The size of the campus and the atmosphere in classes was what I was looking for in college. Also, the unique ways of teaching that Lawrence offers to student was intriguing. Everyone was willing to help you in any way, and that tells me how close everyone was in this community.

How has your adjustment to the US and the university been?
All the activities and the support of friends and faculty members made it easier for me to adjust to college life and life in America in general. International community here is very tight. Everyone within the community helped each other go through struggles and difficulties. Overall, the transition from where I am from to Lawrence was not a problem for me.

What is one of the most memorable moments during your years here at Lawrence?
The first week of Lawrence was the most memorable time for me because all of my close friends right now are those I met in the first week. Through activities that Lawrence International board and ISS had made during the first week, had helped me meet wonderful friends.

What are you involved with at Lawrence?
I’m currently one of the Event Coordinators in Lawrence International Board. Also, the Vice President for Events Planning and Organizing Committee.

Do you have any plans yet for life after Lawrence?
I would like to secure a job maybe in Thailand or in America and pursue a graduate degree.

Do you have any advice for the underclassmen?
School could be stressful from times to times, but do not forget to have fun. Especially coming through the end of the first term, you tend to feel like everything is on your shoulder and the eagerness to go home for winter break. However, join some clubs, go out for good foods, or shopping with your friends. Give yourself space to breathe from school. Have fun and keep yourself warm!

Save the date!
Lunar New Year 2017
Saturday, January 28

For details or to volunteer: internationalhouse@lawrence.edu
Dear Leah,

What do I need to do if I want to do an internship during school breaks? Would there be a difference if it is a paid or unpaid internship?

Whether you plan pursue and internship during school breaks or during the school year, the Curricular Practical Training (CPT) process is the same. Also, whether the internship is paid or unpaid, you should follow the same CPT process.

F-1 students are eligible to request CPT after completing one academic year and need to complete some paperwork, both individually and with their advisor, before they will be permitted to start the internship.

Key Items to keep in mind!
- Your internship must be related to your major.
- You must enroll in a related academic course or independent study in the same term of study (or if your internship is during a break, such as winter or summer, the next available term).
- CPT must be renewed each term.
- Plan ahead. Academic advisors and ISS staff will need at least 3 weeks advance notice before you start working.

When you are ready to consider applying for internships, please request a CPT application packet from International Student Services and notify your academic advisor that you will be applying for internships which will require them to sign-off on some paperwork if you are hired and before you can start working.

November is in full swing and once again, we are getting closer to a very well-deserved winter break. Plan ahead for smooth traveling and a fun hassle-free winter break! Below is a checklist to help you along:

If you are leaving campus for the break:
1. Remember the important dates!
   - Residence halls will be closed by Wednesday, November 23, 2016 at noon.
   - Residence halls will be reopened on Monday, January 2, 2017 at 9 a.m.
2. Get your I-20 signed for travel endorsement. See the first page for travel endorsement office hours.
3. Print out Campus Life Winter Break Check-out details. Pack and rearrange your furniture accordingly.
   - Unplug all electronic appliances
   - Throw out perishable food; empty, defrost and unplug your fridge!
   - No live Christmas trees or pets.
   - Move furniture at least 12 inches away from radiators/heating vent.
   - Lock your windows and door, and take your keys with you.
   - Sign and date the check-out information sheet by your door.
4. Pack up and store your belongings if needed. Campus-wide storage room hours will be posted in each hall.
5. When planning your travel, don’t forget about Lawrence Shuttle Service back to campus from Chicago O’Hare airport, Milwaukee and Minneapolis/St. Paul on January 2nd, 2017. Sign up early at Raymond House. Cost: $20.

If you need to stay on-campus:
1. Winter athletes, December Opera Intensive, and D-Term registered students do not apply.
2. Otherwise, fill out a Winter Break Request for Housing Form. On-campus housing over break will be $112.50 a week, no meal plan applied. Students can use Viking Gold for meals during D-term period.

If you need to stay late after hall closing and/or arrive early:
1. Room rate: $25/day
2. Early arrival requests for winter term must be submitted by Wednesday, December 21. Late requests will be assessed a late fee of $25.