JANUARY BIRTHDAYS

Jan 1: Jerry Liang
Jan 6: Yiming Li
Jan 7: Felix Henriksson
Jan 8: Mingyan Lu
Jan 12: Yang Zhao
Jan 13: Luqiong Wang
Jan 14: Galini Poimenidou
Jan 14: Maria Poimenidou
Jan 15: Elias Stauth
Jan 16: Tabarique Anwar
Jan 18: Nijesh Upreti
Jan 20: Leopold Mayer
Jan 23: Sophia Healey
Jan 29: Mio Shibagaki
Jan 31: Nils Carlson

UPCOMING EVENTS

Jan 17-22: London Week 2017—From full-fledged English breakfast to Sherlock Viewing Party, come to learn more about Lawrence’s very own London Centre, come enjoy the best of London and learn more about studying and living in London.

Jan 24-31: RLA & CORE Leaders Tabling—Come learn more about being a leader on campus and get info about becoming an RLA or a CORE leader and how to apply online. Current leaders will be there at WCC, outside the Mail room. 11am-1pm & 5-7pm.

Tuesday, Jan 24: MARS Discussion: Masculinity and Mental Health—MARS will host a discussion open to the public about masculinity and mental health. Diversity Center. 5pm.

Jan 27-29: 52nd Annual Great Midwest Trivia Contest—play 50 consecutive hours of trivia. Tune in to WLFM Studios to participate or listen.

Thursday, Feb 2: Convocation “Far From the Tree: How Difference Unites Us” - Andrew Solomon, writer, lecturer, activist. Memorial Chapel. 11:10am, free & open to the public.

SAVE THE DATE: LUNAR NEW YEAR EXPO

Come celebrate with Lunar New Year with your peers! Learn more about Lunar New Year traditions from various Asian cultures—expo booths will be put up by the Chinese Students Association, Korean Culture Club, Pan-Asian Organization, South Asian Student Association, Lawrence International, Vietnamese Students Group and Japanese Students Group. Each booth will have exciting games and activities, as well as snacks and many more surprises on display! A photobooth will also be available for you to take photos with your friends. The highlights will be four performances from various professional groups around the area—a Vietnamese hip-hop dance with traditional music and a modern twist, a Hmong dance from a local dance group, a Lion Dance and a Japanese drumming performance to spice up the night.

Thursday, January 19th
International House @ 11:10am

Professor Jake Frederick, associate professor of History
A writer, lecturer and activist in psychology, LGBT rights, and the arts, Andrew Solomon won the 2001 National Book Award for Nonfiction for "The Noonday Demon: An Atlas of Depression" (2001). This book received much acclaim and was a finalist for the 2002 Pulitzer Prize. A second edition was published in June 2015. More recently, Solomon's "Far From the Tree: Parents, Children, and the Search for Identity" (2012), also was an acclaimed best-seller, winning the National Book Critics Circle Award for Nonfiction. He has contributed to the New York Times Magazine and The New Yorker in the past. Solomon received a bachelor’s degree in English from Yale University and a master’s degree in English from Jesus College, Cambridge. He earned a Ph.D. degree in psychology by Jesus College, Cambridge. President of PEN American Center, he is currently a professor of clinical psychology at Columbia University Medical Center and a lecturer in psychiatry at Weill-Cornell Medical College.

WINTER SURVIVAL 101

Whether this is your first snow, or the third in a row, Wisconsin winter can still be brutal, with a notoriety of being utterly unpredictable, cold-hearted, and full of slips and slides. Below are some tips for you to stay warm, toasty and healthy this long cold white winter!

**Bundle and Layer, layer, layer!** - stay warm by layering, not forgetting your gloves, and wearing thermal clothes! Protect yourself from these midwest-below-freezing temps by piling on the clothes. Who cares how marshmallow-like we look when we’re warm and toasty beneath our thickest winter jackets and 19 layers of Under Armour? Winter clothing can get expensive, so check out the thrift stores around campus, and don’t be afraid to call Campus Safety if you need a ride back from wherever you are! They’re more than happy to give rides, believe us. Also, wearing a hat goes a long way, as most body heat escape through your head (surprise!).

**Eat Right (fruits, veggies, breakfast!)** - Remember to eat healthy during the winter! It can be tempting to cozy up in bed with leftover holiday sweets or junk food, but winter is a time when many of us get stuck feeling slow and low on energy. Eating fruits and leafy greens can give you the vitamins you might be missing, and eating breakfast will help you stay awake and alert all day!

**Keep Clean!** - this goes without saying, but wash your hands and shower regularly. In the midst of cold and flu season, these simple things go a long way, especially when the person next to you is probably coughing and sneezing at this moment.

**Exercise**—Exercise is another thing many of us forget about in the winter. Cold weather and snow makes it inconvenient to get to the gym, but grab a buddy and push yourself off the couch. Hit the YMCA or Wellness Center, or check out fitness classes offered every day on campus, including yoga, TRX, and many more. A couple jumping jacks and squats would do, just get moving!

**If you get SAD, it’s okay!** - Once in awhile everyone gets a little SAD (Seasonal Affective Disorder), when the lack of daylight and the cold make us all a bit more weary. Get your own fill of sunlight with the light therapy lamps in residence hall lounges or in the Wellness Center; they mimic natural sunlight, and are a great source of joy on dreary wintery day. Or, have a quick chat with one of the counselors! If some puppy therapy is what you need, there are plenty of puppies around campus that belong to professors and staff members, and would gladly play and share some puppy love.

**Keep yourself active**—Fill your calendar/planner with events! There are plenty this winter term, notably the annual Winter Carni...

val, a fun-filled week with broomball tournament, ice-sculpting competition, and the fancy President’s Ball. Keep yourself updated on all the talks and discussions Lawrence have to offer. Many job and internship opportunities will pop up around this time as well, so keep a look out!

**Help Others**—Volunteer and get off campus! If you’re a volunteer enthusiast or are just looking to help out when you have the time, join Rotaract or reach out to the VCSC! There are plenty to do—cook a meal for the local warming shelter, homeless shelter or soup kitchens, crochet blankets with senior citizens, tutor and hang out with some LARY buddies and VITAL tutees, and many more!

**Manage Your Stress**—Keeping your stress levels from shooting out of your head is a challenge no matter what the season, but you really want to keep them in check during the winter! Too much stress weakens the immune system and you’ll just end up becoming more stressed from the cold or flu putting you behind. Use a planner, exercise, eat right, get sleep, see a counselor, spend time with friends, call your mom, listen to music, read a book, and just remember that balance is key!

**Wellness Center Perks**—If you ever need some Tylenol or Advil to deal with the winter’s maladies, go to the Wellness Center because they provide little packets of medicine, as well as tissues and hand sanitizer! Free condoms, STI testing, and a plethora of other health and wellness information and services are also available.
Can you tell me a bit more about yourself and your background?
I was born and raised in Hunan, China, completed my undergraduate studies at Nankai University in China, then came to the U.S. to attend graduate school. I am a Counseling Psychologist by training, earned my Ph.D. degree from University of Denver. Prior to coming to Lawrence University, I have worked at other college campuses including Colorado State University, University of Michigan, and University of Wisconsin-Madison. I enjoy working with college students, and I am passionate about working with international students and students of color and joining them in their journey of developing their identities, formulating their values, searching for meaning in life and building resilience to face future challenges.

How has it been for you adjusting to life in the US and living here? Do you have any advice for students who might be struggling?
It was really hard and isolating when I first came to school in the U.S. There were only a few international students in the entire university, and the language barrier made it hard to keep up academically as well as make social connections. On top of adjusting to a new school system and new culture, I was also dealing with immigration stress, such as filling out immigration paperwork, getting a Social Security card to work, applying for a credit card, etc. I always go back to a statement I once heard about being a foreigner: ‘It’s like you’re playing a game, but no one tells you the rules until you’ve broken them.”
Advice: engage in self-care activities such as eating well, getting enough sleep, exercising, making and maintaining healthy relationships; pay attention to how you are doing physically, emotionally, and mentally; talk to people and ask for help and support; do not wait till you are in crisis to seek help.

What is the International Students Discussion series? Is it open for all?
The International Students Discussions is a drop-in, informal, confidential, and friendly discussion series called "Food, Fun, and Friendships". We meet every Tuesday 11:10-12:10 at the International House. It is open for all international students. Topics related to cultural differences, academic and social adjustment, stress management, etc. are discussed. It’s open to everyone with a global background!

What do you hope to achieve through the discussion series?
It is a safe place for international students to connect with each other, support each other through challenges and stressful times, and celebrate our strengths and resilience!

What do you hope for your role at Lawrence University to become?
There is a big need for providing services and general support for international students, students of color, students who identify as LGBTQ+, and students who have other marginalized identities. I definitely want to advocate for more services and help to create an environment that support them to thrive and succeed at LU.

I.S.S. STUDENT SPOTLIGHT: YIMING LI

Name: Yiming Li
Year: Senior
Major: Mathematics
Country: China
Career Aspiration: Data analyst
Why did you choose Lawrence?
I wanted to go to a school with a close-knit community. Lawrence fits that really well. Also before I decided, Lawrence staff sent me a lot of emails that covered all the information and resources. It was caring and thoughtful.

What is one of the most memorable moments during your years here at Lawrence?
I think it would be having Toppers with friends when we were staying up for school work. It was friendship and hard work.

What are you involved with at Lawrence?
I am the event manager for Lunar New Year Celebration, a member in Kappa Alpha Theta and also a VITAL tutor.

Do you have any plans yet for life after Lawrence?
I don’t have any specific plans right now, but I do know that I want to spend a couple years working/studying away from home, whether in the US or anywhere in the world.

Do you have any advice for the underclassmen?
Be involved but also don’t be limited. Always keep an open mind, and try different things. It is never too late or too busy. At the same, travel and talk to friends that go to other universities to see and know more about the world outside of Lawrence.
Question: "I am hoping to stay in the US for Summer Break to work and/or intern. Where should I start looking for opportunities? What should I do?"

Answer: Thank you for asking. I recommend looking at the resources provided by Career Services through their website or going to their office by appointment or during Drop-In Hours. LU Works is a great place to start, but I also recommend seeking out specific organizations where you are interested in applying and checking their website for internships.

Remember, as you are planning your internship, be sure to notify ISS and Career Services. ISS must authorize paid and unpaid internships related to your major through the Curricular Practical Training (CPT) authorization (for F-1 visa holders) or Academic Training (AT) authorization (for J-1 visa holders) BEFORE you begin the internship.

More information about internships and CPT can be found at https://go.lawrence.edu/immigration. Click the “Work” button and then click “CPT” button on the right hand side to peruse the new CPT page!

And remember, now is the Tax Season, and all international students must file tax documents every year, whether they are working or not! Check your email for your tax workshop appointment.

CABARET 2017 APPLICATION AND AUDITIONS

It is that time of the year again! Applications are now open for performers, volunteers and emcees for the 51st Cabaret, the flagship event of Lawrence International—a vibrant multicultural showcase of the diversity present on the Lawrence campus.

**Application deadlines:**
- January 22nd for performers and emcees applications
- February 12th for fashion show
- February 19th for volunteers

**Audition dates:**
- Thursday, January 26th
- Friday, January 27th

SUSTAINED DIALOGUE TRAINING AT LAWRENCE

A new program at Lawrence in partnership with the Sustained Dialogue institute, Sustained Dialogue (SD) program aims to facilitate the dialogue-to-action process and that transform relationships and create informed community changes. This program gathers participants from diverse backgrounds into small groups that meet regularly to develop strategies to improve the campus community, especially around the different dimensions of diversity. These include diversity in age, disability and mental health, ethnicity, race and color, religion, sex and gender, sexual orientation, and socioeconomic status. This winter term, new training dates are available:

**Saturday, Jan 21:** Daylong This daylong training is open to any campus community member and will focus on topics such as dialogue vs. debate, inclusive language, asking strong questions, and building relationships. The skills learned in this workshop will be valuable to you even if you decide not to continue with Sustained Dialogue at Lawrence.

**Sunday, January 22nd:** Those interested in becoming a trained moderator with the Sustained Dialogue project must also attend the training sessions January 22nd. This second day of training will focus on establishing dialogue groups, be introduced to moderator resources and will get to practice moderating inclusive dialogues. Participants completing both days of training will receive a certificate of completion.

For more information and sign-up, check out here (https://go.lawrence.edu/dialogue).