



Announcement of a New Newsletter

I am pleased to announce that International Student Services (ISS) has launched a newsletter, *Aiming for Success*! I am so grateful to all the contributors for making this newsletter happen, and I am impressed by our talented student writers and photographers. We have provided this newsletter for our international students and scholars, also their families, to aid in academic achievement, institutional resources, culture awareness, and community services.

Academics can be fun; and study abroad experience should be a highlight in one's life. In each issue, we will cover some seasonal hot topics, learning skills, and academic resources. Aiming for Success is also a stage for international students and scholars to shine. We will feature some outstanding students by interviewing them and sharing their stories. We want to hear your voice, and readers' opinions are always welcomed. International students and scholars have opportunities to publish their journals and articles, as well as to showcase their achievements either academically or in life. Aiming for Success also thinks of families. We understand that students and scholars can better concentrate in their studies and researches when their families are being taken care of and having a good time. There will be a "family" column in each issue that addresses common concerns from students and scholars' dependents.

Readers can also find Academic Advising information by visiting the <u>Rinker Center website</u>. If you would like to become a writer or photographer for this newsletter, nominate students or scholars to be interviewed, give us suggestions on topics you would like to read about, or simply leave a comment, please email me at <u>linlin@bsu.edu</u>.

Thanks for stopping by. Enjoy the issue and please come back for issue two in the summer.

Sincerely,

Lin Lin International Student Academic Advisor Advisor for "Aiming for Success" Newsletter

Summer is on its

Way...traveling and what to do before you leave

The Rinker Center for International Programs has provided this newsletter for our International Students to aid in academic achievement, institutional resources, and cultural awareness.

Are you graduating this semester? If so, there are several things that you should consider before walking across the stage. With all of the business of your final semester at Ball State, graduation may arrive faster than anticipated. It is important to start planning early so you are prepared for your next step. If you are planning to graduate and return to your home country, there are several things you will need to do to ensure that you are prepared. First, make sure you have finished any incompletes you may have received in your classes. You will not be able to graduate if you have any incomplete classes. You will also need to tie up any loose ends before you leave the country. If you receive important mail to your residence hall or apartment, be sure to forward your mail to your new address. Also, if you have an American bank account that is not accessible in your home country, make sure to close that account prior to returning. If you have furniture, cars, winter clothes, or any other items that you are not able to take with you, arrange for those items to be sold or given away.

If you are hoping to have a job soon after graduation, it is important to start early. If eligible, apply for OPT or Academic Training through RCIP. Take advantage of the free resources that are available to you on campus simply by being a student. The Career Center is an excellent resource that can help you prepare for your job search and interviewing. The staff is skilled in assisting with resumes and cover letters, providing tips about proper interview attire and what to expect in an interview, as well as facilitating mock interviews. For more information, contact the Career Center at (765) 285-1522 or visit them in Lucina 220. Some other suggestions to consider before graduating would include: obtaining the contact information from your professors. Having this information would be beneficial if in the future you need a recommendation letter or reference. Also, if you are unable to live with family, consider searching for housing at home as well. Also consider requesting transcripts from the university. Before you graduate and up to a few weeks after you graduate, transcripts from the university are free. If you wait too long after you have graduated to request these documents, you may have



to pay a fee. When packing your belongings to return home, you may need supplies such as boxes, tape, etc. Request these early so that you do not have to worry about it during finals week.

The last suggestion is to plan ahead to travel home. Be sure to make travel arrangements early. The longer you wait to purchase a plane ticket, the more expensive it will be. Search for jobs at home so when you arrive you already have a job or prospective jobs/interviews set up.

Preparing for Finals

As you know, finals week is fast approaching (April 30th–May 4th). We have prepared several tips to help you to prepare for that busy week. First, it is important to know what classes you will have exams in, when those exams will be, and what will be on those exams. Also, be sure to stay healthy; eat healthy, get plenty of rest, and exercise.

It is also very important to study, study, study! The Bracken Library will be open from 7am-3am April 30th-May 3rd so be sure to take advantage of those hours. Another suggestion is to form study groups with other students in your classes. Also, consider visiting your professor during his or her office hours or setting up an appointment with them prior to finals week. Meeting with your professor will allow you the opportunity to ask questions about topics that you may not understand and will show that you care about the class and your grade.

Finally, if you are struggling in a class, would like some extra help, or would benefit from study skills suggestions, consider contacting the Learning Center about tutoring. The tutoring is free to any Ball State student and times can be arranged by calling 765-285-1006 or by going to North Quad 350. Please keep in mind that the tutoring sessions do fill up fast so contact them early.

Test Taking 101

While most of people enjoy being a student, few of them love to take tests. Since we cannot avoid test taking as students, let's try to be the master of it and enjoy it. Finals week is around the corner, I would like to introduce you to "Test Taking Skills 101" and learn from other students' successful experience.

Anxiety usually accompanies students during finals week. While some stress can actually be a positive motivator, being too nervous or tense can be problematic, especially if it interferes with your test taking performance. The best way to reduce your anxiety level is to be confident about yourself. "Practice makes perfect". It is not too late to start asking questions to your professors, studying with your classmates, visiting tutors at the Learning Center, and scheduling extra hours to review your text materials. Before your tests, study from the beginning of the course (unless your instructor has addressed that only certain chapters of the text would be covered in the test). Studying every night will save you the agony of having to cram on the night before the test. There is no mystery to doing well on the test. Most instructors create tests that are based on the reading assignments and the material they cover in class. Therefore, read your assignments, listen to your instructor, and take good notes about what your instructor thinks is important. Also, instead of trying to memorize all of the intricate details from an entire semester's worth of notes and readings, try combining everything and learning the larger, main concepts first.

When preparing for tests, you can also try to create your own study aids. Flashcards, checklists, chapter outlines, and summaries will help you organize and remember the material better. Some students organize a study group to meet with classmates several days before the test. Remember do not let them become social events. Make sure to arrive early on test day because being late could ruin your concentration. This seems obvious, but every year we have students who missed the alarm or got to a wrong classroom.

When taking tests, read and listen to all directions carefully before starting the test. Skipping directions can be a costly mistake. You need to budget your time by not wasting time on parts you don't know or on the parts you know well. Many advisors suggest students to answer multiple-choice questions first. Answering these first will help you remember the material and make connections between concepts. If you have extra time, please check your answers. Skim or re-read for mistakes and make sure you have answered all parts of the question! There is one detail that is often ignored by students, which is to write neatly. It may not count directly toward your grade, but your instructor will appreciate a clearly written test because it is easier to grade.

Still need help? Please contact the following free services at BSU.

The Learning Center: North Quad 323, (654)-285-1006

The Learning Center offers FREE tutorial services that cover "core curriculum courses", "math, physics, accounting and economics courses", "paper reviewing and editing", and "study strategies".

Counseling Center: Lucina Hall 320, (765)-285-1736

This comprehensive services office provides free and confidential psychological and career resources to students.

<u>International Student Academic Advisor</u>: Student Center 102 (Rinker Center for International Programs), (765)-285-5422

The international student academic advisor will explore your concerns, discuss possible solutions, and connect you with resources and people that can help to improve your situation.

Managing Your Stress

Final Exams can cause stress and anxiety for many students especially at the end of the semester. Often times, students resort to unhealthy ways of managing stress, such as, smoking, drinking alcohol, overeating or under eating, withdrawing from friends and family, or sleeping too much. There are healthy ways of dealing with stress. Below you will find some good examples and ideas of what you can do to relieve stress and relax during finals.

- Do not over commit yourself to extra things
- Avoid people who stress you out
- Express your feeling instead of bottling them up
- Mange your time
- Look at the big picture of things
- Focus on the positive.
- Make time for fun and relaxation
- Go for a walk
- Spend time outdoors
- Call a good friend
- Exercise
- Write in a journal
- Light scented candles
- Savor a warm cup of coffee or tea
- Cook yourself dinner
- Play with a pet
- Work in your garden
- Listen to music
- Watch a comedy
- Read a good novel

SUMMER BREAK Photo Contest



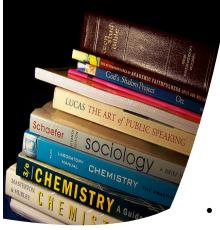
We are hosting a
Summer Break photo
contest! Summer is a
great time to relax,
travel, visit home, and
explore the country.
Show us your wonderful
photos! We will post the
winner's photo in our
future newsletters and
the winners will receive
a prize!

Please send a photo or multiple photos with your submission to LinLin@bsu.edu

Please include the following information: Your Name, Year of School, Major, Hometown (optional), and a Brief Description of the Picture(s).

All entries are due by 5:00pm on Friday August 24th, 2012





Buying, renting, and selling books can be stressful. Students know better than anyone how expensive college textbooks can be. Students have the option to rent textbooks, as well as buy both new and used textbooks, and sell their used textbooks to other students. To the right you will find some tips to think about when buying, renting, or selling your textbooks. The helpful website resources are not affiliated with Ball State and are websites where the company will send your purchased textbooks to you in the mail.

Books... What to buy, what to sell, what to rent.

The book buying, selling, and renting process can be confusing. This section will help you better understand the student process.

- Check the Ball State website or with your professors to be sure you are purchasing the correct books before you make a purchase.
- Search online for your best options. To the right you will see some great websites for buying, renting, and selling your books.
- Check renting options first if you do not want to keep your book for personal use in the future. Just remember you have to return these books at the end of the semester.
- Online books are becoming more popular too and are typically cheaper.

Great textbook websites:

www.bigwords.com
www.chegg.com
www.textbooksrus.com
www.textbooks.com
www.half.ebay.com
www.amazon.com
www.abebooks.com
www.abebooks.com
www.campusbooks.com
www.alibris.com

Summer Activities

Will you be spending your summer here in Muncie? Are you wondering what there is to do around the city during that time? Well, there are a lot of fun things to do in and around Muncie in the summer. Check out the list below for more information:



- Muncie Children's Museum 515 South High Street, Muncie, IN, 47305 (765) 286-1660
- National Model Aviation Museum 5151 E. Memorial Drive Muncie, IN 47302 (765) 287-1256
- Moore-Youse Historical Museum 120 E. Washington Street Muncie, IN 47304
- Maplewood Golf Course 4261 E. County Road 700 S. Muncie, IN 47302
- Sultan's Castle 3501 N. Granville Ave. Muncie, IN 47303
- Minnetrista 1200 N. Minnetrista Parkway Muncie, IN 47305
- **Life Science Museum** 2000 University, Muncie, IN 47303
- Solution Skate Park 5430 N. Wheeling Ave. Muncie, IN
- Muncie Symphony Orchestra 2000 W University Ave # Ac112, Muncie, IN 47306 (765) 285-5531
- Muncie Civic Theatre 216 East Main Street, Muncie, IN 47305 (765) 288-7529
- **Prairie Creek Reservoir -** http://www.cityofmuncie.com/attractions/attraction.asp?aid=21
- **Downtown Muncie** http://munciedowntown.com/
- Christy Woods -http://cms.bsu.edu/Academics/CentersandInstitutes/FSEEC/Properties/ChristyWoods.aspx
- Cardinal Greenway www.cardinalgreenways.org

Semester in Review









































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the Newsletter? Simply Want
to Submit Your Essays,
Journals, or Photos? Aiming
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Stage for You to Shine!!
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We'd like to hear from you.

Aiming for Success

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