

International Conversation Hour

Newsletter

Welcome to Conversation Hour!

November 1, 2011
Volume 1, Issue 2

Have you attended International Conversation Hour? If you have never been to one of our meetings, we invite you to an evening of friendship, conversation, and fun!

International Conversation Hour invites international and U.S. students to meet, learn from each other, and make cross-cultural friendships.

Each week, we get together to participate

in a brief mingling activity, after which we chat in small groups about a variety of topics, including school, friendships, relationships, holidays, food, and other cross-cultural topics.

At the end of the evening, we make community announcements, which include other interactive, fun, and social activities that occur on the BSU campus.



International Conversation Hour:

Every Tuesday Night

6:00 pm – 7:30 pm

Student Center

Room 310

We want to hear from you...

Do you have any questions about International Conversation Hour?

Would you like to share your experiences after attending our meetings?

Do you have ideas about future international conversation topics?

Would you like to become a small group conversation leader?

Or, maybe you would like to write a special topics article for our newsletter...

We would like to hear from you! Please email Pei-Yi Lin at plin@bsu.edu.

Coping With Stress

My name is Elena Yakunina and I am an international student from Bulgaria, Eastern Europe.

I came to the U.S. eight years ago, and I am currently completing my doctoral degree in counseling psychology.

I believe that being an international student in the U.S. can be very stressful. Many international students face cultural difficulties, such as

speaking in a foreign language and living in a culture that is different from our own.

We often struggle with a language barrier and feel shy about making friends.

We may worry about our academic performance, because we know that our families expect a lot from us.

We may miss our significant others back home and feel sad to be away from family and friends.

We may also worry about maintaining our visas, managing finances, and finding a job after graduation.



How do you know you are stressed out?

The challenges of being an international student can result in a lot of stress. This stress can affect us in many different ways.

Sometimes, stress makes us worry about the future, to the point that it is difficult to relax.

We may be so stressed that we

have difficulty sleeping or we may no longer eat regular or healthy meals.

“Symptoms of stress include worry, disrupted sleep, muscle tension, and irritability.”

We may also experience a lot of physical tension, such as headaches, back pain, or other muscle pain.

Stress also can make us irritable or it can force us to avoid other people and social events.

Ways to Cope with Stress:

If you find yourself tired, tense, or stressed-out, here are some things you can do to cope:

- ✚ You can seek support from friends and family who provide help and advice.
- ✚ You can talk to a religious leader, use your faith, or pray.
- ✚ You can maintain a healthy lifestyle by eating healthy, balanced meals.
- ✚ You can manage stress by staying active and engaging in physical exercise.
- ✚ You can focus on the present moment and deal with problems one at a time.
- ✚ You can be gentle and kind to yourself and reward yourself for success.
- ✚ You can look at challenges as opportunities to learn and grow.

**Ball State University
Counseling Center**

For other stress management strategies, visit the Counseling Center Relaxation Room!!!

**Lucina Hall
Room 230
Muncie, IN 47306**

**Hours: 8 a.m. - 5 p.m.,
Monday through Friday
Phone: 765-285-1736
Fax: 765-285-2081**



Visit Our Relaxation Room...



The Ball State Counseling Center would like to invite you to our Relaxation Room. Here, you can relax in a massage chair, meditate in a peaceful environment, and listen to calming and uplifting music. The Relaxation room is open: