



International Voice

Thursday, May 21, 2009

International Student & Faculty Services

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International Week Roundup

Despite the wet weather, the International Street Fair was host to an enthusiastic crowd that experienced food and performances from around the globe.

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If you would like to add information to the International Voice, including events or announcements, e-mail Arden at ag192305@ohio.edu.

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Drummers led the International Street Fair Parade.



PERMIAS sold jewelry and food during the Street Fair.



ASU members set up their Street Fair table bright & early.



OU President Roderick McDavis speaks at the beginning of the Street Fair.



Students from Ghana dance to traditional music.



Sam Johnson sings a song from his native Liberia.



More from the Street Fair



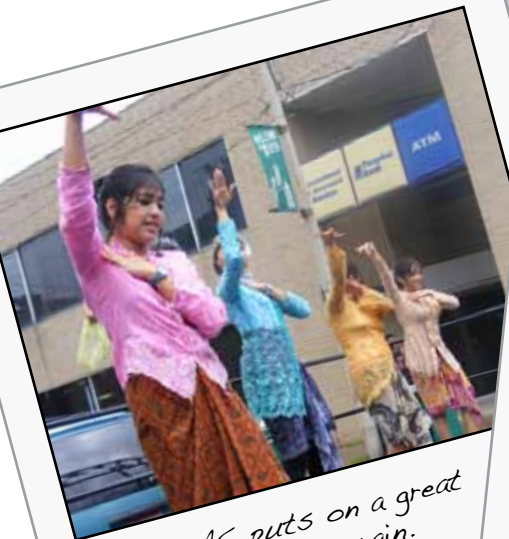
The Association of Nigerians performs a high-energy piece.



Members of PERMIAS present the traditional Saman dance.



Representatives from CSSA pose for the camera at their Street Fair booth.



PERMIAS puts on a great show despite the rain.



The Sino Society wows the crowd with a dance from China.



PERMIAS led the crowd in the Poco-Poco, an Indonesian dance.



International Week *Recap*



PERMIAS members play the angklung during ISU's Talent Show.



This dance native to Malaysia is a dance with the body and the eyes.



Five couples performed the Malaysian Juget dance.



Popo Handopo danced with two other students to a medly of pop songs.



Dr. Zubeida Desai presented a lecture on African languages during the International Studies Forum.



Sally Aljoris makes Syrian alum charms at Marti & Stewie craft night.



Immigration Update

Check the end date on your I-20 or DS-2019:

Students who have an end date of 6/12/2009 on their I-20 or DS-2019 are reminded that they must apply for a program extension if they will not complete their program this quarter. Students must complete their program extension **BEFORE** 6/12/2009 in order to maintain their F-1 or J-1 status.

Optional Practical Training and Academic Training

F-1 students who wish to apply for OPT may begin the process up to 90 days prior to their program end date and up to 60 days after their program end date. However, we recommend applying 2-3 months prior to when you want to begin working to allow for processing delays.

J-1 students wishing to apply for Academic Training **MUST** do so prior to the completion of their program of study. If you are interested in learning more, please schedule an appointment with an ISFS advisor.

Travel Signatures

Students traveling outside of the U.S. must have their immigration documents signed prior to departure. Please bring your I-20 or DS-2019, along with all supporting documentation (for example, financial support, change in major field of study, etc.) with you when you fill out a travel signature request form. **You will need to allow up to two weeks for processing, so please plan ahead.** When your documents are ready, you will be notified by e-mail.

NOTE: J-1 students who are not sponsored by Ohio University must contact their program advisor for information on the procedure for having their DS-2019 signed for travel and reentry. ISFS cannot sign your DS-2019.

If you have any questions or would like to schedule an appointment with an advisor, you can stop by the ISFS Office located in 348 Baker Center Monday - Friday from 8:00 A.M. - 5:00 P.M., call 740-593-4330, or e-mail isfs@ohio.edu.

WALK - IN ADVISING SCHEDULE

ISFS advisors are available Monday - Friday from 2:00 P.M. to 4:00 P.M. to answer your **quick questions** pertaining to F-1 and J-1 immigration issues such as:

- Curricular Practical Training (CPT)
- Maintaining your status
- Optional Practical Training (OPT)
- Program Extensions
- Travel



Flag of the Week

The Flag of Guatemala

Capital City: Guatemala

Population: 14,280,596

Languages: Spanish, 23 Native American Languages

The flag of Guatemala has a bold design of blue and white bands, linking it to that of the other countries of Central America, which also use blue and white on their flags. Its coat of arms, in the middle of the white band, makes reference to the country's history, with a background design of crossed rifles and swords, over which is a

scroll bearing the date of its independence from Spain: September 15, 1821. Perched on the scroll is the long-tailed quetzal, Guatemala's national bird.

Courtesy of [The Directory of Flags: A guide to flags from around the world](#) by Charlotte Greig



Wendy Gamaz displays the flag of Guatemala.



Map of Guatemala and surrounding countries.



Tips for Success

Brought to you by:
The International Student Outreach Team
Tel. 740 593-1616
<http://www.ohio.edu/counseling/>

Attention Deficit Disorder*

Some people just have a harder time than others trying to focus and work on their academics. Some of the time, trouble focusing can be a symptom of an attention disorder. Knowing what the problem is can really help if you want to improve. Here are some of the difficulties that individuals with attention deficit disorder (A.D.H.D.) might experience:

- Failing to give close attention to details and/or making care less mistakes
- Difficulty in sustaining attention (daydreaming) and/or being easily distracted
- Not following instructions or failing to complete tasks
- Difficulty with organization
- Avoiding tasks that require prolonged mental effort (doing homework, starting a paper, studying for a test)
- Losing things required for tasks (Notebook for class, keys)
- Feeling restless when sitting
- Being forgetful in every day activities



Many things can cause A.D.H.D., so there are many ways to deal with it. Here are a few things you can do if you have experienced these difficulties:

Coaching – Consistent brief meetings with a coach can help you. Sessions should include study skills, time management, and organizational techniques. Contact the Allen Student Help Center (Baker 419, 740-566-8888, helpcenter@ohio.edu) if you are interested in an academic coach.

Web Resources – Many people with A.D.H.D. can benefit from learning more about it. You can start with the website: Children & Adults with Attention Deficit Disorder (www.chadd.org)

Medication – You can use medication to treat A.D.H.D. but first talking to a counselor is a must.

Counseling – The counseling center has a support group for students with A.D.H.D. If you are interested in talking to someone about A.D.H.D. and how to deal with it, or you just want more information, please contact CPS (Hudson Health Center 3rd floor, 740 593-1616) or email Dr. Sheila at Counseling.Services@ohio.edu.

* Adapted from the University of Illinois at Urbana-Champaign's Counseling Center, http://www.counselingcenter.illinois.edu/?page_id=137



Announcements



What is the WellBeing Plan?

The WellBeing Plan is a new student health option created to enhance health and counseling services. It works together with your medical insurance to reduce the costs of health services on campus. You are automatically enrolled at the beginning of each quarter and it's only \$40/quarter.

How Does the WellBeing Plan Help Me?

Student Health Services: For sickness or injury, the WellBeing Plan covers your \$15 co-pay for medical office visits, lab work and x-rays. If you **DO NOT** have the WellBeing Plan, you will be charged \$15 for medical office visits, lab work and x-rays.

Counseling and Psychological Services: The WellBeing Plan provides 13 **FREE** individual counseling sessions per year and **FREE** group counseling. If you **DO NOT** have the WellBeing Plan, you will be charged \$20 per individual counseling session, after the first free session, and \$50/quarter for group counseling.

If I Want the WellBeing Plan, What Do I Do?

You don't have to do anything! You are automatically enrolled each quarter. Save on out-of-pocket expenses and take advantage of these new benefits. For more information, please visit ohio.edu/wellbeing.



Division of Student Affairs
Creating Community, Cultivating Leaders



Upcoming Events

African Studies Brown Bag

Date: May 21

Time: Noon – 1:00 p.m.

Location: Yamada House 009

This week's African Studies Brown bag features a talk by Jeremiah Njeru called "'Defying' Democratization and Environmental Protection in Kenya: The case of Karura Forest Reserve in Nairobi."

Media Policy in Malaysia Lecture

Date: May 21

Time: 2:00 – 3:00 p.m.

Location: Yamada House 009

The Southeast Asian Studies Program and the Tun Abdul Razak Chair are presenting a lecture by Dr. Azizah Hamzah entitled, "Media's Role in National Development: Media Policy and National Stability in Malaysia." Dr. Azizah is Chair of the Department of Media Studies at the University of Malaya.

Marti & Stewie

Date: May 21

Time: 9:00 p.m. – Midnight

Location: Baker University Center 1st Floor

This week's Marti and Stewie project is Sculpy Clay. You will be able to make small clay projects, magnets and beads for summer jewelry and key rings! Please note, that due to the large turn out at our program, we will have to limit the clay projects we can harden for you. Priority will be given to small beads for the hemp necklaces so you can complete that project at the M & S program. For larger projects, we will provide information on how to bake or boil your project at home.

PERMIAS Conversation Hour and Traditional Dance

Date: May 22

Time: Conversation: 4:00 – 5:00p.m.; Dance: 5:00 – 7:00 p.m.

Location: Gordy 311



AN INTERCULTURAL COMMUNICATION WORKSHOP

for American and Chinese International Students

IF YOU ARE:

- FEMALE
- AMERICAN OR CHINESE
- A FULL TIME COLLEGE STUDENT
- GRADUATED FROM OPIE AND/OR HAVE A STRONG GRASP OF ENGLISH
- INTERESTED IN LEARNING ABOUT CULTURE IN A FUN ENVIRONMENT

Register for the workshop by calling 740-802-0337
or email artemis1120@hotmail.com

Only 20 spots available, so register early. Qualified participants are granted first come, first serve registry. The workshop is *FREE* and lunch, and refreshments will be served.

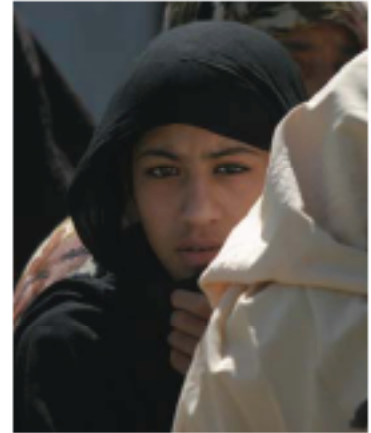
FRIDAY, MAY 29, 10 AM TO 4 PM, BAKER 341
SATURDAY, MAY, 30, 10 AM TO 4 PM, BAKER 239

This is a two day workshop. All participants must be prepared to attend both days. This workshop includes group discussions, storytelling, group activities and exercises and journaling.

Please Register No Later Than MAY 22.

The Center for International Studies is pleased to present

THE HUMAN FACE OF FATA:



People, Life and Problems in the
Pukhtoon Populated Pakistani Region
Bordering Afghanistan

Dr. Altaf Ullah Khan
Fulbright Visiting Scholar
University of Peshawar—Pakistan

The Federally Administered Tribal Areas (FATA) of Pakistan have drawn global interest since the 9/11 tragedy and the arrival of military forces in Afghanistan. Many terrorists took refuge in FATA, leading to military operations in the area and resulting in tremendous impact on citizens and development work in the area. The image of FATA portrayed in the media often focuses on violence and terrorist connections and neglects to portray the struggle for peace, desire for development, and the endemic poverty impacting the lives of the people in the region.

Khan received his M.A. in Journalism from the University of Peshawar, and his Ph.D. from the University of Leipzig. He was the first non-German member of the German Society for Journalism and Communication Science, a renowned European research organization and the first Pakistani to get a German Academic Exchange Service (DAAD) grant in social sciences. His research focuses on radio station content in the Northern Areas of Pakistan. He hopes to alter the perception of the radio and transform FM radio station broadcasts in the Federally Administered Tribal Areas (FATA) of the northern frontier of Pakistan into forums for development.

Friday, May 29—3:00 PM
Walter Hall, Room 145

2008-2009

International Studies Forum

Center for International Studies



Saturday, May 30th

6:00 pm

Walter Hall Rotunda



Arabian Night

Join us for an evening of
dance, fashion, and food
from the Arabic world.



Tickets on sale at
ISFS office \$7.00
Contact:
mc302006@ohio.edu

International Student Graduation Party

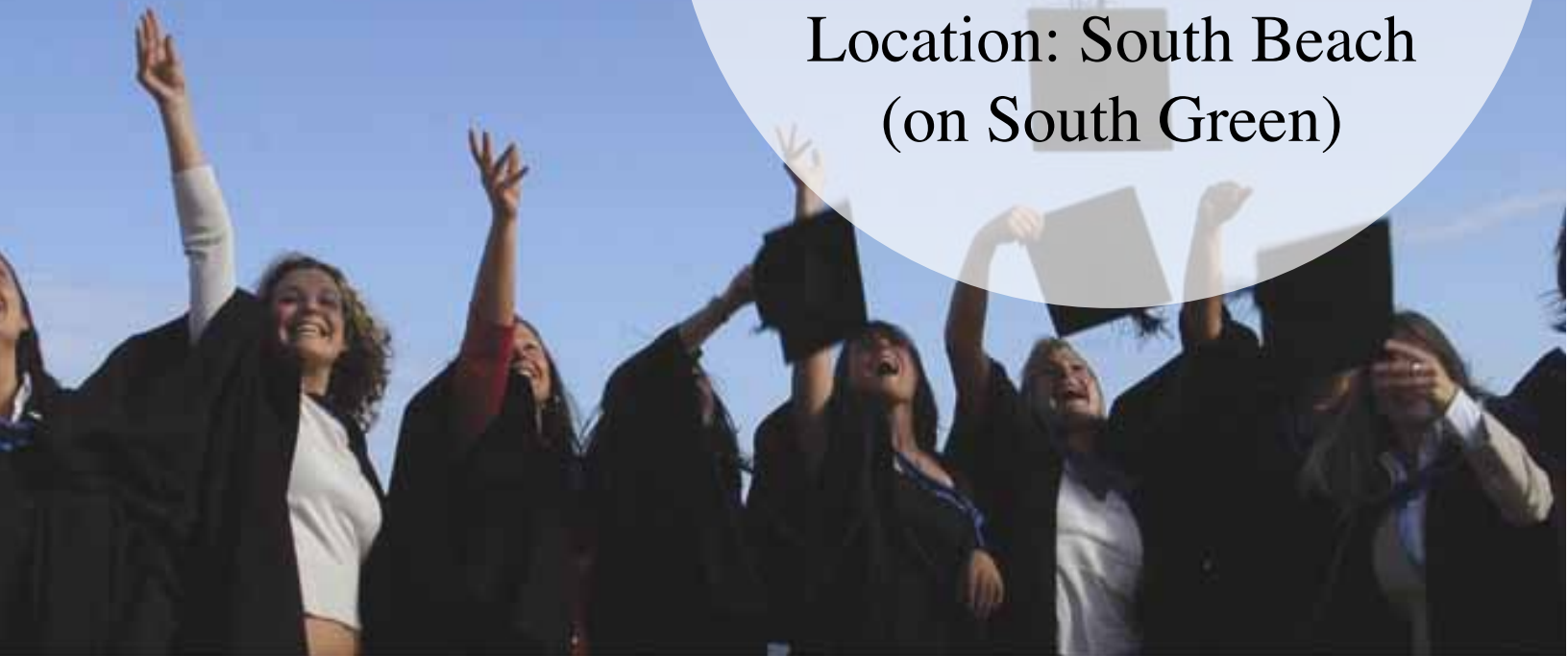


ISFS will host
a party to congratulate
this year's graduating class!

Date: June 12

Time: 2:00 - 5:00 p.m.

Location: South Beach
(on South Green)



Families are welcome!

There will be food, music, and fun!



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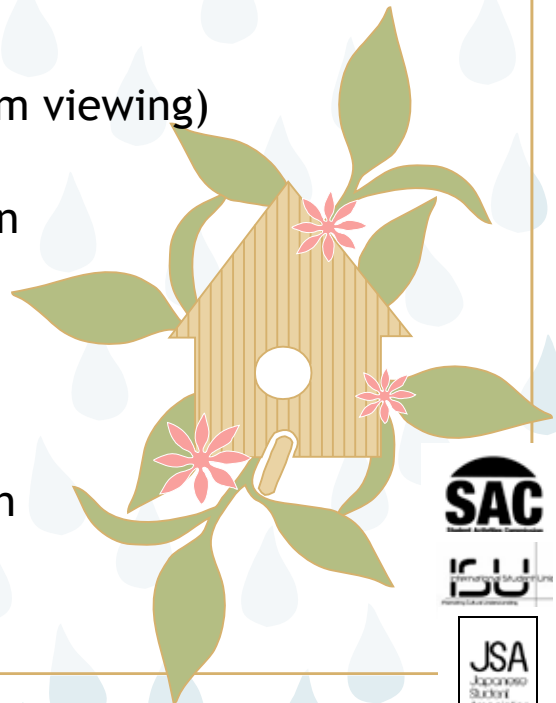
JAPANESE CONVERSATION HOUR

**Do you want to learn Japanese culture, make
Japanese friends, or practice your Japanese?
Come join us!**

Every one is welcome ☺

Tuesdays @5:10-6:00
Gordy 113

- 4/7 *Ohanami* (cherry blossom viewing)
- 4/14 Making cherry blossoms
- 4/21 Soran bushi dance lesson
- 4/28 Conversation
- 5/5 Movie
- 5/12 Movie
- 5/19 Marriage in Japan
- 5/26 Paper plane competition
- 6/2 *Onigiri* party



QUESTIONS OR COMMENTS? EMAIL TI994707@OHIO.EDU