



## INTERNATIONAL STUDENT PROGRAM

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### INSIDE THIS ISSUE

#### International Feature

Introducing Our Staff

#### Events @ Cañada

Event Listings

#### Announcements

Travel Tips

Congratulations, Graduates!

End-of-the-Semester Party

# The Olive Branch

## Cañada College International Student Newsletter

VOLUME 1, ISSUE 4

SPRING 2012, MAY 18

CIUS, BUILDING 5, ROOM 230

## Introducing Our Staff, Lucy Salcido Carter

The International Student Program is part of the Center for International and University Studies (CIUS). Lucy Salcido Carter is the director of the CIUS and oversees the International Student Program and University Center. The University Center offers bachelor's degree programs here, through partnerships with four-year universities.

As a former Fulbright scholar in Brazil, Lucy understands the international student experience. She knows the challenges of finding a home, friends, and academic success in a new country. She brings that first-hand experience to her work with international students at Cañada.

Lucy's personal background is varied, which adds to her appreciation for different perspectives. She is a California native, but grew up in the Southern U.S. with a father from New Jersey and a mother from Sinaloa, Mexico. Both Spanish and English were spoken in her childhood home. She learned a lot about the immigrant experience by watching her mother adapt to American life.

Her academic accomplishments include a bachelor's degree from Princeton, a master's



degree from New York University, and a law degree from Stanford. Lucy has taken many art classes at Cañada, and loves the high-quality teaching the professors here provide.

Lucy is grateful to now be on staff: "I really enjoyed being a Cañada student and now am pleased to bring new opportunities to other students."

We hope you enjoyed getting to know our staff. If you'd like to share your culture and experience at Cañada in *The Olive Branch*, please contact **Supinda**.

## Events @ Cañada

### Deadline for Tuition Payment, July 18

Students must pay all tuition & fees for summer and fall classes or will be dropped from all fall courses.

### Last day of final exams, May 25

**Cañada College Commencement Ceremony**  
**Saturday, May 26, 10:00am, Upper Quad**

### Last day of 60-day grace period, July 24

Students who plan on transferring out must request a SEVIS transfer before the end of the 60-day grace period.

### Travel Signature Drop In Hours

Monday-Thursday, 9am-12pm, 2pm-4pm  
Drop in to Building 5, Room 229 to obtain an on-the-spot Travel Signature.

## Exam Time Tip

The last survey asked “Where’s the best place to study at Cañada College?” Here are some of the great places to study at Cañada College:

- 1) The Learning Center has great tutors and workshops on study skills.
- 2) The Library provides a quiet space and you can book a room for group study.
- 3) The Quad has amazing hilltop views, that provide a stress-free environment.
- 4) Bldg 6 Rm 101 has an open student space and views of the olive orchard.

**Good luck on all your finals and have a great summer!**

## INSIDE THE NEXT ISSUE

Please fill out the on-line survey that was emailed with this newsletter. We’d like to know., “What are your plans for the summer break?”

**PHOTO CONTEST** Send photos of your summer to Supinda for a chance to win a prize. Winners will be revealed in the next issue.

## Immigration Travel Tips

Travelling overseas during the summer? Don’t forget as an F-1 student, you must travel with the following documents:

- Passport valid 6 months into the future
- Valid F-1 visa stamp
- I-20 with travel signature valid within 6 months

If you are traveling overseas and your visa is expired, you must extend your F-1 visa at a U.S. consulate or embassy in your home country. You must bring the following documents to your visa appointment:

- Passport valid 6 months into the future
- I-20 with travel signature valid within 6 months
- Official transcript
- Financial documents

## Local Attractions

Here are a few local attractions that offer student discounts with a valid student ID card. Get your Cañada ID card in Bldg 9 Rm 108:

The Wax Museum at Fisherman’s Wharf in San Francisco

<http://www.waxmuseum.com/>

Ripley’s Believe It or Not at Fisherman’s Wharf in San Francisco

<http://www.ripleys.com/sanfrancisco/>

SF Exploratorium Museum of Science, Art & Human Perception

<http://www.exploratorium.edu/>

Museum of Modern Art in downtown San Francisco

[www.sfmoma.org/](http://www.sfmoma.org/)

San Mateo County History Museum in Redwood City

[www.historysmc.org/](http://www.historysmc.org/)

Fourth of July Celebration at PIER 39 in San Francisco

<http://www.pier39.com/Events/index.htm>

Lake Tahoe & Sacramento Tours (June 8-10, July 3-5 & July 22-24)

\$175 includes meals & transportation (must have 4-6 students)

Email: [TahoeTours@hotmail.com](mailto:TahoeTours@hotmail.com) Phone: 510-656-2414

## Congratulations to Our Graduating/Transferring Students

Darwin Silva from Uruguay majored in Political Science and is transferring to John Brown University in Little Rock, Arkansas. He was awarded a sports scholarship in soccer.

Lilian Silva from Brazil completed an associate’s degree in Early Childhood Education and will be transferring to San Francisco State University.

Lorenza Diaz from Mexico completed an associate’s degree in Early Childhood Education.

Lisette Saravia from El Salvador completed an associate’s degree Interior Design.

The Cañada College Commencement Ceremony will be on Saturday, May 26, 10:00am at the Upper Quad.



From left to right: Cassie G., Mino A., Soroush M., Supinda S., Dennis J., Darwin S. at the End-of-the-Semester Party. Students received prizes from Yoppi Yogurt and the Cañada College Bookstore.



# The Olive Branch

## Cañada College International Student Newsletter

VOLUME 1, ISSUE 3

SPRING 2012, MAY 4

CIUS, BUILDING 5, ROOM 230

### INTERNATIONAL STUDENT PROGRAM

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#### International Feature

Introducing Our Staff

#### Events @ Cañada

Event Listings

#### Announcements

Beat Exam Stress!

Int'l Student Reception

ASCC General Elections

## Introducing Supinda Sirihekaphong

The International Student Program (ISP) is a part of the Center for International and University Studies (CIUS). Supinda Sirihekaphong is the newest member to CIUS and is the Project Director, International Support Services.

Supinda is excited to join Cañada College in improving international student support services. Supinda was previously the Assistant Director of International Services at Arcadia University in Pennsylvania and an International Student Advisor at The New School in New York where she worked with over 2,000 international students. Supinda is originally from New York City but is now happy to call San Mateo home.

Supinda is a first generation college graduate with a bachelor's degree from Bond University in Australia and a master's degree in Nonprofit Management from The New School. Having lived in Thailand and Australia,



Supinda understands first-hand the frustrations of adjusting to a new environment. She hopes to help international students by giving them the tools and knowledge they need to succeed.

When she's not busy working and brainstorming about international student programs, she enjoys yoga, reading, writing, hiking, traveling and spinning poi.

The next and final Spring issue of *The Olive Branch* will feature Lucy Salcido Carter.

## Events @ Cañada

### Open Mic for Trayvon Martin

Tue, May 8, 12:45pm – 2:00pm, Lower Quad  
Please join us to speak out about the tragic loss of Trayvon Martin.

### Intl Student End of Semester Party

Thurs, May 10, 5:00pm—6:30pm, Buidling 8  
Come celebrate the end of the semester. Free prizes, food and speeches from graduating international students. Invite your favorite professor or counselor to join the party.

### Dance Motion IV

Fri, May 11, 7:30pm – 8:30pm, Main Theater  
Cañada's annual dance performance features hip-hop, salsa, ballet, and more!

### La Mode - Fashion Show

Sat, May 12, 6:30 – 9:00pm, Main Theater  
A fashion show featuring garments produced by students from the Fashion Merchandising Department. There is a \$10 donation; \$5 for children under 12.

# April 22 was Earth Day

In celebration of Earth Day, here are some tips on what you can do to help save the environment:

1. Reduce using wasteful products such as plastic utensils and paper plates.
2. Reuse items by sharing or donating things at local thrift/second hand stores. Going to the library is also a good way to save money and trees.
3. Recycle all your glass, paper and plastics.

## INSIDE THE NEXT ISSUE

Please fill out the on-line survey that was emailed with this newsletter.

Now that finals are upon us, let us know "Where's the best place to study at Cañada College?"

## Beat Exam Stress!

By: Cynthia Frias-Baisch RN, MSN, Cañada College Health Center

Stress includes any physical, chemical, or emotional factor that causes bodily or mental unrest. Physical and chemical factors that can cause stress include infections, illnesses, and injuries. Emotional stress is usually associated with psychological stress or force that impairs the balance of body and mind. The best way to manage stress especially during final exams is to learn healthy coping strategies. Try these tips to cope with stress:

**Eat and drink sensibly:** Abusing alcohol and food may seem to reduce stress, but it actually adds to it. Use caffeine and energy drinks in moderation. Eat well and drink plenty of liquids.

**Avoid procrastination:** Do not wait till the last minute to study or do a project. If you have time now, do it.

**Get enough sleep and rest:** Do not stay up all night trying to study; you cannot fight stress effectively without rest.

**Relax:** Breathing exercises, muscle relaxation, yoga, tai chi, and taking naps during the day help relieve stress.

**Exercise:** Regular exercise is one of the best ways to manage stress. Walking is a great way to get started. Aerobic exercise has been shown to release endorphins (natural substances that help you feel better and maintain a positive attitude).

**Stop smoking:** Aside from the obvious health risks of cigarettes, nicotine acts as a stimulant and brings on more stress symptoms.

**Let your feelings out:** Talk, laugh, and cry when you need to. Talking with friends, family or a counselor helps to relieve stress.

**Do something you enjoy:** Dance, play a sport, garden, etc.

**Have a healthy sense of self-esteem:** Remind yourself of what you do well.

**Set realistic goals and expectations:** It's OK and healthy to realize you cannot be 100% successful at everything at once and it's ok to ask for help when appropriate.

Are you graduating this semester? Don't forget to RSVP for Commencement by Friday, May 11 at Student Life and Leadership Room 5-354 or online at: <http://canadacollege.edu/commencement/index.html>. Also, email Supinda about your plans after Cañada College, at [sirihekaphongs@smccd.edu](mailto:sirihekaphongs@smccd.edu).



## International Student

### End of the Semester

Please join us in celebrating the end of the semester and congratulating our graduating students.

Thursday, May 10, 2012, 5:00—6:30pm

Building 8 Reception Area

Door Prizes

Raffle Prizes

## ASCC 2012-2013



COMMIT  
TO  
LEAD

Join Student  
Government

## General Elections

### Timeline:

Monday, April 9th:	ASCC election packet will be available for pickup in the Center for Student Life and Leadership located in 5-354. It will also be available for download online.
Tuesday, May 1st at 5:00pm:	Deadline to turn in the packet and get on the ballot.
Thursday, May 3rd:	Cinco de Mayo Celebration, open mic for candidates.
Tuesday, May 8th:	Election 9am-3pm, 4-6pm - Near the Pony Espresso.
Wednesday, May 9th:	Election 9am-3pm, 4-6pm - Near the Pony Espresso.
Thursday, May 10th at 12:30pm:	Winners will be announced in the Center for Student Life and Leadership.



# The Olive Branch

Cañada College International Student Newsletter

VOLUME 1, ISSUE 2

SPRING 2012, APRIL 20

CIUS, BUILDING 5, ROOM 230

## INTERNATIONAL STUDENT PROGRAM

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## INSIDE THIS ISSUE

### International Feature

Introducing Our Staff

### Events @ Cañada

Event Listings

### Announcements

Priority Registration  
International Film Night  
Undocumented Students  
Forum

## Introducing Our Staff, Mario Mihelcic

The International Student Program (ISP) is a part of the Center for International and University Studies. Our team of amazing staff are dedicated to helping international students adjust to their new environment and achieve their educational goals.

Mario Mihelcic is the Program Services Coordinator, International Admissions. You can find him hard at work assisting potential new students through the international admissions application process and helping current students follow immigration rules and regulations. Mario has an in-depth knowledge of Admissions and Records, which he uses to help students like you navigate college services.

When he's not hard at work, he's hard at play. Mario loves karaoke! His favorite bands to sing to are U2 and Coldplay. He also enjoys playing tennis and writing.

Mario was a full-time student at Cañada College and College of San Mateo before he transferred to Santa Clara University where he earned a bachelor's degree in Communication. Mario's favorite class at



Cañada College is Creative Writing taught by Professor Mike Nagler. His parents immigrated to the U.S. from Croatia, and so international students have a special place in his heart.

The next issue of *The Olive Branch* will feature our Director of the Center for International and University Studies, Lucy Salcido Carter.

## Events @ Cañada

### Last Day to Withdraw

Thursday, April 26

### New Student Orientation

Thursday, April 26, 12-3pm

Room 9-154

Please call for an appointment at 650-306-3452 or register through WebSMART.

### West Coast Farmers Market

Sundays, 9am – 1pm, Parking Lot 7

High quality and reasonably priced California-grown farm fresh produce and baked goods.

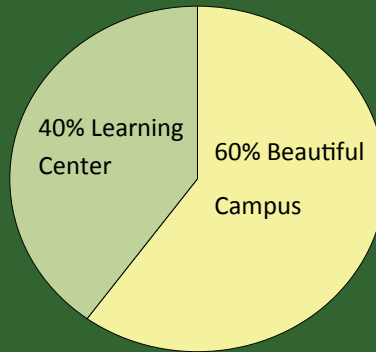
### Cañada Baseball vs. Hartnell College

Tuesday, April 24, 2:30pm – 5:30pm

The Colts face Hartnell College in the final home game of the season.

# April is Community College Month

Thank you for participating in the first *The Olive Branch* survey by answering "What do you like most about Cañada College?" Here are the results...



## INSIDE THE NEXT ISSUE

April 22 is Earth Day. Please take a moment to fill out the on-line survey attached to the email of this newsletter. "What do you do to help save the environment?" Results of the survey will be in the next issue.

## Priority Registration for International Students

International students can register for summer and fall classes starting **Tuesday, May 1st**. You must have met with a counselor and completed a Student Education Plan.

Go to WebSMART in order to register for classes. Don't forget that some classes may require prerequisite classes. You will not be able to register for the class if you have not completed the prerequisite class.

If a class is full, you can request to be placed on a waitlist. When your name comes to the top of the waitlist, you will receive an email instructing you to register for the class. You will have 72 hours to register for the class. If you do not register for the class within 72 hours, your name will be dropped from the waitlist.

As an international student, you must enroll full-time (at least 12 credits per semester). If you will not be enrolled full-time, please contact **Mario Mihelcic** to discuss eligibility for authorization to be less than full-time.

## Plan Ahead—Pay Ahead

Please be aware that you must pay your tuition and fees soon after registering for classes. If you do not pay for your tuition and fees, you will be dropped from your classes and will have to re-register for your classes and pay tuition and fees soon after.

1. You can pay your tuition and fees in the following ways:
2. Online payment using a ATM/debit or credit card through WebSMART.
3. Pay by cash, check or money order at the Cashier's Office in Building 9, 1st Floor.
4. Sign up for a payment plan that will break up your tuition and fees into monthly installments.

Once you have paid for your tuition and fees, you are officially enrolled.

## Check Out These Events

Thursday, May 3, 6:00pm, Room 6-111

### INTERNATIONAL FILM NIGHT

Featuring: Colombian Film

### The Colors of the Mountain

Join us for a free film and Colombian food!

SPONSORED BY: International Communication Club

Cañada College Social Justice Series presents:

## Undocumented Students Forum

WED., APRIL 25, 2012  
7PM-9PM  
MAIN THEATER/BLDG 3  
CAÑADA COLLEGE

**Historical background & current context of immigration**

**Alison Field** has been a history instructor at Cañada College since 2004. She teaches classes such as The History of Race, Ethnicity, and Immigration in the U.S., Modern Latin America, and the History of Latinos in the U.S.

**Digital Stories of Resiliency by Sequoia High School Students**

The **Sequoia High Dream Club** is a club of immigrant and non-immigrant students. They work to support immigrant students and inform the community about issues regarding immigration.

**Topics and Speaker Bios**

**Overview of Immigration Law, Paths to Citizenship & Immigrant Rights**

**Mark Silverman** has been an attorney with the Immigrant Legal Resource Center (ILRC) since 1983. He has worked closely with DREAM Act student organizations over the last 8 years.

**Sheryl Muñoz-Bergman** is Director of Programs of the International Institute of the Bay Area, which gives low-cost, fair, and accurate legal advice for immigrants and refugees concerning citizenship.

**Campus Parking & Admission are Free**

**Refreshments will be available**

**SPONSORS:**  
Social Justice Planning Committee, Center for Student Life and Leadership, Associated Students of Cañada College, Office of Student Support & TRIO program, Sequoia High School Dream Club, Humanities & Social Science Division, Office of Vice President of Student Services, Office of Vice President of Instruction, & Office of the President, Redwood City 2020/Redwood City Together, San Mateo Youth Commission, Bridging Hispanic Minds to Success Club



# The Olive Branch

## Cañada College International Student Newsletter

VOLUME 1, ISSUE 1  
CIUS, BUILDING 5, ROOM 230

SPRING 2012, APRIL 6

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### INSIDE THIS ISSUE

#### International Feature

Priority Registration

International Newsletter

#### Events Around Cañada

Event Listings

#### Announcements

International Student Snapshot

International Student Check-In

## Register Early for Fall and Summer Classes

International students can sign up for classes starting May 1st. Take advantage of priority registration to get the classes you want! To qualify for priority registration you need to have an updated Student Education Plan (SEP) by April 20th. If you have already met with a counselor, call or email **Mario Mihelcic** to find out if your education plan is updated. If you have not met with a counselor, now is the time!

#### Drop in Counseling Hours:

Monday, April 9 - 8:30am - 11:45am

Tuesday, April 10 - 8:30am - 6:45pm

Wednesday, April 11 - 8:30am - 3:45pm

Thursday April 12 - 8:30am - 3:45pm

Friday, April 13 - 9:00am - 11:45am

Monday, April 16 - 8:30am - 1:45pm

Tuesday, April 17 - 8:30am - 3:45pm

Wednesday, April 18 - 8:30am - 6:45pm

Thursday April 19 - 8:30am - 2:45pm

4:00 pm - 5:45pm

Friday, April 20 - 9:00am - 11:45am

## Introducing Our New Newsletter

Cañada College is committed to providing a personal and caring atmosphere for students. We're happy to introduce *The Olive Branch* and hope it provides you with important information to achieve your goals and keep you connected to the Cañada family. Please contact **Supinda Sirihekaphong** if you have any questions, comments or suggestions on any programs or newsletter items.

**Spring Into Fall - It's SEP Time!**  
<http://canadacollege.net/student/counselingcenter.html>

Meet with your counselor to develop a Student Educational Plan (SEP) by April 20<sup>th</sup> 2012 to get a better registration date.

To Make an Appointment:  
 Call us at (650) 306 - 3452 Visit us in Bldg 9; First Floor  
 CAÑADA COLLEGE COUNSELING DEPARTMENT

## Events

#### Transferring to a University Workshop

Tuesday, April 10, 2pm – 3pm, Bldg 9, Rm 106

So, you've been accepted to a four-year college or university. Congratulations! Now, learn how to make that transition easier by participating in this one-hour workshop.

#### West Coast Farmers Market

Sunday, April 15, 9am – 1pm, Parking Lot 7

High quality and reasonably priced California-grown farm fresh produce and baked goods.

#### Career Fair

Tuesday, April 17, 11:30am – 1:30pm

Building 9, Learning Center

Learn more about opportunities in your field.

# International Student Check In

We'd like to check in with each of you to see how you are doing and make sure we have the most up to date immigration information. To make this process easier for you, just print out the Check In Form attached to this email and bring in copies of your passport, F-1 visa, I-20, I-94 card and health insurance information to our office. In the future, we'd like to do this at the beginning of every semester so that we can make sure you start your semester off right. We look forward to seeing you when you check in.

## INSIDE THE NEXT ISSUE

April is Community College Month, we'd like to know what you like most about Cañada College? Fill out the on-line survey that was emailed with this newsletter. Results of this survey will be on the next issue.

## International Students @ Cañada College

Ever wonder who our international students are at Cañada College? Here's a snapshot!



CITIZENSHIP	
Mexico	6
Europe	4
Brazil	3
China	3
Philippines	3
South America	3
South Korea	2
South Asia	2
Africa	1
Australia	1
Middle East	1

MAJOR OF STUDY	
Business Administration	6
Early Childhood Education	4
Health Science	4
Biology	3
Interior Design	3
Art	2
Engineering	2
Humanities/Political Science	2
Multimedia Art & Tech	1
Economics	1
Fashion Design	1

GENDER	
Female	19
Male	10
<b>Total International Students:</b>	<b>29</b>