

INTERNATIONAL STUDENT CENTER

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If you'd like to share your culture and experience by contributing to *The Olive Branch*, please contact Supinda.

[www.canadacollege.edu/
international/newsletter](http://www.canadacollege.edu/international/newsletter)

INSIDE THIS ISSUE

My Student's Journey is My Journey

Congratulations to the International Culture Exchange Club

My Student's Journey is My Journey

By Supinda Sirihekaphong

As the end of the semester draws near, I reflect on my journey working at Cañada College for the last three years ago. My first orientation at Cañada was in Fall 2012. Orientation is one of the favorite parts of my job, because I meet the new international students for the first time.

For the most part, I see new students excited about starting their new life in the U.S., but I also see some nervousness and I believe that one of my jobs is to ease their worries by providing them with all the information they need to start the semester off right.

The journey of an international student is not an easy one. I've seen students receive their first "F," struggle with online classes, and wonder why Americans seem so friendly but when you try to be friends, it's not that easy.

Because of this, I also feel like one of my jobs is to remind international students of the courage that they have that will help them through their journey. Not everyone has the courage to leave their friends and family and travel thousands of miles to pursue their dream.

I have the privilege of seeing international students face their challenges with courage. Most international students learn from their struggles. They realize that it's ok to make mistakes, but most importantly they learn from their mistakes and rarely make the same mistake twice. They also learn that, although they may be far from family and friends back home, they build a support network and I'm happy to see that many students consider Cañada their second home.

Wingkit "Justin" Lau, Jiating "Sierra" Weng, and Tianqi "Lily" Zheng were a part of my first group of new international students and I'm so proud of them for not only their accomplishments (Justin is going to UC Berkeley, Sierra, UCLA and Lily, UC Santa Cruz) but for how they learned from their mistakes as well. Yes, there were times that I saw them disappointed and frustrated, but I have seen them grow so much. Their courage to be open to new things is a great example for all students. They worked hard for all their accomplishments and I'm so happy to celebrate with them during my second favorite part of my job, graduation!

Important Dates

Mon, May 25

NO CLASS-Memorial Day

Sat, May 30, 10:00am-1:00pm

COMMENCEMENT-Come celebrate graduation, if you'd like to volunteer, sign up here: www.signupgenius.com/go/10c0b4eadac2caafc1-caada2

Mon, Jun 1

Last day of the semester

Library Extended Hours

Mon-Thurs May18-28 8am-10pm

Friday May 22 & May 29 8am-4pm

Monday June 1 8am-2pm

Mon, Aug 3, 9:00am, Welcome Center

Assessment Tests for New Int'l Students

Mon, Aug 3, 12:00pm, Int'l Student Center

Check In for New Int'l Students

Mon, Aug 3, 12:30pm

Welcome Luncheon for New Int'l Students

Wed, Aug 5, 8:30am-5:00pm

International Student Orientation

Mon, Aug 10-14, 9:00am-12:00pm, Library

Word Jam: canadacollege.edu/wordjam

Mon, Aug 10-14, 9:00am-3:00pm, Learning Ctr

Math Jam: canadacollege.edu/STEMcenter

Mon, Aug 17

First day of the semester

Congratulations to the International Culture Exchange Club!

The ICE Club has lots to celebrate this semester! The Club hosted three film nights featuring Bollywood, indigenous, and Italian culture. Students were invited to both a Welcome Back and End of the Year Party, as well as two off campus activities, including bowling and ice skating. The new format of the meetings, which highlight one country, attracted lots of new members and during ASCC's Leadership Award ceremony, they unexpectedly accepted the following awards:

Outstanding Student Club of the Year

Most Involved Leader to ICE President Dominique Franceschi

Congratulations to all the club members and thank you to the club officers for all their hard work!

Dominique Franceschi, President, Spring 2015 & ICC Liaison, Fall 2014

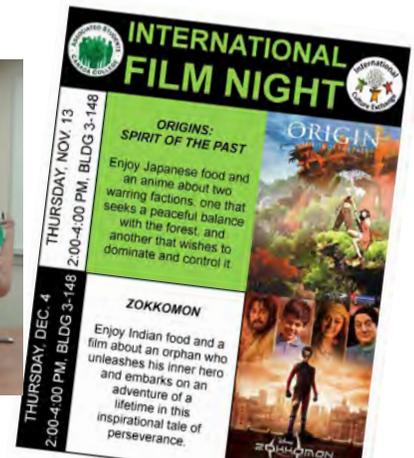
Tianqi "Lily" Zheng, President, Fall 2014

Yingjie "Alexandra" Zhuang, Treasurer, Spring 2015

Huijia "Rebecca" Sun, Secretary

Xinyi "Magnolia" Huang, ICC Liaison

Moody Metry, Treasurer, Fall 2014



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Cañada College

NEPAL EARTHQUAKE RELIEF

The Cañada College Academic Senate, Classified Senate, and President's Office is collecting donations for the relief efforts in Nepal. Find collection boxes at the Center for Student Life, the Bookstore, and the Welcome Center. Donate online at: www.globalgiving.org/fundraisers/nepal-earthquake-relief-3/

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Congratulations,
International Students!

Interviews: Because You're
More than Just Your GPA

New Bruins Day

Congratulations, International Students!

Transferring Students

Betty Lagat, Kenya, Chemistry
Wingkit "Justin" Lau, Hong Kong, Economics, UC Berkley
Jiating "Sierra" Weng, China, Sociology, UC Los Angeles
Tianqi "Lily" Zheng, China, Economics, UC Santa Cruz (waitlisted to UC San Diego & UC Davis)
Tsz Fung Jeffrey Yeung, Hong Kong, Engineering, San Jose State University



Scholarship Recipients

Diana Alfaya Brito, Brazil, Engineering SMCCC Foundation Scholarship	Susanna Oberholster, South Africa, Intr Design Toby Merman Scholarship
Andres Cuellar Martell, El Salvador, Kinesiology SMCCC Foundation Scholarship	Juan Rozo Vasquez, Colombia, Economics SMCCC Foundation Scholarship
Dominique Franceschi, Colombia, Dance, SMCCC Fdn & CSEA Classified Scholarships	Oi Lam Sou, Macau, Computer Science Math Club & Nellie Leong Scholarships
Xinyi "Magnolia" Huang, China, Business Uccelli Scholarship for Int'l Students	Yingjie "Alexandra" Zhuang, China, Accounting Iliff Award for International Students
Moody Metry, Egypt, Engineering Uccelli Scholarship for Int'l Students	

International Student Leadership Awards

Jiating "Sierra" Weng, China, Sociology Exemplary Student Award	Dominique Franceschi, Colombia, Dance Emerging Leader Award
Moody Metry, Egypt, Engineering Leadership Award	Yingjie "Alexandra" Zhuang, China, Economics Certificate of Appreciation



Important Dates

Sun, May 17, 2:00-5:00pm, Main Theater Fashion Design Student Fashion Show	NEW Writing Workshops @ the Learning Center In Computer Lab 9-206
Mon, May 18, 2:00-4:00pm, Bldg 3-104 End of the Semester Party with ICE Join other international students to celebrate the scholarship recipients and transfer students and leadership awards.	Fri, May 15, 11:00-12:00pm Quoting, Citing & Avoiding Plagiarism
Fri, May 22, 7pm-9pm, Theatre Multimedia Student Show	Wed, May 20, 2:30-3:30pm Classroom Presentations & Powerpoint
Mon, May 25 NO CLASS-Memorial Day	Thu, May 21, 2:30-3:30pm Grammar & Sentence Combining
Sat, May 30, 10:00am-1:00pm COMMENCEMENT-Come celebrate graduation, if you'd like to volunteer, sign up here: www.signupgenius.com/go/10c0b4eadac2caafc1-caada2	Fri, May 22, 11:00-12:00pm Quoting, Citing & Avoiding Plagiarism Library Extended Hours
	Mon-Thurs May 18-28 8am-10pm
	Friday May 22 & May 29 8am-4pm
	Monday June 1 8am-2pm
	Mon, Jun 1 Last day of the semester

Interviews: Because You're More Than Just Your GPA

By: Dominique Franceschi

Planning to transfer? How about a summer internship? You look at the job description and you think "Yes! I want to do this," and then you read further down to the recruiting process and your heart stops at a single word: **INTERVIEW.**

Many of us have never had a face-to-face interview before, and a million questions swirl in your mind. What should I wear? What is a "professional" handshake? Should I bring a notepad and a pen? Would a pencil be better? And then, after you're done with all the preparations, you realize you haven't even started thinking about the actual interview: What questions are they going to ask? How am I going to reply them?

Why Interviews are your friend?

No matter what you are applying for, you can be sure that every other applicant has submitted the same amount of paperwork you have. So how do you set yourself apart? This is where the "interview" comes in play. It's your one-

on-one time with the company, your chance to show them your strengths, and why, paperwork aside, you can be a valuable contribution to the organization.

What is a "Mock Interview"?

A hypothetical simulation of an interview environment, typically lasting between 20 and 30 minutes, followed by a period of feedback from the interviewer, and an opportunity for the interviewee (you) to ask questions.

Why do "Mock Interviews"?

Mock interviews are like rough drafts meant to prepare you for real interviews. You can have a friend, classmate or even a Cañada faculty or staff help you. The more experience you have with interviewing, the better prepared you will be when applying for scholarships, jobs, internships or transferring. You can look for popular questions to different scenarios online. Use flashcards and quiz yourself. You can never be *too* prepared!

Check out the Career Center in The Grove for workshops too [http://canadacollege.edu/careercenter/!](http://canadacollege.edu/careercenter/)

New Bruins Day at UCLA

By Jiating "Sierra" Weng

It's hard to believe that I'm going to graduate soon from Cañada College, and transfer to a new academic environment — UCLA. To be honest, I was a little overwhelmed at the idea of facing an unfamiliar place alone. Therefore, I decided to visit UCLA for New Bruins Day.

New Bruins Day is an event that all transfer students are invited to visit the campus. The event started at 1:30pm. Unlike the New Student Orientation, there were various booths of different departments or subjects, which helped transfer students with specific answers to their questions.

After visiting the booths, I walked around the campus and explored UCLA's campus with my friends. I lied on the lawn behind one of the famous buildings on campus — Powell Library. I closed my eyes for a second, and I knew that this is the life that I always wanted to have. Finally, I achieved my dream.

END OF SEMESTER PARTY

FREE SPANISH FOOD, MUSIC and GAMES will be provided by the ICE Club.

Monday, May 18, 2015
2:00 - 4:00pm
Bldg 3-104

Let's celebrate scholarship recipients and transfer students and say farewell to your friends before you leave for the summer!

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CAÑADA COLLEGE



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The Olive Branch

Cañada College International Student Newsletter

VOLUME 4, ISSUE 7

SPRING 2015, APRIL 30

My Journey Becoming a Student Leader

By Dominique Franceschi

John Quincy Adams once said, *"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."*

Cañada College has a lot of tools that enable you to rediscover yourself and grow. With time you identify yourself as a student, a community member and a human being. One of these opportunities is enrolling in a leadership role within a club organization.

Being part of the International Culture Exchange (ICE) Club officers for the past year has been an incredible experience. I've learned a lot about my own strengths and weaknesses, especially with collective creation. As a Performing Arts major, exploring my inventive side is vital to a future as a creative visionary in a stage production.

The best challenge has been finding ways to deliver information in a fresh and innovative manner to keep our members interested in our discussion topics. While one of the Club's goal is to deliver knowledge, we also seek to

bring the Cañada community together and provide a fun and engaging experience.

So how do you inspire and motivate others?

Truth is, there are many, many ways! However, I would still be stuck had it not been for the collective effort of all the ICE Club Officers, members, and our Advisor.

In this past year I have learned that being a leader is not about telling others what to do, but rather being able to listen, discovering people's strengths, and learning and working together towards a common goal.



We're
looking
for new
Club officers!

Email caninternational@smccd.edu.

Important Dates

Thu, Apr 30

DEADLINE to drop classes with a "W"

Mon, May 4, 2:10pm, Bldg 6-102

Climate Talk: "Beyond the Pump"

Wed, May 6, 1:00-2:00pm, Bldg 6-111

Career Center: Resume & Cover Letter

Fri, May 8, 4:30pm, Bldg 1

Student Recognition Reception: Come celebrate scholarship recipients and transferring students!

Mon, May 11, 3:00pm – 4:00pm, Bldg 3-104

ICE Meeting: Come learn and enjoy some food and facts about Greece!

Mon, May 18, 2:00-4:00pm, Bldg 3-104

International End of the Semester Party and International Leadership Awards

**NEW Writing Workshops @ the Learning Center
In Computer Lab 9-206**

Fri, May 1, 2:30-3:30pm

Thesis & Argument Development

Wed, May 6, 2:30-3:30pm

Quoting, Citing & Avoiding Plagiarism

Thu, May 7, 2:30-3:30pm

Classroom Presentations & Powerpoint

Fri, May 8, 11:00-12:00pm

Writing Process: Strategies for Essay Writing

Wed, May 13, 2:30-3:30pm

Grammar & Sentence Combining

Thu, May 14, 2:30-3:30pm

Thesis & Argument Development

Fri, May 15, 11:00-12:00pm

Quoting, Citing & Avoiding Plagiarism

A Part of a Team: Being an International Ambassador

By: Yingjie “Alexandra” Zhuang

My experience as an International Student Ambassador (ISA) has been amazing, insightful, and fulfilling.

There are five of us (4 ambassadors and Supinda) as a team supporting each other. Supinda, the International Student Program Manager, is a great person who has taught us so much. She always encourages us to walk our talk and her motto is “When you say something, do something!”

She pushed us to think. We had an evaluation meeting where she asked us to set goals as an Ambassador, which made me realize what I needed to improve, and she was always willing to offer her help to achieve my goals.

We are working as Student Assistants, but at the same time, she also creates opportunities for us to learn. At the

beginning of a semester, my goal was to improve my public speaking skills. For this purpose, she invited me to present at a Class Participation Workshop. We also had a chance to present about our awesome school in front of high school students from China. We also assisted Supinda in presenting the International Student Program Review in front of the Student Services Planning Council.

This is another important reason why I enjoy being an ambassador. The five of us, just like the Olympic Rings, are strongly linked together. I enjoy everybody reporting his/her news and sharing deep thoughts, during our weekly staff meeting. We always work together towards the same goal and present as a group, as a family.

Fall 2015 International Student Ambassadors will be announced during the **International End of Semester Party** on Monday, May 18, 2:00-4:00pm, Bldg 3-104.



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Happy Thai New Year

More than Just Being an
International Ambassador

Fiesta Cañada

Happy Songkran: Thai New Year 2558!

By Supinda Sirihekaphong

These past few days I have been missing my family who are scattered all over the world from New York to Thailand. The reason why is because this entire week, Thailand is celebrating Thai New Year called Songkran.

Songkran is the happiest and most thoughtful time of the year for most Thais. We celebrate the new year by going to the temple and making merit by offering food to the monks and praying for our ancestors, family, friends, and our future.

We also celebrate the new year by cleaning our home to wash away the bad things that have happened in the past year and pouring water over our elders palms in prayer to symbolically wash away the past and be blessed for the future.

The traditional ways of celebrating Songkran is still practiced, but things have changed in modern times. Right now, Thailand is probably a huge water fight with water guns and buckets of water being splashed everywhere.

Even though my family is far away, I felt very close to them when I visited the Thai temple, Wat Buddhapradeep located at 310 Poplar Avenue in San Bruno. I went with my roommate, who I consider a part of my family here in my new home in San Mateo.

It warmed my heart when I arrived at the temple, the head monk recognized me along with some elder congregation members and we all wished each other, "Sawasdee Pea Mai (Happy New Year)!" and I had the opportunity to pour water over their palms and I feel blessed to be able to call New York, Thailand, and California home.



Important Dates

Mon, Apr 22, 9:00am-12:30pm, Upper Lawn
ASCC Earth Day Celebration

Wed, Apr 22, 1:2:30pm, Bldg 3-142
Topics of Interest: What is ISIS?
Presented by: Prof. Mike Noonan

Thu, Apr 23, 2:00pm – 4:00pm, Bldg 3-148
ICE International Film Night: Earth Day film *Whale Dreamers* and FREE food!

Mon, Apr 27, 3:00pm – 4:00pm, Bldg 3-104
ICE Meeting: Learn about how global warming effects the Maldives Islands!

Wed, Apr 29, 3:00-4:30pm, Bldg 9-307
Topics of Interest: ISIS and Ayotzinapa
Presented by: Prof. Elizabeth Terzakis

Thu, Apr 30
DEADLINE to drop classes with a "W"

**NEW Writing Workshops @ the Learning Center
In Computer Lab 9-206**

Thu, Apr 16, 2:30-3:30pm
Writing Process: Strategies for Essay Writing

Fri, Apr 17, 11:00am-12:11pm
Grammar & Sentence Combining

Wed, Apr 22, 2:30-3:30pm
Thesis & Argument Development

Thu, Apr 23, 2:30-3:30pm
Quoting, Citing & Avoiding Plagiarism

Fri, April 24, 11:00am-12:00pm
Classroom Presentations & Powerpoint

Wed, Apr 29, 2:30-3:30pm
Writing Process: Strategies for Essay Writing

Thu, Apr 30, 2:30-3:30pm
Grammar & Sentence Combining

More Than Just Being an International Ambassador

By: Moody Metry

I've been an International Student Ambassador for two semesters and I can say that it's more than just being an Ambassador. As ambassador I serve as role model and mentor to all international students. The opportunity of being an Ambassador gave me the chance to get to know more international students and based on my experience, I try to support them to overcome their barriers.

I was successfully able to connect to more international students this semester, which I am proud of being reaching students, international and domestic alike is difficult. Being an Ambassador also allowed me to interact more with faculty and staff here on campus, this is because of the continuous one-to-one interactions with them. It always feels good when the College President sees you on campus, and greets you by your name.

Furthermore, I was able to improve my communication and professional skills, this is due to interacting with more students. My multimedia skills have also developed, because as an Ambassador we are required to make flyers for different events and I've even been working on making

a video for the International Student Center as well.

The most important skill that I have developed would be my leadership skills, one of the most important aspects in our job is to take initiative. It was the first time for our College to host a Fiesta Cañada event this semester and I was given the charge for tabling for international students and the ASCC, due to the absence of our Advisor. This forced me to take a lot of initiative during the event for it to be successful. And it was a success! We had around a hundred people who stopped by our table and it was the busiest table.

On top of all of that being an Ambassador allowed me to get to know great co-Ambassadors, and a fantastic Advisor. I can say that we formed a small family in a cozy office. We talk, eat, and hangout together sometimes. It have been a great two semesters, and I looking forward for a great third semester!

Interested in being an International Student Ambassador, the deadline to apply is Thursday, April 30. Find more info and an application here: [http://canadacollege.edu/international/pdfs/ISA Job DescriptionApplication.pdf](http://canadacollege.edu/international/pdfs/ISA%20Job%20DescriptionApplication.pdf).

Thank you to all the international student volunteers for helping to make Fiesta Cañada a great success!



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April Fool's Day

Being an International
Student Ambassador

International Student Ambassador Retreat

By: Supinda Sirihekaphong

Being an International Student Ambassador is a big responsibility. I rely on my Ambassadors for helping me answer email inquiries from prospective students, being mentors and role models to both new and current international students, and most importantly, helping me understand how best to serve international students at Cañada College.

When most students were enjoying their Spring Break, the International Student Ambassadors and I met last Friday for a retreat. The purpose of the retreat was to build a stronger team. The best part about the retreat was getting to know each other through creative activities.

In the first activity, the International Student Ambassadors were asked to describe their fellow Ambassadors using clay. It was surprising how well the Ambassadors knew each other! The next activity was a group activity, where the Ambassadors were asked to pick a part of a tree and decorate it to represent themselves. The tree is now displayed in front of the International Student Center office and you are

invited to contribute to the tree as well by decorating the Cañada College part. Can you guess, which piece is the Cañada part? It's great to see the growth in each of the Ambassadors, but together we are stronger!



Important Dates

Wed, Apr 1, 5:00pm – 7:00pm

SparkPoint: Building Credit & Cutting Debt

Thu, Apr 2, 2:00pm – 4:00pm) – Room 3-148

ICE International Film Night: Italian film

***Life is Beautiful* and FREE food!**

Mon, Apr 6, 3:00pm – 4:00pm – Room 3-104

ICE Meeting: *Italy* Learn about the story behind the mafia and pizza! Free snacks!

Wed, Apr 8, 1:00pm – 2:00pm – Room 6-111

Interviewing Essentials Workshop:

How to prepare for an Interview

Wed, Apr 15, 11:00am – 1:30pm – The Grove

Spring Job Fair: 60 employers are hiring for full-time or part-time jobs.

Thu, Apr 16, 12:00pm – 1:30pm – The Grove

Only One Earth Monthly Open Mic

Sat Apr 11, 12:00 pm - 6:00 pm – Upper Lawn

FIESTA Cañada: A celebration of the diversity of our community. Bring your family and friends to enjoy an array of music, dance, arts & crafts, food, and more!



Join us for a **FREE EVENT!** Opportunity to **WIN** a **\$1,000 Scholarship!**

FIESTA Cañada

CELEBRATE the DIVERSITY of our **COMMUNITY**

Saturday, April 11, 2015 from Noon to 6 p.m.



April Fool's Day

By: Alexandra Zhuang

A day filled with surprise and fun is coming, April Fool's Day! Do you know how this day came to be? As a matter of fact, no one knows exactly how this day began

but people think it first started in the 16th century when people celebrated New Year's on April 1. The King of France changed the calendar and New Year's Day. Some people were reluctant to change to the new calendar and continued to celebrate New Year's on April 1st.

Thus, people began to give gag gifts on the day to mock those who continued to celebrate the original New Year's Day and called them "April Fools". I found some fun pranks online if you would like to play jokes with your friends.

- Change the language setting on your friend's phone
- Fill your friend's hair-dryer with baby powder

These pranks are all for fun but if you do it on someone who can't take a joke, be careful!

Join us for a **FREE EVENT!** Opportunity to **WIN a \$1,000 Scholarship!**

FIESTA Cañada

CELEBRATE the DIVERSITY of our COMMUNITY

Saturday, April 11, 2015 from Noon to 6 p.m.
at **Cañada College** 4200 Farm Hill Blvd. Redwood City
SamTrans Bus Routes: 274 and 278. FREE Parking on Campus.

PERFORMERS:

- Cañada College Theatre Arts
- California Kung Fu and Tai Chi Inst.

LIVE LATIN BANDS:

- Leo Rosales and the Latin Rock All-Stars
- Live Salsa Music by LaTiDo

DANCE & MUSIC:

- Tonantzin Ballet Folklórico
- Ballet Folklórico México Vivo
- Raíces de México

FUN FOR ALL:

- Art and Crafts, Storytelling
- Learn about Cañada College, our services, and meet our students, faculty and staff
- Food Vendors, Beer Garden and MORE!

Logos for Redwood City International, Pacific Dining, Library, and San Mateo Credit Union.

www.canadacollege.edu/fiesta

Being an International Student Ambassador

By: Sierra Weng

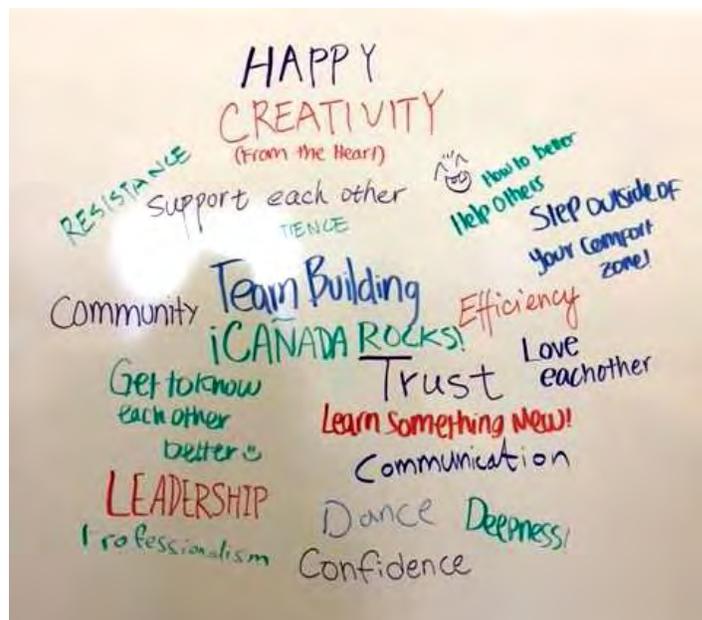
I have been an International Student Ambassador for two semesters and I enjoy doing it. Last semester, I found myself more confidence. I participated in class, gave presentations in front of my fellow classmates and international students, and I became a more active student leader.

I can still remember that I was nervous last semester about giving my advice. However, as an Ambassador, I have to be more active and outgoing because I understand that if I want people to trust me and ask for help, they have to like me first.

For instance, as an Ambassador, I had to do a presentation to introduce Cañada College to high school students from China. I felt a little stressful than usual because my goal was to make the speech as easy to understand and interesting. Therefore, the first thing I told myself to do was to smile and be confident. The presentation went well. I also gave the prospective students a campus tour. During the tour, they asked a lot of questions and I discovered that they were impressed with Cañada College and will consider it as one of the colleges to apply for admission.

Being an International Student Ambassador was a great opportunity for me to improve my leadership skills. I feel honored to be able to help others.

Interested in being an International Student Ambassador, the deadline to apply is Thursday, April 30. Find more info and an application here: [http://canadacollege.edu/international/pdfs/ISA Job DescriptionApplication.pdf](http://canadacollege.edu/international/pdfs/ISA%20Job%20DescriptionApplication.pdf).



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INSIDE THIS ISSUE

Have a Stress Free Semester!

What in the World do I do With my Major?

Life as an International Student Ambassador

The Olive Branch

Cañada College International Student Newsletter

VOLUME 4, ISSUE 4

SPRING 2015, MARCH 13

Make it A Stress Free Semester!

By: Moody Metry

Got a lot on your plate yet? Are you seeing stress on the way to attack you? Stress is and will be one of the most difficult and challenging barriers that international students will have to go through. Remember that one of the aspects that distinguishes a successful person from another, is the way that they handle stress.

I am an international student, and I went through severe stress since I came here, but did I give up and make it to affect my future? The answer is NO! Of course not, I came to the U.S. to succeed in my life, and to start building my future, and I won't allow any factor to affect my future goals. Now the question is how to overcome stress? Here are some tips to remember:

- 1) Eat and sleep well! This is rule number one.
- 2) If you got a lot on your plate, then prioritize, start with what is important.
- 3) Make a schedule and prepare in advance.

4) If you get bored of what you are doing, then make it creative and fun. For example, try to change the place of study or try to add calm music that would help you be productive.

5) Exercise! Make the blood move around your body and your brain.

6) Make sure to seek help if you are struggling with a class, meet with tutors, if that doesn't help then form a study group with your fellow students in class.

And despite of all of that, one of the most efficient techniques that I use when I feel stressed is to try to release the stress in by doing something I like. For instance, I like listening to music, and I like to take photos. You can do the same thing if you like to draw, or play music, etc. William James once said "The greatest weapon against stress is our ability to choose one thought over another."



Important Dates

- Tue, Mar 17, 4:30pm-6:30pm, Learning Ctr
Notre Dame de Namur Rep on Campus
- Thu, Mar 19, 10:00am-2:00pm, Transfer Ctr
UC Berkeley Rep on Campus
- Mon, Mar 16, 3-4pm, ASCC Clubhouse 5-350
**International Culture Exchange (ICE) Club:
Featuring Ireland & St. Patrick's Day**
- Wed, Mar 18, 3:00-4:00pm, Bldg 3-104
Tax Workshop for International Students
- Thu, Mar 19, 12:00-1:30pm, The Grove
Monthly Open Mic (MOM): Spring Into Success
- Fri, March 20
Academic Progress Reports Due
- Mon, Mar 23 to Sat, Mar 28
Spring Break: No classes



CAÑADA COLLEGE
COLTS
2nd Annual Colt Classic
CAÑADA COLTS
VS
CSM BULLDOGS

WEAR GREEN & BRING STUDENT ID FOR
FREE EXCLUSIVE MEMORABILIA

ST. PATRICK'S DAY
TUESDAY, MARCH 17

ACTIVITY
BOOTHS

2:00PM

\$1 Hot Dog Specials | Golden Horseshoe Awarded Game | Cañada Baseball Field

What in the World do I do with My Major?

By: Supinda Sirihekapong

Majors 2 Careers Day is coming up on Wednesday, March 18 at 11:30am-1:00pm in the Grove. If you're not sure about your major and what kind of job you can get, I highly recommend that you attend.

I wanted to share my experience with my major as a Communications student. About 10% of Cañada international students are communications major but nearly 100% need communications to fulfill a general education requirement and even to succeed as a student.

As a communications major, I started out with a focus on corporate communications to help companies with public relations and/or marketing. My first job out of college was assisting a sales team at a watch company. Although I'm very good with public speaking, I wasn't comfortable with some ideas of consumerism. Lucky for me, I learned that nonprofit organizations also hire people with a background in public relations, so I entered the nonprofit sector to fundraise. I learned a lot and improved how to motivate people through communication skills.

Now, I love motivating students to achieve their goals!



Majors 2 Careers

Wednesday, March 18th
11:30 - 1:00
At the Grove

Learn About Different Majors from Faculty, Staff and Outside Professionals

Discover How They Turned Their Major Into A Career

Refreshments Will Be Served

The poster features a central graphic of a graduation cap with various colorful icons (musical notes, books, tools, etc.) falling out of it. The background is a light green gradient.

Life as an International Student Ambassador

By: Dominique Franceschi

In 2014, I decided to get my Performing Arts degree. I'm originally from Colombia (located in South America), and beyond Google searches and YouTube videos, California, Redwood City, and Cañada College were all a blurry mystery to me.

I remember the first day of orientation. I was so nervous! As an international student, attending Cañada College didn't just mean starting over at a new school, but also moving to a completely different country, and living in a completely different culture. But everyone within the community was so nice and welcoming, and so willing to help me succeed, that in a matter of days I conquered my insecurities and started to feel right at home.

This is why I decided to become an International Student Ambassador, so that I could give back to the community and help make international students' transition into Cañada College and California as smooth as possible. Cañada College is an amazing place to begin your college education. You'll always be surrounded by people who want to see you succeed and achieve your goals!

As an International Student Ambassador, not only have I learned information that will, without a doubt, help me through my educational journey, I have also allowed myself to explore communicating and assisting others, (both written and verbally), which I know will be a key asset in my professional career. It fills me with joy to know that, however big or small, I am contributing to make a positive difference amongst international students.

If you're looking for an opportunity to give back to your community, and gain valuable tools for your professional and educational future, I fully encourage you to consider becoming an International Student Ambassador!

Deadline to apply is Thursday, April 30. Find more info and an application here: [http://canadacollege.edu/international/pdfs/ISA Job DescriptionApplication.pdf](http://canadacollege.edu/international/pdfs/ISA%20Job%20DescriptionApplication.pdf).



International Culture Exchange

ICE invites you to its 3rd meeting themed around IRELAND

THE SECRET STORY BEHIND ST. PATRICK'S DAY

Discover the true meaning behind the holiday and gear up for Saint Patrick's day as you enjoy **FREE** snacks from Ireland. And who knows, maybe you'll find your very own pot of gold...

Monday, March 16th
3:00 pm - 4:00 pm
ROOM 3-104

INTERNATIONAL STUDENT CENTER CANADA COLLEGE

CanadaCollegeICE

ASSOCIATED STUDENTS CANADA COLLEGE

The poster has a green and yellow color scheme with a background of stylized leaves. It includes logos for International Culture Exchange, the International Student Center at Canada College, and Associated Students at Canada College.

INTERNATIONAL STUDENT CENTER

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Dean, Counseling Services

Supinda Sirihekaphong

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INSIDE THIS ISSUE

Join the Business & Entrepreneurship Club

Celebrate Aztec New Year

Coming to a New Country

Join the Business & Entrepreneurship Club

By: Alexandra Zhuang

Are you majoring in Business, Economics, or Accounting and are looking to join a new club on campus? It is not too late to join the **Business Entrepreneurship Club!**

This is a new club at Cañada College striving to:

- Provide club members knowledge and experience to thrive in the business world
- Help students understand the reality of their chosen area within the business field
- Connect local business owners with students

Have you also set those goals to pursue your major or to strengthen your business skills? Here are **some events & activities** the club is planning to host:

- Invite guest speakers and/or Business Workshops in different industries
- Work with other clubs and organizations in enriching events/activities
- Find/collaborate volunteer opportunities with Business center

By now, I believe you are interested in attending at least one meeting. Here are more details for you.

The club meets regularly every other week on Tuesday, 4-5pm in room 13-116. However, we are doing a survey to see what is the best time to meet, so please complete the survey at <https://www.surveymonkey.com/s/Y55BJW2>.

If you want more information, contact the club by sending an email to canadacollege.BEC@gmail.com.



Important Dates

Tue, Mar 3, 11:00am, Bldg 9-106

Study Abroad Information Session: Come learn about studying in Fall 2015 Barcelona.

Fri, Mar 6

DEADLINE: Petition for Degree/Certificate

Tue, Mar 10 and Thu, Mar 12, 1:00pm

Migration is Beautiful Art Workshop: Register at <http://tinyurl.com/migrationisbeautiful>.

Mon, Mar 2, 3-4pm, ASCC Clubhouse 5-350

International Culture Exchange (ICE) Club: Meeting focused on England

Tue, Mar 3, 11:00am-1:00pm, Learning Ctr

Menlo College Rep on Campus

Mon, Mar 9, 10:00am-1:00pm, Learning Ctr

UC Santa Cruz Rep on Campus

Tue, Mar 10, 10:00am-1:00pm, Learning Ctr

Academy of Art Rep on Campus

Thu, Mar 12, 11:00am-1:00pm, Learning Ctr

CSU East Bay Rep on Campus

Wed, Mar 4, 1-2pm, Bldg 6-111

Finding the Right Major: Explore your interest & skills and research majors

Celebrate Aztec New Year

Adapted from an article by: Joe Rodriguez

www.mercurynews.com/breaking-news/ci_25338495/aztec-new-year-celebrated-this-weekend-san-jose

The ancient Mexican new year will be celebrated on March 14-15 in Emma Prusch Park 647 S. King Road in San Jose. A new wave of young Latinos are embracing the spiritual beliefs and traditional customs of their ancestors.

"It's not just a little dance," said Yei Tochtli Mitlapilli. "It's a movement about identity and spirituality that were repressed for centuries but are now coming back." The event celebrates Ome Tochtli, the year of Two Rabbit in the Aztec calendar. But it's also meant to showcase the indigenous diversity of the Bay Area.

Aztec dancers will kick off the festival and a tianguis, or bazaar, will feature vendors and exhibitors offering traditional flutes, drums, clothing, and CDs.

Mexica is what the Aztecs called themselves in their native language. The word also morphed into the name of the country after "New Spain" did not stick. Even so, the Mexica new year virtually disappeared under centuries of Spanish rule and Roman Catholic doctrine.

The Aztecs frequently named their children according to the calendar. On Sunday, Mexican calendar scholar Sergio "Ocelocoatl" Ramirez Munoz will conduct a naming ceremony by finding traditional names for a select few according to the day and time they were born.



YANCUIC XIHUITL-YEI ACATL / AÑO NUEVO-TRES CARRIZO
AZTECA MEXICA
NEW YEAR

FREE ADMISSION / ENTRADA GRATIS
Sab / Sat Mar 14 2015

6:00 AM - Sunrise Ceremony
10:00 AM - Rumsen Ohlone Dancers
10:30 AM - Pomo Dancers
11:00 AM - Zuni Dancers
11:30 AM - Mexica Dancers
4:00 PM - Palabra y Ofrendas
5:00 PM - Orquesta Timbalero

Dom / Sun Mar 15 2015

9:00 AM - Opening ceremony
10:30 AM - Northern Singers & Dancers
12:00 PM - Xavier Quijas Yxayoti
1:00 PM - Danza Azteca
3:00 PM - Sones Triqui
3:30 PM - Live Band
5:00 PM - Closing

ALL WEEKEND:
Food, Workshops,
Arts & Crafts,
Children's Activities

PHOTO BY: CARLOS DEL CARMEN COPYRIGHT

Coming to a New Country

By: Dominique Franceschi

As an international student, I know coming to a new place can be hard. Not only are you coming to a new school, you're also coming to a new world where it's very likely that you don't know anyone, and their everyday language is foreign to you. Let me start by telling you that you chose a spectacular place to come. Not only is Cañada College a community that characterizes itself for being a positive and inspirational environment, but California is one of the most welcoming places you will find in the United States.

There are multiple services on campus, including the International Student Center, the Learning Center, and the Health Center, that are aimed towards making your transition to this new environment as smooth as possible. On top of that, there are plenty of other International students (like me!) who are going/went through what you're going through, so there's plenty of people available to you for support, guidance, and advice.

One of the advantages Cañada College has is its student-faculty ratio. Don't be afraid to ask your instructors, classmates, and staff members: Remember *"there is no such thing as a stupid question!"*

Give yourself some credit! You took a very brave and big step when you decided to study abroad, away from your family and your home. Every step counts! With patience and dedication, along with the support available to you, you'll discover, as I have, the amazing place you've come to. My best wishes to you during this semester!



Honorable Student, you have been summoned

ENGLAND & THE KNIGHTS
OF THE ROUND TABLE
(ICE CLUB 2ND MEETING)

LEARN ABOUT ENGLAND, DESIGN THY OWN SHIELD, PASS THE TEST, AND EARN THY PLACE AS A KNIGHT OF THE ROUND TABLE, ALL WHILE ENJOYING COMPLEMENTARY EDIBLES.

MONDAY, MARCH THE 2ND
3:00 PM - 4:00 PM
ROOM 5-350



INTERNATIONAL STUDENT CENTER

Kim Lopez

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Dean, Counseling Services

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INSIDE THIS ISSUE

Join the ICE Club

Happy Chinese New Year

Honors Transfer Program

Join the International Culture Exchange Club

By: Dominique Franceschi

Have you ever wondered why we shake people's hands when we greet them? Since when is clapping at someone considered a form of excitement and appreciation? Most of our daily customs are hundreds of years old and originated in a faraway place. As a result, we are surrounded by culture in our everyday life: How we walk, how we talk, even how we write.

ICE Club wants to uncover the truth about cultures from around the world, including their history, music, and of course, food!

Our Activities:

ICE meetings, each themed with a different country or culture, have three goals:

- 1) Learn something new about a country.
- 2) Learn a phrase from the country.
- 3) Have fun!

ICE International Film Night:

ICE will host 4 films nights, featuring foreign films which will be screened in their original language and free food from the films' country.

How do I join ICE?

Come to one of our meetings! The first meeting will be on February 23 from 3-4PM at the ASCC

Clubhouse in 5-350.
We will be serving food from INDIA and learning about BOLLYWOOD!

How often does ICE meet?

We meet every other Monday from 3:00PM to 4:00PM on Feb 23, Mar 2, Mar 16, Apr 6, Apr 27, May 4 and May 18.

If I miss a meeting, will you kick me out?

Attending all meetings is not mandatory. We are students just like you. We know tests and homework can sometimes be overwhelming. However, we do encourage our members to think of ICE meetings as a time to relieve stress, share your culture, have delicious food and have a good laugh!

Do I have to be an International Student to be a member of ICE?

Not at all! ICE is for anyone who wants to learn about different cultures and customs from all around the world, no matter where you're from.



 CanadaCollegeICE

Important Dates

Mon, Feb 16

DEADLINE: Last day to DROP with no "W"

Mon, Feb 23, 3:00-4:00pm, Clubhouse 5-350

Int'l Culture Exchange Club Meeting

Thu, Feb 26, 2:00-4:00pm, Bldg 3-148

International Film Night featuring a Bollywood movie and FREE food from India

Wed, Feb 18, 1:00-2:00pm, Bldg 6-111

Career Ctr: Interviewing Essentials Workshop

Thu, Feb 26, 12:00-1:00pm, Upper Lawn

ASCC Spirit Day: Holi Fest-Get ready to for a festival of life and color!

Tue, Feb 18, 12:30-1:30pm, Bldg 9-106

Transfer Ctr: Common Application Wksp

Wed, Feb 18, 4:30-6:30pm, Learning Center

Notre Dame de Namur Uni Rep on Campus

Tue, Feb 24, 10:00am-2:00pm, Transfer Ctr

UC Berkeley Rep on Campus

ICE SKATING WITH ICE

INTERNATIONAL CULTURE EXCHANGE CLUB



WEAR THICK SOCKS AND LONG PANTS

BELMONT ICELAND

FRIDAY, FEB 13, 2015

7:30PM

\$7/PERSON

**ADDRESS: 815 OLD COUNTY RD, BELMONT, CA 94402
(NEAR THE BELMONT CALTRAIN STATION)**

The Legend of the Chinese New Year Monster



By: Sierra Weng

Chinese New Year or Spring Festival is one of most important festivals in China. It is originally tied to the lunar calendar. On the last day of the lunar year, folks would prepare a full meal with their family because of an ancient Chinese legend.

In ancient China, there was a giant monster called “Year.” It was a

very brutal animal and ate all of the chickens. Soon, he started to eat humans. The whole village panicked. Later, folks started to realize that the monster had a life cycle; for instance, “Year” would slaughter people in the village every 365 days during midnight, and went back to the forest before sunrise. Folks called the horrible day as “the barrier of Year.”

After realizing Year’s life cycle, they came up with a solution to escape from the giant monster. Every night of this day, folks would close their windows and doors, locked their chicken, and prepare a full dinner for their family. They wouldn’t sleep after all, because anyone of them could be eaten by the monster on that night. After sunrise on the second day, folks would celebrate and visit neighbors for a new year!

Tax Workshop for International Students

Tuesday, February 17
Wednesday, March 18
Thursday, April 9
3:00 – 4:00pm

Building 3-104

Presented by:



Come learn about:

- What your tax obligations are as an F-1 student
- Get help filling out tax forms for nonresidents
- Please be aware that Cañada College staff cannot provide tax advice. This information is only provided to help you submit your tax forms to the U.S. government.



By Alexandra Zhuang

Are you a highly motivated student who wants to challenge yourself? Are you a student who is not satisfied with getting an A, but is willing to exploring more into a specific topic? Are you a student who wants to be more competitive when you transfer? Join the Cañada College Honors Transfer Program (CCHTP) and take honors classes!

Why join CCHTP? What are the benefits of completing CCHTP?

Firstly, being a member of Honors Transfer Program, you get priority registration for classes. Secondly, CCHTP are members of the UCLA Honors Transfer Alliance Program (TAP) and the Honors Transfer Council of California HTCC so they offer transfer agreements that provide priority admission to UCLA.

What are the requirements to apply to be in the CCHTP?

The two criteria for being qualified are:

1. Be eligible for transferrable English (ENGL 100) and Math (MATH 125, 130, 140, 200, 222, 241, or 251).
2. Have a high school GPA of at least 3.5 or a cumulative college GPA of 3.3 in at least 9 units of transferrable courses.

How do I apply to be in the CCHTP?

You could submit an online application here:

www.canadacollege.edu/honorsprogram/application.php

How do I register for Honors classes? The program offers different honors classes every semester, so you should check on WebSchedule. An Honors class is indicated with this icon:  You can also register for a regular class and sign an Honors contract with your professor. Keep in mind that UCLA Tap transfer program only accepts two honors contract classes.

How to be an Honors graduate student?

Complete 15 units of Honor classes!

Always plan ahead if you want to graduate as an Honors student and start early. Challenge yourself and you will learn more! Good luck!

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INSIDE THIS ISSUE

Welcome New
International Students!

Tips for the Beginning of
the Semester

How to Complete a
Scholarship Application

The Olive Branch

Cañada College International Student Newsletter

VOLUME 4, ISSUE 1

SPRING 2015, JANUARY 30

Welcome New International Students

Cañada College welcomes 27 new international students this spring semester, bringing our total international student population to 82. This semester's new international students come from 13 different countries including Brazil, China, Colombia, Germany, Ireland, Jordan, Portugal, Nepal, Malaysia, Spain, Sri Lanka, and Vietnam.

At the International Student Welcome Reception sponsored by ISP Homestays, the students were welcomed by President Larry Buckley, Vice Presidents Robin Richards and Gregory Anderson and Dean David Johnson. All the students with the help of the Welcome Center staff and counselors are enrolled full-time.

The International Student Orientation included presentations from Professor Jeanne Gross of the ESL Department and Krystal Martinez of the Health Center. Thanks to Carlos Luna of the Library, Jonathan MacSwain of the Learning Center, and international students Cassandra Fekir and Fiona Lee for providing a campus tour. The students also had a tour of downtown Redwood City. We wish all the international students a semester filled with much success!



Important Dates

Wed, Feb 4

DEADLINE: Add classes and check in w/ISC

Thu, Feb 5, 2:00-3:00pm, Bldg 3-104

Int'l Student Center Welcome Back Party

Thu, Feb 12

DEADLINE: Scholarship Applications <http://canadacollege.edu/financialaid/scholarship.php>

Wed, Feb 4, 3-4pm, Bldg 3, Rm 104

Class Participation Workshop

February 9-12, 9:00am-12:45pm

Random Acts of Kindness

Thu, Feb 12, 9:00am-12:45pm, Upper Lawn

Club Rush: Come learn and sign up for clubs.

Thu, Feb 12, 12:00-1:30, The Grove

Love Your World, Love Your Community:

Monthly Open Mic, share your talent!

Wed, Feb 4, 1:00-2:00pm, Bldg 6-111

Career Ctr: Resume & Cover Letter Wrksp

Tue, Feb 10, 1:30-2:30pm, Bldg 3-104

Employment Workshop for Int'l Students

Tue, Feb 3, 11:00am-1:00pm, Learning Ctr

Menlo College Rep on campus

Tue, Feb 10, 1:00-3:00pm, Transfer Ctr

Arizona State Uni: By appointment only

Tue, Feb 10, 11:00am-1:00pm, Learning Ctr

CSU East Bay Rep on campus

Tue, Feb 10, 10:00am-1:00pm, Transfer Ctr

Grand Canyon University Rep on campus

Tue, Feb 10, 10:00am-1:00pm, Learning Ctr

UC Santa Cruz Rep on campus

Thu, Feb 12, 11:00am-2:00pm, The Grove

Palo Alto University Rep on Campus

How to Apply for SMCCD Scholarships

By Dominique Franceschi and Supinda Sirihekaphong

Scholarships are a great opportunity to help pay for tuition and get recognition for your hard work! There are several different types of scholarships available and luckily only one application. Here are some tips to help you apply!

What are the steps to applying for a scholarship? A scholarship application requires you to submit 1) an online application, 2) an unofficial transcript showing your current GPA, 3) recommendation letters from a SMCCD faculty and/or staff, and 4) a personal statement.

When is the best time to apply? The sooner the better! The DEADLINE to submit all the application and all necessary documents is THURSDAY, FEBRUARY 12th. In my experience, the best time to ask faculty for recommendation letters is a month before the semester is over. At this time your professors should know you well enough to write a thoughtful recommendation, without having the pressure of preparing for finals upon them.

What if you think your professor forgot about your recommendation? Most professors will want to complete your recommendation as soon as you ask, but others like to take their time. Remember faculty have tons of other responsibilities outside of class, and they might have other students who asked them for a recommendation. Be patient. If you don't see that their recommendation letter is complete on the scholarship application, you can always ask. Be understanding. Phrases like "Let me know if there is any information you need from me" or "If there is anything I can do to help please let me know", will let your professor know that you're interested and understanding and at the same time serve as a friendly reminder.

What if I'm not a straight A student? You don't need to have an A in the class to ask for a recommendation. In fact, that's the whole point! Recommendations are a way for professors to get to know you as a student, and as a human being, something a grade can't tell. If you know you've done your best, and if the teacher knows you're a dedicated student, you can be certain they'll include that in your recommendation, and in most cases, this quality may have more weight than your grade.

Visits the Cañada Scholarship page to get more information about instructions and upcoming workshops on how to apply and write a personal statement here: <http://canadacollege.edu/financialaid/scholarship.php>.

CLASS PARTICIPATION WORKSHOP
Wednesday, Feb 4, 3-4pm, Bldg 3-104

Lessons Learned Studying at Cañada

By Alexandra Zhuang

If you don't prepare well you may get overwhelmed and stressed, so it's always a good idea to plan before the semester starts but it's never too late to plan NOW. I want to share my lessons learned from previous semesters. Getting ready is the best way to overcome any obstacle in your first semester at Cañada College, and to be successful! Here are a few tips for you to get ready for the new semester.

1. If you are still thinking about adding one more class, go to the class and ask the professor for an add code. Remember that February 4th is the LAST DAY TO ADD CLASS AND GET PARTIAL REFUND.
2. Keep an eye on your My.SMCCD email and WebAccess, in case your professors send emails about important announcements and stay on top of your deadlines for homework and assignments.
3. You definitely should complete your SEP (Student Educational Plan) with an academic counselor as soon as possible. You could schedule an appointment to meet with a counselor at the Welcome Center in Bldg 9, 1st Floor. Having an updated SEP is really beneficial in helping you be prepared because it gives you a priority registration date, since courses always get filled up quickly.
4. Mastering time management skills can make your life easier. Organizing and planning things ahead of time will be extremely helpful. Here are some things I've tried to manage my time as a student, a club officer, and a Student Ambassador. Use a planner or calendar in your phone when there is a lot going on. Write down everything on it, such as deadlines, dates of exams and events on campus. For me, I like writing down the dates of final exams after I get my syllabus and due days of assignments once my professors announce them.
5. Most importantly, getting enough sleep and arriving 10 minutes before classes start will definitely help you.

Enjoy your studies here in Cañada College! You can do it!

EMPLOYMENT WORKSHOP FOR INTERNATIONAL STUDENTS

Tuesday, Feb 10, 1:30-2:30pm, Bldg 3-104

Come learn about how to work off-campus on F-1 status and how to create a resume to help you find a job in the U.S.