

**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.

INSIDE THIS ISSUE

Congratulations to our New International Student Ambassadors

Merry Christmas

Thrive by Being an International Ambassador

The Olive Branch

Cañada College International Student Newsletter

VOLUME 3, ISSUE 18

FALL 2014, DECEMBER 19

Congratulations to our New Ambassadors

By: Supinda Sirihekaphong

Congratulations to our new International Student Ambassadors for the Spring 2015 semester.

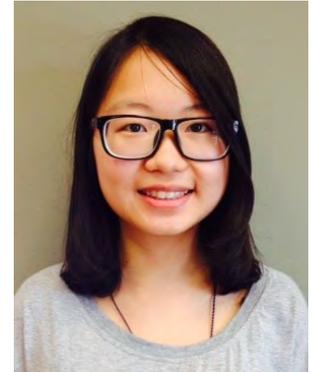
I'm excited to continue to work with Sierra Weng, Alexandra Zhuang, and Moody Metry. It has been humbling to see their growth as Ambassadors throughout the semester and become student leaders who serve as role models to all international students both new and returning.

They are also excited to continue to serve as an Ambassador, Sierra says, "I've learned so much in this job, and I would love to continue my position because I really enjoy it." Alexandra shares that, "this is a great opportunity for me to learn and give back." Finally, Moody shares that, "being an ambassador will develop my leadership skills...I always aspire to develop more skills."

I welcome Dominique Franceschi as a new ambassador. As a new student this semester, Dominique has been active in Glee Club and serves as the ICC Liaison for the International Culture Exchange Club. Her energy will be a valuable asset to the Ambassador team.



Sierra Weng



Alexandra Zhuang



Moody Metry



Dominique Franceschi

Important Dates

Fri, Dec 19

Last day of the semester

Dec 24-Jan 1

Winter Break

Mon, Jan 5

Int'l Student Orientation

Jan 12—Jan 16

Word, Math & Physics Jams

Thu, Jan 22

First day of the semester



Merry Christmas!

By Lily Zheng

Merry Christmas! Are you ready to celebrate? Christmas is a Christian holiday that celebrates the birth of Jesus Christ. Nobody knows the exact date of Christ's birth, but most Christians observe Christmas on December 25. The word "Christmas" comes from the word "Cristes maesse," it means the "mass of Christ." On this day, people will go to church for a special religious service. During the days that lead up to Christmas, many families decorate their homes with Christmas lights and decorate a Christmas tree with ornaments. On Christmas, it is a day when every family members get together, have dinner, and exchange gifts with their family.

Christmas is also made popular by Santa Claus. Before children go to sleep on the night before Christmas, they hang stockings and hope that Santa Claus will fill the stocking with gifts when they fall in sleep. It is said that Santa Claus drives a sleigh pulled by reindeers to send gift to children all over the world. How exciting!

Christmas is an awaited festival and it signifies love, kindness, joy, and happiness. I believe that for many international students, it is the first time celebrating Christmas in the U.S. I hope you will enjoy it and fill your heart with joy.

Thrive by Being an International Ambassador

By Alexandra Zhuang

This is my first semester working as an international student ambassador. I applied for the position last semester because I knew how it would be like studying abroad alone. Since I have already gone through many challenges, such as overcoming the language barrier and experiencing a different educational system, I wanted to use my knowledge to advise new international students who will be in the same situation, and help improve their college experience.

I have learned a lot being an international student ambassador and had a better understanding of the responsibilities of the job. I improved my computer skills, especially learning how to use mail merge. I also become more detail orientated by answering and sending a variety of emails to prospective students. In addition, given a few opportunities to talk both in front of people and in face-to-face conversation with my mentees, I have strengthened my communication skills. More importantly, I have also improved my stress management skills. I learnt that stress will only prevent me from getting my work done, so I have better time management skills.

My experience as an ambassador made me want to serve as an ambassador for another semester. Luckily, I was chosen to serve as an ambassador again and I also have a few new goals for next semester. In order to strengthen my public speaking skills, I will be in charge of an interactive activity during the beginning of the semester party. I'd also like to remember all my mentees' names as soon as possible and reach out with my mentees and help them more. I hope I will achieve all my goals as an international student ambassador and I wish you all much luck in your finals and have a fun and safe winter break!



LET'S JAM

MATH JAM
canadacollege.edu/MathJam
January 12-16
Daytime: 9am-3pm
Evening: 6pm-9pm

PHYSICS JAM
canadacollege.edu/STEMcenter
January 12-16, 9am-3pm

WORD JAM
canadacollege.edu/WordJam
January 12-16, 9am-12pm

Canada College
STEM Center
Apply online by December 28, 2014

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INSIDE THIS ISSUE

It's Almost Over!

Your Story, Your Personal Statement

Thanksgiving is for Family

The Olive Branch

Cañada College International Student Newsletter

VOLUME 3, ISSUE 17

FALL 2014, DECEMBER 5

It's Almost Over but Closer to Your Goal!

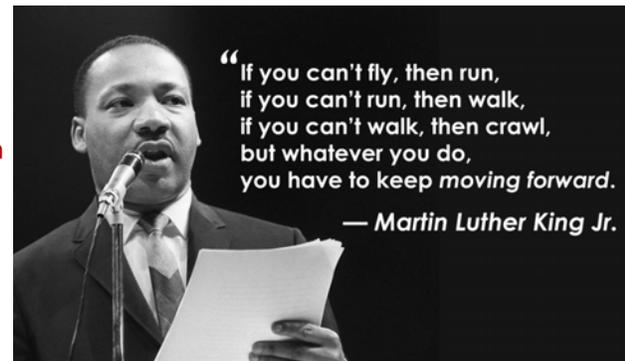
By: Moody Metry

It has been a long semester, but it went by in a blink of an eye. I can still remember my first day of classes, when excitement was expressed all over my face, and now we are getting ready to finish our semester with finals in a few weeks. I am sure that this semester had its ups and downs for everyone, but remember, failure is the beginning of success. Just make sure not to give up or say "whatever". If you failed at anything during this semester, try to realize that it is not the end of the world and that you still and will always have the chance to get back up.

As we are approaching a new semester and a new year, try to remember all the time that you failed or gave up and say to yourself that you won't allow this to happen again. If you keep this in your mind you will see the difference very soon, because once you focus on something, you will find out that you are working towards this particular target, without even noticing and that you

are that much closer to your target.

Life is not easy and to be part of this world you will keep falling. You will keep going up and down throughout your life, the trick is that you have to make sure after you fall, to get back up and wipe off the dust and keep going. If you take a look at the most successful people in history, from Martin Luther King Jr. to Steve Jobs, all of them had a hard time and they were rejected by a lot of people, but they believed in themselves and they wiped off the world's opinion and they made a difference. Enter this year with a spark and know what you are working for.



Important Dates

Wed, Dec 10 and Thu, Dec 11, The Grove

ASCC Las Posadas Celebration

Come learn about this 9-day celebration that originates in Spain and celebrated in many Latin American countries. Posada, meaning "lodging" represents the 9-day travel of Mary and Joseph before the birth of Jesus Christ.



Dec 13—Dec 19

Final Exams

Fri, Dec 19

Last day of the semester

Dec 24-Jan 1

Winter Break

Mon, Jan 5

Int'l Student Orientation

Jan 12—Jan 16

Word, Math & Physics Jams

Thu, Jan 22

First day of the semester

Your Story, Your Personal Statement

By: Lily Zheng

November was the month that students should have submitted their personal statement to the university they dream to go. The personal statement is very important because it is an opportunity to demonstrate that you have what they want, such as enthusiasm and knowledge about your major. Your personal statement is an essay about yourself and it should include all the things you want to share about your goals, your school life and even your personal life. Therefore, be prepared to write your personal statement.

For admission to the University of California, there are two personal statements required. One is about your school life. You could include your intended major, and what you have done to develop skills and knowledge in your major, such as volunteer work, internships and employment. Also, you have to describe how you became interested in your major, maybe a job, an internship, a class you took, a teacher, a book etc. Experiences or activities you have participated in that demonstrate your interest in the major, such as club activities, hobbies, and travel, are other points you should include in when you describe what motivates you to pursue your major.

The second personal statement asks about a personal quality, talent, accomplishment, contribution or an experience that is important to you. You will need to show the university about who you are as a person. You should include any relevant awards or honors that you have received and what you have learned or gained from this. Give some examples on demonstrating your character and how it developed. It's recommend that you not just list activities you've been involved in but what you have learned as well.

The personal statement is a significant part of your transfer application and I wish you all the best of luck in transferring to your dream university with a perfect personal statement.

Thanksgiving is for Family

By: Supinda Sirihekaphong

I want to thank all the international students who attended the Thanksgiving Luncheon on Friday, November 21, hosted by Cañada College President Larry Buckley. I wanted to take the opportunity to recognize the International Student Ambassadors, Moody Metry, Sierra Weng, Lily Zheng, and Alexandra Zhuang. Sierra received a special Emerging Leader Award for her growth and initiative as an International Student Ambassador and her courage serving as a President of the new Career Club.

I want to take this opportunity to thank all the international students. Leaving home and living in a country that has different customs and cultures is not easy and I admire all the international students for their courage and openness to confronting the challenges and learning from their experiences both inside and outside of the classroom.

Whether you are a new international student or have been studying at Cañada for a while, I hope that you have found a second family at Cañada, people who have helped you along the way. Whether they were a professor who helped you improve your writing, a counselor who helped you choose your classes, a classmate who helped you understand the homework, I see how a little help goes a long way and I am proud of being a part of the Cañada family. If you haven't felt this, I invite you to embrace your new family, you might be surprised that in seeking help, you also might help someone else.



LET'S JAM

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INSIDE THIS ISSUE

Your Vision, Your Mission,
Your Dream

Why Do You Choose
Cañada College?

Become an International
Student Ambassador

Celebrate International
Education Week

The Olive Branch

Cañada College International Student Newsletter

VOLUME 3, ISSUE 16

FALL 2014, OCTOBER 31

Your Vision, Your Mission, Your Dream!

By: Moody Metry

It has been a fabulous weekend for me, as I went for the first leadership conference with the student government. The theme of the conference was "Take Action". It was about how to be a professional leader and how to reach your dream as a leader, too. We had several keynote speakers, who actually left a message in my heart; that was how amazing they were! The thing that was actually in common between all of the speakers was the word "Vision" and they talked a lot about that.

Every speaker had different definition for "Vision", however they all agreed about one thing: it was that Vision is the image of yourself or the image of what you want to be in the future. I can say that vision is another word for "Dream", but the difference is that vision will come true one day, and it is the thing you are working for. And to reach your vision then, the only path is by having a mission. A mission is what you should do to reach your vision, and to know

your mission you need to plan.

At the end, what is important is to know is to identify your vision. The first step is to write down your vision, know it, study it, imagine it and remember it every time you feel like giving up. Secondly, know your mission and write down your own mission statement and what you should do is, put it in your phone, your office, and even frame it so that you won't ever forget. Then after the time passes, sit down and see your dream (which turned into a vision) come true.



Important Dates

Mon, Nov 10

The College is closed for Veterans Day.
Wed, Nov 12, 1:00-2:00pm, Bldg 13-113
**Career Center: Resume & Cover Letter
Creation Workshop**

Wed, Nov 5, 2:00-3:00pm, Bldg 9-123

Thu, Nov 13, 1:00-2:00pm, Bldg 9-123

UC & CSU Application Workshop

Mon, Nov 3, 10:30am-2:00pm, Transfer Ctr

Palo Alto University Rep on Campus

Thu, Nov 6, 11:00am-2:00pm, Learning Ctr

CSU East Bay Rep on Campus

Tue, Nov 4, 9:30am-4:15pm, Transfer Ctr

UC Berkeley Rep on Campus

Thu, Nov 13, 10:30am-12:00pm, The Grove

ASCC International Spirit Day

Thu, Nov 13, 2:00-4:00pm, Bldg 3-148

**International Film Night: Enjoy a FREE
anime film and food from Japan.**

Mon, Nov 10

**DEADLINE to
submit to the
Calendar Photo
Contest** of your
home, travels, or
culture, include
your name, title of
photo, and brief
description to
[caninternational@
smccd.edu](mailto:caninternational@smccd.edu).



My Experience of Being an Ambassador

By: Sierra Weng

I didn't know there was an International Student Ambassador Program until a year ago I got an email, which said that there was an opportunity to be a part of the International Student Center. I was very excited about that because I believed that being an ambassador, I would have the chance to meet different people, help others, and get familiar with the International Student Center at Cañada College. Therefore, I submitted an application and recommendation letters to apply. After the interview and a skills test, I successfully became an Ambassador.

I have been working as an Ambassador for half of the semester and I realized that being an ambassador is more like being a role model for international students, and a mentor for new international students who they can always talk to and be there to support them. I remember the first day I started my position, during International Student Orientation. I was shy during the introduction when Supinda asked the four of us ambassadors to give a brief introduction to new students. I forced myself to present myself as a talkative and humorous person. Finally, the students laughed and I thought to myself, "I did it!" Being an ambassador is not only an opportunity to meet different people, help others, and get familiar with the International Student Center, but also a good opportunity for me to interact with others and develop my communication, self-confidence, and leadership skills.

Why did You Choose Cañada College?

By: Alexandra Zhuang

My first day in Cañada College was the orientation for new international students. New students sat comfortably on sofas in the hall located in building 5 and at the reception, many school leaders introduced themselves and talked briefly about our school services.

There were only few new international students during the orientation, I think it was because we entered our college in the spring semester; therefore we had a nice and close talk with school leaders.

What impressed me most was that the Dean asked us, "Why did you choose Cañada College?" Reasons varied. "Cañada College has few Chinese students, so I can improve my English," "Cañada College is one of the few colleges that accept students of my age," and so on. I agreed with all of these, since they were quite true. But when it was my turn, I replied, "I am here because Cañada needs me!" People laughed and I smiled.

Until now, I don't know if I have contributed as much as I can to our campus but I am still trying as much as I can; I don't know if anyone else will appreciate it but I know there is always more I can do. I won't stop until I leave. So, now it is your turn, why do you choose Cañada College?

Apply to be an International Student Ambassador today!
Find the application and recommendation forms here:
<http://canadacollege.edu/international/meetthestaff.php>

International Education Week

CAÑADA COLLEGE | NOVEMBER 11 - 13, 2014

Come celebrate Cañada College's diversity and

learn more about international education opportunities.

TUESDAY, NOV. 11

9:00am Reveille Ceremony: Military flag-raising ceremony

11:00am A Veteran's Journey Home, Bldg 9-154

12:45pm Life is a Game: Economic & Political Aspects of Game Theory
Social Science Hub, 9-307

WEDNESDAY, NOV. 12

11:30am Study Abroad Fair, *The Grove*

5:00pm STEM Speaker Series: Think Global, Bldg 6-101

THURSDAY, NOV. 13

10:30am ASCC Spirit Day: International Celebration, *The Grove*

2:00pm International Film Night, Bldg 3-148

Enter the Calendar Photo Contest by **MONDAY, NOVEMBER 10**.
Email your name, title, brief description, and photo of your home, travels or culture to caninternational@smccd.edu.



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INSIDE THIS ISSUE

Redwood Symphony

The Path to Finding Your Real Passion

Stress Management 101

Cañada College: Home to Redwood Symphony



Did you know that Cañada College is home to the Redwood Symphony? The Redwood Symphony is an all-volunteer orchestra and is always looking for musicians who want to join. The Redwood Symphony has concerts nearly every month and the music they play range from contemporary repertoire to orchestral classics.

The Redwood Symphony's conductor, Maestro Eric Kujawsky founded the Symphony in 1985 after receiving his Doctorate in Conducting from Stanford University. He is equally comfortable with symphony, opera, musical comedy or jazz.

To promote the love of music, most concerts are free for children under age 18 and all concerts are free to Cañada College faculty, staff, and students for concerts that are not sold out.

The next concert is the popular annual Halloween Family Concert on Sunday, October 26 at 3:00pm in the Cañada College Main Theater. The concert will feature the suite from the Disney movie *Frozen*, and Tchaikovsky's *Nutcracker Suite*. For more information, check out: www.redwoodsymphony.org.



Important Dates

Fri, Oct 31-**DEADLINE** to petition for degree

Wed, Oct 22, 1:00-2:00pm, Bldg 13-113

Career Ctr Wksp: Interviewing Essentials

Wed, Oct 29, 1:00-2:00pm, Bldg 13-113

Career Ctr Wksp: Finding the Right Major

Tue, Oct 28, 3:00-4:00pm, Bldg 5-350

International Culture Exchange Club Mtg

Thu, Oct 30, 9:00am-12:45pm

ASCC Spirit Day: Haunted Halloween

Tue, Oct 21, 10:30am-1:30pm, The Grove

TRANSFER DAY Over 50 universities will be at Cañada to answer all your admissions questions.

Mon, Oct 27, 10:30am-2:00pm, Transfer Ctr

Palo Alto University Representative

Tue, Oct 28, 10:00am-2:00pm, Transfer Center

UC & CSU Application Q&A

Thu, Oct 30, 4:30pm-6:30pm, Learning Center

Notre Dame de Namur University

The Path to Finding My Real Passion

By Sierra Weng

Time has passed so quickly. It's hard to believe that we have already finished half of the semester. At this point, you might question: Am I really enjoying what I am doing for my major? After that, you might feel stressful. As an international student and International Student Ambassador, I want to share my experience of finding my real passion with you and tell you that you are not alone, because these kinds of questions confused me for a long time as well.

I used to be a Communication Studies major. I chose this major because it was always my dream to be a broadcast journalist. I like to speak to different people and listen to their stories. I am also a story teller because I believe personal experience is the most powerful way to make people listen to you and know who you are. However, things are always changing as we grow up, I found out that my real passion is to observe people's behaviors. I could sit for many hours, discover passersby and guess their occupations. After about three years of exploring my passion, I finally found that Sociology is my real goal in life.

To sum up, if you are struggling with the same situation as mine, don't feel stressed, because every student is dealing with similar problems. I suggest that you work on General Education classes first, and explore different majors and discover your real passion.



**Transfer Day
Annual College Fair**

Date: October 21, 2014
Time: 10:30 a.m. — 1:30 p.m.
Location: The Grove
(Cafeteria/BLDG 5)

From here you can go anywhere!

This is an excellent opportunity to meet with university representatives and explore your option of transferring to a four year university. (CSU, UC, private, and out-of-state universities).

List of the university participants is available at:
<http://www.canadacollege.edu/student/transferday.html>

For more information contact the Transfer Center at
(650) 306-3493
cantransctr@smccd.edu

Stress Management 101

By Supinda Sirihekaphong



All of last week, students have been submitting mid-semester progress reports and it's been a roller coaster ride. I congratulated students for being on track to getting straight "A"s and I encouraged others to keep working hard towards better grades. At this time of year, many students are feeling stressed out and international students have the added stress of being away from family and friends back home. But don't worry, you still have time and there is plenty of support at Cañada College. Here are a few tips to manage your stress better.

1. Stress or anxiety may be caused because you feel unprepared. The more you understand a subject matter, the more confident you will become. Find out what kinds of study skills work for you. Some students need a quiet place to study, some like to study with classmates, others find flashcards useful, while others review their notes and textbooks.
2. Don't over study. If you are tired, take a break. Exercising, other physical activities, and even deep breathing get your body moving, which means that you are pumping oxygen to your brain, which is needed for optimal mental performance.
3. Take advantage of your support network. You're not the only one who may be feeling stressed. Reach out to your classmates and ask them how they are doing with their essay or studying for the quizzes, maybe they would be interested in forming a study group with you. As you know, the Learning Center and STEM Center has tutors, and don't forget, instructors are also available during their office hours to answer any questions or concerns you may have.
4. Finally, if you are feeling very overwhelmed, the Health Center has a place you can take a nap, free medicine for any headaches or pain, and you can even schedule an appointment with a psychological counselor who can help you find ways to relieve stress and anxiety.

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INSIDE THIS ISSUE

"Must Go" Places in SF

Coming to the U.S. Was
Not What I Expected

Transfer Season is Here

The Olive Branch

Cañada College International Student Newsletter

VOLUME 3, ISSUE 14

FALL 2014, OCTOBER 3

"Must Go" Places in San Francisco

By: Sierra Weng

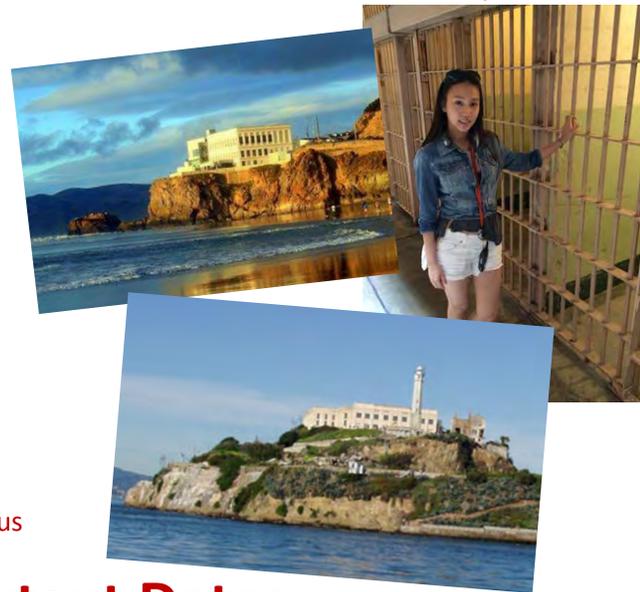
As an international student in United States, I always love to travel and explore new places to broaden my perspective. I like to collect poster cards from each place I've been to and mail it to myself from the local post office. When I arrive home, it would always make my day when I receive it in my mailbox. In the last two and half years, I have listed "MUST GO" places every month. Luckily, I've already visited a few of them and now, I would like to share my favorite experiences in San Francisco.

Cliff House is one of my favorite restaurants in San Francisco, not only because of the great meals, but also the stunning view. There is a Brunch Buffet every Sunday. Image having brunch with friends on the cliff-top and great views of the Pacific Ocean, it could be one of the best views in San Francisco.

If Cliff House is one of the most legendary places to go, Alcatraz Island is one the mysterious Islands to visit. The Island is located in the San Francisco Bay, 1.5 miles offshore from San Francisco. It was a famous federal prison historically. Although the

island is near the city, prisoners were not able to escape from the prison successfully because the freezing water temperature. One Friday, I woke up early in the morning and drove down to Pier 34 from Santa Clara. I caught a boat from there, and it took me about 10 minutes to reach there. The most impressive place was the prison building. The electronic tour guide explained and directed me to every corner of the building. I really enjoyed the tour and the very interesting history of San Francisco.

Although San Francisco is only 200 years old, the history here is deep and abundant. I would love to dig deeper to learn more about San Francisco. What about you?



Important Dates

Fri, Oct 31-**DEADLINE** to petition for degree

Mon, Oct 6, 11:00am-2:00pm, Learning Ctr

CSU East Bay Representative on Campus

Thu, Oct 9, 2:00-3:00pm, Bldg 9-106

Personal Statement Workshop by UC

Berkeley Representative

Mon, Oct 13, 1:30-2:30pm, Bldg 9-123

UC & CSU Application Workshop

Thu, Oct 16, 1:00-2:00pm, Bldg 123

Ready...Transfer! Workshop

Wed, Oct 8, 2:00-3:00pm, Bldg 9-123

UC & CSU Application Workshop

Thu, Oct 9, 9:30am-2:00pm, Transfer Ctr

UC Berkeley Representative on Campus

Mon, Oct 13, 10:30am-2:00pm, Transfer Ctr

Palo Alto University Representative

Wed, Oct 15,

University of Redlands Representative

Wed, Oct 15, 1:00-2:00pm, Bldg 13-113

Resume & Cover Letter Creation Workshop

Not What I Expected

By: Moody Metry

Thousands of people dream of coming and living in such a developed country as the United States; it was my fantasy too. People often warned me not to get too excited, but I didn't listen. Leaving Egypt wasn't as easy as I thought; I faced a lot of barriers when I arrived. Once I came to the United States, the battle of expectations versus reality began; making friends was my first shock! I had to reform my way of interaction to be as close as the way Americans interact.

In the first place, a friendship is one of the biggest portions of my life. Developing a friendship over here was my biggest challenge, especially since I am here all by myself. Friends to me means my second family, they know all my personal secrets that no one knows. For example, I remember the first time I met my best friend in Egypt, Mokhtar. We started a small personal conversation with each other, and then the small conversation transformed to big ones in a short amount of time. After a couple of times, we started to trust each other and we are now, more like brothers.

On the other hand, I thought that in America it would be even easier, at least from what I saw in the movies. Over here I tried to do the same thing as I did in my country, but the response wasn't what I expected. For instance, I once tried to start a conversation with, but the answer was as if they didn't care.

On the whole, America was and will still be a challenge to me, I always had this question in my mind, is it really worth it to lose your friends, family and home to come to a new place and start a new life? Lately I found the answer, and it is, if you need to be successful then it will not matter what you will lose. I came here for a reason, I will work for it and it doesn't matter how many times I need to sacrifice to achieve my goals.

Transfer Season is Here

By: Lily Zheng and Supinda Sirihekaphong

Transfer season is here! Are you planning to transfer to UC or CSU? Do you want to know how to transfer to your dream university? Do you want more opportunities to accomplish your goals? I highly recommend you to do the Transfer Admission Guarantee (TAG).

TAG is an opportunity for students who have met the TAG criteria to receive early admission to a University of California (UC) campus and/or program. Six of the nine UC campuses offer TAG which are UC Davis, UC Irvine, UC Merced, UC Riverside, UC Santa Barbara and UC Santa Cruz. The TAG application is available on September 1-30. I just completed the application and here is what I learned. Students may apply to one campus only for TAG. You have to create an account and apply for TAG by going to at <https://uctap.universityofcalifornia.edu/students/index.cfm>. Before you click the submit button, be sure that you have met with a counselor to review your TAG application to ensure all typed information is correct. Doing TAG is a safe way that you could have guaranteed admission with a university by completing the basic requirements for admission.

If you are interested in applying for campuses in the California State University system (CSU), the you should petition for an Associate Degree for Transfer (AA-T/AS-T). Cañada College has over 20 majors that are AA-T or AS-T. The deadline to petition for a degree is October 31, so if you are close to transferring, don't forget to submit the petition before the deadline.



Cañada College
Fall
Job Fair

October 8th
11:00am-1:30pm
In The Grove!

FREE FOOD & WE WILL GIVE AWAY:

- NEXUS 7 TABLET
- GIFT-CARDS

Businesses from around the Bay Area will be on campus to ...

- Fill open positions
- Talk about careers
- Answer questions

Be Prepared!
Bring plenty of resumes
Dress professionally
Make connections

Resume Evaluations • Mock Interviews • Network with employers

Cañada College Career Center Grove



INTERNATIONAL FILM NIGHT

THURSDAY, OCTOBER 9
2:00-4:00PM
BLDG 8-148

The Bird Cage
LA CAGE AUX FOLLES

The Bird Cage is a comedy sensation based on a French play, about a gay man who attempts to pose as a straight man to impress his son's fiancée's parents.

COME ENJOY A FREE FILM AND FOOD FROM FRANCE.

International Culture Exchange
ASSOCIATED STUDENTS
CAÑADA COLLEGE

INTERNATIONAL STUDENT CENTER

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INSIDE THIS ISSUE

Reflections on Being
Leader of the Week

Lessons Learned from the
"I Can" Campaign

Time Management Skills

Being "The Leader of the Week"

By: Moody Metry

It has been a long week and exhausting week already, but I can't say it wasn't fun. I am talking about SPIRIT WEEK; it was a busy week for the whole college, clubs and students.

It started with the "I CAN" campaign where students, staff and faculty had to write a statement stating what can you do to reach your goals. Student, faculty and staff each had different colored ribbons, the ribbons are proudly displayed on a fence between building 9 and 13, in the upper lawn. Then Club Rush came, where all the active clubs were represented and encouraged students to sign up. There was also an Open Mic, where whoever thinks that he/she has a talent can simply go to the mic and present it in front of the whole college. I saw a lot of beautiful talent on the Cañada stage.

Spirit Week was organized by the student government, which is known as ASCC (Associate Students of Cañada College), which I am now a part of as a Senator. After working hard during that week, despite being a little sick, I was awarded "The Leader of the Week" by ASCC. That was a blessing for me, as I haven't completed a month from being appointed as a senator in the student government. It gave me a good start in the journey of the student government for this year.

Being a leader is and will not be an easy "job" as it requires time and skills of making hard and sometimes quick decisions. Being awarded "The Leader of the Week" will boost my intentions of being a leader. I can advise everyone, if YOU think that you can be a leader, then be one! Because it is an experience and a skill that should start NOW, so it benefits you in the future.



Important Dates

Wed, Sep 24, 11:30am-1:00pm, The Grove
Majors 2 Careers Day

Wed, Sep 24, 6:00pm-8:00pm
Muticulture Potluck invitation from Redwood City International at United Methodist Church at Woodside Road and Alameda de las Pulgas. Please contact Supinda to confirm attendance.

Tue, Sep 30, 2:00-3:00pm, ASCC Clubhouse 5-350
International Culture Exchange Club Meeting

Fri, Oct 3, 7:00pm, Cañada Basketball Court
Midnight Madness College Hoops Countdown
Join the Men's Basketball Team and enter a Slam Dunk and 3-point Contest. Join a Fan Challenge and inter-squad scrimmage.

Fri, Oct 3
DEADLINE: Petition for a Degree

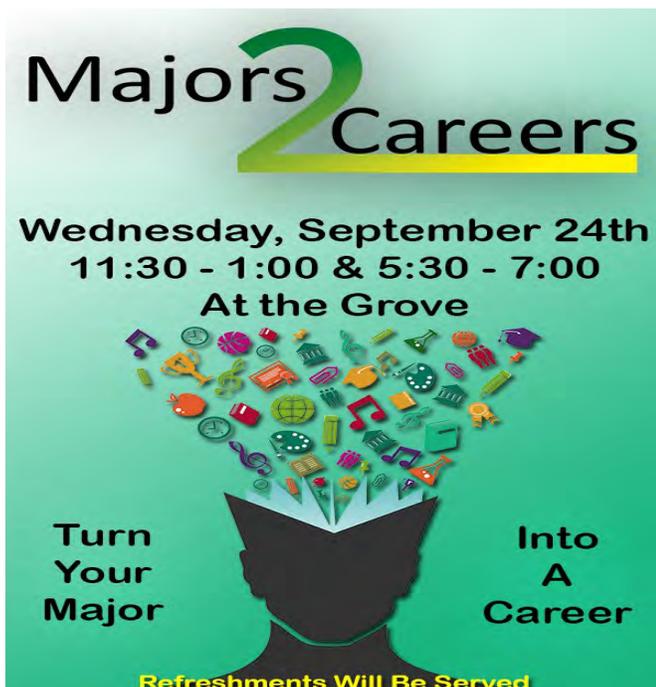
Lessons Learned from the “I Can” Campaign

By: Supinda Sirihekapong

Ever since the semester started, I’ve been encouraging students to participate in the “I Can” campaign. Faculty and staff have enthusiastically participated in the campaign and proclaiming, “I can help you get involved” and “I can support your dreams.” You can see more examples and a cool video about our “I Can” campaign here: www.youtube.com/watch?v=dKUEiQ1gbDI.

However, when I asked students to participate and asked them “What can you do?” The response was usually a blank stare or silence. I wondered why the reaction is so different from faculty and staff. I thought about myself at their age. I don’t think I knew what I can do at that age either. When I entered college at 17, I didn’t really know what to expect, I was the first in my family to attend college. When I was 19 and I studied abroad, I didn’t know what I can do but I knew that the world was mine to explore. As my teens were ending, I was always looking forward and I rarely reflected on where I’ve been and what I’ve accomplished. Now, after surviving college and work, I can confidently say, “I can try until I succeed.”

So maybe that is why students struggle to complete the phrase “I can...” because they’re forward thinkers, they’re thinking about getting that “A” in Math class or getting accepted to UC Berkeley, but they forget or don’t stop to think about what they’ve already achieved like getting a 3.5 GPA last semester or tutoring a classmate and helping them pass their Math class. So let me ask you again, dear students, “What can you do?”



Majors 2 Careers

Wednesday, September 24th
11:30 - 1:00 & 5:30 - 7:00
At the Grove

Turn Your Major Into A Career

Refreshments Will Be Served

The poster features a silhouette of a person's head with a large number '2' inside. Above the silhouette, a variety of colorful icons representing different fields of study (like a musical note, a globe, a book, a gear, a lightbulb, etc.) are shown. The background is a light green gradient.

College Students Require Time Management Skills

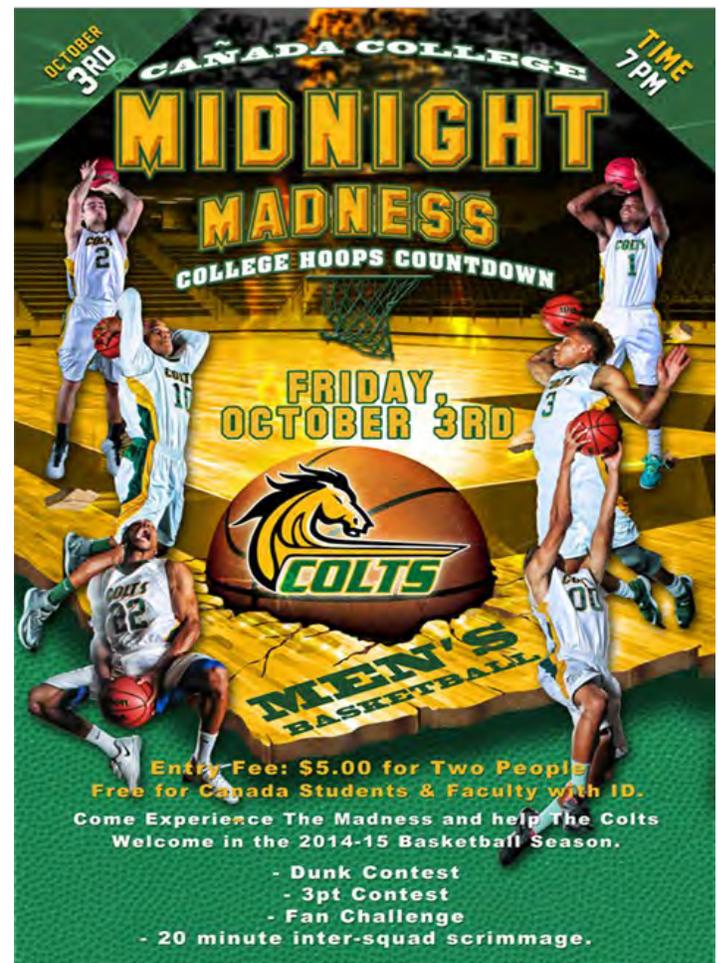
By: Alexandra Zhuang

Time management skills will definitely make your life easier as a college student. Organizing and planning things ahead will be extremely helpful and drag you back from the edge of stress. Here are some things I’ve tried to manage my time as a student, an ASCC Senator, 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. You will get a better idea of what you are going to do this week and even know what the following month will be like. For me, I like writing down the dates of final exams after I get my syllabus and due days of homework once my professors announce them. This helps to relax your brain because you let your planner remind you of what to do instead of “carrying” them in your head all the time.

Always keep in mind that it is never too late to start planning. Since exams are coming, you might want to go to see a tutor in the Learning Center and get ready for exams.

Good luck all on the upcoming midterms!



MIDNIGHT MADNESS
COLLEGE HOOPS COUNTDOWN

FRIDAY, OCTOBER 3RD
7PM

COLTS

MEN'S BASKETBALL

Entry Fee: \$5.00 for Two People
Free for Canada Students & Faculty with ID.
Come Experience The Madness and help The Colts
Welcome in the 2014-15 Basketball Season.

- Dunk Contest
- 3pt Contest
- Fan Challenge
- 20 minute inter-squad scrimmage.

The poster is for a basketball game. It features several basketball players in white jerseys with green accents, some in action. A large basketball with the 'COLTS' logo is prominent in the center. The background is a green and yellow gradient. Text is in bold, yellow and white fonts.

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INSIDE THIS ISSUE

Lessons Learned from the First Week of School

Join the International Culture Exchange Club

Canada Career Club

The Olive Branch

Cañada College International Student Newsletter

VOLUME 3, ISSUE 12

FALL 2014, SEPTEMBER 5

Lessons Learned from the First Week

By Alexandra Zhuang

Everything will just keep bumping in your head if you don't prepare well before the school starts. Take myself for an example. Here are my lessons learned from the first week of school.

This is my second semester; however, I did not finish my SEP (Student Educational Plan) at the end of last semester. As a result, I finished registering the week before the school started and I was put on the waitlist for two classes. Unfortunately, I was refused by the English professor whose class was full, so I had to register for another one. Overall, my professors are responsible and helpful so I like them all. Here are some advice for you to get ready for a new semester.

1. Register classes as early as possible so that you do not need to worry about asking for add codes or failing to enroll the class.
2. Keep an eye on your email in case your professors send emails about important announcement such as the syllabus; then you will be able to get an idea of how the class will be by reading through those instructions.
3. More importantly, get enough sleep and arriving to class 10 minutes earlier definitely will help you.



Enjoy your study life here in Cañada College! You can make it!

Global Beca Scholarship Winners

The Global Beca Scholarship Foundation provides scholarships to new international students who demonstrate strong academic and extracurricular potential. Congratulations to Hu Ran of China and Dominique Franceschi of Colombia!



Important Dates

Sat, Sept 7

DEADLINE-Last day to drop class without "W"

CAREER CENTER WORKSHOPS

Tue, Sept 9, 2:30-4:00pm, Bldg 3-142

Employment Workshop for Int'l Students

Come learn about how you can work on and off campus as an F-1 student and other services provided by the Career Center.

Wed, Sept 17, 1:00-2:00pm, Bldg 13-113

Resume & Cover Letter Creation Workshop

UNIVERSITY VISITS & TRANSFER CENTER WORKSHOPS

Mon, Sept 8 and Sept 15, 10:30am-2:00pm

Palo Alto University

Thu, Sept 11, 9:30am-4:15pm, Transfer Ctr
UC Berkeley

Thu, Sept 11, 1:30-2:30pm, Bldg 9-106
UC TAG Workshop

Wed, Sept 17, 2:00-3:00pm, Bldg 9-106
UC & CSU Application Workshop

Join the International Culture Exchange Club

By Lily Zheng

Do you want to learn something new about different cultures and languages? Do you want to make new friends from all over the world? Join the International Culture Exchange (ICE) Club so you can open your eyes to the whole world.



ICE welcomes the whole Cañada community to participate in our club meetings and events. Our meetings are from 2:00 to 3:00pm in the ASCC Clubhouse in Bldg 5-350 on Tuesday,

Sept. 16, Sept. 30, Oct. 14, Oct. 28, Nov. 11, Nov. 25 and Dec. 2.

In our meetings, members share their languages and culture so that we can talk to native speakers and practice our vocabulary and accents. You can also learn about a variety of places outside of the U.S. We also like to visit some cultural places around the San Francisco Bay Area.

ICE also hosts International Film Night every month that features a free foreign film and food. If you have ideas about films and activities or you want to be a member of ICE, please join us during our club meetings.

We hope you'll join ICE and share your culture with us! See you at Club Rush on Wednesday, Sept. 10 from 10:30 to 12:30 at the Quad.



ASCC FALL EVENT CALENDAR
Spirit Week
Monday, September 8 + Tuesday, September 9
10:30am-12:30pm + 5-7pm
Upper Lawn

Inter-Club Council First Meeting
Tuesday, September 9
2:30-3:30pm
Clubhouse: Building 5, Room 350

Club Rush
Wednesday, September 10
10:30am-12:30pm
First Monthly Open Mic (M.O.M.)



A New Community: Cañada Career Club (CCC)

By Sierra Weng

Is your major really related to your career goals? Many freshman are undeclared about their major because some students can't imagine their career life after college.

For example, my major is Communication Studies, but I was confused about the relationship between my major and jobs when I first stepped into college. After doing some research and help from professors and counselors, I realized that my real passion in life is Advertising Communication, which means I am on the right track.

However, it took me few semesters to find out about Advertising Communication and just started planning to do an internship to build my resume. Therefore, I create the Cañada Career Club (CCC) with some friends to help students discover their real passion in life earlier, so that they can understand more about how their major and career goals are related. It also provides a platform for students to find internships based on their major.

The Cañada Career Club will try to invite specialist in different fields to our campus, so that students can learn more about their education and job including income and the standard of hiring. Second, we will offer workshops to teach you how to create your own resume online through LinkedIn. Eventually, we would like to tour companies in the Bay Area, which will help us explore new areas and specialists in our communities.

The Cañada Career Club is a great club for students who are struggling with their major decision, future direction and also for anyone who wants to get involve in a community related to their professional field earlier.

Employment Workshop For International Students

Come learn about:

- F-1 employment regulations
- How to write a resume
- Career Center Services
- Cooperative Education
- American Business Culture



Tuesday, Sept. 9, 2:30-4:00pm

Building 3-142

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INSIDE THIS ISSUE

Welcome New
International Students
ISC has a new home!

Welcome New International Students

Cañada College is happy to welcome 35 new international students this fall semester, bringing our total number of international students to 68! The students were welcomed by College President Larry Buckley and ASCC President Javier Santos at a Welcome Reception on Monday, August 4. The Reception was sponsored by our housing providers Intercollegiate Residence (www.icrsanmateo.com) and International Student Placements (<http://isphomestays.com>).

Our new International Student Ambassadors, Lily, Sierra, Alexandra, and Moody did a great job helping students get adjusted and registered in classes. They will be helping the new students throughout the semester as their peer mentors.

The new students also took a guided tour of downtown Redwood City and had an opportunity to meet Mayor Jeff Gee at City Hall.

We wish everyone lots of success in the coming semester.

CITIZENSHIP		MAJOR OF STUDY	
China	28	Accounting	4
Vietnam	4	Biology	5
Brazil	3	Business Administration	16
South Korea	2	Chemistry	2
El Salvador	2	Communication	5
Germany	2	Computer Science	4
Colombia	2	Dance	1
Czech Republic	2	Early Childhood Education	5
Jordan	2	Economics	2
Sri Lanka	2	Engineering	7
Saudi Arabia	2	English	2
Turkey	2	Fashion Design	3
Australia, Austria, Belarus,	15	Interior Design	4
Canada, Egypt, Ethiopia,		Kinesiology	3
France, India, Japan, Kenya,		Multimedia Art & Tech	1
Mexico, Philippines,		Philosophy	1
South Africa, Ukraine,		Political Science	1
United Kingdom		Psychology	2
Total countries	27	GENDER	
		Male	27
Total Students	68	Female	41



The International Student Center Has a New Home

Come visit us

in Bldg 3-103.



Important Dates

Friday, Aug 29-DEADLINE to **Check in** with International Student Center, please bring your updated I-94 record (www.cbp.gov/i94) if you travelled outside of the U.S.

Friday, Aug 29-DEADLINE to **add classes and drop classes** for a partial refund. You must be enrolled in at least 12 units.

Tuesday, Aug 26, 3:30-4:30, Bldg 9-106

Transfer Workshop for International Students: Come learn about the U.S. educational system, requirements to transfer to a 4-year university and tools and services that can help you transfer such as the Honors Transfer Program.