Dear Students,

We know you are all busy studying for midterm exams. Did you know the International Club has organized a lot of fun events to balance out the stress of midterms? Also participation and membership looks good on a U.C. application.

Registration for Spring Semester 2009 begins in a few weeks. Hopefully, you all have scheduled an appointment to see Ms. Sadie Ashraf to update your Student Educational Plan and so you know exactly which courses to register for. Please don’t wait and register late as the courses you want at the time you want may be full by then.

Ms. Dolly will be out of the office attending an immigration conference November 8-16 but Ms. Maya will be available. We both look forward to seeing you on November 18th at the International Dinner and a Movie Event where the country of Mongolia will be highlighted.

We hope you enjoy this newsletter.

International Student Program of Chabot College
Reminders for All Students

- **Required to Enroll in 12 units —**
  All F-1 Students are required to have at least 12 units each semester to maintain their legal non-immigrant status in the United States.

  The Deadline to Withdraw is approaching (November 7). Please be advised that International students may NOT drop a class with a “W” unless you are still enrolled and attending 12 units. The U.S. Immigration Service does not recognize “W”s as part of your required 12 units to maintain full-time status. Before dropping a class, please come to the ISP Office to avoid falling out of status!

- **Got “Holds”?**
  Spring 2009 Registration Begins on Nov 5th by priority number. The Chabot College International Program would like to remind you to check your records to see whether you have a "Hold" placed on your class registration or not if you plan to enroll in any courses for the Spring 2009 Semester.

  *Schedule of Classes Spring 2009*: [https://bw4.clпccd.cc.ca.us/clпccd/2008/03/sched_c.htm](https://bw4.clпccd.cc.ca.us/clпccd/2008/03/sched_c.htm)

- **Calling All Potential Graduates**
  If you believe that you are ready to graduate soon, please schedule an appointment with Ms. Sadie in the Counseling Office and come to the ISP office to complete a “Petition for Graduation” Form.

  It is very important to notify the ISP office of your plans. Students planning on transferring to a university must notify ISP to insure your SEVIS record is transferred in a timely manner.

- **FACTS Deferred Payment Plan**
  Did you know that Chabot College offers a convenient budget plan to help you meet your educational expenses?

  It is easy to sign up online, paying your fees monthly and there is no interest charged for this service.

  Please check out the [Admissions and Records’ website for more details](https://bw4.clпccd.cc.ca.us/clпccd/2008/03/sched_c.htm).

  [Image of a student with a diploma and a piggy bank]
Reminders for All Students

- **Daylight Saving Time**
  This year’s Daylight Saving Time ends **Sunday, November 2**. U.S. Americans learn the saying “Spring Ahead, Fall Back” to help them remember daylight savings time. Remember to turn your clocks back 1 hour when you go to bed on Saturday night, November 1.

- **2010 Diversity Visa Program**
  The annual program, commonly known as the “green card lottery” provides 50,000 permanent resident visas available to persons from countries with low rates of immigration to the United States. This application is free and applicants are chosen by a computer-generated random lottery drawing. Entries for the Diversity Visa Lottery (DV-2010) **must be submitted electronically between Thursday, October 2, 2008 and Monday, December 1, 2008**.
  
  For DV-2010, natives of **the following countries are not eligible** because they sent a total of more than 50,000 immigrants to the U.S. in the previous 5 years: Brazil, Canada, China (mainland-born), Colombia, Dominican Republic, Ecuador, El Salvador, Guatemala, Haiti, India, Jamaica, Mexico, Pakistan, Philippines, Peru, Poland, South Korea, United Kingdom (except Northern Ireland) and its dependent territories and Vietnam. **Persons born in Hong Kong, SAR, Macau SAR, and Taiwan are eligible.**

  Important Note: No fee is charged for the electronic lottery entry in the annual DV program. Any intermediaries or others who offer assistance to prepare DV entries do so without the authority or consent of the U.S. Government. Beware of these scams as they charge fees but do not help your chance of obtaining a DV.

  Apply ONLY at: [www.dvlottery.state.gov](http://www.dvlottery.state.gov) during the registration period.

  Must Read Link: [Department of State Warns of Impostor or Fraudulent Websites](http://www.dvlottery.state.gov)
**Free Field Trip + Lunch! — San Jose State University**

Join the TECS Center (Transfer, Employment & Career Services), EOPS and ASPIRE on a tour of San Jose State University.

**When:** Friday, November 14th, 2008  
**Time:** 8:30 am – 3:30 pm

The day will include a Coach bus to San Jose State University, a campus presentation and tour and lunch.

Sign Up for this exciting day in the TECS Center, Building 100, Room 146 NOW!

**College Transfer Day**

Monday, **October 27th 10am-1pm** Student Cafeteria, Bldg 2300

College Transfer Day is a wonderful opportunity for students to meet with 4-year college and university reps to learn about undergraduate programs, majors, financial aid, fees, and so much more.

We encourage all international students to attend.

√ **Questions to ask College Representatives**

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**Have to give a speech for class?**

**PANIC**

Before you hit the panic button – visit us!

**Chabot Communication Coaches**

* Drop-in hours:  
  - MW 9am-6pm  
  - TR 10:30am-5pm  
  - F 12pm-3pm

* Location:  
  - Building 100/Library Mezzanine (w/WRAC)

**Chabot Communication Coaches**

The Chabot Communication Coaches (tutors & Communication Studies faculty) are able to assist students with any presentation for any class! They can help with brainstorming topics, developing main ideas, finding supporting examples/information, PowerPoint and using visual aids, organization/structure, developing outlines, assistance with delivery and vocal variety.

They also have the technology to video tape students’ speeches and burn them a copy on a DVD so students can see what they look like, too!
Counselor’s Corner

CULTURAL ADJUSTMENT

Attending college for the first time can be an intimidating experience for anyone. As an international student, you may also be dealing with a new culture, strange food, a language that is not your native language, unfamiliar expectations regarding manners and values, etc. Knowing about cultural adjustment can help you realize it’s normal to have mixed feelings about being in the U.S.

Transitioning to being in the U.S. is a lot like being in a relationship. At the beginning, there is the “Honeymoon stage” where you feel excited and happy. Everything seems new and interesting. After awhile though, you begin to realize everything is not so perfect and you may begin to have doubts whether you’ve made the right decision. Time passes and you are able to realistically see both the pros and cons, and despite realizing, the differences are comfortable and optimistic.

What this means is that there may be times you may feel sad about leaving your family and friends behind in your country; you may feel angry or irritated by different customs and ways of thinking and doing things in the U.S.; you may even experience some physical symptoms, such as sleeplessness, upset stomach, fatigue, and more; and you may have difficulties with the English language. It’s absolutely normal to feel homesick.

I share this with you now because often at this time students feels “stressed” out from midterms or the annual transfer application deadlines, and as the holidays are approaching, you may find yourself missing your home country even more. The best advice I can give you is to have a good support system of friends. I encourage you to make friends not only with others from your home country but also to connect with other international students and Americans from all backgrounds.

We have a very diverse campus here at Chabot, so take advantage of having the opportunity to talk to others. It might feel awkward at first but I encourage you to take the initiative to meet new people and you will see that most students are approachable and interested in talking to you. You are being given the opportunity to be able to relate to so many different types of people, which is an excellent skill to have in life, and can lead to many possibilities for your future.

(continued on page 6)
The best way for you to learn about human relations in the U.S. is to observe U.S. people and adapt your style appropriately. For instance, if you are interested in asking someone out for a date, approaching that person casually yet politely is appropriate.

Finding a way to get connected with a U.S. family is another way to learn about family dynamics. Getting involved with a social club on campus is an excellent method for learning about human relations in this country. Also, taking a sociology, psychology, service learning or communications class can help you learn about human relations in the U.S. And, when in doubt, ASK! Never be afraid to ask a teacher, counselor, advisor, or friend of U.S. background about human relations and culture in the U.S.

Lastly, I also invite you to think about what you like from both your own culture and the U.S. culture and assimilate that into who you are becoming as a person. I hope no matter what phase of adjustment you are in, that you are aware that it’s normal to have different feelings time to time about being here, you are not alone and that there is a whole community of possible friendships all around you.

If you have a specific question, concern or topic that you would like me to address in future articles of “Counselor’s Corner”, please send me an email: sashraf@chabotcollege.edu

Sadie Ashraf
Counselor/Instructor

Reminder
EVERY international student needs to see international student counselor, Sadie Ashraf for a 30 minute check in appointment this semester. The purpose of this meeting is to check in with you personally and academically. A counseling form is completed during this appointment, information and reminders are given and you are also given an opportunity to ask your questions. If you have already scheduled an appointment, your next step is to see me next semester for a student educational plan. If you have not yet made an appointment, please call the counseling front desk at 510-723-7013 or come to the counseling office building 100 to schedule an appointment. It is my personal goal to meet every international student at least once a semester so I look forward to seeing you soon. If you need to get a hold of me you can email me at sashraf@chabotcollege.edu.
Interview with international student ~ by Man Chun Chi (Miuson)

Since international students are from all over the world, students have different talents in different categories. One of our motivated international students, Fernando Li from Brazil, formed a new club to serve the college with his passion for science and leadership. The Chabot Engineers for the Future (CHIEF) gather a group of passionate student majoring in engineering and are ready to serve in our community.

CHIEF is a group of students dedicated to the learning and enhancement of science skills. The goal of the club is to share ideas with the fellow students with the same interests in the sciences and carry out extra curricular projects that can enrich the club members’ studies. Being an international student, Fernando also understands the difficulties of international students, especially when English is the second language for most of them. Regarding this problem, CHIEF provides volunteer tutoring service to all of its members. It offers it for those students who need help in different science classes.

Unlike the Path center, CHIEF does not have limited hours for their tutoring section. Right now, Fernando is working with 3 more tutors. “CHIEF was created to break the stereotype that engineers/science majors are geeks or even nerds with no social life,” said Fernando Li. “I want every member in the club to experience a real life company work environment.

It is really good for students to use their own interest and talent to serve the community, Club experience is very important for students. “We are here to help those who want to be helped, offering the experience of team work, and the opportunity to create and build. Li added.

**You can read the complete article or search other articles written by Miuon Chi @ Chabot Spectator [http://www.chabotspectator.com/](http://www.chabotspectator.com/)**
### 6th Annual International Film Festival

In recognition of International Education Week, the International Club of Chabot College with sponsorship by the ASCC invites you to attend its 6th Annual International Dinner and a Movie Event. Each year the International Club of Chabot College selects one country to be represented. This year Mongolia has been selected. Join us as we try to recreate Mongolia at dinner followed by the 2008 Academy Award Best Foreign Film nominated movie: Mongol (The Untold Story of the Rise of Genghis Khan).

**Date:** Tuesday, November 18, 2008, 6-9:00 pm  
**Dinner:** Mongolian Cuisine  
(6:00-7:00 pm Building 900 Old Art Gallery)  
**Movie:** Mongol (7:00-9:00 pm Room 1232)  
**Cost of Dinner:** $5.00 Students, $10.00 General  
**Movie:** Free

### Upcoming Events: Sign up today at the ISP Office!

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<thead>
<tr>
<th>Event</th>
<th>Cost</th>
<th>Date</th>
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<tbody>
<tr>
<td><strong>Pirates of Emerson</strong> (Halloween Adventure) Meet @ Chabot at 6:30pm</td>
<td>$20</td>
<td>Saturday, 11/1</td>
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<tr>
<td><strong>Movie Night—CJ7</strong> AACC Balcony (Building 2300, Upstairs) at 5 PM</td>
<td>Free</td>
<td>Thursday, 11/6</td>
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<tr>
<td><strong>Ice Skating @ Embarcadero</strong>, San Francisco Meet @ 6:30pm</td>
<td>$12</td>
<td>Saturday, 11/15</td>
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<tr>
<td><strong>Shopping @ Union Square, San Francisco</strong></td>
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<td>Saturday, 12/6</td>
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<tr>
<td><strong>International Club Holiday Dinner @ Rainforest Café, San Francisco</strong></td>
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<td>Saturday, 12/13</td>
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Please come and join us during our meetings and tell us your ideas in person. we always welcome new faces!

**International Club Meeting ~ Every Thursday from Noon to 1pm at Room 522 (Building 500, Downstairs)**
Fun Places & Events

- **2008 DIA de los Muertos (Day of the Dead) Festival**
  Sunday, Oct 26 10:00am to 5:00pm at International Boulevard, Oakland, CA

- **Halloween and Pumpkins**
  Originally a Pagan festival of the Celts in Ireland and the United Kingdom, the tradition of Halloween was brought to the United States by Irish and Scottish immigrants in the 1800s. Christians celebrate November 1st as All Saint’s Day, and therefore, the night before, “All Hallows Eve” later shortened to Halloween, was believed to be the time of year that spirits made contact with the physical world and a time when magic was most potent.

  On Halloween, people carve pumpkins into “jack o’ lanterns”, dress up in funny or scary costumes, have bonfires, watch horror movies, visit haunted houses and at night, children decorated in costumes walk to their neighbor’s doors and say “trick or treat” and receive candy.

- **Pumpkin Patches in the Bay Area**

- **Matcha: Afghanistan music, dance & food**
  Thursday, Nov 6 5:00pm to 9:00pm at Asian Art Museum, San Francisco, CA

- **Fabulous Food Festival**
  Sunday, Nov 9 10:00am at San Francisco Design Center: Concourse Exhibition Center, San Francisco, CA

- **Christmas Tree Lightings in San Francisco**
Happy November Birthdays

Contact Us

Dolly Balangitao
International Admissions Coordinator
E-mail: dbalangitao@chabotcollege.edu
Telephone: (510)723-6715

Maya Tsai
International Admissions Specialist
E-mail: mtsai@chabotcollege.edu
Telephone: (510)723-6996

Sadie Ashraf
International Students Counselor/
Instructor
E-mail: sashraf@chabotcollege.edu
Telephone: (510)723-7441

Michael D’Aloisio
International Students Counselor/
Instructor
E-mail: mdaloisio@chabotcollege.edu
Telephone: (510) 723-6740

Chabot College
International Student Program
E-mail: intladms@chabotcollege.edu
25555 Hesperian Boulevard
Hayward, California 94545
USA

We are on the web!
www.chabotcollege.edu/
international/newsletter

Chúc Mừng Sinh Nhật!

Happy Birthday in Vietnamese

Hassami BAGA
Song JIN
Thuy LE
SangMin PARK

Our current Vietnamese students:
Uyen Nguyen and Thuy Le