A Recap of the Fall 2016 AIS Accomplishments

It’s just a circle. With three letters in it.

No it isn’t.

It’s the rebranded AIS (Association of International Students) logo. It’s the new AIS image. It’s the AIS commitment to broaden horizons.

When the AIS administration embarked on an expansion ranging from its logo to its leadership team, there was one goal firmly in mind: To ensure that we encourage involvement from the complete breadth of diversity that is TU.

Three major events and almost a semester later, we can feel the effect of this expansion throughout the university community.

But to see why, let’s go back to the summer. Shortly after being elected, the new administration launched a photo contest. Red Nose Day (www.rednoseday.org) was a prime opportunity, and people were encouraged to make their craziest photo submissions. With students travelling all over the globe, there were entries from Germany, Indonesia, Colombia, Hong Kong, Malaysia, New York City, and more! The administration had taken its first steps in the expansion.

Now let’s forward to the start of the semester. It’s Orientation Week, and another high school cohort, from all corners of the US and the rest of the world, is settling in to Tulsa’s summer. This is new for them. Life away from home. Life in a different country. But they already know a bit about TU. AIS created a video featuring current students, bikes, swimming, yoga and more to give incoming students an idea of what to expect when they arrive at TU. The result: It went viral, with over 15,000 views. Safe to say, Freshmen had a preview of TU before they even set foot on South Tucker Drive.

This led right into the first week of classes, when the late-August heat made for a fun-filled evening out in the sun. The Welcome Back Picnic offered a range of food and activities. Those looking to satisfy an appetite had a choice from fried rice to pizza. Those seeking fun had a dunk tank, a water slide, giant jenga and more. There was something on offer for each of the 450 people who attended. This event also saw AIS commit to sustainability through the introduction of Project Earth. Recycling was the focus, with bins placed at locations throughout Chapman Commons.
And what better way to embody that diversity than through a global sport? The Soccer Tournament, which for the first time featured a women’s competition, kicked off on a nippy October morning, and was fought fiercely, with the Eagles (representing the Omani Student Association) and MLASWS (a team comprising a wide range of players) taking the men’s and women’s titles respectively. The departments got involved even before match day, with Communications writing an article to preview the event. Videography made sure there were plenty of in-action photos on the day, while PSE set up a fundraising booth for breast cancer, with Culinary Services playing their part by baking cookies for the booth. Additionally, the effort to encourage recycling on campus continued, with recycling bins making another appearance. The PSE department followed up on the fundraiser, holding a ‘We are with you’ postcard campaign for breast cancer patients the following week.

Not long after, the Department of Videography set out to create a teaser for International Night Market, filmed at night on the TU campus to give a brief look into the event. The idea was to spark interest throughout the university. And it did, with over 8,000 views. But that wasn’t it. In the first of its kind at TU, AIS held a flash mob at peak hour in the Student Union to advertise the event. Specifically-trained dancers, balloons falling from above and a sizeable banner made sure that the event wouldn’t go unnoticed.

It didn’t. Held in early November, the International Night Market stood out as the marquee event of the semester. President Clancy and his wife attended, making the evening all the more memorable. More than 600 visitors walked in to an array of lighting, canopies at each booth, a parade to rival the best, and food to satisfy anyone’s appetite. That and more. They had the full experience. Whether reminiscing days spent at a local street vendor, or experiencing a night market for the first time, everyone was treated to a delightful evening.
AIS Fall 2016 Recap Continued

More recently, President Clancy’s address to international students, in response to current affairs, sent out a clear message of support to all at TU. The desire to build a safe climate, with people from all backgrounds feeling part of the community, was apparent in the TU administration’s comments. AIS is privileged to have been a part of this address, and we continue to work to build the safe climate that we all want.

When President Clancy holds a talk specifically with international students in mind, you know there is a desire to continue to build international-domestic relations. When you reach Harwell Field in the morning and the overnight dew makes the grass stick to your boots, you know there is a long day of soccer ahead. When the Great Hall is yellow with the warm glow of string lights, you know this will be a night to remember.

As the Fall 2016 semester reaches a conclusion, the AIS administration looks forward to the next semester with the anticipation of further growth and active involvement in shaping the experiences of each and every individual at TU.

Written by Vandit Trivedi, Associate Vice President

AIS Soccer Tournament: A Huge Success!

Tennis has Wimbledon, football has the Super Bowl. For soccer, it is the AIS soccer tournament. This event had different student organizations competing head to head in order to secure a victory for their team. The event started on a brisk Saturday morning, Harwell field still carpeted with dew. But as the day heated up, so did the competition.

Above: In between the fields was the AIS booth selling pink Lemonade, cookies and other snacks in order to raise money to help fund research of breast cancer.

Many different organizations came out to support their teams, from the SA teams, to the Omani teams and the Lambda Chi Alpha teams. The games culminated late in the afternoon with Kazakhstan taking second place on the men’s tournament and gold going out to Eagles, who were one of several teams representing the Omani Student Association. Malaysian and Latin American Student Associations and Society of Women Engineers took home gold for the Women’s league, and silver went the SA women’s team.

Right: The Gold medal winning Eagles team
AIS Soccer Tournament Continued

The SA Women’s team, one of two women’s teams who played on Saturday, were sad they didn’t win, but were pleased with the effort they put in. Whitney Cipolla scored one point for the SA team, while the MLASWS team, representing the Malaysian and Latin American Student Associations and Society of Women Engineers, scored 4 points. Congrats to both of these teams on a game well played!

We were happy to see all of the men and women on the field, participating in friendly competition! Next year, we hope the event will expand, with more and more organizations on campus being represented!

Written by Sophia Meneely, AIS Communications Chair

Attention: Your Newsfeed May Soon Be Overrun…With TU Students!

This semester, AIS has started interviewing students on campus. The new project is modeled after the “Humans of New York” Facebook page, and features students talking about a variety of experiences they have had here at TU.

The first interview was launched 6 weeks ago, and spotlighted Sebastian Bathe, a German exchange student. He spoke about a run in with TU’s Blue Light security towers after he had lost his apartment key. Luckily, Bathe survived the incident with only a funny story to tell!

Kentaro Kameda was also interviewed, and spoke about nostalgia for his dog, and for the cuisine of his native Japan. However, Kameda was looking forward to the International Night Market to get a taste of authentic Asian food. We sure hope he got to fill up on the delicious cooking featured at the International Bazaar.

The most recent interview comes from Guilherme Lopes de Almeida and Blake Schilly, who spoke about their friendship, and life as roommates. The two of them recalled an incident involving Gui’s car not starting, and then gave statements about each other’s character. It is always wonderful to see blossoming friendships being forged between domestic and international students on campus. Gui and Blake are wonderful examples of how two people of diverse and different backgrounds can really come together at our university.

Written by Sophia Meneely, AIS Communications Chair

If you would like to see these and upcoming interviews, check out Association of International Students on Facebook or follow us on Instagram @aisutusla.
International Night Market: A Night to Remember

On November 4th, The University of Tulsa was blessed with an amazing collection of countries getting together to present the International Night Market: A celebration of the diversity we see on campus under a romantic string of lights.

At 6 pm, the line to get into the night market was already looping around the Student Union. The event was attended by 634 guests which comprises of TU students, faculty, administration, along with many who were not affiliated with the school. Inside the Bazaar, representatives from 16 countries gathered together, setting up their booths. People were buzzing around trying to perfectly capture the spirit of a night market in their respective country.

Upon arrival at the long and looping line, AIS video ambassadors, Sarah Ghazi-Moradi and Guilherme Lopes de Almeida greeted each guest with a fresh cup of orange juice. Before stepping into the night market, students received a tote bag, as well as a passport to the event, where after receiving 16 stickers, one from each booth, they could enter their passport in for a chance to win a Target gift card!

The anticipation was mounting, until finally the doors to the Great Hall opened, and people being to fill in the room. Sophomore student Dhivya Kannan enjoyed how the event brought many of the different cultural organizations on campus together and how students were able to be transported around the world in one night. “The tents and lights really reminded me of a night market… it was reminiscent of the Indian night markets and the canopies.” Another student, Ian Walker, remarked that the event was “well organized.”

Midway through the event began the Parade of Nations, a walk from different student groups displaying pride and patriotism for their cultures. Parade of Nations is a fresh attraction which debuted at this year’s bazaar. The parade serves as a permanent replacement to the traditional fashion show that has been around at the bazaar for many years. A unique addition to this year’s line up are the LGBTQ Pride and Native American Students Parade.

At the end of the night market, Vice President of Diversity and Engagement, Jacqueline Caldwell presented the Best Booth and Best Parade Performance. Oman and China received the awards respectively.

At the end of the Bazaar, after everyone was gone, it was time to boogie!

See the video of International Night Market at www.aisutulsa.org

Written by Sophia Meneely, AIS Communications Chair
10 Things to Remember on the Day of Your Exam

1. ARRIVE EARLY. Know the location and time of your exam. Arrive early to get enough time to settle down before the exam starts.

2. BE AWAKE FOR THE TEST. Get a good night’s sleep, shower, chew gum, or have a caffeinated drink.

3. EAT A SMALL BREAKFAST. It’ll be more difficult to concentrate if you’re hungry. Don’t eat anything that may upset your stomach.

4. BRING EXTRA WRITING UTENSILS. You never know when your pencil is going to break or your pen is going to run out of ink.

5. BRING ALL ESSENTIAL TEST MATERIALS. Calculator, Notes (if allowed), etc.

6. GO TO THE BATHROOM. Self-explanatory. This is another precaution to minimize distractions during the test.

7. WEAR COMFORTABLE CLOTHES. You’ll want to be comfortable taking the test.

8. BRING ANY NECESSITIES. Bring a water bottle, tissues, cough drops, etc.

9. LOOK OVER YOUR NOTES. Review important information again before the test to refresh your memory.

10. IT’S JUST A TEST. Remember that you studied hard and have confidence in yourself.


Important Things to Remember Before Winter Break Travel

1. Make sure your I-20 or DS-2019 has been signed for travel. The travel signature should be good for one year but if it hasn’t been signed in the past 9 months, it’s a good idea to bring it by the ISS office to have it checked and signed. Please do not wait until the last minute as this does take a little bit of time and we do them in the order they are received.

2. If you are making travel arrangements, please check your final exam schedule and book your airline tickets accordingly. Do not plan to travel until final exams are completed.

3. Make sure you have a valid visa and passport. If they have expired, they must be renewed before you can return to the U.S. Please make sure you have sufficient time to renew these and be back on campus when classes begin.

4. As always, if you have any questions or need assistance, please come to the International Student Services Office.

Follow ISS and AIS on Social Media!

https://twitter.com/tu_iss

https://www.facebook.com/internationalstudentservicestulsa

https://www.facebook.com/aisutulsa/

https://www.instagram.com/utulsainternational/

https://www.instagram.com/aisutulsa/
Surviving Finals Week

Don’t cram at the last second. Try studying for 60-90 minutes per day for a week leading up to an exam. All-nighters simply don’t work for most people, and students experience declining returns on their efforts when they attempt to study for four and five hours straight.

Complete practice tests. You may have thought highlighting, re-reading and summation would be effective ways to study. Think again! Scientific studies have found that these techniques do not consistently boost students’ performance. Practice testing through the use of flashcards, or taking practice exams was observed to be a highly effective studying technique.

Do not multi-task while studying. Set aside time to study in advance and then follow through. For most people, that means leaving your dorm room and turning off visual/auditory distractions, including iPods, Facebook, and music with lyrics.

Find ways to apply materials from class. Think about how course topics relate to your personal interests, societal problems and controversies, issues raised in other classes, or different experiences in your life.

Make sure to get plenty of sleep. Sleeping hours are often the time when we completely synthesize information, especially topics we’ve covered in the couple of hours before bedtime. You want to be as fresh as possible and able to fully engage your working memory when you take the exam. Also, don’t stop exercising or taking time for yourself, even at final exam time.

Eat healthy. Everybody knows you should eat breakfast the day of a big test. Research suggests that high-carb, high-fiber, slow-digesting foods like oatmeal are best (oatmeal is more fulfilling than cereal). But what you eat a week in advance matters, too. Students who ate a balanced diet that included fruit and vegetables had the best performance. When you study, your brain consumes glucose, so take a five-minute break every hour to let your body produce more fuel for your studying. Eating a healthy snack is very beneficial and can make a significant difference (almonds, fruit, and yogurt are good choices).

Cardio is important. Science says that just 20 minutes of cardio can improve your memory. Whether you’re dancing, jogging or busting a sweat by walking, exercise will increase your energy level and reduce the effects of stress. Very important!

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