

Boise State International Insider

News for International Students

February 9, 2012

International Student Services

Coming Events & Activities

Every Wednesday, 3:30 - 5:00pm - Coffee & Conversation in the Student Diversity Center. Free refreshments!

Every Thursday, 6:00 to 7:00pm - T.E.A. Time (Thursday English Afternoons). Join us in the Writing Center (LA200) to practice your English skills.

February 10th, 5:30pm - Yesplus! Preview. Join us in the Brink Room to see what it's all about.

February 11th, 7:30am to 6:00pm - ISA Day trip to McCall.

February 18th, 6:30pm - ISA Food-tasting Party in the Student Diversity Center. (See announcement below for details.)

February 16th - 19th, Yesplus! A FREE workshop to help you reduce stress and anxiety, to increase confidence and clarity, and to create a deep sense of happiness within. (See flier on pg 2 for details.)

February 21st, 3:30 to 8:30pm - "Elect Her: Campus Women Win" training session in the Lookout Room in the SUB. (See flier on pg 3 for details)

Scholarship Applications due April 15th

If you wish to apply for the International Student Tuition Waiver Scholarship, and you are a continuing student at Boise State, the application deadline is April 15th. You will find the application on this website:

http://iss.boisestate.edu/scholarships-finances/ Scroll to: Continuing International Student Scholarship

ISA Proudly Presents a Food-Tasting Party



It's time to choose the international multicultural cuisine for this year's International Food, Song and Dance Festival. You will have a chance to enjoy many exotically delicious foods from around the world, here at Boise State. Please bring a dish for us to sample. What's more? You will help decide which dishes we will feature for this year's Festival.

When: Saturday 2/18/2012, 6:30-8:30 PM Where: Student Diversity Center

Free Dinner for International Students on Wednesday Hosted by our community partner ISI

Food, conversation, and fun! We meet once each month for dinner and hanging out afterwards, and invite you to join us any time!

Dinner: February 15th, starting at 5:30pm.

Walk over with us from Coffee and Conversation or the Student Union Building (SUB) main lobby at 5:20, or meet us there (1025 Belmont: a block East of the stadium, next to Key Bank).

Hope to see you there!

Free Consultations with an Immigration Attorney

ASBSU has contracted Angela Levesque, a local immigration attorney, to offer you a free 30 minute consultation. If you wish to meet with the attorney, you will need a referral from ISS. Make an appointment with Christy Babcock to discuss your immigration concern. If the concern is beyond Christy's scope of immigration knowledge, she will give you a referral to meet with the attorney.

Experience a short relaxation and meditation workshop and learn about another free extended workshop of this same kind called Yesplus!

This Friday, Feb 10, 5:30-6:00 pm Brink Room Free!

Enjoy the relaxing benefits of deep breathing and meditation. See the info and flier below:

Yesplus workshops help you live in your enlightened side. Temporary happiness is easy, but how do we stay in that place, how do we build on it, and achieve sustainable happiness? That is where the yesplus workshop comes in. After learning the powerful breathing techniques taught in the workshop, most people feel deeply relaxed and renewed. And anyone can do it. Action - yesplus gives you the strength to do great things in the world. Ongoing research has shown that the rhythmic breathing technique Sudarshan Kriya, and its accompanying practices (SK&P) can lead to improved physical, mental and emotional health. More details at Harvard Medical School's Health Publication: http://www.artoflivingyoga.org/files/Harvard.pdf



Announcing an Amazing Leadership Opportunity for Students

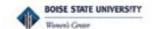
<u>Elect Her: Campus Women Win</u> is training hosted by the American Association of University Women (AAUW) and Running Start that trains young women to run for student government on their campuses and prepares them for local, state, and federal office candidacy. The program specifically focuses on demystifying the campaign process, teaching how to communicate an effective message, how to reach other students and how to win a campus election. This training will take place on:

Tuesday, February 21, 3:30-8:30 p.m., in the Lookout Room, SUB

Students may register for this program at our website, womenscenter.boisestate.edu.



For accommodations please contact the Women's Center at (208) 426-4259,





What Are You Looking For?

Two televisions for sale: A Sanyo 21' and a Panasonic 27' TV for \$50 each. Seller is willing to negotiate. Interested? Please email cifernan@gmail.com







Wisdom Café

According to Lao Tzu-

A good traveler has no fixed plans and is not intent upon arriving.

Very well...but what does Lao Tzu mean? As an ambitious student on a development path, how do I apply this principle? Is Lao Tzu encouraging life without goals or ambition for attainment? What am I to think? How might a student from India interpret *Lao Tzu's maxim* differently from a student from Saudi Arabia or Denmark or Japan or Korea or Mexico? Well...join us in the **Yulisdom Café** and find out.

Beginning Friday, February 17, at noon, the SDC's resident "Monk" will open

The SDC Wisdom Café.

 $Reading\ and\ interpreting\ timeless\ wisdom\ passages;\ seeking\ answers\ of\ meaning\ and\ application.$

The Wisdom Café will open every Friday from noon to one PM in the Student Diversity Center, serving up student seekers seeking wisdom realization in our midst.

See you in the Wisdom Café...





The Bolse State International Insider is a weekly feature of International Student Services, in the Student Diversity Center.

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