



UNIVERSITY OF LOUISIANA AT LAFAYETTE DIVISION OF GLOBAL ENGAGEMENT



March 2020 Newsletter



Inside the Issue

STUDENT SPOTLIGHT

We chatted with Intensive English Program student Laryssa Menezes Marins about her transition from Brazil to Lafayette.

CELEBRATE ST. PATRICK'S DAY

A global celebration of Irish Culture, St. Patrick's Day is celebrated on March 17th with wearing green, attending parades, and other festivities.

CAMPUS RESOURCES

We list important dates you need to know for this semester and provide important resources you might need in the near future.



HOLI CELEBRATION: THE FESTIVAL OF COLOR

March 9th - March 10th

Holi (होली) is a Hindu festival celebrated to welcome the arrival of Spring in India. The celebrations are based on legends of the Hindu religion. It is a day filled with new beginnings and the blossoming of friendship.

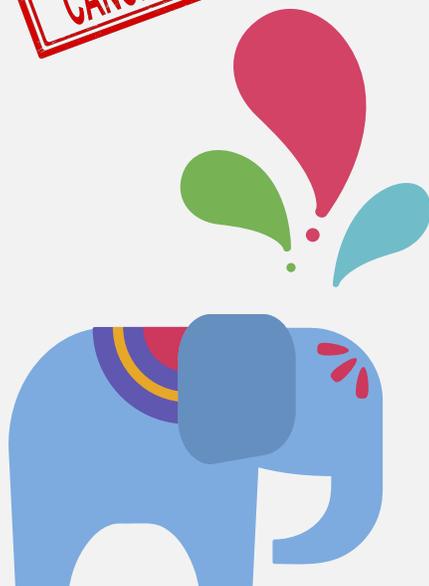
In India, Holi celebrations begin on *Holika Dahan* where people gather around a fire, called the *Holika pyre*, and perform rituals and prayer along with singing and dancing.

The next day is called *Rangwali Holi*, and this is when the vibrant image of Holi comes to life. People throw and smear colors onto one another, while also partying and eating special foods designated for the celebration.

This year it began on March 9th and ended on March 10th.

Lafayette celebrates Holi with its own Holi Festival at Girard Park. There are colors, Indian food, Bollywood music, and drinks. This year it will take place on Saturday, March 28th at 11 AM.

CANCELLED



CPT INFO SESSION - MARCH 20TH

Our office will host another informative session covering CPT on March 20th. Please follow us on social media for updates on all DGE events. The CPT Info Session will help F-1 students learn about the process for internships in the United States. For questions or concerns about CPT, please refer to the Office of International Affairs' website. If your question cannot be answered using our website, please feel free to attend one of our International Hour Information Sessions or come to our office during OPT and CPT advising sessions from 2 p.m. - 5 p.m. Tuesday-Thursday in Room 136 of the Student Union.

CANCELLED

FALL ADVISING BEGINS

March 16th marks the beginning of academic advising for the Fall 2020 semester. Advising is a crucial component of keeping students on track to graduate. Major-specific advisors assist students in course selection each semester and help them navigate through their college years. Prior to registration, an advising hold is placed on student accounts. Advisors lift this hold after they have been advised so that students may register for classes. Once you've scheduled an appointment, go to your advising session prepared and eager to ask questions about your academic plan.



STUDENT SPOTLIGHT: LARYSSA MENEZES MARINS

Meet your classmates!



Laryssa Menezes Marins is an Intensive English Program student from Rio de Janeiro, Brazil.

What has been your favorite part of studying at the IEP?

I love feeling like I'm part of the University—I get to go to football games and make friends. Katelyn, my teacher, is my best friend at the IEP!

Do you have any advice for people learning English as a second language?

Speak a lot. Get a lot of practice. I studied English in Brazil, but it's really different because we don't get a lot of time to practice. It's easier for me because I'm fully immersed, and I love to be friendly and speak with people all the time. Sometimes I say the wrong things, but I practice with Katelyn a lot to help.

What do you plan to do after your time at the IEP?

I want to continue my education at UL Lafayette to eventually study business. I love networking, speaking, being creative, and visiting with other people. Maybe marketing because I love to be creative.

What's been your favorite meal in America?

When I came to Louisiana, I loved hamburgers. Five Guys is my favorite.

What's your favorite movie?

To All the Boys I've Loved Before on Netflix!



ST. PATRICK'S DAY CELEBRATIONS

Originally a religious holiday to honor St. Patrick, who introduced Christianity to Ireland in the fifth century, St. Patrick's Day has evolved into a celebration of all things Irish. Celebrations generally involve public parades and festivals, and Irish traditional music sessions (céilithe). On St. Patrick's Day, it is customary to wear shamrocks, green clothing or green accessories. St. Patrick is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pagan Irish. St. Patrick's Day is celebrated globally. Famous landmarks in cities all over the world pay tribute to the Irish holiday by illuminating them with green lights. The Chicago River in Chicago, Illinois, famously dyes their river bright green to celebrate annually on March 17th.

Lafayette celebrates St. Patrick's Day with *Patty in the Parc*—a festival downtown with live music, food, and festivities. *Patty in the Parc* will take place on Saturday, ~~March 17th~~ at 6PM.



FLU PREVENTION

Tips to maintain health during this flu season!

1. Get vaccinated

Every year the flu virus mutates and adapts to the previous year's vaccines. As more and more people get vaccinated, they also help those who can't (like infants and seniors) from getting sick by granting herd immunity.



2. Follow proper sneeze etiquette

Make sure you cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in a waste basket. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.



3. Wash your hands

One of the most important preventative measures that you can take all flu season long is to wash your hands! Make sure you are lathering your hands with soap, scrubbing them for at least 20 seconds, rinsing, and drying with a clean linen.



4. Clean off frequently touched items

Phones, car interiors, keyboards, doorknobs, light switches, hand rails, remote controls, kitchen tools, and children's toys are all hotbeds for bacteria and germs! So washing all these objects occasionally helps reduce the risk of bacteria and germ build up.



5. Don't touch your face

Unless you wash your hands every time you use your phone, keyboard, or doorknob, the best way to avoid sickness is to touch your face less, according to a new paper published in the journal *Clinical Infectious Diseases*.



6. Closely monitor symptoms

Staying aware of how you are feeling throughout the flu season will help you to take preventative measures (such as taking extra Vitamin C) if you feel symptoms coming on. It can also help you adjust your activity levels to better prevent illness.



For more tips and resources visit: [CDC.gov](https://www.cdc.gov)



ICE & IRS SCAMS

It is vital that all international students are informed about scam prevention measures to ensure the safety of their personal information. A government agency will NEVER request your information over the phone or email. Scammers will pose as government officials and try to intimidate you into providing money or personal information. If a call sounds suspicious then hang up, and never provide any financial or Social Security information over the phone. No matter who the caller claims to be, keep your information secure! Typically scammers will identify as ICE or IRS agents when attempting to manipulate someone with their scare tactics, but the best way to keep your financial and personal information secure is to refrain from ever providing sensitive information during a phone call. Always take the proper steps to ensure someone you are providing information to is a verified government official.

MIDTERM STUDY TIPS

We're halfway through the semester, and that means most professors are putting together midterm exams. Take a deep breath, and read through our list of study tips to ensure success during mid-terms.

- 1) Take it one test at a time.
- 2) Use study guides, especially those made by your professors!
- 3) Make flashcards and review them often.
- 4) Teach someone else the material to make sure you understand it fully.
- 5) Make the most of your free time: Procrastinating leads to stress!
- 6) Study the previous exams from each course.
- 7) Ask Professors or TA's for help with any questions you may have.
- 8) Plan study times and stick to them.
- 9) Plan breaks between studying. It is always good to recollect yourself and give your brain a rest.
- 10) Take care of yourself!

STUDENT RESOURCES & IMPORTANT DATES

Take advantage of these campus resources.

IMPORTANT DATES & REMINDERS

Lafayette Holi Celebration
March 28th 11am, Girard Park

Drop Date
April 8th

Spring Break
April 10th-19th

Deadline to Submit IRS Tax forms
April 15th 2020

OPT Application Deadline for
Spring 2020 Grads
July 7th 2020

INTERNATIONAL HOUR EVENTS

March 20th-
CPT Info Session

Come to the Spring 2020
CPT Info Session to learn
about the process for
internships for F-1 students
just in time for summer.

April 3rd-

OPT & CPT Info Session

The last International Hour
of the semester includes a
presentation of the various
types of work authorization
for F-1 Students.

INTENSIVE ENGLISH PROGRAM

<u>2020 Sessions</u>	<u>Deadline for Students outside the U.S.</u>	<u>Deadline for Students inside the U.S.</u>
Spring I 2020 (January 9 – March 13)	November 29, 2019	December 13, 2019
Spring II 2020 (March 19 – May 22)	February 7, 2020	March 9, 2020
Summer 2020 (June 4 – July 31)*	May 1, 2020	May 25, 2020
Fall I 2020 (August 6 – October 2)*	June 26, 2020	July 31, 2020
Fall II 2020 (October 8 – December 4)*	September 4, 2020	October 5, 2020

SAVE THE DATE

May 11th-

2020 Farewell Reception

All 2020 graduates and their
families are invited to
attend this event honoring
new alumni of the
University.

FOLLOW US ON SOCIAL MEDIA!



UL Lafayette Division of Global
Engagement

International Student Council at UL
Lafayette



@ulglobalengagement
@ISC_UL

