A note from the editor:

The focus of this issue is on the new international students. We will introduce them to some of the leadership opportunities on campus. We try to identify some of the major difficulties they might face on campus, and we will help them explore Newberg by taking them to the different restaurants in downtown Newberg.
International Newsletter

This newsletter is published by International Student Services, George Fox University. Our purpose is to inform, educate and connect international students and our campus community.

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A note to all the students, faculty, and staff:
We are inviting you to submit articles for publication. Share with us your cultural experience. We would like to get to know you more.

Upcoming Events

Learning New Languages program:
The Chinese section is meeting again on Oct. 19, Wednesday, and the Japanese section will meet again on Oct. 26 at the International Center/Cultural House from 7:00 to 9:00 p.m.

Cultural Celebration Week:
Starting from Oct. 24, Monday, there will be many activities celebrating different cultures on campus.

- Oct. 25, Cultural Fair @ Bruin Den from 4:00 to 6:00 p.m.
- Oct. 26, World’s Got Talent in Bauman Auditorium from 8:00 to 10:00 p.m.
- Oct. 27, International Coffee House at Foxhole from 7:00 to 10:00 p.m.

Pumpkin Patch Trip:
Members of the International Club are invited to a pumpkin patch near Portland on Oct. 29, Saturday. Leave at 9:00 a.m. and come back to campus around 4:00 p.m.
Stories: International Leaders

Mingfei Song, a senior who majors in management, served as an event intern in Sherwood Chamber of Commerce, and is a professional event intern at Career Services. Mingfei got to know about these leadership opportunities mostly through Bruin Careers. He then submitted his resume to his potential employer and was interviewed. Mingfei thinks the most challenging part of his leadership experience is language. Mingfei enjoys carrying out her own ideas at her work place. Mingfei’s suggestion: You should find out what your passions are before you apply for any leadership opportunity.

Pei Jian, a senior who majors in International Business, is a Peer Advisor this semester. Pei got to know about this leadership opportunity through some of his friends. He filled out the application form and then got a group interview. As a PA, he has some difficulty in communicating with different people from different cultures. However, Pei enjoys this challenge, because that’s how he can improve in his interpersonal and intercultural communication. Pei’s suggestion: If you want to be a leader, then do it. If you do it, be responsible and enjoy the process.

Minxiang Sun, a junior who majors in accounting, is the vice president of the International Club, an intern in International Student Services, and a student employee in the Human Resources Department at Fox. He got to know about these leadership opportunities mostly from his friends, e-mail, and Bruin Careers. He then submitted his resume to his potential employer, and then he got to be interviewed to see if he fit the position. Minxiang thinks the most challenging part of his leadership experience is communication with people. But it is also something he enjoys, because he can always learn something new from the people he interacts with. Minxiang’s advice for us: Get out there; expose yourself; believe in yourself, and fear nothing.

Stories:

Some of the international leaders are asked to share with you their leadership experiences. Let’s meet with them and see what they have to share with us.

They were asked the following questions to share their leadership experiences:

1. What is your name, major, and year at school?
2. What leadership position(s) have you had or currently hold?
3. How did you get to know about and apply for this (these) leadership position(s)?
4. What are the challenges you face in your position(s)?
5. What do you enjoy most about being a leader in that particular field?
6. Any suggestions you have for students who are looking for leadership opportunities?
A Taste of Newberg

- **Muchas Gracias**
  Mexican 24 hour fast food place
  Address: 1915 Portland Road, Newberg
  Contact: (503) 554-8777
  Price: $1.80~$6.50
  Hours: 24 hours/7 days

- **Lucky Fortune**
  Chinese restaurant
  Address: 400 E. 1st Street, Newberg
  Contact: (503) 538-0503
  Price: $5~$10
  Hours: Mon.-Thu. 11:00-9:30pm, Fri. 11:00-10:00pm, Sun. 12:00-10:00pm. It is closed on Saturday.

- **Golden Leaf Thai Cuisine**
  Thai restaurant
  Address: 505 E. 1st Street, Newberg
  Contact: (503) 538-7515
  Price: $7~$10.50
  Hours: Sun. & Sat. 4:00-9:00pm, Tue. - Fri. 11:00-2:00pm, 4:00-9:00pm. Closed on Monday

- **Recipe-A Neighborhood Kitchen**
  American restaurant
  Address: 115 N. Washington Street, Newberg
  Contact: (503) 487-6853
  Price: $6~$14
  Hours: Tue. - Th. 11-9pm, Fri. & Sat. 11-10pm. Closed on Sunday.

- **Jem 100**
  American Food (Ice Cream and Burgers)
  Address: 208 N. Main Street, Newberg
  Contact: 503-538-6191
  Price: $1.50~$6
  Hours: Mon.-Th. 10:30-10pm, Fri. & Sat. 10:30-11pm, Sunday is 11-10pm

- **Nara Teriyaki**
  Japanese restaurant
  Address: 214 N Main Street, Newberg
  Contact: (503) 538-8949
  Price: $6~$9
  Hours: Closed on Sundays

Enjoy the Food

As international students at Fox, most of us miss our food back home. The editors of the *International Newsletter* remind you to try the different cultural foods you can find around Newberg. It will be a valuable experience for you to get to know the different food culture in America.

Share Your Culture

People are always interested in food, and food can be a good means for us to get to know each other’s culture. The editors of the *International Newsletter* encourage you to invite friends over to your apartment or house and share your authentic cultural food with them.
Star of the Month: Lishan Zeng

The Beauty of Asking Questions

Lishan Zeng, president of International Club, is a senior who majors in Organizational Communication. Lishan studied in a Chinese college for 2 years as an English major and transferred to George Fox University in 2009; therefore, he has a good understanding of the differences between Chinese and American higher education. In this month’s newsletter, Lishan is going to share with us the major difficulties that he faces at GFU, and how he tries to overcome these difficulties. Let’s hear what Lishan has to say to us.

Like many people who go into a different culture, I faced many uncertainties. I didn’t know what were the appropriate behaviors, what people would expect from me as an international student, and what I could expect from people who were not from the same culture as I. Therefore, I was reluctant to step out of my comfort zone and interact with American students. As a result, my language and cultural understanding of America didn’t improve. I realized that there was something wrong, and began to ask myself this question: Why did I even come to America if I don’t interact with Americans and learn from them?

This question was much more impactful than it sounded. It changed the way I behaved, and I started to force myself to interact with American students and be more active in getting to know them and their culture.

Another major difficulty I faced when I came to GFU was asking questions. In my first semester here, I would sit in the classroom the whole class period without even asking

Highlights:

- Remember the purpose why you choose to study in America.
- Be courageous and active. Take the initiative to get to know people from another culture. That’s how we develop in our cultural knowledge.
- There is nothing to lose in asking questions. But if you don’t ask questions, you may end up being disappointed.
- Take a small step everyday to make progress in your interpersonal and intercultural communication. Applaud yourself for every small success you achieve.
one question, although I was listening to the lecture. It was not because I didn’t have questions, but because I didn’t know if I should ask questions, for I had many questions. I thought that I would be seen as silly if I asked all these questions. Because of this mindset I had, my questions just kept proliferating. After my first exam, which turned out to be far worse than I expected, I realized that something needed to change. I asked myself a few questions: **Do I really want to continue in this way? What do I have to lose if I ask questions? What do I gain if I ask questions?** After a thorough consideration, I realized that there was nothing to lose if I asked questions in class; on the other hand, I could fail in the class if I didn’t ask questions when I didn’t understand. This kind of costs and benefits analysis helped me change the way I behaved in class. I tried to be more active in class and to ask questions when I didn’t understand. But this was not an easy step to take; it took time for me to adjust my learning style, which I was used to for more than 10 years. One thing for sure, however, is that I am making progress slowly but surely, and I applaud myself whenever I ask a question in class.

**Information from International Student Services**

**Mid-term grades** will be posted to your MyGFU by **Oct 28**. We encourage you to talk to your professors if you receive a low evaluation or are uncertain about how you are doing in a class.

The **last day to withdraw from classes without grade responsibility** is **Nov. 6**. If you are struggling with one or more of your classes, Alex and I may be able to suggest things that could be helpful. If you would like to talk to us before deciding to withdraw from a class, please make an appointment with us. If you choose to withdraw from a class, remember, as a student in the US on an F-1 visa, you must still be enrolled full time; 12 credits for undergraduate students and 8 credits for graduate students.

**F-1 visa hold on registration** - You may have noticed that we placed a registration hold on all international students with an F-1 visa. The purpose of this hold is to prevent students from dropping below a full course load and thus becoming out of status. If you need to withdraw from a class please contact either Alex Pia or Dianna McIntyre. We can discuss your situation and easily remove the hold if withdrawing is appropriate.

Graduation and Optional Practical Training (OPT) – If you are graduating this December you are required to leave the US within 60 days of your program end date. You also have the option of applying for Optional Practical Training (OPT). OPT allows you work in your field of study in the US for up to 12 months. Student who are graduating and who want to apply for OPT should make an appointment with Alex Pia or Dianna McIntyre as soon as possible.
A note from the editor

If there is a specific issue or topic that you want to discuss with others, please e-mail us at internationalnews@georgefox.edu

If you are interested in being a member of the International Newsletter to explore your writing and communication skills, please contact Lishan Zeng at lzeng09@georgefox.edu

My Summer – Stories from Three New International Students

Zihao Wang: I went to Shanyang, Hunan province, and volunteered to teach in an elementary school. I think it is meaningful to help with the elementary education in rural areas and every one of us can do what we can to help.

Zhenghao Zhang: I had an internship in the foreign office at the International University Sports Federation. International University Sports Federation was a big event for China this year. It was held in Shenzhen and many college students from different countries attended this event. Therefore, I volunteered to help with the foreign students as an interpreter. I enjoyed meeting with different people from different cultures and it was also a good learning experience.

Jiaqi Wang: I traveled to many cities in China and tried to discover all delicious local food. The food culture in China was so diverse that I never got disappointed to enjoy the local food in different cities.