

International Women Students Handbook

University of Kansas

Produced by:

The Emily Taylor Women's Resource Center:
A program of the Student Involvement & Leadership Center

In partnership with the International Students & Scholars Services,

Kansas African Studies Center and Center for Global & International Studies

Index

1. Introduction

2. Before You Arrive

- ◆ How to Prepare

3. While You are Here

- ◆ Adjusting to Life at the University of Kansas
- ◆ Getting Involved and Making Friends
- ◆ Relationships
- ◆ Academics

4. Resources for Your Life Here

- ◆ Academic
- ◆ Health
- ◆ Transportation
- ◆ Employment
- ◆ Childcare Resources
- ◆ Things to Do and Places to Go
- ◆ Safety
- ◆ Food and Culture

“Here it is okay for you to speak up!”

– Rachel Magario, Brazil

Introduction



Welcome to the University of Kansas community! Since we are committed to the well-being and success of our students in all areas of life, the Emily Taylor Women's Resource Center, along with feedback from a group of outstanding international women students have created this handbook. Why have a handbook specifically for women students? Based on research and feedback, we know that there are some questions and concerns that are common for international women. Gender affects our expectations, assumptions, and opportunities. Thinking about your role as an international student in terms of gender might help you connect and acclimate more quickly and help you to create a satisfying, successful experience. This handbook is designed to supplement the materials provided by International Student and Scholar Services and the Applied English Center that help you prepare for and adjust to life at the University of Kansas. We hope the personal stories and practical information will be both inspiring and useful during your time here.

Sincerely,

Nicole Tichenor, Project Creator
Kathy Rose-Mockry, Program Director,
Emily Taylor Women's Resource Center

Design Created by Hilary Cook-Borg

Typical Culture Shock Model:

Step 1: The Honeymoon Stage

You are willing to have any adventure and face all obstacles. You are curious and excited by everything around you.

Step 2: The Distress Stage

Nothing you are experiencing feels new any longer. You feel torn between your old and new culture. You also realize that familiar things are more difficult to access.

Step 3: The Re-integration Stage

You have a difficult time accepting cultural differences. You begin to form stereotypes about your host country and start to idealize life back home. You become frustrated by your surroundings; you reject the food, language, and culture as inferior.

Step 4: The Autonomy Stage

Eye-opening occurs in this stage. You start to accept your circumstances and return to being yourself again. You begin to analyze both cultures and gradually accept the differences. Gaining confidence, you no longer feel isolated. You gain an appreciation of where you are.

Step 5: Independence Stage

Although it takes a while to reach this stage, you have gained a new home once you are here. You feel comfortable, confident, and able to appreciate your diverse experiences.

Source: http://moving.about.com/od/internationalmoves/a/culture_shock.htm

Before You Arrive

Our community values diversity of backgrounds, cultures, and ideas. It is common, however, for students to have various first impressions of the city of Lawrence and the University of Kansas. Students have reported a variety of feelings ranging from fear or ambivalence to excitement and euphoria, all of which are normal reactions to have.

How to Prepare

International women students agree that transitioning to life in Lawrence will be easier if you come prepared. Many students have found it helpful to do some independent research about their new surroundings. Perhaps looking at the geography and types of food available in the Lawrence area would be a good place to start (see “Resources for Your Life Here” at the end of the Handbook for more information):

http://en.wikipedia.org/wiki/Lawrence%2C_KS#Geography

<http://www.lawrence.com/restaurants/search/>

<http://www2.ljworld.com/marketplace/categories/food-and-dining/grocery-stores/>

KU offers international student orientation sessions to help you transition to life at the university. We highly recommend attending orientation because it gives you an opportunity to learn about services and programs at KU, helps you cope with culture shock, and provides an opportunity to make friends. For session dates and costs, see

<http://www2.ku.edu/~issfacts/prospective/orientation/index.shtml>

or

call International Student and Scholar Services
at (785) 864-3617.

Weather

Lawrence experiences all four seasons with snowfall in the winter, with heat and humidity in the summer, and with mild rainy weather in the spring and fall. To give you an idea of how to prepare, temperatures range from an average low of almost 20 °F (−7 °C) in January to an average high above 90 °F (32 °C) in July. You can expect cold weather from November through February, and hot weather from May through August, in general.

What to Bring

The clothing worn and available in Lawrence might be different from what you are familiar with at home. Some women have reported being unable to find sizes or styles they feel comfortable wearing. If you think that you will be happier wearing styles of clothing from home, bring plenty with you. Another option is shopping online or from a catalog. Here is a link to some of the shopping available in Lawrence, so you can explore for yourself what is available:

<http://www2.ljworld.com/marketplace/categories/retail/clothing/>

Lawrence has many international food markets (listed on page 30-31). You may find, however, that some of your favorite foods from home are hard to locate. So, if this is important to you, think about bringing a few non-perishable items with you. For United States Customs guidelines on bringing food into the country see the following:

http://www.cbp.gov/xp/cgov/travel/id_visa/arriving_travelers.xml

Even if you cannot imagine missing home right now, it is perfectly normal to be homesick after you arrive. A great way to cope with homesickness is to surround yourself with familiar things. Bring mementos with you that remind you of home (e.g., pictures of family and friends, art, pictures of your city or local housing, small trinkets for decoration).

Housing

Many international women prefer to live in on-campus housing because it gives them a chance to meet people and become involved in activities. On-campus housing fills up quickly, so apply as early as

“The different levels of closeness depend on the background of your American family. It’s kind of different what they expect from you.”

– Rachel Magario, Brazil

Before You Arrive *continued*

possible. Here is a link to the scholarship and residence halls on campus:
http://www.housing.ku.edu/scholarship_halls.shtml
http://www.housing.ku.edu/residence_halls.shtml

If you are interested in living in an apartment, Jayhawker Towers and Stouffer Place are two apartment complexes on campus. For married students with families, Stouffer Place apartments are a great on-campus option. Again, apply for on-campus housing as early as possible. See: http://www.housing.ku.edu/apartment_living.shtml for more information.

There are also many affordable apartments, townhouses, and houses available off-campus in Lawrence. Here are some popular sites for housing listings:
<http://hawkchalk.com/housing/>
<http://www.lawrencerent.com/>
<http://apartments.lawrence.com/viewer>

Where you choose to live is an important decision. Since this will be your home while you are here, consider what kind of environment would make you feel the best and help you succeed. Here are some questions you may want to consider when you are choosing your housing:

- ◆ Where is it located?
- ◆ Is it close to campus?
- ◆ Can I walk there or will I need to take the bus?
- ◆ Is it furnished or unfurnished?
- ◆ What appliances are provided? (Typically you will find a stove/oven and refrigerator.)
- ◆ Will I have to go elsewhere to do laundry, or are there machines in the facility?
- ◆ Will it be clean when I move in?
- ◆ Will I be responsible for cleaning and maintenance?
- ◆ Will I pay for heat, water, electricity, and cable/internet, or is that included in the rent?
- ◆ Will I have a roommate?
- ◆ Am I comfortable living with a roommate(s)?
- ◆ Do I prefer a women-only or co-ed living environment?
- ◆ If I am living off-campus, where do I find a roommate?
- ◆ How big is the space?
- ◆ Is it sufficient?

- 
- ◆ How long is my contract for?
 - ◆ Do I need someone to co-sign my lease?
 - ◆ Is there a payment plan?
 - ◆ How much is rent or the housing plan?
 - ◆ Do I have to pay a deposit before I move in?
 - ◆ Is it air-conditioned?

Keep in mind if you are considering living off-campus that you may be asked to demonstrate your “credit worthiness,” or your ability to meet financial obligations. This is used by landlords to determine your credit history and payment patterns to ensure that you will pay your rent. This information is usually checked through a person’s social security number. Since most international students do not have a social security number, it can be confusing when this is requested. It is helpful to bring records from your home country, which demonstrate your lending and credit history. Another thing you can do to prepare is identify a person who will serve as your guarantor. A guarantor is a person who can attest to your credit worthiness and will agree to make payments or assume debt if you cannot pay. A landlord cannot refuse to rent to you just because you do not have a social security number. They can refuse to rent to you, however, if they cannot establish your credit worthiness. For more information, contact Legal Services for Students at legals@ku.edu and/or check out this link: <http://www.legalservices.ku.edu/>

Whether you are living on or off-campus, your housing situation might be different than what you are accustomed to. You might have to adjust to a small space, different smells, living with roommates, using payment plans, and signing contracts requiring co-signers. Remember to be open-minded about your new situation! If you have questions, contact International Student and Scholar Services at 785-864-3617.

Childcare:

If you are coming with children, it is very important that you plan ahead on where you will keep your child while you are on campus. Unlike in most other countries, childcare in the U.S. is expensive and requires advance planning. Many childcare facilities have long waiting lists so you have to contact them and have your child’s name placed on the lists before your arrival to enable him/her have a spot in the facility. Some facilities have scholarships that you might qualify for, but you have to apply for these scholarships mostly by July, otherwise you may have to wait till the next academic year to get them.

Here are some resources you may find useful:

Hilltop Child Development Center: <http://www.hilltop.ku.edu/>
Edna A. Hill Child Development Center: <http://www.cdc.ku.edu/~cdc/>
The Ballard Center: http://www.ballardcenter.org/public_html/index.htm



“Two suitcases are all you can bring when you come. That is the reflection of what you lose, as well. Leaving was not only difficult for me, but also for my family. I called them biweekly and I used messaging online too. I thought that even if it was expensive, it was my soul food - the energy I needed to go on. After all these years, I can say that this experience has actually brought us closer. My parents continuously tell me how happy and proud they feel, and that was not something I heard back at home. I try to go back as often as I can; it’s like recharging my batteries!”

– Susana Mariscal, Bolivia

Before You Arrive *continued*

Childcare Resources and Referral Services:

The Kansas Association of Child Care Resource and Referral Agencies (KACCRRRA):

<http://www.kaccrra.org/>

Douglas County Child Development Association (DCCDA): <http://www.dccda.org/>

Transportation to Lawrence

You will probably arrive at KC International Airport, one-hour away from Lawrence. Make sure that you have transportation to get from the airport to Lawrence. You can arrange this on the International Student and Scholar Services webpage at:

<http://www2.ku.edu/~issfacts/prospective/orientation/travel.shtml>

They list a number of transportation options that are reliable and relatively inexpensive. Keep in mind that taxi fare for the hour-long ride from the airport to Lawrence will be the most expensive option.

While You are Here

Adjusting to Life at the University of Kansas

International women students have a variety of emotions and experiences when making the transition to life at KU. Certainly the prospect of living and learning in a new country can make you feel excited and proud. However, you may also experience some difficult feelings as well. Many have said that they were homesick for a while, and at times felt like they were “sinking in the water.” A few even felt that they hated Lawrence and questioned their decision to study here. Feeling disappointed, isolated, and overwhelmed are all normal first reactions to moving abroad. These feelings can be amplified by a roommate who is never home or seems distant. Although you live together, your roommate might not automatically be your friend. Some people choose to spend a lot of time away from home, for example with a boyfriend or girlfriend. Also, some students (American or international) might have had little contact with members of other cultures, so they might be unsure how to interact with you. The best thing you can do is communicate openly with your roommate(s). If they are never around or have a certain behavior that puzzles you, it is in your best interest to ask about it. You never know – you might make a friend in the process.

How to Cope

We have all found different ways of coping with unfamiliar or difficult situations. While most international women report that they do quite well adjusting to their new life at KU, they also admit that there can be challenges along the way. Students who felt unhappy at first said that after they adjusted to their new environment, they did feel better. International women students have used many strategies to feel more comfortable and adjust. It can be helpful to remember what you are trying to accomplish by coming to KU. You might be called upon to act in ways that are uncommon for women in your country in order to get what you need (e.g., being assertive, directly communicating your likes and dislikes). Another way international women have coped is by being strong and independent. Do not let the sadness, uncertainty, or embarrassment keep you from experiencing new things and venturing out. Finally, many students find comfort in maintaining regular contact with friends and family at home over the internet or by telephone.

Something else that is extremely helpful is seeking counseling. Many international women have said that they wished they had sought counseling but didn't because they felt nervous, uncomfortable, or embarrassed speaking about private matters with a stranger. Students often seek counseling for normal, everyday problems and report that they feel much more able to cope with difficult feelings or situations as a result. For more information about the counseling process, please see:
<http://www.caps.ku.edu/~caps/counseling/>

Stress is a fact of life, regardless of whether you are studying in your home country or abroad. Being in a new situation, however, can heighten feelings of anxiety or discomfort. So what can you do to relax? Some students use activities that have been relaxing at home, such as exercising or watching television. While relaxing is important, getting involved in activities is a rewarding way to fight homesickness and insecurity. Studies have shown that women students feel more connected to campus when they develop meaningful relationships with others. Keeping busy is a great tool to do this!

“I was fortunate to have contacted the Fulbright Association at KU before I came. They helped me find an apartment and furnish it. I could enroll my son in school, and my husband got the support of other spouses who were going through the same experience. It was amazing how different my experience was because of this. I am eternally grateful.”

– Susana Mariscal, Bolivia



Getting Involved and Making Friends

What's Out There?

There are many ways to get involved on campus and in the community, but many students do not know where to begin. Here are a few places to get started!

- ◆ Student Involvement and Leadership Center (often referred to as SILC and pronounced “silk”), which is located on the fourth floor of the Kansas Union. There you can find information on all of the registered student groups at KU, as well as many of their offices. The Center for Community Outreach (CCO), located in the SILC, helps students find volunteer programs that fit their interests and schedules. If you are interested in campus governance, the Student Senate offices can also be found in the SILC.
- ◆ Office of Multicultural Affairs (OMA), down the hall from SILC. The OMA offers many programs and events, such as brown bag discussions on diversity issues, Hawklink, SOAR tutoring/mentoring program and the Colors of KU Diversity Retreat.
- ◆ KU Recreation Services offers a variety of resources for physical fitness, team, and individual sports, classes, and personal training. Their cutting edge indoor and outdoor facilities accommodate a broad range of athletic skill – from beginning, looking to improve their health with low impact exercise, to seasoned athletes aspiring to push their physical abilities to the next level.
- ◆ International Student and Scholar Services maintains a cultural programs directory, where you can discover a variety of ways to get involved. If you are interested in learning more about cultural programs, simply complete the form on the website and submit it on line or by mail/fax (see website for address/fax number).
- ◆ International Programs coordinates the popular Global Partners program. International students or scholars are matched with a domestic participant according to language, geographical interest, major, hobbies, and gender. They can then meet at their leisure and during sponsored large group activities.
- ◆ The Applied English Center coordinates Conversation Groups which provide an opportunity for AEC students to improve their English in an informal small group setting.



“Living in a Scholarship Hall was one of my best experiences at KU. While living in Watkins Hall, I made a lot of friends, learned many American customs, and became involved with community service and student organizations. I also gained social and leadership skills which helped me become successful in all aspects of life. I am proud to be a Watkins Alumna and thankful to the scholarship hall community for giving me a fantastic opportunity. They provided financial assistance, but most importantly, they my college life meaningful and unforgettable.”

–Chiaki Gonda, Japan



Women's opinions are important in campus-related issues, so let your voice be heard! By speaking up and taking an active role, you will also gain valuable leadership skills. Here is a link to the SILC, OMA, KU Recreation Services, and ISSS websites, where you can find a list of the organizations available and learn more about getting connected on campus:

<http://www.silc.ku.edu/>
<http://www.ku.edu/organizations/>
<http://www.oma.ku.edu>
<http://www.recreation.ku.edu/>
<http://www2.ku.edu/~issfacts/cgi-bin/cultural/index.php>

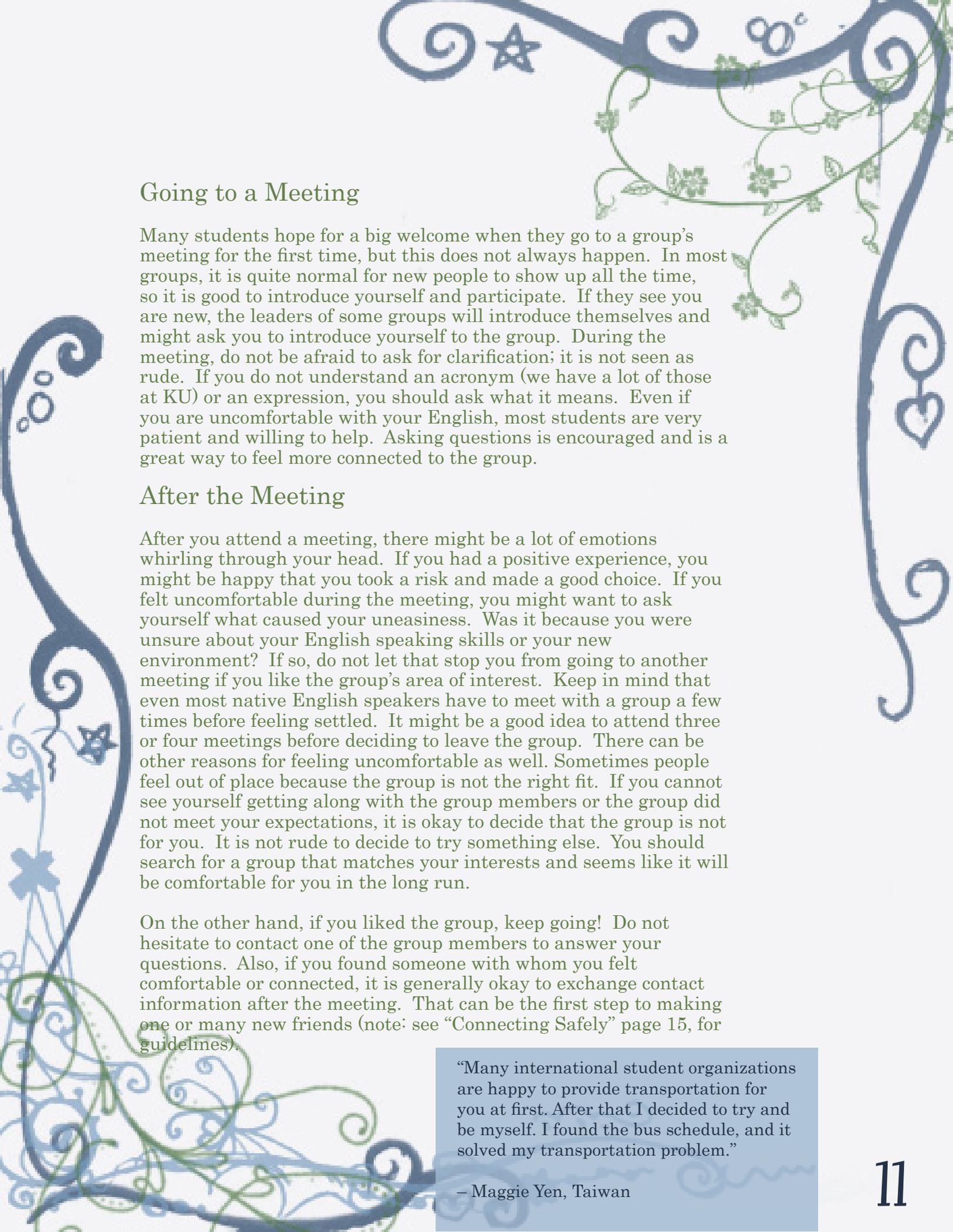
Many opportunities for involvement are offered off-campus as well. Classes and groups focus on topics such as: yoga, dance, art, music, community service, sports, and emotional support. Here are a few links to help you find involvement opportunities and events in the community:

<http://www2.ljworld.com/marketplace/categories/arts-and-entertainment/>
<http://www2.ljworld.com/marketplace/categories/recreation-and-sporting-goods/>
<http://www2.ljworld.com/marketplace/categories/services/>
<http://www.lprd.org>
<http://www.lawrenceartscenter.com>

Taking the First Step

Taking the first step toward getting involved might feel intimidating, but be assured that you are not alone. The first thing you should do is contact the organization(s) you are interested in for more information. This might be done by email, by telephone, or in person. Here are some questions you can ask to get a better explanation of the group:

- ◆ What is the group's purpose? What does it do?
- ◆ What does the group expect from its members?
- ◆ When and how often does the group meet?
- ◆ Is attendance required?
- ◆ Are there any costs involved?
- ◆ Do I need to become an official member of this group or is membership informal?



Going to a Meeting

Many students hope for a big welcome when they go to a group's meeting for the first time, but this does not always happen. In most groups, it is quite normal for new people to show up all the time, so it is good to introduce yourself and participate. If they see you are new, the leaders of some groups will introduce themselves and might ask you to introduce yourself to the group. During the meeting, do not be afraid to ask for clarification; it is not seen as rude. If you do not understand an acronym (we have a lot of those at KU) or an expression, you should ask what it means. Even if you are uncomfortable with your English, most students are very patient and willing to help. Asking questions is encouraged and is a great way to feel more connected to the group.

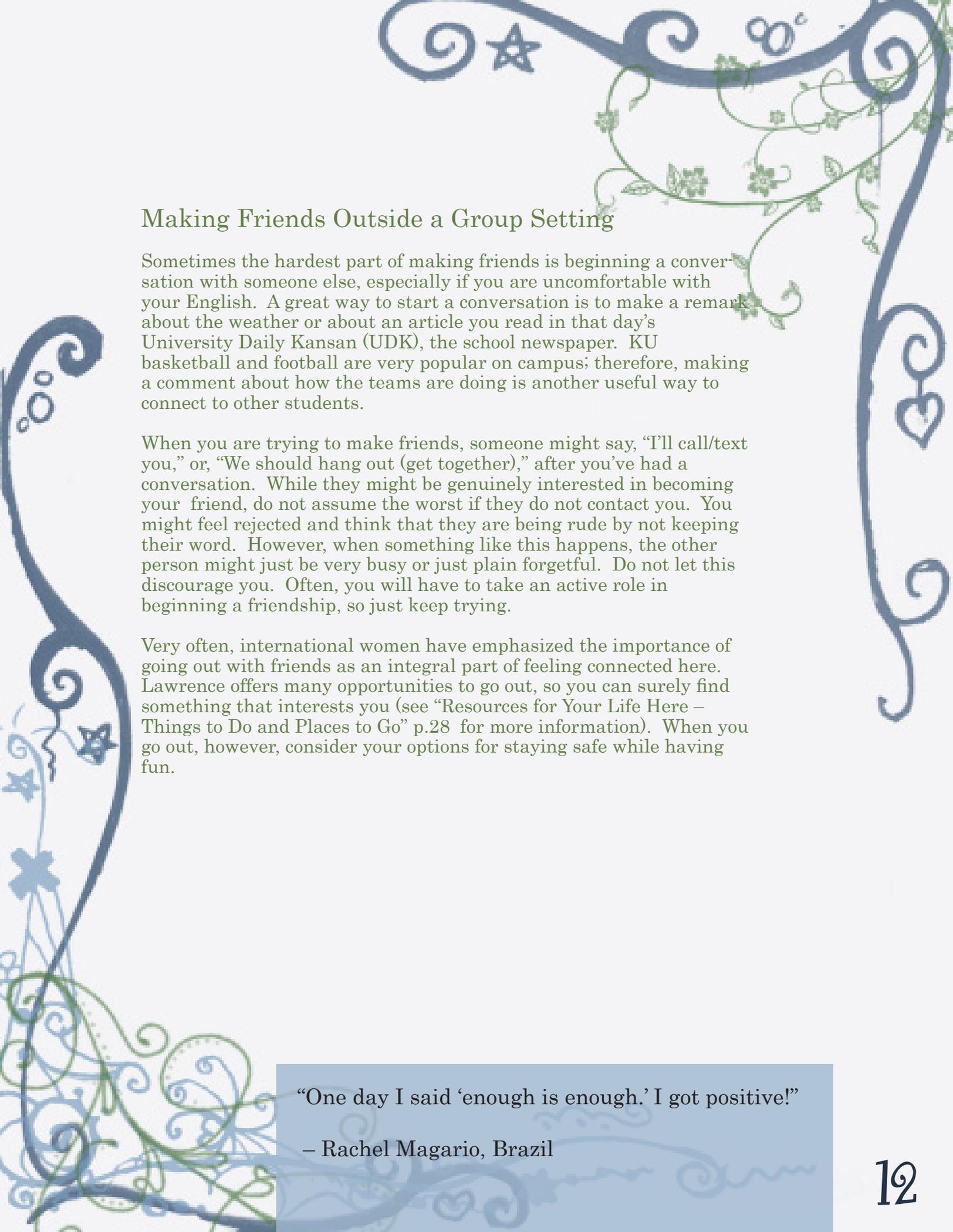
After the Meeting

After you attend a meeting, there might be a lot of emotions whirling through your head. If you had a positive experience, you might be happy that you took a risk and made a good choice. If you felt uncomfortable during the meeting, you might want to ask yourself what caused your uneasiness. Was it because you were unsure about your English speaking skills or your new environment? If so, do not let that stop you from going to another meeting if you like the group's area of interest. Keep in mind that even most native English speakers have to meet with a group a few times before feeling settled. It might be a good idea to attend three or four meetings before deciding to leave the group. There can be other reasons for feeling uncomfortable as well. Sometimes people feel out of place because the group is not the right fit. If you cannot see yourself getting along with the group members or the group did not meet your expectations, it is okay to decide that the group is not for you. It is not rude to decide to try something else. You should search for a group that matches your interests and seems like it will be comfortable for you in the long run.

On the other hand, if you liked the group, keep going! Do not hesitate to contact one of the group members to answer your questions. Also, if you found someone with whom you felt comfortable or connected, it is generally okay to exchange contact information after the meeting. That can be the first step to making one or many new friends (note: see "Connecting Safely" page 15, for guidelines).

"Many international student organizations are happy to provide transportation for you at first. After that I decided to try and be myself. I found the bus schedule, and it solved my transportation problem."

– Maggie Yen, Taiwan



Making Friends Outside a Group Setting

Sometimes the hardest part of making friends is beginning a conversation with someone else, especially if you are uncomfortable with your English. A great way to start a conversation is to make a remark about the weather or about an article you read in that day's University Daily Kansan (UDK), the school newspaper. KU basketball and football are very popular on campus; therefore, making a comment about how the teams are doing is another useful way to connect to other students.

When you are trying to make friends, someone might say, "I'll call/text you," or, "We should hang out (get together)," after you've had a conversation. While they might be genuinely interested in becoming your friend, do not assume the worst if they do not contact you. You might feel rejected and think that they are being rude by not keeping their word. However, when something like this happens, the other person might just be very busy or just plain forgetful. Do not let this discourage you. Often, you will have to take an active role in beginning a friendship, so just keep trying.

Very often, international women have emphasized the importance of going out with friends as an integral part of feeling connected here. Lawrence offers many opportunities to go out, so you can surely find something that interests you (see "Resources for Your Life Here – Things to Do and Places to Go" p.28 for more information). When you go out, however, consider your options for staying safe while having fun.

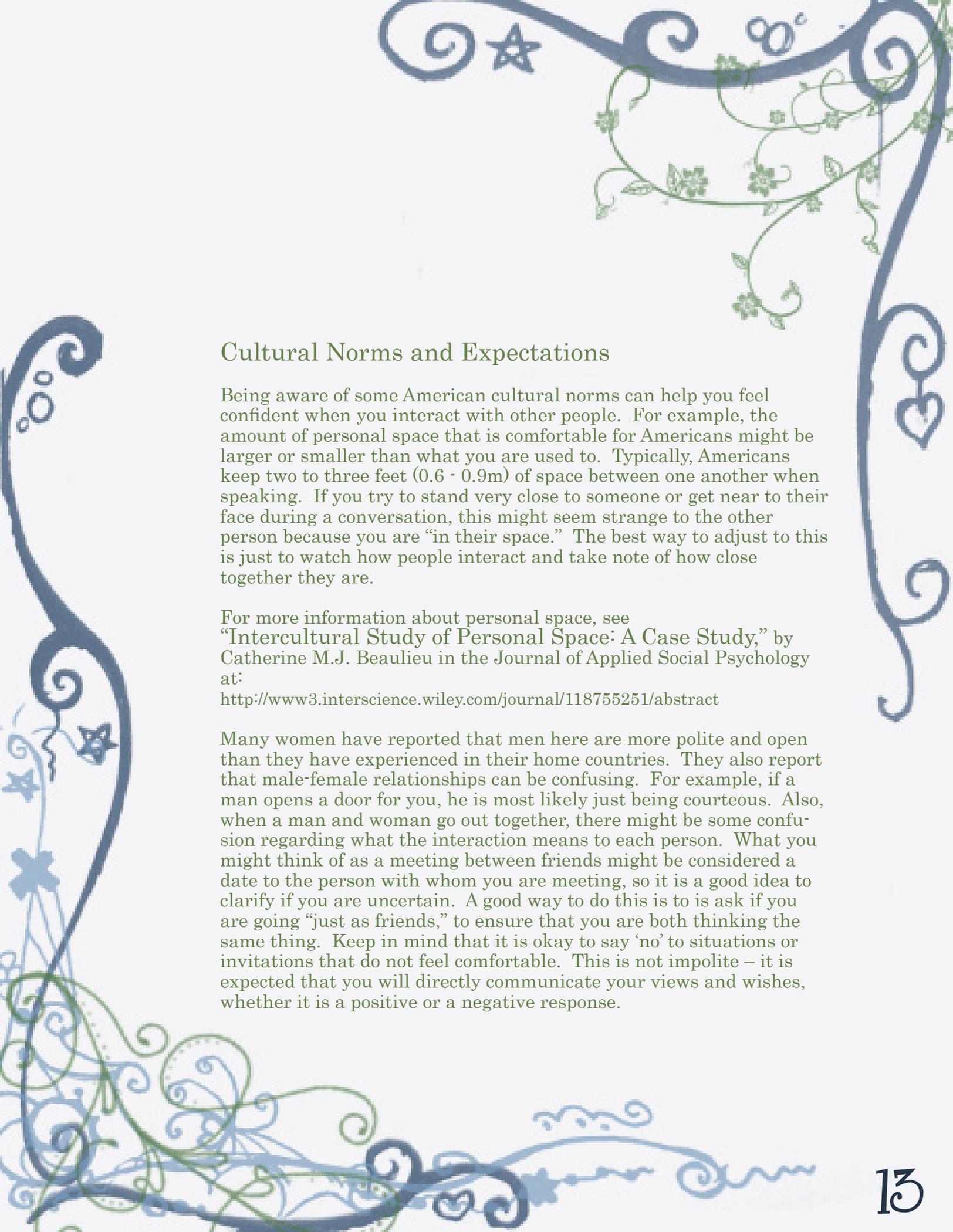
"One day I said 'enough is enough.' I got positive!"

– Rachel Magario, Brazil



“My first two years in the United States were the worst that I have ever experienced. People tried to be nice by constantly smiling at me, but that was only annoying because they never said anything. I felt totally alone, lost, and insignificant. I was surprised that suddenly I had lost my identity as a teacher, a worthy contributor to society in Kenya, and a proud woman. Everything around me reminded me that I was a foreigner, and I wanted so badly to go back home. ‘But wait a minute,’ I told myself. ‘Other people don’t define who I am – I do! I will ride it out by getting focused, working hard, and stopping at nothing short of success.’ Once I decided that I was the one at the steering wheel of my life, it felt better. To all women starting over in the U.S, my message is one of hope. It will get better.”

–Jane Irungu, Kenya

A decorative border in blue and green colors surrounds the page. It features intricate scrollwork, floral motifs, and a star in the top right corner. The border is composed of thick blue lines and thinner green lines with small flowers and leaves.

Cultural Norms and Expectations

Being aware of some American cultural norms can help you feel confident when you interact with other people. For example, the amount of personal space that is comfortable for Americans might be larger or smaller than what you are used to. Typically, Americans keep two to three feet (0.6 - 0.9m) of space between one another when speaking. If you try to stand very close to someone or get near to their face during a conversation, this might seem strange to the other person because you are “in their space.” The best way to adjust to this is just to watch how people interact and take note of how close together they are.

For more information about personal space, see “Intercultural Study of Personal Space: A Case Study,” by Catherine M.J. Beaulieu in the *Journal of Applied Social Psychology* at:

<http://www3.interscience.wiley.com/journal/118755251/abstract>

Many women have reported that men here are more polite and open than they have experienced in their home countries. They also report that male-female relationships can be confusing. For example, if a man opens a door for you, he is most likely just being courteous. Also, when a man and woman go out together, there might be some confusion regarding what the interaction means to each person. What you might think of as a meeting between friends might be considered a date to the person with whom you are meeting, so it is a good idea to clarify if you are uncertain. A good way to do this is to ask if you are going “just as friends,” to ensure that you are both thinking the same thing. Keep in mind that it is okay to say ‘no’ to situations or invitations that do not feel comfortable. This is not impolite – it is expected that you will directly communicate your views and wishes, whether it is a positive or a negative response.



An aspect of American culture that might seem different is the way in which men and women interact. Stereotypes about how women and men in this country relate are prominent in the media (e.g., men “in charge”; women who are focused on how they look and hesitant to talk about their needs directly). The fact is, women and men can and should have an equal role in establishing interactions and relationships.

Sometimes ethnicity and background can be stereotyped as well. This can make an international student feel unwelcome and/or uncomfortable and can also reinforce misconceptions that are not helpful in creating healthy, respectful relationships. It is not acceptable to treat people of any ethnicity or background in discriminatory, hurtful ways. You can directly speak up and/or seek the help of others if this occurs. KU’s nondiscrimination policies to protect members of the campus community from this behavior can be found here:

<https://documents.ku.edu/policies/hreo/Nondiscrimination.htm>

<https://documents.ku.edu/policies/hreo/RacialEthnicHarassment.htm>

https://documents.ku.edu/policies/Student_Success/VPSS/Code_Student_Rights_Responsibilities.htm

“Americans are very respectful of private space. If you are reading a book or working on something they are unlikely to disturb you, so if you want to get to know your classmates, you first need to look ‘free.’ You may be nervous, but it’s so much better if you start a conversation. Remember that your classmates are struggling with school just like you are, even if they are speaking their native language.”

– Susana Mariscal, Bolivia

Connecting Safely

While most people you will meet at KU are trustworthy and considerate, it is important to know your options for protecting yourself when making new connections. Women who actively seek out information on safety report feeling more confident in social settings on campus and in the community. Some actions that can increase your safety are listed below. More complete safety information is listed at: <http://www.etwrc.ku.edu/>

- ◆ Control the personal information you share. To protect your privacy, you might not want others to know your address, your class schedule, or anything you do routinely, such as going to the library every Wednesday night at 11 p.m. You also need to be careful of electronic information you give out. This keeps you in control and allows you to decide how and when you interact with others, deterring unwanted encounters.
- ◆ Communicate assertively. People who violate or disregard another's boundaries and wishes are always the ones at fault when a problem arises, never the person violated! That being said, communicating clearly and directly can keep a difficult situation from getting worse.
- ◆ Trust your instincts. If something doesn't feel right, trust your judgment. People should not touch you in ways you do not want nor make decisions for you unless you agree. Don't be afraid to speak up, get help, or call a friend. Cell phones are helpful. Also, you can call SafeRide for a way to get home (see "Resources for Your Life Here" for contact information).
- ◆ Be prepared. Familiarize yourself with places and situations in which you might feel vulnerable or isolated from others, walk with confidence, and know your destination point. In addition, knowing what services are available is an excellent way to protect your safety. For instance, did you know the campus has 79 emergency phones that can be used if you feel uncomfortable or are concerned about being followed? The link below will provide more information and other services are listed at the end of the handbook:
<http://www2.ku.edu/~kucops/resources/ephones.shtml>
- ◆ Get help from trusted campus and community resources. Caring, knowledgeable professionals are a good, confidential source of help and support. When you speak with a professional



confidentially, this means that the information you share will remain private between the two of you and will not be discussed with others, including your family (if you are over 18 years of age), a spouse, or a professor.. The exception to this is if the professional is concerned about your safety and well-being or the safety and well-being of others. Check the information listed in the “Resources for Your Life Here” section.

- ◆ Take a self-defense course. The Emily Taylor Women’s Resource Center offers free classes throughout the semester. For more information and to sign up, see <http://www.etwrc.ku.edu/~etwrc/programs>

Cross-Cultural Challenges

As an international student, you might encounter people who are curious about your background and culture. People might ask you questions about your life, traditions, and home country, which might make you feel proud and happy to share. At the same time, people might ask questions that seem obvious or “stupid” to you. You might have to deal with some stereotyping or negativity, and the best way to handle this is with a positive response. Keep in mind that many Americans might be unfamiliar with other cultures. Their questions might come from a lack of understanding and a willingness to learn more about you.

KU is a diverse campus with thousands of international and American students. You might find it more comfortable to talk to international students at first, particularly those from your home country. While this is a great way to make friends, try to talk to both international and American students. Many international women have said that although it is easier to talk to other international students, talking to Americans helps develop your English skills, teaches you about the culture in which you’re living, and instills confidence.

You might encounter some hesitation from American students when you first talk to them. Try to not let this offend you. As was mentioned previously, some American students have had limited contact with people from different cultures and might be unsure of how to interact with you. They might be afraid that you won’t understand them! You should see this as an opportunity to help them learn about another culture, make a friend, and grow personally. Another possibility might be that they are not interested in the “extra work” it might take to talk to an international student whose English might be difficult to understand. If you are ever caught in this sort of situation, the best way to handle yourself is with dignity and confidence. If they do not want to talk to you, it’s their loss. You can move on with your life and make fruitful friendships despite these obstacles.

“When you feel like you are not alone, you feel like ‘yeah, I can do that!’”

– Uyanga Bazaa, Mongolia

Relationships

If you have come to KU with a spouse or partner, there may be times you need someone to talk to. Sometimes moving to another country puts stress on a relationship. Some international women have reported that they are uncomfortable talking about private relationship matters with someone they don't know from a different culture. It is important to know that there are trained professionals on campus and in the community who, regardless of their background, can be helpful to you and speak with you confidentially. As mentioned earlier, when you speak with a professional confidentially, this means that the information you share will remain private between the two of you and will not be discussed with others, including your family (if you are over 18 years of age), a spouse, or a professor. The exception to this is if the professional is concerned about your safety and well-being or the safety and well-being of others. It is a sign of strength and courage to address a problem and seek solutions. Resources are listed in the back of this booklet.

If you are single and choose to pursue an intimate relationship during your time here, there are a few things to keep in mind. First, it is important that you adjust independently and create a space for yourself. You might be lonely at first, but many international women have emphasized the importance of finding their own strength and learning to be self-sufficient. This provides a framework for a relationship that is positive and healthy. A healthy relationship is based on equality, respect, open communication, and mutual support.

Secondly, if a relationship begins to feel controlling or makes you feel unhappy, afraid, or bad about yourself, contact an organization on the resources list at the end of this handbook. These feelings can indicate that this relationship is not good for you or could lead to problems.

Finally, speaking of relationships, what can you do to meet others to date if you are looking for a same-sex relationship? There are groups on campus to help you get connected and meet others. If you identify yourself as lesbian, gay, bisexual, transgendered, or queer (referred to as lgbtq), you might have questions about the climate for lgbtq individuals on campus and in the community. KU and the Lawrence community have policies in place that were created with the intention of protecting and supporting lgbtq individuals' rights. See these links for more information:

<http://www.silc.ku.edu/lgbt>

<http://www.diversity.ku.edu/>

<http://www.kansasnetworkq.org/>

Resources for Your Life Here

Academics

Classroom Dynamics

Most classes at KU involve student participation and interactive discussion. Large lecture classes normally have a mandatory weekly discussion period where students can ask questions and talk with other class members and a teaching assistant. If your classes at home were not interactive, this teaching style might feel overwhelming to you at first. Try to begin participating a little at a time, so that you gradually feel more comfortable.

Having an interactive classroom provides an opportunity to speak with other students and might ultimately connect you with them. At the same time, acquaintances that form in your classes might not necessarily continue outside of the classroom. For example, you might get along well with another student in your economics class. You might sit together every class period and exchange questions about homework. Just because you feel that you have made a friend in this class does not necessarily mean that the friendship will continue outside of the classroom. Relationships like these continue outside of the classroom if you put effort into them. You can take the next step by inviting them somewhere (e.g., lunch or coffee, a concert, or a shopping trip) or by asking them what they are doing that evening/weekend. By expressing an interest in “hanging out” (getting together) with them after class, you might open the door to a friendship outside as well as inside the classroom.

While most international women report feeling successful overall interacting in the classroom, some experience challenges related to linguistic or cultural differences. It is normal to feel lost or disconnected because conversations move too quickly or slang terms are used. Additionally, international students have said that sometimes professors are unaware that the examples they use in class might not include women or are difficult to understand for someone from a different culture. In both of these situations, the best thing for you to do is speak with your instructor after class or during office hours (the scheduled time a professor is available to meet with students). They might be able to answer your questions, explain language, and be aware of the examples they use in class, so that you feel more included. This kind of interaction with your teachers is encouraged – most instructors appreciate being approached outside of class and are ready to help.

“Students’ ‘stupid questions’ could be genuine questions. You could take these questions as learning opportunities for them. You don’t have to see it negatively.”

–Ennie Ndoro, Zimbabwe



“One of the ways I dealt with homesickness was watching TV. Watching American programs at home was different than watching them again in the U.S. I was reminded of how I had perceived this country and its people through television for years before coming here. It helped me remember how much I wanted to come to this country to study and gave me strength to reach my goal. By watching American television from a new perspective, I realized that my dream had come true.”

–Uyanga Bazaa, Mongolia



Professor-Student Interaction

If you are struggling with discussion, have questions about the material covered in class, or need clarification about your professor's expectations, it is a good idea to approach your instructor after class or during their office hours to tell them how you are feeling. For instance, you might not understand what your professor expects of written papers, simply because this might be your first time studying at an American institution. Professors often have specific page formats and citation styles they prefer, so it is always best to ask. It is completely normal to talk to your professor outside of the classroom. By communicating your needs, it is more likely that your professor will work with you to help you succeed.

Teaching styles used at KU might differ from what you are familiar with from home. International students have said that teachers here can be more open; they might feel comfortable sharing information about their personal lives, joking with students, or speaking in a relaxed, informal tone. If you are unfamiliar with this teaching style, being in a class like this might confuse or intimidate you. On the other hand, you might enjoy a more relaxed classroom. Either way, it is helpful to know that a variety of approaches are normal.

Some international women students have questions about how to relate appropriately to professors, both men and women. While your relationships with your instructors might be open and relaxed, it is important to remember their primary role is to be your instructor. Sometimes a professor's words might be mistaken as friendship or romantic interest. An instructor might be friendly, but is not supposed to be a friend. His/her job is to make sure you learn the class material. Because of cultural differences, it might sometimes be difficult to tell if your interactions with an instructor are acceptable. The bottom line is that your comfort and safety are the most important factors in this decision. If something "just doesn't feel right" when you are with an instructor, the best thing to do is remove yourself from the situation and seek help. Unwanted behavior of a sexual nature is not acceptable and is referred to as sexual harassment. This can include comments of a sexual nature, unwanted touching, and/or a lowered grade after having rejected an instructor's advances.



Some options for keeping relationships appropriate:

- ◆ Professors can be good sources of information and can provide support and encouragement but should not become substitutes for friends.
- ◆ If you are confused by something a professor says or does, ask for clarification (e.g., “I do not understand why you are asking me who I am dating - does this relate to our class?”).
- ◆ If a professor’s comments or actions make you uncomfortable, you can say so (e.g., “I’m not comfortable with this - I’d like our relationship to remain professional.”).
- ◆ Ask a friend or classmate to join you if you need to meet individually with a professor with whom you feel uncomfortable.
- ◆ Ask that the door remain open while meeting and make sure there is a comfortable distance between the two of you.
- ◆ Keep the conversation on academic rather than personal topics.
- ◆ Consult with trusted professionals if you are uncomfortable with or unsure of how to handle a situation.
- ◆ The University of Kansas prohibits sexual harassment and will take action against it to protect you.
http://www.vpss.ku.edu/pdf/Sexual_Harassment_2009.pdf

To this end, some information might be shared with other campus administrators to protect your safety if you report an incident. Many students are unsure of what sexual harassment is. A full definition is included in the link listed below but can generally be defined as behavior of a sexual nature that is unwanted and unwelcome and affects an individual’s ability to pursue their studies or work. For more information and assistance regarding sexual harassment, see: https://documents.ku.edu/policies/hreo/Sexual_Harassment.htm or contact the Emily Taylor Women’s Resource Center at (785) 864-3552.

“It seems so hard at first, but if you give yourself permission to make mistakes, to ask questions, to ask for help, and to meet people, it all seems like an adventure and comes together. It’s going to be ok - just be patient with yourself. As Diego Torres says, ‘It’s better to get lost than to never try.’”

– Susana Mariscal, Bolivia

Academic

- ◆ KU Writing Center <http://www.writing.ku.edu/>
 - The Writing Center offers consultation for written work of all levels and at all stages of the writing process. Consultations are free, available with or without an appointment, and also provided online. The website also has writing guides and information for undergraduate and graduate students.
- ◆ Academic Achievement and Access Center (AAAC) <http://www.achievement.ku.edu/> E.g., AAAC
- ◆ Tutoring Services <http://www.tutoring.ku.edu/>
 - Tutoring sessions for specific classes are held in small groups led by a qualified KU student who has succeeded in the course and has been recommended by faculty. Cost: \$60 per course, and fee waivers are available for those who qualify.
 - Disability Resources:
<http://www.disability.ku.edu/>
The staff of Disability Resources works with all units at KU to ensure that every student has an equal opportunity to succeed. They can assist you whether your disability is physical, sensory, medical, psychological, or related to attention or learning.
- ◆ Ermal Garinger Academic Resource Center <http://egarc.ku.edu>
 - Language resources and digital media are available online and for rent.
- ◆ KU Libraries <http://www.lib.ku.edu/>
 - You can access databases, electronic and course reserves, e-journals, book search, book renewal, research advice, interlibrary loan, library locations and collections online. There are seven library locations on the Lawrence campus.
- ◆ Applied English Center
 - The AEC computer lab (LEO) <http://www.aec.ku.edu/>
 - This lab is for AEC students only, but the website has

resources available for all students, including: grammar guides, activities, and Microsoft Word tutorials.

- ◆ KU Computer Labs <http://www.computerlabs.ku.edu/>
 - o 18 public computer labs are available without cost. A KU online ID is needed to access computers. Printing and copying are available for a small fee (have your KU ID with you). See website for lab locations and policies.
- ◆ For graduate students:
 - o Check with your department to see if your school has a graduate-students' association. These groups are a great way to get academic assistance, learn departmental expectations, and make connections with other students in your field.

Health

- ◆ Student Health Services <http://www.studenthealth.ku.edu>
 - o If you are enrolled in more than six credit hours per semester, you have paid a student health-services fee that allows you to receive medical service from Watkins Health Center on campus. There is a charge for some services, but the rates are generally lower for students here than anywhere else.
 - o Services available: ADHD medications, allergy clinic, general medicine clinic, gynecology, student insurance, laboratory, immunization compliance, men's clinic, nutrition counseling, pharmacy, physical therapy, radiology, sports medicine, travel care, urgent care, and Wellness Resource Center.
- ◆ Women's Health
 - o There is a gynecology clinic for KU students available at Student Health Services on campus.
 - o Contact Student Health Services for referrals to community health care providers
- ◆ If you need to see a physician who is not at Student Health Services, it is recommended that you contact the case manager at Student Health Services for referrals. This will help you find providers who will work with your insurance in order to keep costs as low as possible. The number to call: 785-864-9683.

Health con't.

◆ Health Insurance

Health insurance is mandatory for international students. The charge for student insurance will be added to your student account as a required campus fee if you are in F-1 or J-1 status. As an F-1 or J-1 you do not have to pay separately for insurance from your tuition bill (if you are in a status other than F-1 or J-1 please contact the ISSS Insurance Coordinator at issinsurance@ku.edu for information on obtaining the insurance through KU). The plan pays 100% of most fees at Student Health Services, if you are enrolled as a full time student in that semester. Otherwise, you will be asked to pay a "health fee" before you can use the facility. If evidence of pre-existing adequate coverage is provided before the insurance waiver deadline (September 1st for fall, February 1st for Spring, and a special date designated each year for Summer), a waiver can be granted and the mandatory insurance fee can be removed. For complete information about fee waivers, dependent coverage, costs, GTA/GRA benefits, and alternate health care plans, see: <http://www2.ku.edu/~issfacts/insurance/>

◆ Counseling and Emotional Health

- o Counseling and Psychological Services (CAPS)
<http://www.caps.ku.edu/~caps/counseling/>

- o Personal counseling services (individuals, couples, and family), group therapy, and other services are offered at CAPS. Cost is only \$11 per 50-minute session. Psychiatric evaluations are \$65 for an hour-long session and brief psychiatric visits are \$25 for 15 minutes.

◆ International Student and Scholar Services

<http://www2.ku.edu/~issfacts>

- o ISSS provides counseling and assistance to international students. Call (785) 864-3617 if you have any questions or concerns.

◆ Applied English Center (AEC) Cross-Cultural Counseling and Advising (for AEC students only)

<http://www.aec.ku.edu/~aec/counseling.shtml>

"When a question reflects a stereotype or plain ignorance, I usually joke about it. I still remember a friend from Kenya saying in her introduction, 'I'm from Kenya and I run a lot. We all run in Kenya, and in fact, I came running all the way from Kenya.' We all laughed. It was a fun way to address stereotypes."

– Susana Mariscal, Bolivia

Transportation

- ◆ When you first arrive at KU, many international student organizations may be willing to provide transportation until you can figure out a long-term plan. The International Student Association (ISA) is the umbrella organization for all the international student organizations on campus, and they may provide transportation to help you if you contact them in a timely manner, and if it is within their capabilities. In addition to helping with transportation, ISA provides opportunities for international students to demonstrate and develop their leadership and communication skills, helps spread international awareness on campus, and provides a way to meet other international and American students. For more information, call (785) 864-4848 or visit http://www.ku.edu/students/orgs/International_9234.html

- ◆ Public transportation in and around Lawrence is available, but can be limited. For example, some international students have been surprised that the availability of bus lines greatly decreases after 5:00 p.m. and might be completely unavailable on weekends. It is in your best interest to plan ahead and research the options that are most convenient to you.

- ◆ KU on Wheels <http://www.kuonwheels.ku.edu/index.shtml>
 - KU's transit system runs on and off campus. Busses run Monday through Friday when class is in session.

 - Anyone can board for free at campus bus stops. Off-campus bus stops require a KU ID or \$1 fee.

 - You can print out a map and schedule from the website or pick one up in the KU on Wheels office at KU Parking & Transit, on any bus, and at other locations on campus (e.g., Kansas Union).

- ◆ SafeRide http://www.kuonwheels.ku.edu/~kuwheels/sr/sr_home.shtml
 - SafeRide is a fare free transportation service for KU students that operates from 10:30 p.m. to 2:30 a.m. every evening during the academic year. The intent of the SafeRide program is to provide KU students with safe transportation home. Call (785) 864-SAFE, and a driver will pick you up and take you home. If you have a cell phone, it is a great idea to save this number in your contacts list.
 - Note: Students might only be taken to their residence, which must be within Lawrence city limits. A valid KU ID must be presented.
 - SafeBus
http://www.kuonwheels.ku.edu/~kuwheels/sb/sb_home.shtml

“Speak it out!”

– Hai Cao, Vietnam

Transportation con't.

- ◆ SafeBus is a free bus system that operates Fridays and Saturdays from 9:00 p.m. to 3:00 a.m. A KU ID is required.
- ◆ For routes and schedules, download the SafeBus brochure on the website.
 - If you are ever lost or confused while riding a KU bus, never hesitate to ask the driver a question. They are knowledgeable and ready to help!
- ◆ Lawrence Transit System “The T” <http://lawrencetransit.org/>
 - “The T” is the Lawrence bus system.
 - Hours: Monday – Saturday 6:00 a.m. – 8:00 p.m. Closed Sunday.
 - You can download a route map online or pick one up in the community (see website for list of sites).
 - KU students ride free by showing a valid KU ID (adult family members will have to pay full price, but children age 5-18 get reduced fares, while children five and under ride free). 10-ride punch tickets and monthly passes are available to purchase at the City of Lawrence utility building and the Community Mercantile (The Merc). Day passes (\$1.35) and one-way fares (\$0.50) can be purchased from the bus driver – exact change is required.
- ◆ K-10 Connector: <http://www.thejo.com/routes/k10.shtml>
 - This bus system connects the Lawrence campus with Haskell University, Johnson County Community College (JCCC), and the Edwards campus of KU in Kansas City. It is useful if you are taking a class on another campus and need transportation. See website for fares, maps, and schedules.
- ◆ Many students ride a bike to campus and around Lawrence. There are bike racks in front of most campus buildings and throughout downtown. If you buy a bike, make sure to purchase a lock (U-Locks work best), and secure your bike whenever you leave it. Also, keep in mind that bikes must follow the same rules of the road as motorized vehicles.
 - Bicycle theft prevention guidelines:
<http://www2.ku.edu/~kucops/pdffiles/phamphlets/bicyclebrochure.pdf>

Transportation con't.

- o To find a used bike, see: <http://lawrence.craigslist.org/bik/>
- ◆ If you would like to drive while you are here, you must obtain a Kansas driver's license. For information on eligibility, requirements, and driver's tests, see the following:
 - o Kansas Department of Revenue
<http://www.ksrevenue.org/vehicle.htm>
- ◆ When all else fails, a taxi can get you where you need to go. Fares are typically expensive, so you might want to use this option sparingly. Fare: anywhere within Lawrence (one person) \$7.00. Round trips are available for \$14.00, with the stop included in the price. This would be a good option for an unexpected trip if you do not live within walking distance.
 - o Jayhawk Taxi (785) 843-TAXI
 - o GTI Taxi (785) 842-8294

“Never hesitate to ask anything – it’s going to solve the problems most of the time. It works for me! Even though my broken English was really hard to understand, I kept on asking.”

– Chiaki Gonda, Japan

Employment

- ◆ There are guidelines and restrictions regarding employment for international students. The advisors at International Student and Scholar Services (ISSS) attempt to provide guidance and information related to immigration rules and regulations
 - o To schedule an advising appointment, call (785) 864-3617.
 - o For more information on employment, see
 - o <http://www2.ku.edu/~issfacts/current/immigration/f1employment.shtml> (if you are an F-1 student)
 - o <http://www2.ku.edu/~issfacts/current/immigration/J1employment.shtml> (if you are a J-1 student)
 - o KU Career Services Alliance <http://www.careerservices.ku.edu/>
- ◆ Employment Opportunities (on and off campus)
 - o <https://jobs.ku.edu/>

Child Care Resources

- ◆ Hilltop Child Development Center <http://www.hilltop.ku.edu/>
 - o Hilltop has been providing high quality care and education for young children on the KU campus since 1972. There are programs for toddlers, two year olds, preschoolers, and school-age children. For more information about the Center, including enrollment, availability, fees, financial assistance, and full program details, see the website or call (785) 864-4940.
 - Sunnyside Infant/Toddler Program
 - o This child care service is available at the Dole Human Development Center on campus. For more information, call (785) 864-0720.
 - o Douglas County Child Care Referral <http://www.dccda.org/referral.shtml>
 - o List of Child Care Providers in Lawrence:
<http://www2.ljworld.com/marketplace/categories/services/child-care/?page=1>

Things to Do and Places to Go

- ◆ Lawrence Friendship Family Program
<http://www2.ku.edu/~issfacts/cgi-bin/cultural/index.php>
 - o International students who have participated in the Lawrence Friendship Family Program have had very positive experiences. This organization connects you with a Lawrence family so that you can take part in American family life and also share your own culture. This is not a live-in program, but rather an opportunity to meet with a family for occasional meals or gatherings. Matches are made at the beginning of each fall & spring semester. For more information call International Student and Scholar Services at (785) 864-3617.

- ◆ Small World
<http://www2.ku.edu/~issfacts/cgi-bin/cultural/index.php>
 - o Small World is a great resource to help international women spouses make friends and adjust to the Lawrence community. This organization promotes international understanding by conducting classes to help international women improve their English and share American customs. Children are welcome.

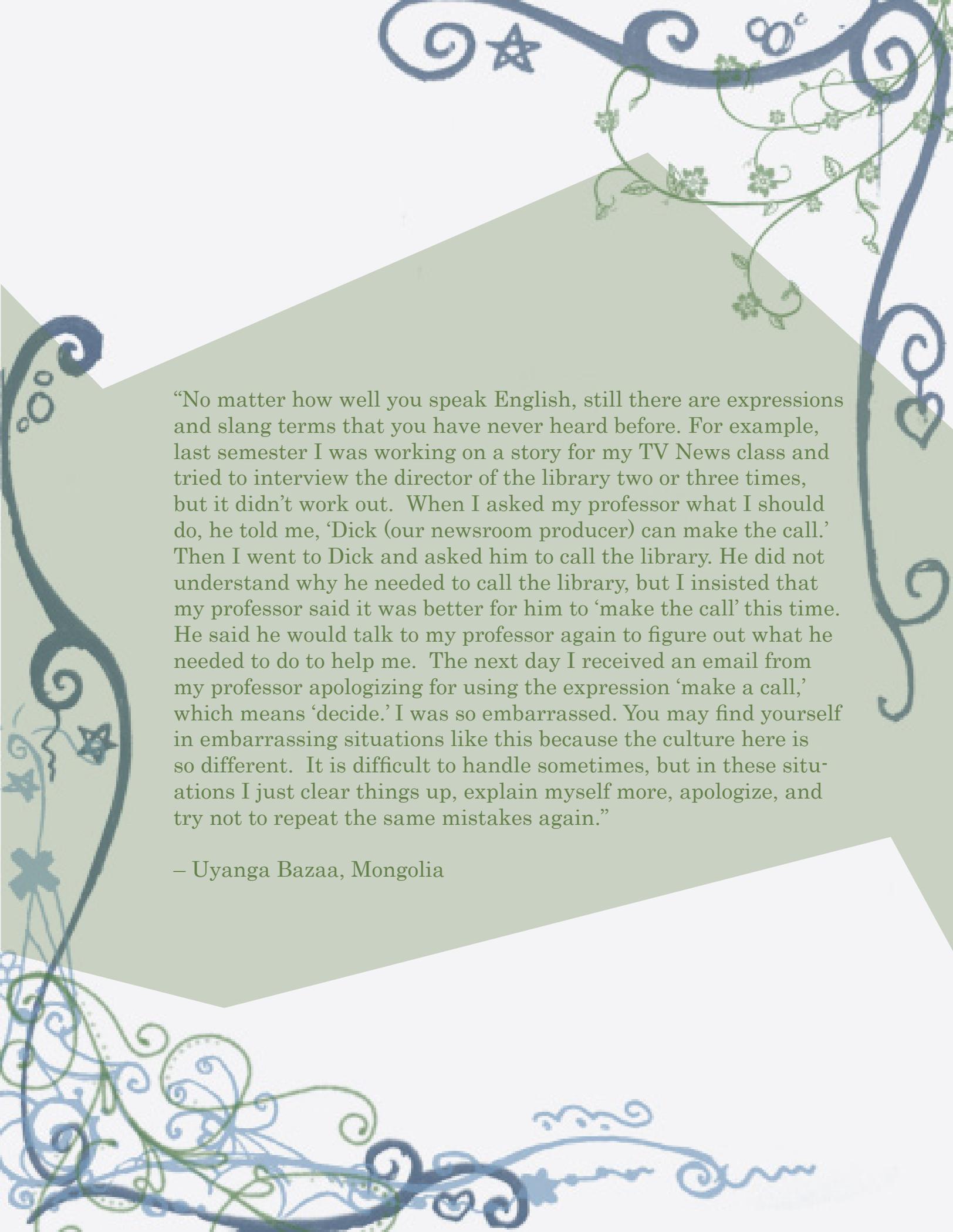
 - o For more information email smallworld@sunflower.com

- ◆ Lawrence Public Library <http://www.lawrence.lib.ks.us>
 - o Anyone who lives, works, or attends school within Lawrence qualifies for a free library card. Photo identification, a current address, and your signature are the only requirements for the application. Apply online or in person.

 - o The public library is also a great place to learn about community activities. For more information on services, maps, and ways to get involved, see the website or call (785) 843-3833.

- ◆ Student Union Activities (SUA) <http://www.suaevents.com/>
 - o Plans a variety of events for the KU community to enjoy including: films, games, Hawk Nights, live music, and gatherings focused on different cultures or social issues.

 - o A SUA Preferred Student card gives you free tickets to SUA movies, as well as discounted and advance tickets to SUA events. This is a great option if you are interested in attending SUA's programs. You



“No matter how well you speak English, still there are expressions and slang terms that you have never heard before. For example, last semester I was working on a story for my TV News class and tried to interview the director of the library two or three times, but it didn’t work out. When I asked my professor what I should do, he told me, ‘Dick (our newsroom producer) can make the call.’ Then I went to Dick and asked him to call the library. He did not understand why he needed to call the library, but I insisted that my professor said it was better for him to ‘make the call’ this time. He said he would talk to my professor again to figure out what he needed to do to help me. The next day I received an email from my professor apologizing for using the expression ‘make a call,’ which means ‘decide.’ I was so embarrassed. You may find yourself in embarrassing situations like this because the culture here is so different. It is difficult to handle sometimes, but in these situations I just clear things up, explain myself more, apologize, and try not to repeat the same mistakes again.”

– Uyanga Bazaa, Mongolia

Things to Do and Places to Go con't.

can purchase one in the Union Programs Box Office on the 4th floor of the Kansas Union for \$30. You can also purchase individual tickets at the full price if you do not plan on attending events regularly.

- o See the website for a calendar of events, box office locations, and individual ticket pricing.
- ◆ Searchable KU events calendar <http://www.calendar.ku.edu>
- ◆ Downtown Lawrence: shopping, dining, entertainment, art & galleries, and more.
 - o <http://www.lawrence.com/events/search/>
 - o <http://www2.ljworld.com/marketplace/categories/arts-and-entertainment/>

Safety

- ◆ KU Public Safety Office <http://www2.ku.edu/~kucops/> 785-864-5900
- ◆ Sexual Harassment and Sexual Assault: Information for Students (brochure) http://www.vpss.ku.edu/pdf/Sexual_Harassment_2009.pdf
- ◆ Lawrence Police Department <http://www.ci.lawrence.ks.us/police/>
 - o Please dial 911 for emergencies
 - o Non-emergency calls: (785) 832-7509
- ◆ Women's Transitional Care Services <http://www.wtcskansas.org>
 - o (785) 843-3333 or toll-free 1-800-770-3030
 - o Provides safe-shelter, peer counseling, advocacy, and other services to survivors of domestic violence. WTCS believes in the empowerment of survivors of domestic abuse. If you or someone you know is a victim of domestic violence, please seek help.
- ◆ GaDuGi SafeCenter <http://www.gadugisafecenter.org/>
 - o Call Headquarters Counseling Center 24 hours a day, 7 days a week at (785) 841-2345.
 - o Provides 24 hour comprehensive support services for child and adult victim-survivors of sexual violence and domestic abuse. GaDuGi is committed to collaborating with the community to end all forms of sexual violence through support, advocacy, education, and social justice.

- ◆ KU Legal Services for Students <http://www.legalservices.ku.edu/>
 - If you have any legal questions or problems, you can stop by the Legal Services office or call (785) 864-5655 to make an appointment.
Location: Burge Union on campus.

Food and Culture –

A FEW OF THE MANY AVAILABLE OPTIONS

- ◆ African
 - Groceries
 - In Kansas City: African Market <http://www.africanmarketkc.com>
- ◆ Asian
 - Groceries
 - In Lawrence: Oriental Market, 711 W. 23rd St.
- ◆ Indian/South Asian
 - Groceries
 - In Lawrence: Quick Stop, W. 23rd St. across from Dillon's Supermarket
- ◆ In Kansas City and the surrounding area, see:
http://www.kcdesi.com/kcdesi/index.php?option=com_directory&pageviewcat&catid=28&Itemid=28 for a list of markets
 - Activities and Entertainment http://www.kcdesi.com/kcdesi/index.php?option=com_frontpage&Itemid=60
- ◆ Latin American
 - Groceries
 - In Lawrence: La Mexicana, W. 23rd St. and Naismith
 - In Kansas City and the surrounding area: El Rinconcito, 107th and Metcalf (above Hooters restaurant in Overland Park, KS)
- ◆ Mediterranean
 - Groceries
 - In Lawrence: Mediterranean Market and Café, 3300 W. 15th St., http://www.lawrence.com/places/mediterranean_market_cafe/
- ◆ Western and Central European
 - Groceries
 - In Lawrence: Au Marché, 931 Massachusetts St., <http://www.aumarche.com/>

“Most teachers expect you to talk and participate in class. Your opinion is important and your cross-cultural perspective can contribute tremendously to your class experience. Give yourself permission to talk and participate. You will be surprised on how much people can learn from that. Also, when you participate it opens the door for others to relate to you and know you a little better.”

– Susana Mariscal, Bolivia

Miscellaneous

- ◆ The Emily Taylor Women's Resource Center (ETWRC) <http://www.etwrc.ku.edu/>
 - The Center works to enhance the academic success and personal growth of women students. The ETWRC provides consultation, information, and resources to KU students of all genders and backgrounds. Make an appointment by calling (785) 864-3552 or just stop by the office on the 4th floor of the Kansas Union in the Student Involvement and Leadership Center.

- ◆ Applied English Center Handbooks
 - AEC produces the following handbooks for students that can be picked up in their office, 204 Lippincott Hall. While these resources are made especially for AEC students, the information can be useful for all international students.
 - ◆ New Student Handbook
 - ◆ Married Student Handbook

- ◆ Nontraditional Student Services www.silc.ku.edu/nontrads
 - A nontraditional (non-trad) student is one who either commutes 10 miles or more to campus or is a parent of dependent children or is married or is three or more years older than classmates. There are special services and resources available – including information about child care and financing – for nontraditional students that can be found on the office's website.

 - Nontraditional Student Foundation (NTSF) <http://groups.ku.edu/~ntsf/>

- ◆ NTSF celebrates and advocates for students, who think and live outside the box. It presents students with the opportunity to come together and share ideas while building a network of support and friends, thereby ensuring success throughout their academic career.

“Learn how to find your own resources. In my country, there are no resources, so you don't even think about it. But here there are so many!”

–Rachel Magario, Brazil