

## Kirkwood Tunisian students travel to Washington D.C.

From January 24-27, four Kirkwood Tunisian students and their advisor Shannon Ingleby traveled to Washington D.C. for their Mid-Program Workshop. These students are sponsored by the State Department and are part of the Tunisia Community College Scholarship Program. While at the



From Left to right: Mariam Abidi, Eya Essoualhia, Shannon Ingleby, Tunisian ambassador, Malek Awled Marzouk and Malek Ben Khalifa

Workshop, participants attended sessions in order to prepare them for

an internship and also gave poster presentations where they spoke with advisors and professionals about their goals upon returning to Tunisia. One of the highlights of the trip was a visit to the Tunisian ambassador's home and delicious Tunisian food!

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## CCI students attend workshop in Arizona

Sixteen Community College Initiatives students attended the Pathways to Success workshop in Lake Powell and Sedona, Arizona, January 6-12th. Students enjoyed networking and teambuilding activities, maximizing opportunities and community action plans. Highlights included visiting the Grand Canyon, Horsebend Overlook and a sunrise silent reflective walk in Sedona.



## Newsletter Naming Contest Winner!

**Yay! We have a new name for our newsletter! As you can see the International Programs newsletter will now be called Kirkwood's "Global Connections". Congratulations to Travis Riggan for coming up with the winning entry! Travis is a Study Abroad Alumni (Australia, 2016) Graduated in May 2017, Marketing Management**



### Student Message:

Please help the International Programs welcome their newest member: Trey Carlson.

Trey comes to us from the University of Northern Iowa and will be working this semester as our international intern. He is also our Study Abroad Featured Alumni, see page 3 for his story.

## International Programs Calendar of Events

- ▶ **February 1<sup>st</sup>** – **Spotlight Country** ⇨ Mexico
- ▶ **February 14<sup>th</sup>** – **Spotlight Presentation** ⇨  
Spotlight **Mexico** presentation in 3059 Cedar Hall at 11:15
- ▶ **February 15<sup>th</sup>** – **Kirkwood Dance Marathon**  
⇨ Michael J Gould Rec Center 6:00pm-midnight
- ▶ **February 23<sup>rd</sup>** – **Tour of the Iowa African American Museum** ⇨ departing from Kirkwood Courts Building 105 at 10:00am. Contact Jane Ann Rix if you are interested in going at [jane.rix@kirkwood.edu](mailto:jane.rix@kirkwood.edu)

## F1 Student Features

- Welcome to the Spring 2019 semester! You should already be enrolled full-time but for exceptions, talk to Shannon
- Graduating in May and planning to apply for OPT work authorization? Set up an appointment with Shannon to go over the application starting February 11<sup>th</sup>
- Did you move? Update your address on My Hub
- If your first impression of a class is, "this is tough!" reach out to the Tutoring Center now!  
<https://www.kirkwood.edu/tutoring> Tutors are provided to Kirkwood students for free for up to two classes per semester

## New International Student Spring 2019 Orientations



On January 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup>, International Programs held the 2019 spring orientations for new incoming international students in Cedar Rapids and Iowa City. We welcomed 24 new F-1 visa students from Cameroon, China, Ethiopia, Indonesia, Netherlands, Nigeria, South Korea, Togo, and Great Britain. These orientations provide wonderful resources to help new international students navigate their way through Kirkwood successfully.

Best of success to all who attended for your first Kirkwood semester!

## Fending off the Winter Blues



Is winter's cold bringing you down? In fact, some people may experience a form of mild

depression known as "winter blues."

Winter blues, also known as Seasonal Affective Disorder (SAD), can trigger anxiety, sadness, fatigue, overeating, and loss of motivation and poor concentration.

If you think you may be experiencing SAD here are some websites that can give helpful advice on ways to cope:

<http://www.yinovacenter.com/blog/archives/5648/>



## Global Spotlight Country of the Month:

**MEXICO** – Thursday, February 14, 11:15- 12:15 Cedar Hall 3059

Kirkwood's International Programs features a different country each month for our "Global Spotlight". This is an opportunity for our international students to showcase their country and its culture.

For more information about Global Spotlight contact Jane Ann Rix at:

**319-398-7663** or email to [jane.rix@kirkwood.edu](mailto:jane.rix@kirkwood.edu)



## Eagles Abroad News

### Study Abroad Fair Rescheduled:

Mark your calendars for the Kirkwood Spring Study Abroad Fair, **Thursday, February 7, 11:15am to 12:30 pm** the **Iowa Hall Café, 2<sup>nd</sup> Floor**. (Cedar Rapids Campus) Visit the fair to learn about study abroad opportunities, scholarships and meet faculty leaders/alumni.

### Kirkwood Gilman Award winners:

Congratulations to three Kirkwood students on winning the prestigious Benjamin A. Gilman Scholarship. The U.S. Department of State's Benjamin A. Gilman International Scholarship is a grant program that enables students of limited financial means to study or intern abroad, thereby gaining skills critical to our national security and economic competitiveness. The Kirkwood winners are Mitch Grauberger (Rome, Italy) Denny West (Rome, Italy) and Emily Woodhouse (Denmark).

### **Kirkwood Group Builds Two Homes in Guatemala**



Over winter break a group of 10 Kirkwood students and employees traveled south to Guatemala for a 2-week study abroad program, focused on service-learning and cultural immersion. The group worked with

**Imagininguatemala**, a non-profit organization based in Antigua to build two homes for families in the local area. In addition, they participated in cultural excursions such as hiking Pacaya Volcano (pictured) a weekend in Lake Atitlán and a Mayan ceremony. Faculty leader, Lisa Hebl, leads this course each winter break, check out [www.kirkwood.edu/studyabroad](http://www.kirkwood.edu/studyabroad) for more information on next January's program.

## Alumni Spotlight

### International Student Alumni of the Month



Lara Rigon is this month's International Student Alumni Spotlight. Lara is from Milan Italy and attended Kirkwood from 2016-2018. She was a Culinary Art major and graduated last August as one of the four outstanding students in the department.

After graduating Lara moved to Cocoa in Florida and started working as Chef de partie at The Fat Snook in Cocoa Beach, a local seafood restaurant. Some advice Lara had to offer was this, "I think it's very important to be prepared and thoroughly informed about the different options you have after completing a program as an F1 student. If you do apply for OPT work authorization, don't limit yourself to a comfortable or easy place. Having one year to explore the field you spent years studying is a unique experience and should be properly lived."

### Study Abroad Alumni of the Month



This month's Alumni Spotlight is Trey Carlson. Trey is from Cedar Rapids and studied at Kirkwood from 2014 to 2016 and was part of the Study Abroad Program to Costa Rica in the summer of 2015. He credits his time in Costa Rica with enriching his

appreciation of culture, both internationally and domestic. He met some great friends during his trip and recommends studying abroad to everyone. Trey enjoyed his time at Kirkwood and felt that it allowed him to take many different classes and find a field of study he was passionate about before transferring to UNI. He received his Bachelor's Degree in Sociology from UNI in 2018. Trey is currently working on his Master's Degree in Student Affairs at UNI and is working as an intern in Kirkwood's International Programs.

## KIRKWOOD COMMUNITY COLLEGE

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# GENERAL INFO

## Iowa City

### Iowa City Resources for International Students

Kirkwood students in Iowa City, if you would like to practice speaking English informally with a conversation partner or small group there are opportunities for you. Please go to the website for [community resources](#) with opportunities listed.

### International Advisors at Iowa City Campus

Schedule of dates advisors will be on Iowa City Campus

February 5— 11:00am—4:00pm

February 6— 8:00am— 4:00pm

February 12— 11:00am—4:00pm

February 13— 8:00am— 4:00pm

February 20— 8:00am— 4:00pm

February 26— 11:00am—4:00pm

February 27— 8:00am— 4:00pm

### Community Resources

Have questions regarding the resources available to the community at the Iowa City Campus?

#### Please contact

Brooke Strahn-Koller, Interim Executive Dean - 319-887-3614

[brooke.strahn-koller@kirkwood.edu](mailto:brooke.strahn-koller@kirkwood.edu)

Betty Adams, Center Coordinator  
319-887-3610

[betty.adams@kirkwood.edu](mailto:betty.adams@kirkwood.edu)

#### Contact us

**Phone** - 319-887-3658

**Address:** 1816 Lower Muscatine Rd.,  
Iowa City, IA 52240

#### Hours

Monday - Thursday: 8 a.m. - 5 p.m.

Friday: 8 a.m. - Noon

## Cedar Rapids

### Info for Cedar Rapids City Bus Users

If you're waiting for the bus and wonder where it's at, simply go to [Ridecrt.com](http://Ridecrt.com). Click on the route number and an arrow will show exactly which street or intersection your bus is at.

Please remember, that you may ride the bus on routes **7** and **11** for free when you show your Kirkwood Eagle card with the bus sticker on it.

**The bus is FREE on Saturdays.**

### Tax Forms Reminder

2018 Income Tax Forms for F1  
Visa Students

All non-resident F1 visa holders are required to file both 1040NR and the 8843 forms. Even if you did not earn any wages, these forms still must be completed. Click on <http://www.irs.gov/pub/irs-pdf/f1040nr.pdf> and <http://www.irs.gov/pub/irs-pdf/f8843.pdf> to download and print the forms.

*If you have any questions,  
please stop by 1154 Linn Hall,  
for assistance.*

### Mentor Families

If you are a new or continuing international visa student and are interested in finding a mentor family, contact Shannon Ingleby at 319-398-5293 in the International Programs office for information.

### Kirkwood Alert

is an alert system that allows Kirkwood to contact you during an emergency by sending text messages to your: email accounts and cell phone, pager or smartphone.

**To Sign up if you are not on the [Kirkwood Alert](#):**

*Or*

[Kirkwood Alert](#) is powered by Cooper Notification's Roam Secure Alert Network

***This application requires  
Cookies to be enabled.  
Please enable cookies before  
proceeding.***

### Facebook!

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### Prayer Room for Students

Prayer Room is available Monday-Friday from noon to 2:00pm each day in Cedar Hall room 3041.