



# **YSU INTERNATIONAL STUDENT GLOBAL PERSPECTIVES WORKSHOPS 2014-2015**

**FREE WORKSHOPS!  
LIGHT REFRESHMENTS WILL BE SERVED**

**PRESENTED BY YOUNGSTOWN STATE UNIVERSITY'S:**

Department of Counseling, Special Education, and School Psychology  
The Reading and Study Skills Center  
The Office of Assessment  
The English Language Institute  
Department of Campus Recreation  
The Office of Career Services

## **Making the Most of a Multicultural Diet While in College September 25th, 2014 / 12:00 pm - 1:00 pm The James Gallery in Kilcawley Center**

This workshop will be a great way to learn about the multicultural foods and restaurants offered on campus and in the Youngstown community. The program will provide information to support nutrition education for culturally diverse students and communities. Campus Recreation will also be showcasing the wellness services offered for all YSU students.

## **Understanding U.S. Classroom Culture and Academic Skills October 24th, 2014 / 12:00 pm - 2:00 pm Bresnahan 1 & 2 in Kilcawley Center**

This workshop will provide an overview of U.S. classroom culture including syllabi & academic structure (exams, participation, group projects, assignments, etc.), relationships with professors, instructors, classmates, and graduate assistants as well as writing and study skills.

## **Finding and Keeping Your Focus November 21st, 2014 / 12:00 pm - 2:00 pm Room 2068 in Kilcawley Center**

This workshop will introduce P.A.C.E., which enhances learning through movement to find and maintain focus. This program will help students with enhancing emotional centering, provide grounding, increase attention, improve self-control and sense of boundaries, and improve balance and coordination before studying, taking an exam, or participating in a competition.

## **Love, Friendship, Dating and Relationships on U.S. Campuses February 13th, 2015 / 12:00 pm - 2:00 pm Jones Room in Kilcawley Center**

This workshop will explore meanings of friendship and romantic relationship on U.S. campuses and discuss cultural differences and similarities of relationships. The program will provide various social and cultural resources on and off campus.

## **Balancing Your Chakras: Mind, Body, and Spiritual Integration into Everyday Life March 27th, 2015 / 12:00 pm - 2:00 pm The Dance Studio in Beeghly Center**

This workshop will introduce the meaning and functions of Chakras. The program will teach ways to get back the Chakras in balance through food and movement. Various meditation techniques and tips will be presented.

## **Career Advice and Your Job Search in the U.S. April 17th, 2015 / 12:00 pm - 2:00 pm Jones Room in Kilcawley Center**

This workshop will present job search process in the U.S. (search tools, application process, interview, network, etc.) The program will introduce useful job search resources and career assessments. Cultural differences and considerations will be discussed in career planning and development.

*Please RSVP to:*

*Kyoung Mi Choi, Ph.D.*

*Assistant Professor/Coordinator of Student Affairs and College Counseling*

*Beeghly College of Education*

*Dept. of Counseling, Special Education & School Psychology*

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*Experience **Y**!*