



## ADVICE FOR NEW STUDENTS

From current international students at Binghamton University

- Use ISSS a lot!! <http://iss.binghamton.edu/>
- Mingle. People want to know who you are
- Find an American friend to show you the American way of life
- Join Conversation Pairs with The Writing Center to practice your English
- Work hard – play harder!
- Love yourself!!
- Talk to your department advisor often to get help with your courses.
- Learn time management
- Be open-minded
- Try not to be defensive, sometimes people just don't know
- Set up your network of support (friends you can count on)
- Celebrate everyday!
- Keep smiling
- Be flexible and adaptive
- Just relax and have fun!
- Get to know the U.S immigration regulations (otherwise you'll be in trouble!)
- Be strong and independent
- Take your time to get adjusted
- Ask for help instead of waiting for others to find out your problem
- Ask many questions and collect useful information

### How can a new international student feel more at home here?

- Present your culture at different events
- Make friends!
- Join clubs!! Be active! <http://paws.binghamton.edu/organizations>
- Open up a club if there isn't any present yet
- Introduce yourself and speak up in class
- Join "Friendship Family" program
- Study hard but remember to have fun, too
- Exercise in gym with friends <http://campusrecreation.binghamton.edu/>
- Find some friends from your home country
- Go to Late Night activities <http://latenite.binghamton.edu/>
- Go on "Get-away" bus trips with OCCT <http://getaway.binghamton.edu/>
- Expect anything! Never give up!
- Join the student associations and ask them for help when you need it
- If you are a religious person, find a place of worship to practice your faith
- If you are an undergraduate living on campus, get involved with residential life and talk to your RD about opportunities
- If you live on campus, participate in your Residence Hall's programs such as games, parties, etc.