

The RICE WORLD

Vol. 23 No. 1

Fall 2006

Office of International Students & Scholars, Rice University - MS 365, P.O. Box 1892, Houston, TX 77251-1892
Tel: (713) 348-6095, Fax: (713) 348-6058, Website: <http://www.ruf.rice.edu/~ois/>

MANAGING STRESS IN A FOREIGN COUNTRY

Dealing with stress in modern times has become a reality that we all must face.

Sadly, “managing stress” has become an accepted practice on which a whole industry has been built. i. e. articles, books, special wellness clinics, training videos, and seminars, medical treatments, and the list goes on. Not only do Rice international students and scholars experience the stress of very rigorous academic and research programs, they experience it far away from their home country and close family/friends support system. The stress may be felt 100 times worse, due to being in a new culture and country.

Problems that can cause stress may be traced back to many sources that include (list is by no means complete) relationships, time management, home sickness, multiple responsibilities, immigration responsibilities, current events in home country, family matters, adjustment, etc.

In order to help you to understand stress issues, the OISS conducted a survey. From the results, we have compiled lists of the top ten most popular responses from the groups. We hope it will be a useful resource, and a comfort for you this academic year. Groups included in survey:

- 1) Rice international students and scholars.
- 2) Office of International Students and Scholars (OISS) staff
- 3) Rice Counseling Center staff

Rice Internationals identify their 10 top causes of stress:

1. School priorities and performance
2. Adjustment to US and Houston, i. e. food, weather, culture
3. Homesickness and missing family
4. Financial issues
5. Relationships, especially with advisors
6. Loneliness or feeling disconnected
7. Language
8. Legal issues, including immigration and taxes
9. Getting an internship
10. Insurance and medical issues

Rice Internationals give their suggestions for stress relief:

1. Talk with people on campus who serve as resources, including professors, OISS staff, advisors, career services office.
2. Talk to supportive friends, talk to someone.
3. Get off-campus and do non-school related activities or take a vacation
4. Practice adjustment for language and culture
5. Write and talk to your family as much as you can
6. Don't dwell on your stress too much.
7. Prepare well to seek an internship
8. Take care of yourself by eating and sleeping well, exercise, do sports
9. Live within your financial means.
10. Manage realistic time and priorities. Learn to say “no”.

OISS Staff suggestions for managing stress:

1. Take good care of yourself, i.e. exercise, good diet, enough sleep, etc.
2. Maintain a balanced social life, i.e. build friendships, be involved socially.
3. Seek help, reach out to resources on campus and in the community, when necessary; including the OISS.
4. Maintain a balanced lifestyle by practicing good time management.
5. Be aware of the cultural shock and be open to embrace a new culture.

6. Set realistic goals and boundaries.
7. Maintain good communication with your family.
8. Maintain a good financial budget.
9. Change the environment, i. e. change advisor, change major.
10. Do something: Journaling, minimizing intake of alcohol/drugs, get a hobby.

Rice Counseling Center (RCC) suggestions for managing stress:

1. Set up a study schedule, yet be flexible to cope with emergencies.
2. Do an honest self-appraisal and set realistic and attainable goals for yourself.
3. Learn not to expect perfection in all you do.
4. Keep your body and mind tuned up with good nutrition, sufficient sleep and regular exercise.
5. Be sure to save time to relax and spend time with good friends.
6. Talk to a good friend when you are troubled with a problem for support and a chance to ventilate.
7. Laughter – Rent a funny movie, read funny jokes, and learn to laugh at life's absurdities.
8. Learn how to be responsibly assertive so that you can say “no” when it is best to do so.
9. Allow yourself time for introspection and privacy.
10. When you are feeling overwhelmed with stress and feel powerless to do anything about it, get help!



IIE SPRING PICNIC

We are so fortunate to have shared many years of a strong partnership and bond with the Institute of International Education (IIE), who hosts an annual picnic for Rice internationals. Last April, good food, baseball, and meeting friends were among the activities enjoyed by all who attended. Stay tuned to learn about this year's Spring Picnic at Hermann Park in March 2007!

A Letter From the Director:

Dear Rice International Students and Scholars,

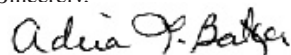
Fall semester is always an exciting time for all of us in the Office of International Students and Scholars (OISS). It represents meeting new students, faculty, and researchers who are coming from all over the world to be a part of the Rice community with us. It also is a new beginning, as we begin the new academic year, full of challenges, excitement, and anticipation.

For those of you who are here for the first time, we thank you for choosing to come to Rice. For those continuing, we wish complete and continued success this year. To all of you, we want to be of service to you. Please use this newsletter as a resource, as well as accessing past editions that have vital immigration updates, acculturation tips, highlight workshops, events, and activities.

Most importantly, let us know what you need so we can help you... or just give us a chance to know you better. It is best to set up an appointment for an OISS advisor by calling 713-348-6095, to make sure someone is available and you don't have to wait.

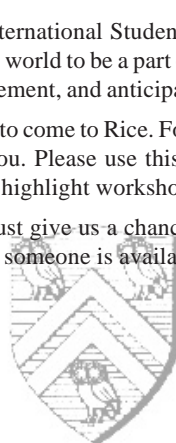
Have a great semester!

Sincerely,



Adria L. Baker, Ed.D.

Director, Office of International Students & Scholars



RICE WORLD

Editor

Dr. Adria L. Baker

Layout, Graphics and Design

Maya Grosul

IEW: LAST YEAR'S HIGHLIGHTS ARE THIS YEAR'S SPOTLIGHTS

International Education Week (IEW) will be held this year from November 13-17, 2006. Last year, the week was taken to a new level. We look to Marta Kapusta again this year to celebrate the importance of international visitors at Rice and in the USA, as well as domestic students who study outside the USA. As you know, this week is sponsored by the U.S. Department of State and the U.S. Department of Education, with celebrations throughout the USA, and even at U.S. Embassies and Consulates around the world.

Each year we have opened the celebration with a typical Thanksgiving luncheon hosted by community volunteers, who wish to share their hospitality with Rice international students and scholars. We also have a special luncheon for the presidents of Rice international student and scholar clubs who will dine with key university administrators. There will be campus-wide celebrations in departments throughout the campus, special presentations, and a lunch in the RMC's Ray Courtyard.

Stay tuned to learn more about this important week, where the great things Rice international students and scholars bring to our campus will be highlighted.

Make sure you are subscribed to the OISS announce listserve. Just click onto our website at www.ruf.rice.edu/~ois/announcements.html for updates. You can see pictures from last year's celebration at: www.ruf.rice.edu/~ois/photoalbum.html



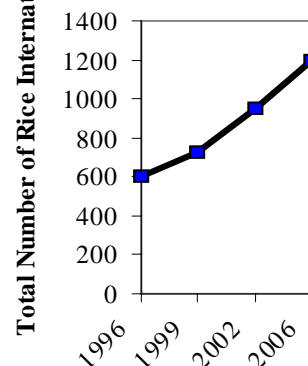
Make new friends through the Friends of International Students & Scholars (FISS) program. Contact OISS if you are interested in having a U.S. friend through this cross-cultural program. The program is in partnership with the Institute of International Education (IIE)

GROWING PAINS

The OISS is fortunate that we have continued a consistent, and significant increase in numbers of students, scholars and programs in that last few years. The growth of the international community has increased your prominence on campus ... as well as responsibilities that the OISS staff carries on a daily basis.

With our wonderful growth, we also have moments of "growing pains". Please bear with us if there are times we cannot respond to your requests as quickly as we hope to. Every international's need is extremely important to us, but oftentimes we will need to organize urgencies by priority. Thank you always for your incredible patience and partnership.

International Student, Research Scholar, Faculty Population Growth at Rice (1996-2006)





R.E.A.P. INTERNATIONAL

Rice Experiences Advertised to Prospects - *Internationally*



In an effort to raise Rice University's visibility in all of the countries represented by Rice students, international degree-seeking students have an opportunity to serve as an "ambassador" for our great school through the REAP-*International* program. In our first year of launching REAP (began in November, 2005), 22 international students have responded by visiting about 25 institutions including: high schools, universities, colleges, overseas advising centers, or spoken on television in their home countries during their vacations. A total of approximately 1422 students from abroad, not counting some television spots that reach many more people, have heard about Rice through our REAP program so far. Countries represented so far include: **Argentina, China, Colombia, India, Germany, Lebanon, South Korea, Sri Lanka, Turkey, United Arab Emirates, and Venezuela.**

All international students are invited to participate. You may do so by logging into the website and proposing your visit sites and contacts, which consist of a minimum of two institutions: 1) a high school, and 2) either a university, college or overseas advising center. In an exchange of emails between you and the Office of

International Students & Scholars (OISS), there are a few steps to be completed on-line (<http://rgs.rice.edu/oiss/>).

During your visits, you can talk about your own personal experiences and impressions while studying in the USA, and great things about Rice University. Questions you may receive concerning applying for admission to Rice are fielded to proper links in the Rice homepage, so you do not need special training for this.

Audiences may vary from a small classroom of 15 students, or an entire auditorium of 800 faculty, staff, and students, to unlimited listeners on a local television channel.

Upon completion of your REAP visit, you are asked to bring back a letter from the institutions visited, complete a short report



and receive a certificate of appreciation and a small honorarium.

As you know pictures and personal comments from students and institutional representatives illustrate best what the program means: A student from the United Arab Emirates thanked us for organizing this program, as it is an avenue "to give back to Rice". Another student from Argentina stated that the "students recognized the worthiness of the effort involved in a Ph.D. and the

experience of living and studying abroad. Since it is a public university with not so many channels of information, students and authorities praised the idea that a university would send someone to diffuse how life is at Rice."

A high school principal from Lebanon expressed his appreciation for sending our graduate student when he said that "it was a real pleasure to meet such a fine motivated young man. He spoke very highly of your esteemed university, about which we had had only excellent reports. A Director of the Office of International Affairs in Delhi, India stated that they were all very happy to see



our student during his recent visit. "The talk was quite productive and it generated quite a bit of interest in U.S. education in general and Rice in particular. I would like to see a friendship develop between our two schools, as it will benefit the students, scholars, and faculty on both sides." A South Korean university head of department wrote that this program "will be a bridge to connect us to your school from now on."

Please consider serving as an ambassador, and receive a certificate and an honorarium. More importantly, you will be investing in your degree, as people from your home country will know the value of a Rice University degree at a deeper level.

REAP-International is a collaborative program between Office of International Students & Scholars and the Office of Admissions.

J-1 EXCHANGE VISITOR (EV) HIGHLIGHTS

For research scholars -

1) J visiting research scholars are traditionally eligible to stay in the USA for up to three years, depending upon their appointment on campus. There is an option to apply to the U.S. Department of State to extend up to a total of five years, however, strong justification of extraordinary circumstances, documentation, and a fee is required.

2) J researcher and faculty who are using Rice employee insurance through Human Resources (HR) will need to make sure that they apply for a supplementary insurance that includes repatriation and medical evacuation benefits, which meet J regulations for compliance. Rice employee benefits through HR do not include this important insurance coverage. Please come by the OISS to pick up this quite inexpensive, but necessary supplementary insurance.

For exchange students and other EV J category students -

1) You may want to consider doing Academic Training after your studies at Rice University. Please make sure that you speak with Lily Lam or Adria Baker concerning any Academic Training benefits well before your program is completed.

2) Any EV student (student in J status) who wishes to work on-campus during the semester or during vacation must get a letter of authorization from an advisor (RO or ARO) in the OISS before you begin working.

For all J Exchange Visitors -

1) If you have been given the 212(e) eligibility to the two-year home residency requirement on your visa stamp, and are interested in applying for a waiver, you may learn more about how to do it by accessing: www.exchanges.state.gov/education/jexchanges/participation/waivers.htm

2) You and all of your dependents must always be covered with the proper medical insurance throughout your stay in the USA as a J Exchange Visitor. Be sure that any insurance you choose covers these points:

✓ The policy must provide maximum medical benefits of at least \$50,000 for each accident or illness. Generally, insurance

companies cover no more than the policyholder's expenses (minus a deductible and, under co-insurance, a percentage).

✓ If the policy holder should die in the U.S., the policy must provide at least \$7,500 in benefits to send the remains to the person's home country for burial.

✓ If the policy holder must be sent to his/her home country due to serious illness or injury, the policy must pay up to \$10,000 for the travel expenses.



✓ The policy may establish a waiting period before it covers pre-existing health conditions, as described above, as long as the waiting period is reasonable by current standards in the insurance industry.

✓ The policy must be backed by the full faith and credit of the policy holder's home country's government (for those covered by their home country's national insurance plan), or the company providing the insurance must meet minimum rating requirements established by the U.S. government. These minimum ratings are: an A.M. Best rating of "A-" or above, an Insurance Solvency International, Ltd. (ISI) rating of "A-i" or above, a Standard & Poor's Claims-paying Ability rating of "A-" or above, or a Weiss Research, Inc. rating of "B+" or above.

TRAVEL OUTSIDE TO USA



• Bring your I-20 or DS-2019 and passport to the OISS about 2-3 weeks before you travel for a travel signature (signature good for 6 month).

• Check your visa stamp for validity.

• If visa stamp has expired, request a letter and a handout in the OISS of suggested documentation for visa application.

• When applying for a visa stamp in your country, or a third country, check out the updated procedures for that Embassy or Consulate (varies widely) on the U. S. State Department website: <http://usembassy.state.gov/>.

• Do not attempt to go to Mexico, Canada, or any country that is not your country of citizenship without inquiring about visa requirements for citizens from your country to enter the country of your intended visit. (See page 5.)

• If you are part of NSEERS (US-Visit) program, and have a FINS number on your I-94, be sure to "register" through the proper exit interview process upon departing the USA.

• If you plan on staying outside of the USA for longer than 5 months for any reason, be sure to make an appointment to see an OISS advisor.

• Consider participating as a Rice "ambassador" when you return home. Through Rice's REAP International program, you can visit a school, university, college, or overseas advising center in your home country and talk about your experiences at Rice (See article on REAP page 3.)

• Plan well in advance, and see an OISS advisor if you have questions.

H-1B UPDATE

Although the number of H1-Bs that are issued annually continues to be a major nation-wide problem, there is some good news:

1) Employment in institutions of higher education or research (in most cases) is exempt from the H-1B cap requirements.

2) Congress issued 20,000 additional H-1Bs for international visitors who graduate with a U.S. masters or doctoral degree.

3) Congress has been debating this issue as a problem that needs to be considered for relief throughout the year. It is a major step forward that the concern has been raised to national awareness.

QUICK COMPLIANCE TIPS

To be sure you are maintaining your visa status, there is one thing that you should always remember: *Ask, before you act!*

The OISS is here to answer questions you have regarding your visa status, and to help you maintain your status by submitting the appropriate updates to the U.S. Department of Homeland Security and the U.S. Department of State. Please do not hesitate to contact us regarding any question you may have regarding your status.

Below are some of the most common mistakes that cause students or scholars to fall out of status or cause them trouble when entering the U.S.:

✓ **Working without permission** – check with OISS to make sure you have the appropriate work authorization *before* you begin working.

✓ **Traveling without travel endorsement** – stop by OISS to make sure your documents are in order

✓ **Students dropping below full-time** – if you need to drop a class, ask OISS for authorization *before* doing it.

✓ **Not updating your address** – be sure to notify OISS of a change of address by logging into ESTHER and updating your information. If your permanent address in your home country has changed, notify OISS directly.

✓ **Not applying for extensions in a timely manner** – if you intend to stay at

Rice beyond the end date on your immigration documents, call OISS to set up an appointment with an advisor to discuss your extension

options *before* your status expires.

Remember, maintaining your status is your responsibility. So when in doubt, ask questions!

Submitted by

Sandra Bloem, *Manager,*
Int'l Compliance & Administration



THE SOCIAL SECURITY NUMBER QUAGMIRE



The Social Security Administration (SSA) requires that international students have a job on campus, in order to be issued a social security number (SSN). If you are an international student whose financial support does not require employment, you will

not be eligible to apply for a SSN at this time. However, when/if your funding switches to TA or RA in a semester, a year or two, you will then need to get a letter from your department telling the OISS of your job on campus. In general, any paid employment will require such a letter and then an application for SSN.

For details on SSN procedures and questions, you can access the SSA information directly at: <http://www.ruf.rice.edu/~oiss/docs/SSA%20regulations%20for%20F-1%20students.pdf>.

Special note: If you are denied any services, such as housing, utilities, etc, because you are not eligible to apply for SSN, please ask to speak with a supervisor to explain your case, and request to provide other information in lieu of an SSN.

LEGISLATIVE UPDATE CONCERNING INTERNATIONALS IN THE USA



Much time has been spent these past few months in Washington D.C., and around the USA, on discussions concerning immigration reform.

Although the most controversial issues surround the issues of illegal immigration, positive steps have been made to support legal immigration. Specifically, several bills have been presented in the U.S. Congress encouraging competitiveness in the USA, through supporting internationals who study in the USA in the fields of science, technology, engineering, and mathematics.

There are some positive proposals for international students that would facilitate their working temporarily, or in some cases permanently, in the USA after graduating. We will keep you posted on any changes in the law that could affect Rice international students, although most likely, this will be a long process. You can be sure, however, that staff, administration, and the faculty are doing all they can to support positive legislation for international students and scholars in the USA.

SPECIAL REGISTRATION

Be sure you follow all entry and exit procedures carefully, if you are part of the NSEERS (US VISIT) program).

Failure to comply could restrict your return to the USA.

Please review information at

<http://www.ice.gov/doclib/pi/specialregistration/WalkawayMaterial.pdf>

ADVANCED IMMIGRATION SEMINAR

Attorney Judith G Cooper, P.C., will be presenting an immigration seminar on issues such as permanent residency, H-1Bs, and other employment-based questions (not focusing on F or J visas). Don't miss this helpful free seminar and learn more about working after you graduate or finish your research program.

Who is invited?

All international students, scholars, spouses, Rice departmental administrators and faculty.

When: October 11, 2006

Where: Sewall Hall, Room 301

Time: 4-5:30pm.

CONTINUOUS ORIENTATION DISCUSSION GROUPS IN THE FALL SEMESTER

Place: Ley Student Center,
Room: Miner Lounge in the RMC
Time: 12 noon to 1 p.m.

If you are a new student to Rice, please come join us for the Continuing Orientation Discussion groups. The discussion topics are extremely relevant to new international students.

• **On 09/12/2006**, we learned practical tips on “How to Have a Successful First Year”. The success of your first year study is a cornerstone for your continued success throughout your studies here, and we want to help you to be successful.

• **On 10/10/2006** the topic will be “Communicating Effectively with Advisors and the Academic Community”. Many disappointments or disillusionments can be prevented and dissolved, if we have ways to

communicate effectively with those who are important in our academic paths. This discussion group will introduce you to the tools of effective communication.

• **On 11/14/2006**, the focus of the discussion will be “Effective Skills in Relationships: Development and Maintenance”. To be away from home means to be away from many significant relationships. Therefore, it is vital that you start to develop new and meaningful relationships here at Rice.

While you are digging into the textbooks day in and day out, and spending unending evenings in the laboratories, take an hour off to come into contact with other new students. Come to join us for pizza, drinks and chips plus a great time to share ideas and getting to know each other. See you there!

HOLIDAY FRIENDSHIP PROGRAM FOR INTERNATIONAL STUDENTS

All international students are invited to spend two weeks of their winter break in a “home away from home” at Christmas from December 18, 2006 to January 2, 2007. Christmas International House is a program that provides international students the opportunity to learn about American culture, to enjoy staying with an American family/individual, to meet other international students participating in the program, and to visit another part of the US.

To learn more about this program, its origins (which began in 1965), and strict deadlines

for application, please visit: www.Christmasih.org.

Or you can write:

AMIS-CIH
3434 Roswell Road, NW
Atlanta, GA 30305-1212
Tel.: 404-846-4396

Disclaimer note:

Although this is a friendship program, most of the volunteer families come from Christian churches.



SIR (SPOUSES OF INTERNATIONALS AT RICE)

S.I.R. (Spouses of the Internationals at Rice) began this semester in September. Community volunteers provide lunch, and unique opportunity for Rice ladies to meet, relax and network. The meetings for SIR are the first Wednesday of each month (September 6, October 4, November 1, and December 6). Please encourage your spouse or any women internationals (students, scholars and dependents) to come to these lunch meetings. If you would like to know more about SIR, call the OISS x6095.

FREE ENGLISH AND CULTURE CLASSES General Sign-Up :

**Monday, October 2, 2006 from
10:00 AM- 12:00 PM in the
OISS office. Lovett Hall,
Entrance A, 2nd floor**

Beginning English Conversation

Teacher - Sarah Bauer.

Class: Thursdays from
12:00PM (noon)-1:00PM
in OISS Office

Begins October 5, 2006.



Advanced/Intermediate English Con-versation

Teacher - Catherine Spain.

Class: Thursdays from 1:00PM to 3:00
PM in Meyer Lounge in the Ley Student
Center. **Begins October 5, 2006.**

English Idioms & Slang Class

Teacher - Dirk Cameroon.

Class: Mondays from 12:00PM (noon) to
1:00PM OISS Office.

Begins October 2, 2006.

Grammar & Pronunciation Class

Teacher - Chris Sneller.

Class: First and Third Tuesdays of month
from 1:00 to 2:00pm.

OISS Office.

Begins October 3, 2006.

Popular Sports in the USA Class

Teacher - Chris Sneller.

Class: Second and Fourth Tuesdays of
the month from 1:00 to 2:00 PM
OISS Office.

Begins October 10, 2006.

DISCLAIMER:

The OISS provides a variety of programs and opportunities to Rice internationals with the purpose of cross-cultural education and enrichment.

Many of these programs are led by community volunteers, who at times have unfortunately promoted their own special interests. **If you find you feel uncomfortable in anyway while participating in one of these programs, please notify someone in OISS, so that we may address these issues. Our purpose is strictly cross-cultural adjustment, awareness, and enrichment.**

International Student Enrollment By Country/Region - Fall 2006

Albania	2	Ghana	2	Paraguay	1
Argentina	9	Greece	13	Peru	5
Australia	6	Honduras	1	Philippines	2
Austria	1	Hong Kong	6	Poland	5
Azerbaijan	1	Hungary	1	Portugal	2
The Bahamas	1	India	119	Romania	13
Bangladesh	3	Indonesia	5	Russia	21
Barbados	2	Iran	12	Rwanda	1
Belarus	3	Ireland	3	Saudi Arabia	7
Belgium	1	Israel	5	Senegal	1
Bermuda	1	Italy	10	Serbia	2
Bolivia	2	Jamaica	2	Singapore	4
Bosnia and Herzegovina	1	Japan	13	Slovenia	1
Brazil	4	Jordan	2	South Africa	3
Bulgaria	8	Kazakhstan	1	Spain	7
Cameroon	1	Kenya	1	Sri Lanka	1
Canada	41	Korea (South)	46	Switzerland	1
Cayman Islands	1	Kuwait	1	Taiwan	26
Chile	5	Lebanon	3	Thailand	4
China	191	Lithuania	2	Trinidad & Tobago	4
Colombia	8	Malaysia	1	Tunisia	1
Costa Rica	4	Mexico	29	Turkey	27
Cyprus	1	Morroco	1	Uganda	1
Czech Republic	1	Nepal	1	Ukraine	3
Denmark	1	New Zealand	2	United Kingdom	13
Egypt	10	Nicaragua	1	Venezuela	11
El Salvador	1	Nigeria	3	Vietnam	5
Finland	1	Norway	3	Yugoslavia	1
France	5	Pakistan	3		
Germany	20	Panama	1		

TOTAL: 801

Totals:

Enrolled non-immigrant students: **801**
 Countries/Regions represented by students: **88**
 Graduate international students: **662**
 Undergraduate international students: **139**
 New international students for Fall 2006: **239**

Did you know?

... The international students make up approximately **15.5%** of the overall Rice population?
 ... We had **393** foreign visitors and scholars conducting research and lecturing at Rice during the past year?
 ... Rice international students and scholars represent **95** countries/regions?

SUBSCRIBE TO OISS LISTSERVES

OISS-ANNOUNCE

You'll find out about free tickets, social activities, important immigration updates and requirements, and other special issues of interest to internationals at Rice.

To subscribe, please visit: <https://mailman.rice.edu/mailman/listinfo/oiss-announce>

OISS-MARKET

You'll be able to buy and sell, find transportation for trips, and communicate with other internationals at Rice.

To subscribe, please visit: <https://mailman.rice.edu/mailman/listinfo/oiss-market>

OISS-FORUM

A forum for discussion of topics ranging from good restaurants to good dentists. Here is also the place to engage your peers in a friendly discussion of current issues and world events.

To subscribe, please visit: <https://mailman.rice.edu/mailman/listinfo/oiss-forum>



To unsubscribe from any of the above lists, you may visit the same website and follow the instructions listed at the bottom of the page.

This bi-annual publication is designed specifically for the needs of Rice international students and scholars. Please take time to read it.

FUN THINGS TO KNOW FOR NO REASON AT ALL!



Below are some excerpts from an anonymous email forward that are fun to read about, but will not be of use in your classroom, study or lab re-

search. Enjoy!

DID YOU KNOW? ...

- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- The average person's left hand does 56% of the typing.
- The sentence, "The quick brown fox jumps over the lazy white dog" uses every letter of the alphabet.
- The winter of 1932 was so cold, that Niagara Falls froze completely solid.
- The words 'racecar', 'kayak' and 'level' are the same left to right or right to left (palindromes).

- Tigers have striped skin, not just striped fur.
- TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.
- A cat has 32 muscles in each ear.
- A dragonfly has a life span of 24 hours.
- A goldfish has a memory span of three seconds.
- A snail can sleep for three years.
- An ostrich's eye is bigger than its brain.
- Babies are born without kneecaps. They don't appear until the child reaches 2-6 years of age.
- Butterflies taste with their feet.
- It's impossible to sneeze with your eyes open.
- Leonardo Da Vinci invented the scissors.
- Maine is the only state whose name is just one syllable.

SPECIAL APPRECIATION FOR DONATIONS

This is a special thank you to those, former and current, international students and scholars who have donated money to the OISS gift fund. You will be happy to know that there may even be the possibility of donation "matching" by corporate sponsors. This is when a corporate sponsor doubles or triples the amount of your contribution to the gift fund!

The OISS gift fund allows the OISS to host special programs that benefit the international students and scholars at Rice, as well as to support the programs sponsored by our volunteers.

If you are interested in donating to Rice, or to OISS in particular, you may visit <http://giving.rice.edu> for details. To give to OISS specifically, you will simply need to indicate your designation as "Other", and give special instructions to send your donation to the Office of International Students & Scholars.

Thank you to all those who have contributed to improving the lives of international students and scholars at Rice!

CALENDAR OF FALL OISS EVENTS

October 2, Monday-
10:00AM-12:00PM
English Class Sign-up, OISS Office

October 4, Wednesday-
12:00PM-1:00PM
SIR Luncheon (see pg. 6), Abercrombie Lab Lobby

October 5, Thursday-
12:00PM-1:00PM
CPT Workshop, 309 Sewall Hall

October 6, Friday -
12:00PM-1:00PM
OPT Workshop, 309 Sewall Hall

October 10, Tuesday-
12:00PM-1:00PM
Continuing Orientation program "Communicating Effectively with Advisors and the Academic Community"
Miner Lounge, RMC

October 11, Wednesday -
4:00PM-5:30PM
Advanced Immigration Seminar, Sewall Hall, Room 301

October 19, Thursday-
4:00PM-5:00PM
Personal Career Planning Using the PIE Chart, 309 Sewall Hall

November 1, Wednesday -
12:00PM-1:00PM
SIR Luncheon, Abercrombie Lab Lobby

November 12, Sunday-
1:00PM-3:00PM
Typical Thanksgiving Luncheon, Abercrombie Lab Lobby. Hosted by a community volunteer wishing to share well-wishes and happy holidays to Rice internationals (ticket required for luncheon)

November 13 - November 18, 2006-
US International Education Week (see OISS

website for more details)

November 14, Tuesday-
12:00PM-1:00PM
Continuing Orientation program "Effective Skills in Relationship Development and Maintenance"
Miner Lounge, RMC

December 6, Wednesday-
12:00PM-1:00PM
SIR Luncheon, Abercrombie Lab Lobby

January 11, Thursday-
10:00AM-12:00PM
English Class Sign-up, OISS Office

February 7, Wednesday-
12:00PM-1:00PM
SIR Luncheon

