

JOURNEYS:

**The International Students Association
2009-2010
Handbook**



LAFAYETTE COLLEGE

TABLE OF CONTENTS

1. Contact Information	4
2. Introduction to the ISA	5
3. Resources	6
4. The Packing List	8
5. To be American...	10
6. Academic Life	15
7. Career Services	18
8. Extracurricular Activities	19
9. Greek Life	24
10. Holidays	26
11. Banking Information	29
12. Government Regulations	31
13. Residence Life	34
14. Travel	36
15. Driving	37
16. Religious Life	38
17. Health Services	39
18. Slang Terms and Common Expressions	42
19. Weights and Measures	48
20. Acknowledgements	49

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INTRODUCTION TO THE ISA

The International Students Association at Lafayette is a well-established organization, **open to all students**, fulfilling two main objectives:

1. To promote international diversity and cultural awareness within the college. We encourage respect and understanding of other cultures within the student body through organizing international displays, cultural festivals and collective philanthropy events. We strive to contribute to the intellectual and social life at Lafayette by sharing our diverse cultural traditions.
2. To assist international students with any difficulties they might face while adapting to a new lifestyle here in the United States. Our goal is to meet the challenge of immersion in a different cultural setting.

This is achieved through offering:

- an international student orientation program,
- host families, with whom close relationships are often developed,
- Peer Advisors, available for mentoring, advice & assistance,
- an advisor, who provides guidance and information on travel, social security, immigration policies and government related issues,
- various cultural and social activities.

We hope that the insights provided in this handbook will help you adapt more easily and help fulfill our common goal of promoting cultural awareness in the college community.

RESOURCES

The following resources and activities are available to all ISA members:

During your first year, student Peer Advisors will help you adapt to your new college life.

- They will be among your first contacts at Lafayette before and during orientation. They will be the students picking you up at the airport and planning activities to get you accustomed to your new home at Lafayette College and the surrounding city of Easton.
- Do not hesitate to approach them with any questions you may have or for help.

The ISA frequently provides transportation to offer you special services such as:

- Trips to the supermarket.
- Occasional trips to nearby shopping malls.
- Trips to conduct official paperwork such as registering for a social security number, completing other immigration details, and acquiring a driver's license.
- Sightseeing trips during school holidays and breaks. Some of the places that we visited during the past few years are New York City, Washington D.C., the New Jersey shore, and Miami.

The ISA is one of the most active organizations on campus. During the year we sponsor programs and activities such as:

- Regular monthly meetings, which all members are encouraged to attend. Following a discussion of upcoming events and announcements, members enjoy free snacks and drinks. These meeting times provide a good chance to get together and talk.
- Extravaganza. This week-long cultural festival held during the spring semester, is where we represent our respective countries through discussions, expos, food preparation and musical demonstrations, foreign film showings and a grand finale that includes food tasting and a fashion/talent show. This is a great time for us to acquaint the college community and our friends with some of our customs. You may refer to the ISA website for pictures and videos from last year's event. **When packing, please bring items representative of your culture (flags, costumes, music, and various items to display.**
- Sports. The ISA organizes teams for many of the intramural sports played at Lafayette. In the past years Lafayette has won quite a few trophies for soccer, volleyball, table tennis, squash and others. We also hold an ISA Interclass Olympics during the fall, where the classes battle it out for the Gold. The ISA World Cup is also held in the spring where teams from each continent vie to win the crown. Our Sports Coordinator will be responsible for informing you of the various sports events. Do participate!

- International Education Week: International Education Week (IEW) is an opportunity to celebrate the benefits of international education and exchange worldwide. It is a week filled with stimulating lectures by students and professors, as well as fun games such as International Jeopardy.
- Host Parent Program. At the beginning of the year you will be assigned to a host family/parent (a college employee or friend of the college), who will help you during your stay in the United States and try to get together with you several times a year.
- Co-sponsored events, with academic departments or other organizations on campus. These include brown bags (about which you will find out further into the handbook), philanthropy and volunteer activities, evening dinners and barbeques, other social events, and of course everyone's favorite: PARTIES! Use these events as a forum for meeting and interacting with other students on campus.
- Finally, other international students are one of your most important resources. Every year, around 40-50 international students arrive at Lafayette. Each one goes through different experiences and has personal stories to tell. As incoming international freshmen, it is vital for you to forge bonds with upper-class (that is, second, third and fourth year) international students so that you may learn from our experiences and mistakes while also building important friendships that will last you through your college career.

THE PACKING LIST

As you will discover over the next few months before departing for Lafayette, there will be a lot to pack and not enough space for everything. This means that in just two or at the most three suitcases you are going to have pack your whole lives and bring it over to start anew. This requires prudence and efficiency so that you don't forget to bring the essentials while also allowing space for other things that might important to you. The following is a guide that you can use to decide what is best to pack and what is not.

One of the most important details to keep in mind is the heavy levels of security that you will face once you enter the US. Don't worry, it is not only you, almost any traveler at an airport within the United States faces the prospects of full luggage checks. Hence, it is important that you not carry certain items in your hand baggage and some other items in general, in your suitcases. Here is a brief list items you should **avoid** carrying in your hand baggage:

1. Knives or scissors
2. Razors
3. Liquid items (water, cologne, eye drops, etc.) brought in from outside the airport
4. Fingernail clippers
5. Tweezers
6. Cigarette lighters
7. Aerosol cans
8. Beard trimmers
9. Other sharp items that can be mistaken for being dangerous

You also have to keep in mind baggage and weight restrictions. Most airlines allow two pieces of checked luggage and one carry-on if the United States is your final destination. The weight of these pieces depends on the airline you use. For example, some airlines allow up to 32 kilograms while others allow only 23. Please call your travel agent or airline to confirm this so that you can pack wisely.

What to Pack

Clothes: Mostly casual (jeans, tee-shirts, shirts, casual trousers). Pack some warm clothes (like a few light sweaters a jacket, some gloves and scarves, woolen caps, others you can buy here cheaper). Multiple pairs of shoes (sports, casual, sandals for warm weather, flip-flops, heavy shoes for the snow and rain – but you can buy these here as well since they too might be cheaper than in your home country and it will make your luggage lighter). Don't forget pajamas and athletic wear. Include one or maybe two formal outfits for special occasions and one or two outfits that you feel represent your culture (ethnic clothes) for cultural events. Remember necessities – an ample supply of socks and undergarments.

Toiletries: Buy enough toiletries and hygiene products to last the first couple of weeks to a month. Over time you will get used to products that are available here. Don't forget to seal items that might leak (like a shampoo bottle) tightly inside smaller plastic bags otherwise other items in your suitcase might get spoilt. Also, don't forget to bring medicines that you are used to or need to take on prescription. This is so that for the first few weeks you are not short of supply, until you get to know local names for the same

medicines. We take you on a shopping trip to a local department store so you can buy toiletries as well.

Linens: It is better to purchase most of your bedding here since sheets, comforters and pillow sizes might vary from your home country. Buying from the Lafayette catalog is convenient, but it is generally overpriced. Standard bedding sets here contain 2 sheets (one fitted and one loose,) a comforter and a blanket and a pillow cover. Remember, bed sizes are Twin XL. The ISA will take you on a shopping trip during orientation so that you can get bedding in your favorite color.

Bring some reminders of home, such as photographs of your family, parting gifts and other things of sentimental value so that you don't feel too homesick once you get here. Bring some books, posters and your favorite music as well to recreate your old home in a new setting. Also, as you already know, we have the ISA Extravaganza in April and for this we need as many items from different cultures as possible. So leave some space in your bags for items representative of your home country (such as artwork, flags, catalogs, books, music CDs etc.) that you can display at Extravaganza and use to educate your college community about where you come from.

Documents: When packing, remember to pack your documents in your carry-on baggage as you will need to show these when you enter the US. A brief list of documents to carry with you:

1. I-20
2. Birth certificate
3. Letter of acceptance (and letter of financial aid, if applicable) from Lafayette
4. Passport
5. Photocopy of passport (front page and back) and visa
6. A few passport photos
7. Photo I.D. from home such as a drivers license or school card
8. An essential list of addresses and phone numbers to use once you get here (such as the numbers given by the ISA)
9. Documentation for any bulky electronic items that may undergo inspection
10. Anything else that you feel is necessary
11. Photocopy of visa

TO BE AMERICAN...

We don't want to stereotype, so we will try to be very careful with this section. There are so many aspects to any one culture that it is difficult to describe a specific culture in only a few words. Most people in the U.S. are either immigrants themselves or descendants of immigrants who have been arriving since the beginning of the 1600s. It is not surprising, therefore, that the U.S. contains many different cultures and ethnic groups. How then can we talk about "Americans?" When people try to describe Americans, they are often referring to the behaviors, values, and ideas of the white middle class, since historically people in this group have held the most prominent positions and have exerted the greatest amount of influence on the predominant ideals of society. Not all Americans are white or middle class, or necessarily agree with middle class values, but these values are widely evident in the U.S.

To help you better understand the behavior you may observe in the United States, some characteristics of American culture are described below, but **BEAR IN MIND THAT NOT ALL AMERICANS ARE THE SAME.** And despite any differences you may find when comparing these to your own culture, remember that respect and understanding are the foundations for learning from each other.

Progress & Change

Most people in the U.S. accept change as an inevitable part of life. Achievement, positive change, and progress are all seen as the result of effort and hard work. In contrast non-Western people tend to look upon their traditions as a guide to their future. This might differ from some of your communal upbringings but for some this is seen as freedom.

Individualism

Although family, community and national loyalty are important here, Americans place a higher value on individualism. Success (material success) depends largely on how well a person can take care of his/her own interests. This may seem selfish to some of you and, for others, may seem like freedom. Americans also like their personal space. For some of us who come from close-knit communities where individual space is very hard to differentiate from community space, this might appear as something new. You will probably notice this with your new roommate. But, don't worry. Over time you and your roommate will learn to find a balance as you share your cultural upbringings and experiences.

Informality

Americans are becoming more informal in their behavior. Older people, even some professors, are often addressed by their first names. For some, this is not meant as a mark of disrespect, but is done out of a sense of equality. On campus it is most appropriate to address administrators and professors by their titles unless the person tells you otherwise. In this sense, Americans live in what one calls a low-context culture. This implies that they do not attach many meanings and symbols into what one says. While an advantage of this is the honesty in communication, for some of us who come from high-context cultures (where there are many meanings and symbols in how things are said) this openness and bluntness is somewhat hard to adjust to.

Limited Friendship

The U.S. is an extremely mobile society. A natural consequence of this fact is that relationships are sometimes casual and of a short duration. Americans also have a very breezy "hi-bye" attitude. Do not expect a deep and lasting relationship to develop from a good talk one day. They come about from persistent and long-term contact with an individual. This is said not to discourage you but merely to point out that concepts of friendship may differ.

Dating

In the United States men and women mix freely. Dating is the most common way for men and women to get together. Men and women look at each other openly. This does not mean that the person in question is flirtatious, bold or disrespectful.

In today's world, either the man or the woman asks for a date though it is more traditional for the man to do so. No matter who makes the invitation, the couple may decide to go "Dutch" (i.e. pay for their own), or one may pay for both.

Dating does NOT presume sexual involvement or a long-term commitment. It means that you meet someone for a specific purpose (e.g. dinner, movie, party), mostly in order to get to know each other better.

Time Orientation

For Americans, time IS money. Therefore Americans use their time very efficiently and place considerable value on punctuality. In other words, **being on time is very important!** Whether you have an appointment with a professor or a friend and you are late or can't go, you should immediately give that person a call or leave a message with an explanation. If you know you are going to be late in advance, give that person a call on time so that they can re-arrange their schedule. Different types of activities have different conventions. One should arrive at the exact time specified for meals, and for appointments with professors, doctors and other professionals. You can arrive any time between the hours specified for parties, receptions and cocktail parties. Plan to arrive a few minutes before the specified start time for public meetings, plays, concerts, movies, classes, sports events and church services. Because they tend to organize and strictly schedule their activities, Americans often seem hurried, always running from one thing to the next, unable to relax and enjoy themselves. Realize that this is a consequence of their time saving philosophy, perhaps different than your own lifestyle, but respect it and don't see it as necessarily bad. Besides, an intelligent use of your time at Lafayette will definitely help you succeed in taking advantage of the many opportunities offered here. Try to use all your free hours and you'll see that you can actually do many more things than you thought you could.

Egalitarianism

Although there are many differences in social, economic, and educational levels, a notion of equality predominates in the U.S. Many Americans emphasize individual merit rather than a fixed social position and believe that anyone who works hard can achieve (economic and personal) success in life. Americans do not often show deference to

people of greater wealth, age, or social status. Visitors from other cultures who hold high positions sometimes feel that Americans do not treat them with proper respect and deference. In the U.S., there is (generally) an attempt to equalize the relationship between two people and to avoid calling attention to rank and authority. Americans call each other by their first names much sooner and more often than people in other countries. You might, for instance, call some of your professors by their first names. In the U.S., people are seen as having equal rights, social obligations, and opportunities to develop their own potential, even though in reality things aren't always so equal.

Prejudice & Discrimination

This may seem contradictory after reading the previous paragraph. No matter how important human rights may be in the U.S., the truth is that prejudice and discrimination are shown towards minorities. One of the most serious of these attitudes is racial prejudice or racism. Many international students are shocked to find racism in many places and situations. Discrimination is shown toward other minorities, such as homosexuals, women, or people of different ethnicities or religions. At Lafayette, however, you will find a strong movement fighting against such discrimination; by trying to open people's minds and showing them that we are all valuable. The ISA plays an important role in this task. Other similar organizations on campus are ABC (Association of Black Collegians), ALF (Association of Lafayette Feminists), FAAP (Foundation for the Awareness and Alleviation of Poverty), Q.U.E.S.T. (Questioning Established Sexual Taboos), SSJ (Students for Social Justice) and HSL (Hispanic Society of Lafayette).

Role of Women

There is a strong feminist movement in the U.S. which aims to ensure that women have responsibilities and opportunities equal to those of men. Lafayette women place a lot of importance on this movement. Although there are still aspects of society in which women have not yet achieved this equality, women play a fairly public and visible role in this country and have more responsibility and authority than they do in many other countries. At Lafayette you will hear expressions such as "sexism", "chauvinism" and "macho". They all express the negative attitude of some men towards women. Women at Lafayette will expect you to treat them as equals.

Same Sex Relationships

Issues affecting same-sex relationships have become very important in the U.S. as the gay and lesbian movements have grown over the past years. It is important for international students to try and understand these issues, which may not be treated with the same regard in some of your countries. It is wise to always show sensitivity toward these issues, which will often come up in discussions on campus.

Money and Materialism

America has a reputation of being a materialistic country. It will probably seem so to most international students. You will see that almost nothing is done for free; that there are few things to do in this country without spending money; that many people, including

very young children, talk about money surprisingly often; that success is often defined in terms of affluence.

America is a country where basic needs are covered and guaranteed for almost everyone. Therefore you may be surprised to see how discontent many people are, just because they can't afford a fancier car. Lafayette has a special reputation for this. It is known as a preppie school where many students have a lot of money. Don't feel inferior or even different if you can't afford as many things as some of your American friends, or if you don't think their materialistic attitude is correct.

This is not to say that Americans are not concerned with the welfare of others. Community reactions to human catastrophes in this country are immediate and large scale. Large-scale volunteer efforts also take place on the Lafayette campus to help those less fortunate. Students raise tens of thousands of dollars and donate thousands of hours of time each year to causes aiding the homeless, children's shelters, prisoners needing tutoring and many more. The ISA participates in some volunteer work as an organization, but if you are interested in these specific activities, contact the Landis Outreach Center located in the Farinon College Center.

Hygiene

Americans are generally very concerned with personal hygiene, and most take a shower, change their clothes, and wash their hair everyday. Americans tend to find natural body odors unpleasant. In addition to frequent bathing, they use perfume, cologne, and deodorants on a regular basis. Occasionally a person may be shunned by Americans and not realize that it is because they find body odor offensive. Frequent bathing and the use of deodorants, soaps, etc., may not be necessary for one's health, but they may have an effect on a person's social relationships in the U.S. If you have a problem concerning this matter (e.g. with your roommate, hall friends...) you can try to adapt to them or, if you don't want to for your own personal reasons, try to explain that you are from a different culture and you have your own habits. However, remember the saying: "When in Rome, do as the Romans do".

Drinking

Drinking is a commonly accepted social custom among many Americans. However, you must be aware that the drinking age in the U.S. is 21. This law has several consequences.

1. On one hand, it means that if you drink when you are under 21, you will be breaking a United States Federal Law, and you can be charged with a federal offence if caught.
2. On the other hand, it means that many of the Americans who are under 21 will consider alcohol as something forbidden and therefore more desirable than it might otherwise be.

You will see that young people will often look for a chance to get drunk. Many will not drink alcohol to enjoy the taste, but simply to get drunk. Alcohol may also not be purchased. This has led some students to get fake IDs, so that they can buy alcohol and enter nightclubs, which require the legal age. This fact will probably be shocking for some international students from countries that allow drinking at any age. You may feel uncomfortable with the general attitude towards drinking and getting drunk. You will see that (even though this is not legal) many of the parties at fraternities and elsewhere will

include drinking. Once again, try to explain your own habits and **DO NOT FEEL OBLIGATED TO DRINK**. If you feel strongly about the abuse of alcohol there are certain student clubs and living groups such as Substance Free and Haven that promote abstinence, which you may consider contacting.

Feelings towards International Students

This is a special tip for all international students. Many Americans feel uncomfortable and sometimes offended when, in their presence, international students speak in a language other than English. International students may not realize this at Lafayette. You can of course speak your own language, but please try to be sensitive to the special situations in which you will find yourself.

Gestures

Different cultures use different gestures to express certain indications, emotions or opinions. Therefore, some of the commonly accepted gestures in your culture may seem rude, inappropriate or meaningless to people from other cultures. It is important to be aware of some of these differences to avoid misunderstandings:

1. "Thumbs up!"

A perfect example is a raised thumb, where in Western Europe and in the United States, it is used to signal approbation and approval. In contrast, there are other countries, specifically some areas in Greece and Italy, where this same gesture is considered an insult. The Greeks associate it with the expression "katso pano" or "sit on this!" As you see this "thumbs up" gesture in Greece certainly does not contain the same connotation that it portrays in other parts of the world.

2. "Motza" vs. "High Five"

The "Motza" is an insulting gesture used by the Greeks. It is displayed with the fingers and the thumb of the hand separated and it is pushed towards one's adversary. Both hands can be employed in this gesture. In the USA, this gesture is often used to show camaraderie or joy at having done something well.

3. "The Horn Sign"

In Spain, for instance, this gesture is commonly used and very offensive. In Italy, it is used to throw a bad spell on someone, like the evil eye. In the United States and most other countries, this gesture means nothing in particular.

4. Affirmation vs. Negation

The head movements for affirmation and negation have different principles when indicating "yes" and "no." Here are three examples that are used in Europe:

a) The nod-shake system: this movement involves the shaking of the head in an up and down manner for affirmation and side to side for negation. This system is used throughout most of Europe and the U.S.

b) The dip-toss system: this movement involves an upward movement indicating "no" and a downward movement indicating "yes." This movement is seldom repeated and is often used in Greece, Turkey, southern Italy and Sicily.

c) The roll-toss system: this movement consists of the rolling to the head from shoulder to shoulder indicating "yes" and upward movement indicating "no." This system is often used in Bulgaria and parts of Yugoslavia.

ACADEMIC LIFE

Key Observations about the American Education System:

1. Of the various academic traditions, one of the most significant is the degree of informality in American classrooms. You are encouraged to feel at ease in class and openly state any questions or comments you think you should. Normally the classes take the form of free discussions, which are based on a positive exchange between teacher and students. You will also find many professors very casual during your visits to their offices.
2. Most professors have regular office hours during which they are available to discuss any questions or difficulties relating to their courses. These office hours will be announced in class by your professors and are also posted on their doors. Students are urged to take advantage of these opportunities to become acquainted with their professors and get extra help.
3. Class attendance is critical. If you miss classes, the professor will assume you are uninterested. Many professors at Lafayette count attendance in grading.
4. Class participation is often considered in determining the grade. You should therefore not hesitate to speak up in class, ask questions, and take active part in discussions. Your questions and comments will not offend anyone; they are expected.
5. The professor will usually tell you in the first few classes how your final grade will be determined. Professors differ in the weight given to various factors, such as class participation, attendance, tests, papers, labs and final exams, in determining the final grade.
6. Professors will generally wait for students to come to them rather than offer assistance. However, they are usually very willing to help if you approach them. They tend to be unsympathetic to the student who complains about his/her grade at the end of the semester but never asked for help earlier. So ask early! The professor will not be offended and will not think you are stupid or too slow.
7. It is generally estimated that students at Lafayette need to spend two to three hours studying for each hour spent in class. Students who are still not used to reading and writing in English will find more study time necessary.
8. The Academic Resource Center located on the third floor of Hogg Hall offers tutors in many subjects and should be utilized if you find your self falling behind in a class for any reason. For more information, please visit the website: http://www.lafayette.edu/academics/help_tutors.html
9. Tests and quizzes are given frequently and you must therefore study consistently from the very beginning of the semester. If you get behind at the beginning of the semester, you may not be able to catch up.
10. EXAMINATIONS - Exams are used by professors to evaluate how much you have learned in the course. At Lafayette, you will normally have a mid-term

exam (which is given by mid-semester), and a final (given during a special finals week at the end of each semester; it is sometimes cumulative). However, some professors schedule exams throughout the semester. The tests may take the form of:

- (a) Essay exams: This type of exam is most common at Lafayette in A.B. classes. The professor will make up questions that require students to write concise paragraphs about a topic in their own words. This type of exam tests the accuracy of a student's interpretation of the course material. When giving this type of exam, many professors prefer creative expression of the student's own answer to the question or topic rather than memorization of the "correct" answer.
 - (b) Objective exams (also called Multiple Choice or Fill in the Blank): This type of exam may be unfamiliar to many international students (and for that reason may cause some difficulty). It consists of questions that require short answers. The student must choose the best possible answer from several possible answers that have been provided by the professor. This type of exam tests the student's knowledge about specific aspects of the course material.
 - (c) Take-home exams: This type of exam is similar to homework. Students are given a question or a number of questions to answer within a specified number of days. To justify the length of time allowed, a high quality of work is expected. All non-original sources and materials used or referred to should be acknowledged. (Please see "Honor Code" section)
 - (d) Open-book exams: Students are allowed to bring and consult textbooks during such exams.
11. Student Code of Conduct. Please consult the Lafayette College Student Handbook for more details. It is advisable that you read it very carefully.
 12. Research papers. Many courses at Lafayette require one or more research papers. A research paper is a written commentary or analysis of a particular aspect of a topic. Research papers involve independent research and study using outside references such as books and articles. You will have an introduction to the Lafayette College Libraries (Skillman and Kirby) during Orientation Week. You will need to make use of the libraries. Do not hesitate to consult the librarians or library staff members if you have any questions or problems during your research. It will be a little difficult in the beginning, as you may be unfamiliar with the systems, so get help.
 13. Computers. Computers are available for use throughout campus. Most professors require that you type your papers. To complete certain lab assignments you will need to use additional programs such as Excel, Mathematica, etc. Computer labs are located in Marquis (open 24 hrs.), the 1st and 2nd floors of Pardee, the ground floor of Skillman Library, the 2nd floor of Farinon and in various locations in the Acopian Hall of Engineering. Purchase and rental plans are also available. Most students have their own laptops. It's not required, but if you have one, it makes work less stressful. If you are

unfamiliar with using computers or have any other questions, contact Academic Computing Services. Training courses are offered early in the fall semester, so take advantage of them!

14. The GPA (Grade Point Average) and how to calculate it. Each semester your GPA will change based on your new grades. The following system of points and letter codes is used in computing cumulative averages, for a student's permanent record. A grade point average of a least 1.8 both overall and in the major is required for graduation (grades below a C- therefore fall below the minimum GPA)

A	4.0 (excellent)
A-	3.7
B+	3.3
B	3.0 (good)
B-	2.7
C+	2.3
C	2.0 (satisfactory)
C-	1.7
D+	1.3
D	1.0 (passing)
D-	0.7
F	0.0 (failure)

You can calculate your GPA like this:

--When you receive a grade in a course, multiply the corresponding number of points by the number of credits the course is worth. (Most courses are worth 1 credit hour, but some are worth less.) This will give you the number of grade points you have received for that course.

--Add the number of grade points you have received for each course.

--Divide the total by the number of credits the courses are worth.

15. As an international student you must maintain a full-course load in order to remain in legal immigration status. If you suspect you are falling behind please consult the Registrar immediately for assistance.
16. Student Evaluations of Faculty and Courses. Near the end of each semester, your instructors will give you evaluation sheets. The standard evaluation consists of a questionnaire and a comment sheet, which you are supposed to fill out objectively and honestly. Student evaluations at Lafayette are important and anonymous.
17. Academic Advising. To ensure you take the right courses for your degree, it is strongly recommended that you consult with your advisor several times a year. If you have an academic problem, first discuss the problem with the professor involved, then the registrar to make sure any changes will not affect your f-1 status, and if necessary, your adviser. You must see your assigned academic adviser before registration to decide which classes to take. The Dean of the College is responsible for all Academic Advising.
18. Requirements for Graduation. Please consult the Lafayette College Catalog or the Lafayette College Academics website (www.lafayette.edu/academics) as these

differ for each major. You can also find more about the majors offered in this website: <http://www.lafayette.edu/admissions/majors/index.html>

CAREER SERVICES

All students are assigned a faculty member who will assist them with academic advising. However, for career counseling and preparation there is a special office on campus called Career Services, located on the 2nd floor of Hogg Hall.

The staff offers all students the opportunity to participate in *Gateway*, a four-step program designed to help identify your interests, explore various career fields, implement your skills in meaningful work-related experiences and prepare you for a rewarding career after college. Once enrolled in *Gateway* you will be assigned an individual career counselor, who will get to know you well and help you advance through these steps during your four years at Lafayette.

Beginning your first year, you are encouraged to attend at least two programs offered by the office and meet with your assigned *Gateway* counselor once during the spring. *Gateway* is designed to help prepare you early, and assist you in “building” your resume as you participate in meaningful internships and externships, experiences which will give you an edge in job searching later. But remember that it is up to you to take the initiative and make the most of the opportunities presented.

Because not all students choose to enter the workforce directly after graduation, the staff also advises students pursuing graduate school and those interested in the pre-health or pre-law studies at Lafayette. In recent years, a growing number of students have shown interest in volunteer or year-of-service opportunities, and the Career Services staff has begun identifying more resources in these areas.

Career Services is particularly sensitive to the needs of international students and the special requirements by which both they and employers must abide. The staff is committed to educating employers on the simplicity of the OPT process and is continually seeking to increase the number of employers willing to hire F-1 students through Career Services’ recruiting initiatives.

Whatever your field of interest, the staff will do their best to assist you in finding alumni, friends of the college or employers with whom you can network. For a comprehensive list of the office’s services, calendar of events and more information on *Gateway*, please visit the Career Services website:

<http://ww2.lafayette.edu/~careers>

EXTRACURRICULAR ACTIVITIES

There are many activities to do at Lafayette other than studying, doing homework and partying on campus. We have divided the extracurricular activities at Lafayette into three categories: a) sports; b) clubs, organizations and cultural events; c) social life on campus, Easton and nearby.

A) SPORTS

Lafayette (and American society in general) places a lot of importance on athletics. You may participate at all levels of competition: varsity, junior varsity, club team and intramural. Lafayette has three main athletic facilities: Allan P. Kirby Sports Center, and the Metzgar and Fisher Fields. At the Kirby Sports Center there is a fitness center, pool, indoor track, basketball court, squash and racquetball courts and a rock climbing wall. Additionally, students often play sports (tennis, soccer, volleyball, frisbee etc.) informally on the outdoor campus tennis courts or on either the Quad or March Field. The Metzgar and Fisher fields are mostly used by the varsity teams (such as soccer, baseball or field hockey) for their practices though some intramurals competitions are also held there. If you wish to participate in sports at a varsity level, you have to contact the respective coaches of the teams through the Kirby Sports Center.

The ISA participates in sports as well. In recent years we have participated (with considerable success) in a number of intramural sports, such as soccer, squash, ping-pong and volleyball. Keep an eye out for sign-ups and schedules from our ISA Sports Coordinator and join us!

You will also have many opportunities to enjoy various sports events as a spectator. It is very common for students at Lafayette to get together and watch football (American football), basketball and ice hockey on TV. The United States has great competitions in these sports. You will hear a lot of your friends talk about NCAA basketball and football (NCAA: National Collegiate Athletics Association) where the players are college students. During the fall semester you will constantly hear about football. The professional season ends in January with the SUPERBOWL, the final game, which is often watched and enjoyed in a party setting. Basketball is played during the winter season. Don't miss the NBA games and the NBA finals!

Since football is very important here, during the fall semester Lafayette's team will play five or six games at Fisher Field. The highlight of the football season at Lafayette is the annual game against our rival team - Lehigh University. This competition dates from the 19th century and is the oldest running rivalry in the U.S. Most Lafayette students attend the game. Special T-shirts are made for the occasion, which includes not only the game but a great partying experience as well! It has become a tradition at Lafayette and an event not to be missed. There are also other sports that Lafayette plays at a varsity level which you can view as a spectator. Entrance to these games is free, but because Metzgar Field is several miles from campus, you must take the shuttle that the college provides on game days. Schedules of both the games and buses are available once the school year starts.

B) CLUBS, ORGANIZATIONS AND CULTURAL EVENTS AT LAFAYETTE

Lafayette has many clubs and organizations. During the first week of school there will be a special evening during which representatives from all the clubs and organizations will be in the Farinon student center to introduce themselves and their activities to you. A great way to get involved on campus is to join some of these clubs and organizations. Doing so will make you feel that you are doing something other than just studying and partying. Some participate in serious activities relating to school life and academics (Math Club, Investment Club etc.), student's rights (Q.U.E.S.T., SSJ), global issues and political interests (Amnesty International, College Democrats, FAAP), art and culture (Photography Club, Wine Society, W.O.R.D.S., Jazz Ensemble, WJRH Student Radio 104.9), while others get involved in groups organized around a cultural field of interest (the Foreign Language Clubs, LACSA, ACA, HSL, etc.). Please consult http://www.lafayette.edu/student_life on the Lafayette College website for a complete list. Just a word of caution – with so many great groups to choose from, consider how much free time you really have before signing up!

For those interested in being involved with the local community in and around Easton, Lafayette offers the chance to do so through its Landis Community Outreach Center. The center has some good programs such as America Reads, Kids in the Community (KIC), Hospital Volunteers, Prison Tutoring etc. One of their exciting programs is known as Alternative School Break. These activities and commitments as other extracurricular programs at Lafayette require a good level of commitment, so choose wisely! Please refer to the Landis website at: <http://ww2.lafayette.edu/~outreach> for more information about the different programs.

You will be able to attend many cultural events at Lafayette College. Here are some of the options:

- The William's Center for the Arts, located near Markle Hall, has two theaters and an art gallery. The Center offers many concerts, plays and art exhibitions on a regular basis. Poets, writers and artists come often to give presentations. Tickets are usually free of charge or under \$5 for students.
- A "brown bag" is what Lafayette calls a lecture or topical discussion held on campus. Speakers talk on various fields such as economics, history, art, writing, activism, or engineering and normally conclude with an open discussion on the topic. Sometimes they are given by students or faculty members and often the topic is something we can all relate to, such as health issues, sexual assault, religious thought, discrimination, and so forth. Brown Bags are usually held during the lunch hour and food is often provided free or for a small charge, so it is a good idea to attend!
- There are certain times during the year that are designated for special activities or themes, such as the ISA Extravaganza, Hispanic Heritage Month, Black History Month, Women's History Month, Earth Week etc. These events normally involve many fun activities as well as many interesting lectures and are not to be missed!

- Within the Lafayette residential community there are several special living groups, established with the purpose of bringing together people sharing common interests. These floors organize monthly programs and various activities that all are welcome to attend. Those culturally related include: HOLA, CHANCE, the Japanese Interest Floor, German House and French House. While there are also others that are built around specific interests, such as: CHANCE, Dry Surfers' Club, Brothers of Lafayette etc. Feel free to participate in any of the groups' activities and increase your awareness of their interests.

C) SOCIAL LIFE ON CAMPUS, EASTON AND NEARBY

You will spend a considerable amount of time socializing, having fun and doing all sorts of things outside the classroom.

Farinon is the student center. All the students at Lafayette go to Farinon several times a day to eat, check mail, buy a snack, go to an office there, or meet someone. Farinon is the most visited place on campus - it is the meeting point. When you go to eat, try to take advantage of the opportunity to socialize and never eat alone. Feel free to have lunch or hang out in the ISA room in 153 Farinon Center.

You will learn in the "Greek Life" section that many parties sponsored by the fraternities and sororities are held on campus. During the fall semester the Greek houses are open to everybody after the second or third week of school. This doesn't mean that you have to join any of the fraternities or sororities. In the spring semester, however, the houses close most of the time and have private parties for members of the Greek system. Nevertheless, you will meet a lot of "independent" (non-Greek) students who will organize parties apart from the Greek system.

LAF (the Lafayette Activities Forum) is in charge of most of the activities organized by the college. LAF brings many comedians, musicians, movies, concerts, educational programs and other activities such as contests and fun competitions to campus. LAF's activities are well publicized, so plan ahead and don't miss them! Your Resident Advisor will be a good resource for knowing what's going on.

You will soon find out that Easton is not the liveliest place in the world and can't be compared to a big city such as Philadelphia or New York, but it has some fun places too.

Here are the major attractions that you might like to know about:

The State Theater, 453 Northampton Street, Box Office: (610) 252-3123. Restored historic theater. MasterCard and Visa accepted.

The Gallery, 453 Northampton Street: (610) 258-7766. The State Theater Center for the Arts.

Amphitheater, Riverside Park at Larry Holmes Drive & Church Street: (610) 250-6000. Call City Hall for a schedule.

Crayola Factory & Canal Museum, Two River Landing: (610) 515-8000. Its gift shop faces Easton's center square. The museum has audiovisuals & exhibits highlighting the history of canals.

Easton House Tavern, 2nd & Northampton Streets. Built in 1754, the Easton House Tavern served as a social center in Easton and, for a time, as the Northampton County Courthouse.

George Taylor House, 4th and Ferry Streets. This 1757 stone colonial house was once occupied by George Taylor, signer of the Declaration of Independence.

Northampton County Historical & Genealogical Society, 101 South 4th Street. Built in 1833, this house now contains an extensive collection of antiques, artifacts & genealogical material from the county and state.

There are also many new art galleries popping up all around downtown. Checkout Easton's website at <http://www.easton-pa.com>

Regal Cinema Northampton, 3740 Easton-Nazareth Highway: (610) 559-7800 This multiplex cinema shows all the latest movie releases.

Easton Public Library, 6th & Church Streets: (610) 258-2917

Close to Easton, Bethlehem, Allentown and Phillipsburg, NJ there are some other places, such as shopping malls, roller-skating rinks, bowling alleys, attraction parks, nature parks, clubs and more. Ask upper-class students or ISA members for more information and directions. Also, you have to consider that Lafayette is only an hour and a half from New York City and Philadelphia; you can always find friends to drive or take the bus with you (see "Buying a car" section).

Within walking distance of the campus is:

Easton Bus Station, 35 South Third Street: (610) 923-6835

Here is a list of restaurants and coffee shops close to campus:

ANTONIO'S PIZZERIA RESTAURANT	114 South 3 rd St.	610-253-9977
BROADWAY BBQ	161 Northampton Street	610-250-7900
CAMPUS PIZZA	March and McCartney Street	610-253-7541
CATANZARETTI'S	Giant Shopping Center	610-923-7795
CHINA KING RESTAURANT	(Chinese) 1700 Sullivan Trail	610-253-3231
COSMIC CUP COFFEE CO.	520 March St.	610-438-3211
DRINKY DINKERSONS	240 Northampton Street	610-252-3800
EASTON CAFE	125 Northampton Street	610-258-5588
FORKS MEDITERRANEAN DELI	1508 Sullivan Trail	610-250-0711
FOX'S PIZZA DEN	136 South 3rd Street	610-258-3697
GIACOMO'S ITALIAN GRILLE	1213 Washington Street	610-438-1945
GINO'S PIZZA	349 Northampton Street	610-258-7690
GREAT WALL	390 Larry Holmes Drive	610-252-7700
HOUSE OF CHEN'S	1200 Northampton Street #2	610-330-6990
JOE'S DELICATESSEN	235 Northampton Street	610-258-7247
JULIANA'S ITALIAN CUISINE	200 Cattell Street	610-330-0815

McDONALDS RESTAURANT 30 Centre Square	610-258-9603
MEX TEX TRIO 42 North 3rd Street	610-253-2235
MILO'S PLACE (Bar and Grill) 217 Cattell Street	610-258-4390
MORICI'S RISTORANTE & PIZZERIA (Italian) 218 Cattell Street	610-253-6257
MOTHER'S BAR & GRILL 3 Lehn's Court	610-559-1700
OCEAN 235 Ferry Street	610-559-7211
PEARLY BAKER'S ALEHOUSE 11 Centre Square	610-250-9949
PERKINS FAMILY RESTAURANTS 3rd & Ferry Streets	610-258-5206
PHENOM 161 Northampton Street	610-258-9777
PIZZA D'ORO ITALIAN RESTAURANT 208 Cattell Street	610-253-5533
PORTER'S PUB 700 Northampton Street	610-250-6561
QUADRANT COFFEEHOUSE AND BOOK MART 20 North 3rd Street	610-252-1188
RIVER GRILLE 241243 Northampton Street	610-923-5110
SALVATORE'S PIZZERIA & RESTURANT 302 Town Center Blvd	610-252-4089
SCULLY'S SEAFOOD 222 Cattell Street	610-252-9969
SEA HAAG 325 Cattell Street	610-258-2090
SETTE LUNA 219 Ferry Street	610-253-8888
SICILY II 1434 Knox Ave.	610-559-7995
SOGO 237 Northampton Street	610-250-0198
SUBWAY SANDWICHES & SALADS 16 North 3rd Street	610-559-1951
TOUCH OF THAI 123 North 2nd Street	610-250-0716
TRACY'S CAFÉ 501 Cattell Street	610-252-5090
WHITE HOUSE CHINESE & AMERICAN RESTAURANT 75 North 4th Street	610-252-1087
WOK N' ROLL 1508 Sullivan Trail	610-330-9646

WAWA

225 Cattell Street

Once you get on to the hill, you will notice that one of the most important hotspots for the survival of students is Wawa. Wawa is a local store (not big enough to be a grocery shop but not small enough to be a convenience store) that caters to immediate students needs. They offer deli sandwiches, bread, juices, hot beverages, ice-cream and other essentials that you need in your four years here. Some of the reasons Wawa is so popular is that: it's cheap, it's open 24 hrs a day, seven days a week and it is the closest store to campus. In fact, Wikipedia's entry on Wawa has a mention of the Wawa near Lafayette, check it out at: http://en.wikipedia.org/wiki/Wawa_Food_Markets. Our Wawa is located conveniently on the crossing between Cattell and High Streets. Once you get a little acquainted with campus, you will discover its location with ease. After that, HAPPY EATING!!

GREEK LIFE

(This has nothing to do with Greece!)

Don't worry; we know you have no clue of what Greek life, sororities and fraternities are about. These terms are exclusively American and it's normal that they seem strange to you.

However, believe it or not, Greek life is a big deal here at Lafayette. A large number of students join a fraternity or a sorority every year. Social life on campus is largely determined by the Greek system.

A fraternity is a men's student organization formed chiefly for social purposes, having secret rites and a name consisting of Greek letters. The members of the fraternity are called "brothers". Fraternities on campus are:

- Delta Kappa Epsilon (Deke)
- Delta Upsilon (DU)
- Kappa Delta Rho (KDR)
- Phi Gamma Delta (Fiji)
- Phi Kappa Psi (Phi Psi)
- Zeta Psi (Zete)

A sorority is a female living group whose members are called "sisters". Sororities on campus are:

- Alpha Gamma Delta (AGD)
- Alpha Phi
- Delta Delta Delta (Tri-Delt)
- Delta Gamma Epsilon (DG)
- Kappa Kappa Gamma (Kappa)
- Pi Beta Phi (Pi Phi)

Students who choose not to join the Greek system are called independents.

Upon your arrival at Lafayette you will probably be surprised to see many people wearing T-shirts and sweatshirts with Greek letters because they belong to a fraternity or a sorority. Men and women will become affiliated with fraternities and sororities in the middle of their sophomore year. During "rush," open houses and social activities are held to acquaint students with the options provided by these campus groups. Information will be made available to you during the fall regarding the Greek system.

Each fraternity and sorority has a house in which some of the members live and where most of the meetings and activities are held. Look on the map for them.

The Greek organizations also run important community service (philanthropy) programs and participate in intramural sports. You do not need to join a fraternity or sorority to do volunteer work or participate in sports programs, as there are independent offices on campus in charge of all the community service and athletic opportunities.

Being a member of a fraternity or sorority can be a good way of learning about American culture and experiencing a unique aspect of college life, as well as an excellent means of contributing information and traditions from your own culture to a group made up predominantly of American students.

Despite these benefits you will see that very few international students are involved in the Greek system. Some independents feel very happy about their decision of not to join, but some of them regret not having had the chance to learn about the system beforehand. The Greek system controls most of the late-night social life on campus, as most of the parties take place in their houses. Independents may attend most of the parties that occur; however if you are not interested there are other things to do on campus.

This may sound strange to you now, but you will become very familiar with Greek life since it is a very relevant feature of Lafayette College. You will be very confused in the beginning because you are not used to it, so don't panic.

Our advice is that you keep an open mind and try to learn as much as you can about the Greek system, bearing in mind that it is part of American culture. And remember that "rushing" is OPTIONAL. You must not allow yourself to be pushed or persuaded by either side. Deciding to be or not be attached to a specifically labeled organization IS YOUR PERSONAL DECISION.

HOLIDAYS

In the academic year there are four vacation periods during which the college closes. They are Fall Break (4 days) in October, Thanksgiving Break (5 days) in late November, Christmas Break (one month) in late December, and Spring Break in mid-March (9 days).

While most of the students leave campus, it is not always easy for international students to travel around, and almost impossible to go home for a short period of time. Most cannot afford it and in many cases the distance to travel is so long that it is simply impractical.

The school allows international students to remain on campus during breaks if they are unable to make alternate arrangements. Many of the services on campus such as the swimming pool and food court remain open and accessible.

During breaks the ISA often plans activities such as mini golf, bowling, ice skating, amusement park trips, movie nights, on-campus parties, and shopping and sightseeing trips to places such as Boston, New York City, the New Jersey shore and Washington D.C. These trips are arranged so that the cost is minimal for those attending.

In addition to these vacation periods you will encounter some holidays in the United States that are unfamiliar to you. The major ones are listed below. In most cases businesses and state schools close during those noted as legal holidays.

January 1, New Year's Day

Celebration of New Year's Day usually occurs the night before, known as New Year's Eve, when it is common for groups of people to have a party and to celebrate together the coming of the New Year. New Year's Day is a legal holiday.

January 15, Martin Luther King's Birthday

Birthday of the assassinated civil rights leader. A legal holiday.

February 14, Valentine's Day

A day for lovers and friends to exchange cards and gifts. You will see special cards and signs with hearts all over the place.

February 17, President's Day

Commemorates the birthdays of two of the greatest Presidents of the United States, Abraham Lincoln and George Washington.

March 17, St. Patrick's Day

Dedicated to the patron saint of Ireland. Many people wear something green on this day.

Jewish Passover

A commonly observed Jewish holiday in March to commemorate the emancipation of Jewish people from the slavery of Egyptian Pharaohs.

Easter

Palm Sunday (The Sunday before Easter). Recognized by Christians as the day Jesus rode into Jerusalem.

Good Friday (The Friday before Easter) Recognized by Christians as the day Jesus was crucified on the cross.

Easter Sunday (late March or April). Date varies. Christians celebrate the resurrection of Jesus Christ by attending a church service often followed by a special family meal. Non-Christian traditions for children include baskets of candy and dyed hard-boiled eggs hidden by a mythical Easter Rabbit or Easter Bunny. The children look for the hidden eggs, which are sometimes filled with little prizes, money or candy. You will see a lot of signs and decorations with rabbits and chicks, and stores filled with chocolate or candy eggs.

April 1, Fool's Day

People may play or tell harmless jokes on each other. You will be tricked or told funny lies. It is all just for fun.

Mother's Day

(Second Sunday in May) Gifts, candy and/or special attention is given to mothers and grandmothers.

Memorial Day

(or the last Monday in May). A legal holiday when homage is paid to U.S. soldiers who died in wars.

Father's Day

(Third Sunday in June). Gifts, cards and/or special attention are given to fathers and grandfathers.

June 14, Flag Day

Celebration of the adoption of the American flag.

July 4, Independence Day

Usually called the Fourth of July. Parades, fireworks, and flags are used to celebrate the signing of the U.S. Declaration of Independence from Great Britain. A legal holiday.

Labor Day

(First Monday in September) A legal holiday recognizing the importance of the work force.

Rosh Hashanah

(in September, date varies) Jewish New Year.

Yom Kippur

(in September, date varies) Jewish Day of Atonement.

October 12, Columbus Day

Celebrates the landing of explorer Christopher Columbus on the shores of North America.

October 24, United Nations Day

Speeches and events celebrating the founding of the United Nations.

October 31, Halloween

A children's holiday associated with carving faces on pumpkins called jack-o'-lanterns and making witches, cats, and ghosts for decorations. Children go around the neighborhood wearing costumes and knocking on doors saying "trick or treat" to receive candy. On campus and at clubs, a lot of costume parties take place.

Election Day

(The first Tuesday in November) Banks and bars are closed. People may leave work briefly in order to vote in municipal, county, state and/or national elections.

November 11, Veterans Day

The holiday honoring veterans of the Armed Services.

Thanksgiving Day

(last Thursday in November) A celebration stemming from early American settlers to thank God for the harvest and other blessings of the year. A legal holiday. Traditionally families gather and a large meal of roasted turkey, pumpkin pie, and other dishes are prepared.

Hanukkah

(Late November or (usually) December) An eight-day Jewish holiday marking the rededication of the Temple.

December 25, Christmas Day

The major holiday in the U.S. It began as a Christian celebration of the birth of Jesus Christ, but is now a widely celebrated day of feasting and gift giving. Santa Claus, a mythical figure, is said to visit the homes of children on the night of December 24 and leave gifts for them while they sleep.

BANKING INFORMATION

It is highly recommended that all international students open a bank account as soon as possible. As a student you will need easy access to cash. It is helpful to discuss banking arrangements prior to your leaving your home country. These are some of the questions that you may have when opening a bank account:

What type of account is best for me?

Savings account: useful for earning interest. With this account you do not have checks. A savings account might be useful if you have a fairly large amount of money that you don't really need to spend for a while. You can make a deposit and therefore take advantage of the interest, until you have to use the money.

Checking accounts (a.k.a. current accounts): used by people who want to be able to write checks in order to pay bills and for shopping (not all stores accept personal checks). Checks are very useful and convenient for paying phone bills, the College Store, and so forth. Most student checking accounts are free of monthly charges. These accounts also issue ATM (Automated Teller Machine) Cards / Debit Cards to the clients. These cards can also be used for paying bills, shopping and withdrawing cash from the account.

NOW accounts ("Negotiable Order of Withdrawal"): a combination of a checking and a savings account. With this account you can gain interest and have the benefit of checks.

What banks are there in the Easton area?

Bank of America: 101 Larry Holmes Drive 610-253-5858

First Union Bank: in Center Square 610-250-3483

Keystone Nazareth Bank and Trust: 301 Town Center Blvd. 610-253-4722

Lafayette Ambassador Bank: Fourth & Northampton 610-250-2350

PNC Bank: 61, North Third Street 610-515-0972

Sovereign Bank: 100 North & 3rd Street 610-250-2100

Summit Bank: 101 Larry Holmes Dr. 610-250-3410

Wachovia Bank: 1733 Washington Blvd 610 250-3450

There is an ATM (Automatic Teller Machine) for cash withdrawals in Farinon and at Wawa – the local minimart near campus.

How do I open an account?

1. Visit a branch of bank with valid identification (social security card, passport and campus address including your box number)
2. Fill out a signature card and application form and make an initial deposit.
3. The initial deposit may take about two weeks to clear before you can withdraw money from your new account. Make sure that you have enough money to use until you can withdraw money from your account.

What else should I know about?

U.S. currency: United States currency is based on the decimal system with 100 cents to each dollar. Metal coins are all silver with the exception of the penny, which is copper. The penny or cent is the coin of smallest value, equal to 1/100 of a dollar. Other coins include nickels (\$.05), dimes (\$.10), quarters (\$.25) and a rarely used one-dollar coin (\$1.00). Paper currency comes in the following denominations (be careful, they are all the same color and size): \$1, \$5, \$10, \$20, \$50, \$100.

Foreign checks, even if drawn in U.S. dollars, may take from two weeks to three months to process after depositing at a local bank. During this "holding period" these dollars are not available for your use and no interest is earned. Therefore, it might be a good idea to have your family make a wire transfer directly to your account instead.

Travelers' Checks: Travelers' checks can be purchased at your local bank and, with supporting identification, are easy to cash anywhere. They are a safe and convenient method of carrying money when traveling to another country.

Bank (ATM) cards: Many banks issue cards that make their deposit and withdrawal services available to you 24 hours a day through their automatic teller machines. These machines are located outside the banks in various places (and as mentioned in Farinon and Wawa). It is convenient to have a bankcard to avoid long lines at the bank and for having easy access to cash after banking hours or in case of an emergency. You can also make deposits of transfer funds using ATM cards.

Credit cards: Cards such as Visa and MasterCard are offered by a majority of banks. Credit cards allow you to make purchases on credit. You will receive a monthly statement from your bank, which has to be paid usually within 25-30 days. Credit cards vary in interest rates and annual fees. It is advisable that you check the terms of agreement before applying. It is not always easy to obtain a credit card.

Money Transfers: Certain banks and financial institutions provide services for transferring money electronically to an existing bank account from a foreign or domestic bank account. The funds are quickly available to the beneficiary. Examples are wire transfer services provided by banks and Western Union money transfers.

GOVERNMENT REGULATIONS

VISA INFORMATION

The following summary of U.S. immigration regulations is provided to give you basic information about your non-immigrant visa status. Please remember that it is your responsibility to know and follow the regulations under which you may study or stay in the U.S. on a temporary or permanent basis. If you do not follow these regulations, you could find yourself in difficulty with the Department of Homeland Security/U.S. Citizenship and Immigration Services (USCIS). If you have any questions about visa matters, contact Mrs. Janine Block. Her office is located in Career Services, 200 Hogg Hall and her campus phone number is 610 330-5546. Friends, faculty advisors and others may be well intentioned in their advising on immigration matters, but they are not dependable sources for this often changing information so crucial to your stay in the U.S.

Entering the U.S.

Visa Stamp on your Passport. To enter the U.S. you need a valid visa stamp in your passport, which you obtain from an American embassy or consulate outside the U.S. Once you are in the U.S. your visa stamp may expire. You do not need a valid visa stamp to stay in the U.S., but if you leave the U.S. and wish to return, then your previous visa must still be valid or you must apply for a new one. Special regulations apply for re-entry to the U.S. from various countries. It is advisable to check with the ISA Advisor before traveling outside the U.S. You may bring your passport and visa documents to Janine to review.

Form I-94, or the "Arrival/Departure Record". When you enter the U.S., (usually via air) you receive the Form I-94, a small white card issued by the USCIS that shows your port and date of entry and type of visa classification. It also indicates how long you may stay in the U.S. "D/S" is an abbreviation for "duration of status" and means that you may stay until the completion date on your I-20 ID as long as you maintain a full-time student status. This is your most important immigration document. In most cases it is this card, not the visa stamp, which indicates how long you may legally stay in the U.S. Be sure to staple your I-94 to your passport, as this is an important document required for applying for social security and departure from the U.S.

Form I-20 ID: Pages 1 and 3 of the I-20 form serve as the "I-20 ID student copy". These pages show the date and place of admission to the U.S. and, most importantly, the admission number, which is your identification number with USCIS. Do not surrender the I-20 ID when you leave the U.S. for brief visits. Requests and approvals for practical training and transfer of schools are recorded on the I-20 ID. **DO NOT LOSE THIS FORM!**

Maintaining Your Visa Status

- Your passport must be valid for six months beyond your anticipated stay upon your admission to the U.S. People from certain countries are exempt from this six-month rule; the ISA advisor can tell you who is exempt.
- You can work only on campus, unless granted approval from the USCIS.
- You must not work illegally. Please check with Janine Block before undertaking any kind of paid employment in the U.S.
- Students are required to register for and maintain a full-time course of study during the regular academic year.
- You will not be able to renew your visa within the U.S. but your passport can be renewed by your respective embassy in the U.S.

Traveling Outside the U.S. and Re-entry:

Ask the ISA advisor before leaving to make sure you have the correct documents. Some procedures are different when you travel to Canada, Mexico or the islands adjacent to the U.S. In general, you will need the following documents to re-enter the U.S.:

1. A valid passport.
2. A valid visa stamp except for visits of fewer than 30 days to Canada.
3. Your current I-20. NOTE: prior to traveling if there has been no substantive change in the information on your I-20, you need only have Page 3 of your I-20 signed by one of the school's Designated School Officials (DSO). If there are changes to the information on your I-20 they must be reported immediately to International Student Advisor, Janine Block, and an updated copy will be given to you for travel purposes. Signatures are valid for one year, however we advise that you have your I-20 signed each time you travel to show a current contact with the school. Your I-20 should be taken to either Janine Block or Registrar Benginia's office at least a week before you intend to leave the country to allow adequate time for processing.

IMPORTANT NOTE: Keep all I-20s issued to you. DO NOT throw these away. You need only present your most current copy when entering or exiting the U.S., but you may need the older versions when applying for work authorization in the future.

Employment and Taxes

International students are allowed to work only on campus without having applied for Optional Practical Training. Popular jobs are through computing services, the library, Kirby Sports Center and tutoring through the Academic Resource Center. Under an F-1 visa status international students are allowed to work for one year in the U.S. while in school or after graduation without a green card in a field related to their studies, with authorization from U.S. Citizenship and Immigration Services. Your application should be filed 120 days before the end of the semester. Application forms can be obtained from Janine Block or the Dean of Student's office. The ISA Advisor must review and sign all papers, as well as submit your request to the USCIS through SEVIS.

Anyone working on or off campus must pay certain taxes. However often students will earn less than is required to pay taxes. (F-1 students are exempt from paying social security and certain other taxes for five calendar years beginning the year of their entry into the U.S.) Tax forms must be filed in order to receive a tax refund. The Controller's office will assist you with such matters and contact you beforehand so that an appointment can be scheduled.

Social Security Numbers/Tax Identification Numbers

Any student who works on or off campus is required by law to have a Social Security number registered with the Social Security Administration for wage earning, eligibility benefit and tax reporting purposes. Each year the ISA arranges a trip early in September to the local Social Security office downtown to assist new international students in applying for a number. **(Note: students must be in the U.S. at least ten days and have secured a job to be eligible for a Social Security number).** Applying for a Social Security number (and card) is free.

In addition to completing the application, Form SS-5, which will be provided ahead of time by your International Student Advisor, you must also present proof of age, identity, immigration status and eligibility to work when you apply.

To do so you should bring the following **original** documents:

1. Your passport (**however, if this is less than 6 months old it will not be accepted and you will need your birth certificate instead**)
2. Your I-94, *Arrival/Departure Record* (Given to you on arrival in the USA)
3. Your I-20, *Certificate of Eligibility for Nonimmigrant Student Status*
4. A letter from your International Student Advisor identifying your employer and the type of work you will be doing
5. A letter from your employer on campus describing your job, employment start date, how many hours you will be working and your supervisor's name and telephone number, both signed and dated.

Once your documents are verified through the Department of Homeland Security, the assigned number will be issued to you on a card within about 2-3 weeks (barring any document discrepancies). **Please be sure to maintain this card safely with all of your other official documents.**

Note: You may begin working **on campus** without having yet received your Social Security card; however, once it arrives you must present it to Karen O'Reilly at the Payroll window in Markle Hall for her to copy and enter into your records. If you fail to present your new social security card within 3 weeks, your supervisor will be notified and you will not be allowed to continue working until the card is shown. Early in the spring semester you will be contacted to set up an appointment to learn how to report your taxes. In the U.S., all people are required to submit tax forms to the government by April 15th and *having your Social Security number will be essential.*

Students who do not work on campus but who receive financial assistance from Lafayette are required by law to have a Tax Identification Number. The ISA will also assist students in this situation by providing transportation to the office in nearby Bethlehem.

RESIDENCE LIFE

In their first year, every student is assigned a double room in a residence hall. This means that you will have a roommate, and many hall mates.

This is new for most international students, but don't worry, it is new for American students as well. You won't know anybody in the beginning, but you'll see that after two weeks, you will already have friends in your hall. It's a lot of fun.

As an international student, you will probably have an American roommate. Do your best to get along with him or her and try to show respect so that your roommate respects you. Try to maintain a friendly relationship with the rest of your hall mates as well.

Residence life is a great experience. Sharing is required, and not always easy, but at the same time can be very enriching. There will be a Resident Advisor (RA) on your floor. The RAs are upper class students at Lafayette, who can relate to you. He or she will be there to help you out. You will have several floor meetings at the beginning of the year to discuss some basic hall rules, such as study hours, visiting hours, and alcohol and drug policies and procedures. These meetings will also be a good chance to get acquainted with the RAs and other students in your building. The RAs will plan floor events, study breaks and other activities, and will try to update you on all the events happening on campus. If you have any problem with your roommate or anything concerning your life in the hall, get in touch with your RA. He or she will help you and, if necessary, report it to the Director of Residence Life so that your problem can be resolved.

The Residence Life Office is located in 132 Farinon. The Director of Residence Life is Annette Diorio and the Associate Director is Grace Reynolds. Please refer to the useful website they have created for information on move in/check out dates, interim housing and storage facilities at:

<http://www.lafayette.edu/~reslife/index.php>

You will have your own keys to your room as well as a checkpoint for getting into your building. Don't lose them, because you will be charged for the replacement. Please remember to ALWAYS LOCK YOUR DOOR, even if you are just in the lounge. Also, bring the key with you - you don't want to be locked out. The checkpoint will only work 24 hours for your dorm only. As for other dorms, the checkpoint will work till 10 pm on weekdays and 12 am on weekends.

There is a kitchen and a laundry facility in your residence hall. Ask your RA about using these facilities. The laundry facilities have been made free of charge for students. Students who wish to have mini refrigerators or combination microwave/refrigerators in their rooms may rent them yearly through the college or buy them from a store.

Also, every floor has an emergency phone with which you can rapidly contact security, the health center and other emergency numbers, which will be posted near the phone.

The phone system the school uses is called STC. This system allows you to make calls from any phone on campus using a personal access code. You are then billed for calls based on your code. This is useful since you won't have to share a phone bill with your roommate.

STC has regular rates for international calls, but you may want to contact other phone companies to check if they have better saving plans for your long distance needs.

“Calling Cards” are another option for obtaining good rates. Ask older ISA members from your country, which phone card dealers are best. Calling cards can be purchased at stores or online. You could start your search for calling cards by checking out the following websites:

www.onesuite.com

www.uniontelecard.com

www.nobelcom.com

www.zaptel.com

www.sdicards.com

www.pinonsale.com

SKYPE

Another convenient option to contact home is to use Skype. Skype is an internet telephony software much like different chat software like MSN Messenger or AOL IM. Its advantage lies in the fact that it is primarily used for computer to computer voice chat. Additionally it can also be used to call telephones from computers. Calling rates are relatively cheap too. You can get more information about Skype at www.skype.com.

Cell Phones

You might find it to be more convenient to obtain a cell phone with a plan. Examples of cellular providers are T-Mobile, AT&T (formerly known as Cingular) and Verizon. However, most providers will check on a potential subscriber’s **credit history** before selling a plan to them, and credit history is normally built with the use of a credit card. We understand that you may not possess a credit card when you get to the United States, which is why your peer advisors will hold a special session during your orientation focused on advice for cell phones. There are other ways in which a cell phone can be obtained – by paying a deposit for example – that will be further explained during this session.

TRAVEL

Once in a while, you may want to travel off-campus to shop, visit a friend in Pennsylvania or another state, or just to have some fun. As a Lafayette student and a member of the Easton community, here are the means of transportation available to you:

LCATS – This is a free shuttle bus service available for Lafayette students, faculty and staff to travel from the campus to the Easton bus station and nearby shopping centers which include grocery stores, pharmacies, discount department stores and malls. The schedule for the shuttle bus is available at www.lafayette.edu/community/lcats.html.

LANTA – This is a bus service available for the public to travel within the Lehigh Valley area. The most current schedules and fares for this bus service are available at www.lantabus.com

Greyhound/Transbridge lines – These are intercity bus transportation services available for the public. Although Greyhound lines serve more than 3100 destinations within the United States, the Transbridge lines travel specifically to Newark, JFK airport and New York. Information regarding these bus services is available on the following websites:

<http://www.transbridgebus.com/>
<http://www.greyhound.com/>

Taxi service – Taxis are recommended for short trips as they can become expensive. Many taxi services are available in and around Easton.

Easton Taxi Inc	166 W Canal St, Easton, PA 18042	(610) 258-2888
Quick Service Taxi Co Inc.	1101 W Cedar St, Allentown, PA 18102	(610) 434-8132
Lehigh Valley Taxi	130 E Goepf St, Bethlehem, PA 18018	(610) 867-1895

PAR AVION (By Air) – If you wish to travel within the United States by air, then you can buy your tickets online at the cheapest rates from these websites. Remember that the ticket prices also vary depending on the season (during a holiday season, e.g. summer, the ticket prices will be higher than usual) and also on the date of travel (if you are buying your ticket just 7 days before your date of travel, then the ticket prices would be higher than if you had bought it earlier).

<http://www.travelocity.com>
<http://www.cheaptickets.com>
<http://www.expedia.com>

DRIVING

DRIVER'S LICENSE

A valid driver's license is required in order to drive any vehicle in the U.S. If you need to apply for one, consult the Driver's License Manual, which is distributed by the Pennsylvania State Police Examination Point (ask international students about the closest ones). In order to obtain a Learner's Permit (the first step), you will be required to take a written exam, as well as a vision and color test and pay a small fee (around \$20). Only after passing these can you apply for the actual driving test.

Once you have a Pennsylvania license, you can drive anywhere in the U.S. because the driving laws are similar throughout the country. However post-graduation, if you are planning to stay in another state for an extended period of time, you should check about transferring your license to that state and becoming more familiar with their driving laws. Some states recognize the license of another state only for a limited period of time, such as 30 days. The International Students Association needs student volunteers with two years U.S. driving experience to drive the college vans during various excursions and therefore encourages all new international students to obtain a U.S. driver's license in their first year. The ISA schedules trips several times throughout the year to the Pennsylvania Department of Transportation for students to obtain their learner's permits.

OWNERSHIP

If you buy a car in Pennsylvania, it must be registered through the Pennsylvania Department of Transportation (PennDOT). For full information, consult the Driver's License Manual, printed by the state and available free upon request. It is required by law that you have proper auto insurance before you can register your car. To find an insurance company, look in the telephone directory yellow pages under "Insurance" and ask friends for recommendations on insurance companies with good reputations.

Notices of used cars for sale can be found in newspaper advertisements, in special magazines, or you can check the yellow pages under "Automobile Dealers-Used Cars." Ask the international students of Lafayette for special tips, since many of them have bought second-hand cars in the past. It is important to have a mechanic check a used car before buying it, to determine its condition. Make sure that the dealer is giving you a guarantee for no less than six months.

Lafayette allows only juniors and seniors to park their car on campus. However, as an international student, you may be allowed to have a car on campus due to your special circumstances. Before buying a car, make sure that you contact the Auto Regulations Office (in the Security Office, 11 Marquis Hall, phone ext. 5330) about parking and registration.

DRIVING WHILE INTOXICATED

In Pennsylvania there are strict laws governing alcohol consumption by anyone under 21 years of age. Driving a vehicle after you have consumed alcohol is against the law. There are strict penalties including loss of license and even a jail term if you are involved in an accident. **Please obey this rule!**

RELIGIOUS LIFE

At Lafayette College you will find broad religious diversity, especially among the international students. The Lafayette community will respect your religious beliefs and you are encouraged to express yourself freely. If you have any religious concerns or personal matters you need to discuss, the Chaplain is available for you. His office is located in Hogg Hall and the phone extension is 5320.

There are four organized religious groups at Lafayette:

- * Hillel (Jewish)
- * Lafayette Christian Fellowship (Evangelical Christian)
- * Muslim Student Association/ MSA (Muslim)
- * Newman Association (Catholic)

These groups meet regularly and plan numerous activities including Seder meals, Bible studies and retreats – all of which you are welcome to attend. Mass and an ecumenical service are offered on campus each week however some students choose to worship off-campus. Vans are available through the Chaplain's office for transporting students to places of worship not within walking distance. Obviously not all religious affiliations are active on campus. Contact any of the international students if you have any further questions on this matter.

Religious Advisors

John P. Colatch, Director of Religious Life, College Chaplain.	(610) 330-5320
The Rev. Charles Norman, Catholic Chaplain	(610) 253-5044
Dr. Robert I. Weiner, Hillel Director	(610) 330-5174
Javad Tavakoli, MSA Faculty Advisor	(610) 330-5433

For more information, please visit the Religious Life website:

<http://ww2.lafayette.edu/~rellife/index.php>

HEALTH SERVICES

All students at Lafayette are required to have health insurance and therefore almost all medical charges you might incur will be covered free of charge, with a copay or subsidized after a deductible is met. Located on campus is the Bailey Health Center (ext. 5001). Jeffrey E. Goldstein, M.D., is the Director of Health Services. Anne Clary, Carl Weiss, and Ann Marie McDermott are additional part-time physicians. Carl Weiss, MD, is the Consulting Orthopedic Surgeon.

There is no fee for examinations at the Bailey Health Center. However, there may be charges for some medications prescribed. The health insurance provided by Lafayette College (Consolidated Health Services) does not cover any dental expenses. Please see the description of this coverage plan sent to you by the college for more details. The approximate cost of this insurance program for the year 2009-2010 is around \$1900.00. You may want to consider alternative insurance programs that will cover your health care needs while a student at Lafayette. Information regarding other health insurance programs that are offer plans for international students can be found on the following websites:

The Chickering Group, an Aetna Company
www.chickering.com

CMI Insurance Worldwide
www.cmi-insurance.com

Compass Benefits Group
www.compassbenefits.com

Cultural Insurance Services International
www.culturalinsurance.com

The Harbour Group
www.hginsurance.com

HTH Worldwide
www.hthstudents.com

iNext
www.inext.com

International Student Insurance.com
www.InternationalStudentInsurance.com

International Student Organization (*Note: does not cover ER*)
www.isoabroad.com

Koster Insurance Agency
www.kosterweb.com

The Lewer Agency, Inc.
www.lewermark.com

Marsh Affinity Group Services

www.gatewayplans.com

Meridian Management Group, LLC

www.studenthealthenvoy.com

MultiNational Underwriters

www.mnui.com

Summit America Insurance Services

www.summitamerica-ins.com

T.W. Lord & Associates

info@twlord.com, tommy@twlord.com or 1-800-633-2360

UnitedHealthcare StudentResources

www.UHCSR.com

US NetCare

www.usnetcare.com

Wallach & Company, Inc.

www.wallach.com

Please note that we are not endorsing any particular insurance agencies and have provided this list only as a service to you. It is YOUR responsibility to ensure that the health insurance program in which you enroll has coverage comparable to the health insurance offered by Lafayette and covers emergency room visits.

During the academic year, the College Health Center is open from 8 a.m. to 10 p.m. Monday through Friday and 10 a.m. to 10 p.m. Saturday and Sunday. Over the summer there are limited physician hours but a nurse is generally available.

When the Health Center is closed, students needing emergency care may receive it at Easton Hospital's emergency room. Don't hesitate to call Public Safety (ext. 5333) for transportation to the hospital.

Also among the Bailey Health Center staff are three school psychologists* available to counsel students on personal issues. It is not uncommon for international students, especially new ones to experience periods of homesickness. If you are feeling lonely or troubled about something, do not hesitate to contact one of them at ext. 5005.

*Karen Forbes and Tim Silvestri

Important Phone Numbers

1. Bailey Health Center	610-330-5001 (on-campus dial only x5001)
2. Public Safety	610-330-5330 (on-campus dial only x5330)
3. Public Safety (Emergency)	610-330-5333 (on-campus dial only x5333)
4. Easton Emergency Squad	610-258-3871
5. Easton Police	610-250-6666
6. Easton Hospital	610-250-4000
7. Easton Hospital ER	610-250-4002
8. Poison Control Center	610-433-2311
9. Easton Taxi	610-258-2888
10. Carl Weiss, MD	610-515-8080
11. Muhlenburg Hospital Center	610-861-2200
12. Ann Marie McDermott, MD	610-258-3615
13. College Hill Dental Group	610-253-6052
14. Kathleen Zyskowski Dental Group	610-253-0731
15. Tencza Family Dentistry	610-258-4101
16. Anthony Callan, O.D.	610-253-6911

SLANG TERMS AND COMMON EXPRESSIONS

As a Lafayette College student, you will encounter certain colloquialisms and "slang" terms, which could not have been predicted by any English language textbook or teacher.

Such words are often unique to a certain group of people (such as those within the College community) and are forever changing. The following list will give you an idea of their usage. No list of this type can even come close to being complete. For this reason, you should never hesitate or be embarrassed about asking for clarification of a meaning or usage of a term with which you are unfamiliar. Students at Lafayette, and Americans in general, will enjoy helping you out with the oddities of their language, and many acquaintances have begun with a shared, good-natured laugh over a misused or a misunderstood idiom.

Americans tend to abbreviate words when they talk. Thus, they are likely to say "bio" for biology, "med school" for a College of Medicine, and "ECE" for electrical and computer engineering. It would be impossible to list all such abbreviations here. If you hear one you don't know, ask someone what it means.

Definitions followed by a (*) are impolite, profane, sexist or obscene. Be careful if you choose to use them. You will hear all of them, but remember that the meaning of a word can vary, depending on the context, and intonation. Nearly every international student can remember a time and blush over a term or expression they misused. This is no big deal if it happens to you.

Students who want a thorough and useful guide to profane or vulgar vocabulary and to polite terms for sexual and toilet activities are encouraged to obtain a small book called *A Foreign Student's Guide to Dangerous English* (published by Eardley Publications, P.O. Box 282, Rochelle Park, NJ 07662).

SLANG

ace - to do very well (e.g., ace an exam)

a.s.a.p. - as soon as possible

ass (*) - 1) stupid or insensitive person 2) a person's buttocks.

awesome - very good, interesting, or appealing

bar - place where alcoholic beverages are served

big deal - important event; may be used sarcastically to refer to something that is not important

bitch (*) - 1) to complain 2) a woman with an unpleasant personality; son of a bitch (*) - phrase insulting to males

blast or It's going to be a blast! - It's going to be a lot of fun

blind date - when someone "fixes you up" with someone you don't know for a date

blow or bomb - to be unsuccessful

blue or have the blues - feel depressed

bonding - making friends

bounce a check - to overdraw a checking account

broke (be broke) - having no money

a buck - one dollar

buddy - friend

bullshit (*) - nonsense; meaningless or untrue comment or discussion

bumped out – depressed

busted - 1) to be caught by the police while using alcohol or by anyone in authority while misbehaving 2) to be "broke"

get buzzed - 1) to get mildly intoxicated by alcohol or drugs 2) to get one's hair cut short

BYOB - Bring Your Own Beer; may be included on a party invitation

check out - 1) to sign out materials from a library 2) to try to find something; or check it out - to look over a situation

chill out or cool it - a command to stop what you are doing, relax

chubby - a little overweight

chug – to drink without stopping before finishing the drink/gulping the drink in one time

cool - awesome, great, OK, good

cop - police officer

couch potato - a lazy person who spends a large amount of time (perhaps on a couch) watching television

cram - to study frantically the night before a test (because you've left all the studying to the last minute)

to have a crush on someone - to be infatuated with someone

dork - an unfashionable and awkward person

dorm - dormitory, residence hall

down to earth - practical, straightforward

draw or draft - glass of beer ordered at a bar

drop - to withdraw officially from a course

drop in - to stop by, visit

dude - buddy, friend

dump someone - to end a relationship, leave someone

fed up or sick of - tired of

flexed out – run out of flex money

flip out - to lose control of oneself, get very mad

flunk – fail/do bad in an exam

freak out - to lose control of oneself

freshmen- a term used to identify first year students (men as well as women)

geek - unattractive, not stylish. Normally applied to those who study too much and are not very popular or sociable

get a clue - think sensibly

get lost (*) - go away (as a command)

get out of here – 1) I don't believe you; you must be joking 2) literally – a person wants you to leave

give someone a break - to stop criticizing or teasing; or Give me a break! - expresses disbelief

give someone a buzz, a ring, a call - to call someone on the phone

goofing off - acting silly; doing something that has no particular sense;
or A goof-off - lazy or idle person who sometimes does silly or clumsy things

gone - drunk, as in "He was totally gone"

gross - something disgusting, unpleasant, crude

grossed out - made to feel disgusted because of something gross

hang in there - keep trying; do not be discouraged

hang out - spend time with friends

hang-over - the physical symptoms after heavy alcohol drinking, normally the next morning - may include headache, stomach ache, nausea or vomiting.

hassle - 1) a problem or inconvenience 2) cause another person to have a problem or inconvenience

high or stoned - under the influence of drugs

hit on or make a move/pass at - to display interest and make sexual advances

hook up - to have intimate relations with someone who you are not dating seriously (not necessarily sexual intercourse)

horny (*) - desirous of sexual activity

hot - 1) very good looking 2) sexually aroused

ID - Identification Card

into something - to be really interested in something

jerk - an idiot; a mildly derogatory term

juniors- term used to identify third year students

keg - very large container of beer

kid - to tease, joke; are you kidding me? - are you serious?

knock it off! - stop doing that!

lay or get laid - to have sexual intercourse

loaded - extremely wealthy

lose it - to lose control of oneself

macho - exaggerated concern with masculinity

make up - 1) to reconcile 2) if a class is canceled, the teacher will probably want to have an extra one to "make up for" it 3) "I'll make it up to you" - I'll compensate you

mall - a cluster of many stores under one roof

mess with - to interact with or get involved with, usually in a way that causes harm of some kind; don't mess with me! - leave me alone!

messed up - 1) mentally and emotionally confused 2) not neat 2) intoxicated by alcohol or drugs

mind your own business - get your nose out of my business, it is my concern, not yours

neat - cool, OK

nerd - a geek, someone who studies a lot, boring

oops! - an exclamation used when a small mistake is made

to be open - to be accepting of something/someone (open minded); to speak frankly about oneself

out of one's mind - 1) crazy 2) doing something ridiculous

out of it - tired and not concentrating

overreact - to have an exaggerated reaction

pain in the neck/in the ass or in the butt - an unpleasant, annoying person or experience

pal - friend

pee - to urinate

phony - 1) something that is fake 2) someone who is insincere

on the pill - to be taking birth control pills

pinkie - the smallest finger

pissed off (*) - crude term for anger: "He/that pisses me off"; get pissed - become angry

pot or grass - marijuana

potluck - a gathering where most participants bring food to be shared among everyone

psych up or get psyched - prepare oneself mentally or emotionally for something; be psyched or psyched up - enthusiastic, excited about something; psyched out - emotionally unprepared for something

pull someone's leg - to tease

put up with - bear something or someone

quarter of – means 15 minutes before the hour: "Meet me at quarter of six." = 5:45

quarter after – means 15 minutes past the hour: "Meet me at quarter after six." = 6:15

RA - Resident Advisor in a residence hall

rip off - 1) anything too expensive and not worth the price, 2) to take what does not belong to you, or steal

screw (*) - to have sexual intercourse; or to get screwed - to be deceived or treated unfairly; or screwed up - 1) confused 2) broken

senior- term used to identify students attending their last year

shit (*) - excrement; or shit! - an utterance of surprise or annoyance

show - TV program, movie, film or theater performance

sick – used to express something cool or amazing

skip - to not go to class, to cut a class

slob (*) - 1) a lazy, fat person 2) a person who is not dressed neatly 3) an untidy person

sophomore- a term used to identify students attending their second year

spinning – dancing (only used on Lafayette Campus, usually at fraternities)

straight - a person who is conservative regarding matters of drugs, alcohol and sex

stud - a man who is very attractive and successful with women

sucks (*) - bad, negative, a pain in the neck: "That sucks!"

tacky - in poor taste, tasteless

wasted - drunk or extremely tired

WEIGHTS AND MEASURES

The U.S. has traditionally used the British System of weights and measures (which expresses weight in terms of ounces and pounds).

Weights

To convert grams to ounces, multiply the number of grams by .035.

To convert kilos to pounds, multiply the number of kilos by 2.2

30 grams = one ounce (oz.)

16 ounces (oz.) = 1 pound (lb.)

450 grams = 1 pound (lb.)

Distances

To convert centimeters to inches, multiply the number of centimeters by 0.39

To convert inches to centimeters, multiply the number of inches by 2.54

Short distances are measured in feet and inches.

Long distances are measured in miles.

1 inch (") = 2.54 cm

1 foot (') = 12 inches = 30.48 centimeters

1 yard (yd) = 3 feet (ft.) = 91.44 cm

1 meter = 3.28' (ft)

1 meter = 39.4" (inches)

1 meter = 1.09 yards

To convert kilometers to miles, multiply the number of kilometers by .62.

To convert miles into kilometers, multiply the number of miles by 1.61.

1 kilometer = .62 miles

1 mile = 1.6 kilometers

Liquids

1 fluid ounce = 29.573 milliliters

1 pint = 16 fluid ounces = 0.473 liter

1 quart = 2 pints = 0.946 liter

1 gallon = 4 quarts = 3.785 liters

Temperature

To Convert Celsius to Fahrenheit temperatures

Multiply the C temperature by 9/5 and add 32

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We wish to thank the previous executive boards of the ISA for coming up with the original draft of this handbook. We also wish to thank Mrs. Janine Block, the International Student Advisor, for her immense help and support in revising this edition of the handbook.