HAPPY NEW YEAR!

Congratulations on surviving fall semester! For those of you who are traveling over January, we wish you safe travels and look forward to seeing you again for spring semester. If you’re sticking around, whether you’re taking a class, working, or just hanging out over J-term, it can get a little lonely without so many students here. Below are some ideas to keep busy and have fun!

“Let our New Year’s resolution be this: we will be there for one another as fellow members of humanity in the finest sense of the word.”

-Goran Persson

GOING TO BE AROUND FOR J-TERM?
HERE ARE SOME THINGS TO DO ON CAMPUS TO STAY BUSY!

Visit us! All offices are open their regular hours, 8:00am-4:30pm, during J-term. Consider visiting the Career Center to touch up your resume, the International Education office to learn about study abroad opportunities, or the ISS office to stop in and say hi!

Watch a movie, play a board game, or cook! Did you know, Koch Commons desk offers a wide variety of entertainment items to check out? This includes TV series, movies, board games and card games, and more! Visit the desk to learn all they have to offer. This service is provided FREE to UST students - just bring your UST ID to check out items.

Join the SDIS book club! It’s not too late to join SDIS for their January Book Club. They are reading Orange is the New Black, which is the basis for the popular Netflix series. When you join, you get a free copy of the book and a private dinner with the author on March 25. The book club meets from 12:00-1:00 on Thursdays in January (8, 15, 22, and 29).

Explore winter! There are lots of fun winter activities to try, even in the cold! Have you gone skiing, snowboarding, or snowshoeing? You can rent equipment for these activities from Tommie Central for a reasonable price. Other fun snow activities to try: build a snowman or have a snowball fight with friends. P.S. - January is the coldest month in Minnesota, so by sticking around for it, you get lots of bragging rights!

Stay inside and warm! If frolicking in the snow isn’t your style, there are plenty of things to do indoors on campus too. You can play tennis in the AARC, video games in ’85, or bowl in the lower level of the ASC.
WHAT'S YOUR NEW YEAR'S RESOLUTION?

Pick just one resolution.
Trying to work on too many things at once can be overwhelming.

Make it specific and measurable.
Research shows concrete, specific goals are more likely to be achieved. Instead of saying "I will read more," say "I will read two books each month."

Create a strategy for success.
Recruit a friend to keep you accountable. Reward yourself along the way. Different strategies work for different people; figure out what works for you!

Failure need not be final.
It takes time to establish a new habit. If you slip up, don't stress! Just keep working toward your resolution.

Remember your goal every day.
Write down your resolution and post it somewhere you will see it every day.

Be proud of your accomplishments!
Don't forget to notice how far you've come and celebrate your accomplishments!

TOP RESOLUTIONS PEOPLE MAKE:

SUCCESS SERIES IN THE SPRING: "CAREER SERIES". 4-5PM MONTHLY
February 25th: Understanding the American Workplace. Hear from a panel of your UST international peers, from different fields of study, on how they landed the job and what it’s like to work in the U.S. (in ASC 202)

March 25th: Building Your Resume and Cover Letter the American Way. Do you still have your picture or date of birth on your resume? Hear from the Career Development Center on how to write a great cover letter and resume "the American way." (in ASC 202)

April 15th: How to Interview to Get the Job you Want. Interviews can be extremely stressful and it may not be natural to brag about yourself. Interviewing is the best time to show what you can do with confidence! Hear practical tips on how international students can dress, talk, and answer questions to land the job! (in ASC 202)

May 6th: Using LinkedIn for the Job Search. In searching for a job, networking is everything! Hear from Patricia Conde-Brooks on how best to use these tools to meet the right people and get your resume in the door! (in ASC 202)
GRADUATE STUDENTS

Staying in the Cities over J-Term and want to connect with other international graduate students? We are offering a few social hours in January, so mark your calendars!

Minneapolis Social at the Melting Pot
Supper with other international graduate students!

As a treat after finals, ISS is planning a social at the Melting Pot on Friday, January 9th, from 5:30-7:00pm. Our graduate assistant, Megan, will be joining you as well! Please note that ISS’s part in the event is simply creating the space for you all to meet! Any food or beverages ordered are the responsibility of those who ordered them.

St. Paul Social
For international graduate students!

When: Friday, January 30th, 2015
Where: Chatterbox Pub, St. Paul
What time: 4:30-6:30

This is a great chance to meet the new graduate students coming to UST! Let Megan (megan.couch@stthomas.edu) know if you plan on coming! The supper menu starts at 5:00pm at Chatterbox, and people are responsible for their own food and beverages, but Happy Hour is taking place, and board games and darts will be available to play.

Happy Hour served from 3-6pm

For directions or menu questions, check out the Chatterbox Pub website!

Calendar

December 31st
New Year's Eve is big here in the States. Be sure to tune in on your TV and watch the ball drop at midnight in Times Square and BE SAFE!

January
26th-January 30th
International Student Orientation is this week! Be sure to look out for new international students on campus and welcome them to our UST community!

February 2nd
Classes start Monday, February 2nd, so be ready to go and have all your school supplies set! Good luck with next semester!

SNOW TUBING AT BUCK HILL
The Minnesota Adventures crew is taking a group of students to Buck Hill to snow tube on Saturday, February 21st, from 5:30-7:30pm. Sign-up in ISS. $20. We will have hot chocolate and plenty of time on the hill, so be sure to dress warm and come prepared to get snowy and wet!