Successful Transitions

For those of you who applied for Fall 2010 transfer to an upper division university or college you may still be awaiting word or have heard from some of the UC campuses with smaller student enrollments. In the meantime though, you can do some planning so that your transition to your desired campus will be smooth.

- Read and respond when necessary to all communications from the campuses you have applied to such as supplying transcript updates, financial documents, etc.
- Read up about your desired campus and major department on the campus’ website or catalog. Find out about the local community surrounding the campus and identify services you may need such as banks, on and off campus housing options, etc. Visit your campus of interest.
- Once you have received word of acceptance, make your decision and send in your response and deposit if necessary before the due date; this may be known as Statement of Intent to Register or SIR.
- Learn the new terms used for campus resources such as Major Advisor as this person can be your new best source of information regarding your major, courses sequences and what you need to enroll in for graduation.
- If you will be attending a CSU or UC, make an appointment to see ISP Counselors.

Cleve Freeman or myself Susanne Chan to fill out the GE Certification form. If you meet all GE or courses for IGETC, this application when certified by De Anza’s Evaluation Department will be sent only to one campus.

- Complete the ISP Exit Form and attach a copy of your new campus’ admission statement. If you will be traveling home for a vacation before you start at your new campus, make sure the new school has your permanent address to send your new I-20.

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If you have been thinking about quitting smoking, you are welcome to make an appointment with Mary-Jo for individual smoking cessation counseling, or check out some of the excellent online programs such as www.whyquit.com, www.calsmokershelpline.org or for chewing tobacco users www.quitthecocaine.com

If you are eligible to receive an A.A./A.S. degree, make sure you apply for the A.A./A.S. degree by the second week of May to have your name written in the graduation program.

In order to apply for graduation, see your counselor or academic advisor to apply for an A.A./A.S. degree. Participating in the graduation ceremony is optional whether you complete the A.A./A.S. degree application on time or not. Students completing their degree requirements in the summer may participate in the ceremony.

For details about the graduation ceremony, call College Services at (408)864-8756 OR go to the following link for detailed information: http://www.deanza.edu/graduation/ ISP will host a graduation Open House so that you can file for your degree early. No appointment is required. Come to the ISP office the day of the Open House, your counselors are standing by!

The final deadline to apply for the A.A./A.S. degree is Friday, June 25.

Caps and gowns may be purchased at the Bookstore.

If you have any questions, please contact me by email, lomaxmaryjo@fhda.edu or call me at 408-864-8903. My office is the Health Center, lower level of campus center.

AA/AS Degree: How to file for it

The patch and the gum both deliver a small amount of nicotine into the blood stream which helps to alleviate the physical withdrawal symptoms like irritability, lack of concentration, headache, etc. These products do nothing to alleviate the psychological withdrawal symptoms such as wanting a cigarette when you are in a good mood, stressed out, angry, happy, etc.

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Health Talk with Mary-Jo

One of my jobs as a health educator is to help people quit smoking.

I remember one young man from Japan who had just arrived to the US two days before coming to see me. He was unpleasantly surprised when his host family told him that he was not allowed to smoke in or around their home. He had to walk down to the end of the street to have a cigarette. I only saw him once. I don’t know if he found a more accommodating host family or if he got used to walking down the street.

Another student who wanted to quit told me that he started smoking when he arrived to the US because another student told him that smoking was a great way to meet people. Now that he had lots of friends, he wanted to quit.

While it is true that California has one of the strictest smoking bans in the U.S., many countries restrict smoking in certain places and those restrictions are getting more common. In January, China, which accounts for almost 30% of the world’s tobacco consumption, banned indoor smoking in 7 of its provincial capitals. Even Slovenia, which, in a market research survey published in The Economist magazine in 2008, ranked third among countries that smoke the most, banned smoking in some public indoor locations and raised the legal age to purchase cigarettes from 15 to 18. (In that same survey, Ukraine ranked number 2 and Greece number 1 as the country that smokes the most).

Quitting smoking is difficult but not impossible to do.

“Being motivated to quit is critical because it takes will power, determination and imagination to stick with it. Preparation is also crucial.”

In my experience with helping people quit smoking, inadequate preparation is the most common mistake people make. Many smokers decide today that they are going to quit tomorrow (usually when they have run out of cigarettes), and when they cave in to a craving they feel bad about having ‘failed’.

Why should learning to quit smoking be different than learning any other new skill?

It takes practice. In my smoking cessation sessions smokers keep a log of when, where, why, and with whom they smoke. This log helps to identify one’s triggers. Once the triggers have been identified, we can brainstorm alternative behaviors.

“The patch and the gum both deliver a small amount of nicotine into the blood stream which helps to alleviate the physical withdrawal symptoms like irritability, lack of concentration, headache, etc. These products do nothing to alleviate the psychological withdrawal symptoms such as wanting a cigarette when you are in a good mood, stressed out, angry, happy, etc.

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“Nicotine-replacement products like the gum or patch are useful tools but it is important to realize that they are not magic bullets.”

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Traveling This Summer?  What you need to know before you go...

**Travel Abroad & Re-entry to the U.S.**

**Required Documents**

- **Passport:** Your passport must be valid at least six months into the future at all times, especially upon initial entry or re-entry to the U.S.

- **U.S. Entry Visa:** The visa stamp in your passport should be valid on the date of your return to the U.S. (It does not, however, need to remain valid during your stay in the U.S.) If you have an old, expired passport with a valid U.S. entry visa, you do not need to get a new visa stamp in your new passport as long as you carry both passports when you enter the U.S. Canadian citizens do not need a U.S. visa. Canadian landed immigrants, however, are required to obtain U.S. entry visas.

- **Evidence of Financial Support:** It is strongly recommended that F-1 students carry proof of the financial support and resources reflected on the Form I-20.

- **OPT students** should carry the Employment Authorization Document (EAD) and proof of employment (e.g. employment verification letter issued by employer). For more details on Traveling, please check the Department of State website at: http://travel.state.gov

**Travel Inside the U.S.**

- **We strongly recommend that you carry a valid passport, I-94, I-20 and proof of current class registration or program.**

**Travel to Other Countries**

- Other countries may require a visa and/or immunizations to enter their country. Before your departure, contact the nearest consulate or embassy of the country(ies) you plan to visit for updated information.

**Remember:** Your I-20 must be endorsed by ISP before traveling. Take advantage of the Fast Pass Day to drop off your I-20 along with a completed Request Form and be able to pick it up the next day.

**Traveling This Summer?**

**Fast Pass**

Thursday, May 27 & Tuesday, June 8
9:00am—12noon
ISP Office: LCW, 102

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**All workshops take place in the**

**Student & Community Services Bldg.,**

**Conference Room, 2nd floor (above Bookstore)**

<table>
<thead>
<tr>
<th>Title</th>
<th>Date</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment &amp; Social Security Number</td>
<td>Tues, April 20</td>
<td>3:00 - 4:00pm</td>
<td>On &amp; Off Campus employment. Eligibility. Social Security # &amp; Practical Training.</td>
</tr>
<tr>
<td>Graduation &amp; Transfer Readiness</td>
<td>Thurs, April 22</td>
<td>1:30 - 2:30pm</td>
<td>Tips for successful graduation and transfer to 4-years institution. How to file for AA/AS degrees, choosing the right university, GE and</td>
</tr>
<tr>
<td>Nursing Major</td>
<td>Tues, April 27</td>
<td>3:00 - 4:00pm</td>
<td>Learn about pre-requisites, its highly competitive application, and op-</td>
</tr>
<tr>
<td>UC Application</td>
<td>Tues, May 11</td>
<td>3:00 - 4:00pm</td>
<td>Application deadline for UC is November 30th. Are you on the right track towards completing all of the IGETC and major requirements?</td>
</tr>
<tr>
<td>Recommendation Letter &amp; Personal Statement</td>
<td>Thurs, May 20</td>
<td>11:00 - 12:00noon</td>
<td>Tips on how to get the best recommendation letters and how to write a good personal statement.</td>
</tr>
<tr>
<td>Tax Workshop</td>
<td>Fri, June 4</td>
<td>10:00 - 11:00am</td>
<td>All F-1 students must file for income taxes. Deadlines to file are April 15 if you worked last year or June 15 if you did not work.</td>
</tr>
</tbody>
</table>
“South Asians for Peace (SAP) is De Anza’s one and only South Asian student organization who works to spread awareness of the diverse cultures of South Asia as well as to bring peace through action,” says active President Tamanna Noyon. “SAP also strives to connect De Anza students by bridging all cultural and religious differences.”

“SAP, continues Noyon, celebrates important South Asian holidays, hosts movie nights and holds an Annual Cultural Show.

Upcoming Events
♦ April 20-23: Henna Week Main Quad 11:00am-1:00pm
♦ May 6: Annual Cultural Show & Fundraiser - COSA 2

This event will feature performances from all six South Asian countries and is completely dedicated to support Omeid International, an American non-profit organization working to bring peace and rebuild Afghanistan.
Contact sap.deanza@gmail.com for more information.

♦ SAP Club President: Tamanna Noyon
♦ Members: 40 active members
♦ Weekly meetings: Spring 2010 Wednesdays 12:30pm-1:30pm El Clemente Room—Campus Center
♦ To join SAP: email sap.deanza@gmail.com

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A virtual copy of this newsletter can be found at: www.deanza.edu/international