YOU ARE AS WELCOME AS THE FLOWERS IN MAY

MAY 2020
INTERNATIONAL STUDENT SERVICES
UNIVERSITY OF ILLINOIS SPRINGFIELD
As many of you may know, Dr. Clarice Ford, Vice-Chancellor for Student Affairs and direct supervisor of our office, passed away on Sunday, April 19, 2020. Throughout this sad time, we remember the dedication and deep-seated support that Dr. Ford gave to our office and international students at UIS. As a busy woman, Dr. Ford was, she consistently attended ISS events and created meaningful relationships with international students as well as with our staff. Dr. Ford has paved a strong foundation for what it means to be a Vice-Chancellor for Student Affairs at UIS, and that will always be remembered. There are several articles on the UIS website and social media if you would like additional information. This space is to give Dr. Clarice Ford a small piece of appreciation. Dr. Ford will be deeply missed in hearts across the world.

The staff of ISS
As I write these words from my home office, due to the temporary closing of the UIS campus facilities, I cannot help but wonder how the final weeks of the spring 2020 semester have gone for all of you. While I know that some of you actually prefer to have some time alone and to work on your studies in the quiet of your own space, others struggle with the lack of social interaction and the absence of the feedback that you need from your instructors and your classmates. Rest assured, a new normal is coming. It will not be the same as the old normal, and that could be a good thing. It will, however, become customary and comfortable to you, and you will succeed with your educational plans.

Meanwhile, ISS is here to help in any way that we can. We are finding ways to get all our work done and to provide you with the quality service to which you have become accustomed. Please continue to reach out and to let us know what you need.

For those for whom the spring 2020 term is your last term at UIS, we do wish you the very best. We will celebrate with you via the internet for now and in person, once it has been decided when and in what form that personal celebration will occur. For those continuing in F-1 status in the US and participating in Optional Practical Training, we will continue to work closely with you and to assist you with the maintenance of your status. For these as well as for those leaving the US, we hope that you will stay in touch. We will enjoy seeing you on social media and celebrating with you as you continue your lives, studies, careers, etc. And, of course, we would welcome a visit if you happen to be passing through Springfield ever again.

Don't forget to set up your e-mail forwarding for life so that anything sent to your UIS email address will reach you once you no longer have direct access to @uis.edu. You will not always be able to send messages from that address, but you will always be able to receive anything sent to you there. For those remaining in the US, you will also need to submit your new address to us via iStart once you leave your current address. You should do that within 10 days of your move.

Now, get out there and live that leadership that you learned at UIS.

Sincerely,

Rick Lane
This festival celebrates the birth of a child. Hamamatsu Festival's origins date back to the 16th century when the birth of an heir to the domain was celebrated with a kite display. The tradition is echoed around the country when carp flags are flown on Children's Day on May 5, the climax of the festival. Over the three days, more than 100 large kites take to the skies. The highlight is a battle between 100 kites. The aim is to cut your opponent's string using friction alone. You can fly your own kites nearby, but the battle is for experts only. In the evening the streets see a parade of 83 festival floats accompanied by traditional music. Each float is elaborately carved and decorated, and they are referred to as “palaces.” Other attractions include dancing and drum and bell performances. Hamamatsu has a substantial non-Japanese community who take part in the festival, giving it a welcoming and cosmopolitan atmosphere.
International Student Spotlight

NOUF NASIR

Where are you from?: Riyadh, Saudi Arabia
Spoke Languages: Arabic & English
Major: Master of Public Health – Environmental Health
What hashtag best describes you?: #Ambitious #Dreamer #Passionate

Tell us about yourself – hobbies, interests: I’m a retired microbiologist who loves to volunteer and be a part of any volunteering opportunity. I’m currently on a scholarship from the Ministry of Health in Saudi to study Public Health and fill out a job position when I get my degree from the United States. I don’t have a specific hobby, but I find myself happy trying new things such as learning piano, traveling and exploring new places, or even cooking a new recipe.

What is your favorite movie and why?: I don’t have a favorite movie, but I wouldn’t mind watching Titanic over and over. Also, I’m a huge Disney fan. The last Disney movie I watched was Frozen 2 and it was AMAZING. I can’t wait for the Mulan movie to be released in March 2020.

What is your dream job?: I dream about having a job at the Saudi Food and Drug Authority or being a part of the infection control unites at any big hospital.

Describe your home country and what you like best about it: I live in the capital, which is the biggest city in Saudi. I believe that living in the capital suits me, because I love the city life and I like that I have the chance to go out at night and still have the option to visit many places, which is something I miss while being in Springfield. Riyadh has become more fun in the last couple of years, because my country is developing now more than ever. We started having something called “seasons,” where every area in Saudi would have different events that describe the best things happening in those areas. "Riyadh Season" had plenty of fun stuff to do; we actually had the chance to bring the amusement park "Winter Wonder Land" to Riyadh and many other things, such as the most famous restaurants around the world, and the list goes on. Lately, Saudi Arabia started taking care of the tourist part and the country started offering a tourist visa, which is something we didn’t have before. I’m proud that my country is developing and using all different sources to show itself in the best image.

What do you like best about Springfield?: Springfield is a small city and because of that, I had the chance to improve my driving skills. I also had the chance to try the horseshoe dish and I can't get enough of it. I also experienced seeing snow for the first time in my life on October 31, 2019. Why did you choose UIS?: I chose UIS because they offer a great public health program, with the concentration of Environmental Health, which I couldn't find in many other universities I investigated. UIS has a small campus, which is something I prefer. Since UIS is located in the Midwest region, where one gets to experience all four seasons, including snowy winters, and I've always wanted to experience living in a city that snows, I finally got the chance to this winter, and I can clearly say that it wasn't easy dealing with the snow, especially in the morning.

Were you involved in any clubs, organizations, or campus employment while at UIS? If so, please describe which club, organization, or employment and what you enjoyed or learned.: I’ve been the event planner since my first semester at the International Student Association, and I will continue being a part of this association until I graduate. I’ve planned for the ISA to volunteer in the Alzheimer’s Association at “Springfield Walk to End Alzheimer’s” event, American Foundation for Suicide Prevention at the “Out of the Darkness Springfield Walk” event and recently with the American Lung Association at the “Fight for Air Climb.”

What tips could you offer new students?: Most UIS faculty are very friendly and understandable, so never stress yourself over everything. Enjoy the college life experiment, make new friends, be a part of an organization that you like or make one, explore different cultures and have fun.
INTERNATIONAL CONVERSATION TIME
ZOOM HANGOUT FOR GAMES, ACTIVITIES & WORLD AFFAIRS
Every Monday & Thursday until May 7
Monday's at 5:30-6:30 PM  Zoom Meeting ID : 205 459 557
Thursday's at 5:30-6:30 PM  Zoom Meeting ID: 921 185 047
Graduation information from the Registrar Office of University of Illinois Springfield:
"May 9 Graduate Celebration Our #UIS20 Graduate Celebration website is live and counting down to Noon on May 9, when we will roll out a special message and a few other virtual surprises for our 2020 graduates for Commencement Day. Students who are eligible to receive their degree should watch their email leading up to and on May 9 for important messages related to our virtual celebration. We continue to anticipate an in-person ceremony later in the year once it is safe to convene. In the meantime, we will celebrate our 2020 graduates virtually in May! Don’t forget to use #UIS20 on social media to honor and follow along with our 2020 grads"

For more information check out: https://www.uis.edu/commencement/uis20/
STAND TOGETHER

by

staying home

#StopTheSpread
# Self-Care Bingo

<table>
<thead>
<tr>
<th>Took a Shower</th>
<th>Got Dressed</th>
<th>Caught Up with Friends</th>
<th>Processed My Feelings</th>
<th>Complimented Myself</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meditated</td>
<td>Ate Good Food</td>
<td>Listened to My Body</td>
<td>Had Fun</td>
<td>Asked for Help</td>
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<tr>
<td>Took a Much-Needed Break</td>
<td>Drank Water</td>
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<tr>
<td>Complimented Someone</td>
<td>Got 8 Hours of Sleep</td>
<td>Took Steps to Tame Negative Thoughts</td>
<td>Hugged My Parents</td>
<td>Dropped a Habit that is Not for Me</td>
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<tr>
<td>Took a Mental Health Day</td>
<td>Spending Time with Nature</td>
<td>Decluttered My Space</td>
<td>Wrote Down in My Journal</td>
<td>Practiced Self-Compassion</td>
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