Fall 2018 Pre-arrival Webinar – Undergraduate Student on Campus Involvement

Lin: All right. So thank you so much for participating in our pre-arrival webinar on undergrad student on-campus involvement. Before we go into the actual content of today we want to just have a few things mentioned ahead of time, so for the webinar, this webinar series is a webinar series that is provided to incoming international students, and it will help prepare incoming international students to arrange arrival plans for traveling to Iowa City, understand orientation expectations and responsibilities, transition to student life and academics at Iowa. These webinars will all be recorded and then we'll post them on our website after we transcribe them. So if you miss part of the webinars or if you want to listen to the webinars again afterwards, you can always find them on our website, and it's just going to be the same website that you are signing up for the webinars. And we will let you know once we have them posted. So during the webinars, if you encounter any technical difficulties, please let us know in the chat function, and Michael will help us resolve those. And if you have any questions related to today's topics, you can use the Q&A function to post your questions. We will have some time to answer them live at the end. Something about I-20 and DS-2019, if you haven't gotten your documents yet, you can pay your e-Ship -Global fee, and then we will ship your documents to you right away. And the information can be found on the pre-arrival checklist in iHawk. Some important timelines. So May first is coming up for the undergraduate admission acceptance deadline, and as for orientation, it is mandatory for all international students and all students. But the international student orientation, undergrad international student orientation, is going to be from August 12th to August 19th. All right. So now for the introduction part. So my name is Shuhui Lin, I go by Lin, by my last name. I'm the coordinator for international student support and engagement with both the international students and scholars services and the center for student involvement and leadership. And we have a few current international students here with us today to share their experience. I will let them introduce themselves.

Akash: Hi. My name is Akash Bhalerao, I'm a senior at the University of Iowa studying social entrepreneurship and environmental restoration through the interdepartmental studies program, and I'm an international student from Brunei, India.

Clarisse: Hi, my name is Clarisse Chia, I'm from Penang Malaysia and currently I'm a senior, double majoring in math and actuarial science with a minor in computer science.

Vincent: And my name is Vince Zheng, I’m from Shanghai China, I’m a junior, and my major is health promotion and pre-nursing.
Fei: Hey, my name is Fei Zhang, and I’m from China, Shanghai, and my major is business analytics and finance.

Lin: Awesome. So for today, we’re going to learn about the Pick One involvement opportunities at Iowa, and then we will have the wonderful international students to share and their experience with us, and then at the end we will also have some time to kind of bring all the different involvement experiences together to talk more about how the involvement experience contributes to the undergraduate experience. And then as I said, we will have some Q&A time at the end. So now let’s start with the Iowa Challenge. So as a University of Iowa Student, you will become part of the Hawkeye family. And students and alumni are transformed by their experiences at Iowa. The University asks you to follow their example to rise to these challenges in these following five categories: Excel, stretch, engage, choose, and serve. You will learn more about them when you get to campus, but today we’re going to focus on the engage part of the Iowa challenge, which ties into what we are discussing today about involvement. So you will become a more successful student if you participate in something that matters to you and is enjoyable for you. The University of Iowa offers a lot of opportunities for you. And also resources for you to become a leader in and out of the classroom. I definitely encourage you to take advantage of them, and really make this a unique experience for you. And because we know that the involvement part would help students to really develop as a leader and as a citizen and as a student as well, so we created something called the pick one campaign to encourage first year students who came to pick at least one involvement to really participate in during the first year when they are at Iowa, and we will talk about the different categories. So first category, academics and honors, there are a broad range of student organizations related to academics that you can participate in. There are also organizations like honors society within your college. There are a lot of activities within the University of Iowa Honors program. You can do research study abroad as an undergraduate student, there are also staff positions in the academic programs and offices that you can get involved in. For example, a peer advisor and the engineering peer advisor, etc. So I know that among our group we have a few students actually have some of those experiences, do you mind sharing some of those?

Clarisise: Yeah. So I’m Clarisse. So with regards to this, I’m currently a research assistant through the mathematics department, and we are working with the orthopedics department at the hospital and clinics, that’s affiliated with the University. Right now, what I’m doing is helping with research on cancer cells and their effects on kidney function. And this is a really easy process, all I did was reach out to the professor involved to see if there was any opportunities available. And that’s how I got involved. And I really like it.

Vincent: Since I’m business major, so basically most of my time I spend in Tippie college of business, and I’m pursuing my honor degree when I was graduating. So once you made the requirement you can just automatically get into the honor program in the University of Iowa. And also I participate in the study abroad program, which is a very very unique experience for me. When I spent my college life here, cause
you had a chance to see other worlds, like I went to Argentina, it was totally different country. I’ve never been to South America. And I just learn a lot and learned some Argentinian Spanish there. So I would highly recommended you to do some study abroad. And in the Tippie College of business, they provide the chamber, it’s a study abroad program to Italy, and you have a chance to take tour to other countries in Europe. It will be an awesome experience.

Lin: Yes. So as an international student, even though you’re studying abroad here in the USA, you would still have the opportunity to go somewhere else within your major, field of studies. Next we will talk about employment. There are a lot of job opportunities on campus that are available to students, for example, in the recreation services, in the IMU, in University housing and dining, even within ISSS. As an international student, you do have the opportunity, you definitely should take advantage of the on-campus employment opportunity, and you can work up to 20 hours per week. And how you’re going to find out about the employment opportunities is to go to the Hireahawk system and you will learn more about that when you get to campus. But I think almost everyone in the room actually have some employment experience. Do you want to share some of your experiences, you want to start Akash?

Akash: I’ve had multiple varieties of employment experiences on campus. I have gotten an opportunity to be a resident assistant in the residence halls, where I help new students transition to campus, be connected to resources on campus, and help them navigate through that stressful transition phase from high school to University. It’s like a big change. I also got an opportunity to do research in an atmospheric chemistry lab for a year and a half. So that was another one of my employment opportunities. Really what that means, a lot of things like, that kind of science and the research process and all of that.

Clarisse: So over the past four years, I’ve worked for multiple departments in the University as well. For the first year I worked for the University housing and dining, and then I worked for the ISSS here, later I worked for the recreational services. And finally now I’m working at the math department as a research assistant. So I think all in all, what I can say is that there is a huge variety of opportunities out there and there are all these opportunities that could cater to what you’re looking for in a, I guess on campus employment.

Vincent: Okay, so I worked at a, so right now I’m working at the University of Iowa hospital and clinics as an oncology nursing assistant. So before that, I worked as a nursing assistant, and it really helped me to broaden up my fields, and I want to do health care, and so it’s a good experience to get into the health care field and see what kind of like part I want to go to. So I guess pretty good experience to work.
Fei: Okay. So I work at the University of Iowa in two jobs, one in the dining hall. And the second one is, I work for University of Iowa hospital clinics, but I work in the back of department like doing some mailing and patient billings. And that work is, it’s my first real job, like in the real building. It’s very, it’s a very unique experience for me, because I’ve never worked in part-time before when I was in China. And also, there is some resource for you to find a part time jobs in campus. There is a part time jobs fair. Every semester they will hold the job fair, and you can easily find part time jobs if you want. And just remember don’t work over 20 hours the hours. They won’t pay you overtime.

Lin: Yes, I guess like everyone said, there are opportunities that you can find, and on-campus employment that is related to your field of study, and there are also opportunities available that are not related to your studies. But they both would help you learn some different skills. So definitely take advantage of those. Next, fraternity and sorority life, so fraternity and sorority here at the University of Iowa celebrates over 150 years of history on the campus. There are actually quite a few chapters that started in Iowa. Fraternities and sororities kind of build on scholarship, friendship, service and leadership. In spring 2016, there are a little over 3800 members in fraternity/sorority community. So that takes up about 16 percent of the undergrad populations. Vincent, I know that you are in a fraternity, do you want to share something about your experience?

Vincent: So this semester late last year, I joined Delta Sigma Phi, a new chapter on campus. So fraternity/sorority is just a group of guys or girls get together and share their brotherhood and sisterhood, but outside they do other like services, like volunteers, and then it’s not, it’s not really like only a single organization, but we do a lot more stuff to like benefits the communities and benefit our brothers, and then people around us. And so it’s just, I don’t know, experience. It’s very, just a lot of things can go on there.

Lin: Yeah, definitely. And different chapters also have different themes that they kind of focus in on. So if you’re interested in fraternity/sorority life, you will be able to learn more in your success at Iowa course, but you will definitely learn a lot more about them when you get to campus. Okay. So next is Intramurals & Sports Clubs. We have over 35 intramural programs on campus, it’s one the same fee for all sports, you can either sign up with friends or you can be a free-agent, it’s a pretty easy sign-up process. And then there are also over forty sports clubs on campus as well. We have really great recreational facilities. The most well-known one is probably the field house and also the CRWC. But you can read about that more on the website to find out more about the facilities, and the intramurals and sports clubs. Clarisse I know you have some experience in this area, can you share a little bit?

Clarisse: Yeah, I do. So I was a member of the woman's Ultimate Frisbee team for a little over two years. And through my experiences there, I was able to, I guess first learn how to play Ultimate Frisbee. And I was also able to make a lot of really good friends and two of my roommates right now I have actually met through the team, and I guess another thing that was really important to me that I did not expect
going into joining the team is that I also got to travel a lot just within the USA, and I've been to over 10 states just with traveling with the team to compete.

Lin: Awesome. Yeah, so for intramural and sports clubs is definitely a way to stay active, and also get involved on-campus as well. So now next is leadership and strengths. So this is another part of the involvement piece, the Be Better initiative at Iowa helps undergrad students to develop as students and as leaders, as citizens and employees by supporting their personal pathway to leadership and success in and out of the classroom. All incoming undergrad students are going to take a course for success at Iowa, and you will take the strengths assessment within that class to learn more about your own strengths and how to use them in and out of the classrooms. There are also a lot of academic courses on leadership. If you are interested in learning more about it outside of classes, there are also workshops, which is institutes that you can participate in and learn more about becoming a leader, such as the Leadershape Iowa, My Iowa, and the strengths-based workshops. So Akash I know that you have a lot of experience in this area. Do you mind sharing some of yours?

Akash: In terms of leadership experiences, I've gotten to be involved in student organizations and gain leadership experience through my jobs, and also attending leadership conferences like Leadershape. Leadershape is like a 7 day retreat where 54 students from the university along with a few staff members go to a campsite and you basically live there and learn about yourself and each other and just leadership as a whole, and look at how people's leadership styles can complement each other. In terms of my student org experience, I got an opportunity to be the executive director of homecoming and through that I got to help run the largest running tradition at the University of Iowa, which is like a week full of events for students, staff, faculty, alumni and community to come together and celebrate being a Hawkeye, basically. Part of the University of Iowa. So that really challenged me to grow out of my comfort zone as I had to lead that team. And lastly through my resident assistant job, a lot of it is leadership development, and helping new student believe in themselves, get involved, and really craft their own path as they advanced through their journey at Iowa.

Lin: Awesome. So next category is multicultural activities. There are a lot, there are over a hundred multicultural student organizations on campus that you can participate in, some of them are related to specific population and some of them are different themes. And then there are also the cultural resource centers on campus, they provide a home away for home for some of our students. Annual events and cultural heritage celebration months are also happening around campus during different times of the year. That celebrates different themes of cultures, for example, for such as the MLK day of service, Powwow, talent show, cultural ball, and then all the different cultural heritage months. There are also training programs that students can participate in to learn more about intercultural competency, and also learn more about how to interact with different peoples around the world such as the bridging domestic diversity. Clarisse and Fei, do you want to share some of your experiences?
Fei: So in the University, you have many chance to communicate, to build friendship with all the world, like the people from all the world. For example, I am the coordinator in the Tippie college international buddy program which is a program to help international students to build friendship with American students, we will hold up events and activities to let them know each other better. And make them to build their personal relationships. So, I mean the multicultural is a big thing in Iowa, and students are really recommended, each student to go out of their comfort zone to communicate with each other. So you will learn a lot from the communications.

Clarisse: Yeah, I think my multicultural experiences was mostly highlighted when I served as a member in the international student advisory board. So what that means is that with the support of both the graduate and undergraduate student government, we kind of advocate for the international student body and their voices by working with various departments at the university and providing suggestions to these departments to kind of better the lives for international students here at Iowa.

Lin: So next category is performing arts. There are a lot of, and this is actually something that Iowa is really well known for, there are many student organizations related to performing arts, and then there are also ensemble auditions that you can audition for, like orchestra, band, and a lot of other things. And then, the department of dance also have a lot of performance opportunities. You can get involved either as a performer, or you can get involved just to attend their performance as an audience. There are a lot of entertainment or film related organizations on campus that bring different types of entertainment to campus. For example, SCOPE brings in dance and artists to campus. CAB brings in different comedians, different shows to campus. And then there is also the Bijou that brings in a different types of films to campus. Hancher is actually an auditorium on campus, and they actually also bring in a lot of well-known artists around the world for performance that you can go and see as well. So Akash, I know that you mention that you have some experience in this area. Can you share some?

Akash: Yes, so my first semester I got an opportunity to take a theater class through the, as a general education course, and I also got involved with the theatre department by being selected to be a stage manager for a production, and I basically coordinated everything from lights and sound, then also like the props on the stage and things like that. I got to work with other students. So the students are based through our theatre department, there are students who direct, write, and act in plays, and also like manage everything related to the plays. So it’s super exciting to really put on cool performances and be involved with that.

Lin: Yes. Definitely you can get started in some of those experiences in a class, or you can also definitely reach out as an organization, or some audition for some of those opportunities. So next is student organizations. You have probably heard about some of them already through our presentation, but
there are over 550 registered student organizations on campus, ranging from academic related, special interest related, religious, political, service, multicultural, sports clubs, and service and many more. There also hall associations within the residence halls that you might be staying at, and you can run for an executive board position. That is a good way for you to have your voice heard and also provide some insight to improve your experience in the residence halls. And I know that actually everyone have some involvement here, actually have some organization involvement experience to share. Anyone want to start?

Vincent: Okay. I'm currently the co-president of Net impact Ulowa, it is an organization within the Tippie college of business that helps spread awareness about sustainability and social justice in the business world, I also have been involved with the environmental coalition since my freshman year, and I served as the lecture series liaison for two years through which I worked on organizing lectures to bring in professionals from different fields, like business, law, nonprofits, and for them to come and talk about how environmental issues relate with their fields.

Clarisse: Yeah, I think one of the most, I guess one of the first organizations that I got involved with was the Malaysian students society here at the University of Iowa, and I think that really helped me transition to university life here, because I was able to reach out to them on the basis of similar heritage and through that, they kind of help me, whether it's picking me up from the airport, which is also a service that's available by ISSS, but just having friends, part of even getting to campus was really helpful.

Vincent: So I'm doing Dance Marathon for the last three years. That's very, so it's the biggest organization on campus and last year like, there are like, there's 3,000 of students participating in dance marathon, and it would raise one and 3 million dollars last year. Generally in total, we raise 25 million, 24 million dollars like for 25 years, 24 years. So, dance marathon is an organization run by students, and raising money for the pediatric children and their families at the University to the hospital, the whole year we have to, like each dancer raises over like $500 to reach the big event, which is happening in February. And we, the dancer will stay up for 24 hours with no sleep, no sitting and no caffeine, just to show our motivation and power to the kids, like they can fight against the cancer, too. So they have an organization that provides so many opportunities for students. You can have, like build up friendships with people, and then you can also find like leadership in there. Last year, I'm a morale Capitan assistant, which is a group leader assistant, but I do it just helping students to raise money, and also find the reason why they want to do dance marathon. And this year I'm an operation company, we do like how to run the big event, do the things, like all the drawing stuff and those things, and then we do like sustainability to reduce the carbon outputs throughout the whole year.
Fei: Okay. I will share some of my experience as the president of Greater China Business Association. I was the president. At the university like in each college, you can find multiple organizations which you can participate in and join them if you are interested in them. And I believe every organization has their positions open every semester, or every year, and you have the chance to apply for any position in organizations, which is a good way to improve your leadership skills. And as a president in the Greater China Business Association, it really improved my leadership. Because you have to organize all the events, to fund your, to raise your funds for your organization, to coordinate with the executive board, with the members. There is a lot of work to do. Also you have to balance the study and the organizations, which will, it’s a very important skill in your future life, which is called multi-task skills.

Lin: Yeah, so there are a lot of things that you can learn through participating in a student organization, you should take advantage of that. So next is the, last but not least, is our service part. There are a lot of opportunities that you can participate in terms of service and volunteering, and for now, I guess the biggest and also the most structured one is through the Hawkeye Service Teams. So basically that is a course provided to students to participate in, to go to a trip at different places in the USA, that's why it's called Alternative Spring Break. Each team who have a theme, and then you will, through participating in the Hawkeye Service Team, you will get to learn different topics through community engagement at different places in the USA. There is also a volunteer fair that you can learn more about. There’s more local volunteer opportunities here in Iowa City. There are also service focused organizations such as Dance Marathon, Student United Way, Food Pantry, that you can participate in. There also service programs that you can participate in as well. I know that there are some people here that also have similar experiences in this category that they can share. Clarisse, would you like to start?

Clarisse: So there are more organized ways to get involved in volunteering, like Lin just mentioned. The way I kind of found my volunteering experience was pretty indirect. So currently I'm volunteering in the greenhouse through the biology department, and there, all I do is kind of just propagate, or just tend to succulents. And it was a pretty easy process to get involved. I just kind of reached out to the greenhouse manager and had a pretty short and quick chat with him, and that's how I got involved.

Lin: Do you want to share your hospital volunteering?

Vincent: So the University of Iowa Hospital and Clinics offers volunteer services to students. It’s not a big commitment, but it’s still like a weekly commitment to do like three hours of volunteering every week, it’s usually just like helping nursing clerks with patients, like questions, and then helping like nursing assistant with, you know, just some basic skills you can learn. It’s a really good way to like, you can take like turns to the units each semester, so you can probably figure out which is the best unit you want to do, and then if you’re in a health care field, you might want to, like I want to be a nurse, so I’m like, I go down to oncology, and that’s the unit I want to do, so that’s a helpful way to make sure that you’re going the correct way.
Lin: Yeah. So there's definitely different ways to get involved in the service part. Alright. So before we go into the Q&A, I do have some questions for these students here to kind of wrap it up. And then to talk about how did they get started, and then other important things to learn. So I actually want to start with that.

Akash: Yeah. I remember that the 16th August 2014 was when I came to the University of Iowa, and at that time I knew I needed to get involved because for me personally it just did not make sense to be an international student travel halfway across the world and come to a new place and not try to get involved. Because I knew I need, like I knew no one in Iowa City. So I really needed to start ground up. And I decided to get involved. I joined a couple of environmental groups, and I also stopped by the chemistry department and spoke to them about getting a lab assistant position and I actually got it. So I got a campus job within my first month at the University, and really one involvement led to the other and people just kept sending opportunities with me. Basically like if you ask for help, people will help you and they'll connect you with different resources, you just have to ask for it, like dumbledore says. And also many times it's also like the student organizations are looking for you before you start looking out for them, because they want you to get involved and grow their member base. Also the most important things I've learned from my involvement experiences and working on campus include basically just like valuing relationships and people for who they are before anything else, like making sure that you're making friends and connecting with people just because they're people, rather than looking at their resume and things like that. The relationships are the biggest thing I'm taking out of my college career at Iowa and I encourage you to get involved any way you can on campus.

Lin: Clarisse, Do you want to go next?

Clarisse: Yeah, I agree with everything Akash said, I think for me coming from a really small high school, getting involved was also something that was pretty, you know something that I really wanted to do coming into Iowa City. And I just like what he said, I think that the opportunities are out there. Whether or not you look for them, you will find them. And I think that some of the most important things to get out of it is definitely the relationship building stuff. You know, it helps you learn how to, kind of interact with people outside of the classroom environment. You get to meet a lot of people who care about the same things that you do, and I think that going beyond just academics. When you are looking into the future if you're applying for jobs, graduate schools, your GPA Is not going to be the only thing that they look, at its you're involved in campus, how you work with other people. And those are important qualities that will bring you pretty far beyond college.
**Vincent:** I just had to get more involved, like coming from a school that's like more focused on the academic part, so I don't have really a chance to see what's available besides academics. So when I first came here, it's like people just do recruitments, and I was like yeah sure, why not just try something. So I got into bridges, and then bridges do the involvement recruitment on the streets. So it's like, it's really easy to get involved into an organization because all the organizations will do recruitments all semester. And then they will do recruitments like in the buildings or on the streets so it's really easy to find. And they have, we have like organization fairs, so you can just walk in and talk to the people about it, like what do you really do, and then if you have any questions, they can help you. The most important thing like I have learned from the experiences like probably the dedication and passion. Like what I really want to do. And focus, like what I love to do. So I just help me to clear my view like something I'm good at, something I'm really passionate for.

**Fei:** They basically told you all. I think when I came here, at the beginning, I decided to get involved into college life, because I don't want my life just focused on academics. Because academics is not all you have to explore. Thousands of things you could do here. You, those things you cannot do, just, you don't know how to do or where to do it, and University provides resources and stages for you to experience those activities. Like Vincent said, the organization fair is a good way for you to explore what you are interested in, and you can join them and you will make friends with members there, and those friendships maybe will last forever, your whole life. And maybe you can go back to your original countries, you can still remember the good memory you had in the United States. I think this is very important.

**Lin:** Yes. So I guess that everyone said that involvement is definitely a really important part of the undergrad experience here. It gets you connected to people, and then and also develop a lot of skills outside of the classroom. It might also help you to find your passion and your career and some of them will actually become a career path. So definitely taking advantage of the important opportunities on campus. And next is our time for question and answer. So we do have some time to answering a few questions.

**Questions & Answer**

**Michael:** And we have a number of questions already but I just want to remind everyone to please type your questions using the Q&A function, So that we can answer them for everyone who's listening. Our first question has to do with fraternities and sororities. The person who asks does not have that concept in their country. And so they want to know more about what it means and how they can join.
Lin: So a fraternity or a sorority is basically an organization that are there to help you with brotherhood and sisterhood. There are different ways that you can get to know about them. Even before you come here, there’s a website that you can find is FSL@uiowa.edu, you can learn more about them for all undergrad students, you will also take a class called success at Iowa, and you will learn a little more about fraternity and sorority life. I believe that for the sorority and fraternity they have rush.

Vincent: They have rush, and they have like they will hold fraternity/sorority fair before the rush. So people can walk into the IMU, and people just walk to the table like that station, and then if you have questions about it, they do, or what that fraternity’s really like made for. Like other volunteering opportunities, philanthropy and then they will help you, and they will hold rush days, like social days, so you can just talk to, like houses or restaurants, so they will have the brothers sitting there and you can walk in and talk to them and then see if there’s, if you really like that fraternity style. There’s also other fraternities, like we have academic fraternities, so chemistry if you’re learning chemistry you can do that fraternity, I know we have honor program fraternities, too.

Michael: Okay, our next question has to do with intramurals and sports clubs. The question is what different sports can I join, and is there a list?

Clarisse: There is a list out there. I’m sure if you type a quick Google, if you’re interested in more of a time commitment options, there are the Intramurals. if you’re looking for a something a little more challenging you can probably do a quick Google search, Uiowa sport clubs, and you could probably find it, it’s somewhere out there. Yeah.

Michael: Great. This next question is from somebody who wants to know how they can balance being active outside classes and still getting good results. Good grades.

Clarisse: Yeah, I think one of the main things is to kind of find out, I guess first of all, know what good grades mean to you, and then from that, kind of set your own goals, set your own priorities. If you think that getting involved is more important, some people may think that, some people think that getting good grades is more important. So kind of set your priorities like I said, and then a lot of times, even when you get involved, even if you when you think there is more on your plate than you can probably handle, the human body and mind is an amazing thing. You will probably end up managing it. But, of course, if you find that there’s too much on your plate, student organizations are flexible. You’re not signing any contracts. You can come and go as you wish, but yeah. Definitely always keep in mind that, you know, school is there. It’s more permanent, but student orgs can come and go.
Fei: I want to say just one more thing, I think there is fun things I learned from these years I've been here. I like a balanced I study and my activities more outside of the academic. Just finish your homework before the due date. As soon as possible you get homework, just finish it. And you have a bunch of free time to do things, and if you cannot handle, if you have too much at hand, for example, I remember, there was one semester I had student orgs, I had a part time job, I have a program running. I have 16 credit hours, and had a girlfriend. So, there's no way for me to spend my day on all of these things. So you have to give up something. So, you know, if you cannot split yourself in two parts, you have to give up something. You should know what to give up and when to give up.

Lin: So I guess adding on to what they said, definitely planning ahead. It's a really important skill that you will really need to learn, if that is not what you are kind of good at. I would say there are a lot of people on campus you can talk to about time management, and because this is definitely something that everyone deals with as an undergrad student, and also as professional as they are working here. So talk to some of your friends, because this is something that everyone is learning as they are going through their college experience. Also talk to staff and faculty members that you are connected to, it will be really very resourceful for you to talk about how to manage your time.

Michael: I think that answers this next question, which is can freshman get involved in multiple organizations? Can they do a part time job on campus and join a sports club at the same time or is it just one involvement at a time? And I can say, yes to multiple things. It's possible, but it can be difficult. So you just have to be careful about managing your time effectively.

Lin: I would add to that, know your limits, and know when to say no. If you feel like it's getting too much, then it might be a good idea to just talk to the groups that you are in and let them know that this is a lot for you and then you might need to withdraw, but there isn't any restriction on how many involvement that you can get involved in or should get involved in.

Michael: And here's another very good question. Can I get involved in organizations that are not part of the university? Specifically this person is interested in care for older people.

Lin: Yes, to some degree. I would say at least for this particular topic, usually you get some information from the service part of the pick one category that we talked about. There are the senior centers here, in the community, that will always need volunteers, and usually students first sign up and get involved through volunteering, the volunteer fair or organizations. They are out there to focus on volunteering and services. And then there will be ways for you to become members of those groups outside of
campus afterwards. But usually, it’s through some campus connection that people usually first find out about.

Michael: This is a good question for everybody. Who do you reach out to you when you have doubts about things in general, whether it’s involvement or just anything? Who are you reaching out to you when you need help with life on campus?

Clarisse: I think that varies on what your problems are. If I have personal problems with my boyfriend, or my friends, I’m not going to go to my math professor. But if I do have a math problem, he’ll be the perfect person to go to. There are services out there, there are, there is University Counseling Services if you have problems that you’re facing and you want someone to talk to. That is a good resource. Otherwise, sometimes just talking things out with your friends, your family members if you don’t mind them knowing, those are also really good resources. But I’m sure that my peers have more to add on.

Vincent: I’m in a fraternity and it’s also a big organization, so when I have troubles with my school, my life, I go to turn back to my friends. They probably have the same situation and same problems that they probably have went through, too. And also, I have organizations that’s very, we have like an advisor who can like help us to manage academic studies and also life problems too. And there’s a lot like resources on campus that can help, like the student counseling office if you have any like personal difficulties, they can just help you like sit down and have a personal talk, and then it helps you to find solutions.

Michael: A few more questions here, what's the best way to find leadership possibilities in student organizations?

Fei: If you want to find leadership, you have to join an organization and stay there for a certain period. There’s no way for them to give you a leadership position just at once you join them. So you have to be there and show you have that ability to take some leadership position. You can experience your leadership skills there and say, I want to apply for this position. And most of the organizations have the election at the end of the semester. So you can show your ability and tell your members that I am the right person for the position.

Clarisse: I think, to add to what Fei said, it really depends on what student organization you’re looking at. I know that at least for me, I am in the actuarial science club. And for that club it’s academic and very almost major specific. So for that club we had a position available, and it was called, I think freshman ambassador. I think in terms of getting a position, well, first it has to be available. And when you’re applying and you're trying to attain that position, I think that one thing that you will have to demonstrate is that it's something that you are able to commit to and you are able to perform. And I think that at the end of the day, there is no harm in applying if it's out there. The worst thing to do is
spend maybe 20 minutes or more with the application and not get anything out of it. The most you can get out of it, I mean, I can't even speak for it because it's just up to you in what you make out of it.

**Michael:** I've got another question here. So this person is a member of dance group at home and they want to know if there's any dance groups at the University that they can be a member of, and what dance events might exist at the University.

**Lin:** So there are actually a lot, depending on whether you are interested in student organizations, or kind of through dance department. The dance department has a lot of opportunities, some you need to audition for, and some need you to be in certain classes to be a part of. Or if you are majoring in any dance, there would automatically be some opportunities there. If you are interested organizations just focusing on dancing, there's quite a few on campus, just one or two for the Chinese one, and then there's an Indian fusion one. And then there's our Iowa dance team and then there's cheerleading team. These are a few ones for now, are the most well-known on campus, and also the UI breakers. So I will say, and the majority of them will be at the organization fairs at the beginning of the semester. So if you go to the fair and talk to them, you can figure out which one will be one that you are interested in.

**Michael:** Okay. And I think we have one last question. And that one is, you mentioned career when I join organizations. Can somebody help me discuss my career, and in addition to that, the question is can I get, if I want to get an internship during the break, what steps should I take?

**Lin:** Yes. So I can answer this question. So there is a career center, multiple career centers on campus that you can take advantage of learning more about how important experience ties into your career path. ISSS also partners with the Pomerantz career center to provide workshops during the year that you can learn more as well, I will say if you’re interested in exploring your career early, definitely visit the career centers to learn more about that.

**Michael:** and I'll just add that if you want to get an internship, you will need to apply for permission. It’s not something that you can do unless you talk to ISSS. And so there's special permission, you would need to get to do that. I think we have a session on employment coming up. When is that Lin?

**Lin:** April 27th.
Michael: so if you're interested in internships or questions about jobs, please attend the webinar on April 27th.

Lin: And this is actually on our next slide. So this is our full schedule for all the webinars. The next one coming up is an international student employment, and we encourage you to stay tuned to that. That’s at the same time as this one. And then before we leave for the day, I also want to encourage you to take the survey that Michael posted on the chat, in the chat, that will provide us some feedback to help to improve the webinar series. Thank you so much for participating.