The 2015-2016 AIS Team Busy This Fall

The 2015-2016 AIS Team has had a busy fall with three major successful events: the International Welcome Back Picnic, the AIS International Soccer Tournament, and the Fall International Bazaar. The picnic was held on the New U and included games, music, and a variety of multicultural food from local restaurants. The AIS Soccer Tournament was a huge success with multiple teams battling for the gold, silver, and bronze medals. Finally, the annual Fall International Bazaar showed AIS’s creative side with an around the world flight theme, including costumes, decorations, and a video designed after the United Airlines model.

See below and following pages for photos, many of which were taken by AIS International-Domestic Liaison Kate Kieu.

The 2015-2016 AIS team: (left to right) Maria Ahumada, Kate Kieu, Ahmad Rosli, Aiken Sujana, Harvard Wong, Tana Ali Kizi, Ricardo D’Oliveira, Vandit Trivedi, Lan Le Mai, Lijia Dia

ISS Staff:

Pamela Smith, Dean
Kim Henderson, Assistant Dean
David Kobel, Assistant Dean
Stephen Lanier, Director of Undergraduate Admissions
Rachel Iverson, Associate Director of Undergraduate Admissions
Kevin Genske, Assistant Director of Undergraduate Admissions
Carla Guthrie, SEVIS Compliance Coordinator
Carrie Pollak, Immigration Services Specialist
Lindsay Ratliff, Administrative Assistant
Tanya Palmer, Department Assistant
Maddie Carroll, Department Assistant
Kaye-Marie Zani, Graduate Assistant
Cara Beattie, Graduate Assistant
AIS Fall 2015 Events

The AIS Soccer Tournament Gold and Bronze Medalists: Oman Team 2 (Gold) and Oman Team 1 (Silver)

The AIS Soccer Tournament Silver Medalists: Mongolia

David Kobel presents the International Bazaar Best Booth Award to Malaysian Student Association President Reeza Redzuan.
ISS Staff Members Promote TU Around the World

Fall 2015 has been a busy time for the ISS Office as staff members traveled the world visiting high schools and spreading the word about TU with counselors, parents, and potential students.

Associate Director of International Undergraduate Admissions Rachel Iverson spent about three weeks in China visiting schools and representing TU in Dalian, Chungdu, Ningbo and Suzhou.

Director of International Undergraduate Admissions Steve Lanier spent over a month during September and October covering a number of cities throughout Asia: New Delhi, Dehradun, Agra, Jaipur, Mumbai, and Hyderabad, India.; Colombo, Sri Lanka; Seoul, South Korea; Shanghai, China; Hanoi and Ho Chi Minh City, Vietnam; Hong Kong, SAR of China; Manila and Cebu, Philippines; Singapore; Kuala Lumpur, Malaysia; Bangkok, Chiang Mai, and Phuket, Thailand; and Yangon, Myanmar.

Assistant Dean of International Student Services David Kobel traveled Latin America over a period of three weeks in September, making stops in Sao Paulo, Brazil; Buenos Aires, Argentina; Guayaquil and Quito, Ecuador; Panama City, Panama; Santo Domingo, Dominican Republic; San Jose, Costa Rica; Managua, Nicaragua; San Salvador, El Salvador; Guatemala City, Guatemala, and San Pedro Sula and Tegucigalpa, Honduras.

Finally, in October, Kevin Genske attended Education USA fairs in Puerto Vallarta, Guadalajara, and Mexico City, Mexico.

Admissions will stay in touch with the students, counselors, and family members of potential students, and we hope to see many of them at TU in the near future!

Like ISS on Facebook

Don’t miss out on important notices and helpful information! The ISS Facebook page is regularly updated with reminders, upcoming events, helpful hints, photos, and other items of interest from the ISS office. It is also a place where TU international students can post questions, comments, notices, and photos. To like us, go to https://www.facebook.com/internationalstudentservicestulsa

ISS is also on Twitter!

If you use Twitter, you can keep up with us at https://twitter.com/tu_iss.
Anshuman Singh Receives Outstanding Senior Award

The University of Tulsa and the TU Alumni Association recognized 10 students with the 2015 Jess Chouteau Outstanding Senior award this fall. The honor is granted to TU seniors who demonstrate exceptional achievement in academic and service endeavors.

This year’s Outstanding Seniors are: Hannah Emnett of St. Louis, Mo.; Jordan Hoyt of Tulsa, Okla.; Sarah Pook, Parker, Colo.; Katy Riojas of Parkville, Mo.; Noah Roberts of St. Louis, Mo.; Jillian Schlecht of Oklahoma City; Marissa Schmauch of Ponca City, Okla.; Thomas Schorr of Midland, Texas; Anshuman Singh of New Delhi, India; and Kathryn Thompson of Sherman, Texas.

Anshuman Singh is a double major in accounting and finance and a member of the Beta Alpha Psi accounting fraternity. He has served as an Orientation Leader, has been on the Collins College of Business Excellence in Teaching Committee and is currently on the Dean’s Advisory Board. Singh is also the Business Lead on a water conservation project called HydroSense in partnership with the Environmental Protection Agency (EPA). He is involved in the TU Lawn Tennis Club, Habitat For Humanity and is a member of the Indian Student Association. Singh is a member of the President’s Honor Roll and has received scholarships from the Association of Certified Fraud Examiners and Tulsa OSCPA. He is active in Mortar Board, Scroll Society, Beta Gamma Sigma and Phi Eta Sigma. Singh has participated in Student Association Service Day activities and has done several service projects at Kendall-Whittier Elementary. He has interned in finance and accounting roles with Schlumberger and Halliburton internationally as well as with Ernst & Young in Tulsa. After graduation, he plans to begin his auditing career at Ernst & Young and obtain his CPA license.

Mr. Singh graduated from Delhi Public School – Kuwait in 2012. Singh was President of the High School Student Council and graduated with a score of 94.6%.

International Student Services congratulates Anshuman on this great achievement!

10 Things to Remember on the Day of Your Exam

1. ARRIVE EARLY. Know the location and time of your exam. Arrive early to get enough time to settle down before the exam starts.

2. BE AWAKE FOR THE TEST. Get a good night’s sleep, shower, chew gum, or have a caffeinated drink.

3. EAT A SMALL BREAKFAST. It’ll be more difficult to concentrate if you’re hungry. Don’t eat anything that may upset your stomach.

4. BRING EXTRA WRITING UTENSILS. You never know when your pencil is going to break or your pen is going to run out of ink.

5. BRING ALL ESSENTIAL TEST MATERIALS. Calculator, Notes (if allowed), etc.

6. GO TO THE BATHROOM. Self-explanatory. This is another precaution to minimize distractions during the test.

7. WEAR COMFORTABLE CLOTHES. You’ll want to be comfortable taking the test.

8. BRING ANY NECESSITIES. Bring a water bottle, tissues, cough drops, etc.

9. LOOK OVER YOUR NOTES. Review important information again before the test to refresh your memory.

10. IT’S JUST A TEST. Remember that you studied hard and have confidence in yourself.


ISS Has Moved!

We are now located on the 2nd floor of The Student Union. Stop by and see our new office!
Surviving Finals Week

Don’t cram at the last second. Try studying for 60-90 minutes per day for a week leading up to an exam. All-nighters simply don't work for most people, and students experience declining returns on their efforts when they attempt to study for four and five hours straight.

Complete practice tests. You may have thought highlighting, re-reading and summation would be effective ways to study. Think again! Scientific studies have found that these techniques do not consistently boost students’ performance. Practice testing through the use of flashcards, or taking practice exams was observed to be a highly effective studying technique.

Do not multi-task while studying. Set aside time to study in advance and then follow through. For most people, that means leaving your dorm room and turning off visual/auditory distractions, including iPods, Facebook, and music with lyrics.

Find ways to apply materials from class. Think about how course topics relate to your personal interests, societal problems and controversies, issues raised in other classes, or different experiences in your life.

Make sure to get plenty of sleep. Sleeping hours are often the time when we completely synthesize information, especially topics we’ve covered in the couple of hours before bedtime. You want to be as fresh as possible and able to fully engage your working memory when you take the exam. Also, don't stop exercising or taking time for yourself, even at final exam time.

Eat healthy. Everybody knows you should eat breakfast the day of a big test. Research suggests that high-carb, high-fiber, slow-digesting foods like oatmeal are best (oatmeal is more fulfilling than cereal). But what you eat a week in advance matters, too. Students who ate a balanced diet that included fruit and vegetables had the best performance. When you study, your brain consumes glucose, so take a five-minute break every hour to let your body produce more fuel for your studying. Eating a healthy snack is very beneficial and can make a significant difference (almonds, fruit, and yogurt are good choices).

Cardio is important. Science says that just 20 minutes of cardio can improve your memory. Whether you’re dancing, jogging or busting a sweat by walking, exercise will increase your energy level and reduce the effects of stress. Very important!

Reprinted from http://blog.suny.edu/2013/12/scientifically-the-best-ways-to-prepare-for-final-exams/