International Day 2018
Perhaps you caught the waft of aromatic Indian food during lunch or spotted the lovely colors of the traditional clothing from Romania, Vietnam, Korea, Thailand, and many others or heard the melodies of singers and guitar performances, marking another successful International Day for 2018. The Mission Interconnect Club co-hosted the annual event with ASG on April 26th. Umoja, Access, and the students of the IIS intensive English program were also in attendance of the international event. It was a sunny and fun-filled day where we had the opportunity to share games, food, candy, and trivia from around the world. If you missed it this year, be sure to partake in it next year!

Many students might think that winning scholarships is something very difficult. However, it is not completely true for those who really want to make their dreams come true. This year, there were nine international students who were recognized for their continuous efforts towards their academic goals as well as positive contributions to the college via extracurricular activities on campus. Here are some tips that had helped them win the scholarships over many other competitive applicants:

- Take every chance you get to apply for scholarships, read the scholarship requirements carefully and prepare ahead of time
- Build rapport with teachers, professors and other professionals around you so that they could write you good letters of recommendation or help you fix your scholarship essays
- Step out of your comfort zone to participate in as many extracurricular activities as you can in order to gain valuable experiences for your scholarship essays
- Keep trying and never give up until you achieve what you have worked hard for

STUDENT SUCCESS
Highlighting Two Mission College Alumni
by Phuong Huynh and Van Nguyen

VALUABLE LESSONS FROM IIS
by Phuong Hoang

HOW TO OVERCOME YOUR FEAR OF GIVING PRESENTATION AND NAIL IT NEXT TIME.
by Phuong Huynh

DIET? NO BIG DEAL
by Quynh Vo

Recipe: How to Make Korean Kimbap
Whenever you come to the International Student Center, you will always see the photos of successful Mission College international alumni on the wall. They were excellent students who have gained many significant achievements that most international students dream of such as getting admissions from prestigious universities or receiving job offers from famous companies. In March 2018, we had a chance to meet and talk to two of them to learn some interesting facts about their studies and lives as well as to get several useful tips for studying in the U.S.

Student Success: Highlighting Two Mission College Alumni

By Phuong Huynh and Van Nguyen

This is **Hao Pham**, who started his study at Mission College as an IIS student eight years ago and got his Bachelor’s Degree in Physics from UC Berkeley in 2015. He is now pursuing a Master’s Degree at CSU Sacramento and planning to apply for OPT at one of the reputable technology companies, such as Intel or Apple, to continue to learn and fulfill his passion. To get such successes on his study path, Hao had encountered a lot of difficulties, especially language barriers and homesickness. Nevertheless, with the great help and support from Mission College professors and faculty from the very first days, he soon overcame the language barriers and made rapid progress in English, which was necessary for his future study. Besides, hanging out with friends, studying hard, playing games or traveling are methods he has chosen to revitalize himself whenever he feels down or homesick. However, Hao regrets not paying enough attention to the lectures and focusing too much on grades during his time at Mission College, which have caused some gaps in his knowledge and made it more difficult for him to access new knowledge in higher levels of education. From his own experience, he would like to encourage Mission College international students to be serious with their study, take advantage of professors’ office hours to ask any questions related to the course materials, have detailed plans for future, and not forget to spend some “me” time for themselves.

**Sang Le** is a Computer Science junior at UC Berkeley, who transferred from Mission College after completing his general education and prerequisite classes. He came to the U.S. three years ago and has enjoyed living and studying here since then. According to Sang, he chose Computer Science simply because he wanted to cheat in computer games, which he usually plays when he has free time. His parents initially opposed his dream and wanted him to become a banker or businessman. However, when technology started to grow rapidly in his country, they changed their mind. And after a few years of studying, he eventually realized that Computer Science is not just about cheating in games but also helping develop our modern life.

Like many international students coming to the U.S., Sang has encountered many obstacles, especially homesickness and explicit bias from his own community. To deal with them, he has chosen to stay in frequent touch with his family and friends in Vietnam, be understanding towards people with prejudice, and try to build and maintain a good relationship with everybody around him to break the cultural barriers between them. “Believe in your power and what you can do” is the advice Sang wants to give to every Mission College international student.
Have you ever thought that studying abroad is very simple when you are over eighteen years old? Do you think that you can get over the bad things that come to you by yourself? These questions were answered “yes, of course” by me when I decided to become an international student at Mission College. However, when I came here, everything happened differently from what I had thought before. I’ve had a lot of problems, but I’ve also had a lot of good experiences. There are a couple lessons that I have learned during the time I study here in the United States.

Language was the challenge that I had to face when I started to study in the Intensive English program. In the past, I hadn’t had many chances to have English conversations in my country, so my English speaking and listening skills weren’t really good. Consequently, I went to class and listened to the lectures without understanding anything. Because I had a lot of Vietnamese classmates, I consoled myself with the thought “It’s okay, I can ask them what the teachers give for homework, don’t worry.” Unfortunately, those classmates were similar to me. They didn’t understand anything. At that time, I almost wanted to give up and go back to my home country where everyone speaks my language. However, thanks to the mentorship program and their inspirational mentors, I was motivated to improve my English and continue my study in the U.S. In class, I tried to be more active by asking my teachers to speak more slowly and didn’t hesitate to raise my hand and ask questions if I didn’t understand anything. Moreover, I also tried to talk with my classmates in English so that I could improve my speaking skills. Even though like many international students, I don’t have any relative here, I can always reach out to teachers, mentors, and friends for help. As a result, after a few semesters, not only can I speak English quite well, but I can also hold long English conversations with both locals and other international students.

Learning to take the responsibility for my own education and never hesitate to ask for help are two lessons that I will never forget. Personally, I think that the Intensive English program is a helpful program for all international students. You will learn more things from this program than just English, such as how to be more confident, how to improve your social skills and so on. I’m sure you’ll be surprised at what you can learn from it.

“All the people and faculty at Mission are kind and friendly. They contributed a lot to my success and made me feel like I’m at home.”

Sang Le
How do you feel when you have to give a presentation in class? Do you feel confident enough to have a well-prepared presentation? Does your presentation really persuade the teacher and other students? If you say “I am not sure about that” or “I am not,” it means that Toastmasters club is the right place for you to make great positive improvement not only on your confidence but also on your communication skills.

You might have heard about Toastmasters before but what is it actually? Toastmaster International is a nonprofit educational organization that operates clubs around the world. Its key mission is to improve the communication, public speaking, and leadership skills of the members. Now, Toastmasters International has more than 350,000 memberships at 16,400 clubs in 141 countries in the world. Toastmasters club meetings have 3 main sessions: prepared speeches (that you can prepare any topic ahead of time), table topic (you answer a random question on the spot) and evaluation (when you can receive helpful feedback from experienced members). Each meeting is fun and has lots of new things to learn. If you are new to the club, you can join and play simple roles, such as Ah counter, ballot counter, grammarian, or joke master. Besides, joining a Toastmasters club is also a chance for people to expand their network because they will meet and learn a lot from new and successful people from different fields at Toastmasters meetings. At school, we meet friends our same age, but at Toastmasters, we can meet people from all walks of life.

One of my friends, Jennifer Nguyen, who is the Co-Founder of American Education Alliance - AEA, has been a member of Startup Speakers Toastmasters club in Sunnyvale for several years. She said that Toastmasters has helped her not only become more confident but also learn how to become an interesting person. From a shy young girl from Vietnam coming to the U.S. as an international student, now she feels very comfortable to initiate a conversation with anyone. Moreover, being a member of the club has brought her various opportunities to work with many professionals and learn from them. She feels much appreciated because the better communication and network she has built, the more humble she feels. The horizon of self-development is unlimited, and we can always find ways to improve ourselves.

I bet your presentation skills will be much improved after you join a Toastmasters club. Don’t believe me? Check it out and you will agree with me. I’ll see you there!

For more information, visit: www.toastmasters.org

“Your ability to communicate with others will account for fully 85% of your success in your business and in your life.”
- Brian Trac
Talking about the sensitive issue which is body image, a lot of people today are finding many ways to escape obesity. There are several methods which can help you lose weight quickly and easily, but are they safe enough for your health? Although a few people choose low-carb as a diet plan, you should consider other approaches which are healthier and more scientific.

- **Lifestyle changes**: You just need to take one step at a time and start changing small habits first. For instance, instead of drinking a cup of coffee with four spoons of sugar, now let’s drink the same coffee cup with half the amount of sugar. Besides, don’t forget to pay attention to your sleep. Several studies have pointed out that you should have 7 to 9 hours of sleep per night for your body to function at its best.

- **Diet meal plan**: According to Consumer Reports on Health, “half of every meal should be fruits and vegetables; one-quarter should be grains, such as brown rice, oatmeal, and whole-wheat bread; and one-quarter should be protein (some of it dairy).” Fit Couple Cook is one the most reliable channels on YouTube which shows its audience how to prepare easy and cheap meals; so if you have time, check it out.

- **Exercise**: It is recommended that you should exercise slightly at least 20 minutes each day. Personally, I would suggest you look for FitnessBlender, a well-known channel on YouTube providing a variety of exercise tutorials, which may show you many types of simple exercises step by step.

   Indeed, losing weight is not an easy process, and it may take a lot of time to get the expected result. However, always remind yourself that at least, you are trying to improve yourself in a better way. Do not let the surrounding people discourage you. If they say that you cannot do it, you are responsible to prove them wrong.

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**Recipe: How to Make Korean Kimbap**

*Kimbap is a Korean dish made from cooked rice and different ingredients that are rolled in dried seaweed sheets and served in bite-sized slices.*

**Prep Time: 30 min**  **Cook Time: 30 min**  **Total Time: 60 min**  **Servings: 4**

**Ingredients:**
- 4 cups of cooked short grain rice
- 2 eggs
- 4 long carrot strips cut lengthwise in ⅛ in x ⅛ in
- 4 long pickled Damion radish strips cut lengthwise in ⅛ in x ⅛ in
- 4 long imitation crab meat strips cut lengthwise in ⅛ in x ⅛ in
- 1 cup of blanched spinach
- 1 tablespoon of sesame oil
- 1 pinch of salt
- 1 cup of chopped Korean style BBQ beef
- 4 sushi nori sheets (dried seaweed sheets)

Beat 2 eggs and cook the eggs in a nonstick pan coated with cooking spray. Cook the eggs until they are gently cooked all the way through. Cut the eggs into ½-inch strips. Cook the carrots in salted water for 3-4 minutes until firm. Cook the spinach for 2 minutes in boiling water. Carefully squeeze the water out of the hot spinach. Season the spinach with ½ tablespoon of sesame oil and a pinch of salt.

To assemble the rolls, place a cup of rice on top of a piece of nori sheet. Spoon the rice edge to edge except for the top edge, which should be at least 1-2 inches unfilled. Carefully place the filling in the center of each roll. Roll the kimbap using a bamboo mat, making sure to push down and pull back every time you roll a little. Cut the rolls into 1 inch pieces and serve.

**Credit: Alice Currah from PBS Parents’ Kitchen Explorers**
International Interconnections: Joining MIC

MIC stands for Mission Inter-Connect Club. We’re here to promote internationality and culture diversity. Our purpose is to connect students from different countries across the world and embrace a sense of interconnectedness because we believe that our campus is a place of equity and diversity, where everybody helps each other regardless of where we come from.

Our club welcomes students from all over the world who are studying here at Mission College. Here you can make new friends, improve your leadership skills and find yourself participating in many different kinds of activities throughout the semesters.

Events that we have held so far:

- International Day which was co-hosted by ASG including traditional clothing contest, music, performances, cuisines, and free international candy
- Earth Day celebration and fundraising at the 10th annual Eco Fair where we sold low-water and drought-resistant plants
- Halloween Pumpkin Carving and Dress Up Contests
- Stanford Field Trip to discover this prestigious university and bring a new experience to participants
- The Cultural Appreciation event where we served “Com Am Phu” to represent a depressing yet unforgettable stage in the history of Vietnam
- Movie Night with the spectacular international movie “The Mermaid” along with free snacks and drinks

We have a meeting every Friday from 1:00 PM to 2:00 PM in the club room inside the Campus Center. Come join us to help build a community of unity, variety, and friendship.

This newsletter was made possible by the Newsletter Volunteers who contributed their hard work during the Spring 2018 semester: Phuong Hoang, Phuong Huynh, Nhung Luong, Randy Morales, Van Nguyen, Y Nguyen, Tin Pho, Quynh Vo, Huy Vu along with special guests and past students, Hao Pham and Sang Le.

Thank you, volunteers, for creating a beautiful newsletter!

Call us @ 1-408-855-5110
Email us at iis@missioncollege.edu

Our International Student Center Staff and Faculty are excited about answering any questions you may have. We look forward to hearing from you!