

# Seattle Central International Student E-NEWSLETTER

## Transfer to California State University

The state of California, including the California State University (CSU) system, is facing the largest budget deficit in their history. On July 21, 2009, CSU finalized a plan to manage a \$584 million budget deficit that includes furloughs for employees, a fee increase for students, and enrollment reductions for the next two years.

This means no spring semester 2010 admission for undergraduate students! (Selected graduate majors are open.)

**San Francisco State University**, one of our partner institutions, recommends that all students apply for Fall semester 2010 during the priority application filing period:

October 1 - November 30, 2009. If you are interested in a CSU campus in a different city, check the specific campus website for priority application deadlines and plan ahead!

Keep in mind that if a university will accept you only for Fall quarter/semester, it may be best if you graduate from Seattle Central in Spring quarter. This provides a smoother transition with university admissions and transfer of your immigration record. Some students like to take more than three classes per quarter so that they can finish at Seattle Central more quickly. However, this may not work out to your advantage! For example, if you graduate in Fall, you will still have to maintain your student status, or possibly leave the U.S. between schools. There may be a few different options depending on each student's situation.

If you would like to meet with an advisor to help with planning and university transfer, please call or stop by the International Student Center to make an appointment.



## New I-20s Ready for New Students

All students who were new or transferred back to Seattle Central in the Summer 2009 quarter have been registered with SEVIS, and new I-20's reflecting "Continued Attendance" status have been issued.

Please stop by the ISC with picture identification to pick up your new I-20 anytime after **July 29th**. (A picture ID such as your Seattle Central Student ID Card is required any time you wish to pick up a form or talk to an Advisor in the ISC.)

Students who fail to pick up their I-20 will have a hold placed on their account, which could result in an inability to register for Fall quarter.

## Upcoming Workshops



### UW Business School Applications (Transfer Center Workshop)

**Wed, July 29 at 1pm in BE 1102A**

Applying for business at the UW? Sharmon Follet from the UW Foster School of Business will be here to answer your questions about the application process.

### Prepare Your Applications (Transfer Center Workshop)

**Wed, Aug 5 at 2pm in BE 1102A**

Are you trying to transfer to a four-year school for Winter quarter 2010? Application deadlines are around the corner! Come find out how the application process works and how to successfully prepare your application.

### High School Completion Workshop

**Wed, Aug 5 at 2 pm in BE 3200**

Learn about how you can earn your High School diploma while attending Seattle Central! We will discuss the requirements and go over everything you need to know to get started with high school completion! Kristen Davies from the Career Center will also be present to go over the details of the High School and Beyond Plan.

## Volunteer for International Student Orientation

The International Student Center is looking for volunteers to help out new students at our Fall Orientation on September 22nd, 23rd, and 25th. This is a great opportunity to make a difference and to help make our students' first experiences at Seattle Central positive ones!



Important: Please pass this announcement along to any of your friends that might be interested in this great opportunity, but are not taking classes at Seattle Central this Summer. (Only students that are enrolled in classes receive the E-News.)

Applications are available in the Intercultural Activities Board Office. Stop by and fill out an application!

The IAB office is located in the Mitchell Activity Center in room 205H and is open during the Summer quarter from 12pm - 3pm Monday through Thursday. For further information, please contact Chris Thomas at [cthomas@sccd.ctc.edu](mailto:cthomas@sccd.ctc.edu). Applications are due by Thursday, August 6th at 3pm.

## Summer Activities from the ISC

### Blue Angels Air Show



The Blue Angels Air Show, which is part of Seafair, is a Seattle tradition! Join us for this captivating display of jet maneuvers! These planes will do loops, flips, and other special tricks. Some of these jets (the F/A -18) can even reach speeds of 1,400 miles per hour! This is a really cool event, so don't miss it! Sign up with your friends today!

When: Saturday, August 1st from 12pm - 4pm  
Cost: Free!

To sign up, email [sccintlactivities@sccd.ctc.edu](mailto:sccintlactivities@sccd.ctc.edu) or visit the IAB Office, located in the Mitchell Activity Center.

### Important Dates:

**August 10**  
Deadline to withdraw

**August 13**  
Deadline to pay for  
Fall quarter classes

**August 20**  
Summer qtr ends

**September 29**  
Fall quarter begins

### Tip of the Week:

Start thinking now about your travel plans for after Summer quarter. Summer break is a great time to travel and explore other parts of the US!

## Hot Weather Safety

Seattle has been experiencing unusually hot weather for the past several days, and this hot and dry weather is expected to continue through the end of the week. While we all enjoy the sunny weather (Here in Seattle, we have to take it while you can get it!), it's also important to take steps to ensure that you stay safe and healthy. During periods of hot weather, the Center for Disease Control (CDC) recommends that people keep the following tips in mind:



- Avoid hot foods and heavy meals - they add heat to your body.
- Drink plenty of water and replace salts and minerals in your body. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour.
- Don't drink liquids that contain alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.
- Wear appropriate clothing and sunscreen
- Schedule outdoor activities carefully. If you must be outdoors, try to limit your activity to mornings and evenings when the temperatures are generally cooler.
- Pace yourself.
- Stay cool indoors.
- Watch out for signs of heat related illness such as headache, dizziness, unconsciousness, confusion, rapid pulse, nausea, muscle cramps, and paleness.

For more information and tips about staying healthy during periods of hot weather, check out [http://www.bt.cdc.gov/disasters/extremeheat/heat\\_guide.asp](http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp).