

# Academic Resilience @ Brown

## *A Workshop Series for First-Year and Transfer International Students Fall 2023*

Academic growth and progress is not linear. It is not a straight line in one direction, but rather necessitates a step or two backwards, a couple of steps sideways, some zigzagging in order to ultimately move forward. This is because meaningful learning often involves taking risks, trying new things and stepping out of one's comfort zone. Come meet with the international student academic advising team and resilience-focused academic professionals as you navigate the many paths and opportunities to take during your first semester. In these interactive workshops, we will guide you to reflect on your academic experiences and provide you with personalized strategies to bounce back from challenges. You will leave each workshop feeling empowered with a renewed focus on what's important to you as you travel through your academic journey at Brown.

Important Note: All of the programs will be delivered in person and will **not** be recorded. Register for one or more workshops [here](#). *Space is limited. First come, first served.*

### **Navigating Academic Resources at Brown as a First-Year or Sophomore International Student**

Date: Tuesday, September 12th

Time: 5:00 p.m. - 6:30 p.m.

Location: Petteruti Room, Stephen Robert '62 Campus Center (75 Waterman St, Providence, RI 02912)

During this panel, you will hear from a variety of professional staff and students who either have used or provided resources available to you as an international student. We will test your knowledge on accessible resources, discuss how culture norms could impact your utilization of resources, and find strategies to navigate self-advocacy within your first year and beyond. By the end of this session, you will be able to generate a personalized approach to connect with Brown's academic network and support resources.

#### **Panelists:**

- Dean Chia-Ying Pan (Associate Dean of the College for International Students)
- Anne Kerkian (Associate Director for English Language Support, Sheridan Center)
- Eugenia Ampofo '24 (Tutor Leader & Undergraduate Tutor for CHEM 0330), concentrating in Computational Biology
- Will Borges '24 (Academic Coach), concentrating in Biochemistry & Molecular Biology with a Certificate in Entrepreneurship
- Karis Ma '25 (Academic Coach), concentrating in Sociology & Computer Science
- Francesca Vecchio '24 (Academic Tutor & Health Career Peer Advisor), concentrating in Biomedical Engineering

### **Exploring a Concentration as a First-Year or Transfer International Student**

Date: Wednesday, September 20th

Time: 12:00 p.m. - 1:30 p.m.

Location: Curricular Resource Center (167 Angell Street, Ground Level, Providence, RI 02912)

Join Deans Peggy Chang and Chia-Ying Pan to discuss strategies for exploring concentrations and balancing work authorization requirements with your academic goals as an F-1 student. This workshop will address your frequently asked questions and explore resources to support your academic and career development. If you are a first year F-1 student who is beginning to explore the opportunities within the Open Curriculum or a transfer international student who is planning to declare your concentration soon, you are highly encouraged to join.

### **Mapping your Academic Journey: Brown's Degree Options and Requirements for International Students**

Date: Thursday, September 21st

Time: 12:00 p.m. - 1:30 p.m.

Location: the Globe, 310 Page-Robinson Hall (69 Brown St., Providence, RI 02912)

Have you been curious about all the degree options and certain requirements you need to graduate from Brown? In this session you'll be hearing from Deans Chia-Ying Pan and Dean Lindsay Garcia who will provide detailed information on degree options and the knowledge you need to graduate with a concentration (or two) that is ideal for you. There will be opportunities for you to check about the necessary components to your degree, such as the WRIT requirement, and many more details that apply to you as an F-1 visa holder. By the end of this session, you will be able to make an initial plan and map your journey to degree completion. You will also know all the academic resources you can use if/when you need to make a change to your plans.

### **Promoting Academic Wellness: Effective Time Management and Studying Strategies**

Date: Thursday, September 21st

Time: 5:00 p.m. - 6:30 p.m.

Location: The Underground, Stephen Robert '62 Campus Center (75 Waterman St, Providence, RI 02912)

Looking for balance? Join the International Student Academic Advisor to reimagine your academic toolkit in a way that works for you. Through this interactive workshop, you will be able to reflect on your first few weeks and explore your relationship with time and studies. You will also learn how to build a resilient mindset by transforming your skills into productive study strategies. Whether you have extensive experience in the U.S. or this is your first time studying in a U.S. academic context, there will be something for you to enhance your semester. By the end of the session, the toolkit you arrived with will expand and aid you in promoting your academic well-being at Brown.

## **Setting your Academic and Career Goals: Employment Pathways for First-Year F-1 Visa Holders**

Date: Tuesday, September 26th

Time: 12:00 p.m. - 1:30 p.m.

Location: the Globe, 310 Page-Robinson Hall (69 Brown St., Providence, RI 02912)

Already wondering how to uncover the link between your academics and future career goals as a first-year international student? Join the academic advising team, CareerLab, and the Office of International Student and Scholar Services (OISSS) as they provide an interactive opportunity for you as an F-1 visa holder to assess services offered at CareerLab for optimal utilization. A professional staff member from the OISSS will be in the workshop to explain and clarify important topics on F-1 visa holders work authorization. This will be a great opportunity for you to evaluate resources and further prepare your future semesters while you explore the Open Curriculum at Brown. There will be time to consider how your immediate academic choices will enhance your long-term career to blossom.

## **Navigating the Hidden Curriculum at Brown as an International Student**

Date: Thursday, September 28th

Time: 12:00 p.m. - 1:30 p.m.

Location: the Globe, 310 Page-Robinson Hall (69 Brown St., Providence, RI 02912)

What is “the Hidden Curriculum”? Come by to reflect and learn about the hidden curriculum at Brown with your academic advising team. What are some of the unspoken truths about being an international student that we can unpack? How can you maintain your values and culture within the classroom setting and degree goals? In this interactive session, you will hear more about what the hidden curriculum is and how it may be relatable to your academic journey.

Additionally, you will have the chance to evaluate a case study of an international student who is assessing their choices within the open yet hidden curriculum. By the end, you will be able to thoughtfully summarize how the case study and the hidden curriculum relate to your own intersectional identities while empowering your decision-making journey.