Meet, Eat, & Learn
November 19, 2014 from 12:00 pm to 1pm
at the International Centre

WHAT A STUDY ABROAD EXPERIENCE CAN TEACH US ABOUT DIVERSITY AND INCLUSION

Join us as international students and US students who have studied abroad discuss their perspectives of diversity and inclusion within the context of international education. Learn how their study abroad experience taught them about diversity and inclusion as they discuss questions such as: What did you learn about yourself as a cultural being; What did you learn about how you interact with others from another culture(s); What does diversity and inclusion mean to you as a result of your intercultural experiences; and How does the UND and Grand Forks community benefit from people with such intercultural experiences?

Meet, Eat, and Learn is a monthly presentation where you can learn something new and interact with others, all while enjoying a Free Lunch!
Everyone is Welcome

Stop by the Women’s Center
Hours:
Monday-Friday
8:00am-4:30pm

Or visit our website at:
www.und.edu/student-life/womens-center

Or email us at:
und.womenscenter@email.und.edu
Kay Mendick, Director
Patty McIntyre, Program Associate

Important Dates:

Election Day
November 4th

Veteran’s Day
November 11th
No Classes

Thanksgiving
November 27th
No Classes

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In celebration of diversity and inclusion, below are some events that are celebrated across the nation during the month of November!

**November 1-30**  
American Indian Heritage Month  
November was officially recognized as National American Indian and Alaska Native Heritage Month in 1990 when President George H.W. Bush signed it into Public Law.

**November 14**  
The start of Muharram (Islamic New Year)  
The month of Muharram marks the beginning of the Islamic liturgical year. The Islamic year begins on the first day of Muharram, and is counted from the year of the Hegira (anno Hegirae), the year in which Muhammad emigrated from Mecca to Medina (A.D. July 16, 622).

**November 13-17**  
Diwali  
Known as the "Indian Festival of Lights", this major Hindu holiday signifies the renewal of life, and the victory of good over evil. To celebrate, people light lamps and candles, set off fireworks, and wear new clothes.

**November 25**  
International Day for the Elimination of Violence Against Women  
In 1999, the UN General Assembly designated the 25th of November as the International Day for the Elimination of Violence against Women. At least one out of every three women around the world has been beaten, coerced into sex, or otherwise abused in her lifetime - with the abuser usually someone known to her.
Test Anxiety in College Students: What Can You Do to Gain Control

Have you ever walked into a classroom prepared to take an exam and you go blank, you start losing your breath, you hear every noise but yourself telling you to calm down. This is test anxiety at its best! While the majority of college students can control and manage test anxiety, some of us have more difficulty controlling it.

Defined, test anxiety is both physically and emotionally detrimental to our bodies. Test anxiety can reduce blood flow to your brain making it hard to concentrate, your muscles start to ache and then you feel light headed. Emotionally, your confidence is lacking and you are drowning in negative thoughts. These physical and emotional symptoms combined make it impossible for you to do your best. This is even more disappointing when you have adequately studied for your exam and now you can’t prove it. But there are a number of ways that can help you overcome your test anxiety.

1. Be well prepared for your test.
2. Include as much self-testing as possible before your test.
3. As you approach the exam think positively, that you can do this.
4. Get a good night’s sleep and exercise regularly before your exam.
5. Eat nutritiously, lay off the caffeine. Caffeine can act as an anxiety trigger for your body.
6. Don’t talk to friends about the exam right before the exam.
7. As the exam is distributed breathe deep and close your eyes.
8. Read the directions carefully.

7 Study Tips for Students

1. Good notes = Good grades Take notes on the key points of a lecture or textbook.
2. Stay Organized Keep a detailed calendar with all your commitments.
3. Unplug & Reconnect Avoid distractions by limiting your time on social media.
4. Don’t Cram Pace yourself to ward off exhaustion and remember what you learned.
5. Don’t Over-Study Use your time wisely. Avoid studying useless information.
6. Find your Zone Try different environments such as coffee shops to see what works for you.
7. Take a Break! A ten minute break every hour or so will help you stay energized.

http://www.campusexplorer.com/college-advice-tips/2DF9E34D/7-Best-Study-Tips-for-College-Students/

Do You Need Help?

If you have experienced violence, a sexual assault, or harassment of any kind, there are a number of places that can help.

University Police: 701-777-3491
UND Women’s Center: 701-777-4300
Dean of Students: 701-777-2664
UND Counseling Center: 701-777-2127
Equal Employment Opportunity/Affirmative Action: 701-777-4171
The Trevor Project (crisis and suicide for LGBTQ youth): 1-866-4-TREVOR

Community Violence Intervention Center: 701-746-0405
Grand Forks Police Department: 701-787-8000
Altru Emergency Room: 701-780-5280
Suicide Prevention Lifeline: 1-800-273-TALK
Thank You!!!

The Women’s Center would like to thank everyone who was involved with the 19th Annual Clothesline Project and Take Back the Night Rally. Many thanks to all the organizations, students, and faculty that took part in the Project. We look forward to working with you again next year!

The University of North Dakota Alumni Association & Foundation raises and manages funds that support programs and educational opportunities for UND’s students, such as the Women’s Center. To support the Women’s Center, go to www.undalumni.org and designate your donation to "Women’s Center" in the comments.

UND Women’s Center
305 Hamline Street
Grand Forks, ND 58203

21880-2130

Where to Find Us: