Meet Kennedy, New Student Office Assistant

Hello everyone, my name is Kennedy. I am an international student from Kenya, and a new student office assistant at the International Office. We all are currently going through a tough time, not only are we faced by a global pandemic, but we also have to adapt to new ways of living. It’s not going to be easy but I want to guarantee you that we at the Office of International Education & Study Abroad are here for you, together we will get through this because you are not alone. Do not hesitate to drop by our virtual office or email me at international@olympic.edu if you have any questions. Stay safe!

Beach Party on Canvas
in collaboration with International Club

In one afternoon, Danielle from Rimbert Illustration, a fun & talented artist, taught us how to paint the colorful wave. It was a great learning experience for those who never had painting experience before. All we had to do was to have some courage to try something new, and unleash our creativity!

Don’t miss future events by checking OC International Students on Facebook!

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IMPORTANT DATES

May 26  Last day to officially drop a class and receive a “W” grade
May 29  Last day to add/drop a Continuous Enrollment class
June 1  Registration begins for continuing and former students for summer/fall
June 9  Last day to change a variable-credit class
June 12 Registration begins for new students for summer/fall
Jun 16-19 Weekday final exams and/or instruction
June 19  Spring quarter ends

Please contact the Office of International Education & Study Abroad at international@olympic.edu for corrections in your mailing address, e-mail and phone number.
CULTURAL PRESENTATION (JAPAN)

Cultural presentation on Japan presented by one of new international students, Yuri Mima, was one to remember. She not only taught us about the demography but also about the culture of Japan. We learned about various Japanese cuisines and how to pronounce some of them, as well as how the typical day of a Japanese student in Japan looks like. We also learned what the current Japanese trends are. This was a good learning experience for non-Japanese students who have always wondered how the Japanese culture was like. Look forward to our cultural presentation series in the future.

Introducing OC Rec’s 6-Week Wellness Program
Try It Out, Stay Healthy!

1. Drink more water.
The recommended daily serving of water for women is 11.5 cups, and for men is 15.5 cups.

2. Get some Sleep.
Most healthy adults need between 7 and 9 hours of sleep each night.

3. Take time to stretch.
Stretching is good for your body, it helps improve flexibility, circulation, stimulates the digestive system, and calms the nervous system.

4. Find your artistic side
Do not worry about being creative, art is art no matter what. Art helps reduce stress, process feelings and increase self esteem.

5. Take time to appreciate yourself
Take time daily to journal about your day and focus on the positive things. Reflect on yourself and how quarantine has challenged you. Take some time to relax and take care of yourself.

6. Get moving
Get up and get moving. Physical exercise like walking and running helps improve sleep and self esteem and reduce stress.

Happy Birthday
Yugo (Japan) Vy (Vietnam) Yoko (Japan)
Tai-Wai (Macau) Mirai (Japan)
Dianjin (Macau) Mai (Japan)
Laura (Colombia)

OC Virtual Commencement will be July 10, 2020!
The 2020 e-Commencement Ceremony will be unlike any other at Olympic College. The college will broadcast its first ever Virtual Commencement Ceremony on July 10! Even though we all wish we could celebrate in-person, Olympic College will recognize the accomplishments of this year (2019-2020)'s graduating class. For more information, visit: olympic.edu/current-students/graduation.