Spring 5-4-2015

Huānyíng nǐ lái dào BGSU: A Guidebook to BGSU

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Jane Powell
Honors Senior Project
Bowling Green State University, 2015
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About the Guide

Welcome to BGSU! You are sure to have a great time while you are here, but there are some difficulties you should be prepared for. This guidebook is designed to address the specific needs of Chinese students as they adapt to life at BGSU.
This guidebook uses research with former BGSU students to provide advice and answer common questions that Chinese students have, including a guide to the BG area, tips for academic success, and cultural advice.

About the Author

My name is Jane Powell, and I was born and raised near BG. I am an Asian Studies major, with a Chinese minor. This guidebook is part of my senior project for the BGSU Honors Program. I created this project not only to showcase some of the skills I have developed over my student career at BGSU, but mainly to serve a need I had seen with many international students at BGSU.

I have loved my time at BGSU, and I feel that this is a great way for me to give back. I hope you enjoy BGSU as much as I did!

我是 Jane Powell, 我的中文名字叫珍珍。我在 Bowling Green 出生的，长大的。我的专业是亚洲研究，辅修中国文化。这本使用手册是我 BGSU Honors Program 毕业设计。这本使用手册不仅是为了展示我在 BGSU 学生生涯中发展的一些技能，更是为了满足我在 BGSU 期间看到的许多国际学生的需求。

我热爱在 BGSU 度过的时光，想借此机会来帮助中国留学生更好的融入 BGSU 的学习和生活。
The Bowling Green Area

Transportation

Because BG is not a large city, most of the travel in the area is focused on cars. For most international students, owning a car may be too difficult or too expensive if they are staying for a short term. However, there are other options.

Buses - BGSU Shuttle Services

BGSU offers several bus routes around campus and BG. For almost anything you will need, you can access with these buses.

BGSU 提供多种免费巴士，其线路覆盖学校周边地区。大学网页有详尽的时间表和路线。

See the BGSU Shuttle Services website, www.bgsu.edu/parking-services/shuttle-services.

Taxi

While there are taxis in BG, they are not readily available on the street. If you need to use a taxi, you must call a service to your location.

Bowling Green 有出租车，可是找出租车常常很难。如果需要出租车，你得给出租车公司打电话。

Walking

Because of the amount of students in BG, many businesses are very close to the university, including convenience stores and restaurants. Downtown BG is very popular, and most local students opt to walk there because it is so close to campus.

Because BG is a small city, many businesses are very close to the university, including convenience stores and restaurants. Downtown BG is very popular, and most local students opt to walk there because it is so close to campus.

Track routes and estimated arrival times for BGSU shuttles at http://bgsu.transloc.com
Cars

If you decide to get a car, there are several steps needed. You will have to apply at the Department of Motor Vehicles, and later take the test for your license. It is important that you find someone who has their license already, as you will need to practice with them under a learner’s permit (they can also give you advice).

The Bowling Green Bureau of Motor Vehicles is located at: Greenwood Centre, 1616 E Wooster St #30.

There are several businesses in BG that offer insurance plans, but there are also options for purchasing insurance online. It is important that you research what type of insurance is best for your needs, and it may be a good idea to speak with whomever is helping you prepare for your license for advice.
**Shopping**

Most of the student shopping needs can be met within BG, but it is important to know where to go for different items. Here is a basic guide to some of the stores available in BG:

<table>
<thead>
<tr>
<th><strong>Clothing/Shoes</strong></th>
<th><strong>Grocery</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Elder-Beerman</td>
<td>Aldi</td>
</tr>
<tr>
<td>1234 North Main Street</td>
<td>1010 South Main Street</td>
</tr>
<tr>
<td>Maurices</td>
<td>Kroger</td>
</tr>
<tr>
<td>1111 South Main</td>
<td>1094 North Main Street</td>
</tr>
<tr>
<td>Meijer</td>
<td>Meijer</td>
</tr>
<tr>
<td>2111 East Wooster Street</td>
<td>2111 East Wooster Street</td>
</tr>
<tr>
<td>Rue 21</td>
<td>Walmart</td>
</tr>
<tr>
<td>1111 South Main Street</td>
<td>131 West Gypsy Lane Road</td>
</tr>
<tr>
<td>TJ Maxx</td>
<td></td>
</tr>
<tr>
<td>1111 South Main Street</td>
<td></td>
</tr>
<tr>
<td>Walmart</td>
<td></td>
</tr>
<tr>
<td>131 West Gypsy Lane Road</td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Electronics</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Meijer</td>
</tr>
<tr>
<td>2111 East Wooster Street</td>
</tr>
<tr>
<td>Walmart</td>
</tr>
<tr>
<td>131 West Gypsy Lane Road</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Furniture</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Walmart</td>
</tr>
<tr>
<td>131 West Gypsy Lane Road</td>
</tr>
<tr>
<td>Meijer</td>
</tr>
<tr>
<td>2111 East Wooster Street</td>
</tr>
<tr>
<td>Goodwill</td>
</tr>
<tr>
<td>1058 North Main Street</td>
</tr>
<tr>
<td>Big Lots</td>
</tr>
<tr>
<td>818 South Main Street</td>
</tr>
</tbody>
</table>

**Eating Out**

BG has a wide variety of restaurants, so it is not feasible to list each one here. Instead, here are some basic restaurant types you will see, because these different styles can be disorienting at first.

BG 有各式各样的餐厅。这里提供几类基本常见的餐厅。

<table>
<thead>
<tr>
<th><strong>Carry Out 外带</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>There are several establishments that offer carry out options, and will be designated as such by signs outside. Some sit-down restaurants even have carry-out options, so you can take the food home rather than eat it there. However, many require you to call in advance and place your order.</td>
</tr>
<tr>
<td>一些餐厅提供外带服务。此类餐馆外一般会有外带服务的指定标志。一些堂吃餐厅也可以提供外带服务，所以你可以带回家吃而不是在餐厅内吃完。你需要事先打电话确认和订位。</td>
</tr>
</tbody>
</table>
Fast Food

BG has several fast food restaurants, many of which you will have already experienced in China. There are also some franchises that you may not recognize, but most work very similarly.

In the U.S, the drive-thru is widely used. If you are visiting a fast food restaurant for the first time, it is best that you go into the restaurant in order to better read the menu.

正如你在中国看到的快餐厅,你可能也会见到一些不熟悉的快餐品牌。

在美国,驾车点餐比较流行,但一般用于快速点餐。

Delivery

Most delivery foods around BG are for pizza or subs. Menus can be found online, or is brochures at the restaurant. A small tip is expected for the delivery person depending on the cost of the food.

很多送餐服务是用于比萨饼和三明治的。你可以在网上找到菜单。除了餐饮费用,你还需要给送餐员小额小费,当然小费金额取决于送餐速度和餐饮费用。

BGSU Dining

For students who live on campus, eating campus food is very convenient. There are many different types of food on campus. There are also two buffet style cafeterias. Campus cafeterias accept student meal plans, which are relatively inexpensive.

要是你住校内，大学餐厅很方便。各个餐厅菜不一样，有快餐馆，自助，美国菜，中国菜，日本菜，意大利菜，等等。你可以用你的学生证，信用卡，现金买菜，BGSU 餐厅相对便宜一点。
**Eat-In**

Soft drinks, water, tea, and coffee are usually “bottomless” at sit-down restaurants, but other drinks such as alcohol will charge by the glass.

在餐厅内,可乐，水，冰茶，咖啡平常无限供应,但是别的饮料,比如说酒,可能按瓶计费。

When the meal is over, the waitress will bring the check. Some restaurants will have you pay the bill with the waitress, and some will have you pay at a counter as you leave. In a sit-down restaurant, it is very important that you leave a tip for the waitress, usually 15%-20% of the bill based on the quality of service. If you use credit card, you can leave a tip from your card by entering a dollar amount on a line of the receipt.

吃完了的时候,服务员会给你帐单。有的餐厅你可以跟服务员付费,有的餐厅你得在收银机付费。在餐厅内,你给服务员小费是很重要的。基于服务品质,小费平常15%-20%。如果您使用信用卡,你可以在收据上写入小费金额。

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**Salad Bar**

Restaurants may have a salad bar or buffet option. If you wish to use one, be sure to check the menu or tell your waitress, because there can be different costs for these options. For example, some meals include a one trip option, where you get one plate from the buffet. If you go back for a second plate, you may be charged again. Even if you chose a restaurant with an all you can eat option, you must get a new plate every time you get more food.

一些餐厅有沙拉吧和自助餐区，价格有区别，你最好跟服务员问清楚。在自助餐厅里，你应该在每次盛餐时使用新的盘子。
Academic Success

It is certainly not easy to take classes in a second language, but there are many steps you can take to ensure that the process of adjusting to academic life at BGSU is as easy as possible. Most importantly, you need to be proactive about your needs as an international student. Here are some tips some former Chinese Students at BGSU would like to share with you:

对于英语作为第二语言的人来说，上课当然不容易。但是你可以采取一些方法来调整在 BGSU 的学习生活方式。最重要的是，作为国际学生，你需要主动地了解自己的需求。

以下是一些在 BGSU 学长学姐想要跟你分享的诀窍。

Talk With Your Professor

Each professor runs their class a little different, some will encourage classroom discussion, and will allow time for student questions. Others may prefer a professor-oriented lecture style classroom. When you start a new class, it is important to determine what style the professor prefers.

你应该好好了解你的教授并及时于他们沟通，说明自己作为国际学生的特殊需求。大多数教授都可能会对国际学生有所照顾。你也需要利用课外时间寻求帮助，自行补习功课。

You should set up a meeting early in the semester, to get to know your professors and tell them about your needs as an international student. Your needs may be quite different than for domestic students, and so it is important to help your professor understand this. Most professors will be willing to help, but you may need to seek this help outside of class so that classroom time is not spent on an individual’s needs.

各个教授的教学风格不同，有的教授鼓励课堂讨论，有的教授喜欢传统的讲座式演讲。你上新课时应该弄清授课风格。

你应该好好了解你的教授并及时于他们沟通，说明自己作为国际学生的特殊需求。大多数教授都可能会对国际学生有所照顾。你也需要利用课外时间寻求帮助，自行补习功课。

Email is a good way to contact your professor. You can read information at your own pace, and it allows you to keep a record of the communication.

If you miss class, you should alert your professor as soon as possible, and ask classmates for notes and missed material.
Learning Commons

There are a variety of tutoring services available at the Learning Commons. You can get help with Math, Writing, Study Skills, Academic Coaching, and Subject Tutoring for most classes offer at BGSU. This can be a good opportunity to get help with difficult subjects, and provides more personalized help for your needs as an international student.

The Writing Center in the Learning Commons is very popular with international students, because papers can be difficult to write in a second language.

You can also visit the Learning Commons for things that are not classroom assignments. For example, you can get help learning to write a letter. This is good practice for you, but also allows you to get to know the program in a more relaxed atmosphere.

Contact the Learning Commons at 419-372-2823
tlc@bgsu.edu
or visit them on the first floor of the William T. Jerome Library.

BGSU 学校图书馆的 Learning Commons 专为学生提供各类功课辅导服务。
BGSU 开设的大多数课程在这里几乎应有尽有，例如：数学，写作，学习技巧，学术辅导，专题辅导等等。学生课业难题在此迎刃而解。这里更为国际生提供私人订制的帮助和服务。

Learning Commons 的写作中心非常受国际生欢迎，毕竟用第二语言撰写论文是极具挑战性的。
Connect With Other Students

Working and studying with other students, especially domestic students, in your class can be a great help to you. Other students may be more patient with your questions than a professor would be in class, and if you gain a stronger friendship with these students they may be better able to address your needs. Talking about subjects is a great way to remember key concepts as well.

和美国同学搞好关系对你很有帮助。他们可能比教授更有耐心。如果你和你的美国同学情深义重，你可以受益匪浅。

See pages 19-20 for more on connecting with American Students

Be Organized

Make sure you keep a planner or calendar of important dates so that you do not miss anything. Classroom notes should be well organized so that information is easy to find and read.

你的笔记必须结构清晰，易于查询和复习。

Read

Many students are surprised how much reading is requires for U.S. classes. However, it is important that you spend extra time reviewing this readings so that ideas in the classroom can be reinforced. Because this level of reading may be difficult for someone speaking English as a second language, you should take notes. Mark important pages, write down key concepts, and reread if necessary.

美国的课程设计阅读量大，所以有的学生感到很惊讶。可是，阅读很重要。

因为这些阅读可能不太容易，所以你必须作读书笔记。要是你不明白，你必须再次读。
American classrooms often use group work as a teaching method. These can range from small classroom discussions to large group projects. Here are some tips on how to work in a group.

Exchange Information

You should have multiple ways to contact other members in your group, such as email, phone numbers, or social media. Remember to keep in contact, and check often to see if anyone has tried to contact you.

Meet Often

Many group members may try to complete projects exclusively through the internet, but it would be best if you schedule at least one face to face meeting. This will give your group a good chance to organize ideas, address individual needs, and also can help with language barrier issues.

Whether working over the internet, or scheduling group meetings, you should be sure to contact your group often. Make sure everyone is making progress on their individual tasks, and that the work is organized so all goals of the project are addressed.

你应该与组员时刻保持充分沟通以保证每个组员在项目上都有所进展。
Do Not Procrastinate -不要拖延

Group projects require much more time than individual projects because they rely on cooperation and work between several people. It is easy to lose track of time, so it is important to begin work early to make sure small problems do not become big ones.

团队项目比个人项目更费时间，因为这需要大家齐心协力合作。

Alert Professor -及时与教授反馈

Some classes may assign partners and not allow you to choose your own. Most of the time, your partners will still be eager to work and get a good grade for the assignment. However, it is not uncommon to have trouble with one or more of your group members. There are some steps you should take if this happens:

有些课可能指定小组，所以你没得选。大多时候，你的组员是愿意合作并取得好的成绩的。但是，如果你和你的组员在合作时产生矛盾，你应该采取以下措施。

1. Try to contact the group member. Give them an adequate amount of time to respond, they may be busy.
   尝试联系组员，并留给他们足够的回复时间。

2. If they respond, you should discuss the issues you see in the group. They may not realize what your expectations are for the project, and so discussing these issues may help the issue be resolved. Make sure you tell other group members this issue as well.
   如果他们回复，说清事实并与其他成员公开交流。

3. If the group member does not respond, or obviously ignores your concerns, you may need to contact your other group members.
   如果某个组员不理你，联系其他组员。

4. If issues continue, contact your professor outside of class. They may offer advice on how to deal with the situation, or even assign you to a new group.
   如果事态得不到控制，及时联系你的教授寻求帮助。
**Seeking Help**

**Important Offices and Services**

<table>
<thead>
<tr>
<th>Office</th>
<th>Description</th>
<th>Address</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Career Center</strong></td>
<td>“Career Center staff members are here to help students explore career and major options, identify and secure cooperative education and internship experiences, and search for job and graduate school opportunities.”</td>
<td>318C Math Sciences Building</td>
<td><a href="mailto:careerservices@bgsu.edu">careerservices@bgsu.edu</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>419-372-2356</td>
<td></td>
</tr>
<tr>
<td><strong>Counseling Center</strong></td>
<td>“The Counseling Center staff strives to promote the psychological wellbeing of students from diverse backgrounds; to foster their development, learning, and academic success; and to provide appropriate intervention when students are experiencing serious mental health concerns.”</td>
<td>104 College Park Office Building</td>
<td><a href="mailto:honors@bgsu.edu">honors@bgsu.edu</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>419-372-2081</td>
<td></td>
</tr>
<tr>
<td><strong>Honors College</strong></td>
<td>“The mission of the Bowling Green State University Honors College is to create a community of scholars through an emphasis on personal and intellectual development and preparation for global citizenship. Members of the University Honors College will develop critical thinking skills, make interdisciplinary connections, conduct original scholarship, and have access to leadership and professional opportunities.”</td>
<td>024 Founders Hall</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>419-372-8504</td>
<td><a href="mailto:honors@bgsu.edu">honors@bgsu.edu</a></td>
</tr>
</tbody>
</table>

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1 Career Center website, www.bgsu.edu/career-center
2 Counseling Center website, www.bgsu.edu/counseling-center
3 Honors College website, www.bgsu.edu/honors-college
International Student Services

“The International Student Services Office leads Bowling Green State University's efforts in recruiting international students and supporting them throughout their career at BGSU by providing them with immigration advising, advocacy, and programming support.”

Office of the Bursar

“The Office of the Bursar supports the University’s strategic plan by maintaining the financial assets of the University while providing fiscal guidance, and quality customer service to the students, parents, other University departments, and external agencies.”

Student Legal Services

“SLS strives to assist students in responding to legal problems that may adversely affect their well-being or otherwise interfere with academic endeavors. The services offered are meant to assist students in resolving problems for which it would be otherwise difficult or impossible to obtain legal services at affordable prices. In this way, SLS helps BGSU to accomplish its goal of fostering a positive living and learning environment for student success and retention.”

Important: “Students must have paid their participation fee at the beginning of each semester to use the service.”

Connect with Chinese Faculty

A good way to find help is to connect with Chinese faculty on campus. They can often better understand the issues you face as an international student, and it is easier to discuss issues in your native language.

在校园寻找帮助的一个好方法是与中国教职人员建立联系。他们通常理解国际学生的问题，而且用母语交流对国际学生来说更容易沟通。

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4 Quote from the International Student Services website, www.bgsu.edu/international-programs-and-partnerships/international-student-services
5 Office of the Bursar website, www.bgsu.edu/bursar
6 Student Legal Services website, www.bgsu.edu/student-legal-services
**Student Safety**

Bowling Green Police Department

(419) 352-8775

175 West Wooster Street

Bowling Green Fire Department (Nearest to Campus)

(419) 352-3106

552 East Court Street

In an emergency, call 911

**Student Health/Medical Services**

Falcon Health Center

419-372-2271

838 East Wooster Street

“The staff at ReadyCare at Falcon Health Center provides treatment for minor ailments and injuries that need prompt attention, but don't require a visit to the emergency room—no appointment needed!”

Wood County Hospital

419-354-8900

950 West Wooster Street

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7 Quote from Falcon Health Center website, falconhealth.org
On-Campus

Student Organizations
Contact information for these organizations can change. Please contact the Office of Campus Activities for current information on these clubs.

401 Bowen Thompson Student Union, 419-372-234, involved@bgsu.edu

- Chinese Culture Club
- Chinese Student Scholars Association
- International Student Association
- Japanese Club
- World Student Association

Cross-Cultural Conversation Connection

“The Cross-Cultural Conversation Connection (CCCC) Program is a partner matching program that pairs international students and American students for conversation and friendship. The purpose of the CCCC Program is to develop cultural understanding in today’s global community by connecting people from different cultures through conversation.”

Off-Campus

Global Connections
“Global Connections is a local non-profit organization comprised of volunteers from churches and campus ministries, BGSU students and faculty/staff, and the local community who care deeply about the well-being, success, and safety of the International community in Bowling Green…”

Visit globalconnectionsbg.org for more information

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9 Quote from Global Connections brochure.
Downtown BG is very popular with BGSU students. There are interesting shops to look at, a variety of restaurants, and several clubs and bars.

大学生经常活跃在市中心的各种有趣的场所，诸如商店，餐厅，酒馆，酒吧，等等。从校园走路到市中心很容易，从校园的南边（Wooster Street）往西走就能抵达市中心（Main Street）。

### Alcohol in the U.S.

The bars and clubs in downtown BG are very popular with BGSU students. Some Chinese students have been surprised. You may be invited to visit the clubs or bars downtown, but there are some thing you need to know:

对大学生来说，BG 市中心的俱乐部和酒吧很受欢迎的。你也许被邀请去参观市中心的酒吧和俱乐部，但是有些注意事项你知道。

1. The legal drinking age in the US is 21. If you are under 21, you may still be able to visit these places, but you cannot drink alcohol and may have to pay a cover fee.

   在美国，法定的饮酒年龄是 21 岁。如果你不满 21 岁，你仍然可以去这些地方，但你不能喝酒，你可能得要付些服务费。

2. Do not leave your drink unattended, or accept drinks from strangers if you did not see it prepared.

   不要让你的饮料处于无人照看的境况。对于陌生人提供的饮料要多加小心，尤其是在你没有看到它的制作的情况下。

3. You cannot take your alcohol outside or into public areas (such as on the sidewalk). You must finish your drink before you leave a bar, club, or even your home.

4. 你不能带酒出去喝或或是在公共场所（比如人行道上）。你必须在离开酒吧前或是出门前喝完你的饮料。

5. Do not drink and drive, not only is it extremely dangerous, but you could also face fines and jail time. Remember, there are taxi services that can be called.

   千万别酒后驾车。它不仅是极其危险的，你也可能面临罚款和坐牢。记住，有计程车的运送服务。

Some students may find that this a good way to have fun and connect with domestic students, but it is still important to stay safe!

有的大学生觉得去酒吧很好玩儿，而且可能找到新朋友，但仍然请你小心！
Visiting an American House 参观美国的房子

You may make some American friends who will invite you to visit their home. Visiting a family home can be slightly more formal than visiting a student’s apartment or dorm, so there are some things you should know:

Should I Take Off My Shoes？拜访礼仪

Some households remove their shoes when they enter their house, some do not. Watch your host enter first, and simply follow their lead. If you are not sure, ask first.

应邀作客的时候，有的美国人脱掉鞋，有的人不脱掉鞋。如果你去美国人家作客，你必须看主人，跟着他们做一样。如果你不确定，你也可以先问他们.

Should I Buy A Gift？

In many cases, you do not need to buy a gift for your host, as it may make the host feel uncomfortable. However, this depends on why you are visiting. For example, if the family is celebrating a holiday, birthday, or special event, a gift would be welcomed.

If you are visiting a house for a meal, you can bring a dish if you like, but you should ask the host ahead of time. Many Americans would be very interested in being able to try some of your dishes from home.

Many Americans would also be very interested in items or souvenirs from your hometown. These may be safer gifts if you are unsure.

在很多情况下，你不太需要买礼物给主人，因为主人可能会不好意思收礼。然而，这取决于你为什么来。例如，如果家庭在庆祝一个节日，生日，或是特别活动，这样礼物会受到欢迎。

如果你去人家家里拜访吃饭，你可以带菜，可是你必须事先问主人。美国人对于尝试客人所带的菜感到很有兴趣。

美国人对于客人所带的中国纪念品感到很有兴趣。如果你不确定带什么，纪念品是一个很好的礼物。

See page 22 for more information on gift giving
What If I Dislike A Dish I Am Served?

There may be some dishes that you do not like. It is difficult to deal with situation because you do not want to offend the host. Most American meals use multiple dishes, so try to eat more of dishes you do like. If this does not work, or if the host notices that you did not like the dish, you should be honest but polite. They should understand if you explain that you are not used to certain aspects of the dish.

如果有美国菜你不喜欢吃, 但是因为你不想得罪主人, 这情况就变得有点难了。美式餐常常有各种菜，你可以吃你最喜欢的菜。如果你都不喜欢，你应该说实话，而且有礼貌。

Connecting with American Students

College is a great time to make some amazing life-long friends. One of the most important parts of your experience abroad is being able to make local friends and learn first-hand about American culture. Here are some tips on how to find domestic friends:

你上大学是一个很好的认识新朋友的机会。最重要的是，你可以认识些美国朋友，体验美国文化。这里有一些关于如何寻找当地朋友的建议。

Participate In Clubs - 参与俱乐部

This is a great way for you to find people with similar interests, and club events are a great way to meet new people and start friendships.

这是为你找到一个具有相同兴趣的人很好的方式,而且社团活动也是一个认识新朋友和开始友谊的好方法。

See page 16 for information on BGSU student organizations.

Connect With Other Students in Your Classes

If there is someone you regularly see in your classes, you may be able to start a conversation with them before or after class. They may also be interested in making an international friend. In this case, it is very important that you are confident and direct. If you would like to be friends with classmates, you should ask to make plans outside of class. This can be as simple as making plans to eat at the cafeteria together.

如果在课堂上你经常看到某位同学, 你也许可以在下课前或后开始跟他们交谈。有自信和直接的沟通是非常重要的。如果你想跟某位同学交朋友，你可以在课外邀请他/她计划一些活动。
Use Social Media

Social media such as Facebook, Twitter, and Snapchat are very popular with domestic students. You should strongly consider getting accounts with these services in order to better connect with others. Domestic students do not often use some of the more popular services in China, Such as QQ.

一些社交网路,例如 Facebook, Twitter, and Snapchat 非常受當地学生欢迎。你应该认真考虑开一个账户，以便更好与其他人联系。

當地的学生不经常用一些在中国很受欢迎的社交网路,像 QQ。

Leave Your Comfort Zone -离开你的舒适区

Because it can be uncomfortable to be in a new environment, many students tend to isolate themselves. For example, some International students may spend more time with other students from the same home country. However, to get the full experience of your study abroad, you should try to participate in many activities, and interact with strangers.

因为你可能在一个新的环境感到不舒服，所以很多学生倾向于孤立自己。例如，大部分的学生还是比较喜欢和自己国家的同学相处在一起。然而，为了让你自己充分体验异国生活，你应该试着去参加多种活动，与陌生人互动。

Problems You May Face

Unfortunately, some domestic students may have preconceived notions about international students, and so it can be sometimes difficult to make connections. They may believe certain stereotypes about Chinese students, especially if they have never interacted with international students before. For example, domestic students can sometimes mistake simple cultural differences as purposeful rudeness. Domestic students may also be impatient if you have difficulty with English.

You may be able to change their mind if you explain your difficulties as an international student, and show the value you have as a unique, intelligent person!

美国的学生可能对国际留学生有先入为主的观念，所以有时候双方比较难建立关系。美国学生可能持有对中国学生的刻板印象，特别是那些以前没有和国际留学生接触过的美国学生。比如说，美国学生有时候可能把简单的文化差异错误地理解为对他们的有意的冒犯。

你可能会改变他们的想法如果你向他们解释你作为留学生的难处，并且向他们展示你作为一个独特的，聪慧的个人的价值！
Living with an American Roommate

American students may have a different lifestyle than you are used to, whether living on or off campus. Here are some tips:

如果有美国室友，不管住校外还是校内，你都可能有不同的生活方式。这里有一些提示:

- Be direct but polite about issues. Your roommate can not read your mind!
  与室友相处可以直接点但要有礼貌，别害怕对她/他说实话。因為你的室友无法了解你的内心想法。

- Work with your roommate to create rules, such as what time lights should be turned off.
  跟你的室友编写规则，比方说什么时候你们要关掉灯。

- Many Americans do not take off their shoes in their home. You should discuss with your roommate if taking off shoes is important to you.
  许多美国人在家不脱鞋。如果你认为在家要脱鞋，你应该跟你的室友讨论。

- If you have a kitchen, you should create specific rules about cooking. For example, an American roommate might not like the smell of some Chinese food, and you may not like the smell of some American food. You can discuss what type of food can be cooked and when.
  如果你有厨房，你和你的室友应该编写厨房规则。比方说，你的美国室友可能不喜欢中国饭的香味。而且你可能不喜欢室友美餐的香味。你可以讨论适合煮饭的时间和适合煮的食物类型。
Politeness in the U.S.

Eating

- Americans do not like noises when eating, and it is considered rude to slurp food. 美国人不喜欢吃饭的时候很吵,比如在喝汤或吃饭时发出声音,这被认为是粗鲁的。
- Unless you are in a very casual situation, it is also considered rude to lean into your plate, or to hold the dish or bowl close to your face. If you are using a fork, knife, and spoon you should try to sit upright and do not move the dish. 除非你是在一个偶然的情况之下，否则要抬头挺胸进食，以食物就口，而非弯下腰以口去就食物。

Gifts

Gift Etiquette

Americans like to open their gifts in front of the giver. If you receive a gift, you should unwrap it in front of the giver to be polite to them. 美国人喜欢当面打开礼物。如果你收到一份礼物，你应该当面打开它，这样表示对他们有礼貌。

The attitude about gifts depends on your relationship. If the giver is a close friend, it is common for them to act excited about their gift. If it is a more professional or formal relationship, the gift giver may be more humble. 把礼物给朋友的态度就取决于你们的关系了。如果对方是一个亲密的朋友,送礼物时会表现出很兴奋的行为,对他们来说是很常见的。

If you receive a gift that you dislike, it is usually best to pretend that you enjoy it anyway. 如果你收到一份礼物你不喜欢，通常最好是假装你喜欢它。
Going Out with Friends 跟朋友外出

For domestic students, the usual expectation is that you will pay for yourself when you go out, even if they invited you. For example, if you eat at a restaurant usually you will be expected to split the bill.

If someone offers to pay for you, you should politely refuse at first. If they insist, it is alright to accept.

对于美国学生来说，通常情况下他们希望你跟他们外出时可以负担自己的那一部分费用，即便外出邀请是由他们提出。例如，你们一起在餐厅用餐，但是通常都是各自付账，AA 制。

假如有人提出替你付账，你得首先非常礼貌地婉拒。如果对方坚持为你付账，那么你就可以欣然接受。

Do Not Talk about a Person’s Weight or Age 不要谈论别人的体重或者年龄

- Students will usually share their age, but older people might be offended if you ask.

学生一般不太介意告诉别人他们的年龄，但是年长些的人可能就会感觉被侵犯。

- Discussing weight is a taboo topic in the U.S.

在美国，询问别人体重是一个禁忌。
Special Thanks

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