

## Co-Curricular

By doing Co-curricular events and organizations you will benefit so much. This will make adapting to the US easier as you will be able to learn a culture that is different to yours by integrating yourself into some aspects of their community. You will make friends that you never thought you would be friends with. Connections and networking can start here.

### First Year

#### Fall

- The Co-Curricular Fair is a great way to see what kinds of clubs there are on campus. Signing up for the mailing list will help you stay informed about the events of the club and the first meetings (you can always unsubscribe later if you don't think a club is for you so don't be afraid to put your name down!).
  - Give yourself time to explore all of your interests but choose two or three clubs to be more serious about. Joining too many clubs could mean that you won't have time to study or have any free time which could impact you negatively.
- The Taylor Center for Equity and Inclusion holds many events so make sure to add their events to your calendar and go whenever you can as it is a great resource for settling into a new environment.
- Go and support a St. Olaf sports team at an event as it helps you connect with the wider campus community.
- Joining the ISO and other multicultural organizations are a great way of meeting other international students especially upperclassmen.
  - Multicultural clubs often hold variety shows which are a great way to showcase your culture and get to know people at the same time.

#### Interim

- Keep an eye out for activities held during interim. The SGA branches hold programming every week and the Pause is a great place to hang out with friends.
- Interim is the perfect time to get to know the people in your club better. Many people leave for interim however you can get to know the people that have stayed better.
- Great time to start planning an international night performance for the spring

#### Spring

- Spring is usually the time where clubs pass down leadership roles to newer members, so it is a good time to start thinking about how you would like to participate in the activities. Interviewing upperclassmen in the positions you would like to take helps you decide whether you want that position. There are many little details that are involved so it is very much encouraged that you go talk to people with experience.
- Clubs will also let in members during the spring season so if you would like to join a new club or just explore a little more about what you missed out, now is a great time.
- There are many volunteer opportunities, especially during the summer. The volunteer network is a resource available to everyone and can help you figure out what you would like to do.

- Although volunteering is encouraged, make sure you go and talk to Megan Carmes to see if the thing that you would like to do will fit with your visa requirements, but joining the clubs organizations is usually fine.
- Academic clubs might be something that you missed out on during the initial exploration of co-curricular activities, but they are an opportunity to develop your interest in your major. Talk to your advisor or professors in your department to see what kinds of things are available.

### **Sophomore Year**

#### **Fall**

- Finding a balance is key! Academics will become more difficult as the years go by, so it is advised that you develop a schedule that leaves enough time to study, for activities as well as leaving a little free time for flexibility.
- Get involved! Being an active member and attending events of the clubs you like and would like to be a part of is important. It shows that you are committed and are passionate about the club and could lead to future leadership roles as well.
- Focus on the clubs that you would like to be a part of long-term however don't forget about other clubs. It is still important to leave some free time to attend events hosted by other organizations that you are interested in.

#### **Interim**

- Keep being engaged in your club activities and help out freshman students if they are struggling.
- Attend sporting events. St. Olaf has a large number of winter sports so go support them in your free time.
- If you have a day from your country that you would like to celebrate, consider organizing a tabling session or something similar in the upcoming year.

#### **Spring**

- If you have not had a leadership position in your club, then you might be interested in becoming more involved.
- Is there something missing? If you feel like there is nothing that you are interested in, get a few friends together and start a new club! Create something that you are passionate about and stick with it. You will be ready for freshman to join you in the Fall.

### **Junior Year**

#### **Fall**

- Take a step back from activities. Junior year can be quite stressful academically and career wise so focusing on that is important. Participating in one or two clubs that are most important to you is encouraged, however exploring new activities can wait until the stressful times are over.
- Know which activities and clubs you can get the most out of and choose them to keep attending. Missing a couple of events won't be the end of the world, however try to still be involved.
- Support multicultural organisations by attending their events. Even though you might be focusing on other things, it is a great way to take a break and show your support.

### **Interim**

- Find hobbies and interests that you enjoy and can do alone as a relaxation exercise. It is important to develop your own interests outside of clubs.
- Check in with the freshmen. The first minnesota winter can be difficult and your experience can help them out

### **Spring**

- If you haven't already, consider applying for leadership positions. It allows you to share your experiences in a club or organization.
- Get ready for the summer! Many clubs have summer chats and challenges that you can complete.

## **Senior Year**

### **Fall**

- The last year is one of the busiest times in your college career. There will be many applications and interviews for the future, however making sure you get the most out of your final year is also important.
- Attend events and meetings for the clubs that you like the most. It doesn't have to be clubs that you went to particularly. If there is a show or event or discussion that you find interesting and want to go to, then make time in your schedule to go. This might be you

### **Interim**

- Continue attending your normal co-curricular activities and maybe try out something new for a couple of weeks.

### **Spring**

- Fill your final semester with things you want to do. Go to wellness events, SGA events and make sure to support your fellow international students at multicultural events as well.
- Pass down leadership roles and prepare the club for the following year. There are many documents and procedures that you might be used to, however the people filling in your role might not be aware.

## **Tips and Tricks**

- Over or under committing to clubs can both lead to negative consequences. If you over-commit, you will not have time for other key aspects of your college life, like career, academics or health. Not joining clubs will have an effect on your social life. Clubs are a great way of meeting people that have the same interests as you and can lead to longer lasting friendships even if you decide that you don't have time to attend club meetings regularly.
- If you stick to a couple of organizations or clubs and commit to them for most of college that is great. It shows commitment and passion that you have for something. This will reflect well when it comes to resumes and applying for internships and jobs.

## **SGA- Student Government Association**

- This part of college is mostly student run with the guidance of Associate Director of Student Activities (Brandon Cash), Administrative Assistant for Student Activities (Jenifer Halko), Assistant Director of Student Activities (Steve Romenesko). SGA works to be the voice of the student body and runs events on campus.
- As an international student learning about SGA, who they are, how they operate and how you can be a part of it is a great stepping stone to leadership.

### **First Year**

#### **Fall**

- Learn about SGA at the co-curricular fair, website (Oleville) or ask around. There are several branches that will peak your interest.
- Apply to join a branch as a first year representative. By doing this you will immerse yourself into a world of programming, event planning and team building.

#### **Spring**

- Re-apply to that same branch if you enjoyed it. Maybe apply for a higher role that you think you will learn a lot from. There are many positions from branch to branch e.g. Financial officer, Executive assistant and more.

### **Sophomore Year**

- Continue with that branch and learn more about it. By learning more about the branch you will be able to learn more about the college and how they operate as well.
- In fall re-apply for that same position of a new one.
- If you are feeling really adventurous and feel you have the leadership capabilities, run for a senator position, a branch coordinator or part of the SGA executive team. By doing this even if you do not get these positions you will have learnt marketing skills to gain votes and start to understand how political processes work.

### **Junior year**

- By being part or getting involved under SGA as an international is great. You will be able to showcase your views and input your ideas that hopefully encourage more international students to join organizations and create a more diverse community. This will help future international Oles in making their transitioning better.
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### **Senior Year**

- In your Senior year if you are leading a branch or being part of a branch you will hopefully know a bit about budgeting, event planning, communication and team building.
- You should be able to pass down what you know and learned through your years here to be able to change things that need to be done.