



THE THUNDERBIRD SUN

"There are only two forces that can carry light to all the corners of the globe...
the sun in the heavens and the Associated Press down here."

- Mark Twain



MCC International Education

February 2022 | Newsletter

IE Director's Corner MCC's Student Support Services Available to Help You Get Better Grades!

One of the great advantages of studying at MCC is the numerous student support services available. There is a range of special services available to provide immediate support.

One of the newest services is called the [Thunderbird Tech Studio](#). They provide assistance to students who need help with technology related issues like use of Canvas for class participation and assignments. They also provide help with virtually all other technology-related learning, including:

- Google Suite for Education (e.g. Drive, Calendar, Mail) and Microsoft Office and 365
- Cranium Cafe, Cisco Webex, Google Meets, and Microsoft Teams questions
- Webcam and microphone setup & testing
- Mac and Windows operating systems
- Technical issues hindering online learning
- Tutoring and technology-related questions for CIS105 and BPC 110 courses

Please also stop by the [Learning Enhancement Center](#) in the Elsner Library. They can help you arrange for tutoring in Math, ESL, and Science courses. There are many more services available to help you. Please call us or come to our office as soon as you encounter any difficulty or have a question, so we can direct you to the assistance you need.

You can also email your questions to me and our advisors to questions@mesacc.edu for any issue whatsoever!

I also want to remind you about MCC's COVID-related policies. We all need to adhere to MCC's COVID-related policies to keep everyone safe. You will need to wear a mask anytime you are on campus. You will find hand sanitizer stations in every section of campus. If you would like to be tested, you can just simply walk over to the MCC west parking lot where [Embry Health](#) provides free walk-in testing (appointment preferred). Please let us know anytime you have a question on any COVID-related concern you might have. If you or someone you have had close contact with becomes infected as confirmed by symptoms or a positive test, you will need to report this to: <https://together.maricopa.edu/covid-19-reporting>.

Finally, I also want to remind you that **it is important also that you submit any changes in your address or phone numbers in accordance with the regulations so that we can contact you whenever necessary.** You can send any changes to your contact information to ie@mesacc.edu.

Best wishes,
Aziz Alhadi
Director, International Education (Building 36N)
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YOU HAVE A VOICE YOU ARE WORTH IT YOU ARE LOVED
YOU ARE VALUED YOU ARE RESPECTED YOU ARE IMPORTANT YOU MATTER YOU ARE SEEN

YOU BELONG @MCC CLUB RUSH! WEDNESDAY, FEBRUARY 9, 2022
10AM-12PM
CLOCK TOWER LAWN @ SOUTHERN & DOBSON
SAGUARO MALL @ RED MOUNTAIN

*MEET WITH MCC CLUBS AND ORGANIZATIONS * FREE FOOD*
GIVEAWAYS INFORMATION ON CAMPUS RESOURCES *
VOLUNTEER OPPORTUNITIES

VOLUNTEER FEST
WEDNESDAY, FEBRUARY 9, 2022
10AM-12PM
CLOCK TOWER LAWN @ SOUTHERN & DOBSON
FIND A COMMUNITY VOLUNTEER OPPORTUNITY!

VISIT THE MCC CLUB HUB!

MESA COMMUNITY COLLEGE
A MARICOPA COMMUNITY COLLEGE

The Maricopa County Community College District (MCCCD) is an EEO/AAE institution and an equal opportunity employer of protected veterans and individuals with disabilities. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, age, or national origin. A lack of English language skills will not be a barrier to admission and participation in the career and technical education programs of the District. The Maricopa County Community College District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities. For Title IX/504 concerns, call the following number to reach the appointed coordinator: (480) 731-8499. For additional information, as well as a listing of all coordinators within the Maricopa College system, visit <http://www.maricopa.edu/eo-discrimination>.

YOU Belong at MCC!

Students who get involved outside of the classroom have a rewarding college experience and feel a sense of belonging on campus! Take part in the Student Life & Leadership Club Rush! Sign up and connect to MCC student clubs and organizations. Here's how you can participate:

- Visit the Club Hub at www.tinyurl.com/ClubHubMCC. Under each club listing, you will find advisor contact information and a link to join the club. Club leaders will reach out to interested students with more details and information.
- Attend an IN-PERSON CLUB RUSH on **Wednesday, February 9, from 10 am-12 pm**. Club Rush will be taking place on the Clock Tower Lawn at Southern & Dobson (SD) and in the Saguaro Mall at the Red Mountain campus. The Club Rush at SD will also include a VolunteerFest sponsored by the Center for Community & Civic Engagement and other campus resources.
- Start a new club or organization by contacting Student Life & Leadership.

For more information: <https://www.mesacc.edu/student-life>



From Your Advisors

JENNIFER VINCA, ZHAOWEN RUAN
YVONNE SCHMIDT AND SUPIE SENALUANG

Quarantine

Please see Centers for Disease Control ([CDC travel guidelines](#)) to determine if and how long you should quarantine after your international or U.S. domestic travel.

Travel Signatures

If you have travel plans outside the U.S. for spring break, you will need to submit a **Travel Signature Request** at least **one week PRIOR** to travel! Note that you must be "in status" to be eligible for a travel signature on your I-20 (including being enrolled full-time).

OPT Employment Authorization

Graduating this Spring 2022 semester?

If you are interested in **OPT Employment Authorization** after graduation, you should apply **now!**

The first step is to **Apply for Graduation** and submit the online request: **Optional Practical Training I-20 Request**.

Please email the IE Advisors with any questions or to set up a consultation: ie@mesacc.edu.

Class Registration

Priority Registration for continuing students will open on **March 7**. Plan now for your summer and fall schedules, so you get the classes you need at the times you want! You may submit an online advising request at: [Pre-Advising Worksheet](#).

How to Stay in Lawful F-1 Visa Status

- You must report your Change of Address 10 days after you move. Fill out the [Change of Address Request](#).
- If you are planning to Change Majors, complete the [Change of Major Request](#) application.
- **Enroll full-time (12 credit hours) & attend classes to avoid being withdrawn by the professor for non-attendance.**
- You must maintain valid immigration documents (**Passport and I-20**) at ALL times.
- Employment must be on campus for 20 hours during the regular semester and full-time during summer break. Off-campus employment requires work authorization.
- For more details, refer to your copy of the [F-1 Student Statement of Understanding](#) - **Spring 2022**.

For questions related to your visa or I-20, send an email to ie@mesacc.edu.

Graduation Deadlines

Do you plan to graduate this year? *Graduation does not happen automatically!* You must submit a graduation application before the applicable deadline:

Application Deadlines:

- Spring 2022 - March 1
- Summer 2022 - June 1
- Fall 2022 - November 1



Please read the instructions on the Enrollment Center's website for the **Steps to Graduation**

<https://www.mesacc.edu/graduation/steps-graduation>.

For more information, please write to:

jennifer.vinca@mesacc.edu OR zhaowen.ruan@mesacc.edu.



Upcoming Holidays

- February 1 - [Black History Month](#)
- February 1 - [Chinese New Year \(Year of the Tiger\)](#)
- February 1 - [National Freedom Day](#)
- February 2 - [Groundhog Day](#)
- February 6 - [Super Bowl Sunday](#)
- February 14 - [Valentine's Day](#)
- February 20 - [World Day of Social Justice](#)
- February 21 - [Presidents' Day \(CAMPUS CLOSED\)](#)



President's Day

Presidents' Day is a federal holiday. **Campus will be closed on Monday, February 21.**



Get ready for an amazing display of authentic Japanese culture brought to you by the Arizona Matsuri!

10:00 am - Saturday & Sunday, February 26-27, 2022

The Arizona Matsuri will be held online on Facebook (@azmatsuri). Check out event programming soon. It will feature many performances, vendor information & discounts, and Japanese exhibits from the comfort of one's own home or mobile device!

The theme for the 2022 Arizona Matsuri is "Kintsugi." This is an art form of beautifully repairing broken dishes, a resemblance we can all support as we continue towards the goal of coming back together in the most beautiful way imaginable.

Virtual Festival highlights for 2022 will include:

- Japanese traditional and modern music, dance, martial arts and drum (taiko) performances;
- Authentic Japanese food and merchandise information with coupons from our vendors;
- Raffle items, including Japan Airlines donation of 50,000 flight miles towards a trip to Japan!;
- The Haiku Expo -- a contest and exhibit;
- Educational materials directly provided by the Consul General of Japan (Los Angeles);
- A "blast from the past" with videos of previous Arizona Matsuri participants!

Details can be found at <https://www.azmatsuri.org/>.



FREE EVENT

- 12 Asian Food Vendors
- 15 Asian Cultures Represented
- 30+ Vendor Booths
- Cultural Performances

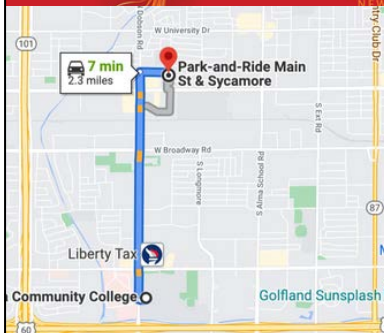
Unveiling of Asian District signage at Sycamore/Main Street Light Rail Station

Celebrating Lunar New Year

Saturday February 5, 2022 | 9AM-5PM

Park-and-Ride Main St & Sycamore
Mesa, AZ 85201

AsianFestivalAZ.com



The [Asian Festival](#) mission is to promote a peaceful world by increasing international awareness and cultural understanding. It is a time to build community through businesses and family oriented activity.

First Friday in the Japanese Garden

The Japanese Friendship Garden of Phoenix is happy to continue to support the arts and community on First Fridays. The community is welcome every first Friday of each month from 5-8 pm, with last admission at 7:30 pm. Just beside Roosevelt Row, in the heart of Downtown Phoenix, this natural oasis welcomes you to enjoy a tranquil stroll through their living art.

First Fridays are voluntary-donation or free access times. There is limited capacity with Garden Covid-19 guidelines. In order to keep capacity, guests are required to reserve their spot before admission. Info at: www.japanesefriendshipgarden.org/.

EXPERIENCE REVELRY!
34TH ANNUAL ARIZONA RENAISSANCE FESTIVAL & ARTISAN MARKETPLACE
 Open Saturdays, Sundays & Presidents' Day • February 5 thru April 3, 2022
 10am to 6pm • Rain or Shine • No Pets • Free Parking Courtesy of *Barbas* & FOOD CITY

Experience our 50 acre village, 16 stages, arts & crafts fair, jousting tournaments & feasting all rolled into one non-stop, day long adventure

For Information On
 events, tickets, and directions:
<https://arizona.renfestinfo.com/>



INTRODUCING OUR 10TH ANNIVERSARY MEDAL
 COMING FEBRUARY 12, 2022

ARIZONA'S COPPER STAR

FEBRUARY 12, 2022 SIGN UP TODAY

2012 2013 2014 2015 2016 2017 2018 2019 2020 2022

ARE YOU A RUNNER?

EARN THE BIRD AT THE MESA MARATHON

The Mesa Marathon presented by Mountain Vista Medical Center (previously known as the Mesa-Phoenix Marathon) is the premier race in Arizona. Runners receive the race experience and perks of a major marathon as well as the personalized service and local flavor of your favorite hometown race. Race day is all about the runner, from industry-leading shirts and medals to unmatched course support and the best finish experience to be found.

The smooth downhill courses traverse through breathtaking scenery. With a marathon, half marathon, 10K, and free Kids 1K, there is something for everyone at this Arizona favorite.

For registration information: <https://mesamarathon.com/>



**Come Cheer On
 Your MCC Thunderbird Teams!**

i For all things Mesa Athletics, visit <https://www.mesatbirdsports.com>. This is the Official Facebook page of Mesa Community College Thunderbird Athletics .

Winter Festivals in Metro Phoenix

The weather is beautiful, which means it's time to experience everything going on around metro Phoenix!

Check out the wide variety of things to do!

www.visitphoenix.com/



It's Local Citrus Season!



Back in the early days of Arizona statehood, copper, cattle, cotton, citrus and the climate were coined the "5 C's of Arizona". They were considered the building blocks of our state's early economy and are all featured on the official state seal. Those five C's might not be the stalwarts in modern Arizona that they once were, but each is still important. For more info: <https://azlibrary.gov/collections/digital-arizona-library-daz/arizona-almanac/5-cs>

For a couple of months, you still have a chance to visit one of Arizona's citrus growers for fresh citrus, orange juice, dates, and candies. There is nothing quite like fresh tree ripened citrus! Hurry, because the season ends in April. Two places in Mesa to get local citrus are:

The Orange Patch

Once a roadside stand, this seasonal shop sells citrus fruits from its own surrounding groves.

Address: 3565 N Gilbert Rd, Mesa, AZ

Hours: Monday-Saturday - 9 am - 5 pm (December-April only)

www.orangepatch.com/

Orange Patch Too

A favorite citrus, home décor, gift/holiday boutique, and specialty foods store.

Address: 3825 E. McKellips Rd. Mesa

Hours: Monday-Saturday - 9 am - 5 pm

www.orangepatchtoo.com/



Top 10 Valentine's Day Songs

www.youtube.com/watch?v=mzptXSKbstg

Top 45 Valentine's Day Movies

from [Oprah Daily](#)



Redefining Normal (Amazon bestseller) authors, Alexis & Justin Black were brutalized in childhood yet managed to defy the odds, get healthy, and build a new life together. Guided by hope and a sense of purpose, as well as a desire to help others who have similarly suffered, they learned to reject the abusive patterns of their past. In their book, they share their story of how they've had to redefine what love and healthy relationships look like.

Want to know if your relationship is healthy or not?
Here is their checklist!

REDEFINING NORMAL

How Healthy Is My Relationship?

Following are two lists, one of healthy relationship characteristics and one of unhealthy traits. Many relationships have a combination of both. The point of this exercise is to figure out what things in your relationship are healthy or unhealthy, so you can gain appreciation for the best things and decide what you want to change. Read both lists, and check the box next to every statement that is true about your relationship.

I am evaluating my relationship with: _____

IS IT HEALTHY?

Check the box if you and this person....

- Have fun together more often than not
- Each enjoy spending time separately, with your own friends, as well as with each other's friends
- Always feel safe with each other
- Trust each other
- Are faithful to each other if you have made this commitment
- Support each other's individual goals in life, like getting a job or going to college
- Respect each other's opinions, even when they are different
- Solve conflicts without putting each other down, cursing at each other or making threats
- Both accept responsibility for your actions
- Both apologize when you're wrong
- Have equal decision-making power about what you do in your relationship
- Each control your own money
- Are proud to be with each other
- Encourage each other's interests - like sports and extracurricular activities
- Have some privacy - your letters, diary, personal phone calls are respected as your own
- Have close friends & family who like the other person and are happy about your relationship
- Never feel like you're being pressured for sex
- Communicate about sex, if your relationship is sexual
- Allow each other 'space' when you need it
- Always treat each other with respect

IS IT UNHEALTHY?

Check the box if you and this person....

- Gets extremely jealous or accuses the other of cheating
- Puts the other down by calling names, cursing or making the other feel bad about him or herself
- Yells at and treats the other like a child
- Doesn't take the other person, or things that are important to him/her, seriously
- Doesn't listen when the other talks
- Frequently criticizes the other's friends or family
- Pressures the other for sex, or makes sex hurt or feel humiliating
- Has ever threatened to hurt the other or commit suicide if they leave
- Cheats or threatens to cheat
- Tells the other how to dress
- Has ever grabbed, pushed, hit, or physically hurt the other
- Blames the other for your own behavior ("If you hadn't made me mad, I wouldn't have...")
- Embarrasses or humiliates the other
- Smashes, throws or destroys things
- Tries to keep the other from having a job or furthering his/her education
- Makes all the decisions about what the two of you do
- Tries to make the other feel crazy or plays mind games
- Goes back on promises
- Acts controlling or possessive - like you own your partner
- Uses alcohol or drugs as an excuse for hurtful behavior
- Ignores or withholds affection as a way of punishing the other
- Depends completely on the other to meet social or emotional needs

This list is a way of identifying some of the healthy and unhealthy characteristics of your relationship - it does not cover every possible situation. You may want to share this list with someone in your support system, and talk about where you want to make changes in your relationship and how you can begin to do this.

We Are Here to Help You Belong at MCC!



For Information, visit:

www.mesacc.edu/student-life/services-campus-resources



Your Source for Campus Happenings!

T-Bird Times

The next edition of the T-Bird Times will be published on 2/4/22 (published on the 1st & 3rd Friday of each month).

You can always get to Student Life and the T-Bird Times by visiting: www.mesacc.edu/student-life

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Visit: www.mesacc.edu/international



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