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## Students Celebrate National Manatee Day

Gabriela Molina Riascos (left) and Marina Richter Chalita Braz (right) pose with Marshall the Manatee (played by Alex Iler) in celebration of National Manatee Day on March 27. As part of this event, students had the opportunity to participate in a manatee awareness quiz. The top three winners of this quiz were awarded adorable manatee plushies.



USF World

GloBull  
Lens

# HURRICANE AWARENESS

We will guide and teach you what you  
need to know when hurricane comes!

## ATTEND & PREPARE

**TIME** 10 AM - 1 PM

**DATE** JULY 2, THURSDAY

**LOCATION** TAMPA CAMPUS  
- FAO #100

Come learn how to prepare, what to do, and  
where to go before a storm reaches Tampa.

# HURRICANE AWARENESS EVENT KICKS UP A STORM OF QUESTIONS

International students from across the USF campus attended the April 18 Hurricane Awareness event conducted by the International Student Support and Emergency Management teams. The event generated a wide range of questions about **supply kits, shelters, and flood zones**, helping students to feel more confident on making a plan of action during inclement weather.

Learning what not to include in your disaster supply kit can be just as important as what to include, some of the students learned. Carlos Otero, an undergraduate student from Colombia, said that he would use battery operated flashlights, after learning that lighted candles can pose a fire hazard during a hurricane. Kristin-Grace Braynen added that she also learned not to light matches during hurricanes, but said that this came as a culture surprise to her. *"In the Bahamas," she said, "people are taught to light gas stoves in case the power goes out."*

Some students said that their learning about the safety of their locations as well as emergency facilities was comforting to them. Silvana Chain, an undergraduate student from Colombia, said that she was frightened by the wind and water of a previous hurricane, but said that this workshop helped her to feel more confident about identifying a nearby shelter should she need to evacuate. Silvana's friend, Paula Briceno, said that she was comforted to learn that she was not located in a flood zone. *"I learned from the maps where I would need to evacuate just in case, and now I feel prepared," she said.*

***Kristin-Grace Braynen shows off the prize that she received for completing all three of the hurricane event's stations.***



Others indicated that finding the right snacks in advance was vital to the planning process. Aniket Joshi, a PhD student from India, said that he learned terrific new tips for packing disaster supply kits. *“I’m going to pack lots of water, medicine, chips and other non-perishable items,”* Aniket said. Arie Wada, an undergraduate student from Japan, felt more prepared to pack foods, knowing that some goods can spoil and others might be inedible should power be lost. Dariya Alibi, an undergraduate student from Kazakhstan, said that the event reminded her that disaster supply kits were not just for humans. *“I know how to pack for my dog, as well!”* she said.

Rob Marlowe and Michelle Canne from USF Emergency Management mentioned that they enjoy participating in these events, because it’s an engaging way to interact with such a niche group of students. *“I feel like the level of detail and scope of activities planned for Hurricane Awareness expands every event and we can see the impact that it’s having on our international students.”* Michelle added that we often learn as much from the students and their experiences in coping with hurricanes. *“It’s just refreshing to see their eagerness to learn about weather hazards, and their willingness to plan!”*

**The USF International Student Support team will host another Hurricane Awareness event on July 2 from 10 AM to 1 PM in the FAO Lobby.**



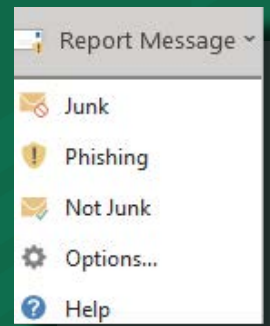
In the past few months, you have likely received two or three **scam emails**, offering you jobs that pay \$500 to \$600 per week. And these scammers tell you that you'll only have to work a few days a week to earn this pay. It might be tempting to consider these offers, since non-resident tuition rates and other student-related expenses are quite demanding financially, and there are so few jobs available on campus for international students to offset these costs. Don't take these scams lightly. According to the Federal Trade Commission, **scammers stole an estimated \$8.8 billion** from consumers in 2022. The email below is a typical job scam that students might receive, offering reasonably high wages for relatively few work hours.

# SLAM

## THE

# SCAM

If you ever receive a suspicious email, you have the option to report this to USF by going to 'Report Messages' (located in the top right of your Outlook page) and clicking on the 'Phishing' option.



Hello!

I am sharing job information with students who might be interested in a Paid Ford-Foundation Part-Time Job to make up to '500' (USD) Weekly, and I got your email through a short list from the Ford Human Resources Unit to give out job to students.

You have received this email because you have an offer from the Ford Human Resource Unit for student support to work with Dr. Kathy Hoffman as a temporary personal assistant.

Dr. Kathy Hoffman cannot meet for an interview because she is currently away helping disabled students in Italy. She will be returning to the USA, which is scheduled for upper weekend, and she will discuss the possibility of making this a long-term employment if she is impressed with your services while I am away.

This position is part-time and can be done online at your flexible time as you work from home which only takes about an hour a day, 3 days a week for '500' (USD) weekly pay. This is an opportunity to earn extra cash and gain learning experience.

If you are interested, and for more details about the work, Kindly CONTACT Dr. Kathy Hoffman with your ALTERNATIVE EMAIL ACCOUNT- e.g, Yahoo, Gmail, Hotmail, etc- (Do not contact with your Edu email) your Full Name | Age | Address | and Mobile Number to this: [drkathyhoffman@hotmail.com](mailto:drkathyhoffman@hotmail.com)

SEND RESPONSE DIRECTLY TO ONLY: [drkathyhoffman@hotmail.com](mailto:drkathyhoffman@hotmail.com)

Regards,  
Stephanie Davison  
VPT - Assistance

We would also ask that you email [newinternational@usf.edu](mailto:newinternational@usf.edu) to let us know about these emails, so that we can keep track of the types of scams that our students are seeing. We will always do our best to warn others, so that they don't make the mistake of responding to these scammers.

**Stay safe and remember to 'slam the scam!'**



*What I wish I knew Sooner:*

# 6 Insights for Newly Admitted International Students at USF!

*Gaella Hawi is a mechanical engineering student from Lebanon, who will soon be completing her undergraduate studies at USF. She has gained considerable knowledge and experience during her college journey, and just wanted to share the following **Six Insights for Success** to help guide new international students.*

1

Embrace the challenges of your first semester. Feeling overwhelmed, lonely, or stressed is entirely normal as you navigate a new environment far from the comfort of your home. Give yourself some time, and trust that everything will fall into place with perseverance.

2

Focus on your own journey and don't stress over measuring up to others. We're all different and have our own background stories. This isn't a competition. It's your personal journey.

3

Take initiative! Opportunities won't just fall into your lap. YOU need to take the first step to find these opportunities. Some of my coolest experiences have come from putting myself out there, meeting new people, and seeking any opportunity that was available.

4

You don't have to be good at something to be involved in it. College is all about learning as you go. Team up with others, learn from them, and grow together.

*“This is your opportunity to shine!”*

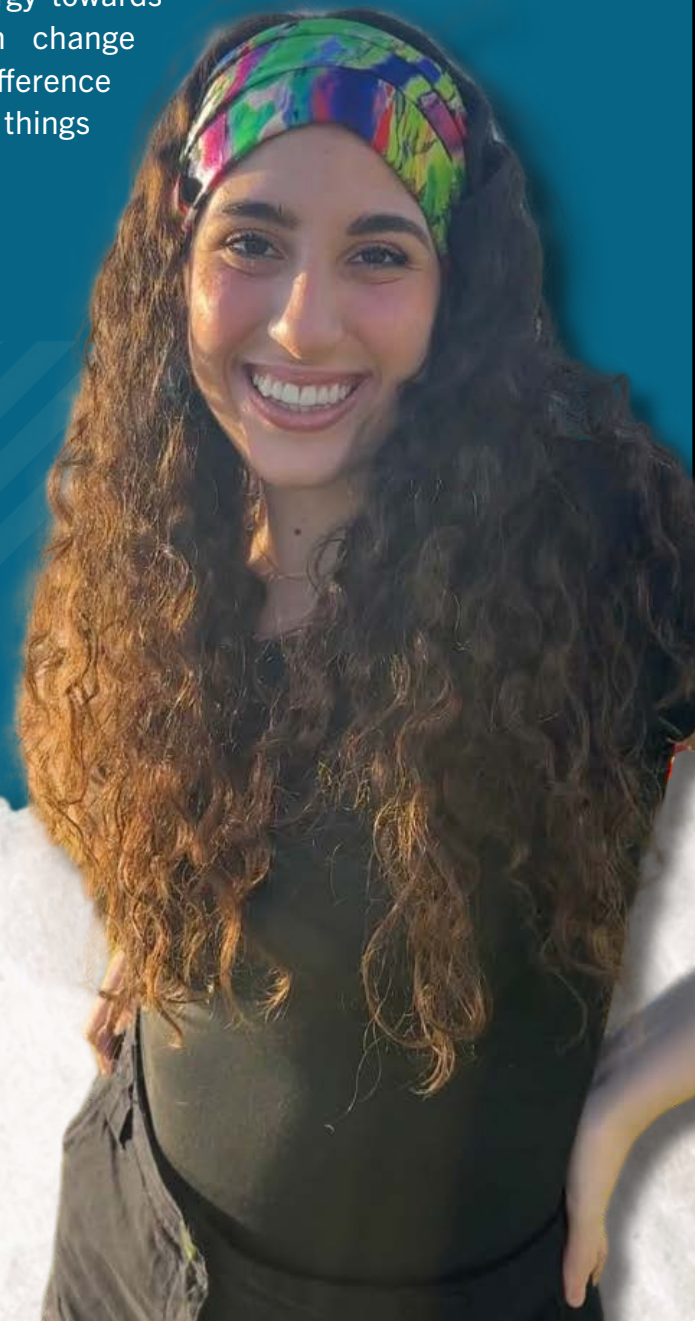
**S** Speak up in class, get to know your professors, and be willing to make new friends. Get involved in research, join clubs, and use all the amazing resources that USF has to offer. This is your opportunity to shine!

*As you dive into this adventure, remember that time flies. Your senior year will come in the blink of an eye. Don't leave college with regrets but with amazing memories. Keep chasing opportunities and remain passionate as you search for them. Believe me, the universe will always listen to a stubborn heart.*

- Gaella Hawi,  
Mechanical Engineering Student

**6**

If you are unsure about your personal and professional future, get involved in community service and let the power of helping others illuminate your path. You do not have to figure out your passion as soon as you start college because it is a continuous lifelong discovery. Rather, point your energy towards what you can change and make a difference in the smallest things around you.



# FINDING A GOOD PLACE TO NAP ON CAMPUS



## WHEN YOU

# FEEL TIRED

*Nap pod in the Wellness center*

As a full-time student, I've experienced fatigue from time-to-time, especially after busy laboratories or during lengthy gaps between classes. By the end of the day, this fatigue might reach such intense levels that it becomes dangerous to drive home. And if I have a late class, I might become so sleepy that I have difficulty concentrating during lessons.

While it is possible to sleep on hammocks or in chairs on campus, I've never found them to be very comfortable. Recently, I learned about the Wellness Center's nap pods, located next to Campus Recreation Center. After my first experience, I can report amazing results. These futuristic-looking pods are perfectly relaxing! You just need to check in at the front desk of the

Wellness Center, and then allow sleep to come as you relax in these quiet, comfortable pods. The only recommendation I have is that more of these reclining chairs be spread out throughout campus, so that students do not have to drive or walk too far to use them.

*- Miguel Rendon,  
Student Experience Leader*





# STUDENTS & STAFF

donate generously to

# FEED-A-BULL

The International Student Support team would like to thank students and staff for their generous donations to Bull-A-Bull. In early February, ISS delivered a full cart of donated food to Feed-A-Bull.



WIN A PRIZE



# COLLECT ALL 5

Corporal Chad Hill poses with K-9 Alma, while holding a near-complete set of K-9 trading cards, which are unique to the University of South Florida Tampa campus. Students or staff may collect all five K-9 cards (Alma, Emma, Bailey, Toro, and Kriege) and then return them to the USF International Student Support team to win a prize.

# ALUMNI

# Spotlight

Welcome to Alumni Spotlight, where we feature interviews with fascinating, hard-working international USF alumni leading today's world! Today's interview features Anna Iermolaeiva from Ukraine, a recent graduate from USF with a bachelor's degree in Cell, Molecular and Microbiology. Let's dive into the USF experiences she shared with us:

*"I've always wanted to live in a big city"*

I chose to attend USF for two main reasons: its **strong STEM programs** and its **great location in Tampa**. I've always wanted to live in a big city where a lot of activities are happening, and Tampa is certainly such a place. It is fast-growing, ever-changing, and great for young people. Besides the location, USF was my top choice because of the many opportunities to gain research experience and network with STEM professionals without leaving the campus. There are also a lot of professors who are also Principal Investigators and run their own labs, as well as professors who only teach but are extremely knowledgeable in their area of expertise.



One of the things that I really appreciate about USF is that it's a great place for international students. Since our school has a very large international student body, it is easy to get help with issues like visas, employment documents, choosing health insurance, filing taxes, etc., from the staff on campus.

“it's a great place for international students”

In my sophomore year, I joined Moffitt Cancer Center as a volunteer, then secured a part-time paid Research Assistant position in a medicinal chemistry lab, and a year after, I transferred into a full-time paid position in a molecular **biology lab within the Drug Discovery department**. In the fall semester of my senior year, I applied to several PhD programs in Cancer Biology or Molecular Biology across the U.S. and was **admitted to the Moffitt Cancer Center Cancer Biology PhD program**.

*“I am very happy to be where I am now”*

My undergraduate degree in Cell and Molecular Biology definitely equipped me with the skills and knowledge needed for a Research Associate job at Moffitt Cancer Center. Subsequently, using my strong academic foundation from USF classes and research experience at Moffitt, I was able to secure an admission into a PhD program. Currently I am a Cancer Biology PhD student at Duckett lab in the Drug Discovery department of Moffitt Cancer Center, and I am very happy to be where I am now. I am beyond grateful to USF faculty and staff for helping me along this academic and professional journey.

I definitely recommend USF to those who are interested in education and a career in STEM. USF has all the resources you need to succeed in this area. I can see how **USF builds bridges between higher education and industry**, too. If I could, I would summarize my experience at USF in the following sentence: For those who are proactive and doing their best, it is almost like the community of professors and fellow students are pushing you forward and showing the way to achieve your professional goals.

- Anna Iermolaeva,  
Cancer Biology PhD student

# Finding Your Advantage in a Competitive Job Market

International students who come to USF seeking on-campus work opportunities quickly find out how truly challenging it can be to secure one of these coveted positions. To become competitive in this limited job market, our talented team of Student Experienced leaders has assembled the following tips to give you the competitive edge in gaining employment:

*\*see next page*

Mimi is an international student, who has been working as a Student Experience Leader since January 2022. She assists incoming and current international students, helping them with their transition to the US.

Job searching is not easy for everyone, but especially for international students, it can be more challenging. This article showcases some of Mimi's top tips for job searching.



# 1. Match the Skills on your Resume with the Duties on the Job Description

Customizing your one-page resume to match the on-campus job description is key to landing the position. Consider which of your experiences align with the skills they're seeking and highlight how you can contribute positively to the team.

# 2. Don't Forget to Attach your Cover Letter when Applying

While cover letters are not always required, they do provide your prospective employer with additional insights into your skills and experiences, letting them know why you'd be a great fit for the team and why you're excited about the role. They also allow employers to have a deeper look into how well you match the position.

# 3. Look for job openings Regularly on Handshake & Careers @USF

Stay vigilant in searching for job opportunities and apply promptly. Make sure you are applying to positions open for Student Employment or Temporary (OPS) on campus positions and remember that international students do not qualify for Federal Work Study (FWS) positions.

# 4. Connect with Peers who are Already Working On-Campus

Reaching out to individuals who are already employed on campus could provide valuable insights into upcoming job opportunities that might not be publicly advertised. Your connections may be helpful in getting a job!

# 5. Make an appointment with the Center for Career & Professional Development

The Career Services office is located in the Student Services Building (SVC 2088) and assists students with resume and cover letters, mock interviews, career planning and assessment and career fair preparation. They even provide business attire through the program called Suit-A-Bull. Click the link below to see the full list of their services, events & workshops.

# 6. Reach out to your College Department

Your college department can provide insights into on-campus job openings such as teaching assistant (TA) and ambassador positions related to your major.

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# SIX SOLID JOB SEARCH TIPS

# Cooking with KOKI!

By Koki  
Wada



Have you ever entered the kitchen only to find that you were fresh out of meal prep ideas? If so, we hope that this feature story will inspire cooks of all skill levels to share their recipes, meal prep directions, and the origins of their cuisines with The Globull Lens. By doing so, we'll learn about tasty new cuisines from around the world.

For April's originates from in Japan containing the dish, "Oyako" means "parent and child" which is a direct reference to the chicken and egg. Some people freak out just by learning this context, but please give the dish a try before judging it too harshly :)

edition, I will share the recipe, "Oyako-don," which my home country of Japan. Oyako-don is a popular meal three key ingredients: chicken, eggs and onions. The name of the dish, "Oyako" means "parent and child" which is a direct reference to the chicken and egg. Some people freak out just by learning this context, but please give the dish a try before judging it too harshly :)

## Ingredients (for one person):

Chicken thigh /  
120g (one chicken  
thigh)

Egg / 2-3

Onion / Half

\*Soy Sause / 1  
tablespoon

\*Mirin / 1  
tablespoon

\*Cooking Sake / ½  
tablespoon

\*Sugar / ½  
tablespoon,

\*Hondashi / ⅓  
teaspoon

\*Water / 80cc



For more information, please



# Meal Prep Directions

1. Slice the onions thinly and cut the chicken into one bite size chunk.
2. Crack the eggs into a separate bowl and stir.
3. Put the sliced onions and the sauce (see ingredients with \*) into the pan and turn the heat up to medium. Cook for 2 minutes.
4. Add the chicken to the pan for about 3 minutes until it is fully cooked inside.
5. If you would like to have rice as well, don't forget to cook it along with Oyako-don!
6. Add  $\frac{1}{3}$  of the egg into the pan with the heat on and mix gently. When the egg is soft-boiled, add another  $\frac{1}{3}$  of the egg and do the same. Lastly, add the rest of the egg, put the pan aside from the stove, and let the egg cook with the remaining heat.
7. Once the last egg is cooked, serve it on top of the rice and enjoy!!



## What do you think about Oyako-don?

Hopefully, I was able to introduce something new into your life. It can be very interesting to explore the cultures, cuisines and thoughts of other people. Living within this diverse campus community in Florida, I find that I make new discoveries from my international friends every day. I hope we can continue sharing this creative space that will spark new influences and common interests.

If you would like to share a special recipe with our newsletter, be sure to DM us via Instagram ([usworld\\_issc](#)) or email us at [NewInternational@usf.edu](mailto:NewInternational@usf.edu).

We would love to hear from you all!



# SAVING WITH SOFIA





Managing your finances as a college student can sometimes feel less than manageable. If you are having challenges managing your budget, my absolute Number 1 tip is to “meal prep!”

## *What is meal prep?*

It is simply the process of planning and preparing meals in advance.

## *Why should you meal prep?*

It's fun, especially if you enjoy cooking. It will save you time each evening preparing meals, because you are cooking bigger portions and spreading them out throughout the week. This process also ensures that you're getting all your nutrients, because you are not eating 'junk food' when you get hungry but rather consuming the carefully planned meals that you have made for yourself. Finally, meal prep saves you money, because you won't eat out as much when you get hungry, and you can buy in bulk when you cook large meals for the week!

## *Here are my 5 quick tips for meal prepping:*

### **1. Plan out Your Meal for the Week**

Before deciding what meal you're making and buying your groceries, check the weekly discounts in your grocery store. Plan out your meal depending on what is on sale for the week. For example, in the Publix app you can easily find weekly BOGOs (Buy One – Get One free) and discounts!

### **2. Create a Habit**

Decide on a day of the week when you have some extra time to cook. Maybe it's on Sundays, or maybe it's on Thursdays. What matters is your personal schedule. By adding meal prepping to your calendar for each Sunday, for example, it will become easier to start a long-lasting habit.

*cont.*



### 3. Choose Simple Recipes

Simpler is usually better when it comes to preparing your meals in advance, regardless of your skill-level as a cook. Simple recipes are faster to cook and may be easier to refrigerate and reheat.

### 4. Invest in Food Containers

Durable, reusable containers are essential to the art of meal prepping! Make sure yours are microwave-safe, dishwasher-safe and airtight. If you forget to contain and preserve your food properly, your food may spoil, which will impact your ability to save money from meal prepping and possibly make you very ill. Never take chances with potentially spoiled foods. Remember the motto: When in doubt – throw it out! Food poisoning can make you very sick and send you to the emergency room!

### 5. Cook in Batches

Imagine you're cooking for a family when you buy your ingredients. Then, be sure to prepare your weekly meal. I usually cook for 5 people on Sundays, and that way I can make sure to have my entire lunches prepared for the entire upcoming week!

These are my top tips for saving money on your food budget. But remember that there are other ways to save time and money as USF students, which we'll explore in future *Saving with Sofia* articles!



# UPCOMING EVENTS



**DE-STRESS FEST**  
JUL 8TH-12TH  
9 AM- 4 PM  
@ FAO 100

stay tuned for more details...

USF World

The poster features a grid of icons: a person meditating, a potted plant, a stack of books, a recipe card, and a string of beads.

We will be announcing more summer events soon, so stay tuned!

Our office (FAO 125) in the FAO building is open Monday to Friday from 9 am to 4 pm and will continue operating during the summer semester. If you have any questions, concerns, etc., you are welcome to stop by!! Also, our Game Room (FAO 127) with X-box, WiiU, and all kinds of card games, will be open to anyone during those hours. You are more than welcome to bring your friends and hang out!!



*Global Palette:*  
**GRAD. CAP DECORATION**

July 22nd- Aug 2nd  
10AM-3PM  
FAO 127

USF World  
ISS  
International Student Support

The poster features a green graduation cap being decorated with a yellow marker. Surrounding the cap are various school supplies like pens, pencils, and a stapler.



**COME WATCH THE OLYMPIC GAMES WITH US!!!**

July 26 - August 11

FAO 127

USF World  
International Student Support

The poster features several sports-related icons: a volleyball, a trophy, a basketball, a tennis racket, a torch, a stopwatch, and a target.

# CONTACT INFO



**(813) 974 1415**

**[newinternational@usf.edu](mailto:newinternational@usf.edu)**