



iTHRIVE

Culture.

Connection.

Community.

This lunchtime series provides students an opportunity to explore cultures through group discussions, activities, and presentations. This series will also highlight resources on campus that support cross-cultural exchange and communication. Through cultural connection, together we can *THRIVE*.

Thursdays 12—1pm @ The Zone (located in Price Center Plaza)

FREE Food catered by Art of Espresso

RSVP to Iris Crowe-Lerma at icrowelerma@ucsd.edu

A minimum attendance of 5 students is required for workshop to take place.

JANUARY 19: WHAT IS THIS THING WE CALL CULTURE?: This interactive session will launch the iTHRIVE series with a discussion about culture. We will discuss the various definitions of culture, share examples of each others' cultures and talk about behaviors that represent cultural values, beliefs or perceptions.

Presented by Lisa Swid and Hannah Reese; International Students & Program Office

JANUARY 26: ZUMBA WORKOUT: Come experience a cultural dance sensation! Zumba combines Latin rhythms and easy-to-follow dance moves to put the FUN back in your workout. Fast and slow rhythms are combined for an aerobic and toning workout that confers the benefits of interval training. *Led by FitLife instructor Kelly Scaramella*

FEBRUARY 2: THE ART OF INITIATING RELATIONSHIPS: Join your peers and discover how to make your way into new interpersonal and professional relationships. Learn effective strategies for engaging in small talk, and put your skills into practice!

Presented by Brett Robertson; Center for Student Involvement—Communication and Leadership

FEBRUARY 9: CULTURE AND COMMUNICATION STYLES: This workshop surveys participants on communications styles and its application across social, work, and cultural contexts. *Presented by Nancy Magpusao; Cross-Cultural Center*

FEBRUARY 16: EXPLORING INTERCULTURAL DATING: Have you ever dated someone from a different culture or background? Dating across cultures can be complicated and confusing, but it doesn't have to be. Join us as we explore strategies for improving our intercultural communication skills when it comes to dating. Come share what dating is like in your own culture and learn what dating is like for students here in the US.

Presented by Lisa Swid and Lana Talampas; Sexual Assault & Violence Prevention Resource Center (SARC)

FEBRUARY 23: USING GOING GLOBAL & INTERNATIONAL BUSINESS NEWS: This information session will introduce you to learning how to navigate features world-wide job/internship opportunities, industry profiles and country-specific career information. Up-to-date content includes work permit/visa regulations, resume writing guidelines/examples, employment trends, salary ranges, networking groups, cultural/interviewing advice, corporate profiles, and much more!

Presented by Roxanne Farkas and Adele Barsh; Career Services Center

MARCH 1: ALL THE THINGS YOU WANT TO KNOW ABOUT PROPER WESTERN CULTURE ETIQUETTE: In the U.S. there are many different "rules" for proper etiquette in the workplace, at the dinner table, and on the phone (just to name a few.) Many of these proper behaviors are never taught in the classroom, but in this workshop you will learn a few of those unsaid rules to follow. This highly interactive workshop will teach you the rules of proper etiquette and allow you to ask any etiquette related questions. *Presented by Grace Bagunu; Center for Communication & Leadership*

MARCH 8: BETWEEN TWO CULTURES: What are some of the cultural challenges facing international students as they come to the U.S.? What are some ways to cope and adjust? Join us while we discuss these topics.

Presented by Rina Schul, Ph.D.; Counseling and Psychological Services (CAPS)

MARCH 15: INTERNATIONAL TEA: Join us as we mingle over tea and lunch and discuss our cross-cultural experiences.

Hosted by The Zone and The International Students & Programs Office.