

# INTERNATIONAL PROGRAMS OFFICE NEWSLETTER

MAY 2024

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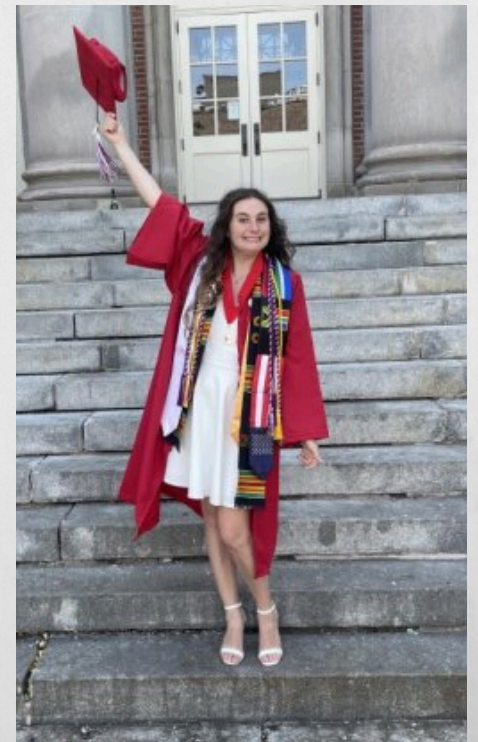


## JOIN US AT THE GRAD SASH CEREMONY

The International Programs Office wants to honor your international experience, whether it be studying abroad, as an international student studying at SUNY Cortland, or to honor your cultural or national heritage. We are happy to announce that this year we will once again host an international graduation sash ceremony.

Save the date for this year's International Sash Ceremony on Thursday, **May 9 at 3 p.m.** The ceremony will be held in Brown Auditorium in Old Main.

If you ordered a sash, the sash will be mailed to the International Programs Office for pick up the week of May 6. If it arrives early, you will be emailed. Congratulations to our graduating seniors!





# PEER ADVISOR SPOTLIGHT

Peer Advisors increase the awareness of study abroad opportunities at SUNY Cortland by meeting one-on-one with interested students, giving classroom presentations, developing social media marketing campaigns, and much more! They are an integral part of the International Programs Office Staff! Meet our third peer advisor for Spring 2024:

**Name:** Sophia Pugsley

**What is your major and year?**

I'm a senior dual major psychology and criminology with a minor in forensics.

**Where did you study abroad?**

I participated in the Semester at Sea, and through the program I went to 13 countries (Belgium, Portugal, Spain, Malta, Greece, Gibraltar, Canary Islands, South Africa, Mauritius, Malaysia, Vietnam, Thailand, and Japan).

**What did you learn from studying abroad?**

Through studying abroad in all these incredible places, all while living aboard a ship with 500 other students like me, I learned that there is beauty and knowledge everywhere. Whether it be in a traditional classroom learning about the history of the city we are about to port in or speaking to locals and learning about the culture firsthand, I've gained a new perspective on life and its beauty.

**What made you want to become a peer advisor?**

I became a peer advisor to share my experiences with other people just as passionate about traveling and learning as I am. I am beyond proud to be the one that helps to guide others on their study abroad journey. I will forever be appreciative of the team and effort that helped me achieve this life changing experience, and being a peer advisor helps me be that for others.

**What advice do you have for anyone studying abroad?**

Try everything! Getting out of your comfort zone is something you'll have to get used to while abroad, and trying new things is the perfect way to do that. Between new foods, new languages, or even just having confidence to partake in something like skydiving (which I did) trying new things is how you'll make the most of your time abroad.





## **FULDA UNIVERSITY OF APPLIED SCIENCES WITH DR. MECKE NAGEL**

We are pleased to highlight a unique semester, summer, and winter programs through Fulda University in Fulda, Germany. The program was launched by Dr. Mecke Nagel of the Philosophy Department. Dr. Nagel is from Fulda and helped establish the connection between Fulda University and SUNY Cortland. Dr. Nagel had the opportunity to teach courses at Fulda University in 2008, and she also developed an exchange program in 2011. SUNY Cortland is now a strategic partner with Fulda University, which allows exchange opportunities not just for students, but for faculty and staff as well.

The program is most popular in its summer and winter terms. Students can take German language courses and go on multiple excursions, including visits to local sites and museums and a trip to Berlin. Fulda is also known for having a large population of international students, giving anyone who studies abroad there an option not only to interact with German culture but with multiple other cultures throughout their experience. During the semester, students can take courses in social work, business, computer science, health, social sciences, and German.

Dr. Nagel encourages students to study abroad and in particular emphasizes studying abroad in a non-English speaking country. She believes this helps students improve their social-emotional learning and helps foster a sense of humility.

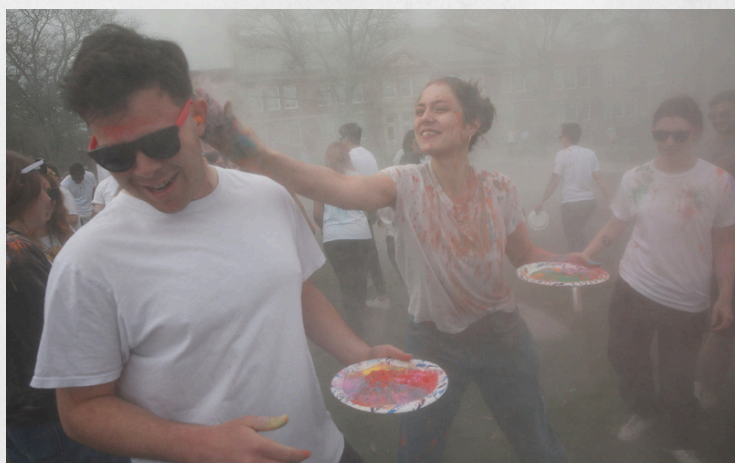






## HOLI CELEBRATION

On April 10, the International Programs Office in conjunction with the History Department and the students in REC 415 course organized a Holi Celebration. Holi is a Hindu color festival celebrating love and the coming of spring. It is traditionally celebrated with holika, a bonfire where people toss sticks of wood labeled with what they want to leave behind in the new year, and by throwing colored dye at each other.







## NEW DIVERSITY & IDENTITY RESOURCES COMING SOON!

This semester, our newsletters will highlight diversity resources the International Programs Office has compiled for marginalized students studying abroad. For more information, reach out to us at [studyabroad@cutland.edu](mailto:studyabroad@cutland.edu)

Check out the new categories that will be coming soon to the Diversity Resources page!

- Students With Financial Need
- Veterans
- Students With Special Medical Needs
- Students Who Are First-Time Travelers

See something we're missing? Have any additional questions? Reach out to our office at [studyabroad@cutland.edu](mailto:studyabroad@cutland.edu)







# CHECK OUT OUR BLOG

## Check out the International Programs Blog

We recently interviewed biomedical sciences major Aleena Parakkal on her experiences as an international student at Cortland.



### Study Abroad Fair

Friday, September 20  
10:30 a.m. - 1:30 p.m.

Corey Union Lower Lobby

Come enter to win one of two travel awards!

# CONTACT US

LEARN MORE ABOUT OUR EVENTS AND PROGRAMS

## International Programs Office

Old Main, Room 219

P.O. Box 2000

Cortland, NY 13045

Phone: +1-607-753-2209

Fax: +1-607-753-5989

[studyabroad@cortland.edu](mailto:studyabroad@cortland.edu)

[cortland.edu/international](http://cortland.edu/international)

Contact us to schedule an appointment with an advisor or to learn more. We look forward to hearing from you!

# OFFICE HOURS

EMAIL US TO SCHEDULE AN ADVISING APPOINTMENT

## MONDAY-FRIDAY

8 a.m.-4:30 p.m.

Old Main, Room 219

**Have general questions?  
Talk to our grad assistant!**

Walk in Advising:

Monday 9:30-4

Wednesday 9:30-3

Thursday 9-4

# FOLLOW US



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SUNY Cortland Study Abroad