INTERNATIONAL STUDENT ORIENTATION PROGRAM 2013
Welcome

Dear Class of 2017,

You made it! You have braved long and weary travels from distant lands to get here, and we are thrilled to be the ones to welcome you to this beautiful campus and glorious city that will be your home for the next four years! Having been in the exact place you are now, we know that your journey is far from over. You have arrived at Columbia University ready to take this city by storm, and we are here to help you accomplish just that.

Now in its fourth year, the International Student Orientation Program (ISOP) began in 2010 as a pilot orientation program for 50 students, aiming to address the unique concerns and challenges faced by international students moving to a new country and adapting to a new education system. It was a resounding success and quickly evolved into a program that offers a well-thought-out introduction to both the University and city and is loved by all who have participated.

Working throughout the summer to make this year’s program a reality has been a marvelous experience for both of us. We are grateful to have had the opportunity to get a glimpse of your lives through your ISOP application and we have been humbled by your home pride and world vision. We and your orientation leaders (OLs) are excited to meet you in person and are ready and raring to answer your questions and alleviate any concerns! Throughout the next few days, we aspire to present you with not only a collection of informative events, but a time for you to settle in, make friends, and interact with what is now your own campus and your own city in fun and fantastic ways. It is indeed our genuine hope that you will leave ISOP joyful in spirit, grown in friendship, and prepared for the rigor and challenges of the four years that lie ahead.

It has been a pleasure and honour (shout out to British spelling!) to have served in ISOP 2013 and give back to the program. We hope that you enjoy ISOP as much as we did our first year, and that you find it as helpful and memorable as we most certainly did.

ISOP Coordinators,

Onella Cooray
CC’14
ISOP 2010–2013

Lingzi Zhuang
CC’16
ISOP 2012–2013
ISOP 2013

Schedule of Events

Wednesday, August 21

Check-in and Move-in
Hartley Lounge, Hartley Residence Hall
9:00 a.m.–5:00 p.m.
Welcome to Columbia! At the move-in desk, you will meet your Orientation Leader (OL) and receive your orientation packet, room key, and student ID. An OL will help you locate your residence hall and new room.

Trips to Bed Bath & Beyond
Shuttle buses depart from 116th and Amsterdam
12:00 noon–5:00 p.m.
Free shuttle buses will transport you to and from Bed Bath & Beyond. Remember to bring your Columbia University ID and orientation badge to receive a discount when you purchase college room essentials. Your parents and families are welcome to join you.

Dinner
Ferris Booth, Alfred Lerner Hall, 3rd Floor
6:00–7:00 p.m.
Excited to meet some of your fellow 2017ers? Mingle with other ISOPers and OLs as you enjoy your first meal in the artfully designed Ferris Booth Commons dining hall.

Welcome and OL Group Introductions
Roone Arledge West Auditorium, Alfred Lerner Hall, 1st Floor
7:00–10:00 p.m.
Meet the members of your OL group and break the ice with some fun activities and games. Your OL will tell you more about what to expect during the course of the program.

Get some rest tonight! You’ve travelled far and have a fun and busy few days ahead of you.
Thursday, August 22

**Breakfast**
Ferris Booth, Alfred Lerner Hall, 3rd Floor  
8:00–9:00 a.m.  
Start the day right with a hearty breakfast in Ferris Booth. Your OL will give you the meeting time for your one-on-one advising appointment, which will be later on in the day.

**Welcome from Columbia Student Affairs**
Roone Arledge Cinema, Alfred Lerner Hall, 2nd Floor  
9:00–9:30 a.m.  
Join staff members from Student Affairs as they officially welcome you and your family members to Columbia University.

**Understanding Campus Resources**
Roone Arledge Cinema, Alfred Lerner Hall, 2nd Floor  
9:30–10:30 a.m.  
Kirin Liquori Terni, Director of International Student Programs and Services, will provide an overview of the various resources available to students and parents both on and off campus. There will be an opportunity to ask questions at the end of the presentation.

**OL Group Time and Photo**
Low Library Steps  
10:30–11:00 a.m.  
Stretch your limbs and spend some quality time with your OL group as we walk over to Low Steps, meet Alma Mater, and take our very own group picture. Now is the time to show off your ISOP T-shirt—wear it with pride!

**Morningside Heights Tour**
Start from Low Steps  
11:00 a.m.–1:00 p.m.  
Mark the margins of your campus map with lots of mental notes as your OL gives you an insider’s tour of the campus and our neighborhood. This will be a great opportunity to practice and perfect the NY walking pace!

**Lunch**
Ferris Booth, Alfred Lerner Hall, 3rd Floor  
1:00–2:00 p.m.  
Take a break from all the activity and enjoy a hearty Ferris lunch.
Cell Phone and Banking Fair  
Party Space (enter through doors on Alfred Lerner Hall, 1st Floor)  
1:30–5:00 p.m.  

Representatives from cell phone companies and Citibank will be available to discuss phone and banking essentials for international students. They will answer your questions about selecting a suitable phone plan, setting up a bank account, and wiring and receiving money. Parents and families are welcome to attend this session, and you will have free time during the afternoon to check out the fair as well.

• Once you have selected your preferred plan, you will be able to open a cell phone/bank account with the corresponding company.

• Please bring your original, as well as two copies, of your I-20, passport, and visa. Copying services are available in Butler Library and at Village Copier (Broadway, between 111th and 112th Streets) at your own expense.

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WORDS OF WISDOM

Hong Yi Tu Ye  
Columbia College 2015

Areas of Study: Financial Economics and History  
Home: Madrid, Spain  
Other Languages: Spanish, Mandarin Chinese  
Involvements: Columbia's International Relations Council (CIRCA), Columbia's Model UN, Columbia Economics Review, Columbia Fed Challenge Team  

What I Wish I Had Known: How much harder it is to explore the city after your first year because one can easily get swamped by work. So go out and be adventurous while you still can!

NYC Recommendations:  
• Oren's coffee is a much better alternative than Starbucks.  
• Take advantage of Restaurant Week!  
• If you watch the Daily Show, definitely try to sign up for tickets the moment you get the chance.  
• Visit the winter market at Union Square.  

Come Ask Me about: MUN, Parliamentary Debate or Mock Trial, prospective students in economics and history—using library resources.
Center for Student Advising (CSA) Session—Columbia College (CC)
Room 555, Alfred Lerner Hall, 5th Floor
2:00–3:00 p.m.

The CSA will explain the academic advising resources that are available to CC first-year students. Some of the topics to be discussed include Core courses, major requirements, class schedules, and credits required to graduate.

Smita Sen
Columbia College 2016

Area of Study: English
Home: Family from India, born and raised in Miami, FL, USA, lived in the UAE for three years
Other Languages: Spanish, Bengali
Involvements: Orchesis: A Dance Group; Double Exposure: The Columbia Undergraduate Film Journal; Columbia Musical Theatre Society; Living at Columbia discussion series; Barnard-Columbia Chorus

What I Wish I Had Known:
• Columbia Admissions handpicked a class of students who they believed are best suited for Columbia. You have what it takes. You wouldn’t be here if you didn’t.
• Navigating the extracurriculars of Columbia and New York City is difficult and trying, but you will find your way, and you will learn a lot as you go along.
• Office hours with your professors are invaluable. Your professors are incredibly intelligent and caring individuals who can become your mentors in the years to come. Talk to your professors about ideas you have for papers or projects and concerns you have about the course or the major.

NYC Recommendations:
• Mill Korean Restaurant on Broadway and 114th is fantastic!
• Pisticci’s is a nearby Italian restaurant that is an absolute MUST. The decor is very quaint and the restaurant serves excellent food.

Come Ask Me about: The Arts at Columbia; how to change your Academic Adviser; how to get the most out of the resources here at Columbia.

WORDS OF WISDOM

Thursday, August 22 (continued)
Center for Student Advising (CSA) Session—School of Engineering and Applied Sciences (SEAS)
Broadway Room, Alfred Lerner Hall, 2nd Floor
2:00–3:00 p.m.

The CSA will explain the academic advising resources that are available to SEAS first-year students. Some of the topics to be discussed include Core courses, major requirements, class schedules, and credits required to graduate.

One-on-One Advising Appointments
Room 403, Alfred Lerner Hall, 4th Floor
3:00–5:00 p.m.

Meet your Advising Dean for an individual appointment during which you can ask any specific questions you have. Plan to arrive early and as you wait to meet your adviser, sit with fellow ISOPers in the lounge of the CSA Office. You are free to check out the Cell Phone and Banking Fair or hang out with friends after your appointment.

OL Group Time—Meet Your OL
Alfred Lerner Hall (Ask your OL for location)
5:00–5:30 p.m.

Congratulations! You made it through your first day at Columbia. Catch up and relax with your OL group and prepare for an exciting night!

Dinner
Ferris Booth, Alfred Lerner Hall, 3rd Floor
5:30–6:30 p.m.

Enjoy a delicious dinner while exchanging thoughts on the day. What interesting classes are you looking forward to taking this semester?

Across the Waters: Off-Campus Excursion
Meet at Columbia Gates at 116th and Broadway
6:30–10:00 p.m.

Take a walk across one of the most famous landmarks in New York City—the Brooklyn Bridge. Enjoy a twilight view of the Manhattan skyline from Brooklyn, and take it all in. This city will be your home for the next four years. Be sure to wear comfortable footwear for the walk and bring your camera for some great photo ops.

You will need: money for a MetroCard (we will show you how to get one!); you can purchase it with cash or credit/debit card. International credit/debit cards may or may not work; extra money if you wish to buy food/ice cream.
Friday, August 23

Breakfast
Ferris Booth, Alfred Lerner Hall, 3rd Floor
8:00–9:00 a.m.
Gear up for the day with a tasty breakfast in Ferris.

Understanding American Academic Culture
Broadway Room, Alfred Lerner Hall, 2nd Floor
9:00–10:00 a.m.
Academic life in the United States can sometimes be surprising to international students: from open disagreements with professors and eating in class to writing term papers and grappling with different standards for listing citations. The Office of Judicial Affairs will provide an overview of academic and cultural expectations, as well as discuss important University policies and resources designed to help you succeed.

Writing Expectations at Columbia
Jed D. Satow Room, Alfred Lerner Hall, 5th Floor
9:00–10:00 a.m.
Meet representatives from the Writing Center as they discuss strategies for becoming a successful college writer. They will tell you more about the one-on-one consultations and workshops offered by the Writing Center to help you improve at every stage of your writing. In addition, an instructor of University Writing will be present to answer questions and discuss University Writing International, a section of University Writing open to nonnative speakers of English.

Understanding American Academic Culture
Broadway Room, Alfred Lerner Hall, 2nd Floor
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Academic life in the United States can sometimes be surprising to international students: from open disagreements with professors and eating in class to writing term papers and grappling with different standards for listing citations. The Office of Judicial Affairs will provide an overview of academic and cultural expectations, as well as discuss important University policies and resources designed to help you succeed.
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OL Group Time—Meet Your OL
Alfred Lerner Hall  (Ask your OL for location)
11:00 a.m.–12:00 noon
Take a break with your OL group. Upperclass students are a useful resource to help you navigate the University and city, so take this time to find out what your OL has learned over their time at Columbia.

Onella Cooray
Columbia College 2014

Area of Study: Environmental Science, Sustainable Development
Home: Colombo, Sri Lanka
Other Language: Sinhalese
Involvements: ISOP, Student Wellness Project (SWP), Global Recruitment Committee (GRC), Columbia University Scholars Program (CUSP), Culinary Society, EcoReps

What I Wish I Had Known:
• Take advantage of “shopping week” each semester to try out as many classes as you can before deciding which to take.
• Ask for help and guidance in a timely manner. It is not a sign of weakness.
• There are so many things to do that it is easy to forget and miss some, so when you hear about something, note it down on a digital calendar and set reminders.

NYC Recommendations:
• Subscribing to newsletters such as Time Out New York might flood your inbox but will inform you about interesting things to see and do in the city.

Come Ask Me about: eating in the city on a student budget, street fairs, free events and how to find them, Columbia scholars program, getting a campus job, student groups, undergraduate research.
Friday, August 23 (continued)

**International Students and Scholars Office (ISSO) Information Session**

**Broadway Room, Alfred Lerner Hall, 2nd Floor**

*12:00 noon–1:00 p.m.*

Staff members from the ISSO will conduct an information session on maintaining legal F-1 or J-1 student status, regulations for employment on and off campus, and travel documentation needed for returning to the United States after a trip abroad during your program.

*Please bring your immigration documents—passport and I-20 (for students in F-1 status) or DS-2019 (for J-1 status) to better follow the presentation.*

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**WORDS OF WISDOM**

**Sau Wai Chan**

Columbia College 2015

**Area of study:** Econ-Math joint major

**Home:** Hong Kong

**Other Languages:** Cantonese, Mandarin

**Involvements:** ISOP, Hong Kong Students and Scholars Society (HKSSS), CU Dance Marathon, Columbia Community Outreach (CCO)

**What I Wish I Had Known:**

- If you are in Columbia College, you can choose the grading option of Pass/D/Fail for one class per semester and be able to uncover your grades the very next semester. Use this opportunity to explore subjects that you are interested in but may not be your strength!
- Don’t fret if you don’t yet know what you are going to study/what your future will look like. No one knows for sure even if they say they do!
- Columbia’s annual Bacchanal (our spring concert) and the colorful Holi are annual events you should not miss!

**NYC Recommendations:**

- Going to Central Park on a beautiful sunny and warmer day.
- Cycling on Governor’s Island.
- I would also recommend spending one summer interning/doing whatever in New York—it’s the best!

**Come Ask Me about:** coffee shops, anything at all. I will be able to connect you with someone who can give you an answer if I am unable to! Even if you don’t have questions, come say hi to me! :)

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Lunch
Ferris Booth, Alfred Lerner Hall, 3rd Floor
1:00–2:00 p.m.
Take advantage of the lunch hour in Ferris and catch up with your peers.

A Global Perspective on Diversity
Room 555, Alfred Lerner Hall, 5th Floor
2:00–5:00 p.m.
Members of the Office of Multicultural Affairs (OMA) direct a session geared toward acclimatizing international students to the new social and cultural environment at Columbia and in the United States. This interactive workshop examines how best to deal with culture shock, how to handle uncomfortable situations that may arise due to cultural differences, and how our personal identity shapes our Columbia experience.

Dinner
Ferris Booth, Alfred Lerner Hall, 3rd Floor
5:00–6:00 p.m.
Recharge your energy with a tasty meal and get psyched up for the evening activities!

Showtime!
Meet at Columbia Gates, 116th and Broadway
6:00–10:00 p.m.
Come enjoy the out of the ordinary blend of dance, music, and theatre that is STOMP at the Orpheum Theater. The show will have you toe tapping and clapping along to energizing beats created using everyday items such as garbage cans, brooms, and basketballs. Prepare to be wowed!

You will need: a MetroCard for subway rides or money to buy one; extra money if you would like to buy food or other items.
Saturday, August 24

**Breakfast**
Ferris Booth, Alfred Lerner Hall, 3rd Floor  
8:30–9:30 a.m.

Enjoyed that extra half hour of sleep? Join the rest of ISOP for breakfast in Ferris starting at 8:30 a.m. Be sure to eat well—today is going be filled with activity!

**NYC Walking Tour**
9:30 a.m.–12:30 p.m.

Spend the morning with your OL group as you make your way through this vibrant city. Visit some of Manhattan’s iconic sites such as Grand Central Terminal or the Wall Street Bull. Explore the eclectic West Village, walk through Central Park, and take a stroll down Museum Mile. You will get a taste of what the city has to offer and have several photo opportunities! Remember to ask your OL about their favorite city spots and insider tips.

*Wear your ISOP T-shirt. You will need: MetroCard, or money to buy one; extra money if you want to buy food or other items.*

**Lunch**
Ferris Booth, Alfred Lerner Hall, 3rd Floor  
1:00–2:00 p.m.

Catch your breath as you enjoy a mouth-watering box lunch from Ferris Booth Dining Hall. Feel free to sit outside on the lawns if the weather is pleasant! But remember to drink lots of water to stay hydrated. Get energized for the next activity!

**Amazing Race: Morningside Heights**
Meet at the Low Steps  
2:00–4:30 p.m.

As an OL group you will have to navigate the campus and neighborhood as you fulfill tasks to move forward in this challenge!

**Saturday Night Dinner**
Havana Central Restaurant, Broadway, between 113th and 114th Streets  
5:00–7:00 p.m.

After a busy day, enjoy a final ISOP dinner at one of the most popular restaurants in Morningside Heights. Serving classic Cuban food, Havana is fondly known for its amazing empanadas and prides itself in recreating the “energy, excitement and entertainment of old Havana.”
**Saturday Night Show**  
Party Space, Alfred Lerner Hall, 1st Floor  
7:30–10:00 p.m.

Do you have a special talent? Did you discover another ISOPer who shares a common passion for a performing act? Did *Stomp* inspire you to create art out of everyday objects? During our Saturday Night Show, channel your creative energies and present something to your fellow students. Performance is voluntary, but greatly encouraged!

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**Louis Lin**  
Columbia Engineering 2015

**Area of Study:** Operations Research: Engineering Management Systems  
**Home:** Singapore/Beijing  
**Other Languages:** Chinese, basic German  
**Involvements:** Ballroom and Latin Dance Team, Sabor—Latino Performance Troupe, Stressbusters, Alice! Health Promotion, Singapore Students Association

**What I Wish I Had Known:**
- More often than not you will rely more on your close friends at Columbia than on your family overseas.  
- Have faith in the system. Make new friends, take up new hobbies, and step out of your comfort zone; you will learn more that way.  
- Alice! Health Promotion has tons of freebies and health promotion resources available for all Columbia students. Their office is at Wien, but you can also catch them at campus events and health fairs. Go Ask Alice! is the “aunt agony” website with the answers to all the health-related questions you did not dare to ask.

**NYC Recommendations:**
- Hudson River/Riverside Park is a beautiful park less than 5 minutes away from campus and the view is well worth it. You can also go to the park to play some sports or run along the river. Just remember not to visit the park after dusk.

**Come Ask Me about:** travelling/backpacking, kickboxing (Muay Thai), ballroom dancing, Latino social dances, Asia, SEAS/Operations Research, saving money as a Columbia student.
International Students-Only Events During NSOP

Sunday, August 25

With ISOP officially over, today marks your transition into the New Student Orientation Program (NSOP). Use this day to rest and reenergize, to hang out with your new friends, to spend time with your family (if they are still in the city), or to go on an optional excursion into NYC with ISOP OLs (the exact times and destinations will have been announced during the week)! Whatever you choose to do during the day, please plan accordingly so you can get back in time for the International Student Dinner at 6:30 p.m.

**Breakfast**
Hospitality Tent, Hamilton Lawn
8:00–11:00 a.m.
Grab some healthy drinks and delicacies from the tent outside of Hamilton Hall and enjoy them on the steps or on the lawns. Say hello to students who are just arriving on campus!

**Family Luncheon**
Hospitality Tent, Hamilton Lawn
12:00 noon–2:00 p.m.
Bring your new neighbors to the Hamilton Tent to enjoy more food and snacks. Don’t be shy—introduce yourself to new faces!

**International Student Dinner**
Roone Arledge Auditorium, Alfred Lerner Hall, 1st Floor
6:30–8:00 p.m.
Join your fellow international students as we welcome you to the Columbia community and introduce you to the deans and many other staff members who have greatly anticipated your arrival. Enjoy a delicious meal and good conversation as you establish yourself within Columbia’s on-campus community and the many resources it has to offer.
Monday, August 26

**International Student Workshops**
Rennert Hall, Kraft Center (606 West 115th Street)
9:00 a.m.–12:00 noon
This session is required for all international students, including those who participated in ISOP.

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**WORDS OF WISDOM**

**Andelyn Russell**
Columbia Engineering 2016

**Area of Study:** (Intended) Operations Research with a focus on Humanitarian Logistics

**Home:** the suburbs of Chicago

**Other Languages:** Castilian Spanish, basic French

**Involvements:** Columbia International Relations Council and Association (CIRCA), Columbia Cycling Club, Columbia SPLASH

**What I Wish I Had Known:**
- First-year dining plans come with “floating meals” that can be used any week of the semester.
- Most classes at Columbia are curved by the professor. If you feel unsure about your progress in a class, talk to your professor to find out if you need more help or are doing great.
- For discount movie and Broadway show tickets, go to the TIC counter in Lerner.
- While you might feel overwhelmed with emails, some (Urban NY, CEAA-NY) will let you know about awesome free events.
- While exploring NYC is a must-do, take time to soak up Columbia’s traditions.

**NYC Recommendations:**
- The app HopStop will make your subway travel experiences much easier.
- Take time to plan city excursions—see museums in the winter and parks/gardens in the fall and spring.
- For the best hot chocolate in NYC, go to the City Bakery on 18th Street.
- I believe the Starbucks on 110th Street makes better lattes than the Starbucks on 114th.

**Come Ask Me about:** campus performances, undergraduate research, scholar programs, study abroad, where to find a good baguette.
• Internship and Job Search Essentials for International Students
  9:00–10:00 a.m.
  Join representatives from the Center for Career Education (CCE) to learn about important internship and job search considerations for international students. Hear the CCE’s recommendations on steps to take in your first year, and learn about resources available throughout your four years.

• Cultural Symposium
  10:00–11:00 a.m.
  Meet your fellow international students and hear about all the wonderful places the Class of 2017 comes from. Please bring a small item (photo, souvenir from your country, a story) to represent where you’re from as you, in turn, share fun facts about your country.

• On the Meeting of Cultures
  11:00 a.m.–12:00 noon
  Maintaining your physical and emotional well-being is important, especially when transitioning to a new environment and lifestyle. Meet staff from Counseling and Psychological Services to discuss adaptation to a new cultural environment while maintaining relationships back home. Get helpful hints on how to integrate yourself into the different cultural aspects of college life while attending to academic pressures and demands.

Wednesday, August 28

International Students and Scholars Office (ISSO) Information Session
Party Space, Alfred Lerner Hall, 1st Floor
2:00–3:30 p.m.
This session is required for all international students enrolled in an undergraduate school at Columbia who hold nonimmigrant status. A staff member from the ISSO will be discussing the rules and regulations attached to holding an F-1 visa in the United States. Topics to be covered include: maintaining one’s status, rules for travelling and re-entering the United States, and an overview of eligibility for on- and off-campus employment during the academic year, summers, and following your graduation.
Wednesday, August 28 (continued)

**Top of the Rock: New York City Event for International Students**
**Meet at the Columbia Gates at 116th and Broadway**
3:30–5:45 p.m.

Boasting an incredible view of the New York City skyline, Rockefeller Center is one of the most famous buildings in New York and is located in one of the busiest areas—Midtown Manhattan. The entrance fee to Rockefeller Center itself will be covered, but you will need to bring your own MetroCard for transportation and extra money for any mementos or food you would like to purchase. Tickets are limited and will be given on a first-come, first-served basis, so be sure to arrive on time. Priority will be given to students who did not participate in ISOP.

Friday, August 30

**Understanding American Academic Culture**
**Room 555, Alfred Lerner Hall, 5th Floor**
4:00–5:00 p.m.

Academic life in the United States can sometimes be surprising to international students: from open disagreements with professors and eating in class to writing term papers and grappling with different standards for listing citations. The Office of Judicial Affairs will provide an overview of academic and cultural expectations, as well as discuss important University policies and resources designed to help you succeed.

**Living at Columbia: An Introduction**
**Room 555, Alfred Lerner Hall, 5th Floor**
5:00–6:30 p.m.

Living at Columbia is a discussion series organized by International Students Programs and Services. The series is a cross point for all undergraduate students to connect and share experiences and advice. This session of Living at Columbia will help you meet even more of your fellow international students and gain insight into life during the first few weeks of the semester. Come prepared to ask questions!
Lingzi Zhuang
Columbia Engineering 2012–13, Columbia College 2016

Areas of Study: Linguistics, Computer Science

Home: Shanghai, China

Other Languages: Mandarin, Shanghai Wu, German, basic Russian, French, Uyghur, and Attic Greek

Involvements: The Veritas Forum at Columbia, Columbia Faith and Action, Glee Club, writes sporadically for Columbia Spectator

What I Wish I Had Known:
- The Diana Center across the street offers a refreshing environment for Sunday afternoon studying.
- On transferring to the 2 or 3 express trains at 96th Street: the express saves you no more than 3 minutes if you are only going as far as Times Square.
- Ollie’s wins the battle as the most economical Chinese food venue.
- If you ever want to make a fitness plan and stick to it, consider jogging in Riverside early in the morning. It is incredibly mind clearing.

NYC Recommendations:
- Save the Roosevelt Island Tram for a laid-back walking tour with a small group of friends on a Friday or Saturday evening. It is a road less traveled but a gem of New York City.
- Central Park is less than 10 blocks from campus. Have a snowball fight in the winter. There are also snow-covered slopes perfect for sledding.
- Flushing combined with Chinatown has everything that East Asia has, foodwise.

Come Ask Me about: foreign language requirement, language self-pedagogy, navigating the public transport system in and around NYC, history of the New York subway system and how it came to be the labyrinth it is today, geography fun facts.
Know Your CU Acronyms!

You will hear a lot of acronyms on campus. Here’s your far from exhaustive but sufficiently comprehensive beginner’s guide to decoding “Columbia speak”!

**University and Schools**

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<tr>
<th>Acronym</th>
<th>Description</th>
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<tbody>
<tr>
<td>CU</td>
<td>Columbia University</td>
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<td>CC</td>
<td>Columbia College (or Contemporary Civilization!)</td>
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<td>SEAS/CE</td>
<td>The Fu Foundation School of Engineering and Applied Science/Columbia Engineering</td>
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<tr>
<td>BC</td>
<td>Barnard College</td>
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<td>GS</td>
<td>(School of) General Studies</td>
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<td>SIPA</td>
<td>School of International and Public Affairs</td>
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<td>JTS</td>
<td>Jewish Theological Seminary</td>
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**Orientation Terms**

<table>
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<tr>
<th>Acronym</th>
<th>Description</th>
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<tbody>
<tr>
<td>NSOP</td>
<td>New Student Orientation Program, which runs the week before classes start and is mandatory for new students</td>
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<td>COOP</td>
<td>Columbia Outdoor Orientation Program</td>
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<td>CUE</td>
<td>Columbia Urban Experience</td>
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<td>ISOP</td>
<td>International Student Orientation Program</td>
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**Campus Resources**

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<th>Acronym</th>
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<td>CUID</td>
<td>Your Columbia University ID card and key to unlock everything on campus!</td>
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<td>UNI</td>
<td>University Network Identification: the unique letter and number combination that precedes your Columbia Lion Mail address. This is your key to all of Columbia’s online portals and sites and will frequently be used offline as an identifying username for signup sheets and forms.</td>
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<td>SSOL</td>
<td>Student Services Online</td>
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<td>ISSO</td>
<td>International Students and Scholars Office</td>
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<td>CCE</td>
<td>Center for Career Education</td>
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<td>CSA</td>
<td>Center for Student Advising</td>
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<tr>
<td>P/D/F</td>
<td>Pass/D/Fail (or Pass/Fail for Engineering students), a grading option that allows for more flexibility in workload. If you receive a grade of C- or higher, it will be listed as Pass, while D and failing grades are listed as they are.</td>
</tr>
</tbody>
</table>
RA  Resident Adviser. An upperclass student who will be your go-to resource in your residence hall

General

NoCo  Northwest Corner Building, the newest science building on campus, which houses a library, labs, classrooms, and a coffee shop

Joe’s  Coffee shop in NoCo

EC  East Campus, an on-campus residential complex usually filled by upperclass students or SIC

SIC  Special Interest Community

Spec  Online news edition of the campus newspaper *Columbia Spectator*

BWOG  Online version of the *Blue and White*

WORDS OF WISDOM

**Dhruv Purushottam**
Columbia College 2016

**Area of Study:** (intended) Computer Science and Math

**Home:** Mumbai, India

**Other Languages:** English, Hindi

**Involvements:** Columbia University Rugby Football Club (CURFC), Columbia University Photography Society, Open Lectures, ISOP

**What I Wish I Had Known:**
- Some useful websites: print@cu, housing@cu, bwog, CULPA.
- The TIC center gets you great discounts. Go there all the time.
- Look into buying used copies of textbooks for class if new ones are pricey.
- A semester goes by superfast, so plan fun things for your weekends and breaks.
- Broadway is glamorous but Amsterdam is economical.
- Every time you ride the subway, you get a free transfer (within two hours) onto a bus going in the opposite direction.

**NYC Recommendations:**
- One day, grab a bunch of people and walk all over Manhattan. Great way to explore.
- Food: The H-17 at Milano, lunch specials at Thai Market, Jin Ramen on 125th and Broadway, omelettes at Strokos.
- Places: Bryant and High Line parks, Chinatown, Grand Central and Chelsea Markets, Greenwich Village.

**Come Ask Me about:** cool photography spots, places to eat, getting around the city, club sports/Dodge facilities.
Quick Reference to Campus Resources

For a comprehensive list of campus resources, go to www.columbia.edu and click on the “For students” tab on the left-hand side. Below is a quick list of resources with the services they offer and how to find them.

24/7 Hartley Hospitality Desk
Locked out of room, maintenance/custodial request, housing policy inquiries, space heater, etc.
Lobby of Hartley Hall, 212-854-2779
http://housingservices.columbia.edu

CCE
Jobs/internships, mock interviews, 10-minute Q&A
East Campus Building, Lower Level (on 116th St. across Amsterdam Ave.; enter through Wien courtyard), 212-854-5609
http://www.careereducation.columbia.edu

Courseworks
Online platform for courses, course info, syllabi, assignments, grades, etc.
https://courseworks.columbia.edu

CSA
Academic advising, forms for adding/dropping/changing grading option of a class
403 Lerner Hall, 212-854-6378
http://www.studentaffairs.columbia.edu/csa

CUIT—Help Desk
General IT hardware/software support, UNI, e-mail, computing/printing facilities
202 Philosophy, 212-854-1919
http://cuit.columbia.edu

Financial Aid and Educational Financing
Undergraduate financial aid
618 Lerner Hall, 212-854-3711
http://cc-seas.financialaid.columbia.edu
Health Services
Physical/mental health care, medical check-ups, walk-in appointments, insurance
http://health.columbia.edu

Counseling & Psychological Services: 8th Floor, Lerner Hall, 212-854-2878
Disability Services: 7th Floor, Lerner Hall, 212-854-2388
Medical Services: 3rd and 4th Floors, John Jay, 212-854-7426

ISSO
Student status (visa, I-20, I-94), employment as an international student (Social Security number, Optional Practical Training—OPT)
524 Riverside Drive (123rd St.), 212-854-3587
http://www.columbia.edu/cu/ isso/ isso.html

SSOL
Online site for class registration, grades, degree audit report, transcript request, request proof of enrollment, adding Flex and Dining Dollars, account information, etc.
https://ssol.columbia.edu

Student Service Center
Central location for the offices listed below: 205 Kent Hall, 212-854-4400; enter on College Walk:

Student Financial Services: tuition and payment, e-billing and student accounts, refunds
http://sfs.columbia.edu

University Registrar: registration, add/drop w/paper form, transcript pick-up, diploma
http://registrar.columbia.edu/home

ID Center: lost/stolen/faulty CUID
http://idcenter.columbia.edu
Staying in Touch

Staying connected to friends and family from back home is important but not always wallet friendly. Before you dial away your dollars, take some time to find out how making long distance calls can be not as scary and costly if you do it the right way.

They say the best things in life are free; updating your parents on the fun classes you’re taking or catching up with your best friend from high school shouldn’t be an exception. The Internet lets you share in your sister’s graduation or your friend’s birthday through email, photo sharing, Facebook, and Skype. Download Skype on your laptops and mobile devices today, and (video) call home by taking advantage of the wireless

WORDS OF WISDOM

Besiana Vathi
Columbia College 2016

Areas of Study: Creative Writing and East Asian Languages and Cultures

Home: Tirana, Albania

Other Languages: Albanian, French (somewhat), Japanese (beginner)


What I Wish I Had Known:
• Bs are not the end of the world, nor are they “bad” grades.
• Instead of working harder, work smarter.
• Even though people across cultures share similarities, the way people think differs and you won’t know the extent without experiencing it. Open-mindedness is key.
• If you want to register for a World Leaders Forum event, make sure you log on to the Columbia University Sundial page at the EXACT time the email tells you to. Spots fill up fast!

NYC Recommendations: performers on the subway, any cultural/arts event in Williamsburg, Fuerza Bruta, 14th Street, every single halal cart, Staten Island Ferry, Coney Island, Metropolitan Museum of Art

Come Ask Me about: what to do and where to do it in the city, navigating through Health and Psychological Services, how to find your niche at Columbia, what to do if you’re lonely at Columbia/New York City.
connections all around campus. Also check out Viber, an app that allows you to make free calls to other Viber users’ phones, and Whatsapp for instant messaging (Whatsapp might be a paid app on certain devices or in certain regions).

For those who feel more comfortable reverting to more traditional options such as calling cards, you will be overjoyed to find them almost anywhere—online, in the pharmacy store around the corner, or at phone shops down in Chinatown (you can certainly find good deals there). A reasonable phone card should allow you to talk up to a thousand minutes for 10 US dollars. Another option is to subscribe to international texting and calling services with your cellphone service provider. Fees vary from one provider to the next, so be sure to ask before you sign up.

WORDS OF WISDOM

Gelila Zenebe Bekele
Columbia College 2016

Area of Study: undecided
Home: Addis Ababa, Ethiopia
Other Languages: Amharic, some French
Involvements: This summer, I interned with Dr. Ernest Drucker on a research project titled “From Punishment to Public Health.” It is a project that addresses the issues of mass incarceration from a public health perspective and questions the necessity of prisons in the judicial system.

What I Wish I Had Known:
• Adapting to college life doesn’t just mean getting over the initial culture shock that comes with living in New York City. At one point or another, you will find yourself worrying about things that you wouldn’t even think about back home. Getting in tune to life in college may take a few months. Sometimes things just don’t go as planned. Do not beat yourself up.
• Go library hopping. Columbia has 22 libraries. Study in a different library until you find the spot with the perfect lighting.
• You should reach out to upperclass students. They can be an invaluable source of information.

NYC Recommendations: the Tree Lighting Ceremony is one of the most festive events on campus. Do not miss it! Bachannal was great as well.
Come Ask Me about: where those touch screen book scanners are located in Butler; classes.
## Places of Worship

### Columbia University Chaplain
Located in Earl Hall, 212-854-6242  

Call/visit website for hours of service:

<table>
<thead>
<tr>
<th>Baptist</th>
<th>Abyssinian Baptist</th>
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<tbody>
<tr>
<td></td>
<td>132 Odell Clark Place (138th St.)</td>
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<tr>
<td></td>
<td>212-862-7474</td>
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<tr>
<td></td>
<td><a href="http://www.abyssinian.org">http://www.abyssinian.org</a></td>
</tr>
<tr>
<td></td>
<td>Metro Baptist</td>
</tr>
<tr>
<td></td>
<td>410 West 40th Street (Ninth Ave.)</td>
</tr>
<tr>
<td></td>
<td>212-594-4464</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.mbcnyc.org">http://www.mbcnyc.org</a></td>
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<thead>
<tr>
<th>Episcopalian</th>
<th>Cathedral Church of St. John the Divine</th>
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<tbody>
<tr>
<td></td>
<td>1047 Amsterdam Avenue (112th St.)</td>
</tr>
<tr>
<td></td>
<td>212-316-7490</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.stjohndivine.org">http://www.stjohndivine.org</a></td>
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<table>
<thead>
<tr>
<th>Greek Orthodox</th>
<th>Archdiocesan Cathedral of the Holy Trinity</th>
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<tbody>
<tr>
<td></td>
<td>319 East 74th Street (betw. First and Second Aves.)</td>
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<tr>
<td></td>
<td>212-288-3215</td>
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<tr>
<th>Interdenominational</th>
<th>Riverside Church</th>
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<tbody>
<tr>
<td></td>
<td>490 Riverside Drive (120th St.)</td>
</tr>
<tr>
<td></td>
<td>212-870-6700</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.theriversidechurchny.org">http://www.theriversidechurchny.org</a></td>
</tr>
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</table>
| Jewish | **Anshe Chesed (Conservative)**  
251 West 100th Street (betw. Broadway and West End Ave.)  
212-865-0600  
http://www.anschechesed.org | **Stephen Wise Free Synagogue (Reform)**  
30 West 68th Street (betw. Columbus Ave. and Central Park West)  
212-877-4050  
http://www.swfs.org | **West End Synagogue (Reconstructionist)**  
190 Amsterdam Avenue (69th St.)  
212-579-0777  
http://westendsynagogue.org |

**WORDS OF WISDOM**

**Claire Sheridan**  
Columbia College 2015

**Areas of Study:** double major in Classics and Political Science with a concentration in History

**Home:** London, England

**Other Languages:** Latin, Ancient Greek

**Involvements:** Undergraduate Recruitment Committee (URC), Global Recruitment Committee (GRC), Columbia Undergraduate Scholars Program (CUSP), community service, Columbia Democrats

**What I Wish I Had Known:** Develop a relationship with your academic adviser. Advisers are not just there to help you make sure that you graduate with enough credits; they can tell you so much about grants and programs. For example, if not for my adviser, I wouldn't have known about the CUSP summer grant, which allowed me to pursue my unpaid internship in New York this summer.

**NYC Recommendations:** go for a walk in Central Park; Artopolis; bubble tea!

**Come Ask Me about:** how to juggle academics, friends, and extracurriculars; anything to do with recruiting prospective students; how to deal with homesickness—I went to boarding school for five years so I have had a lot of experience with it!
| **Muslim** | **Muhammad’s Mosque**  
106-108 West 127th Street (betw. Lenox and 7th Ave.)  
212-865-1200  
http://www.mosque7.org |
| --- | --- |
| **Presbyterian** | **Broadway Presbyterian Church**  
601 West 114th Street (Broadway)  
212-864-6100  
http://www.bpcnyc.org/  
**West End Presbyterian Church**  
165 West 105th Street (Amsterdam Ave.)  
212-663-2900  
http://www.westendchurchnyc.org |
| **Roman Catholic** | **Church of Notre Dame**  
405 West 114th Street  
(Morningside Dr.)  
212-866-1500  
http://ndparish.org  
**Corpus Christi Church**  
529 West 121st Street (betw. Amsterdam Ave. and Broadway)  
212-666-9350  
http://www.corpus-christi-nyc.org |
| **Unitarian Universalist** | **Community Church of New York**  
40 East 35th Street (betw. Madison and Park Aves.)  
212-683-4988  
http://www.ccny.org |
| **United Methodist** | **Church of St. Paul and St. Andrew**  
263 West 86th Street (betw. Amsterdam Ave. and Broadway)  
212-362-3179  
http://www.stpaulandstandrew.org |
Food Recommendations

New York City is a foodie paradise, offering any cuisine and variation thereof that you could imagine. Stimulate your taste buds and feast your senses on food from around the world in all five boroughs during your time here at Columbia. Below is a list to get you started on your gastronomic exploration.

Some restaurants may have multiple locations. The location closest to campus is listed.

WORDS OF WISDOM

Khamal Clayton
Columbia College 2015

Area of Study: major in Economics, concentration in Statistics
Home: Jamaica
Other Language: Jamaican Creole
Involvements: Columbia International Relations Council and Association (CIRCA), Columbia University Scholars Program (CUSP)

What I Wish I Had Known:
- Dining hall daily menus are online.
- There is two for one sushi about 30 minutes before Cafe East closes daily (Don’t ask them about it since they won’t admit it, but just wait for them to put the sign up).
- There are almost weekly free food events if you keep an eye (and an ear) out.
- Do not feel the need to compete to see who can do the heaviest course load or most majors.
- Avoid 8:40 a.m. and back-to-back morning classes unless you are a morning person.
- Get acquainted with Center for Career Education (CCE) and register on LionShare in order to find internships.

NYC Recommendations: Visit all the museums to which Columbia subsidizes the entry ticket; get a phone plan with unlimited texting.

Come Ask Me about: Model United Nations (or CIRCA as it is known here); majoring in economics or any variation of the major/concentration; course load and scheduling; the sanctity of sleep; Game of Thrones.
Africa

**Ethiopian**
- **Massawa** (121st St. and Amsterdam Ave.)
- **Awash** (947 Amsterdam Ave., betw. 106th and 107th Sts.)

**Nigerian**
- **Buka** (945 Fulton St., betw. St. James and Grand, Brooklyn)

**Senegalese**
- **Africa Kine** (256 W. 116th St. and 8th Ave.)

**South African**
- **Madiba** (195 Dekalb Ave., betw. Adelphi St. and Carlton Ave., Brooklyn)
- **Braai** (51st St., betw. 8th and 9th Aves.)

Asia

**Chinese**
- **Columbia Cottage** (111th St. and Amsterdam Ave.)
- **Joe's Shanghai** (9 Pell St., Chinatown)
- **Legend** (258 W. 109th St., betw. Broadway and Amsterdam Ave.)

**Indian**
- **Aangan** (Broadway, betw. 103rd and 104th Sts.)
- **The Ayurveda Cafe** (Amsterdam Ave., betw. 94th and 95th Sts.)
- **Devi** (18th St. and 5th Ave.)
- **Indus Valley** (100th St. and Broadway)
- **Saravana Bhavan** (26th St. and Lexington Ave.)

**Japanese**
- **Ichi Umi** (32nd St., betw. 5th and Madison Aves.)
- **Jin Ramen** (125th St. and Broadway)
- **Suma Sushi** (964 Amsterdam Ave., betw. 107th and 108th Sts.)
- **Sun-Chan** (2707 Broadway, betw. 103rd and 104th Sts.)
- **Totto Ramen** (52nd St., betw. 8th and 9th Aves.)

**Korean**
- **Mill Korean** (113th St. and Broadway)

**Lebanese**
- **Layali Beirut** Cafe (Steinway St., Astoria, Queens)

**Malaysian/Singaporean**
- **Nyonya** (199 Grand St., Chinatown)
Middle Eastern
Hummus Place (99th St. and Broadway)

Southeast Asian
Spice Market (403 W. 13th St. and 9th Ave.)

Sri Lankan
Banana Leaf (28th St., betw. 7th and 8th Aves.)

Thai
Klong (7 St. Mark’s Place, East Village)
Land Thai (81st St. and Amsterdam Ave.)
SriPraPhai (6413 39th Ave., Woodside, Queens)
Sura (2656 Broadway, betw. 100th and 101st Sts.)
Thai Market (Amsterdam Ave. and 107th St.)

Vietnamese
Cha Pa’s Noodles and Grill (52nd St., betw. Eighth and Ninth Aves.)
Saigon Shack (MacDougal and Bleecker Sts.)

Australia
The Sunburnt Calf (79th St., betw. Broadway and Amsterdam Ave.)
Tuckshop (115 St. Mark’s Place, East Village)

Europe
Belgian
B. Cafe (Amsterdam Ave., betw. 87th and 88th Sts.)

French
La Tarte Flambee (1750 2nd Ave., betw. 91st and 92nd Sts.)
Laduree (864 Madison Ave., betw. 71st and 72nd Sts.)
Raoul’s (180 Prince St. and Thompson St.)

Greek
Kefi (Columbus Ave., betw. 84th and 85th Sts.)
Symposium (113th St., betw. Broadway and Amsterdam Ave.)

Italian
Carmine’s (Broadway and 90th St.)
Max Soha (1274 Amsterdam Ave., betw. 122nd and 123rd Sts.)
Otto Enoteca Pizzeria (One 5th Ave.)
Pisticci (125 La Salle St., betw. Broadway and Claremont Ave.)
V&T (110th St. and Amsterdam Ave.)

Russian
Russian Samovar (256 W. 52nd St., betw. 7th and 8th Aves.)
North America

American
Bistro Ten 18 (110th St. and Amsterdam Ave.)
Community (Broadway, betw. 112th and 113th Sts.)
Toast (2737 Broadway at 105th St.)

Cuban
Havana Central (Broadway, betw. 113th and 114th Sts.)

Dominican
Malecon (4141 Broadway, betw. 175th St. and Broadway)

Mexican
Tacombi at Fonda Nolita (267 Elizabeth St. at E. Houston St.)
Taqueria Y Fonda (968 Amsterdam Ave., betw. 107th and 108th Sts.)

South America

Brazilian
Bahia Restaurant and Café (690 Grand St., Brooklyn)
Churrascaria Plataforma (49th St. and 8th Ave.)
Favela Grill (34th St. and 28th Ave., Queens)

Colombian
Dulce Vida Cafe (Lexington Ave., betw. 82nd and 83rd Sts.)

Peruvian
La Mar (25th St. and Madison Ave.)
Warique Peruvian Kitchen (Amsterdam Ave., betw. 101st and 102nd Sts.)

***

Hungry but feeling too lazy to leave your room? You can order your meal from local restaurants on websites such as www.seamless.com and www.grubhub.com. Other useful sites include www.menupages.com, on which you can peruse the menus of many NYC restaurants, and www.yelp.com, for reviews of restaurants and businesses
Navigate Your Way Around Campus