

INTERNATIONAL STUDENT SPOTLIGHT!

MEET ASTRID!

WHY K-STATE?

I had friends and my boyfriend who were Master's students here at K-State. I got to visit them often and sort of fell in love with Manhattan and the campus. I also got to attend an OPT workshop hosted by ISSS and thought this is what I desire to do for a living. It was one of my inspirations to pursue a Master's in College Student Development.

WHAT DO YOU THINK OF YOUR EXPERIENCE SO FAR?

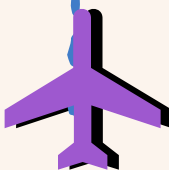
Moving to Manhattan was not hard for me because I lived in NC for two years. It was actually a good "change" for me because I had the opportunity to meet people my age. As a Master's student in the College of Education, the experience has been very rewarding. I have been able to meet wonderful educators who push me to think with an open mind.

DIFFERENCE THAT YOU HAVE NOTICED?

This is a tough question because I have been in the U.S. for a few years now. However, one of the things I noticed when I first moved here was that people are very individualistic. I come from a culture considered collectivistic, so the first month was an adjustment for me. Another thing that comes to mind is how taxes are not included in the price of things, which was something to keep in mind whenever I bought food or anything else.

WAS K-STATE WHAT YOU EXPECTED? WAS MANHATTAN WHAT YOU EXPECTED?

K-State was beyond what I expected! The number of professional opportunities I've had during my time here has been exceptional. Given that I want to work with international students, this semester I was able to do my practicum at the ISSS office! As far as Manhattan, I fell in love with it from the first time I visited. I think it's because my friends took me to all the great spots, the Varsity Donut Truck, Taco Lucha, and Central Park! I always say that even though Manhattan is small it has everything I need!



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IS CLASSROOM CULTURE A LOT DIFFERENT HERE?

The classroom culture here is very different from my country. Back in Honduras, students are not encouraged to speak their minds or have open discussions in the classroom. Also, the support professors at K-State offer does not compare to the student-professor interaction in my country. Here you have a lot of support from professors, while in my country if you have trouble with assignments, you are on your own.

WHAT DO YOU LIKE ABOUT BEING A STUDENT AT K-STATE?

I like representing international students in my classes. I always try to make most of my assignments related to international education to bring awareness about student populations and the different policies we have to navigate when pursuing our education in the United States.

WHAT KINDS OF THINGS ARE YOU INVOLVED IN ON CAMPUS?

As a graduate student, it is hard to be involved in things. However, as part of my practicum, I got to be part of the International Coordinating Council. Even after my practicum is over, I hope to still be part of this organization and continue to help with their events and activities!

WHAT DO YOU DO FOR FUN IN MANHATTAN?

One of my favorite things to do is Saturdays of Asado. I like to get together with my friends to grill and have a drink! Besides that, I enjoy running and taking long walks outdoors. I enjoy it the most during the fall when trees change colors and the sunsets are out of this world!

IF YOU COULD HAVE KNOWN ONE THING BEFORE MOVING HERE, WHAT WOULD IT BE?

The weather is extra crazy in Kansas! One day it is extremely cold, and the next day it is super warm.

DO YOU HAVE ANY ADVICE FOR INCOMING INTERNATIONAL STUDENTS?

Do not be afraid to ask for help! I am very independent and tend to believe I can do everything on my own, but that is not always the case. Whenever I have needed help, I have always had people willing to help, guide and teach me.

WHAT WOULD YOU LIKE OTHERS TO KNOW ABOUT BEING AN INTERNATIONAL STUDENT AT K-STATE?

I would say that this campus is very friendly with international students. There is a lot of support from the staff at ISSS and professors as well. One of my favorite things about K-State is the access to assistantships available. Assistantships are a great way to pay for your education while getting professional experience.

WOULD YOU MIND SHARING A PHRASE FROM YOUR NATIVE LANGUAGE AND WHAT IT MEANS?

A phrase I would like to share is from a song by the famous Honduran singer-songwriter, Guillermo Anderson. "Vos también podés mover una montaña entera con la fuerza de tu fe." This translates to "You can also move a whole mountain with the strength of your faith." This encourages me to continue to dream, and work with resilience towards my goals!

