

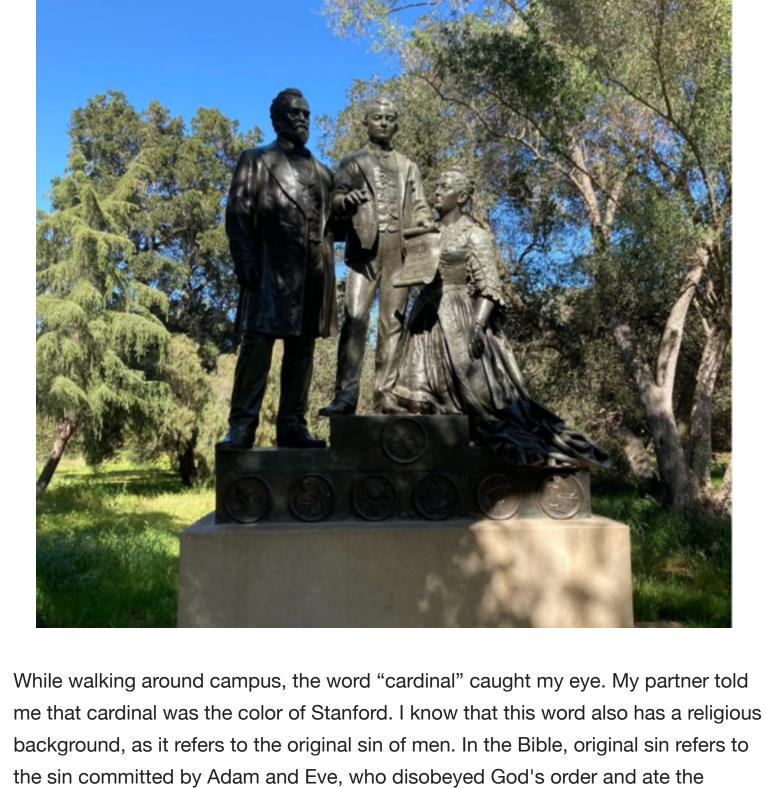
January 2023

Welcome to CCIS monthly newsletter! Our goal is to provide news, program updates, and stories about life in the U.S. to international graduate students, post docs, visiting scholars, and their families at Stanford. Please let us know if you would like to write an article for a future newsletter.

My Stanford Story By Alan Tan

In March of 2022, I came to Stanford University from China, as my partner was pursuing her PhD at the University. We met four years ago through a Leadership Development Program in the field of Marine Conservation. After she left for her Ph.D program, we could not stand living apart any longer, so I temporarily put aside my work in China and came to California to be with her. On my first day at Stanford, my partner took me around the University campus. I

was attracted by the beauty of the landscape: the church, the sculptures, the trees, the botanical gardens, and the vast sports fields. What impressed me the most was the statue of the Stanford family in the Memorial Garden. Leland Stanford Junior held a piece of paper with the words "Dedicated to science and the good of humanity". The sentence made me think of the philosophy proposed by Immanuel Kant on human reasoning and free will. And so, I understand the words on the statue to imply more his "dedication to human reasoning and freedom".



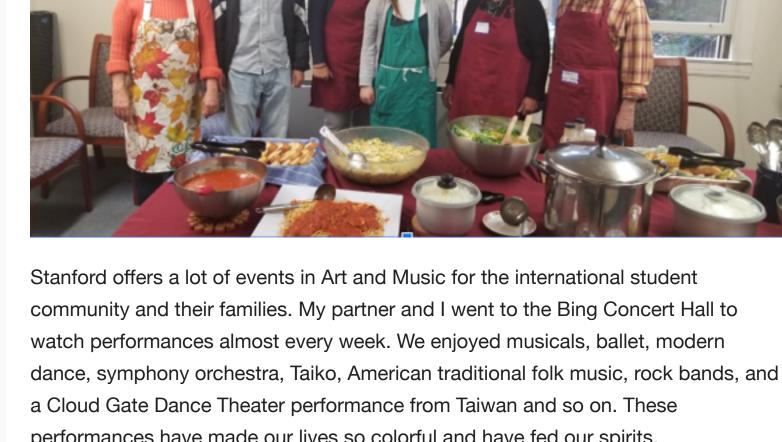
forbidden fruit. In Kant's philosophy, the fundamental evil of man refers to the inversion of human nature, that is, hypocrisy. I think I understand the philosophical and religious significance behind the founding of Stanford University, as well as the moral passion involved. Of course, this is my guess. I think the establishment of moral passion is a very important cornerstone to the historical development of Stanford University, which was not just about the wealth of the Stanford family. We live on the Stanford campus and my partner helped me connect to resources at the Stanford Bechtel International Center. I started to sign up for English courses and met new teachers and friends. My partner knew that I liked sports, especially soccer, so she helped me sign up for intramural sports. I also found a group that played soccer regularly at Robel Field and joined them.

CCIS, they offer many activities and learning opportunities for international students and their families, including regular coffee hours and University campus walks, all of which have allowed me to make many new friends. I am very grateful for what the I-Center has done for us international families. In order to contribute back to the community, I actively looked for volunteer opportunities in the center. For example, Tooran, the CCIS volunteer leader of the

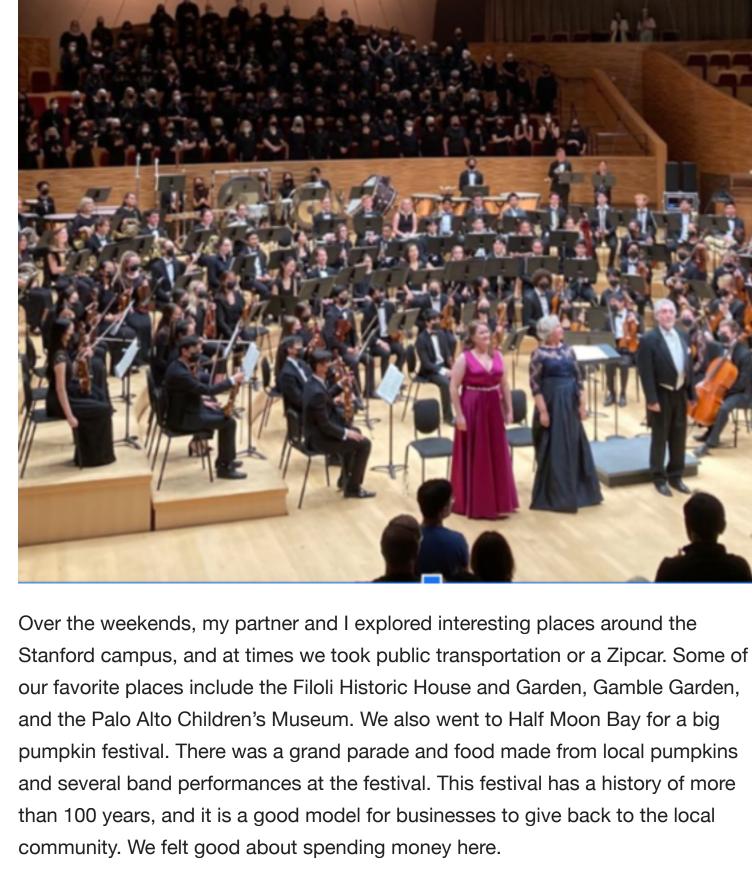
The Stanford Bechtel International Center or I-Center, as it is otherwise sometimes

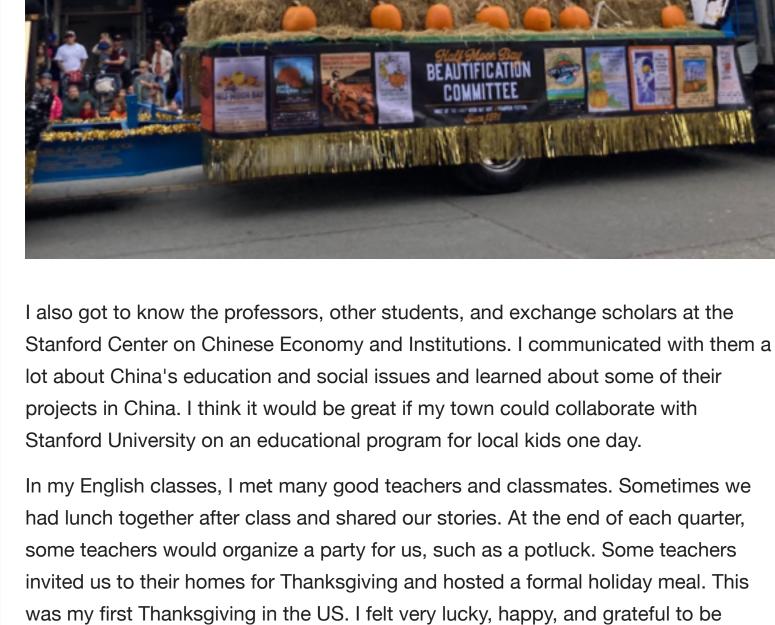
known, is a great place for the international community at Stanford! Along with

Global Chefs program, which runs alongside the Windows on the West movie program every Friday, needed some help with preparing meals, cooking, setting tables, washing dishes, etc for hosting the Windows on the West movie program. I often went to help and found it to be always a joy to be able to help others with my own strength.



performances have made our lives so colorful and have fed our spirits.







Micaela De Poi Segovia Valid for BUS 55: Fundamentals of Project Management. This certificate has no cash value and is non-transferable. No credits may be applied for additional courses. Certificate may only be applied to above 2022-23 Winter Quarter course. How To Register: Create a student account on the Continuing Studies website and email continuingstudies@stanford.edu

Daniel Colman, Dean of Continuing Studies and Summer Session

I want to thank CCIS at Stanford for giving me the opportunity to grow in my

This is a great opportunity for all of us who are part of the International Spouses

professional career with this full tuition for the Fundamentals of Project

Management course in the Stanford Continuing Studies Program.

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CONTINUING STUDIES PROGRAM CERTIFICATE

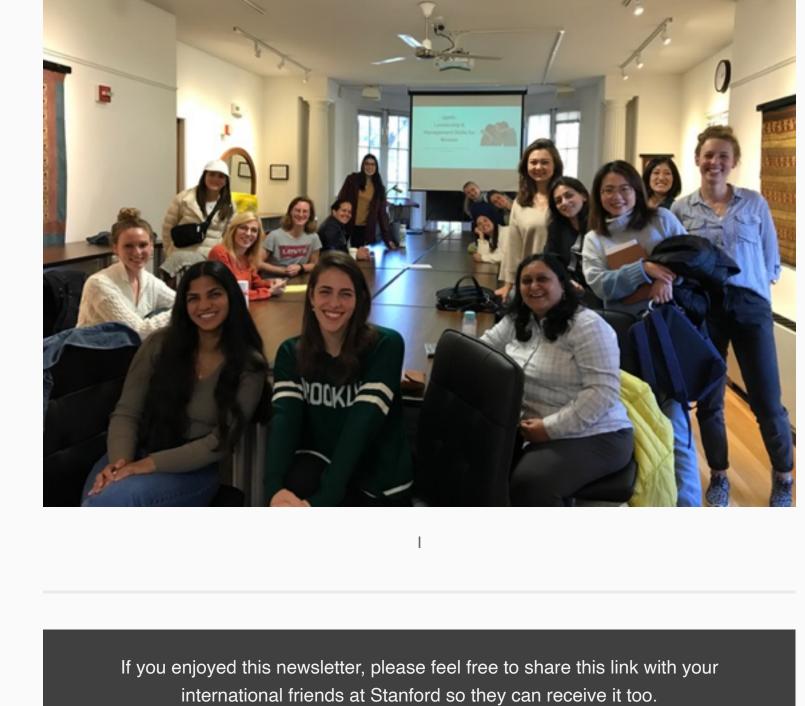
This certificate entitles the bearer to 100% off the tuition fee and no registration fee for ONE course in the Continuing Studies Program, specified below

Thank you CCIS for the work you do for us every day.

Life coaching sessions... an enjoyable

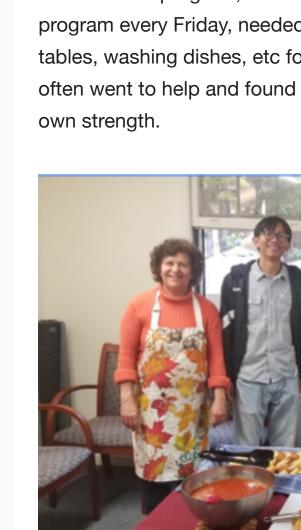


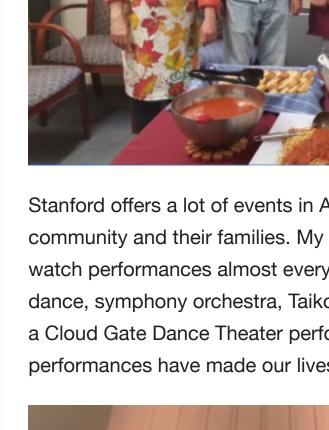
Every Tuesday for six weeks in a row I participated in individual reflections and exercises that helped me to articulate my core values, my strengths, and cleared my vision for the future. Through these coaching sessions, I reinforced my priorities, and I reflected on who am I and what matters to me. After each of the coaching sessions, I felt so energized, inspired, and happy. The best thing that I learned was to give time to myself to reflect. And now that the six weeks have passed, I continue to practice all the routines that I learned through these coaching sessions; I feel so energized, inspired, and happy every day. As Anne Almott says "Almost everything will work again if you unplug it for a few

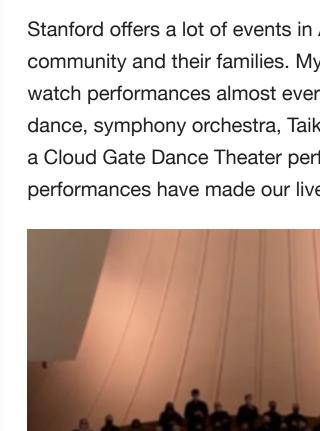


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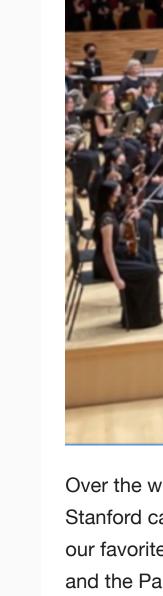
CCIS supports international graduate students, visiting scholars, post docs, and their families at Stanford University by offering gracious and helpful connections between Stanford Internationals and the community. CCIS is a 501(C)(3) non-profit organization. CCIS This Month is published by The Community Committee for International Students at Stanford University.

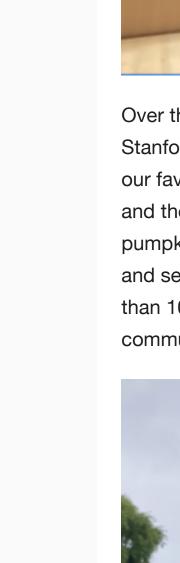


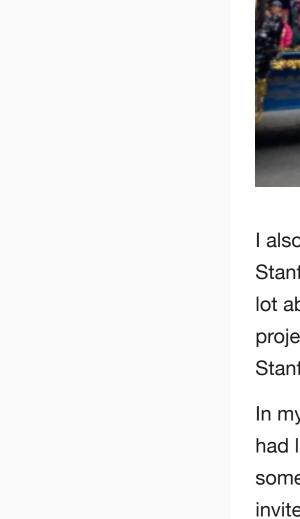


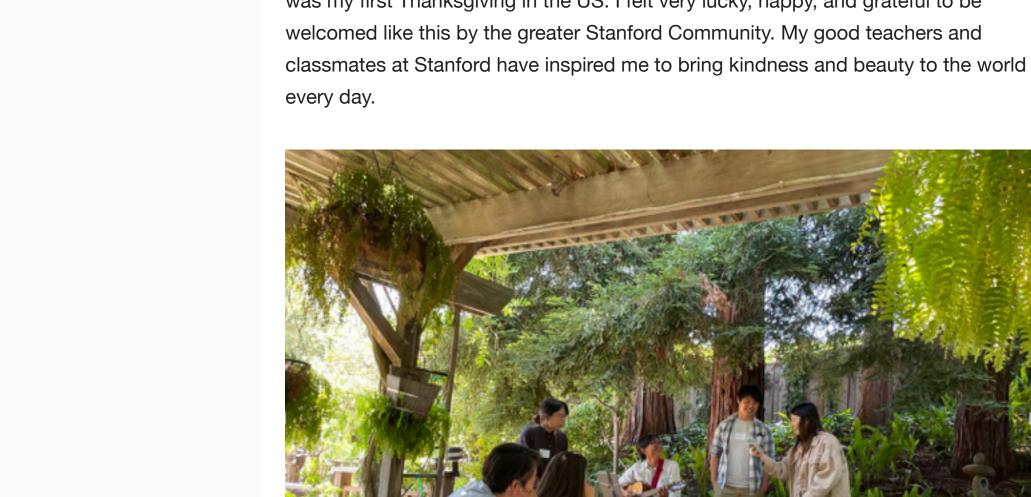


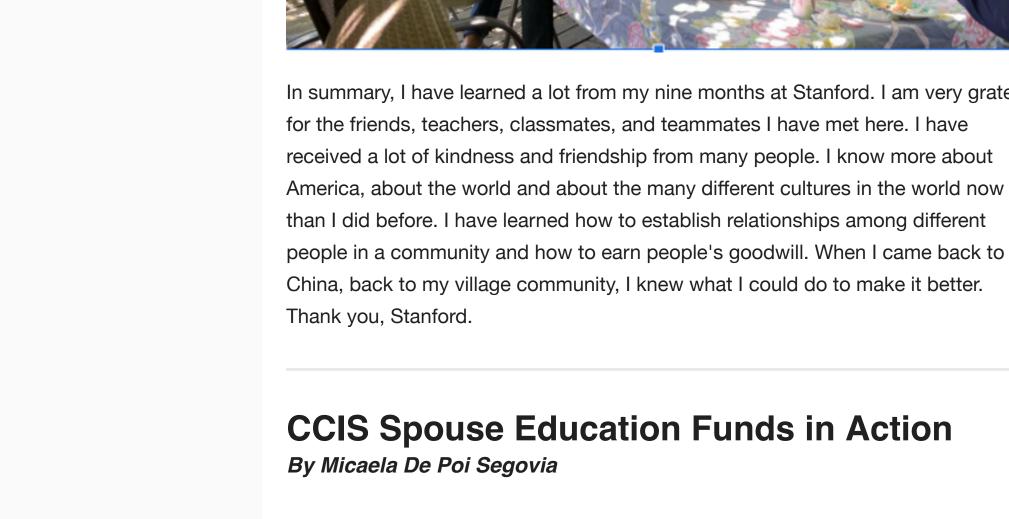














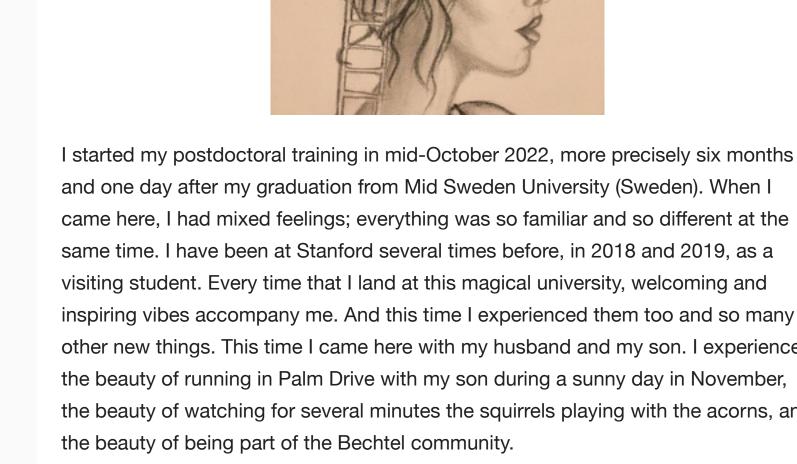


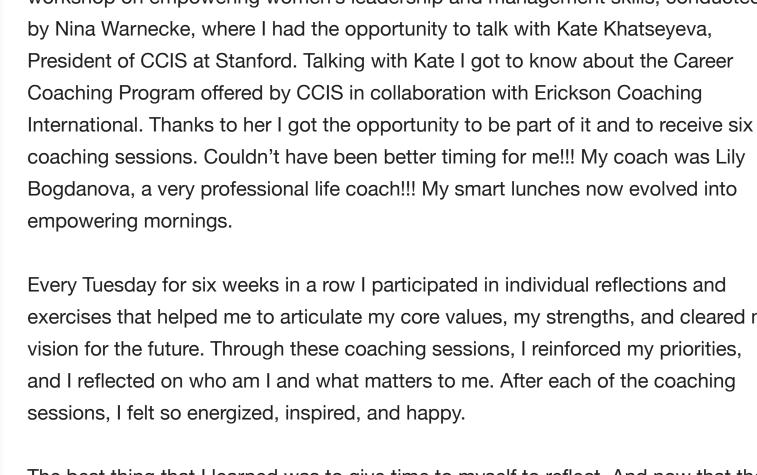
Certificate #197

Community at Stanford University.

journey with myself

By Enkeleda Balliu





minutes, including you"



