

TRANSITIONAL SURVIVAL SKILLS
FLTA Summer Orientation Program
Tuesday August 7, 2018

HANDOUTS – REFERENCES:

TRANSITION EXPERIENCES: Adjusting to a new Culture – Handout

oiss.isp.msu.edu/documents/resources/culture.pdf

36 Tips FROM international students TO international students:

oiss.isp.msu.edu/documents/students/100tips.pdf

Personal Attributes that Contribute to Successful Living in International Environments

Student Quotes – Bruce Bouslough

HIPAA: Health Insurance Portability and Accountability Act

http://www.caringinfo.org/files/public/ad/HIPPA_Privacy_Rule.pdf

FERPA: Family Educational Rights and Privacy Act

[https://www.fordham.edu/download/downloads/id/1850/09 -
dos and donts for teachers.pdf](https://www.fordham.edu/download/downloads/id/1850/09_-_dos_and_donts_for_teachers.pdf)

STRESS MANAGEMENT:

TIME MANAGEMENT:

MONEY MANAGEMENT/BANKING: (ID safety; social media; prevent identity theft; Social Security numbers; on-line shopping; credit/debit cards).

HOUSING, MEAL PLAN, NUTRITION, DIET:

TRAVEL: - many web-sites available. A few are:

Planning: www.tripadvisor.com Reviews from fellow travelers

www.yelp.com – App for phone – locator with GPS

www.wherefor.com – Website shows where to travel on a budget

Coupons: www.groupon.com

Combination travel and hotel sites – can be cheaper than purchasing separately.

www.Travelocity.com

www.expedia.com

www.booking.com

Airlines only – Use web-site for the airlines; e.g. Southwest is www.swa.com

In addition to the ticket and taxes, airlines charge fees for checked luggage except Southwest; some airlines have extra fees for carry-on luggage and/or to reserve a seat.

It's best to make reservations one-two months before your departure date. Tickets purchased within two weeks of travel will usually be considerably more expensive.

Hotels only – www.hotels.com

www.tripfez.com – on line hotel booking site for Muslim travelers

Rooms in homes – www.airbnb.com

Kayak (<http://www.kayak.com/>) and Cheapflights (<http://www.cheapflights.com/>) are excellent websites for hotels and air travel. In one search it compares prices at various travel web-sites such as Priceline, Orbitz, Travelocity, Expedia, Cheapoair, and various others you can select. You can compare as many or as few of the sites you wish.

Travelzoo (<http://www.travelzoo.com/>) is an excellent site to find travel bargains. If you sign up for their Top20 you can get a weekly email that shows the best travel deals. The site also has deals on sporting events and concerts. You can search by normal flight/hotel or by region/city if you are exploring different places to visit.

The next two sites have flights based on youth rates (age under 25 or 26) which can cut prices almost in half if you catch them at the right time.

<http://www.statravel.com/> (Rates based on student or under 26 though in some cases not required)

<http://www.studentuniverse.com> (age 25 and under)

Trains: <http://www.amtrak.com/home>

Inter-city Bus: Greyhound - <http://www.greyhound.com/>

Megabus - <http://us.megabus.com/>