Contents

Preface: A Word for the Student xi

PART 1: First Things 1

1. The United States Today: What Has and Has Not Changed since September 11, 2001 3
   After September 11, 2001 4
   Immigration and Travel Procedures 5
   Attitudes about International Visitors 6
   Changes at School 7
   Looking for Answers 8
   Americans’ Opinions 10

2. Colleges in the United States 12
   Selecting a School 13
   Types of Post-Secondary Schools 13
   Public Colleges and Universities 14
   Private Colleges and Universities 15
   Statements of Purpose/Mission Statements 15
   K–12, Undergraduate, and Graduate Education 17
   The Academic Calendar 19
   Accredited or Non-Accredited Schools 20
   Liberal Arts, Research, and Land Grant Schools 20
   Post-Secondary Institutions: Basic Distinctions 21
   Junior Colleges 21
   Vocational/Technical Institutes 22
   Comprehensive Community Colleges 22
   Four-Year Colleges 22
   Comprehensive College/Upper-Level Colleges 23
   Universities 23
   Professional Schools 24
   The Application Process and Package 24
   The Application 25
   Application Fees 26
   Transcripts 26
   The Essay 27
3. Newcomer’s Checklist

Dates 37
Quarantine 38
In-Flight Documentation 38
Inspection 38
Transferring 39
Requirements Related to the School 40
Reporting 40
Academic Advisor/Academic Counseling 40
Registering for Classes 41
Housing 41
Insurance 42
A Note about ESL 42
Maintaining Your Visa Status 43
Employment 44
Social Security Number/Tax Identification Number 45
American Law 45
Getting a Driver’s License 47
Buying a Car 47
Banking in the United States 49
Credit Cards 50
Telephone Service 51
Cell Phones 51
Internet Service and Email Service 52
Getting Ready for the First Day of Classes 52
The First Day! 53

4. Overcoming Stress 54
Stress as Nostalgia 54
Stress as Loss of Personal Control 55
Stress as Dissatisfaction with Language Barriers 56
Stress as Loss of Habits and Lifestyle 57
Stress as Perceived Differences 58
Stress as Perceived Value Differences 60
American Pragmatism 60
American Individualism 61
Americans Have “Too Much” Freedom 62
Managing the Stress 65
Change Your Thinking 65
Accept the Reality around You 66
Acquire a New Attitude 67
Make Things More Familiar to You 68
Learn from Others 71
Family Engagement 73
Just Ask! 73
Re-Entry Stress 74

PART 2: Strategies for Successful Students 77

5. Communicating with Professors 79
Accept Different Styles and Try to Communicate 80
Talking and Discussing 81
Bringing Gifts 83
To Invite or Not to Invite? 84
To Contact or Not to Contact? 85
Rules of Address 88
Personal Problems: To Share or Not to Share? 89
Negotiating Your Grade 91
Keeping Appointments 94
Asking for a Letter of Support (Recommendation) 96
Recording Your Accomplishments 97
Details, Details, Details 97

6. Tips for Writing in College 100
The Research Paper: Preparation Strategies 100
Fact-Finding 101
Decision-Making 102
Problem-Solving 102
Written Assignments: Basic Elements 102
How and Where to Find Facts and Data 103
Interactive Reading 104
How to Improve Understanding of the Written Material 105
Spell or Misspell? 108
In English or . . . ? 108
Six Rules of Critical Thinking

Critical-Thinking Rule No. 1: Know the Difference between Facts and Opinions

Critical-Thinking Rule No. 2: There Are Many Colors in a Rainbow

Critical-Thinking Rule No. 3: Emotions Should Not Judge Fact!

Critical-Thinking Rule No. 4: Naming Something Is Not Explaining It

Critical-Thinking Rule No. 5: A Link between Two Events Does Not Indicate that One Event Is Causing the Other

Critical-Thinking Rule No. 6: When You Explain Why Certain Things Happen, Think about Many Causes

Details, Details

Avoid Plagiarism

PART 3: Negotiating American Culture

7. American Culture

Defining Culture

Places

History: Democratic Government

Individual Persons

People in Society

Institutions

Art, Music, Literature, Sports, and Other Major Achievements

Campus Culture

8. Gender Roles in the United States

Some Demographics

Sex, Gender, and Equality

American Public Views on Gender Equality

Men, Women, and Attitudes

Gender Stereotypes

Sexism

Sexist Remarks

Affirmative Action

Sexual Harassment
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.</td>
<td>Understanding Ethnicity, Race, and Religion in the United States</td>
<td>156</td>
</tr>
<tr>
<td></td>
<td>Race and Ethnicity</td>
<td>157</td>
</tr>
<tr>
<td></td>
<td>Religious Beliefs</td>
<td>161</td>
</tr>
<tr>
<td></td>
<td>Stereotypes and the Power of Generalizations</td>
<td>165</td>
</tr>
<tr>
<td></td>
<td>Why Do Stereotypes Occur?</td>
<td>166</td>
</tr>
<tr>
<td>10.</td>
<td>Understanding the American Media: Newspapers, Radio, Television, and the Internet</td>
<td>169</td>
</tr>
<tr>
<td></td>
<td>Mass Media and Business</td>
<td>170</td>
</tr>
<tr>
<td></td>
<td>Popularity Ratings</td>
<td>170</td>
</tr>
<tr>
<td></td>
<td>Government Regulations</td>
<td>171</td>
</tr>
<tr>
<td></td>
<td>Newspapers</td>
<td>172</td>
</tr>
<tr>
<td></td>
<td>Radio</td>
<td>174</td>
</tr>
<tr>
<td></td>
<td>TV Networks, TV Stations, and Cable Companies</td>
<td>175</td>
</tr>
<tr>
<td></td>
<td>Television, Radio, and Language Proficiency</td>
<td>176</td>
</tr>
<tr>
<td></td>
<td>Different Conversational Styles</td>
<td>177</td>
</tr>
<tr>
<td></td>
<td>American Television Talk Shows</td>
<td>178</td>
</tr>
<tr>
<td></td>
<td>Television Dramas and Sitcoms</td>
<td>180</td>
</tr>
<tr>
<td></td>
<td>Politics on Television</td>
<td>180</td>
</tr>
<tr>
<td></td>
<td>Analysis of the News</td>
<td>181</td>
</tr>
<tr>
<td></td>
<td>Sports on Television and Your Education</td>
<td>182</td>
</tr>
<tr>
<td></td>
<td>The Internet</td>
<td>184</td>
</tr>
<tr>
<td></td>
<td>Conclusion</td>
<td>185</td>
</tr>
<tr>
<td></td>
<td>Appendix</td>
<td>186</td>
</tr>
<tr>
<td></td>
<td>References</td>
<td>187</td>
</tr>
</tbody>
</table>