

# IEGI Fall 2021 Newsletter

## Title Page: Education Abroad at Binghamton University

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## Welcome! A note from the Office of International Education and Global Initiatives (IEGI)

### Welcome Back, Bearcats!

A warm welcome to our new subscribers, and a welcome back for our returning readers!

This fall semester we are ecstatic to be welcoming students back to campus. While we have enjoyed the opportunity to engage with students virtually, we are happy to also now be able to meet students in-person.

## What's New?

**As such, we are excited to open our doors to the public, once again, and resume in-person services in our office, Old Champlain 240.**

This includes the resumption of our in-person Drop-In Advising Hours. Over the past year and a half, we had been conducting Virtual Advising via Zoom, which allowed students to talk with a member of our office about study abroad without needing to make an appointment.

Now, with the return of students to campus, we will be holding Drop-In Advising Hours in our office, Old Champlain 240, Monday-Friday, 1:00pm-4:00pm during the semester. However, like many others, this past year has showed us the many benefits of virtual engagement. As such, during winter/summer breaks for the foreseeable future, we will offer both in-person and virtual advising. You can also still make an appointment with one of our Advisors via Zoom by using their schedulers (see page 6).

We are also very excited to be resuming (mostly) in-person info sessions and events. We will be following all safety-related procedures Binghamton University mandates based on the COVID-19 situation at the time of the event. Students should make sure they understand and comply with all rules related to social distancing and masking when attending an Education Abroad session. See below for a list of some of our upcoming events!

## Save the Date

### Upcoming Events

Visit our [B-Engaged Office Page](#) for further event details

- Monday, Aug. 30, 11am-1pm - Weather Dependent Tabling
- Monday, Aug. 30, 12pm - Study or Intern Abroad in Prague, Czech Republic!
- Monday, Aug. 30, 3pm - Education Abroad for SOM Students
- Monday, Aug. 30, 4pm - Check It Off Your Bucket List
- Tuesday, Aug. 31, 1pm-4pm - Education Abroad Fair Days: Day 1/3
- Wednesday, Sept. 1, 11am - Study Abroad with CEA! Prague, Paris, & Barcelona
- Wednesday, Sept. 1, 1pm-4pm - Education Abroad Fair Days: Day 2/3
- Wednesday, Sept. 1, 5pm - Study Abroad in Leipzig, Germany
- Thursday, Sept. 2, 1pm-4pm - Study Abroad in Leipzig, Germany!
- Friday, Sept. 3, 3:30pm-5pm - International Coffee Hour
- Thursday, Sept. 9, 11am-2pm - Virtual SUNY Education Abroad Fair
- Thursday, Sept. 9, 3pm - Spring Break in Istanbul: An Alternative
- Thursday, Sept. 9, 4pm - Pay Binghamton Tuition & Study Abroad in the UK!
- Friday, Sept. 10, 11am - Spring Break in Istanbul: An Alternative
- Monday, Sept. 13, 2pm - Study Abroad in Asia!
- Monday, Sept. 20, 12pm - Pay Binghamton Tuition & Study Abroad
- Wednesday, Oct. 6, 1:30pm - Utrecht School of Economics Information Session
- Thursday, Oct. 7, 12pm - Study Abroad at London School of Economics & Political Science
- Monday, Oct. 11, 3pm - Japanese Contemporary Art Animation & Beyond

- Tuesday, Oct. 26, 1:30pm - Live & Learn in Seoul for the Summer: Korea University International Summer Campus
- Thursday, Oct. 28, 1:30pm - Economics Summer Program in Bremen, Germany!
- Monday, Nov. 1, 1pm - Study Renewable Energy, Technology, and Resources Economics in Iceland!
- Monday, Nov. 1, 2:30pm - How To Earn Binghamton Mechanical Engineering Credit in Paris or Madrid
- Monday, Nov. 15, 3:30pm - Summer in Israel: Internship, Entrepreneurship, Technology

Please Note:

This is not a completely comprehensive list of every event this semester. For further event details and to find out about new events, please visit our B-Engaged page [here](#). Please note, the IEGI reserves the right to change or cancel events if needed.

## Fall Education Abroad Fair Days

Tuesday, Aug. 31 - Thursday, Sept. 2, 1pm-4pm, Old Champlain Atrium

We are very excited for the return of our in-person fall Education Abroad Fair! In the years prior to the pandemic, our office had an in-person fall and spring fair each year. However, for the past two semesters due to the pandemic, we had been holding virtual fairs.

This fall, we will be holding a slightly scaled-back, in-person fair, spread out over 3-days to help reduce density. **As such, we are excited to invite all current students to stop by the Old Champlain Atrium any time between 1pm and 4pm on Tuesday, August 31, Wednesday, September 1, or Thursday, September 2.**

While there, you'll have the opportunity to talk with members of our office, as well as representatives from some of our programs, to learn more about their respective education abroad offerings. We hope to see you there!

## FOMO?

Is the 'Fear of Missing Out' making you think twice about education abroad?

The “Fear of Missing Out,” or FOMO, is the fear or anxiety associated with being absent for an event or period of time, resulting in missing out on something fun or meaningful. Often, people with FOMO also “fear” that people in their social or familial unit will move on without them, or that the event(s) they’re missing out on will create some kind of wedge or feeling of separation or alienation between themselves and their social units.

Many students cite FOMO as a consideration when choosing their program, particularly as it relates to the length of time they are abroad for. The popularity of summer terms is a good example. While summer education abroad programs are popular amongst students for a variety of reasons, one reason which often resonates with students is not having to worry about potentially missing out on social or extracurricular activities by being abroad for a semester. FOMO in students can range from

not wanting to miss a sports season to not wanting to pass up an opportunity to be an RA to simply not wanting to miss out on the day-to-day social lives of friends and family.

We know our Bearcats are very involved around campus, so these fears are real – the dilemma is always wanting to be in two places at once. For some students, summer education abroad programs work perfectly for them, and thus they don't need to worry about making a choice between education abroad and being present on-campus for a semester. They can achieve both with a summer study abroad. However, for other students, summer education abroad may not be a possibility – whether it be because of the expense of the program itself, time off of a summer job or an internship or a variety of other reasons. In these circumstances, students may find themselves thinking “how do you decide if your FOMO should prevent you from studying abroad?”

One of the main strategies of breaking down FOMO as a barrier to study abroad is re-thinking what “missing out” really means. At the end of the day, because we have a finite ability to spread ourselves over space and time, we are always missing out on something – whether we realize it or not. When we contemplate trying something new, like studying abroad, we get caught up knowing the definitive things we will miss out on. We focus on the tangible: “I know I won't be here for X event,” “I know I won't be able to be an RA,” “I'll miss time with my friends.” The list goes on. When comparing these feelings to trying something new, we are looking into the unknown and simply do not know what we're missing out on because it is unknown. If we think about all of things we expect to gain from studying abroad (new friends, new experiences, new perspectives, seeing new places, etc...), it makes it easier to compare your FOMO for things on-campus with the experiences you may have abroad, and contemplate them on more equal grounds.

FOMO is real and for some, the things you would miss out on during a semester or year study abroad are too great. But for many others, FOMO may be more surmountable and less significant than originally thought. However, FOMO does not need to be processed alone! We have Education Abroad Advisors (staff) and Ambassadors (students – see the “Resource Corner” section) to help!

## Resource Corner

### Education Abroad Ambassadors for 2021-2022

You'll see some familiar faces in this year's cohort of Ambassadors! We are excited to have Alex and Josip returning as Ambassadors, and equally excited to be welcoming a new Ambassador, Emma. For new readers, the Education Abroad Ambassadors are current Binghamton students who have previously studied abroad and are interested in helping other students study abroad as well. They are here as a resource for current students to get a student perspective about education abroad. Catch them at their Drop-in Advising Hours in our office, Old Champlain 240!

#### **Alex Russell '22**

**Majors:** Political Science, German

**Minors:** Global Studies, Genocide and Mass Atrocities Prevention (GMAP)

**Program Location:** Leipzig, Germany

**Email:** arussel7@binghamton.edu

**Advising Hours:** Mon. & Wed. 1pm-2:30pm

### **Josip Banovic '22**

Major: Mechanical Engineering  
Program Location: Madrid, Spain  
Email: [jbanovi1@binghamton.edu](mailto:jbanovi1@binghamton.edu)  
Advising Hours: Mon. & Wed. 2:30pm-4pm

### **Em Fuller '22**

Majors: Geography (Resource Management) & English (Creative Writing)  
Minor: Geography (Urban Planning)  
Program Location: London, England  
Email: [efuller1@binghamton.edu](mailto:efuller1@binghamton.edu)  
Advising Hours: Tues. & Thur. 1:15pm-2:30pm

## Staying Globally Engaged

We included this section in our last newsletter and feel it as just as pertinent this semester. As such, we wanted to remind all students that you can stay globally engaged even while here on-campus. See below for some suggestions!

### Join the Global Networking Group (GNG):

The Binghamton University GNG aims to promote meaningful interactions between current students, develop intercultural communication skills, and strengthen community among students. Complete the interest form by Sunday, September 5th to join! Learn more information here!

### Connect with International Student & Scholar Services (ISSS):

Every year, Binghamton welcomes loads of international students who are coming to the U.S. to earn a bachelors, masters, and/or PhD. Check out [the ISSS B-Engaged page](#) to see their upcoming events!

They would love to see you at their International Coffee Hour Events! Happening the first Friday of each month, from 3:30pm to 5pm in the Old Champlain Atrium. All are welcome!

### English Conversation Pairs

The ELI Conversation Pairs program is a volunteer program in which fluent speakers of English are paired with English language learners (ELL) and asked to spend at least one hour a week together in conversation. The purpose of the program is to give ELL students more opportunities to converse in English outside of the classroom and to provide them with a person whom they can question about American language and culture. In addition, the native/near-native English speakers benefit from the opportunity to get to know someone from another culture and learn more about their language and customs.

To fill out an application online visit the below links:

[FLUENT ENGLISH SPEAKERS](#)

[ENGLISH LANGUAGE LEARNERS](#)

If you have questions, please contact Trena Haffenden, Coordinator of the English Conversation Pairs Program, ([thaffend@binghamton.edu](mailto:thaffend@binghamton.edu)).

### In-Person Advising Returns!

In-person Drop-In Advising has returned and we couldn't be happier! Stop into our office, Old Champlain 240, Monday-Friday, 1pm-4pm this semester to speak with an Advisor or student Ambassador.

Want to meet virtually? You can still make an appointment with a member of our team using their schedulers, linked below:

- [Amber](#)
- [Callie](#)
- [Anna](#)
- [Linda](#)

Email us at: [iegi@binghamton.edu](mailto:iegi@binghamton.edu) or call us at: (607)777-2336