

**Subject:** CGE Global Connections Newsletter  
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**From:** Cge-global-connection on behalf of cge-global-connection--- via Cge-global-connection  
**To:** cge-global-connection@lists.fsu.edu  
**Attachments:** ATT00001.txt

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CENTER FOR GLOBAL ENGAGEMENT  
*Division of Student Affairs*  
**Global Connections**  
Connect Locally. Engage Globally.



## Congratulations Fall 2020 Graduates

Please join us in congratulating 127 of our international students who are graduating from Florida State University this fall, of whom 49 earned bachelor's degrees, 40 earned master's degrees, and 38 earned doctoral degrees.

International students make significant contributions to FSU by sharing their unique perspectives in and out of the classroom; striving for academic excellence as students, graduate assistants, and teaching assistants; and contributing to FSU's ranking as a top 20 public university. We would like to thank our international students for being a part of our CGE's family. Your presence here will be missed, and our staff wishes each of you the best as you go on to bigger and brighter adventures in your future career.

We are pleased to share information about some of our outstanding graduating students this semester in this article.

[Read More](#)



Did your New Year's resolutions include having an *international experience*?

## Plan For Your Global Exchange Over Winter Break

Thinking about going abroad in 2021? While this semester is coming to an end, now is a great time to consider embarking on a Global Exchange program for a future semester.

Global Exchanges offer an affordable and immersive way to study at an

international university while paying FSU tuition and fees and earning FSU credits. The application deadline for Fall 2021 and Academic Year 2021-22 is February 1st, 2021.

Here are five tips for what you can do over Winter Break to prepare yourself for the application process.

**1. Reflect on your goals.**

It is important to know whether an exchange is right for you. Reflect on what kind of international experience you want. Exchanges require a great deal of independence as students are leading the charge of tailoring their experience to their goals.

**2. Communicate with your support system.**

During an exchange abroad, students will be away from home and their loved ones for at least one semester. Communicate your desire to apply with your support system early.

**3. Consult with your academic advisor.**

Check with your advisor to make sure an exchange will fit with your academic schedule. Give yourself flexibility in the types of classes you need to take abroad and review your remaining degree requirements.

**4. Visit the Global Exchanges website at [global.fsu.edu/exchanges](https://global.fsu.edu/exchanges).**

Our website has profiles on more than 45 partner universities where you can get general information on the universities as well as classes offered, estimated costs, and student life.

**5. Reach out to the Global Exchanges team.**

Contact [globalexchanges@fsu.edu](mailto:globalexchanges@fsu.edu) for more information on the application process. You can also schedule a meeting with a Global Exchanges team member to discuss partner universities and answer any questions you may have. We look forward to meeting with you!

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# CGE Student Spotlight

## **Nadia Vital Maffo**

International Alumna from Italy  
*Bachelor's Degree in International  
Affairs, Class of 2020*

Nadia Vital Maffo, graduating senior from Italy pursuing her bachelor's degree in international affairs, is a star athlete on Florida State University Seminoles Women's Track & Field who has won numerous championships while maintaining a high GPA.

Growing up in Italy, Maffo finished top three at nationals for many years. Throughout her early adulthood, Maffo competed in many international competitions such as Under 23 European Championships in 2017 and the World University Games in 2019. As a freshman at the University of Southern Mississippi, she won the title of C-USA Conference Champion twice both in 2017 and 2018. She was nominated MVP and freshman of the year in 2017.

When asked what the best part of her FSU experience was, she reflected on winning conferences and championships with the track team. In 2019 she finished fifth at the ACC in both indoor and outdoor championships, and in 2020 she finished sixth at the ACC indoor championship.

As an athlete, Maffo spends time conditioning and preparing for track season. Each season the FSU Seminoles Women's Track and Field Team travels throughout the country to compete against numerous colleges. Traveling has opened Maffo's eyes and heart to see the world around her.

"I've learned that the world is beautiful and has to be seen especially when you are young," Maffo said. "My advice to young people is to travel as much as you can. We are young only one time. Traveling opens the mind and experiencing different cultures makes you richer. I love traveling, either for competition or for vacation."

As an international student-athlete, Maffo has demonstrated such courage and strength throughout her college career. "College taught me how to be resilient and



helped me grow up. During my four years of undergrad, I learned a lot about myself. I learned the importance of time management, how to be responsible, and most importantly how to go through adversity without ever giving up,” said Maffo.

Maffo had to overcome many obstacles such as culture shock, the language barrier, and being homesick. “I overcame loneliness of missing family my old life, which is very common us as international students. I also overcame the language barrier and the fear of the unknown. I trust God and I know he is guiding me through every adversity,” Maffo said.

[Read More](#)

## **Upcoming Programs**

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### **Virtual Meditation Mondays**

#### **Meditation Mondays**

**12–12:30 pm**

**Every Monday**

**12–1 p.m. | Zoom**

***The last fall Meditation Monday was held on Monday, December 7. It will resume for the spring 2021 semester on Monday, January 11.***

Join the CGE for a virtual 20-minute guided mediation followed by open discussion and connection. To join us, please sign up using the link below once to receive a weekly email with the Zoom link and login instructions.

[Register for Zoom Link](#)



# Zoom-In Advising for International Students



**Monday – Friday  
2–4 p.m. | Zoom**

***Zoom-in advising will end on Friday,  
December 18. It will resume for the spring  
2021 semester on Monday, January 4.***

Our Zoom-In Advising for International Students replaces our normal walk-in advising hours. No appointments are necessary. International Student Advisors are available for quick 5-10 minute questions between 2–4 p.m. Monday–Friday by clicking the link below! And as always, please remember to communicate with your advisor via email for any questions you have outside of these hours.

[Click Here](#)

## Virtual English Conversation Club



**Monday – Friday | 4–5 p.m.**

**Tuesday & Thursday | 9–10 a.m.**

***The last fall ECC meeting was held on  
Friday, December 4. It will resume for the  
spring 2021 semester on Monday, January  
11, and continue until Friday, April 16.***

Join us for English Conversation Club Monday – Friday from 4–5 p.m. or Tuesdays and Thursdays from 9–10 a.m. on Zoom. Virtual English Conversation Club offers you the opportunity to practice your conversational

English individually with a native English-speaking FSU student. Please sign up using the link below once to receive a daily email with the Zoom link and login instructions.

[Register for Zoom Link](#)

## Virtual International Coffee Hour\*



**Every Friday  
5–6:30 p.m. | Zoom**

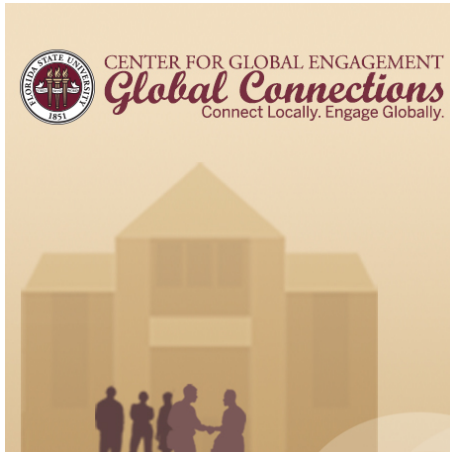
***The last fall Virtual International Coffee Hour will be held Friday, December 11. It will resume for the spring 2021 semester on Friday, January 15.***

Attend International Coffee Hour every Friday to learn about new cultures and how to make different dishes as CGE's Chef Jesse or representatives from Registered Student Organizations (RSOs) give us a live cooking demonstration. Then move into Zoom rooms to connect in conversation in smaller groups. To join us, please sign up using the link below once to receive a weekly email with the Zoom link and login instructions.

If you are interested in co-hosting as an international student and featuring your home country/culture during ICH this fall, you can submit a request [here](#).

[Register for Zoom Link](#)

# Global Connections to Resume in Spring



This is the last issue of our Global Connections newsletter for the fall semester. We will resume the newsletter in spring when classes start.

Remember to check [cge.fsu.edu](http://cge.fsu.edu) for announcements in the meantime. Or if you know someone who would like to receive this newsletter, they can signup at [cge.fsu.edu/signup](http://cge.fsu.edu/signup).

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## FSU Global Events

For a full list of FSU's events with a global focus, [check out this full calendar of events](#) or visit [global.fsu.edu](http://global.fsu.edu).



\* Denotes a [Global Citizenship Certificate](#) qualifying event.

*The Global Citizenship Certificate is designed to help undergraduate students maximize the rich cultural learning experiences available to them on campus, in the community, and abroad. Learn more: [cge.fsu.edu/globalcitizen](http://cge.fsu.edu/globalcitizen).*

*If you did not receive the link to this newsletter via email, [join our mailing list](#) to have the newsletter delivered directly to your inbox each week.*



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