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FLORIDA STATE UNIVERSITY



CENTER FOR GLOBAL ENGAGEMENT  
*Division of Student Affairs*

# Global Connections

*Connect locally. Engage globally.*



## CGE's Meditation Monday Provides Community with Support, Connection

Join the Center for Global Engagement every Monday at 12 p.m. on Zoom for a virtual 20-minute guided meditation.

[Meditation Monday](#) began in summer 2020 to provide the FSU community with a space to relax and stay connected. CGE staff member Michelle Lawson leads students, faculty, and staff who attend using a variety of meditative techniques.

“So much of our online presence during the pandemic requires ‘being on and alert’ instead of ‘just being,’ ” Lawson said. “Meditation Monday is a space where we can slow down, turn our focus inward, and just be present in the current moment together. I am so pleased to be a part of this program and to engage in this practice with so many wonderful people.”

Many students, faculty, and staff have participated in Meditation Monday with the CGE to practice meditation, take a break from school or work and relax their mind, or simply to get ready for the week ahead.

“I started coming this semester because my mind really needs it,” said Lauryn Feacher, FSU sophomore studying psychology. “Meditation is a practice that I have read a lot about, but it does not come easy to me. Since it can be kind of difficult for me to do on my own and I don't always have the motivation to stop what I'm doing to meditate, Meditation Monday is the perfect space for me. The guided meditation is helpful with giving me something to focus on, like my body or my breath, and letting the thoughts of my day pass through. I'm really glad that this resource is available to us as students.”

[Read More](#)

# CGE Student Spotlight

## Elaine Melgarejo

Global Citizenship Certificate Student from Miami, FL  
*International Affairs Major*

Elaine Melgarejo is a current Global Citizenship Certificate program student majoring in international affairs who strongly believes that her experiences in the certificate have been integral to her academic success at Florida State University.

While completing *Global Perspectives*, the certificate's required foundational course, Melgarejo expanded her global competencies by learning about an array of intercultural communication concepts needed to excel in today's globalized society. "I looked forward to having conversations with other classmates about how our personal, cultural experiences have shaped our perspectives, and I learned to appreciate the differences among us," Melgarejo said.

To fulfill her sustained experience, she had enrolled in the Center for Global Engagement's [Beyond Borders](#) program. The program provides a unique opportunity for FSU students to host incoming international students and participate in a short-term cultural exchange then travel to either Jamaica during Spring Break or Dresden, Germany for three weeks following the spring semester.

Melgarejo was accepted into the Beyond Borders Germany 2019-2020 cohort. Though the remainder of the program was canceled due to the COVID-19 pandemic, she appreciated the intercultural opportunity to host German students from Dresden University of Technology. For two weeks she showed the visiting students around FSU's campus and introduced them to a multitude of CGE events such as International Coffee Hour.



[Read More](#)

## Programs & Highlights

### Virtual International Student Employment Workshop



**Saturday, March 13**  
**10 a.m. – 3 p.m. | Zoom**

In collaboration with the FSU Career Center, the Center for Global Engagement is pleased to be joined by Immigration Attorney Davis Ware in hosting the 2021 International Student Employment Workshop.

- **10 – 11 a.m.** | How to Market Yourself (FSU Career Center)
- **11 a.m. – Noon** | How to Find a Job and the Academic Job Search (FSU Career Center)
- **Noon – 1 p.m.** | Break for lunch
- **1 – 2 p.m.** | Part 1: OPT to Work Visa (Immigration Attorney David Ware)
- **2 – 3 p.m.** | Part 2: Permanent Work Options (Immigration Attorney David Ware)

[Register Now](#)

### Virtual International Coffee Hour\*

**Every Friday**  
**5 – 6:30 p.m. | Zoom**

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](#)

## Zoom-In Advising for International Students



**Monday – Friday**  
**2 – 4 p.m. | Zoom**

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.**  
**Tuesdays & Thursdays | 9 – 10 a.m.**  
***ECC will 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](#)

## More Virtual Intercultural Events\*



Find information about all of the CGE's current virtual programs as well as other virtual intercultural learning opportunities and events at the link below.

[cge.fsu.edu/connect](http://cge.fsu.edu/connect)

## 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).

# Global Citizenship Certificate Events\*



FSU's Global Citizenship Certificate prepares undergraduate students to succeed in a diverse and multicultural world. Students take four academic courses (choose from a list of 500+ approved liberal studies courses), attend 8 intercultural events, and completed a sustained experience.

An asterisk (\*) is used to denote which events qualify as an intercultural event toward the Global Citizenship Certificate. For more information, click below.

[cge.fsu.edu/globalcitizen](https://cge.fsu.edu/globalcitizen)

## Center for Global Engagement

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