

- A new session begins
- Trip to FSU Reservation
- Notes from the Office
- CIES Voices winners
- Culture & Language questions

# CIES Nole News

*The Weekly Publication for the FSU Center for Intensive English Studies*



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## A New Year Begins

*Welcome and Welcome Back*

Most of us think that

January 1 is the beginning of a year. However, here at FSU, the end of August marks the beginning of our year. Thousands of new students begin FSU this week, and here at CIES we are full of beginnings as well.

For those of you who are returning to CIES, you will notice many new changes around here. The biggest change this session is that we are starting to use Blackboard. This wonderful computer program has many great features, and it is the same program that is used by hundreds of universities across the United States, including FSU. You can use this program to communicate with your teachers, read your class assignments, and get your course grades. Learning how to use this program will make you even more prepared for university life.

We also have placed poster boards in all of our classrooms that have some of our new policies. This session it is more important than ever to attend classes regularly and be on time. The fewer classes you miss, the more English you will learn and the more you can advance in your classes. Students who fail to make academic progress over the course of two sessions may be placed on academic probation. When everyone comes to class and works hard, the better CIES will be for all of us.

Most importantly, give yourself every possible opportunity to speak English. There is an activity every week that will enable you to have fun, make new friends, and speak English! Please see the activities schedule in all of the classrooms and sign up for as many activities as you can!

I believe very strongly in open communication. The more we communicate with each other, the stronger we become. If you have anything you need to share (a problem, a concern, or praise for others), you are welcome to contact me or any of the other staff here. We are all here to help make this one of the most enriching experiences of your lives.

Sincerely,  
Dr. Patrick Kennell

### The Rez!

FSU is very lucky to have a beautiful outdoor lake just a few miles from campus. FSU students, faculty, and staff can do many fun outdoor activities there. Swimming, canoeing,



kayaking, sailing, and sunbathing are some of the many activities that are available there. Although the Rez is open throughout the year (whenever FSU is in session), it is very popular during the warm months – especially August and September.

Here at CIES we have a tradition of going to the Rez. Our next trip will be **this Friday after classes at 1pm**. We will meet here at CIES and ride over to the Rez. Be sure to bring a towel, swimsuit, and sunscreen so you don't get burned. The Rez will provide life jackets, and we are going to rent several canoes. **Be sure to bring lunch or food since there isn't a restaurant at the Rez.** Everyone will enjoy the time spent on the water.

### Important Notes

\* For those of you who drive to campus, please be aware that you will need to update your parking permits. All of the parking registration is done online. You no longer need a decal for your car, but you must pay the parking registration fee before next week or you may get a parking ticket. There is parking information available at the front desk.

\*\* If you need a verification of enrollment (VOE) form or your schedule & grades sent to your advisor, please fill out the yellow form that is available in front of the desk in the lobby. **Please allow 24-48 hours for the staff to process this yellow form – it cannot be done instantly.**

\*\*\* When you pick up or drop off a friend, **do not pull into the Claude Pepper Center next to CIES.** (The building with the statue in front.) There are many important events in that building, and their driveway is reserved for their guests and employees. If you are meeting a friend, meet them in the student parking lot or at another nearby place.

## And the winners are...

Every session CIES has a writing competition called **CIES Voices**. All students, regardless of level, are invited to participate. You will hear more about the writing competition from your composition teacher over the next few weeks.

Last session, the writing competition winner was **Sang Hyun Kwon**, who wrote about some important lessons in his life learned through ice-skating.

The second place winner was **Ayah Alhashim** who wrote about traveling in Iran.

Congratulations Sang Hyun and Ayah. Also, for all of you who submitted writing to CIES Voices, the Summer Semester issue (for both Summer I and Summer II) will be available within the next few weeks. More information will be found in the Nole News.

## Happy Birthday

Osama Abdel Rahman (August 28)  
Omar Alenezi (August 28)  
Hani Almeer (August 30)

## Culture Question

*Question: Why are Americans so overweight?*

Answer: Depending on what country you are from, it might be surprising to see how many overweight or **obese** people you find in America. Roughly a third of Americans are overweight. Many Americans are extremely overweight. However, some places in America have fewer obese people than others. Some cities in the USA, such as Denver, Colorado, have residents who are very active and involved in outdoor activities. In Colorado, and in many other western states, the obesity **rate** is much lower. However, in places in the American South, the obesity rate is very high. One main cause of obesity is **poverty**. Unlike most other country, 'junk food' is cheap in America. It is cheaper to go to the store and buy a soda and candy bar than it is to buy fruits and vegetables. Since unhealthy food is so cheap and plentiful in the US, most poor people suffer from obesity. Here at CIES, we encourage healthy living. Eating fresh food and buying lots of vegetables is a good way to stay healthy while you are studying at FSU.

## Language Question

*Question: Is the word **anxious** a good thing or a bad thing?*

Answer: Many native English speakers use this word incorrectly. For example:

"I'm anxious to see my friends this afternoon."

If you do not like your friends or you think your friends are scary, then this sentence is correct. Otherwise, the sentence is wrong. '**Anxious**' means to anticipate something with fear, dread, or anxiety. A better word to use would be '**eager**' – that means to look forward to something with excitement.

## Quote of the Week

*The whole purpose of education is to turn mirrors into windows.*  
- Sydney Harris

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### This week's vocabulary:

**obese (adjective)** – having a body weight higher than average; overweight; fat

**rate (noun)** – percentage; amount

**poverty (noun)** – the state of being poor; having few resources

**anxious (adjective)** – look forward to something with a sense of dread, worry, or fear

**eager (adjective)** – to be excited for something