# 2007-2008 International Student Handbook

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2007 International Student Orientation

August 2007

I would like to extend a special welcome to all new international students at Boston College. As an international student, you have a unique opportunity to expand and share your cultural, social, and academic experiences. This information booklet has been compiled to assist you in identifying helpful campus resources. I particularly want to encourage you to come to the Office of International Students and Scholars (OISS) with any questions. We would be more than happy to give you information about Boston College and the Boston area. Boston College is ready to provide you with an array of services, programs, and staff to assure you the best possible opportunity for academic and personal success.

Leaving home for university study is an exciting, but sometimes intimidating process. When a student leaves both home and country to study, he or she may find language, social, personal, and cultural adjustment overwhelming at times. We wish to facilitate this adjustment as much as possible. The International Student Orientation, sponsored by the OISS, is designed to help you begin the process of intercultural adjustment.

This booklet has been prepared for you to highlight some essential information about student life at Boston College, the city of Boston, cultural adjustment in the United States, and legal requirements for international visitors. I encourage you to also read through the Boston College Student Guide as it contains very valuable information for all students. In addition, look for the International Newsletter that is published quarterly for events, programs, current immigration information, travel information, and other important resources. Anytime I can be of assistance, please do not hesitate to contact me. My office is located 21 Campanella Way, Suite 249.

Again, I welcome you to the Boston College community and wish you an enjoyable and successful year.

Sincerely,

Adrienne Nussbaum
Director, OISS
Assistant Dean, ODSD
Office of International Students and Scholars (OISS) Information

Immigration Check-in with OISS:

All new international students must register with the Office of International Students and Scholars in 21 Campanella Way, Suite 249 shortly upon arrival in Boston. Please bring your passport, Form I-94 (the small white card in your passport), and Form I-20 (for F-1 students) or the DS-2019 (for J-1 students). Any questions which you might have can be discussed at that time. You should keep in contact with the OISS throughout the year; please remember to notify the staff of any change in your passport or immigration papers, status, or address (changes of address should be updated on Agora). Your registration with the OISS must be completed by Friday September 14, 2007.

BOSTON COLLEGE STUDENT GUIDE
During Orientation, you will be given a copy of the Boston College Student Guide 2007-2008. The Guide contains information about Boston College including academic resources, student clubs and organizations, University offices and services, and the surrounding community. Be sure to read it thoroughly and if you have any questions, please consult the OISS in 21 Campanella Way, Suite 249.

Boston College Academic Information

Undergraduate Deans’ Offices:

Arts & Sciences:
- Patrick J. Maney, Dean A&S, Gasson 103, 552-2393, maneyp@bc.edu
- John Burns, Associate Academic VP, Gasson 106, 552-3273, john.burns.1@bc.edu
- William H. Petri, Associate Dean, Gasson 106, 552-3272, william.petri.1@bc.edu, Senior Class
- Akua Sarr, Associate Dean, Gasson 109, 552-6870, akua.sarr.1@bc.edu, Junior Class
- Clare Dunsford, Associate Dean, Gasson 109, 552-2277, clare.dunsford.1@bc.edu, Soph. Class
- David Quigley, Associate Dean, 617-552-1766, david.quigley.1@bc.edu, Freshmen Class
- Andrea Defusco, Assistant Dean, Gasson 109, 552-2320, andrea.defusco.1@bc.edu

Carroll School of Management:
- Andrew C. Boynton, Dean. Fulton 510, 552-4107, andy.boynton.1@bc.edu
- Gene F. McMahon, Assistant Dean for Administration, Fulton 510C, 552-8790, gene.mcmahon.1@bc.edu
- Dr. Richard C. Keeley, Associate Dean, Fulton 360A, 552-4014, richard.keeley.1@bc.edu
- James Halpin, Assistant Dean for Academic Counseling, Fulton 360C, 552-0466, james.halpin.1@bc.edu
- Dr. Jeffrey L. Ringuest, Grad. Associate Dean, Fulton 320B, 552-0461, jeffrey.ringuest.1@bc.edu

Lynch School of Education:
- Dr. Joseph O’Keefe, S.J., Dean, Campion 101A, 552-8426, joseph.okeefe.1@bc.edu
- M. Brinton Lykes, Associate Dean, Campion 101, 552-0670, brinton.lykes.1@bc.edu
- Mr. John Cawthorne, Assoc. Dean for Undergraduate Student Services, Campion 104, 552-4204, john.cawthorne.1@bc.edu
- Ms. Mary Ellen Fulton, Assoc. Dean Finance and Administration, Campion 101, 552-4200, mary.fulton.1@bc.edu
- Arline Riordan, Associate Dean, Grad. Admissions and Financial Aid, Campion 135, 552-4214, arline.riordan.1@bc.edu

School of Nursing:
- Barbara Hazard Munro, Dean, Cushing 203E, 552-1710, barbara.hazard.1@bc.edu
- Catherine Toran, Associate Dean, Cushing 203F, 552-8531, catherine.toran.1@bc.edu
You Should Visit Your Undergraduate Dean’s Office When:

- You need information about academic regulations.
- You require advisement for academic issues or problems.
- You will miss at least a week of classes due to an illness or an accident.
- You wish to withdraw from a course.
- You want to request a leave of absence.
- You need advice regarding course selection, and have already met with your assigned faculty advisor.
- You wish to request that a new faculty advisor be assigned to you, either because you are dissatisfied with your present one or because you feel that another faculty member would better be able to assist you.
- You want to complain about unfair treatment in a course (in this case you should speak to your professor first, then the appropriate department chairperson, and finally your college associate dean if the problem is not resolved satisfactorily).
- You require approval for any exceptions to ordinary regulations and procedures (i.e. withdrawals from courses, permission to take summer courses for credit or enrichment, special study programs).

Faculty Advisor

Undergraduate Faculty Advisor:
You should see your faculty advisor: (Retrieve Advisor’s name in U-View)

- Before you register each semester. You must obtain your registration code from your Advisor.
- To obtain advice on course selection and planning your program of studies.
- To consult on any academic problem (i.e. if you’re having trouble with a course).
- To obtain a better understanding of the University and how it operates. If the Advisor cannot solve a problem for you, he/she should direct you to the appropriate office.

Graduate Faculty Advisor:
Most graduate students are either assigned or asked to choose a faculty member in their department or professional school who will act as their graduate faculty advisor. Generally, the graduate faculty advisor will help you in planning your academic program. He or she will explain the requirements for obtaining your degree and help you in your course selection and in deciding what sequence in which to take the courses. Also, he or she can clarify departmental procedures and policies (i.e. the comprehensive exam(s), thesis or dissertation, and departmental aid). Each department has its own way for you to obtain an advisor. If the system is not clear to you, be sure to speak to the departmental chairperson or graduate program director.

You should be sure to seek advice and help from your graduate faculty advisor. As you are encountering a new educational system, there may be procedures or expectations that are different from those to which you are accustomed. Issues or problems arising in certain classes may be discussed with your instructor, or with your graduate faculty advisor. To see your graduate faculty advisor you should visit his or her office during posted “Office Hours,” or arrange an appointment.

It is up to the graduate student to establish contact with the graduate faculty advisor. Because the relationship between the student and advisor is not strictly defined, the more contact you have with your advisor the more prepared you will be for your studies, and the more your advisor will be able to help you. Depending on your relationship with your advisor, it may also be possible to discuss personal issues in addition to academic or professional concerns. The department may have a separate procedure for obtaining a thesis advisor (who should be someone in your area of specialization). Often this person is not your advisor, who provides departmental academic or financial advice.
Academic Advising Center

The 2007 - 2008 academic year will be the second year of Boston College's Academic Advising Center for undergraduate students in the College of Arts & Sciences and the Carroll School of Management. The Academic Advising Center supports students as they seek to use the resources of Boston College and the community beyond the University to discern their academic and personal directions and to shape their lives as "men and women for others." The resources of the Advising Center are available to all members of the BC community.

The Center is located in Carney 418.
Open 8:00 a.m. to 4:45 p.m. Monday through Friday
Phone (617) 552-9259 or E-mail for general queries acadvctr@bc.edu

Members of the Center’s staff meet with individuals and with groups of students by appointment and with individuals on a drop-in basis. Staff members can also answer general questions by phone or email. To ensure that responses are appropriate to each individual student’s situation, students who contact the Center will routinely be asked to give their first and last names, class, and undergraduate school/college affiliation.

English for International Students

The English Department administers courses in English for students who are not native speakers of English. For undergraduates, three such classes are available. EN118, Essentials of English Composition, is offered in the Fall semester; its purpose is to give students intensive practice in creating academic prose. EN119, The Craft of Writing, is offered both in the Fall and Spring semesters. This course fulfills the Core requirement in Writing. EN120, The Study of Literature, is offered in the Spring semester and fulfills the Core requirement in Boston College.

Entering students whose native language is not English must take a placement test which is offered at the beginning of each semester in order to determine which, if any, of these classes they are eligible to join. For more information, call the English Department Secretary, Julia Langdon at 617-552-3708.

Advanced Academic Placement For Incoming Freshmen

Some incoming freshmen may be eligible for advanced placement units if they have earned qualifying scores on exams such as the British Advanced Level, French Baccalaureate, German Abitur, International Baccalaureate Diploma, Swiss Maturita, or Italian Lyceum. For detailed information on required exam scores and course equivalency at Boston College, please use the following web address: http://www.bc.edu/admission/undergrad/process/advstanding.html

The Connors Family Learning Center

The Connors Family Learning Center is located on the second floor of O'Neill Library (note that the main entrance opens onto the third floor). The center provides one-on-one tutoring, free of charge, to all B.C. students. Tutoring is available in more than sixty courses, including writing skills and English as a Foreign Language. The Center sponsors workshops on teaching and other aspects of academic life especially for graduate students. The Center also provides academic support services to students with learning disabilities. To make an appointment or to get more information, call 552-0611, or stop by the Center.

Tutoring Hours: Monday-Thursday 10:00am-9:00pm
Friday 10:00am-3:00pm
Sunday 12:00am-8:00pm
Please call to make an appointment.
Health/Hospitalization Insurance

Medical Insurance:

Because of the extremely high cost of medical care in the United States, the Commonwealth of Massachusetts requires all students attending colleges in Massachusetts to have health/hospitalization insurance. This health/hospitalization insurance provides payment should you need to be hospitalized, receive special medical tests or treatments, or use an emergency room or ambulance. Students who are not citizens or permanent residents of the U.S. will automatically be enrolled in the Boston College plan regardless of the number of credit hours for which they are enrolled. International students are not eligible to waive the student insurance plan unless they are enrolled in a plan underwritten by a U.S.-based insurance carrier. Insurance policies from foreign companies are not considered comparable. If your policy is comparable to or better than the B.C. policy, and is from a U.S. insurance company or your home government, you can then apply for a refund of the health insurance premium once you are in Boston. The deadline for enrolling or applying for a waiver of the plan is September 14, 2007 for the Fall semester and January 25, 2008 for the Spring semester. Students who to waive their Insurance Plan, can do so by providing proof of comparable coverage and completing the online Waiver form on Agora.

Boston College charges students a health insurance premium of $1721.00 ($757 at Fall semester registration and $964 at Spring semester registration). This health insurance premium provides each student with health insurance for the 5 months of the fall semester (August 7, 2007 to January 14, 2008), and then for the 7 months of the Spring semester and Summer (January 15, 2008 to August 6, 2008).

If your spouse and/or your children will accompany you, we strongly urge that you obtain Dependent Enrollment Forms from either of the above two offices, so that you may also purchase health/hospitalization insurance for your family.

Dependent Health Insurance Costs (August 7, 2007-August 6, 2008):

<table>
<thead>
<tr>
<th>Dependent Type</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spouse</td>
<td>$4,007</td>
</tr>
<tr>
<td>One Child</td>
<td>$2,094</td>
</tr>
<tr>
<td>All Children</td>
<td>$3,123</td>
</tr>
</tbody>
</table>

University Health Services -- Medical Care on Campus

I. Health Services:

Primary Care Center: Cushing Hall 117, 617-552-3225
The Boston College Health Services provides both medical treatment and educational services for undergraduate and graduate students who have paid the respective health fees.

Students seeking assistance may secure treatment at the Primary Care Center in Cushing Hall 117 which is open Monday through Friday from 8:00am to 4:30pm during the academic year. The summer and vacation hours are 8:30am to 4:30pm Monday through Thursday and Friday from 9:00 to 3:00pm.

Outpatient services include general medicine, internal medicine, women’s health, surgical consultation, orthopedics, skin, nutrition and eating disorders counseling/treatment, allergy and immunization injections.

During the academic year, “off-hour” urgent/emergency outpatient care and 24 hour inpatient services are available at the Primary Care Center as well.
In order to utilize these services, student must pay the Campus Health Fee. This fee is mandatory for all undergraduates living in university housing and optional for all other students. The fee is $390 for the 2007-2008 academic year. Graduate students can also pay for each visit separately on a fee for service basis through charging their student account.

Students covered by other medical insurance plans need to check with their individual plans for instructions on submitting health services visits as claims.

The Campus Health Fee is not a substitute for a health insurance policy since it does not cover services/hospitalization for any other health care off campus. For more information about University Health Services call 552-3225 or visit their web site at http://www.bc.edu/offices/uhs/

II. Immunizations:

Effective August 2005, recently enacted Massachusetts General Laws, Chapter 76, s.15D and related regulations of the Massachusetts Department of Public Health (105 CMR 220.700) will require all new full-and part-time, undergraduate and graduate students in degree-granting programs at postsecondary institutions (e.g., colleges) that provide or license housing, to:

Receive information about meningococcal disease and vaccine; and
Provide documentation of receipt of 1 dose of meningococcal vaccine within the last 5 years or qualify for one of the exemptions to immunization established by the statute.

The 2 components of the law, described above, apply to all new students whether or not they reside in school or campus provided housing.

All students registered at the credit levels listed below are required to comply with additional Massachusetts General Laws (the College Immunization Law):

<table>
<thead>
<tr>
<th>School</th>
<th>Credit Level</th>
<th>School</th>
<th>Credit Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts &amp; Sciences</td>
<td>9</td>
<td>Management</td>
<td>9</td>
</tr>
<tr>
<td>College for Adv. Studies</td>
<td>12</td>
<td>Nursing</td>
<td>9</td>
</tr>
<tr>
<td>Education</td>
<td>9</td>
<td>Social Work</td>
<td>9</td>
</tr>
<tr>
<td>Law</td>
<td>12</td>
<td></td>
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</tr>
</tbody>
</table>

The College Immunization Law requires proof of the following immunizations:

1 **Tetanus-Diphtheria Booster:** Within the past 10 years
2 **Measles, Mumps and Rubella Immunizations:**
   
   Dose 1 must be after the first birthday
   Dose 2 must be at least one month after the 1st dose
3 **Doses of Hepatitis B Vaccine:** Per Dosing Schedule
   
   Within the past 5 years or signed DPH Waiver Form
4 **Meningitis Vaccine:** Within the past 5 years or signed DPH Waiver Form

If proof of immunization for a measles, mumps &/or rubella is not available, a blood Titer showing immunity will be accepted.

You must complete the IMMUNIZATION VERIFICATION FORM included in your admission packet. Failure to show proof of immunization compliance by August 15th will result in a block on your registration, and an administrative late fee of $60.

If immunizations or blood titers are not available through your private physician you may arrange to have them given at Health Services by calling (617) 552-3225 and scheduling an appointment.
The Career Center

Website: www.bc.edu/offices/careers
Career Resources for International Students: www.bc.edu/offices/careers/resourcesfor/intlstudents/
Drop in Hours: 1:00-4:00pm Mon-Fri, and 5:00-7:30 pm Tues. & Wed.

Director: Theresa Harrigan 38 Commonwealth Avenue, 552-3430

CAREER CENTER RESOURCES INCLUDE:

Workshop and Individual Advisement: (for undergraduates, graduates, and alumni):
• assistance with academic major, career, and graduate school issues
• assistance with job and internship databases and search strategies
• resumes, cover letter information and individual critiques
• interview techniques and practice interview sessions

Career Resource Library:
• assistance with Internet-based job and internship searching
• extensive collection of books on career fields and graduate programs
• *FOCUS Computerized Career Guidance System :
  • explore career options through an online skills/interests/values inventory

Career Advisory Network:
• network of alumni volunteers who have offered to speak with you about their career fields

Career Center Web Site: http://careercenter.bc.edu
• over 400 pages – advice; job and internship databases; graduate school options; specific career field links; choosing a major or career field; sample resumes; interview strategies.

Internships:
• offered during both semesters and the summer, they provide practical experience to assist with the career decision-making process

The International Student and the U.S. Job Search:
• These annual presentations includes a discussion of the visa regulations affiliated with securing a job in the United States, as well as information about resume writing and interviewing. International alumni reflect upon their job search experience and offer advice.

Campus Recruiting Program and Career Fairs

The Office of International Programs (OIP)

The Office of International Programs (OIP) facilitates the exchange of Boston College students with students of partner institutions around the globe. Through these exchange partnerships, students take classes at the host institution that count toward their degree at their home university. OIP administers over 70 programs in 30 countries including academic year and semester exchanges as well as summer study opportunities. Over 900 Boston College students will spend a semester or academic year abroad in 2007-2008 and more than 200 students will participate in overseas summer programs. In addition, more than 125 international exchange students will spend a semester or academic year at Boston College.

OIP also sponsors travel abroad by faculty and staff for academic purposes and hosts a variety of international visitors, faculty and scholars. OIP strongly encourages visiting exchange students to become
actively involved in local community service events, international activism, and peer advising. For more information, please contact us at 617-552-3827 or oip@bc.edu, or visit us in Hovey House.

University Counseling Services

Location: Phone:
Gasson 108 552 - 3310
Campion 301 552 - 4210
Fulton 254 552 - 3927

University Counseling Services (UCS) provides counseling and psychological services for the students of Boston College. UCS has a staff of psychologists and psychiatrists who assist students with a wide range of problems and concerns. The communications between a student and his/her counselor are confidential except under rare and serious conditions (e.g. court order or threat to self or others).

University Counseling Services assists students with emotional, social, and academic difficulties. Our goal is to help students identify, understand, and solve problems. Most of the concerns that students bring to UCS are problems of adjustment to new situations. However, other difficulties include anxiety, depression, eating disorders, and substance abuse.

Students wanting to make an appointment should contact the scheduling secretary in Gasson 108 at 552-3310 and ask for an intake appointment. First appointments can usually be made within 5 working days.

If a psychological emergency occurs during office hours, call 617-552-3310. When the offices are closed, contact the Inpatient Unit of the Primary Care Center (617-552-3227). The nursing staff will contact the psychologist on call who will respond to the caller. When the Inpatient Unit is closed, contact the Boston College Police (617-552-4444) for this purpose.

Counseling Staff:

Gasson Hall Unit
Thomas P. McGuinness, Ph.D., Director
Yvonne Jenkins, Ph.D., Sr. Staff Psychologist
K. Tracy Munn, Ph.D., Sr. Staff Psychologist
Robert Tittmann, M.D., Staff Psychiatrist
Regina Mitchell, M.D., Staff Psychiatrist
Andrew Gause, M.D. staff Psychiatrist
Donna Johnson, Administrative Coordinator
Mary Libby, Administrative Secretary
Ryan Aylward, Psy.D. Fellow

Fulton Hall Unit
Christine L. Merkle, Ph.D., Assistant Director
Craig Burns, Ph.D., Staff Psychologist
Frieda Wong, Ph.D., Staff Psychologist
Diane Neylon, Administrative Secretary
Meredith Carter, Ph.D., Fellow

Campion Hall Unit
Erin K. Curtiss, Ph.D., Associate Director
David John Smith, Ph.D., Sr. Staff Psychologist
Zeljka Mileusnic, Psy.D., Counselor
Anne Marie Condon, Administrative Secretary
Priti Shah, Ph.D., Fellow
Eagle-One Card Accounts

The Residential Meal Plan is required and integrated into the residential hall contract for all students living on Upper, Newton, and in Walsh, 66, Greycliff, Vanderslice and 90. It is only accepted at On-Campus Dining Halls. The Eagle Bucks account allows holders to make purchases everywhere the Eagle-One Card is accepted. It is accepted at On-Campus dining halls, BC bookstores, vending machines, residence hall laundry facilities, as well as off-campus restaurants, food delivery, convenience store, dry cleaning, taxicabs, and other retail services.

BC Dining is introducing a new discounted account, Optional Dining Bucks. In order to receive discounts at on campus dining locations, you must use Optional Dining Bucks. You will have the option to transfer a portion or your entire Eagle Bucks balance into an Optional Dining Bucks account on Agora by selecting "Eagle One Accounts- Add Funds".

O’Connell House

O’Connell House, which is one of the oldest buildings on campus, is located on Upper Campus. An array of student activities is offered. By integrating both academic and extracurricular activities a variety of tastes are met on a cultural as well as social level.

Hours of Operation (to use services) runs from Sunday through Thursday 7 PM - 12 AM and Friday and Saturday from 7 PM - 1 AM.

O’Connell House has many functions. It offers students a place to relax, socialize, and study. It boasts a game room with pool and a ping pong table, foosball, as well as many board games, a TV room, two study rooms, music room, and an exercise room. The house is open to you from 10 A.M. to 12 A.M. Sunday through Thursday and 10 A.M. to 1 A.M. Friday and Saturday unless an event is scheduled in the house. The House is available for student groups to use. Visit Office of the Dean for Student Development (ODSD) at 21 Campanella Way in Suite 242 to fill out and submit a room requisition form.

Educational, cultural and social programming provide entertainment as well as a chance to get involved. During the week, events such as lectures, organizational meetings, and O’Connell House-sponsored events such as coffeehouses take place. On the weekends you may see a musical, a theatrical performance, or a comedy act. During each semester O’Connell co-sponsors one gala event. In the Fall, this event is “Breaking the Barriers Ball”, and in the Spring it is “Middlemarch”, a formal extravaganza.

Remember, O’Connell House is your Student Union and the staff is always willing to listen to new ideas. To find out more information about events, check the O’Connell House Bulletin Board in McElroy lobby, read the Heights announcement section, call the house managers directly at 552-4310, email the house at oconnellhouse@bc.edu, or visit the website at www.bc.edu/och.

A Guide to McElroy Commons

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<thead>
<tr>
<th>Location</th>
<th>Floor</th>
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<tbody>
<tr>
<td>The Chocolate Bar</td>
<td>3rd Floor (next to entrance from Hammond Street)</td>
</tr>
<tr>
<td>Bank of America Machines (ATMs)</td>
<td>1st Floor (Beacon Street Gate Entrance – near bookstore)</td>
</tr>
<tr>
<td>Additional Bank of America ATMs located at:</td>
<td>Corcoran Commons (Lower Dining), Walsh Hall, and Stuart Dining Hall (Newton Campus)</td>
</tr>
<tr>
<td>Bookstore</td>
<td>1st Floor (near lobby)</td>
</tr>
<tr>
<td>Eagle's Nest (Deli/Cafeteria)</td>
<td>2nd Floor</td>
</tr>
<tr>
<td>The Heights (Student Newspaper)</td>
<td>Room 113</td>
</tr>
<tr>
<td>Location</td>
<td>Floor</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>------------</td>
</tr>
<tr>
<td>McElroy Carney Dining Room</td>
<td>3rd Floor</td>
</tr>
<tr>
<td>McElroy Lobby</td>
<td></td>
</tr>
<tr>
<td>Men's Restrooms</td>
<td></td>
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<tr>
<td>Public telephones (pay phones)</td>
<td></td>
</tr>
<tr>
<td>Ticket Booth</td>
<td></td>
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<tr>
<td>U.S. and Campus Post Offices</td>
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<tr>
<td>Campus Ministry Office</td>
<td></td>
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<tr>
<td>Vending machines</td>
<td></td>
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<tr>
<td>Additional vending machines located at:</td>
<td></td>
</tr>
<tr>
<td>Women's Resource Center</td>
<td></td>
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<tr>
<td>Women's restrooms</td>
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</tbody>
</table>

**Guide to 21 Campanella Way**

<table>
<thead>
<tr>
<th>Location</th>
<th>Floor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hillside Café</td>
<td>1st Floor</td>
</tr>
<tr>
<td>BC Police Department</td>
<td></td>
</tr>
<tr>
<td>Bookstore</td>
<td></td>
</tr>
<tr>
<td>Office of International Students and Scholars (OISS)</td>
<td>2nd Floor Suite 249</td>
</tr>
<tr>
<td>Residential Life</td>
<td>2nd Floor Suite 220</td>
</tr>
<tr>
<td>Office of the Dean for Student Development ODSD</td>
<td>2nd Floor Suite 242 (Student needs) and Suite 212 (Judicial)</td>
</tr>
<tr>
<td>Office of the VP for Student Affairs</td>
<td>2nd Floor Suite 260</td>
</tr>
<tr>
<td>UGBC and Student Clubs</td>
<td>2nd Floor Suite 254</td>
</tr>
<tr>
<td>Student Organization Funding Committee (SOFC)</td>
<td>2nd Floor, Suite 254T</td>
</tr>
<tr>
<td>Theology Department</td>
<td></td>
</tr>
<tr>
<td>Philosophy Department</td>
<td></td>
</tr>
<tr>
<td>History Department</td>
<td></td>
</tr>
<tr>
<td>Economics Department</td>
<td></td>
</tr>
<tr>
<td>Connection to O'Neill Atrium, Crosswalk to Hillside Stairs, and to 5th of Garage</td>
<td>4th Floor</td>
</tr>
<tr>
<td>Communications Department</td>
<td></td>
</tr>
</tbody>
</table>
Dictionary
Boston College Terminology & Common Academic Vocabulary
Words and Phrases Often Used By BC Students, Faculty, and Staff

21 CAMPANELLA WAY/CAMPANELLA: also known as the LCOB (Lower Campus Office Building) - new building on lower campus behind O'Neill Library. It houses the Hillside Café, a bookstore, Office of International Students and Scholars (Suite 249),ODSD and various other departments.

90: A dorm located at 90 St. Thomas More Drive, across from the Lower Campus Dining Facility, which has 6-to-12 person apartments. Sophomores and a few juniors live in 90 and its partner, Vanderslice (located across the street).

ACADEMIC ADVISOR: Faculty member who helps and advises a given student on academic matters. One’s academic advisor is assigned and may be changed either by the student, upon request to the Dean’s Office, or by the college or school, as the student declares/changes his/her major. Each semester the student must visit his/her academic advisor in order to obtain his/her registration code, which allows him/her to register for classes.

CONNORS FAMILY LEARNING CENTER: located in O'Neill 200. Call for free tutoring in any subject.

ACADEMIC YEAR: The period of formal academic instruction, usually (in the United States) September to May. Depending on the institution, it may be divided into terms of varying length: semester, trimesters or quarters. BC uses a two semester system. The semesters are sometimes referred to as “terms”.

ADD A COURSE: To enroll in a course in which the student was not previously registered.

ADVANCED CREDIT: Please see section III of this handbook.

ADVANCED PLACEMENT: A system by which students receive college credit and/or exemption from a core requirement because they achieved a high enough score on an “AP” exam in high school, presumably after taking a course designated as an “AP” course.

AHANA: An acronym which stands for African-American, Hispanic, Asian, and Native American

ALL NIGHTER: As in “to pull an…”; stay up all night cramming for an exam or writing a paper.

ALUMNI STADIUM: Outdoor stadium adjacent to Conte Forum, on lower campus, where football, soccer, track, lacrosse and other sporting events are held.

A & S: The College of Arts and Sciences.

AUDIT: Convention in many universities of taking a class neither for credit nor a grade. May or may not require tuition payment. Undergraduate students are not officially allowed to audit classes at Boston College.

B.A/B.S.: Bachelor's of Arts / Bachelor's of Science degree: awarded upon completion of a four year program of study.

BC: Boston College

Eagle Print: Boston College’s Copying/Printing Service in the basement of Carney

BC SHUTTLE: Bus that makes numerous stops throughout the campus and nearby areas: The Comm. Ave bus starts from in front of Robsham, to McElroy, to College Road, to Front Gate and then on to Cleveland Circle. The Newton has all the same stops, but after the College Road Stop, it goes to Newton.

BLUE BOOK: A small booklet of paper with a blue cover, usually used for examinations.

BULLETIN: See College Catalog.

CABARET ROOM: A space in Vanderslice Hall mainly used for functions, parties, and theatre productions. Also the home of billiards tables (ask the desk assistant for sticks and balls), board games such as Trivial Pursuit and chess, a multi-day poster sale in the Fall, and the infamous housing lottery in late March.

CHOCOLATE BAR, THE: Located on the third floor of McElroy, it houses Starbucks and Edy’s Ice Cream, and each Friday night from 8 P.M. to 10 P.M. often features a performance by one of BC’s acapella, comedy, or other groups.

CAREER CENTER: An excellent resource center located on Comm Ave. Offers information about employment and career opportunities before and after graduation such as summer internships; there is also a resource library for graduate, medical, and law students. You can also get help on résumé writing.

CARRELL: A small, private, enclosed desk for one, in a library or study lounge.
CGSOM: Carroll Graduate School of Management.

CHEERS: One of the BC Student Agencies, located in the basement of Carney Hall. One can order balloons and cakes to be delivered for special occasions. Can be reached at 552-3034.

CLEVELAND CIRCLE: Busy area at the intersection of Beacon St. and Chestnut Hill Ave., where one can find Circle Cinema, restaurants, the C and D lines of the Green line T, CVS drugstore, 7/11 and Store 24 (both open 24 hours).

CLXF: The interconnected Upper Campus dorms of Claver, Loyola, Xavier and Fenwick.

COLLEGE CATALOG: An official publication of a college or university giving information about academic programs, facilities (such as laboratories, dormitories, etc.), entrance requirements and student life.

COMM. AVE.: Short for Commonwealth Avenue.

CONTE FORUM: Athletic facility located in Lower Campus where various sporting events, including hockey and basketball, are held.

CORE CURRICULUM: Each school or college within a university determines certain base requirements regarding the courses which every student must take in order to graduate. For example, the core curriculum for the College of Arts and Sciences includes 2 English, 1 Fine Arts, 2 Modern European Histories, 2 Sciences, 1 Math, 2 Philosophy, 2 Theology, 1 Cultural Diversity, 2 Social Sciences and an intermediate proficiency in a language. Students may choose from any courses designated as CORE level courses to fulfill the requirement. Same as Required Courses.

CORSS or COURSE FLYER: The newspaper description of courses published by the Registrar’s Office, can be picked up in Lyons Hall a few weeks before registration time each semester.

COURSE: A class with regularly scheduled class sessions of one to five (or more) hours per week during a term.

COURSE NUMBER: The number given to identify a course, at BC, includes two letters (the department code and 3 numbers. e.g., MT 190 is the course number for Fundamentals of Math I. Numbers 100-400 usually refer to undergraduate courses, 500-600 may be for both undergraduate and graduate students, while 700+ designates a graduate course.

CRAM: Intense study for a test at the last possible moment. This is not a recommended way to study.

CREDITS: Units used to record the completion of courses required for a degree. Credit requirements are given in the BC College Catalog. At BC, most courses are 3 credits, and an average course load is 15 credits per semester in the first three years, 12 credits per semester senior year.

CROSS REGISTRATION/LISTED: One may enroll, or “cross-register” in one elective course each semester at various schools around the Boston area after Freshman year. See Dean’s Office for more details.

CSOM: Carroll School of Management.

CTRC: “Campus Technology Resource Center” formally known as Student Learning Support Center (SLSC), is located on the 2nd floor of O’Neill Library and offers IBMs, Macintoshes, VAX, a scanner, laser printers, and much, much more for all your computing needs.

CULTURAL NIGHT: This is an event different student organizations hold to share their cultures, music and food with the BC community.

CURVE: A grading system in which letter grades are assigned based on students’ performances relative to one another, not to an absolute scale. Can be applied many ways. One example: the class average on a mid-term exam is 40. Anyone who scored between 35 and 45 gets a C. Anyone who scores between 45-55 gets a B, based on the idea that the grade distribution should look like a bell curve. If a professor doesn’t explain his/her grading system at the beginning, it is a good idea to clarify with him/her the system that will be used.

DEAN: Director of highest authority within a professional school, college, or university.

DEAN’S LIST: The list of full-time undergraduate students who have earned grades of honor for a given term.

DEGREE: Diploma or title conferred by a college, university, or professional school upon completion of a prescribed program of studies.

DEPARTMENT: Administrative subdivision of a school, college, or university in which instruction in a certain field of study is given (such as English Department or History Department).

DISCUSSION GROUP: A group which meets regularly with a professor or teaching assistant (T.A.) to discuss lectures presented by the professor during regular class time.
DORM: Residence Hall; a housing facility reserved for students; a typical "dorm" would include student rooms, bathrooms, lounges, a laundry room, and possibly a cafeteria.

DOUBLE MAJOR: A degree obtained in two separate disciplines by satisfying all requirements for each major.

DROP A COURSE: During drop/add period, to remove oneself from a course in which one was previously registered. After drop/add period, see "Withdrawal."

DROP/ADD PERIOD: That period during the first five days of class during which students may change programs of studies by "dropping" and "adding" courses through the use of U-VIEW or U-DIAL.

DUSTBOWL/CAMPUS GREEN: The Campus Green between McElroy, Carney, Fulton, and Lyons.


EAGLE'S NEST: Deli on the 2nd floor of McElroy, open Monday through Friday 11 A.M. to 4 P.M.

ELECTIVES: Courses that students may "elect" (choose freely) to take for credit toward their intended degree; as distinguished from courses that they are required to take.

ERC: The Education Resource Center, located on the bottom floor of Campion Hall.

EAGLE ESCORT SERVICE: Free service offered by the Campus Police; vans or the walking patrol transport/ accompany students to on-campus and many off-campus destinations, rather than having them walk alone. Available 7 P.M. to 2 A.M. every night. Call 552-8888.

ESSAY: A non-fiction literary composition on some subject that is usually brief and informal.

FACULTY: The professors and occasionally the administrative staff of an educational institution. The faculty is responsible for designing plans of study offered by the institution.

FINAL: The term examination in a class or a course.

FLUNK: To fail an examination or a course.

FRESHMAN: A first year student (undergraduate or high school level).

FULL-TIME STUDENT: One who is carrying a full course load, or enrolled in the minimum number of credits which the university will allow for one to have all the benefits of being a full-time student, such as eligibility for on-campus housing.

GISA: Graduate International Student Association.

GRADE POINT AVERAGE (GPA): A system of recording academic achievement based on grade average, calculated by multiplying the numerical grade received in each course by the number of credit hours studied, on a 4.0 scale.

GRADING SYSTEM: Schools, colleges, and universities in the United States commonly use letter grades to indicate the quality of a student's academic performance: A (excellent), B (good), C (average), D (below average), and F (failing). In percentage scales, 100 percent is the highest and 70 percent (or 65 percent) is usually the lowest passing mark. Occasionally, these percentages will change based on a "curve" that a professor may use. See CURVE. The letter grade system is translated to a 4.0 scale to determine one's GPA (see Grade Point Average): A = 4.0, B = 3.0, C = 2.0, D = 1.0.

GRADUATE STUDENT: A student who has already earned an undergraduate degree, and is pursuing a higher degree, such as a master's (M.A., M.S., M.S.F., M.B.A.), or doctorate (Ph.D., M.D.).

GREYCLIFF: Off-campus dormitory located at the corner of Comm. Ave. and Greycliff Road, most residents are enrolled in the Honors Program.

GUT COURSE: A phrase used by students to describe a course in which good marks are given for minimum work; a relatively easy course.

GSA: Graduate Student Association.

HEIGHTS, THE: The independent student newspaper of Boston College, it is also a name for the hill on which BC sits, and thus is sometimes used to refer to our campus.

HILLSIDE CAFÉ: Located on the 1st floor of the 21 Campanella Way. It serves Starbucks Coffee and tasty sandwiches.

HOMECOMING: Weekend-long event in the Fall that celebrates the return of the football team as well as the return of Boston College alumni. Activities include a football game, dance, and tailgating (see definition of).

HOVEY HOUSE: Located across the street from McElroy and next to the John Courtney Murray, S.J. Graduate Student Center. Now the home of the Office of International Programs (OIP) and some history faculty members, it is also the site of many afternoon lectures and readings given by humanities departments such as English and Philosophy.

HUT, THE: The Quonset Hut is a small recreational complex on Newton Campus.
**INCOMPLETE:** A temporary mark given to a student who is doing passing work but cannot complete all the course requirements during the term. The student must have a valid reason for not finishing all course work on schedule and must complete the course within a period of time acceptable to the instructor.

**INDEPENDENT MAJOR:** Students may create their own independent major within A&S if they have special interest in a subject that cannot be satisfied with a regular major or double major.

**INDEPENDENT STUDY:** A method of receiving credit for study or research independent of the assignments of any specific course. Such study is often part of an honors program in the student's major and is supervised by a specific professor to whom the student is accountable, and who assigns a grade.

**JUNIOR:** A third year student (high school/undergraduate level).

**LEAVE OF ABSENCE:** Students may request a "leave of absence" from Boston College, meaning that they will not enroll in courses for one or more semesters, but will not officially withdraw from the University. They plan to return and complete their degree at a later time. This is sometimes referred to as "taking a semester off." However, there are a number of procedures to follow to ensure re-admittance to B.C., and one should start at the Dean's Office.

**LECTURE:** A common teaching method in college and university courses, in which the professor speaks and the students take notes, and interchanges between the two are minimal. May be used occasionally or uniformly in a course. If used uniformly, the course may be supplemented with regular small group discussions led by teaching assistants.

**LIBERAL ARTS:** A term referring to academic studies of subjects in the humanities (languages, literature, philosophy, the arts), the social sciences (economics, sociology, anthropology, history, political science), and the sciences (mathematics, biology, physics, chemistry).

**LOWER CAMPUS:** The part of Boston College on level with the ground floor of the main parking garage. The RecPlex (Plex), the Mods, Robsham Theatre, Walsh, Edmonds, Hillsides (Ignacio and Rubenstein), Vanderslice, 90 Saint Thomas More Drive, the Lower Campus Dining Facility, 21 Campanella Way, St. Ignatius Gate Hall, and Conte Forum are all located on this part of campus.

**CORCORAN COMMONS (LOWER CAMPUS DINING HALL):** Dining hall located between Robsham Theatre and Vanderslice. Downstairs is famous for its made-to-order subs and homestyle rotisserie chicken dinners, while upstairs houses "Addies", open 'til midnight during the week and until 2 A.M. on weekends. A favorite place to meet, study, hang out, and eat great pizza as well as other Italian-American specialties.

**MAIN GATE:** Commonwealth Avenue entrance to B.C., next to Voute Hall.

**MAJOR:** The field of study in which a student concentrates, and in which he/she will receive his/her degree.

**M.A./M.S.:** Master of Arts/Master of Science degree awarded upon completion of a one or two year full-time program of graduate study.

**MASCOT:** An animal or a character that symbolizes the school; is often used at sporting events to get the crowd excited (someone dresses up as the mascot). BC's Mascot is the Eagle.

**McELROY:** One of Boston College's student unions; pronounced Mac-el-roy, not Mick-Elroy. The McElroy Dining Room, Eagle's Nest, Cafe, Bookstore, Post Offices, ticket booth, and the chaplaincy are located here.

**MIDDLE CAMPUS:** All libraries, academic buildings, St. Mary's (home of the Jesuit community), the Dustbowl, the Quad, and McElroy Commons are on this part of campus.

**MIDDLEMARCH:** The extravagant costume ball/dance put on by the O'Connell House Student Union every year in the month of March. Named after the George Eliot novel, it is one of BC's oldest and dearest traditions. One of the most important parts of the tradition is the ever-more-complicated race to get one of just 250 tickets sold (one ticket admits a couple).

**MINOR:** The subject of concentration secondary to that of the major field. BC offers minors for teaching certification through LSOE, interdisciplinary minors in A&S, such as Women's Studies, American Studies, and Faith, Peace, and Justice, as well as an ever-growing number of minors in departments that previously offered only majors.

**MORGUE, THE:** Basement of the Sacred Heart Church on Newton Campus; Newton residents often take advantage of the quiet basement for studying. The morgue has a few computers, daily newspapers, and a selection of books. Most of the materials that are available at the Reserve Desk in O'NeiIl
Library are also on reserve at the morgue.

JOHN COURTNEY MURRAY, S.J. GRADUATE STUDENT CENTER: The Murray Graduate Student Center, located at 292 Hammond Street, serves as a center for graduate student life at BC. The MGC offers comfortable gathering space for students, including a living and dining room, kitchen, a computer lab, meeting rooms, and a free DVD lending library with over 200 titles. The MGC staff provides ongoing social and cultural programs for all graduate students. Please visit the MGC website at www.bc.edu/gsc.

MOD(S): Short for Modular apartment(s). Housing unit for 6 people, they are free-standing reddish brown buildings where one finds seniors in their “yards” barbecuing, playing catch or Frisbee, sunbathing, tailgating, and studying.

MULTIPLE-CHOICE EXAM: An examination in which one answers questions by selecting the best answer from among several given. One kind of “objective” test, as opposed to an essay exam, which is “subjective”.

NEWTON CAMPUS: One and a half miles down Heartbreak Hill (Comm Ave) from Main Campus is Newton Campus, where there are six residence halls for first-year students only. Newton Campus has its own church, sport/exercise equipment (the Quonset Hut), and dining facility (Stuart Dining Hall). “Newton” is also home to the BC Law School and the newly constructed Law Library. It is popular for its green space and soccer fields, and is the site of BC club rugby games.

NOTARIZATION: The certification of a document (or a statement or signature) as authentic and true by a public official (known in the United States as a Notary Public).

O’CONNELL HOUSE: The student union located in the center of Upper Campus. See Section IV, Boston College Services, for a full description.

ODSD: Office of the Dean for Student Development - oversees all student activities, clubs, unions, and events. It is located on the 2nd floor of 21 Campanella Way, Suite 242.

OPEN-BOOK EXAM: An examination in which students are permitted to use their textbooks during the test.

ORAL EXAM: An examination in which the professor asks the student questions, which the student answers orally in a one-on-one meeting.

PART-TIME STUDENT: A student who carries less than a full-time course load. For BC undergrads, this means registering for less than 15 credits during the first 3 years and less than 12 credits in the final year.

PASS/FAIL: Students may choose to take classes on a pass/fail basis, meaning that they will not receive a letter grade for their work, but it will merely be recorded whether their work was passing or failing. If a student passes, he/she will receive credit for the course. There are restrictions on taking classes pass-fail, for example one may not fulfill a core requirement by taking a course pass/fail.

PASSWORD: This is a combination of letters and numbers used mainly for BC online systems such as AGORA and the directory.

PH.D (DOCTORATE): The highest academic degree conferred by a university on students who have completed at least three years of graduate study beyond the bachelor’s and/or master’s degree and who have demonstrated their academic ability in oral and written examinations and through original research presented in the form of a dissertation.

PEPs: (Professor Evaluation Profiles) a system used to rate professors and courses at BC that is available on the student government page, ugbc.org

PIN: Personal Identification Number, used to access the BC phone system such as checking voicemail. If you lose, forget, or need to change your pin and/or password, call 617-552-help (4357).

PLACEMENT TEST: An examination used to test a student’s academic ability in a certain field so that he or she may be placed in the appropriate courses in that field. In some cases, a student may be exempt from certain requirements based on the results of a placement test, for example, at BC students who score above an intermediate level on their foreign language placement test are exempt from taking further language classes.

PLEX OR RECPLEX: The Flynn Recreation Complex, located on lower campus across from Conte Forum. The Plex offers aerobics, swimming, fencing, track, tennis, racquetball and nautilus weights. Don’t forget to bring your ID for admission.

PREREQUISITES/PREREQS: Programs or courses that a student is required to complete before being permitted to enroll in a more advanced program or course.
PULSE: A social action/academic program, combining field and class work, offered by the Philosophy and Theology Departments to fulfill core requirements in both disciplines. Electives are also offered. The PULSE office is located in McElroy 117.


QUIZ: Short written or oral test, less formal than an examination.

RAT, THE: Now officially titled the “Welsh Dining Facility,” this grab-and-go style cafeteria in Lyons basement is still referred to by its original name “The Rat.” It is used by student groups for social gatherings and shows, and occasional speaker in the evening, as the cafeteria services end at 3 P.M.

REGISTRAR: The college administrator who maintains student academic records. The BC Registrar’s office is located on the first floor of Lyons.

REGISTRATION: Period during which students sign up for courses to be taken during the following semester, via U-VIEW or U-DIAL.

REQUIRED COURSES: See CORE COURSES. Also, once a student chooses a major, the department designates certain courses as required for completion of the major. These may be specific courses (MT 108) or may be chosen from a specified list of courses that would fulfill the requirement.

RESEARCH PAPER: A written work which includes documented research findings and the development of a student's own ideas.

ROBSHAM: Robsham Theater, which is located on Lower Campus next to the Lower Campus Dining Facility. It houses performances of Boston College's various theater groups and Dance Ensemble, as well as major lectures, BC “town meetings,” and intercollegiate acapella competitions.

SABBATICAL: A semester every six or seven years in which a professor is given leave time with pay, designed to give an extended period of time for his/her own academic work.

SCHOLARSHIP: A study grant of financial aid, usually given at the undergraduate level, which may be supplied in the form of a cancellation of tuition and/or fees.

SEMESTER: Period of study of approximately 15 to 16 weeks' duration, usually half an academic year. The semesters at BC run from the beginning of September to mid-December, and from mid-January to early May.

SEMINAR: An intensive class which is limited to 10-15 members and may meet more or less than the conventional number of hours. Combines independent research and class discussions under the guidance of a professor. With the exception of the A&S Honors Program, seminars are designed for undergraduate juniors and seniors and for graduate students.

SENIOR: A fourth-year student (high school/undergraduate level)

SENIOR WEEK: Week of social events designated for the graduating senior class sponsored by ODSD. Takes place in the week between the end of exams in the spring and graduation.

SHORT ANSWER EXAM: An exam where the student is asked to answer questions in one or two short paragraphs.

STUDENT ACCOUNTS: The office in More Hall which keeps records of the financial status of all students at Boston College.

LSOE: Lynch School of Education.

CSON: Connell School of Nursing.

SOPHOMORE: A second-year student (high school/college level).

ST. IGNATIUS: Roman Catholic Church on Lower Campus. This is a regular parish church as well as the site of popular BC student masses. Check Campus Ministry handouts for more details.

ST. IGNATIUS GATE/THE GATE/110: Newer residential hall located across from St. Ignatius Church on Lower Campus.

ST. MARY’S: St. Mary's Hall is located on the Main Campus; it is the residence of BC's Jesuit Community and has its own chapel where Mass is celebrated several times daily throughout the week. Check Campus Ministry handouts for more details.

ST. JOSEPH’S: Chapel located in Gonzaga basement of Upper Campus, where BC student Masses are held. Check Campus Ministry handouts for more details.

STUDENT ACTIVITIES DAY: A very important day: September 14th, 2007, when almost all student organizations solicit new members. It is held in the Dustbowl. This is the best opportunity to get involved in extracurricular life on campus.

STUDENT GUIDE: A source of information on policies and procedures, student activities, organiza-
tions, and other relevant information, distributed to each on-campus resident in his/her dormitory.

**SUBJECTS:** Another name for disciplines: i.e. math, English, chemistry, economics, art history, finance.

**SUB-TURRI:** The BC yearbook. Office in McElroy. To get info on how to get involved with this or any campus organization, use the contact info found in the Student Guide.

**SURVEY COURSE:** A course which briefly covers the principle topics of a broad field of knowledge. The scope of a survey course is wide, but the depth is not great - usually introductory level courses.

**SYLLABUS:** An outline of topics to be covered in an academic course, including assignments such as readings, papers and projects, and their due dates. Also includes dates of exams.

**"T":** The MBTA (Mass Bay Transportation Authority), Boston’s public transportation system of trolleys and buses. BC sits at one end of the Green line’s B line. The C line, which runs into Boston along Beacon Street, is accessible at Cleveland Circle, while the D line’s Reservoir stop is also at Cleveland Circle, but is also accessible at the Chestnut Hill stop, on Hammond Street, and at Newton Center. The D line is the fastest way into and out of the city itself from BC. You can find more information about the “T” at www.mbta.com.

**TAILGATE:** The informal festivity before football games; held in the parking lot area around Alumni stadium on football Saturdays. Usually revolves around eating and drinking.

**TAKE-HOME EXAM:** An examination which is completed outside of class and turned in to the professor.

**TERM:** A division of the school year calendar. At Boston College a semester is a term.

**TEST:** Examination measuring the academic ability of a student.

**THEME NIGHTS:** Nights when campus dining halls serve ethnic food from a particular country or region.

**THESAURUS:** Similar to a dictionary: Gives words similar to (synonyms) and opposite (antonyms) in meaning. Helpful in writing and in avoiding over-use of certain words.

**THESIS:** (1) A long written work containing the results of research on a specific topic or containing creative work prepared by a candidate for a bachelor’s or master’s degree. (2) an assertion made near the beginning of an essay or research paper with whose proof the rest of the work will occupy itself.

**TRANSCRIPT:** A certified copy of a student’s academic record, itemizing courses taken, credits earned, and grades received. An official transcript will also state the date a degree has been conferred. Can be obtained from Lyons Hall.

**TRANSFER:** A change in matriculation from one educational institution to another. Also refers to a student who has come to Boston College from another college or university.

**TRUE/FALSE EXAM:** An examination in which statements are given. Students must determine whether the statement is true or false, and mark the appropriate designation.

**UGBC:** Undergraduate Government of Boston College.

**UPPER CAMPUS:** Part of campus located west of College Road, the heart of first-year social activity. Home to 1400 students, mostly first-years, it is the site of O’Connell House Student Union, Shaw House, a basketball court, and lots of green space.

**U-VIEW:** (1) System which allows students to access registration information such as class schedule, which address BC will send grades to, library books checked out, etc. This system can be accessed via modem, in the OCF, or from a dorm room with an ethernet card-equipped computer. You need the number from your BC ID or your social security number, and your PIN. To register for or drop-add classes, you also need your registration number, which you must get from your faculty advisor.

**VANDERSLICE:** A dorm located at 70 St. Thomas More which houses sophomores and a few juniors in 6 to 12 person apartments without full kitchens.

**WITHDRAWAL:** Dropping a course after drop-add period has ended, or leaving an institution before receiving a degree.

**WZBC:** Boston College’s radio station - FM 90.3
Adjustment Calendar

In addition to the ups and downs of the new international student’s cultural adjustment, the academic year brings its own challenges and stress. These are not unique to international students, but add to the challenge of becoming integrated in the university community. This “calendar” chronicles the academic year from the prospective of a student.

Fall Semester

**September**
- Homesickness
- Roommate adjustment caused by personality differences, miscommunication, or the experience of having to live with someone for the first time
- Adjustment to a new and perhaps different academic environment
- Adjustment to a new social life and having to establish a peer group while balancing social activities with academic responsibilities
- Familiarizing yourself with the registration policies and administrative red tape at Boston College

**October**
- Mid-term anxiety
- Less frequent contact with distant friends and family
- Financial strain
- Disenchantment with Boston College, Boston, and with the United States

**November**
- Pre-finals stress begins to build
- Time management conflicts
- Academic pressure begins to mount because of procrastination and difficulty of the work assigned
- Adjustment to winter weather conditions including fewer daylight hours
- Health problems develop from poor diet or change in eating habits, fall illnesses, stress, or lack of sleep
- Registration worries build as it comes time to choose spring semester courses

**December**
- As final exams approach, pressures such as anxiety, fear, and guilt increase
- Financial worries mount
- Pre-Holiday blues emerge, especially for those who will not be able to spend the holiday season at home with their families
- Weight gain caused by holiday foods and inactivity

Spring Semester

**January**
- Anxiety about class performance, especially for those who did not do as well as expected in the fall.
- Financial situation become a greater concern
- Post holiday depression, especially for students who were away from Boston and at home over the holidays

**February**
- Worries about uncertainty of summer plans
- Cold weather causes depression and keeps students in doors
March
♦ Academic pressures increase in anticipation of mid-term examination
♦ Graduating students may begin to question their future plans
♦ Employment opportunities bring increased stress for those who are confronting immigration regulations and employment limitations
♦ Sophomore and junior year students feel the anxiety of not knowing what profession they want to have in the future
♦ Housing lottery causes frustration and stress on roommate relationships
♦ Uncertain Spring Break plans and limited finances cause stress

April
♦ Academic pressures increase with the end of the semester
♦ Spring fever and academic apathy hit
♦ Uncertain summer job pressures increase
♦ Common colds and illnesses are more frequent caused by the changes in the weather

May
♦ Anxiety develops because of the realization that the year is ending
♦ Finals pressures are at a critical level caused by paper, project, and exam deadlines
♦ Graduating students face the realization that college life is coming to an end
♦ Separation anxiety for graduating students who will miss friends made at Boston College

Commentary on the List of Basic American Values

1. Personal Control over the Environment / Responsibility:

   Americans no longer believe in the power of Fate, and they have come to look at people who do as being backward, primitive, or hopelessly naive. To be called “fatalistic” is one of the worst criticisms one can receive in the American context; to an American, it means one is superstitious and lazy, unwilling to take any initiative in bringing about improvements.

   In the United States people consider it normal and right that Man should control Nature, rather than the other way around. More specifically, people believe every single individual should have control over whatever in the environment might potentially affect him or her. The problems of one’s life are not seen as resulting from bad luck as much as having come from one’s laziness and unwillingness to take responsibility in pursuing a better life. Furthermore, it is considered normal that anyone should look out for his or her own self-interest first and foremost.

   Most Americans find it impossible to accept that there are some things which lie beyond the power of humans to achieve or control. And Americans have literally gone to the moon, because they refused to accept earthly limitations.

   Americans seem to be challenged, even compelled, to do, by one means or another (and often at great cost) what seven-eighths of the world is certain cannot be done.

2. Change seen as natural and positive:

   In the American mind, change is seen as an indisputably good condition. Change is strongly linked to development, improvement, progress, and growth.

   Many older, more traditional cultures consider change as a disruptive, destructive force, to be avoided if at all possible. Instead of change, such societies value stability, continuity, tradition, and a rich and an-
cient heritage -- none of which are considered very important in the United States.

The first two values -- the belief that we can do anything and the belief that any change is good -- together with an American belief in the virtue of hard work and the belief that each individual has a responsibility to do the best he or she can do have helped Americans achieve some great accomplishments. So whether these beliefs are “true” is really irrelevant; what is important is that Americans have considered them to be true and have acted as if they were, thus, in effect, causing them to happen.

3. Time and its Control:

Time is, for the average American, of utmost importance. To the foreign visitor, Americans seem to be more concerned with getting things accomplished on time (according to a predetermined schedule) than they are with developing deep interpersonal relationships. Schedules, for the American, are meant to be planned and then followed in the smallest detail.

It may seem to you that most Americans are completely controlled by the little machines they wear on their wrists, cutting their discussions off abruptly to make it to their next appointment on time.

American’s language is filled with references to time, giving a clear indication of how much it is valued. Time is something to be “on,” to be “kept,” “filled,” “saved,” “used,” “spent,” “wasted,” “lost,” “gained,” “planned,” “given,” “made the most of,” even “killed.”

The international visitor soon learns that it is considered very rude to be late--even by 10 minutes--for an appointment in the United States. (Whenever it is absolutely impossible to be on time, you should phone ahead and tell the person you have been unavoidably detained and will be a half hour-- or whatever--late.)

Time is so valued in America, because by considering time to be important one can clearly accomplish more than if one “wastes” time and does not keep busy every minute. This philosophy has proven its worth. It has enabled Americans to be extremely productive, and productivity itself is highly valued in the United States. Many American proverbs stress the value in guarding our time, using it wisely, setting and working toward specific goals, and even expending out time and energy today so that the fruits of our labor may be enjoyed at a later time. (This latter concept is called “delayed gratification.”)

4. Equality/Fairness:

Equality is, for Americans, one of their most cherished values. This concept is so important for Americans that they have even given it a religious basis. They say that all people have been “created equal.” Most Americans believe that God views all humans alike without regard to intelligence, physical condition, economic status, or rank. In secular terms this belief is translated into the assertion that all people have an equal opportunity to succeed in life. Americans differ in opinion about how to make this ideal into a reality. Yet virtually all agree that equality is an important civic and social goal.

The equality concept often makes Americans seem strange to foreign visitors since seven-eighths of the world feels quite differently. To most of the rest of the world, rank and status and authority are seen as much more desirable considerations—even if they personally happen to find themselves near the bottom of the social order. Class and authority seem to give people in those other societies a sense of security and certainty. People outside the United States consider it reassuring to know, from birth, who they are and where they fit into the complex system called “society”.

Many highly-placed foreign visitors to the United States are insulted by the way they are treated by service personnel (such as waiters in restaurants, clerks in stores, or hotels, taxi drivers, etc.) Americans have an aversion to treating people of high position in a deferential manner, and, conversely, often treat lower class people as if they were very important. Newcomers to the United States should realize that no insult or personal indignity is intended by this lack of deference to rank or position in American soci-
A foreigner should be prepared to be considered “just like anybody else” while in the country.

5. Individualism/Independence:

The individualism which has been developed in the Western world from the Renaissance onward, beginning in the late 15th century, has taken its most exaggerated form in 20th century United States. Here, each individual is seen as completely and marvelously unique, that is, totally different from all other, individuals and, therefore, particularly precious and wonderful.

Americans think they are more individualistic in their thoughts and actions than, in fact, they really are. They resist being thought of as representative of a homogeneous group, whatever the group. They may, and do, join groups—in fact many groups—but somehow believe they are just a little different, just a little unique, just a little special, from other members of the same group. And they tend to leave groups as readily as they enter them.

Privacy, the ultimate result of individualism, is perhaps even more difficult for the foreigner to comprehend. The word “privacy” does not even exist in many non-Western languages. If it does, it is likely to have a strongly negative connotation, suggesting loneliness or forced isolation from the group. In the United States, privacy is not only seen as a very positive condition, but it is also viewed as requirement which all humans would find equally necessary, desirable, and satisfying. It is not uncommon for Americans to say—and to believe—“If I don’t have at least half an hour a day all to myself, I would go stark raving mad!”

Individualism, as it exists in the Unites States, does mean that you will find a much greater variety of opinions (along with the absolute freedom to express those opinions anywhere and anytime) in this country. Yet, in spite of this wide range of personal opinion, almost all Americans will ultimately vote for one of the two major political parties in the next election. That is what was meant by the earlier statement that Americans take pride in claiming more individualism than, in fact, they actually have.

6. Self-Help/Initiative:

In the United States, a person can take credit only for what he or she has accomplished by himself or herself without any outside assistance. Americans get no credit whatsoever for having been born into a rich family. (In the United States, that would be considered “an accident of birth”). Americans pride themselves in having climbed the difficult ladder of success to whatever level they have achieved—all by themselves. The American social system has, of course, made it possible for Americans to move, relatively easily, up the social ladder, whereas this is impossible to do in many countries.

Take a look in an English-language dictionary at the composite words that have the word “self” as a prefix. In the average desk dictionary, there will be more than 100 such words, words like self-aware, self-confident, self-contented, self-control, self-criticism, self-deception, self-defeating, self-denial, self-discipline, self-esteem, self-expression, self-importance, self-improvement, self-interest, self-reliance, self-respect, self-restraint, self-sacrifice—the list goes on and on. The equivalent of these words cannot be found in most other languages. This list is perhaps the best indication of how seriously Americans take doing things for one’s self. The “self-made man or woman” is still very much the ideal in 20th century America.

7. Competition:

Americans believe that competition brings out the best in any individual. They assert that it challenges or forces each person to produce the very best that is humanly possible. Consequently, the foreign visitor will see competition being fostered in the American home and in the American classroom, even on the youngest age levels. Very young children, for instance, are encouraged to answer questions for which their classmates do not know the answers.
You may find the competitive value disagreeable, especially if you come from a society which promotes cooperation rather than competition among individuals. But many U.S. Peace Corps volunteers teaching in Third World countries found the lack of competitiveness in a classroom situation equally distressing. They soon learned that what they had thought to be one of the universal human characteristics represented only a peculiarly American (or Western) value.

Americans, valuing competition, have devised an economic system to go with it—free enterprise. Americans feel very strongly that a highly competitive economy will bring out the best in its people and ultimately, that the society which fosters competition will progress most rapidly. If you look for it, you will see evidence in all areas—in fields as diverse as medicine, the arts, education, and sports—that free enterprise is the approach most often preferred in America.

8. Future Orientation:

Valuing the future and the improvements Americans are sure the future will inevitably bring means that they devalue the past and are, to a large extent, unconscious of the present. Even a happy present goes largely unnoticed because, happy as it may be, Americans have traditionally been hopeful that the future would bring even greater happiness. Almost all energy is directed toward realizing that better future. At best, the present condition is seen as preparatory to a later and greater event, which will eventually culminate in something even more worthwhile.

Since Americans have been taught to believe that Man, and not Fate, can and should be the one who controls the environment, this has made them very good at planning and executing short-term projects. This ability, in turn, has caused Americans to be invited to all corners of the earth to plan and achieve the miracles which their goal-setting can produce.

If you come from a culture where talking about or actively planning the future is felt to be a futile, perhaps even sinful, activity, you will have not only philosophical problems with this very American characteristic but religious objections as well. Yet it is something you will have to learn to live with while you are here, for all around you Americans will be looking toward the future and what it will bring.

9. Action/Work Orientation:

“Don’t just stand there,” goes a typical bit of American advice, “do something!” This expression is normally used in a crisis situation, yet, in a sense, it describes most Americans’ entire waking life, where action—any action—is seen to be superior to inaction.

Americans routinely plan and schedule an extremely active day. Any relaxation must be limited in time, pre-planned, and aimed at “recreating” (as in the word “recreation”) their ability to work harder and more productively once the recreation is over. Americans believe leisure activities should assume a relatively small portion of one’s total life. People think that it is “sinful” to “waste one’s time,” to “sit around doing nothing,” or just to “daydream.”

Such a “no nonsense” attitude toward life has created many people who have come to be known as “workaholics,” or people who are addicted to their work, who think constantly about their jobs and who are frustrated if they are kept away from them, even during their evening hours and weekends. And when such a person finally takes time off to go on vacation, even the vacation will be carefully planned, very busy and active.

The workaholic syndrome, in turn, causes Americans to identify themselves wholly with their professions. The first question one American will generally ask another American when meeting them for the first time is related to his or her work: “What do you do?” “Where do you work?” or “Who (what company) are you with?”

America may be one of the few countries in the world were it seems reasonable to speak about the
“dignity of human labor,” meaning by that, hard, physical labor. In America, even corporation president will engage in physical labor from time to time and in doing so, gain, rather than lose, respect form others for such action.

10. Informality:

If you come from a more formal society, you will likely find Americans to be extremely informal and you will probably feel they are even disrespectful of those in authority. Americans are one of the most informal an casual people in the world, even when compared to their close relative—the Western European. As one example of this informality, American bosses often urge their employees to call them by their first names an even feel uncomfortable if they are called by the title “Mr.” or “Mrs.”

Dress is another area where American informality will be most noticeable, perhaps even shocking. One can go to a symphony performance, for example, in any large American city nowadays and find some people in the audience dressed in blue jeans and tieless, short-sleeved shirts.

Informality is also apparent in American’s greetings. The more formal “How are you?” has largely been replaced with an informal “Hi.” This is as likely to be used to one’s superior as to one’s best friend.

If you are a highly placed official in your own country, you will probably, at first, find such informality to be very unsettling, even disrespectful. Americans, on the other hand, would consider such informality as a compliment! Certainly it is not intended as a personal insult, and you should not take it as such.

11. Directness/Openness/Honesty:

Many other countries have developed subtle, sometimes highly ritualistic, ways of informing other people of unpleasant information. Americans, however, have always preferred the most direct approach possible. They are likely to be completely honest in delivering their negative evaluations, and to do so publicly. If you come from a society which uses the indirect manner of conveying bad news or uncomplimentary evaluations, you will be shocked at American bluntness.

If you come from a country where saving face is important, be assured that Americans are not trying to make you lose face with their directness. It is important to realize that an American would not, in such cases, lose face. The burden of adjustment, in all such cases while you are in this country, will be on you. There is no way to soften the blow of such directness and openness if you are not used to it, except to inform you that the rules have changed while you are here. Indeed, Americans are trying to urge their fellow countrymen to become even more open and direct. The large number of “assertiveness” training courses which first appeared in the Untied States in the late 1970s reflects such a commitment.

Americans consider anything other than the most direct and open approach to be “dishonest” and “insincere” and will quickly lose confidence in and distrust anyone who hints at what is intended rather than saying it outright. Anyone who, in the United States, chooses to use an intermediary to deliver the message will also be considered “manipulative” and “untrustworthy.”

12. Practicality/Efficiency:

Americans have a reputation for being an extremely realistic, practical and efficient people. The practical consideration is likely to be given highest priority in making any important decision in the United States. Americans pride themselves on not being very philosophically or theoretically oriented. If Americans would even admit to having a philosophy, it would probably be that of pragmatism.
Will it make any money? Will it “pay its own way?” What can I gain from this activity? These are the kinds of questions which Americans are likely to ask, in their practical pursuit, not such questions as: Is it aesthetically pleasing? Will it be enjoyable? Or, will it advance the cause of knowledge?

This practical, pragmatic orientation has caused Americans to contribute more inventions to the world than any other country in human history. The love of “practicality” has also caused Americans to view some professions more favorably than others. Management and economics, for example, are much more popular in the United States than philosophy or anthropology, and law and medicine are more valued than the arts.

Another way in which this favoring of the practical makes itself felt in the Unties States, is a belittling of “emotional” and “subjective” evaluations in favor or “rational” and “objective” assessments. Americans try to avoid being “too sentimental” in making their decisions. They judge every situation “on its own merits.” The popular American “trial-and-error” approach to problem-solving also reflects the practical approach. This problem-solving approach, actually invented in the United States, suggests listing several possible solutions to any given problem, then trying them out, one-by-one, to see which would be most effective.

13. Materialism/Acquisitiveness:

Foreigners generally consider Americans much more materialistic than Americans are likely to consider themselves. Americans would like to think that their material objects are just the “natural benefits” which always result from hard work and serious intent—a reward, they think, which all people could enjoy were they as industrious and hard-working as Americans.

But by any standard, Americans are materialistic. This means that they value and collect more material objects than most of the world’s people would ever dream possible to own. It also means they give a higher priority to obtaining, maintaining, and protecting their material objects than they do in developing and enjoying interpersonal relationships with people.

The modern middle class American household typically owns:

• one or more color television sets
• a tape recorder
• a videocassette recorder
• a compact disc player
• many compact discs
• a computer
• an electronic calculator
• an expensive camera
• a clothes-washer and dryer
• a vacuum cleaner
• a powered lawn mower (for cutting grass)
• a refrigerator
• a stove
• one or more automobiles
• electric dishwasher
• several telephones

Since Americans value newness and innovation, they sell or throw away their possessions frequently and replace them with newer ones. A car may be kept for only two or three years, a house for five or six before trading it in for another one.
COMPARISON

Now that we have discussed each of these 13 values separately, if all too briefly, let us look at them in list form (on the left) and then consider them paired with the counterpart values from a more traditional country (on the right):

<table>
<thead>
<tr>
<th>U.S. Values</th>
<th>Some Other Countries’ Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Control Over the Environment / Responsibility</td>
<td>Fate / Destiny</td>
</tr>
<tr>
<td>Change seen as Natural and Positive</td>
<td>Stability / Tradition / Continuity</td>
</tr>
<tr>
<td>Time and its Control</td>
<td>Human interaction</td>
</tr>
<tr>
<td>Equality / Fairness</td>
<td>Hierarchy / Rank / Status</td>
</tr>
<tr>
<td>Individualism / Independence</td>
<td>Group’s Welfare / Dependence</td>
</tr>
<tr>
<td>Self-Help / Initiative</td>
<td>Birthright Inheritance</td>
</tr>
<tr>
<td>Competition</td>
<td>Cooperation</td>
</tr>
<tr>
<td>Future Orientation</td>
<td>Past Orientation</td>
</tr>
<tr>
<td>Action / Work Orientation</td>
<td>“Being” Orientation</td>
</tr>
<tr>
<td>Informality</td>
<td>Formality</td>
</tr>
<tr>
<td>Directness / Openness / Honesty</td>
<td>Indirectness / Ritual / “Face”</td>
</tr>
<tr>
<td>Practicality / Efficiency</td>
<td>Idealism / Theory</td>
</tr>
<tr>
<td>Materialism / Acquisitiveness</td>
<td>Spiritualism / Detachment</td>
</tr>
</tbody>
</table>

Which list more nearly represents the values of your native country?

**Application:**

Before leaving this discussion of the values Americans live by, consider how knowledge of these values explains many things about Americans.

One can, for example, see America’s impressive record of scientific and technological achievement as a natural result of several of these 13 values:

First of all, it was necessary to believe (value #1) these things could be achieved, that Man does not have to simply sit and wait for Fate to bestow them or not bestow them, and that Man have control over his own environment (and his own destiny) if he is willing to take it. Other values which have contributed to this record of achievement include (#2) an expectation of positive results to come from change (and the acceptance of an ever-faster rate of change as “normal”); (#3) the necessity to schedule and plan one’s time; (#6) the self-help concept; (#7) competition; (#8) future orientation; (#9) action/work orientation; (#12) practicality; and (#13) materialism.

Another example was given by a recent Egyptian visitor who shared his amazement at a scene he witnessed while visiting the National Air and Space Museum in Washington, D.C. He saw a young American mother bending down to talk to and reason with what he guessed to be her four-year-old son, and he overheard her saying to him, “Tommy, if you buy that model airplane with your money now, then a little bit later, when your sister wants to stop and have a Coke, you are not going to have enough money left buy one.” He was amazed because he said "In my country, the mother would never have said a thing like that. In the first place, she wouldn’t have given the little boy “his own money” to manage. Instead, she would have bought it for him. Then later, when he wanted a Coke, she would have bought that for him too.”
He could see, having just read “The Values Americans Live By,” that in America it is very important for
this young mother to teach her son to be independent and to learn, as early as possible, to manage his
own money. He could also see that at least six of the 13 values on our list were involved in what he had
just witnessed: (#1) personal control over the environment/responsibility; (#5) individualism/independence;
(#6) self-help; (#8) future orientation; (#12) practicability; and (#13) materialism.

You can do the same sort of exercise as you consider other aspects of American society and analyze
them to see which of the 13 values described in is paper apply. By using this approach you will soon
begin to understand Americans and their actions--and even to predict what those actions will be. And as
you come to understand Americans, they will seem less “strange” than they did at first, when you were
judging them using the value system of your won country.

This excerpt was taken from Survival Kit for Overseas Living, written by L. Robert Kohls.

Culture Shock: Occupational Hazards of Overseas Living
By L. Robert Kohls

In preparing for your move to the United States, you probably attempted to mentally prepare yourself for
all possible crises. There is one dilemma that you may encounter that has no simple solution: Culture
Shock.

“Culture Shock” is the term used to describe the more pronounced reactions to the psychological disori-
entation most people experience when they move for an extended period of time into a culture different
from their own. It can cause intense discomfort, often accompanied by hyper-irritability, bitterness,
homesickness, resentment, and depression. For some people, the bout with culture shock is brief and
hardly noticeable. These are usually people whose personalities provide them with a natural immunity.
For most of us, however, culture shock is something we'll have to deal with over a period of at least sev-
eral months, possibly a year or more.

In a sense, culture shock is the occupational hazard of overseas living through which one has to be will-
ing to go in order to have the pleasure of experiencing other countries and cultures in depth. All of us
have known frustration at one time or another. Although related and similar in emotional content, culture
shock is different from frustration. Frustration is always traceable to a specific action of cause and goes
away when the situation is remedied or the cause is removed.

Some of the causes of frustration are:
• the ambiguity of a particular situation
• the actual situation not matching original expectations
• unrealistic goals
• not being able to see results
• because of the nature of the work
• because of the shortness of time of one's involvement

Frustration may be uncomfortable, but it is generally short-lived as compared to culture shock, which
has two quite distinctive features:
1. It does not result from a specific event or series of events. It comes instead from the experience of
   encountering two ways of doing, organizing, perceiving, or valuing things which are different from
   yours and which threaten your basic unconscious belief that your customs, assumptions, values and
   behaviors are "right".
2. It does not strike suddenly or have a single principal cause. Instead it is cumulative. It builds up
   slowly, from a series of small events that are difficult to identify.

Culture Shock comes from:
• Being cut-off from the cultural cues and known patterns with which you are familiar - especially the
subtle, indirect ways you have of expressing feelings. All the basic cultural norms that you understand instinctively and use to make your life comprehensible are suddenly changed.

- Living and/or working over an extended period of time in a situation that is ambiguous
- Having your own values (which you have always considered as absolutes) brought into question—which yanks your moral rug from under you
- Being continually put into positions in which you are expected to function with maximum skill and speed but where the rules have not been thoroughly explained

Regarding being cut-off from your own cultural cues, Kalver Oberg, the man who first diagnosed culture shock, says: “These signs and clues include the thousand and one ways in which we orient ourselves to the situations of daily life: when to shake hands and what to say when we meet people, when and how to give tips, and how to give orders to servants, how to make purchases, when to accept and refuse invitations, when to take statements seriously and when not….” These are just a few examples, but they show how pervasive is the disorientation out of which culture shock emerges.

**The Progressive Stages of Culture Shock:**

As indicated above, culture shock progresses slowly. One’s first reaction to different ways of doing things may be “How quaint!” When it becomes clear the differences are not simply quaint, an effort is frequently made to dismiss them by pointing out the fundamental sameness of human nature. After all, people are really basically the same under the skin, aren’t they?

Eventually, the focus shifts to the differences themselves, sometimes to such an extent that they seem to be overwhelming. The final stage comes when the differences are narrowed down to a few of the most troubling and then are blown up out of all proportion.

By now the sojourner is in an acute state of distress. The host culture has become the scapegoat for the natural difficulties inherent in the cross-cultural encounter. Culture shock has set in.

Here is a list of some of the symptoms that may be observed in relatively severe cases of culture shock:

- Homeliness
- Boredom
- Withdrawal (e.g. spending excessive amounts of time reading; only seeing others of one’s own culture, avoiding contact with host nationals)
- Need for excessive amounts of sleep
- Compulsive eating
- Compulsive drinking
- Irritability
- Exaggerated cleanliness
- Marital stress
- Family tension and conflict
- Chauvinistic tendencies
- Stereotyping of host nationals
- Hostility toward host nationals
- Loss of ability to work effectively
- Unexplainable fits of weeping
- Physical ailments (psychosomatic illnesses)

Not everyone will experience this severe a case of culture shock nor will the symptoms be observed. Many people ride through culture shock with some ease, only now and again experiencing the more serious reactions. But many others don’t. For them it is important to know: 1) that the above responses can occur, 2) that culture shock is in some degree inevitable, and 3) that their reactions are emotional and not easily subject to rational management. This knowledge should give you a better understanding of what is happening to you and buttress your resolve to work at hastening your recovery.
Before we examine what you can do to counteract culture shock, let's spend a few minutes finding where it fits into the whole overseas experience.

Some time ago, people began to recognize that there were distinct stages of personal adjustment which virtually everyone who lived abroad went through (no matter where they came from or what country they were living in).

These stages are:
1. Initial Euphoria
2. Irritability and hostility
3. Gradual adjustment
4. Adaptation and bi-culturalism

1. Initial Euphoria:
Most people begin their stay with great expectations and positive mind-set. If anything, they come with expectations that are too high and attitudes that are too positive toward the host country and toward their own prospective experiences in it. At this point, anything new is intriguing and exciting. But, for the most part, it is the similarities that stand out. The recent arrivee is usually impressed with how people everywhere are really very much alike. This period of euphoria may last from a week or two to a month, but the letdown is inevitable. You've reached the end of the first stage.

2. Irritation and Hostility:
Gradually, your focus turns from the similarities to the differences. And these differences, which suddenly seem to be everywhere, are troubling. You blow up little, seemingly insignificant difficulties into major catastrophes. This is the stage generally defined as "culture shock" and you may experience any of the symptoms listed on the pervious page.

3. Gradual Adjustment:
The crisis is over and you are on your way to recovery. This step may come so gradually that, at first, you will be unaware it's even happening. Once you begin to orient yourself and begin to be able to interpret some of the subtle cultural clues and cues that passed by unnoticed earlier, the culture seems more familiar. You become more comfortable in it and feel less isolated from it. Gradually, too, your sense of humor returns and you realize the situation is not hopeless after all.

4. Adaptation and Biculturalism:
Full recovery will result in an ability to function in two cultures with confidence. You will even find a great many customs, ways of doing and saying things, and personal attitudes that you enjoy—indeed, to which you have in some degree acculturated—and which you will definitely miss when you pack up and return home. In fact, you can expect to experience "reverse culture shock" upon your return to your home country. In some cases, particularly where a person has adjusted exceptionally well to the host country, reverse culture shock may cause greater distress than the original culture shock. The interesting thing about culture shock is that there is routinely not one but two low points and even more interestingly, they will accommodate themselves to the amount of time you intend to spend in the host country! That is, they will spread themselves out is you're going to stay for a longer period or contract if your stay is briefer. You can't say that's not accommodating!

How long will culture shock last? As we have suggested, that varies with the length of your stay. But it also depends to some extent on you and your resiliency. You can expect a let-up after the first dip, but be prepared for the second downturn that will probably be somewhat more severe. Stop a moment and consider what you can do on your own to combat the onset and alleviate the effects of culture shock. Once you recognize the problem and make an effort to find solutions, your stay in the host country will be that much more pleasant.

This excerpt was taken from chapter 18 of Survival Kit for Overseas Living, written by L. Roberts Kohls. It was edited by the Office of International Students and Scholars for the international students and scholars of Boston College.
Adjustment to Life at Boston College

**COPING SKILLS FOR CULTURAL ADJUSTMENT:**

- Be aware that cultural adjustment is necessary. Realize that it is natural to miss your family, friends, and home. Talk about these feelings with someone you feel comfortable with, or with someone who has experienced and overcome symptoms of culture shock.
- Find friends from your home country to talk with, but try not to spend all your time with fellow citizens and resist making jokes, stereotypes, and negative comments about Americans and the United States. Instead, focus on the positive aspects of the new culture.
- Find an American (perhaps an International Assistant) to be a "cultural informant" who will help you gain a proper perspective. Be curious. Do not be afraid to ask questions (American gladly welcome questions) and get honest feedback about your interpretation of American customs, values, and behaviors. Reach out. People will enjoy responding to your interest in understanding Americans.
- Stay busy. Get involved in activities. Do things which make you feel good. Seek out similarities between the old and new environment which will provide comfort and continuity such as hobbies, sports, movies, etc.
- Maintain your sense of humor. Be able to talk about your mistakes.
- Have a low goal/task orientation and keep realistic expectations to avoid disappointment. It will take you longer to accomplish tasks in a new culture, academic environment, and in a new language.
- Have an ability to accept failure. Those who study abroad are successful people in their own culture and are unused to being unsuccessful. When living in a new culture it is natural to experience difficulties and occasional failures.
- Have a tolerance for ambiguity and for differences. Remain open minded, flexible and adaptable. Try to suspend judgment until you have looked for the logical reasons behind the differences. Be objective and perceptive.
  - First, Describe what you see
  - Second, Interpret what you think about what you see
  - Third, Evaluate what you feel about what you see

Once you have interpreted things from both an objective and subjective point of view, it is helpful to seek out a "cultural informant" with whom you can discuss the conclusions you have reached.
- Keep your self-confidence. Believe you can do it and keep in mind the many strengths and advantages you will have when you succeed with your studies in the United States.

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**Your Roommate:**

Sharing a room can be a great and interesting experience. The rule of thumb is: treat your roommate as you want to be treated. Remember that your roommate is an individual and may have interests and values which differ from yours; just because you and he/she are different each other does not mean that one of you is the better person.

Here are some suggestions you may want to keep in mind when adjusting to your roommate:

BE FRIENDLY. No one likes to get the cold shoulder from the person she/he lives with. Chances are, your friendliness will be reciprocated.

BE UNDERSTANDING. Try to see the motives behind your roommate's actions and help out if you can. Roommates have a unique opportunity to help each other over the rough spots.

GIVE your roommate a little peace and quiet sometimes. Congenial conversation is nice, but it can become excessive. Everyone needs time and space alone.

DON'T USE YOUR ROOMMATE'S BELONGINGS as if they were yours. If there is something you would like to borrow, always ask.
DO YOUR PART to keep the room (and bathroom) clean. It's no fun for anyone to live in filth or to trip over dirty clothes on the floor.

RESPECT your roommate's sleeping and studying habits.

BE READY for a little healthy give and take. There will be times when neither you nor your roommate will be the ideal person with whom to live. Try to recognize each other's moods, and don't get upset over the little things.

TALK TO YOUR ROOMMATE about the important issues that are on your mind. If there is something that is bothering you, get it out in the open. Don't let it fester, but be tactful!!

Remember that your Resident Assistant (RA) is there to help if you and your roommate need a mediator or an objective party. The RA can suggest alternatives and perhaps help you to see the issue in another way.

American Values and the U.S. Educational System

The U.S. education system, not surprisingly, reflects basic American values. In order to succeed in a different academic environment, it is helpful to be aware of the often unspoken conventions and expectations of the American system to facilitate your success. If you have questions about anything mentioned, ask an IA, a faculty member, or the staff at the Office of International Students and Scholars.

I. Classroom Setting
- Attend class
- Informality – students and professors dress and act casually; often times students may talk or eat during class
- Participation is expected and encouraged – students should take initiative to ask questions, assert their opinions, and challenge professors when appropriate
- Visibility – sit near the front of class
- Variety of teaching techniques – professors don't just read lectures; they may use visual aids or experiential methods
- Ask professors about taping lectures if there are language problems.

II. Student-Professor Relationship
- Students introduce themselves to professors right away
- Professors have assigned Office Hours: because of large class sizes, student must take the initiative to make an appointment if he/she needs help or personal attention; important to keep the appointment and be punctual
- All students are treated equally
- Informal relationship – sometimes call professors by their first names; professors are usually accessible in and out of the classroom. They may even give out home numbers. Students should feel free to talk with professors about personal as well as academic issues
- Professors will acknowledge their own error or lack of information; this is not viewed negatively and does not diminish respect
- Teaching Assistants: usually graduate students who work alongside professors as discussion leaders, paper/exam graders and lecturers.

III. Student-Student Relationships
- Students are often competitive, individualistic, and will correct each other in class
- Students are expected to work cooperatively on group projects or in discussion groups
- Students must take initiative to approach American classmates for help; they will often be willing to share their notes or give out their phone numbers to other students. They can also approach Ameri-
can students to study or prepare for a class or an exam together.

- Cheating is a serious offense and not seen as simply “helping” another student.

IV. Assignments/Grading

- Knowledge is seen as cumulative, therefore it is important to study all semester
- Professors will hand out syllabi: which highlight expectations and course requirements
- Time management is critical; students will be assigned large amounts of work: they must learn to schedule study time, and skim materials; deadlines are important
- Grading is often based on a number and variety of factors including quizzes, mid-terms, finals, papers, oral presentations, take-home exams, attendance, and class participation
- Some professors grade on a "curve"
- Students can discuss (not negotiate) their grades with professors
- On tests and in papers students are not supposed to just memorize and regurgitate what the professor says; they are expected to analyze and synthesize materials, solve problems, assert their own judgment and ideas, and formulate original and critical thinking
- Plagiarism - there are rules about quotations and paraphrasing of other people’s work; be sure to cite sources.

V. Academic Resources

- Academic Advising Center
- Connors Family Learning Center (Tutoring)
- Libraries and computer facility
- Professors (During office hours or by appointment)
- Dean's office/Chairperson of Department
- Faculty Advisors (Found on your U-View Menu)
- University Counseling Services

GETTING STARTED

Social Security Number:

If you will be earning money in the U.S. and have authorization to work on or off campus, you will need to apply for a social security number in order to get paid. (The Boston College Identification that you will receive to process your student accounts is not the same as a social security number) As of October 13, 2004 all students must present a job offer letter in addition to the work permission letter from the Office of International Students and Scholars in order to obtain a social security number. Social security numbers will not be issued for other purposes to international students who have not secured employment. Please contact the OISS office for more information or visit the OISS website, www.bc.edu/oiss and click on Immigration Information and then click on Social Security Numbers and Income Tax.

Apartment Rental:

Although on-campus housing can be a great experience for thousands of students each year, some students will eventually seek other living arrangements. The search for a good apartment in Boston may take anywhere from 2-3 months. In August and September apartments go fast, so start your search early. The first place to go is the Off-Campus Housing Office (617-552-3075), www.bc.edu/housing, click on “Off-Campus Housing”. Located on the 2nd floor of 21 Campanella Way, Suite 220; they offer a comprehensive list of Boston College students who are looking for roommates. The list includes various prices and descriptions for both private and shared rooms in apartments and houses. Remember to bring your student ID.

There are many realtors throughout the area with a huge selection of apartments. Apartment listings can be found in newspapers and monthly apartment magazines that are free of charge. These publica-
tions can be found by the Boston College “T” stop in front of White Mountain (coffee and ice cream store) and the Reservoir “T” stop in Cleveland Circle near newspaper dispensing machines; they offer many interesting tips and facts about apartment rental and buying.

Utilizing the services of a realtor in a real estate agency is also possible. Keep in mind that realtors have a finder’s fee* that may run as much as a whole month’s rent. In addition to a finder’s fee, first and last month’s rent and/or a security deposit may be required. Security deposits are usually refunded with interest if the apartment has not been damaged.

[*Finder’s Fee: Commission paid to the realtor for renting an apartment. It ranges from half a month’s rent to one month’s rent; sometimes the landlord will agree to split or pay the full finder’s fee -- definitely inquire about this possibility.]

Before putting money down look very carefully throughout the entire apartment, noting the physical condition of each room and the appliances. If things need repair, notify the landlord or management company and agree upon terms of repair. Put necessary repairs and any maintenance agreements in writing. Add utility costs to the rent and any other expenses (i.e. monthly food bill, furnishings, car insurance/parking, etc.) that might be incurred in a month to get an idea of what it will actually cost to live in the new apartment. When living with roommates it is a good idea to put one utility bill under each roommate’s name. Keep in mind that any financial problems, such as late or unpaid rent and/or utility bills, can adversely affect credit ratings. Something to keep in mind is that many landlords/management companies require a lease “co-signer”, that is, the signature of someone who will be held responsible for payment on the apartment on the chance that you do not make this payment.

Local Realtors:
Bay Realty Group
879 Beacon St., Boston .................. 617-536-5500
Circle Reality
1348 Comm. Ave, Brighton............. 617-738-0300
Green Line Realty
1956 Beacon St., Brighton............. 617-731-5434
On-Line Realty
202 Harvard Ave., Allston .......... 617-731-5300
Preview Properties
1694 Comm. Ave., Brighton............. 617-731-0101
Chestnut Hill Realty
1223 Beacon Street, Brookline ....... 617-734-7300
BC’s Off-Campus Housing Page:
www.bc.edu/housing

Moving Truck Rentals:

Rental vans and trucks can be rented on a day to day basis for about $20-$100 a day depending on size and availability. Rates are constantly changing and several different packages exist, so be sure to call ahead and request information. Trucks/vans go quickly at certain times of the year, especially in the beginning of September and mid-May, so plan ahead.

U-Haul
240 N. Beacon St., Brighton.............617-782-0355
**Banking:**

Banks offer a convenient way to keep and manage your money. Banks offer checking accounts, savings accounts, credit cards, along with many other kinds of services. At most banks, you can get a checking account for free, as long as you follow certain requirements.

Checking accounts let you hold money in a secure location, but still have access to it all the time through ATMs, writing checks, check cards, and online banking. Bank of America offers a free (for five years) student checking account, with a free check card (or debit card). This card acts similar to a credit card, except when you charge items to it, the money is taken directly out of your checking account.

Savings accounts help you to put money away for some later date. You still have access to the money by making withdrawals, but most accounts have a service fee unless you keep a certain amount of money in the account. These accounts also have a small interest rate. If you are interested in a savings account, check out www.ingdirect.com, an online bank that offers no fee accounts with high interest rates.

You will have to decide what you are looking for in a bank. Are you looking for ATMs that are close by? Or are you more interested in finding a savings account with a high interest rate? Most students at Boston College have Bank of America accounts because they have ATMs on campus.

When opening an account in person, most banks require two forms of identification such as a passport and a school identification card. Look for bank representatives on campus the first two weeks of the semester. They will have booths set up on various locations at Boston College including the lobby in McElroy.

**How to write an American check:**

<p>| | | | | | |</p>
<table>
<thead>
<tr>
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<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Account Title</td>
<td>Jane Laura Smith</td>
<td>(10) 108</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>123 Doe Lane</td>
<td>Chestnut Hill, MA 02467</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(9) Date 8/24/06</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Payee</td>
<td>Pay to the Order of John Smith</td>
<td>$ 35.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(3)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Face Amount</td>
<td>Thirty-five dollars and xx/100 00 DOLLARS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(4)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Bank of America</td>
<td>Premier Banking</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(5) Memo September’s Rent</td>
<td>Jane Laura Smith</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(8)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>MICR</td>
<td>012345678</td>
<td>912345678912</td>
<td>108</td>
<td></td>
</tr>
</tbody>
</table>

(1) **Account Title**: The name of the person to whom the account belongs.
(2) **Payee**: The person or company to whom the check is made payable.
(3) **Face Amount**: The face amount is a numerical expression of the check’s worth. It is written on the line next to the payee and immediately following the "$" (e.g.- $110.50).
(4) **Body Amount**: The body amount is the written expression of the check amount and is written on the blank line underneath the payee (e.g.- One hundred and ten dollars and 50/100).
(5) **Memo**: This is where the person writing the check may leave a note for him/herself, such as their account number if they are making a credit card payment.
(6) **MICR**: Numerals on the bottom of the check that a computer reads and sorts.
(7) **Account Number**: Most checks have your specific account number.
(8) **Maker's Signature**- Authorized signer (you) on the account.
(9) **Date**- All checks must include the date on which they were written.
(10) **Check Number**- Identifies the check for your records.

**Local Banks:**

**Bank of America** (Many students use)

- [www.bankofamerica.com](http://www.bankofamerica.com)
- 1-800-841-4000

<table>
<thead>
<tr>
<th>Branch Location</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newton, MA 02467</td>
<td>199 Boylston Street</td>
<td>Mon - Sat: 10 - 8, Sun: Closed</td>
</tr>
</tbody>
</table>

Bank of America ATMs are located on the 1st floor of McElroy, outside of Walsh Hall, in Corcoran Commons (Lower Dining Hall), and in Stuart Hall on the Newton Campus

**Citizens Bank**

- [www.citizensbank.com](http://www.citizensbank.com)
- 2000 Beacon Street, Brighton, MA 02135, (617) 264-4377

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brightton, MA 02135</td>
<td>Mon - Wed: 9AM-4PM, Thurs - Fri: 9AM-5PM, Sat: 9AM-1PM</td>
</tr>
</tbody>
</table>

**Sovereign Bank**

- [www.sovereignbank.com](http://www.sovereignbank.com)
- 780 Beacon Street, Newton MA 02459, (617) 558-1252

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newton MA 02459</td>
<td>Mon - Wed: 8:30AM - 5PM, Thurs - Fri: 8:30AM - 6PM, Sat: 9AM - 12PM, Sun: Closed</td>
</tr>
</tbody>
</table>

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**Phone Services:**

If you live on-campus, Boston College has provided you with a local phone number. You can make local calls with this number, but there is no long distance service with it. You must dial 9 to get an outside extension when making a local call. If you are living off-campus, local telephone service is operated exclusively by Verizon. If you want long-distance service on your land line phone number, you are responsible for choosing a long distance company - long distance service packages vary and most companies offer special promotions for students.

The area code for the greater Boston area is 617 or 781. Any area code that differs from these is considered a long distance call. You must dial 1 plus the area code and seven digit number to make a long distance call. Phone numbers with 800 as their area code are free of charge and operate as local codes. Sometimes you must dial the area code plus the seven-digit number for a local call (without the 1 for local).

**Local Company**

- Verizon ........................................................................................................... 1-800-980-9999

**Long Distance Companies**

- AT&T ........................................................................................................... 1-800-222-0300
- Sprint ........................................................................................................... 1-800-767-7759
- Vonage ........................................................................................................ 1-800-705-7092
If you….
Dial 0--Local operators provide assistance with technical problems, connections to international operators and the correct time.
Dial 411--Local information assistance provides local, residential and/or business phone numbers and addresses. Two requests are allowed per call. Information (411) also provides area codes outside of the local area. You may use this service approximately 10 times per month at no charge. Boston College only recently allowed on-campus students to use 411 but if you run into problems consult a phone book or call from a pay phone—it’s free!
Dial 1-(area code)-555-1212--This information number connects to local information in the specified United States area code. (There will be a charge for this service if you use a long-distance area code)
Dial 1-(800)-555-1212--This information number provides toll free (800) numbers.

Cell Phones:
Many Boston College students have cell phones and don’t use their BC phone number. There are many different plans and options if you are interested in a cell phone. Cell phone companies have many different options, there are two year contracts, or pay as you go plans. You may even be able to use your cell phone from home. You will have to determine if having a cell phone is something you want to invest in. A few of the companies that get pretty good service on campus are, AT&T, Verizon Wireless, T-Mobile and Sprint. Before you go to the store, check out the offers on their websites.

<table>
<thead>
<tr>
<th></th>
<th>AT&amp;T</th>
<th>Verizon Wireless</th>
<th>T-Mobile</th>
<th>Sprint</th>
</tr>
</thead>
<tbody>
<tr>
<td>1220 Boylston Street</td>
<td>(617) 738-6665 Mon - Tue: 8AM - 6PM Wed - Fri: 9AM - 8PM Sat: 9AM - 6PM Sun: 12PM - 5PM</td>
<td>283 Harvard St Coolidge Corner Brookline, MA 02446 (617) 278-3920 Mon - Sat: 9AM- 9PM Sun: 11AM- 6PM</td>
<td>1310 Beacon St. Brookline, MA 02446 (617) 277-3036 Mon- Sat: 10AM- 8PM Sun: 11AM to 6PM</td>
<td>301 Harvard Street Brookline, MA 02446 (617) 277-0600 Mon- Sat: 10AM- 9PM Sun: 12PM- 6PM</td>
</tr>
</tbody>
</table>

Utilities:
Apartment buildings are usually equipped with either gas or electric heat. Gas heat is cheaper than electric heat. Your best bet is an apartment whose ‘heat and hot water’ cost is included in the overall renting rate, which saves you the hassle of keeping track of another bill and usually saves you money. Utility companies offer and encourage free efficiency checks in order to recommend energy saving tips to residents and landlords. Water and sewer charges are rarely billed to individual apartments. Most students never have to deal with water and sewer bills. The Boston Water and Sewer number is listed below should any questions or problems arise.

<table>
<thead>
<tr>
<th></th>
<th>Nstar (electric) General Information, Emergency and Gas...1-800-592-2000</th>
<th>Keyspan Energy...1-800-233-5325</th>
<th>Boston Water &amp; Sewer...617-989-7000</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Gas Leaks (Emergency)..................................................1-800-572-9337</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gas Leaks ........................................................................1-800-233-5325</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Police and Fire:**

**In an Emergency, call 911**  
Anonymous crime information can be reported through 1-800-494-TIPS and 617-427-3463.  
The following are non-emergency information numbers of area police and fire headquarters.

<table>
<thead>
<tr>
<th></th>
<th>POLICE</th>
<th>FIRE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boston</strong></td>
<td>617-343-4200</td>
<td>617-343-3415</td>
</tr>
<tr>
<td><strong>Brookline</strong></td>
<td>617-730-2222</td>
<td>617-730-2263</td>
</tr>
<tr>
<td><strong>Mass State Police</strong></td>
<td>617-523-1212 (emergency)</td>
<td>617-727-7775</td>
</tr>
<tr>
<td><strong>Brighton</strong></td>
<td>617-343-4260</td>
<td></td>
</tr>
<tr>
<td><strong>Newton</strong></td>
<td>617-796-1000</td>
<td>617-796-1000</td>
</tr>
</tbody>
</table>

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**Health and Safety:**

**On-Campus:**  
Campus Police Emergency ......................... 552-4444  
Campus Police Non-Emergency ...................... 552-4440  
Eagle Escort Service .............................. 552-8888  
University Counseling Services .................... 552-3310  
Cushing Infirmary ................................. 552-3225  

BC students, regardless if living on or off campus, are welcome to use the on-campus health and safety services. If you would like to be registered with the BC Health Clinic to receive medical insurance, pass by Cushing Hall 117 or contact Nancy Baker in the Health Clinic at 552-3225.

**OFF-CAMPUS**  
Emergency ........................................... 911

**Hospitals:**  
Beth Israel  
330 Brookline Ave., Boston........... 617-667-7000  
Brigham and Women’s Hospital  
75 Francis St., Boston............... 617-732-5500  
Massachusetts General Hospital  
55 Fruit St., Boston............... 617-726-2000  
Newton-Wellesley Hospital  
2014 Washington St., Newton...... 617-243-6566  
St. Elizabeth’s Medical Center  
736 Cambridge, St., Brighton...... 617-789-2308

**Dentists:**  
Chestnut Hill Dental  
631-A VFW Parkway, Chestnut Hill..... 617-327-3500  
Watkin Osorio Dental Associates  
60 Federal St., Boston............... 617-423-6165
**Cable Television:**

The initial one-time charge for cable hook-up is about $25. Depending on the service ordered, monthly charges can range from approximately $25 to $65. Look for promotional packages and discounts.

Comcast..................................................................................................................617-787-8888
www.comcast.com
RCN..................................................................................................................1-877-746-4726
www.rcn.com/cabletv/

**Postal Service:**

The post office provides many useful resources beyond pick up and delivery. Stamps, post office boxes, money orders, passport applications, packaging tools, voter information, change of address forms, selective service registration forms and all sorts of public and government information are available at the post office. Boston College has an on-campus post office located in McElroy on the 2nd floor. This is also where the mailboxes for on-campus residents are located. If you are living on Newton, don’t fear—a post office exists for you too in the Stuart building on the first floor next to the dining hall. This is also where your mailboxes are located. You must present your student ID to the postman/woman to receive your mailbox number and combination to access your mail. If you are living off-campus, call Consumer Affairs to find your local post office. They will also help with delivery problems.
Website: www.usps.gov
Telephone: 1-800-275-8777

**Private-Sector Delivery:**

Airborne Express (www.dhl.usa.com)........................................................................1-800-247-2676
DHL (www.dhl.com)..........................................................................................1-800-225-5345
Federal Express (www.fedex.com/us).......................................................................1-800-238-5355
United Postal Service (UPS) (www.ups.com).......................................................1-800-742-5877

**Shipping and Packing:**

Mail Boxes Etc. (www.mbe.com)
258 Harvard St., Brookline...............................................................................617-730-8300
831 Beacon St., Newton Center ........................................................................617-244-0908

The UPS Store:
2193 Comm. Ave., Brighton..............................................................................617-254-3232
675 VFW PKWY ................................................................................................617-325-1090
Travel

**Hostels:**

Hostels are a great resource for the bargain traveler or as a provider for inexpensive temporary accommodations. The rate runs from $10-60 a night depending on the season and availability. Some do have curfews after which you will be “locked-out” from your room. Hostel accommodations are like that of a dorm hall: 1-6 beds are found in each room (depending on establishment) and, more likely than not, a common bath on the floor is shared. Many of the rooms are coed.

Hostelling International-American Youth Hostel  
12 Hemenway, Boston...............617-536-9455  
$35 Week Nights; $38 Weekends. No Curfew. 6 beds/room.

The Greater Boston YMCA  
316 Huntington Ave  
Boston, MA....................617-536-7800  
$46/Night – Single, Common Bath / $66/Night – Double, Common Bath  
No Curfew

**Hotels:**

All hotels chosen for this section were chosen due to their “T” accessible locations (close to BC’s campus) and low cost. If you are looking for a more luxurious hotel in Boston, please ask your IA or pick up a phone book.

Hotel Reservation Network  
Hotel Reservation Network.......1-800-715-7666  
www.hoteldiscount.com  
Best Western Terrace Inn  
1650 Comm. Ave....................617-566-6260

Anthony’s Townhouse  
1085 Beacon St., Brookline.....617-566-3972  
Holiday Inn  
1200 Beacon, Brookline.........617-277-1200

**Bed & Breakfast:**

Oftentimes less expensive than a hotel, a Bed & Breakfast offers a private, comfortable nights rest with a guaranteed tasty and home-cooked meal in the morning.

The Bed and Breakfast Agency of Boston www.boston-bnbagency.com  
47 Commercial Wharf, Boston ......617-720-3540  
1-800-248-9262

**Logan International Airport:**

Logan Airport Travel Information..............................................................1-800-23-LOGAN

**Getting to the airport via the “T” (subway)**--Board the closest green line to you. The B line is located on Comm. Ave. at Lower Campus and the C line and the D line are located in Cleveland Circle, for $2 cash or $1.70 with a CharlieCard, accessible by a 10 min. walk or the free Boston College Comm. Ave.
shuttle bus. Tip: the D line is substantially faster than the B line. You head inbound until you reach the Government Center stop at which point you transfer to the Blue line and get on the “Wonderland” train (outbound) and get off at the Airport stop. Upon exiting the “T” station, board the #22 or #33 free airport shuttle bus according to the airline you are flying. Tip: When you exit the station, on your left there will be a chart on the wall that tells you what terminal your airline is in and which bus you should ride.

Leaving the airport via the “T”—Same process in reverse. Take the #22 or #33 bus (depending on what terminal you are in) which will drop you off at the Airport “T” stop. Take the inbound Blue line towards Bowdoin and transfer to the Green line at the Government Center stop. At this point take your green line of choice (except E) and you are home. If you take the C or D, you may walk down to the outbound B line and catch the free ride back or wait at the Reservoir or the Fleet Bank stops for the BC shuttle bus.

Shuttle Buses—The following shuttle buses are free:

- #11 - transport between all terminals except Airport “T” Station
- #22 - transport between terminals A, B and Airport “T” Station
- #33 - transport between terminals C, E and Airport “T” Station
- #55 - transport between all terminals and Airport “T” Station, early morning/late evening service
- #66 - transport between all terminals and Water Shuttle

*The “T” is really a cheap way to get to airport but it will cost you time—approximately: B line - 1hr 15-25min.; C line - 1hr 10min; D line - 45min.

OTHER OPTIONS

Taxicab: To take a taxi home wait at the designated Taxi area in front of each terminal and an MBTA staff member will direct you to an available taxi. The cost can be anywhere from $27-$45 dollars. (Depending on if they want to give you the scenic tour of Boston on the way home!) Boston cabs are reasonably priced especially when the fare is shared. Most taxis allow four passengers to a cab. Under normal conditions, allow 5-15 minutes for a cab to arrive. During rush hour or bad weather, delays of up to an hour may be experienced. When ordering a cab, be sure to inquire about its arrival time. Always get the cab number in case of any problems; this will make reporting the incident much easier. To report taxi service problems, call the Boston Police Department’s Hackney Hotline at 536-TAXI (8294).

Bay State Taxi..............617-566-5000
Veterans Taxi ..............617-527-0300
Red Cab ..................617-734-5000
Town Taxi .................617-536-5000
Newton Yellow Cab ......617-332-7700

Railways:

Amtrak trains can be boarded at South Station (Red Line) and Back Bay Station (Orange Line). Call for schedules and rates to anywhere in the nation......................1-800-872-7245

Bus Lines:

Bonanza..........................................................1-888-751-8800
Areas of Service: Cape Cod, Fall River, Foxboro, New Bedford, Western MA, New York City, CT, VT, RI
Greyhound..........................................................1-800-231-2222
Peter Pan..........................................................1-800-343-9999
Areas of Service: Newton, Worcester, Western MA, New York City, CT, Philadelphia, Baltimore, Washington DC
C & J Trailways..........................1-800-258-7111
Areas of Service: Coastal NH
Concord Trailways..........................1-800-639-3317
Areas of Service: NH, Maine, Nashua, Manchester
Areas of Service: Cape Cod, South Shore Area, Southeastern MA, Logan Airport

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Car Travel:

Driving in and out of Boston is fairly quick and simple except during rush hours. Rush hours tend to delay traffic flows in and around Boston Monday-Friday, 7am-9am and 4pm-7pm. Listen to traffic reports on almost any radio station to find out where the delays are and how to avoid them. If possible, schedule car travel around the rush hours.

- Smart Traveler (road and travel updates)............617-374-1234
- Local Time & Temperature ............................617-637-1234
- Travelers Aid Society .................................617-542-7286
- Road Conditions ......................................1-800-828-9104
- Local Weather ..........................................617-936-1234

Or visit: www.weather.com

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Car Rentals:

Renting a car can be an affordable way to travel especially when taking a group trip. Call rental companies to check their current policies on age requirements. Most companies require the person renting and driving the vehicle to be at least 25 years of age with a major credit card. For an additional charge, some companies will rent to people 21-24 years of age and some even to 18 years of age and up. A valid driver’s license (the actual license in hand) must be presented in order to rent. Check out: www.rentalcars.com

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Zip Car:

Zipcar offers members affordable 24-hour access to private vehicles for short-term round-trip use as an efficient way of complementing other modes of transportation. We are not a car rental company, because only Members, reserving vehicles under the terms of a Membership Contract, can use our cars. Visit www.zipcar.com for more information.

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Massachusetts Driver’s License and/or ID card:

Whether you want one for easy use around town or to rent a car this is your best bet. Call ahead 617-351-4500 or visit the website WWW.STATE.MA.US/RMV for information on appropriate paperwork and necessary identification that may be needed for a visit to the RMV.

Note: Non-US citizens who do not have a Social Security Number and who are not eligible for a SSN under current federal regulations or policies, may still be issued a learner’s permit, driver’s license or ID card. If you are not eligible you should go to the Social Security Office and ask for a letter of denial to take to RMV. For more information please see the RMV website:

Though there are many locations offering different services, one close to Boston College is at 550 Arsenal Street in the Watertown Mall. The Boston location, accessible by the “T” at the “Chinatown” (Orange Line) stop, is at 630 Washington Street. Visit the website for more information.

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Driving Regulations:

The speed limit in Massachusetts is 55mph (88km) on most highways with the exception of some sections of the Mass. Turnpike (I-90) and Rte. 128 where the speed limit in 65mph (104km). Unless otherwise indicated. A right turn at a red light is allowed after coming to a complete stop.

Drinking and driving is illegal and the Massachusetts laws are strictly enforced. Having open drinks in a car is also illegal. State law also requires that all passengers wear seat belts.
Parking:

On-Campus:
All Freshmen and Sophomores are not allowed to have cars on campus due to limited space on campus, unless they are physically handicapped. (Special permission must be obtained) Resident Juniors and Seniors who require a car to fulfill courses required for graduation, e.g., nursing or teaching field placements are eligible for parking permits however, the selection is made by the school/college/department and is not available to all eligible students. Applications can be downloaded and are available in the Student Services Office on the first floor of Lyons Hall. Though some commuter permits are available (for daytime parking only), severe parking shortages prohibit any off-campus student who can reach campus by public transportation from receiving a commuter permit. Because parking rules and regulations at BC are quite complicated, please refer to www.bc.edu/parking

Parking Information.....................617-552-0151 (note: for general questions, they will refer you to the above website)

Off-Campus:
This can be very tricky. Many apartment complexes offer parking behind their buildings for their tenants. The cost might be anywhere from $60-$145 depending upon your landlord. The Gulf Gasoline Station at 1650 Comm. Ave. offers parking for $125-150 a month. Private homes or other college students with empty driveway space in their homes will offer parking as well. Call the Off-Campus Housing office at 552-3075. Street parking is generally restricted to those with resident parking permits – call 617-635-4682 to inquire about receiving one. Be very careful when parking on the street – do not block fire hydrants, driveways, or yellow curbs and, if it is metered parking, make sure to put enough money in the meter.

In Boston:
Parking in the city means getting an occasional ticket. After receiving a ticket, you have 20 days to either pay or dispute the parking ticket. (The ticket itself will have more information printed on it) Six unpaid parking tickets will subject your car to getting towed or booted (a restraint fastened to the wheel that immobilizes the car).

Boston Transportation Department (BTD) Information.…617-635-4680

Towing.....................................................617-.343-4570
Stolen Vehicles .................................617-343-4535
Parking Violations .........................617-635-4410
Enforcement (Tickets)......................617-635-3125
Parking Violations - Pay By Phone .....617-635-3888
Residential Parking Permits..............617-635-4682

Taxes and Tipping:

In the United States, each state has its own sales tax on certain goods and services. Massachusetts has a 5% sales tax on most purchases, however articles of clothing costing less than $175 and groceries are not taxed.

Tipping (15%) is customary for a variety of services such as waiters/waitresses, cab drivers, and food delivery. 15% is given even if you were not content with your service. If your service was good, you generally tip above 15% but at no time is it proper to tip below 15%. It is considered impolite, rude and ignorant.

In Massachusetts, waiters/waitresses make approximately $2.30/hour (when the minimum wage is approximately $7.50/hr.) and are not paid for overtime so their entire source of income is derived from customers’ (your) tips.
## Conversions:

### WOMEN'S SHOE SIZES

<table>
<thead>
<tr>
<th></th>
<th>USA</th>
<th>4</th>
<th>5</th>
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### WOMEN'S CLOTHING

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<td>42</td>
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<tr>
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### MEN'S SHOE SIZES

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<td>9.5/10</td>
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### Units of Liquid Measure

<table>
<thead>
<tr>
<th>Measure</th>
<th>Fluid ounce (fl. oz.)</th>
<th>Pint (pt.)</th>
<th>Quart</th>
<th>Gallon</th>
</tr>
</thead>
<tbody>
<tr>
<td>U.S. Equivalents</td>
<td>8 fluid drams</td>
<td>16 fluid ounces</td>
<td>2 pints</td>
<td>4 quarts</td>
</tr>
<tr>
<td>Metric Equivalents</td>
<td>29.573 milliliters</td>
<td>0.473 liter</td>
<td>0.946 liter</td>
<td>3.785 liters</td>
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</tbody>
</table>

### Units of Length Measure

<table>
<thead>
<tr>
<th>Measure</th>
<th>Inch (in.)</th>
<th>Foot (ft.)</th>
<th>Yard (yd.)</th>
<th>Rod (rd.)</th>
<th>Mile (mi.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>U.S. Equivalents</td>
<td>0.083 feet</td>
<td>12 inches</td>
<td>3 ft; 36 in.</td>
<td>5.5yds; 16.5 ft.</td>
<td>1760 yds.; 5280 ft.</td>
</tr>
<tr>
<td>Metric Equivalents</td>
<td>2.54 centimeters</td>
<td>0.3048 meter</td>
<td>0.9144 meter</td>
<td>5.029 meters</td>
<td>1.609 kilometers</td>
</tr>
</tbody>
</table>

### U.S. Units of Weight Measure

<table>
<thead>
<tr>
<th>Measure</th>
<th>Grain</th>
<th>Dram</th>
<th>Ounce</th>
<th>Pound/Kilogram</th>
<th>Ton</th>
</tr>
</thead>
<tbody>
<tr>
<td>U.S. Equivalents</td>
<td>0.036 dram</td>
<td>27.344 grains</td>
<td>16 drams</td>
<td>16 ounces/ 2.205lbs</td>
<td>20000 pounds</td>
</tr>
<tr>
<td>Metric Equivalents</td>
<td>0.0648 grams</td>
<td>1.772 grams</td>
<td>28.350 grams</td>
<td>453.59237 grams/ 1kg.</td>
<td>0.907 metric ton</td>
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### Time Zones

<table>
<thead>
<tr>
<th>Time Zones</th>
<th>Hours Difference from Boston</th>
<th>Time Zones</th>
<th>Hours Difference from Boston</th>
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<tbody>
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<td>-1</td>
<td>Moscow</td>
<td>+8</td>
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<tr>
<td>Athens</td>
<td>+7</td>
<td>Paris</td>
<td>+6</td>
</tr>
<tr>
<td>Buenos Aires</td>
<td>+2</td>
<td>Rio De Janeiro</td>
<td>+2</td>
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<tr>
<td>Cairo</td>
<td>+7</td>
<td>Rome</td>
<td>+6</td>
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<tr>
<td>Geneva</td>
<td>+6</td>
<td>San Francisco</td>
<td>-3</td>
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<tr>
<td>Hong Kong</td>
<td>+13</td>
<td>Sydney</td>
<td>+15</td>
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<tr>
<td>Honolulu</td>
<td>-5</td>
<td>Tokyo</td>
<td>+14</td>
</tr>
<tr>
<td>Johannesburg</td>
<td>+7</td>
<td>Vancouver</td>
<td>-3</td>
</tr>
<tr>
<td>London</td>
<td>+5</td>
<td>Vienna</td>
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</tr>
<tr>
<td>Madrid</td>
<td>+6</td>
<td>Wellington</td>
<td>+17</td>
</tr>
<tr>
<td>Manila</td>
<td>+13</td>
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</tr>
</tbody>
</table>

### Climate:

Mark Twain once said, “One of the brightest gems in the New England weather is the dazzling uncertainty of it. There is only one certain thing about it. You are certain to have plenty of it.” You will also hear the common phrase “If you don’t like the weather, wait a minute”. The weather is unpredictable and constantly changing in New England. There are four seasons in the northeast region of the United States, Winter, Spring, Summer and Fall. During the winter it can be very cold with temperatures often below freezing (32°F)*. Spring is the season flowers begin to bloom and the temperature is milder. Summers can be very hot and humid, with temperatures often above 80°F. Fall is pleasant and the scenery is beautiful; New England is known for its colorful foliage.

*1°C = 5/9 x (°F-32)  
(use this equation to figure out Celsius equivalent of Fahrenheit)

### General Boston

**Food:**  
These are chain stores that carry a wide selection of goods and brands. The addresses listed here are those closest to campus and those convenient for off-campus students. For international food stores and markets, see the Yellow Pages under “Market” or “Supermarkets.”

- **Shaws Market**  
  617-783-5878  
  1065 Commonwealth Ave, Boston, MA  
  Located on the “B” line

- **Whole Foods**  
  617-738-8187  
  15 Washington Street, Brighton

- **Stop and Shop**  
  617-566-4559  
  155 Harvard Street, Bookline

**Areas Where Fresh and Ethnic Foods are Available:**  
Looking for international food/spices? Check out …  
www.yahoo.com → yellow pages → specialty foods
Spices:

Shalimar India Food & Spices
571 Mass. Ave., Boston, MA 02116
617-868-8311

Bazaar International Gourmet
1432 Beacon St, Brookline, MA
617-739-8450

Berezka International Food
1215 Commonwealth Ave, Allston, MA
617-787-2837

Cardullo’s Gourmet Shoppe
6 Brattle St, Cambridge, MA
617-491-8888

Oriental Goods and Food Products:

Asia Foods
18-20 Oxford Street, Boston, MA 02111
617-426-2266

Mirim Market
152 Harvard Avenue, Boston, MA 02134
617-783-2626

Markets:

Haymarket Pushcart Association
61 Salem Street, Boston, MA 02113
617-742-5109

Trader Joe’s
1309 Beacon Street, Brookline, MA 02446
617-278-9997
899 Boylston Street, Boston, MA 02115
617-262-6505

Other:

88 Supermarket (specializes in Asian goods)
50 Herald Street, Boston, MA 02118
617-423-1688
1 Brighton Avenue, Allston, MA 02134
617-787-2288

Chinatown:
In addition to its many restaurants, this area of Boston boasts a variety of small markets that sell all sorts of Eastern specialties, from spices to seafood. Kneeland Street; Area – Downtown Boston.

Haymarket:
Every Saturday, vendors set up stalls to sell fresh produce, meat, and fish. The prices are good at this open-air market, so it gets crowded during the day. Early morning is the most peaceful time to shop, but late afternoon is when you will find the best bargains. If you love to bargain, this is the place for you! Take the “T” to Haymarket (Orange Line).
**Hair Salons:**

- **Antonio Agostino Studio for Hair**
  464 Comm. Ave. #11, Boston
  617-262-2029

- **City Hair**
  333 Mass. Ave., Boston
  617-859-0443

- **Diego**
  143 Newbury St., Boston
  617-262-5003

- **Dellaria**
  623 Comm. Ave., Boston
  617-262-8750

- **Unique**
  363 Washington St., Brighton
  617-254-9782

- **SuperCuts**
  1083 Comm. Ave., Boston
  617-782-5290

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**Old Fashioned Barber Shops:**

- **Princeton Barber Shop**
  1215-A Comm. Ave., Allston
  617-254-9327

- **University Barber Shop**
  728 A Comm. Ave., Boston
  617-247-2789

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**Bookstores:**

- **Barnes & Noble**
  A large-scale national chain bookstore with a selection of books on almost every subject.

  - **Boston:**
    - Kenmore Square
      Under Citgo sign
      660 Beacon Street
      617-267-8484
    
    - **Brookline:**
      325 Harvard St.
      617-232-0594

  - **Schoenhof’s Foreign Books**
    Has a large selection of books
    76 A Mt. Auburn, Cambridge
    617-547-8855

  - **Brookline Booksmith**
    Coolidge Corner
    279 Harvard St.
    617-566-6660

  - **Borders Books and Music**
    Another large-scale national chain with an equally large selection of literature and music.

  - **Boston:**
    10-24 School St.
    617-557-7188

  - **Chestnut Hill:**
    300 Boylston St. (in the Atrium Mall)
    617-630-1120

  - **Raven Used Books**
    Specializes in used Scholarly Books
    Harvard Square
    52-3 JFK Street
    617-441-6999

  - **Brattle Book Shop**
    One of the oldest bookstores. It buys back used books.
    9 West St. Boston
    617-542-0210

  - **Trident Booksellers and Café**
    Off beat books and magazines with a small café.
    338 Newbury St.
    617-267-8688

  - **Diskovery Bookstore**
    Great used books
    657 Washington St., Brighton
    617-787-2640
**Furniture:**

Inexpensive furniture can be divided into two categories: “unfinished” and “used”. Unfinished is new wooden furniture that has not been varnished, stained or painted (you may use it as it is or finish it yourself after you buy it). It is usually quite simple to do. Used furniture can range from very cheap and horribly battered pieces to very expensive antiques. With common sense and a little luck, you can buy sturdy furniture somewhere in the middle of these two extremes. Check the yellow pages for more complete listings. We have listed several stores with which you can start. If you have access to a car, you may also want to look for “estate sales” in the Sunday edition of the Boston Globe, where you will find phenomenal deals, in addition to a little adventure! Also during the last week of August when peoples’ leases are ending, check along Commonwealth Avenue and Beacon Street; people usually leave good items by the roadside because they can’t take them home.

**Unfinished Furniture:**
These stores offer discount prices on desks, dressers, chairs, tables, mattresses, bookcases, and etc.

- **Bookcase Factory Outlet**
  157 Galen Street., Watertown
  617-924-7665

- **Bostonwood Dot Com**
  1117 Comm. Ave., Brighton
  617-783-0274
  www.bostonwood.com

- **Hadassah Bargain Spot**
  A thrift store with clothes, sundries, paperback books and some furniture. If you’re willing to do some digging and bargaining, this could be the place.
  1123 Comm. Ave., Brighton
  617-254-8300

**See also:** Craigslist at http://boston.craigslist.org/

**Yellow Pages** under “Furniture-Used”

**Furniture Rentals:**
Renting furniture is an option for those who do not want to buy furniture. The firm listed below has a good reputation. See the Yellow Pages for a complete listing of furniture rental companies.

- **Putnam Furniture Leasing Co.**
  564 Mass. Ave., Cambridge
  617-354-1742
  98 Boylston Street, Boston
  617-542-8383

**Appliances, Bathroom and Kitchen Supplies:**

- **Target:**
  Watertown Mall
  550Arsenal St., Watertown
  617-924-6574

- **Bed, Bath and Beyond:**
  Fenway T stop on the D Line
  401 Park Dr., Boston
  617-536-1090

- **Home Depot:**
  1213 VFW Pkwy, W. Roxbury
  617-327-5000
  615 Arsenal Street, Watertown
  617-926-0299
  5 Allstate Road, Dorchester
  617-442-6110
Restaurants:

The listings of Boston restaurants are endless! We highly recommend that you visit these web sites:
http://boston.citysearch.com
www.boston.com
www.bostonsource.com
These sites list anything and everything you would want to know about Boston and its surrounding areas. They also catalogue restaurants by nationality to help you in narrowing down your choices. Another great source for city information is the weekly Calendar found every Thursday in the Boston Globe. Also try the Boston Phoenix. Listings for bars, clubs, jazz and blues clubs, comedy clubs, billiard halls, coffeehouses, etc can all be found at the above internet sites as well as in the phone book. Enjoy!!!

To make it easier on you, here are some recommendations:

**Vietnamese**

*Pho Pasteur Restaurant*
119 Newbury Street, Boston
617-262-8200
123 Stuart Street, Boston
617-742-2436
36 JFK Street, Cambridge
617-864-4500

*Le’s (formerly Pho Pasteur)*
137 Brighton Avenue, Allston
617-783-2340

**Cambodian**

*The Elephant Walk*
900 Beacon Street, Boston
617-247-1500

**Spanish**

*Tasca* (no tanks or caps)
1612 Comm. Ave., Brighton
617-730-8002

**Ethiopian**

*Addis Red Sea Ethiopian Restaurant*
544 Tremont St, Boston
617-426-8727

**Thai**

*Brown Sugar Cafe*
1033 Commonwealth Avenue, Boston
617-787-4242

*Bangkok Bistro*
1952 Beacon St., Brighton (Cleveland Circle)
617-739-7270

**Other**

*Fire & Ice Restaurant*
31 Saint James Avenue, Boston
617-482-3473

*Mentei*
Japanese Ramen shop, off Newbury Street
66 Hereford St., Boston
617-425-0066

*The Cheesecake Factory*
115 Huntington Avenue, Suite 181, Boston
617-399-7777

300 Boylston Street, Chestnut Hill
617-964-3001

100 CambridgeSide Place, Cambridge
617-252-3810
Music Clubs and Venues:

Avalon
Dance Club and Concert Venue
15 Lansdowne St.
(Green Line – Kenmore Stop)
www.avalonboston.com
617-262-2424

Embassy
Dance Club
36 Lansdowne St.
(Green Line – Kenmore Stop)
617-536-2100

Jillian’s
Pool Tables, Game room/Arcade and Bar
145 Ipswich St. (Across from Lansdowne St.)
617-437-0300

Middle East
Restaurant/Bar and Live music in three areas
472-480 Mass. Ave.
(Red Line – Central Square Stop)
www.mideastclub.com
617-864-EAST (3278)

Sculler’s Jazz Club
Upscale jazz club; Acclaimed, but not mainstream artists
400 Soldiers Field Rd. Double Tree Guest Suites
(Red Line – Central Square Stop)
www.scullersjazz.com
617-562-4111

Somerville Theater
Discounted Movie Theater; Live music for all ages
55 Davis Square (Red Line – Davis Square Stop)
617-625-5700

Top of the Hub
Upscale Jazz; Amazing view of Boston
800 Boylston St. Prudential Center, 52nd Floor
(Green Line E – Prudential Center Stop)
617-536-1775

Orpheum Theater
Boston landmark; Nationally recognized live music
1 Hamilton Pl.
(Green Line – Park Street Stop)
Also sells Ticketmaster tickets without service charge
www.blackstone-presents.com/orpheum.html
617-679-0810

Uniquely Boston:

Boston Common and Public Garden:
America’s oldest public park, it was established in 1654. Across from the Park (Charles Street side) is the Public Garden, the nation’s oldest botanical garden. The man-made lagoon is the home of Boston’s famous Swan Boats, which have taken passengers around the pond since 1877. Take the “T” from Boston College to Park Street or to Arlington for the Public Garden.

Boston Public Library:
Ideal location for bookworms and architecture buffs. Five floors and two separate buildings, it is a wonderful place to admire magnificent architecture and also conduct research. You can get a Library card with a Boston College ID and a proof of address, such as a piece of mail. Take the Green Line to Copley. Ask about the free “Art and Architecture” tours at the front desk.

Chinatown:
Authentic Chinese village within a metropolis. Most residents still speak only Chinese and are very open and friendly to those wishing to experience their culture. There are many wonderful restaurants and shops. Take the Green Line to Park Street, walk through the Tunnel, and take the Orange Line to Chinatown. This area is good for groups.

Freedom Trail:
This red painted path from Boston Common to Bunker Hill Monument in Charlestown winds past some of the nation’s most historic points of interest, indicating the historical importance of Boston. It is a 3 mile wandering walk that will take you through the North End, past Paul Revere’s House and the Old North Church – it’s a great way to see Boston’s unique character of both old and new architecture. The Freedom Trail begins at the Boston Information Center on Boston Common. Take the “T” to Park Street.

Faneuil Hall Marketplace:
The Marketplace offers a potpourri of activities and entertainment including shopping, street performers, outdoor cafés and vendors. The area was created in 1742 by the merchant Peter Faneuil to imitate the Palladian architecture of British markets. Take the Green Line to Government Center. Walk past City Hall, down the stairs and across the street to Faneuil Hall, where the three historical buildings and the many cars of Bull market will attempt you with food, merchandise and entertain-
ment. Abundant benches offer prime people-watching.

John Hancock Observatory and Prudential Center Skywalk:
These sights, located in the two tallest building in Boston, offer spectacular views of the city and beyond. On a clear day, one can see all the way to New Hampshire and Vermont. Take the Green Line to Copley. Look up and walk toward the blue glass building, which is the John Hancock. The Prudential is conveniently marked with its name across the top. Coming from Boston? Take the “E” line to the Prudential Center stop.

North End: This is Boston’s “Little Italy” and a Boston tradition for more than 40 years. The Italian community sponsors religious festivals throughout the summer and early fall. Saturday nights find the streets packed with diners taking advantage of the unending ristorantes, trattorias, and cafés. Take the Green Line to Government Center and walk through Faneuil Hall toward the waterfront. Watch for signs. The North End is directly North of Faneuil Hall, and the main access road is Haymarket Street.

Shopping:

The Atrium Mall: Located at 300 Boylston Street (Rt. 9, across from Star Market, 15-minute walk on Hammond Street from McEily). A stylist shopper’s haven, the Atrium offers valet parking and a whirlwind of specialty shops. This is not a bargain; expect to pay premiums.

Cambridge Side Galleria: Located at 100 Cambridge Side Place in Cambridge. A large shopping mall at the end of the Green Line with every store you can imagine. Take the Green Line to the Lechmere Stop. It is a 1 ½ block walk from the T stop. 617-621-8666.

Chestnut Hill Mall: Located at 199 Boylston Street, this is the closest mall to Boston College. It offers a wide selection of stores. There are year-round jazz concerts in the mall’s center court, featuring local musicians. Accessible by car or by a 15 minute walk from McEily down Hammond Street, or up Beacon Street to the Hammond Pond Parkway.

Copley Place: A ritzy urban mall located between two of Boston’s most luxurious hotels, the Westin and the Marriott. The mall houses various prestigious shops as well as the entrance to the Prudential Observatory. Take the Green Line to Copley, walk past Boston Public Library along Dartmouth Street and the mall will be in front of you.

Downtown Crossing: This pedestrian zone is the most popular shopping area of Boston. There are various shops as well as street vendors selling souvenirs, food, and unique jewelry. Take the Green Line to the Park Street Stop.
Street is blocked on one end by the biggest music store in Boston, Tower Records. Take the Green Line to the Hynes Convention Center stop.

Watertown Mall: Across from the Arsenal Mall, it has a Payless Shoe Store, a new Target, a Gap Outlet and other various stores. Take the 86 Bus from Cleveland Circle to Western Ave. Switch to the 70 or 78 and it will go past the mall.

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**Museums:**

***Visit www.massvacation.com for many more museums***

**Isabella Stuart Gardner Museum:** Content and form come together in this beautiful house which is home to the art inside its walls. The Venetian palazzo houses famous works from the Italian renaissance among other periods. *It is located near the Museum of Fine Arts. Take the “E” Line to the Northeastern Stop.* 617-566-1401 or visit www.gardnermuseum.org

**John F. Kennedy Library and Museum:** A memorial to the life and time of John F. Kennedy, one of the United States’ most progressive, radical and inspiring presidents. *Take the Red Line to the JFK stop, then take the JFK Shuttle bus.* 617-929-4523 or go to www.cs.umb.edu/jfklibrary/main.html

**The Museum of Afro American History and the African Meeting House:** An educational institution founded in 1964 to study and present the history of African Americans who lived in New England during the eighteenth, nineteenth and early twentieth centuries. The museum also houses the African Meeting House, the birthplace of the Abolitionist Movement in 1806. *The Green Line to Park Street and walk toward the State House on Beacon Hill. It is located at 46 Joy Street.* 617-725-0022.

**Museum of Fine Arts:** 465 Huntington Avenue. The MFA is a must for all Boston College students for it contains nearly 200 galleries with Asian and Egyptian art, European paintings, photography, decorative arts and sculptures. The museum has one of the largest collections in the world and is bound to satisfy everyone’s particular interests. The MFA offers incredible special exhibits, concerts, films, and lectures. Admission is *free* with a Boston College ID. *Take the “E” Line to the Museum stop.* 617-267-9300.

**Museum of Science:** Modern museum which features nearly 400 exhibits. The museum includes Planetarium laser shows and a three dimensional Omni movie theatre. Right off the Charles River, it is a great way to spend a free day. *Take the Green Line to Science Park.* 617-723-2500 or 617-227-3235 or visit www.mos.org. You can get free tickets from Boston College at Bourneuf House.

**New England Aquarium:** Central Wharf. Colorful and educational exhibits of more than 2,000 aquatic creatures are featured. It also has special shows and videos featuring a variety of animals. Whale watch cruises are also available during the summer. *Take the Green Line to Government Center and switch to the Blue Line to the Aquarium stop.* One dollar discounts on a few evenings per week. Call for current schedules. 617-973-5200 or go to www.neaq.org. You can get $8 discount tickets at the McElroy ticket booth.
Theatres:

American Repertory Theater
64 Brattle Street, Harvard Square, Cambridge.
617-547-8300

Berklee Performance Center
136 Massachusetts Avenue, Boston.
617-747-2261

Boston Conservatory Theater
31 Hemenway, Boston.
617-536-6340

Colonial Theatre
106 Boylston St, Boston
617-880-2460

Emerson Majestic
219 Tremont St., Boston
617-824-8000

Cambridge Multicultural Arts Center
41 Second Street, Cambridge.
617-577-1400

Charles Playhouse
74 Warrenton Street, Boston.
617-426-6912

Wang Center for the Performing Arts
270 Tremont Street, Boston.
617-482-9393

Shubert Theater
265 Tremont St.
617-482-9393

Wilbur Theater
246 Tremont St.
617-426-1083

Movie Theatres:

Regal Theatre - Fenway 13
401 Park Drive
Boston, MA 02215
617-424-6266
(Green D-Line - Fenway Stop)
All shows before 6 P.M. are $8.00. All other shows are $10.00, but if you present your student ID, you will pay only $8.00 at all times.

Circle Cinema
399 Chestnut Hill Avenue
Brookline, MA 02135
617-566-2170
All shows before 6 P.M. are $7.25 and all other shows are $9.75. There are no student discounts.

Coolidge Corner Theatre
Specializes in Independent and Foreign movies
290 Harvard Street, Brookline
617-734-2500 (Movie Times Recording)
617-734-2501 (Office)

Sports:

Baseball: See the world famous Boston Red Sox play at Fenway Park. Witness the “Green Monster” and the “Citgo” sign up-close. Avoid those selling tickets outside the gate: this is called “scalping” and is illegal. Tickets are usually still available on game day, but go early and call ahead or use the website to check availability. 617-267-9440
www.redsox.com

The Boston Marathon: The oldest marathon in the United States is world-renowned and is also the biggest sporting event in Boston. It attracts the best runners in the world. The marathon is always held on Patriot’s Day in April, and the “Heartbreak Hill” section of the course goes right by Boston College. The race finishes at Copley.


Basketball: The Boston Celtics are definitely a draw at the new Fleet Center! The sixteen NBA Championship banners are draped from the rafters along with the retired numbers of legendary ex-Celtics like Bill Russell and Larry Bird. For tickets call: 617-854-8000.

Hockey: A Bruins’ game is a must-see. They can be seen flying across the ice at the new Fleet Center. Call ahead for tickets: Ticket Master – 617-624-BEAR (2327). Or visit www.bostonbruins.com
Newspapers:

For detailed information about activities and events on the Boston College campus, the Heights is “The independent student weekly of Boston College.” The Heights can be picked up on Monday and Thursday afternoons in McElroy Lobby, outside the cafeteria in Lyons, at Bapst and O’Neill Libraries, and in various other locations on campus. For a complete calendar of campus events, use the World Wide Web to access www.bc.edu/whatsup. Other student-produced newspapers and literary magazines, such as The Patriot and Naked Singularity, are distributed around campus when they are published, so keep an eye out for them. All student-run newspapers are always looking to expand their staff of writers, contributors, and “behind-the-scenes” crew. Think about getting involved!

The New York Times is known for its international section, while the Wall Street Journal is the source for news from the financial world. The Boston Globe is an excellent “local” paper, especially popular for its Thursday “Calendar” section which gives an extensive list of happening events in music, theatre, dance, academe, and cuisine. The Boston Phoenix (also called Boston After Dark, the B.A.D.) contains extensive listings of concerts, lectures, museums, movies, special interest activities, restaurant reviews, and plays, and can be picked up free of charge in McElroy Lobby and Stuart Hall on Newton Campus. It is also available on-line at www.bostonphoenix.com and at www.boston.citysearch.com, an excellent resource.

To find international newspapers on-campus, go to the newspaper section on the third floor (entry level) of O’Neill Library. To find international newspapers off-campus, head to the newsstand at Harvard Square and/or the news store in the Copley Square (behind the Prudential Center) next to the Copley movie theater.

For important information for international students, look for the International Newsletter mailed out by OISS four times a year. Also check the Student Guide for general information on BC policies, resources, etc.