

**Official Transcript**  
**Boston College's Global Proficiency Program**

**Nathan Helming**

**I. International Experience**

**Kent State University Geneva Semester, Geneva, Switzerland**

*August - December 2004*

- Took 4 college courses for 16 credits
- Traveled extensively throughout central and western Europe.

**Rhodes University, Grahamstown, South Africa**

*February - July 2005*

- Took 4 college courses for 16 credits
- Traveled extensively throughout South Africa
- Competed with the Rhodes Athletic Club; Ran a marathon and an ultra-marathon.

**II. Academic Component**

**Major:** *International Studies*

Languages: Fluent in French

- 3 college courses

Social Science, Business, Education Courses

- Comparative Politics on Democratization
- Global Ethnic Conflict
- Human Rights
- International Institutions
- International Studies Seminar
- Introduction to International Studies
- Social Theory
- South African Politics and Government

Humanities Courses:

- Africa in Conflict
- Ethics, Religion, and International Politics
- Health, Disease, and Society
- HIV/AIDS and Ethics

**III. Co-curricular Activities**

**Activity 1: Intern, International Center for Migration and Health, Geneva, Switzerland August 2004 -December 2004**

- Description: Researched and compiled guidelines on complex natural disasters for distribution to Iran's health care professionals; Collaborated in research and in organization of projects and presentations; Wrote a comprehensive final report on the progression of natural disaster response.
- Skills: Utilized strong cross-cultural communication and French skills, demonstrated strong initiative and organizational skills, developed analytical research skills, deepened appreciation for the importance of public health to economic development and political stability.
- Time Commitment: 15 hours per week for 16 weeks

**Activity 2: International Assistant, Office of International Students and Scholars**

*August 2005 - May 2006*

- Description: Served as a peer contact/orientation leader for 3 incoming international students; Helped students acclimate to the college as well as the greater Boston area.
- Skills: Utilized intercultural communication skills and knowledge of Boston College and surrounding community, demonstrated leadership, planning, organizational, programming, and evaluative skills.
- Time Commitment: 1-2 hours per week for 45 weeks; 7-day intensive training/orientation in August.

**Activity 3: Volunteer, Boston Living Center; Boston, Ma**

*October 2005 - May 2006*

- Description: Supported the chef in organizing the kitchen and in cooking; Served meals to HIV positive people from many different ethnic and racial backgrounds and provided support through conversation; Organized and photocopied files.
- Skills: Demonstrated personal initiative and compassion, developed teamwork, cooperation, and cooking skills, deepened appreciation for people living with AIDS.
- Time Commitment: 5 hours per week for 22 weeks.

**Service Project: Volunteer, St. Mary's Day Care Center, Grahamstown, South Africa**

*February 2005 - June 2005*

- Description: Supervised impoverished children in exercise and coached soccer; Organized and led activities for children to encourage participation and exercise.
- Skills: Utilized intercultural communication skills to coach soccer, demonstrated leadership, planning, and organizational skills.
- Time Commitment: 6 hours per week for 20 weeks.

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Cheryl Presley,  
Vice President for Student Affairs  
Boston College

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Cutberto Garza,  
Academic Vice President  
Boston College