### MSU Denver International Student

# Newsletter

SEPTEMBER 2023 RELEASE 6





#### **Labor Day**

Labor Day is a celebration of the social and economic acheivements of American workers. The fist Labor Day was celebrated in New York on Tuesday, September 5th, 1882. President Grover Cleveland signed a law on June 28th, 1894, making the first Monday in September of each year a national holiday.



#### **Fall Fest**

Fall Fest is hosted annually, here on the Auraria Campus. The purpose of this event is to bring together campus the community. Different student organizations and departments will be tabling at the event. Stop learn some by to new information, try out some of Denver's best food trucks, enjoy free entertainment and more!



#### Join Us Today!

"We are a community of international and domestic students who celebrate diversity and friendship through shared experiences, cultures, and traditions."

#### Click here to sign up!

This is a student organization.

# Monthy Motivation

"Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained."

#### - Marie Curie

## Dates & Deadlines

- Labor Day (Campus Closed)- 4th
- Student Employment Job Fair- 13th
- Fall Fest- 20th
- STEM Career Fair- 27th
- 7th Annual Roadrunners
  5k 30th

# MSU Denver International Student

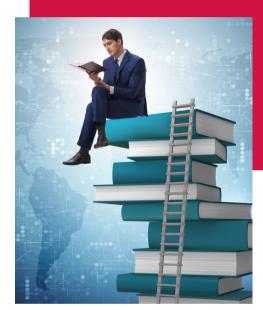
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# **Discussion-Pressure to Achieve**

Being an international student is no doubt, an enriching experience. Moving from the comfort of your own home to an entirely new country to pursue your degree has it perks. You gain the opportunity to immerse yourself into a new culture, acquire boundless knowledge, meet new people, make connections, and establish yourself in a new world.

However, no situation is perfect. And while studying abroad has it pros something that should be talked about is the pressure many international students feel to succeed. Studying abroad is a huge investment for some. You may feel as though you must do everything just right- perfect even or you won't achieve your goals. - Maybe there's a lot riding on your academic performance-; you may feel the need to work harder than your peers because there is more on the line; there are so many factors that can come into play. While there is nothing wrong with having a good drive, putting too much pressure on yourself results in burn out which ultimately leads you to doing the exact thing you were attempting to avoid.



# "Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour not a dead end. Failure is something we can avoid only by saying nothing, doing nothing, and being nothing." - Denis Waitley

Studying abroad is an amazing opportunity. But you should not let fear of failure, disappointment, or worry in general stop you from having the best experience possible. You can achieve your goals without burdening yourself with the weight of the world. You are doing the best you can, and your best is always enough. Be proud of how far you have come and all that you have achieved to be in your present position.



#### Position Available to You Reach-a-Roadrunner Student Caller \$17.50

**Job description**: Make phone calls to alumni and friends to build relationships and raise money for MSU Denver.

Working with the Reach-a-Roadrunner team is a great opportunity to improve your communication, sales/fundraising, and public relations skills for life after MSU Denver!

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