

➤➤ NEXT STEPS ➤➤



1

Looking Back



Review of Sessions

Who is BIO

Taught you how to take advantage of everything the Berkeley International Office has to offer. Come visit us!

Team Builders

Connected you to other incoming international students and the chance to chat with a current Cal student

Life at Cal

Followed a semester in the life of an incoming EAP student, introducing resources and strategies for a successful adjustment to the US and Cal

Be Well to Do Well

Introduced you to tips and resources that can help you to stay healthy, both mentally and physically

Academics with Advisers

Introduced you to your college advisers and provided important academic information, such as exam structures and choosing classes

Immigration Essentials

Reminded you of important immigration regulations throughout the entirety of your time here at Cal

2

Going Forth into GBO

Planning and Prioritizing



Tips from Current Students

Make use of the EAP events! I met most of my friends there.

Say “yes” to everything in the beginning, and try to do something that you know you could not have done anywhere else!

Don't be afraid to ask for help, even if you think you can do it yourself.

Breathe, take everything day by day. It can be overwhelming being here, coping all on your own but just know that you are capable of amazing things and you will make yourself proud

Bring a sweater!



Get Assistance

If you need help during GBO, including directions, first aid, or help with name tags/wristbands, visit the [GBO Help Desk](#) on Upper Sproul from 8 AM to 6 PM.



3

Next Steps with BIO

We're here for you!



1st Month

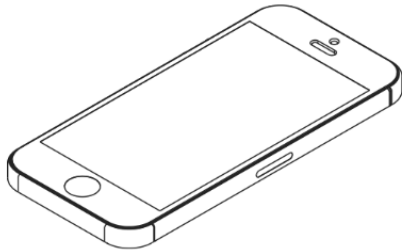
- BIO Bears Meetups:
www.facebook.com/pg/BerkeleyInternationalOffice/events/
- Weekly Coffee Break
- If you don't know where to go, come to us

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Looking ahead

What is one word to describe how you are feeling?

Go to www.menti.com and use the code **50 74 85**



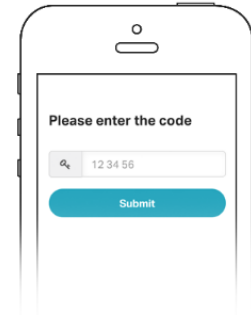
1

Grab your phone

www.menti.com

2

Go to www.menti.com



3

Enter the code 50 74 85 and vote!



Welcome to UC Berkeley!