

# UNDERGRADUATE STUDENT GUIDE

# XJTLU

## CHASE THE DREAM

2017-2018

UNDERGRADUATE STUDENT GUIDE

2017  
2018

Student Development Advising Center

XJTLU | SDA@XJTLU.EDU.CN



Xi'an Jiaotong-Liverpool University

西交利物浦大學

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# A MESSAGE FROM YOUR VICE PRESIDENT

## WELCOME TO XI'AN JIAOTONG-LIVERPOOL UNIVERSITY (XJTLU) JOIN US!

XJTLU is committed in becoming a research-led international university in China and a Chinese university recognised internationally for its unique features in learning and teaching, research, social service, and education management. This relies on the tireless efforts of each student. You are the new blood of XJTLU and play an important role in the progress of educational reform at XJTLU. What you experience will become part of the history of XJTLU in the future. Today you will be proud of being a member of XJTLU, and XJTLU will be proud of you in the future.

Hereby, we would like welcome you as a member of XJTLU as you start a new journey in your life!

## OPPORTUNITIES AND CHALLENGES.

XJTLU applies quite a strict academic system which has no tolerance for ignorance and incompetence. Therefore, you need to think and set a life goal, keep a positive attitude, be self-responsible learn self-management and be capable of independent thinking. Meanwhile, the unique mentor system, the culture that is advocated as well as the ecological environment created by XJTLU. Build a great platform to provide continuous guidance, support and services to help you grow rapidly. We hope each of you can achieve the transition from children to young adults to the world's citizens, from passive learning to active learning to research-led learning, from blind learning to interest-oriented to life planning before you into the society. After studying in XJTLU, you should be capable of problem-solving.

## STRATEGIES AND TIPS FOR FRESHMEN TO ACCOMPANY YOU AS YOU GROW.

The educational handbook is no longer a boring piece of instruction and guidance. It should be an animated and interesting partner which will accompany you throughout the whole semester. In the form of to-do lists and a combination of online and offline activities, the handbook opens a different dimension of freshmen orientation spanning time and space, and collects the best strategies and tips for you to survive and thrive at XJTLU. When you accomplish all the “tasks for freshmen” as per the requirements, we trust you to have grown to be “young adults.” And the handbook is a testament to the record of your growth!

## SALUTE TO YOUR COMMITMENT TO LIFE-LONG LEARNING.

Life is a journey with beautiful sceneries, unknown challenges and traps. We need to improve ourselves by continuously learning to achieve a wonderful life. XJTLU will provide you with a good platform and rich resources to light up your heart and to illuminate your dreams to help you realize the goals of your life.

We sincerely hope that you achieve success at XJTLU and become global citizens with international perspectives and competitive capabilities.

VICE PRESIDENT OF XI'AN JIAOTONG-LIVERPOOL UNIVERSITY  
PROFESSOR YANG MINZHU

# TASKS FOR FRESHMEN AT XJTLU

## DESCRIPTION OF THE FRESHMEN'S TASKS

In order to allow students to adapt to the unique culture and philosophy at XJTLU, and to promote the development of students' self-leading, the university has designed many tasks for you through a whole semester which help you to grow better.

### TASKS INTRODUCTION

#### A MAIN TASKS

Refer to guidance for the students on registering, understanding the key information and participating in the induction events.

#### B ADVANCED TASKS

Refer to the cultivation of students' abilities of self-management and actively acquisition of resources.

#### C CAMPUS TOUR

Visit the campus and understand the important functions of the departments in campus under the leadership of your buddy.

### WAYS TO GET MEDALS

**PICK UP BY YOURSELF:** Take the appropriate stickers from this book and affix to the corresponding task map by yourself when you complete the task;

**PICK UP AT THE ASSIGNED PLACES:** The staff will give you the medals when you participate in the activities at the assigned places.

### REWARD PRINCIPLE

You can get a gift when you complete each subject task, and win the opportunity to have afternoon tea and discuss life plan with the principals if all the tasks are completed. Please contact your development advisor for details.



## TASKS FOR FRESHMEN

### A TASKS FOR FRESHMEN

- 01** **ACTIVATE THE ACCOUNT AND CHANGE THE PASSWORD:** This is your sole account to log in onto all XJTLU systems and platforms.
- 02** **REGISTER ONLINE:** As per the procedures listed in the XJTLU Pre-Departure Briefing 2017.
- 03** **FILL IN PERSONAL INFORMATION ONLINE:** As per the procedures listed in the XJTLU Pre-Departure Briefing 2017.
- 04** **PAY TUITION FEES:** As per the procedures listed in the XJTLU Pre-Departure Briefing 2017.
- 05** **COMPLETE REGISTRATION OF INFORMATION AS A STUDENT AND COURSE REGISTRATION:** Read Your Registration and Module Enrolment 2017/18, and complete registration of information as a student and course registration.
- 06** **FOLLOW XJTLU ON MICROBLOG AND WECHAT:** Have timely access to XJTLU's official announcements.
- 07** **ASSOCIATE YOUR MOBILE NUMBER WITH YOUR XJTLU EMAIL ACCOUNT:** E-mailbox serves as an important channel for the communication between the university and you. You are advised to associate your mobile number with the university email account to check your mailbox timely and prevent from missing important agenda items.
- 08** **JOIN THE QQ GROUP IN THE BUDDY SYSTEM:** You can easily reach senior schoolmates.
- 09** **ATTEND THE OPENING CEREMONY:** Witness your coming-of-age ceremony together with your family.
- 10** **ASK PARENTS TO JOIN THE PARENT-TEACHER MEETING:** Let your parents know about XJTLU's programme design, together decide which degree programme to choose, and make career plans.
- 11** **JOIN THE STUDENT INFORMATION EXCHANGE MEETING:** You are going to meet your buddies and dedicated development adviser, and have access to the most comprehensive resources of XJTLU.
- 12** **COLLECT REQUIRED MATERIALS AND HAVE THE PHYSICAL EXAMINATION:** Prepare the required materials and have the physical examination.
- 13** **ENTRANCE EDUCATION WEEK LECTURE:** Six important lectures, including the XJTLU Five-star Education Model, student affairs, academic affairs, library resources, information technology services and support, safety education.

### B ADVANCED TASKS

- 14** **CHASE THE DREAM AT XJTLU SERIES:** Senior Schoolmates' Experience Sharing: Please refer to page 5 for the details start your exchange with senior schoolmates at home.
- 15** **UNDERSTAND THE LEARNING SKILLS AND INTRODUCE THEM TO YOUR FAMILY!** Win yourself the opportunity to have afternoon tea and discuss life plan with the presidents: Read Chapter 5 (You Can't Miss: High Attention Please!), and share your own understandings with your family. Post the photos on the microblog @XJTLU @Youmin Xi, and you may get the chance to get a present from us.
- 16** **PICK PRESENTS FOR YOUR ROOMMATES:** Show your kindness to your roommates the first time you meet! You'll study side by side and help each other. So, learn to be tolerant and respectful. Your gift doesn't have to be expensive, but represents the greetings and blessings from your family!
- 17** **PACK UP AND GO TO SCHOOL:** Take the first step firmly to leave your home. You are advised to refer to the dormitory safety alerts and make purchases reasonably.
- 18** **CAREER PLANNING - ONLINE CAREER ORIENTATION EVALUATION**  
Online career orientation evaluation system: <http://xjtlu.ncss.org.cn/jixun/>. Help you develop a comprehensive self-understanding, access detailed and well-targeted career information, learn methods to decide your career objective, draw up your own career plan, and work out your own action plan for career development.
- 19** **YOUR ACADEMIC ADVISOR:** Find your academic advisor, and greet him/her in English.
- 20** **YOUR DEDICATED DEVELOPMENT ADVISOR:** Take pictures together with your development advisor and post them on Wechat Moments.
- 21** **EXPRESS LOVE - FAMILY:** Learn to communicate and express yourself is a compulsory course for adults. Now you are far away from home, why don't you write down your growth and send your family a postcard?
- 22** **MENTAL HEALTH-GENERAL MENTAL HEALTH TEST FOR ADMISSION:** Help you better understand how adapt to XJTLU. Test results are kept confidential.
- 23** **INDEPENDENT THINKING - EXPRESS TRENCHANT COMMENT ON:** Express your "trenchant" comment on <http://utalk.xjtlu.edu.cn/utalk/Front/Login.aspx>
- 24** **READING WEEK - FINISH READING ONE BOOK:** Choose one book and finish reading it devotedly. Be a lifelong learner.

### C CAMPUS TOUR


- 25** **BUDDY WILL SHOW YOU AROUND CAMPUS, YOU CAN COLLECT THE STAMPS AT THE ASSIGNED PLACE.**

## IMPORTANT DATES

**BEFORE AUG. 9**

COMPLETE THE FEE PAYMENT 

**TWO WEEKS PRIOR TO ENTRANCE:**

INFORMATION REGISTRATION AS A STUDENT 


**AUG. 22**

CHECK THE REGISTRATION NOTES (ONLINE) 

**AUG. 26**

FORMAL REGISTRATION 

**AUG. 27**

OPENING CEREMONY/ PARENT-TEACHER MEETING/FRESHMEN ORIENTATION 


**AUG. 28-SEP. 1**

THE 2015 INDUCTION WEEK 


**AUG. 28**

ENGLISH ADMISSION TEST 


**AUG. 31**

FRESHERS' FAIR (OVER 100 STUDENT CLUBS AND SOCIETIES SET OUT STALLS TO RECRUIT NEW MEMBERS) 

**SEP. 2-SEP. 6**

ACADEMIC WEEK 

**SEP. 30-OCT. 8**

CHINA'S NATIONAL HOLIDAY 

**OCT. 23-OCT. 29**

MIDTERM EXAMINATIONS 

**DEC. 18-DEC. 31**

READING WEEK/ MILITARY TRAINING/ CHRISTMAS 

**JAN. 3-JAN. 12**

FINAL EXAMINATIONS 

### AUGUST

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### SEPTEMBER

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### OCTOBER

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### DECEMBER

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### JANUARY

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



## CHASE THE DREAM AT XJTLU: BUDDY SHARING

### ENGLISH IS AN ESSENTIAL SKILL AT XJTLU!

One third of the students who repeated in Year One failed to pass the English course test. So, instead of idling away your time during the summer vacation, why not actively practice your English?

### STUDENTS STEP FORWARD AND PARENTS STEP BACK.

During the registration, XJTLU advises that students go through the admission procedures all by themselves instead of depending on parents.

### SHOULDER YOUR RESPONSIBILITIES: FOR YOURSELF, YOUR FAMILY AND THE SOCIETY.

After admission, you should learn to find driving forces and navigate your life without being urged by your parents and teachers. No one can wake up a person who is pretending to be asleep.

### THE BEST PLACE FOR YOU TO GROW UP: OPPORTUNITY AND CHALLENGE.

The university offers the opportunities, but the challenges also exist. The choice is yours. If you forge ahead, you'll feel like an eagle spreading the wings and flying in the sky. But if you fall back, it'll be the other way around.

### ACTIVELY SEEK RESOURCES AND HELP.

Seeking help doesn't mean that you are weak. Instead, it is a manifestation of maturity and strength. When you have problems or difficulties that you cannot deal with, remember to ask people for help.



Before you enter XJTLU, you might be curious about what matters most in university? Now, your senior schoolmates are going to share their experience of chasing their dreams at XJTLU. There may be many challenges (e.g. world outlook, outlook on life, values, interpersonal relationships, romantic relationship, academic, life, etc.) on the way that leads you to the dream. See how they responded to these challenges!

SCAN THE QR CODE ON THE RIGHT, AND START INTERACTIONS WITH YOUR SENIOR SCHOOLMATES!



## YOU CAN'T MISS: YOUR ATTENTION, PLEASE!

**PRESIDENT XI SAYS, " XJTLU HELPS STUDENTS  
ACHIEVE THREE TRANSFORMATIONS!"**



### YOUR MISSION CHALLENGE:

**Understand the learning skills and introduce them to your family! Win yourself the opportunity to get a present from us.**

\* Read this Chapter (You Can't Miss: High Attention Please!), and share your own understandings with your family. Remember to post the photos on the microblog @Youmin Xi @XJTLU@SAO, and you may get the chance to receive gifts from us.



## FROM CHILD, TO YOUNG ADULT, TO GLOBAL CITIZEN

In high school, the student is regarded as a "kid". But at XJTLU, they are considered as a "Young Adult", that strives to become a "Global Citizen" under the cultivation of the university. Now, let's take a look at the major differences between XJTLU and your high school.

	ITEMS	HIGH SCHOOL (A GENERAL CASE)	XI'AN JIAOTONG-LIVERPOOL UNIVERSITY
Role	Identity	Child	Young adult
	Responsibility	Teachers take responsibility for students	Self-responsibility
Study	Goal	Pass the college entrance examination ("Gaokao")	Three transformations
	Content	Three-year Gaokao Five-Year Mock Exams series	Citizenship literacy + professional knowledge + social competitiveness
	Model	Passive learning	Active learning, research-led learning
	Time	Arranged for me	I arrange
	Education	Teacher-dominated approach	Student-centered approach
Class	Assignment	Repeatedly do exercises	Independent thinking and teamwork
	Social activities Social practice	Few	152 societies and associations in 6 categories

## FROM PASSIVE LEARNING, TO ACTIVE LEARNING, TO RESEARCH-LED LEARNING

In high school, the students are always taught a lesson passively. XJTLU prefers active learning. Under the influence of tutors, students can transfer to the research-led learning. Key features of British higher education are listed in the table below for your reference.

	ITEMS	TRADITIONAL TEACHING (A GENERAL CASE)	XJTLU TEACHING
Curricular	Teaching approach	Mainly lecturing	Lecturing, seminars, Q&A, panel discussion, hands-on practice
	The leading role	Teacher	Student
	Student participation	Generally low, mainly listen to the teachers	Require active discussions, debates, even challenge teachers
	Teacher-student relationship	Rigidly stratified	Equality between teachers and students
	Pre-class learning	Optional	Compulsory, require full preparations before class
Extra-curricular	Extended learning	Theoretically important	Practically important
	Practice	Fewer opportunities	More opportunities, including various investigations, surveys, visits, internship, etc.
Assessment	Approach of assessment	Mainly examinations	Comprehensive evaluation, including examinations, homework, lectures, etc.
	Content of examinations	Memorization of knowledge points	Knowledge integration and application (short essay)
	Cut-off score	60	40
	Privacy on the examination results	Low	High

Whenever I encounter difficulties in my study, I turn to the professors for help. During our talks, they keep conveying to me the message: the University is a good place where you practice your self-control and independent learning capability. To make accomplishments in your field, you'll have to be able to endure loneliness and make every small step correctly, starting from understanding every formula to independently complete your own "final year project." This is a process where absorption, understanding and creation are needed, and most importantly, patience.

— REMARKS BY ZIYU WANG

## FROM BLIND LEARNING, TO INTEREST-LED LEARNING, TO FOCUSING ON LIFE PLANS

To help every student achieve such transformations, the table below clearly shows the key tasks and relevant supportive resources in each and every stage of your four-year university life. This is a "growth map" guiding you to find out your own orientation and objectives.

### EDUCATIONAL PHILOSOPHY

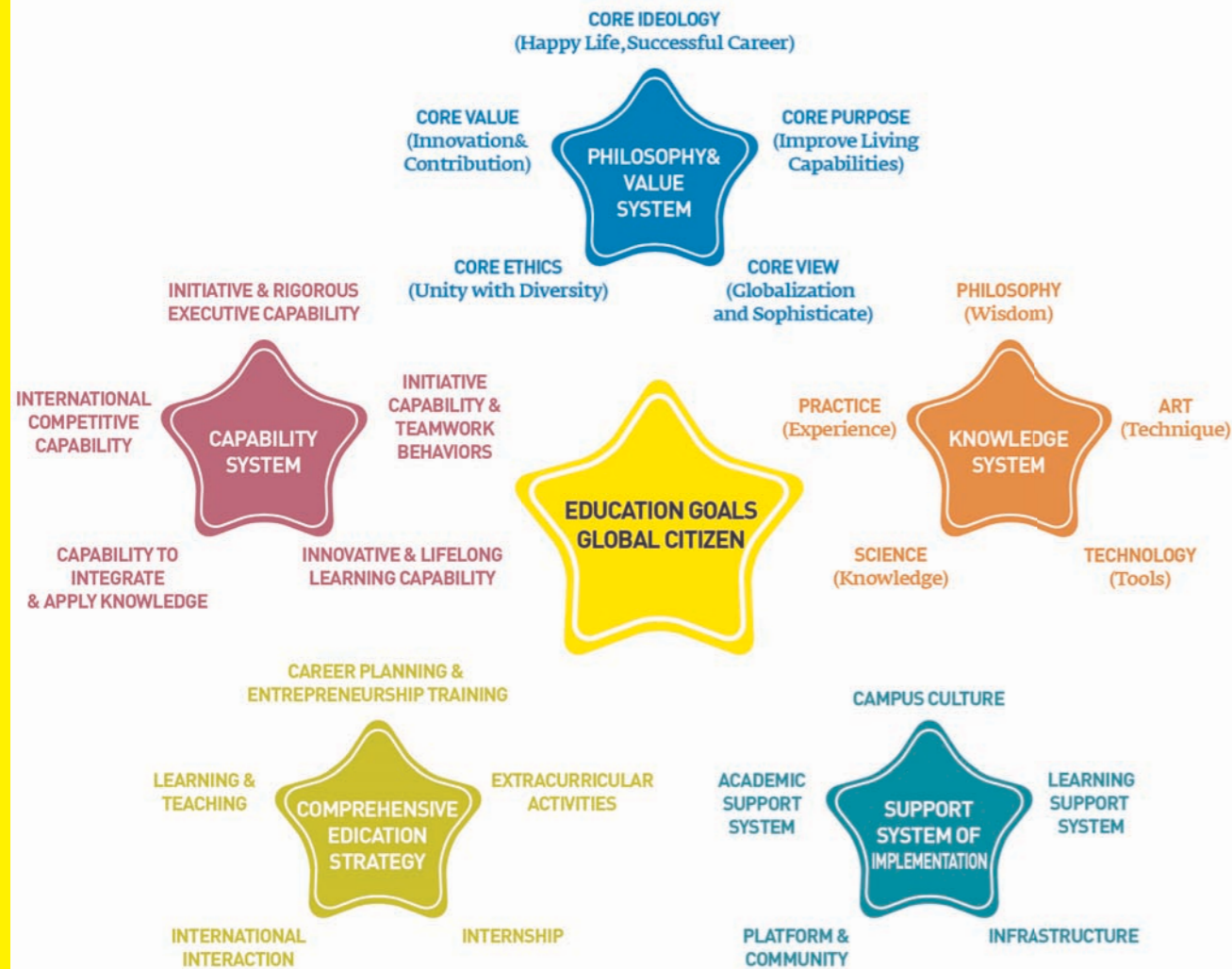
<b>YEAR ONE</b>	<ul style="list-style-type: none"> <li>Get familiar with the university and its five star educational model</li> <li>Transformation toward active learning</li> <li>Improve basic knowledge and skills (e.g, knowledge, IT skills, etc.)</li> <li>Master academic English</li> <li>Enhance self-management capability</li> </ul>
<b>YEAR TWO</b>	<ul style="list-style-type: none"> <li>In-depth learning of degree programme courses</li> <li>Improve professional English proficiency</li> <li>Participate in extracurricular activities</li> <li>Enhance teamwork, initiative, innovation, and global perspective</li> </ul>
<b>YEAR THREE</b>	<ul style="list-style-type: none"> <li>Join the external mentor programme</li> <li>Adapt to the UoL life (For 2+2 Students)</li> <li>Strengthen integration of knowledge system</li> <li>Enhance the power of execution</li> <li>Further cultivate global perspective</li> </ul>
<b>YEAR FOUR</b>	<ul style="list-style-type: none"> <li>Further improve and integrate the knowledge system</li> <li>Make preparations for career development</li> <li>Make improvements in different aspects, including the capabilities of integrating the knowledge system and joining in international competitions, as well as innovative and life-long learning capabilities</li> </ul>

### ACTIVITIES AND SUPPORT

<ul style="list-style-type: none"> <li>Induction for students and staff</li> <li>A variety of students councils and volunteers associations, etc.</li> <li>Academic competitions</li> <li>Military training</li> <li>Accommodation education</li> </ul>	<b>Y1</b>	<ul style="list-style-type: none"> <li>Leadership training</li> <li>Continuing support</li> <li>Programme Induction</li> <li>2+2 induction</li> </ul>	<b>Y2</b>
<ul style="list-style-type: none"> <li>External mentor programme</li> <li>Internship opportunities</li> <li>Entrepreneurship projects</li> <li>Leadership training</li> </ul>	<b>Y3</b>	<ul style="list-style-type: none"> <li>External mentor programme</li> <li>Career development guidance</li> <li>Internship opportunities</li> <li>Postgraduate application FYP tutorial</li> </ul>	<b>Y4</b>

## XJTLU FIVE-STAR EDUCATION MODEL

For XJTLU students, transformation to “young adults” is just the first step. The mission of Xi’an Jiaotong-Liverpool University is to cultivate students to be “global citizens.” One of the core parts of becoming global citizens is to equip themselves with international competitiveness. In our constant explorations, XJTLU has put forward three systems: i.e. a Philosophy & Value System, Capability System and Knowledge System, which represents the three dimensions for students’ development and growth. To this end, we combine the best of eastern and western educational models, resulting in Comprehensive Education Strategy and Support System of Implementation. Because of the pentagram presentation, the educational model is outlined as a “five-star educational model.” (See details below)



# XJTLU



# IMPRESSIONS OF XJTLU

## STUDIES AND GROWTH

### STUDENT HANDBOOK: DESERVES CAREFUL AND THOROUGH READING

Xi'an Jiaotong-Liverpool University provides you with an environment of diversity, but rules are equally important here as well! Honesty, punctuality and other basic requirements will run through every bit of your life at XJTLU. The Student Handbook combines all kinds of information related to your studies, including programme introduction, policy on changing from one degree programme to another and rules on examinations and moving up to the next grade, etc. Reading and understanding these content to understand such content well, may let your know the "Game Rule" of XJTLU better.

*The electronic version is available online: Portal. Xjtlu.edu.cn*

### THE RIGHT WAY TO READ THE STUDENT HANDBOOK

I was feeling sorts of fearful at the beginning of entry. In some way, I felt pressure from the all-English teaching model—e-mails, learning websites, course materials, homework and examinations, all in English. Even the receipt I got from buying a glass of yogurt at the convenience store on campus was printed in English! Then I recalled during the Induction, a teacher told us the Student Handbook is very important. Since the textbooks were not handed out yet, I decided to spend the days before attending class staying at the library with my roommate and reading it from morning to evening. Later on, I was dubbed a swotter by a school sister happened to see my Student Handbook full of notes marked in highlighters. I didn't know how I had the tenacity of carefully reading a student handbook all in English and looking up every word and grammar I wasn't familiar with.

— REMARKS BY RUI QIAN

### HAVE A RIGHT ATTITUDE OF LEARNING AND TREAT EVERY LESSON SERIOUSLY

According to statistics, more than 90% of the students who have re-taken the course, stayed in the same grade for another year or dropped out from school had been absent from class for a long time before they realized the necessity to catch up. Being admitted to XJTLU is by no means entering a paradise of freedom. Instead, the pace of learning here may be tenser than you were in high school.

Tom was one of the students of XJTLU Class of 2013. Just as some other university students, he thought entering the university ushered in the freedom of life. Bragging about his knowledge reserve at high school, he skipped classes frequently. As a result, he ended up in failing 5 courses in Year One.

### CHOOSE DEGREE PROGRAMMES

XJTLU provides a flexible policy on choosing degree programmes. When given the choice, some students may feel hesitant and difficult to decide because they don't have life plans, or don't know their own mind or the programme background. As a result, they may end up choosing an undesired or unsuitable programme or discipline. It is advisable that you have your own life goals and plans, actively learn about information of various programmes and the employment prospects. In this way, you can avoid regretting your decision.

## INFORMATION AND TECHNICAL SUPPORT

Xi'an Jiaotong-Liverpool University, a young university, has been far ahead of other universities on the road of informatization. Make good use of the following platforms, and you'll quickly adapt to the study and life on campus.

### ACCOUNT

each student has one exclusive account, by which you can have access to the campus systems, such as wireless network, email, library, and the platforms of study discussion etc.

### EMAIL

This serves as an important method of communication between the teachers and students. It is also the official information platform where university news and announcements are issued. You can either log in on webpage (mail.xjtlu.edu.cn) or associate it with mobile phone to check the up-to-date message in real time.

### ICE@XJTLU

Is an online platform closely related to your studies where you can log in to keep an eye on the course updates, and search/download important resources and submit assignment. Please note that a few students who didn't access ICE missed the deadline of assignment submission, which seriously affected their studies. Besides, ICE@XJTLU is also made available on mobile App Store so that you can access it anytime, anywhere where you can stay up-to-date with your modules.



**E-BRIDGE**

This is a student information system where you can look up the timetable, academic transcript and course outline (including the time period, form and way of assessment) and so on. Moreover, you can learn about relevant rules and systems on, for example, scholarship application and appeals process.

**ID CARD**

Can be used to borrow books from the library, pay for meals at the canteen, and make self-printing, and also as a transportation card used on campus.

**SELF-PRINTING SERVICE**

Allows you to swip the ID CARD to print documents on any printing system inside XJTLU.

**VPN**

Even if you are off campus, you can access resources and data on the intranet via VPN.

**SLACK IN CHECKING E-MAILS, I MISSED...**

“Young adults” should learn to take responsibility for your own behaviors. The university generally posts important information by email. Such information may be about choosing modules, applying for scholarships and studying abroad. If you missed such emails and failed to apply in time, you ought to take the consequence. Moreover, leaving the inbox unattended for a long time will result in failure to receive any new emails. So, remember to check and read your mailbox in time. Backup the important emails and delete the useless emails as well.

**LIBRARY**

Once shortlisted for the “Oscar Award” for architecture, the whole building is impressive for its design inspired by the “Taihu Stone”. The spatial partition stands for the dependence and integration of knowledge fragments. And the inner see-through spatial design seamlessly connects the practical functions. With floor to floor carpeting, the library is almost noiseless. It houses Mac computer rooms and rooms for panel discussion. In addition, dedicated telephone booths and printers are available all day long.

**LIVING LIBRARY**

As a new way of reading, the “living library” concept advocates that everyone is a book, and that readers can communicate with “living books” face-to-face, and have mutually beneficial interactions.

Rongjia Wang, a Year Three BSc Economics and Finance student at XJTLU, shared her experience about how to go from being a rookie to become a successful entrepreneur.

Dr Ellen Touchstone from International Business School Suzhou at XJTLU encouraged students to dare to try and challenge themselves by her own story.

Rafhanah Qasrina from Malaysia, a Year Two student from the BA International Business with a language programme at XJTLU, is devoted to public welfare and has a command of five languages. She shared with other students her experience of learning new languages.





## COLORFUL GROUPS AND ORGANIZATIONS



### FRESHER FAIR

XJTLU has a total of 152 registered societies and organizations in six categories, 8 varsities in total, which recruit new members in the fresher fair during the induction week.

### WELCOME PARTY

Hosted by the Students Union of XJTLU and co-organized by various student's societies and extramural merchants, is the annual party featuring the largest scale, the largest number of participants and the greatest influence for welcoming the freshmen. It includes dance, singing, magic, poetry recitation, performance of musical instruments, stage play, etc. Up to now, XJTLU has successfully convened 11 distinct welcome parties since its establishment in 2006, which have been widely acclaimed by all staff, students and sponsors.

### LEADERSHIP TRAINING

“Win at XJTLU” leadership training program (hereinafter referred to as “Win X”) is an activity to improve the leadership of the leaders of student's societies and organizations by enabling them to accomplish programs within stipulated time limit.

### SPORTS SOCIETY AND COURSES

A series of elegant sports activities such as golf, Frisbee, etc. will be provided to you. You'll encounter the students playing Frisbee on campus. The school's Ultimate Frisbee Club once won excellent result in the nation level competition.

### SOCIAL PRACTICE

Primarily includes two forms, support education and investigation. XJTLU Youth Volunteer Association will screen students on campus for its volunteer activities. These volunteers will design the summer vacation courses for the primary and secondary middle school students covering four provinces including Guizhou, Guangxi, Anhui and Shaanxi. The investigation activities cover many themes, for example, the investigation of buildings during the period of Vietnam in the colony of France, the investigation of the survival and development of the newsstands at Yangzhou, etc.

### VOLUNTEER ACADEMY

An official service and support platform for the public welfare of XJTLU has not only undertaken official activities including holiday social practice and large-sized volunteer recruitment, etc., but also provided professional volunteer training, service and support to enterprises and communities. Meanwhile, the academy will also convene exchange meetings regularly to share public welfare stories and experiences with love so as to expand the influence of public welfare undertaking.

11 trainings have been carried out from 2013 to 2016 with the theme covering the operation of a coffee shop, donation for children in poverty and physical disadvantaged children, charity bazaar of traditional handicraft, etc. You can exercise and promote yourselves in the themed activities, for example, the operation of a coffee shop not only demands the exchanges and cooperation among team members, but also demands the professional knowledge for practice such as SWOT analysis (strength, weakness, opportunity and threat), the marketing approaches, the market occupancy and expenditure utilization ratio analysis. You don't have to worry about the shortage of corresponding professional knowledge because you can take advantage of this opportunity to learn a new skill.

The students may choose profound sports courses independently as per their own interests, especially, the golf courses. Teachers Stan and Steve from U. S. will teach small-class courses in English, tutor the students patiently in class and work by shift for every two to three hours after supper so as to provide corresponding guidance to those who practice golf at night. I've established profound friendship with these two teachers in a term.

— LI XIN ENROLLED IN 2013

In the summer vacation of 2016, volunteers from the association went to two financially difficult primary schools located at Pu'an County, Guizhou Province to carry out support education for over 20 days. The conditions were rather difficult at the mountain area and some volunteers even couldn't take a bath for over 20 days. These volunteers have not only brought study methods and thinking skills to the deep mountain, but also the study interests to the children.

Four girls, with enthusiasm about history and architecture, carried out their investigation of buildings during the period when Vietnam was in the colony of France. They felt a little afraid in foreign country at the very start, but it didn't shake their determination. Based on the deep understandings of the local history and the gothic architectural style, they've finally known that the history of a country can be well interpreted in the buildings during a specific period of time.



## EXTERNAL MENTOR

The external mentor project is one of the important parts of XJTLU Five-star Education Model. It aims to establish an interactive platform for enterprises, students and university. XJTLU invites senior experts from various fields to serve as the university's supervisors for students' future career and life development. They offer a variety of skills and other effective guidance to students to facilitate the knowledge transition from school knowledge to social common sense, as well as to shorten the adaptation period for students from university into the society through the development of a positive attitude and increased capability. The external mentor project offers comprehensive guidance and support for students with eight missions including: career awareness, life planning counseling, vocational courses, innovative business counseling, life experience sharing, practical case sharing, internship opportunities, and job employment opportunity. Students can have external mentors when they are in year 3 and above.

### ▶ VOCATIONAL DEVELOPMENT ASSISTED BY EXTERNAL MENTORS

Xi'an Jiaotong-Liverpool University opened the External Mentors Programme in 2008. After a decade of development, it has been an important part of the XJTLU Educational System. At the outset, there were no more than 20 external mentors. Yet, they guided and enriched XJTLU students' life with their positive life attitudes and rich career experience. After a decade of development, XJTLU now has a team of 450 external mentors from all walks of life. Among the external mentors, there are talents from the World 500, bold makers, scholars and experts from different industries. Through their kind guidance and sharing, the students were supported in the era of life experience, career planning, professional skills etc., which played an irreplaceable role in their life.

## ACADEMIC ADVISOR

Your academic advisor may be those teaching English or specialty courses. They will support you but you should contact with them with initiative.

### ▶ WHAT'S THE PURPOSE OF THE ACADEMIC ADVISOR?

XJTLU has prepared the academic advisor and the class tutors for the students. The students in campus may carry out discussions with, seek suggestions and assistance from their academic advisor in respect of all problems associated with study and research.

When you apply for a master's degree, the academic advisor may write a letter of recommendation for you. If your academic advisor has no understanding of you, they cannot write such letters of recommendation; therefore, you have to contact them as much as possible at ordinary times. Of course, we expect you can learn knowledge from your academic advisor, which is more important than the letter of recommendation.

## STUDENT DEVELOPMENT ADVISING CENTRE

As one of the important support systems in XJTLU Five-star Education Model, the growth consultants will provide non-academic support and assistances without excessive interference in the students' personal life. We concern ourselves with the students on the basis of respect and trust. When they encounter any difficulty, proper suggestion and guidance will be provided.

### ▶ MANAGEMENT AT LARGE TO BE YOUR BACKUP FORCE

There was once a student addicted to the internet which delayed his learning. He once intended to suspend his study for one year to work at a restaurant. The Development Advisor was aware that it was a way of escaping from reality. The development Advisor didn't rebuke him in an arbitrary manner but gave him three days and suggested for him to survey the restaurants in the neighborhood. He indicated that he didn't carry out the survey three days later. Thus the Development Advisor guided him to think whether he could achieve his expectations in fact by suspending his studies for a year when he even could not carry out a survey for three days. Consequently, he only failed in one course during that term and the Development Advisor saw him wearing a suit lately, looking very professional as a whole. Such guidance and support is the daily work of the development advisors. The Development advisors are so appreciative of attending the growth of students.

## BUDDY PROGRAMME

The buddy programme intends to provide proper guidance to the freshmen and assist each student in adapting themselves to the university life as soon as possible by means of the fellow's assistance and exchanges with excellent fellow students.

### ▶ BUDDY FAMILY

I once thought of the buddy as a group of senior students. Later I found them not only to be close friends but also family. We may feel helpless at enrollment; but the buddy may lead us to tour around the campus and tell the function and story of each building in campus. Later they even recommended the minor details such as the more favorable printing shops, which enable us to feel their sincere concerns.

We've gradually known that these buddies once also led a difficult life with pessimistic living attitude and even failed in the English course. As a result, they didn't expect us to repeat their tortuous path of difficulty and loneliness, which enabled us to feel rather warm. Whenever we are in need of assistance, they would not answer us directly but told us the channel to seek resources, such as the academic advisor, the growth consultant, the psychological health center or the English teacher, etc. As far as we're concerned, they are not the steward to take charge of everything but intend to cultivate our awareness of independence.

## FOUR-TUTOR SYSTEM



## IMPROVEMENT AND SUPPORT

### BOUNCE BACK PROGRAM— STUDENT DEVELOPMENT ADVISING CENTRE

The Bounce Back Program is a student support program integrating professional knowledge and attitude of psychology and education. Under the leadership of professional facilitators and psychological consultants, they intend to help the students who have to make improvements in self-management. The program will guide the students to plan the new life and form the new study plan within 10 weeks. The facilitators will monitor the students to check in so as to guarantee them to form a disciplinary study and living pace of life. In addition, the students will also participate in the group psychology consultation, regular team meetings and interesting challenging assignments, etc. As indicated by the students involved in the program, they've obtained a more regular daily schedule no longer initiating from the noon; instead, they have partners to study individually and have fun together. As a result, they'll no longer feel lonely. What's more important is that they've cultivated better study behaviors and methods.

### EXTRACURRICULAR Q&A— MATH-SCIENCE TEACHING CENTER

Professors from the Math-Science Center arrange the duty shift five days a week voluntarily to answer the students' questions generally at two time intervals in the morning and afternoon of each day. If you have any difficulty after-class or haven't completely mastered the contents in class, please be courageous to consult with these professors who will answer your questions with patience.

Upon teaching and practice for so many years, the old professors have studied on the methods of how to integrate the knowledge of teaching with the cultivation of abilities of finding solutions. The mathematical modeling developed among freshmen is to promote the students to deepen their study of mathematical knowledge while applying the knowledge to practice.

### ALUMNI COMMUNITY— ALUMNI ASSOCIATION OF XJTLU

The Global Alumni Association of XJTLU, established in August 2010, is an active group with almost 12,000 members all over the world. It provides the alumni card, permanent alumni account, employment services, library services, continuous education, tuition reduction, exemption services, etc. XJTLU Alumni Website has launched (<http://alumni.xjtlu.edu.cn>), where you can find the Global Alumni Map, join your local XJTLU Alumni Association, create topics and events and even interest groups, add alumni into your network. Whether you are in China or abroad, the XJTLU Alumni Association welcomes all XJTLU alumni to join our global network.

### ENGLISH PROMOTION— CONTINUOUS SUPPORT CENTER

XJTLU's students have different backgrounds, which signifies that they have different English foundations and education backgrounds. The language center will provide the students abundant with courses to improve their English level, primarily including group study, workshop, lecture and one-to-one Q&A.

Since your enrolment, even after you've graduated, the centre will also continue to provide information and resources to you.

### HUMANISTIC EDUCATION— CHINESE CULTURE TEACHING CENTER

With the "international perspective" and "humanistic pragmatism" as the principles, the courses are set to solve the problems that are mostly and urgently of concern to the students. In terms of the teaching method, efforts are made to take full advantage of frontier teaching tools such as network and mobile terminals, etc. instead of traditional unimilitary education modes. A complete set of interactive and interesting teaching ecology system has been developed. In addition, the Chinese Culture Teaching Center will guide the students to formulate future career planning and assist them in cultivating the behaviors of independent study and thinking from the first year to realize the transformation from the "middle school students" to the "adults", cope with the learning rhythm in senior grades and to lay a solid foundation for their access to society independently after graduation.



## MORE THAN YOUR IMAGINATION

In the enrollment season of 2017, XJTLU has already prepared diversified supports to you so that you won't feel lonely even when you've left your parents. Here you'll know so many cute brothers and sisters as well as "parents" from all of the world. Though you'll encounter difficulties in study or life, you can chat with your academic advisor, development advisor and school fellows.



## WE CAN SUPPORT YOU AS FOLLOWS:

- 01 Enrollment strategy for freshmen:** refers to the manual in your hand, which guides you to adapt yourself to the college life rapidly by means of Newbie Task.
- 02 Pre-arrival system:** activates the linkage between you and school so that you and your parents can get an understanding on XJTLU's culture and environment at home.
- 03 Student's Handbook:** detailed and overall official policy and resource introduction, covering the guideline of the individual study development planning, the school's specific policy, the specialty transfer, the course selection and internship, etc. To understand such content well, may let you know the "Game Rule" of XJTLU better.
- 04 Opening ceremony:** the grand welcome ceremony also signifies the "coming-of-age ceremony" when you have to march forward independently without your parents' accompaniment. XJTLU is just the palace that undertakes your growth footsteps.
- 05 Parent Information Exchange Meeting:** the specialty setting to enable your parents to understand the school, make decisions on the specialty selection together and do well in career planning.
- 06 Enrollment Education Series Lecture:** the series of lectures at the beginning of the enrollment to help students better understand the university's culture, rules and infrastructure rapidly, which will be conducive for the students to better adapt themselves to the life and avoid unnecessary detours. Here, you'll see the presidents and other masters to introduce the way of adapting yourselves to the campus life. Please prepare your camera to take a joint photo with the president.
- 07 Academic Cohesion Week:** each department will develop profound career talks and experience gatherings during the first week after the school begins formally so that you can experience the study content of different specialties in person. Please do join in us!

## SUMMARY OF UNIVERSITY SERVICE STATION:

It is the first step towards success by knowing how to obtain resources and supports initiatively.

### ONE-STOP SERVICE CENTER FOR THE STUDENTS

☎ 0512-88161854  
✉ onestop@xjtlu.edu.cn

- Earn the Scholarship by Yourself
- Physical and Psychological Health: Medical Insurance

### TEACHING AFFAIRS

☎ 0512-81881230  
✉ academicervices@xjtlu.edu.cn

- Academic Growth: the Student's Handbook
- Information and Technical Support: ICE@XJTLU, E-Bridge
- Academic Advisor
- Earn the Scholarship by Yourself
- Pass Strategic Case: 2+2 or 4+X

### GROWTH CONSULTANT

✉ SDA@xjtlu.edu.cn

- Development Advisor
- Improvement and Support: Bounce Back Program

### BUDDY PROGRAMME

☎ 0512-81883297  
✉ buddy@xjtlu.edu.cn

- Buddy Programme

### DORMITORY SERVICE

☎ 0512-88161857  
✉ accommodation@xjtlu.edu.cn

- Safety Awareness: Tighten Your Wallet
- Pass Strategic Case: Deal with Interpersonal Relationship Properly

### STUDENT ORGANIZATION AND SUPPROT

☎ 0512-88166521  
✉ sos@xjtlu.edu.cn

- Colorful groups and organizations

### INFORMATION TECHNICAL SERVICE

☎ 0512-88161250  
✉ IT-Service@xjtlu.edu.cn

- Information and Technical Support: Account and Email

### ALUMNI SERVICE

☎ 0512-88161869  
✉ alumni@xjtlu.edu.cn  
🌐 <http://alumni.xjtlu.edu.cn/>

- Improvement and Support: Alumni Association of XJTLU

### STUDENT COUNSELLING CENTRE

☎ 0512-88161815  
✉ counselling@xjtlu.edu.cn

- Physical and Psychological Health: Psychological Consultation Center

### PHYSICAL EDUCATION CENTRE

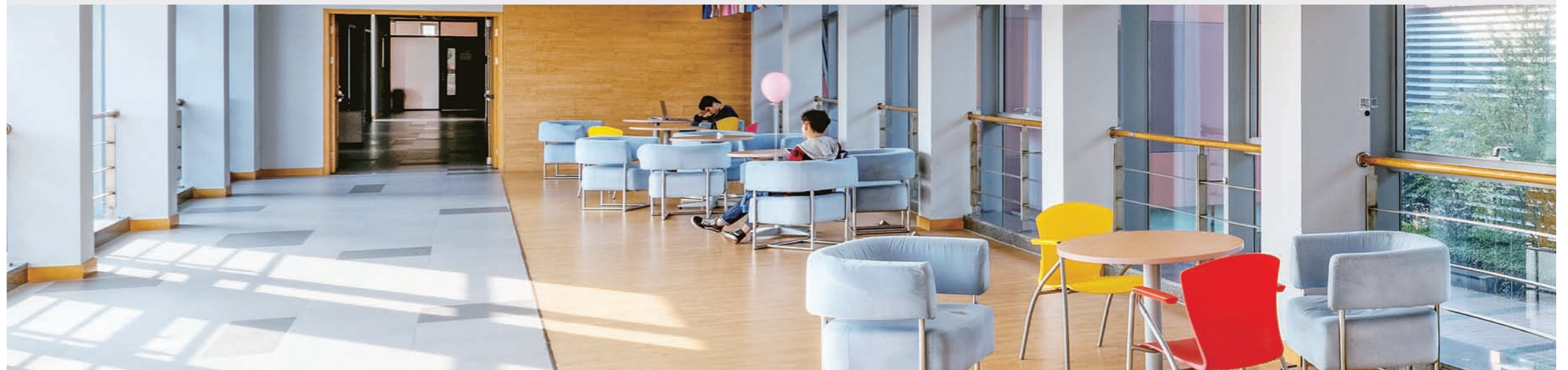
✉ PEC@xjtlu.edu.cn

- Colorful groups and organizations
- Sports Facilities

### CAREER PLANNING

✉ careers@xjtlu.edu.cn  
🌐 <http://careers.xjtlu.edu.cn>

- External Mentor





## LET'S EARN THE SCHOLARSHIP

Student A felt a little insecure about his English competence and appearance upon enrollment but he persisted in practice and studying diligently within two years afterwards. His study achievement has been ranked in the top three of the grade; besides, he's also actively organized and managed the association activities in his spare time. Finally, with his excellent abilities, he's become the association director with great influence in campus. Meanwhile, he's also actively participated in the support teaching and the volunteer activities to give back society. It's his unremitting efforts and persistence that has enabled him to achieve continuous growth and improvements. The National Scholarship and the National Encouragement Scholarship signified XJTLU's recognition and encouragement of him.

### UNIVERSITY ACADEMIC EXCELLENCE AWARD

The students with their annual GPA ranked in top 5% may apply for the abundant Academic Excellence Awards.

### UNIVERSITY ACADEMIC ACHIEVEMENT AWARD

If your result is ranked in top 5% but your annual GPA has reached top 5.1% to 10%, you may apply for the Academic Achievement Award.

### NATIONAL SCHOLARSHIP

If you've achieved the Academic Excellence Award, you may apply for the National Scholarship. If you want to obtain the National Scholarship, you have not only to feature excellent study results but achieve overall development, morally, intellectually, physically and aesthetically. You've not only to study excellently and diligently at school with the general result ranked above top 10% of the grade; but also, you still have to behave extraordinarily excellent in terms of morality, academic research, discipline competition, innovation and creation, social practice, social work, sports competition or literary competition, etc.

### NATIONAL ENCOURAGEMENT SCHOLARSHIP

Which is established jointly by the central government and the local government to award the students in poverty but highlighting excellent in character and learning. The winner of National Encouragement Scholarship must be integrated and faithful, feature superior morality and excellent study results at school as well as excellence in social practice, innovative capacity and comprehensive qualities, etc.

### NATIONAL SUBSIDY

This subsidy helps the students who come from poverty. The winner of the National Subsidy must study diligently, be positive and aspirant, feature excellent study results and actively participate in diversified activities at various levels.



## PHYSICAL AND PSYCHOLOGICAL HEALTH

### STUDENT COUNSELLING CENTRE

"Walking into a psychological counselling room and communicating with a counselor" doesn't mean that you definitely have "psychological problems", but there are still a lot of students who avoid it like the plague. The ultimate goal of psychological counselling is to help the individual to duly handle emotional disturbances in his/her life. In most cases, we can handle it alone, but if such disturbance continues, and cannot be controlled or gotten rid of, and even affects our physical health, we should seek psychological counselling for help. Our university has a professional psychological health counselling team to help students to solve personal conflict, interpersonal relationship, psychological problem, academic anxiety etc. The counselors comply with the professional treatment procedures and confidentiality principles, and help you to discover your own problems and find solutions. Meanwhile, they also regularly provide group therapy and workshop services.

### WHAT IS PSYCHOLOGICAL COUNSELLING?

The studies of A in sophomore year didn't go well. He studied all night long, but got very low scores. A thought that he had devoted a lot of energy and time, but didn't get the satisfying results, so he felt depressed. What's more depressing, he couldn't talk to his roommates, because almost all of them were straight-A students, and he felt "embarrassed" to talk about this issue with them.

Afterwards, A made an appointment for psychological counselling. While filling the appointment form, in the column of requirements on counsellor, he wrote, "Hope the counsellor's academic performance in his school-days was poor, and still poor after hard work!" Here is the question. Should we arrange a "poor student" counsellor for A? If all the counsellors are "straight-A students", what should we do?

Actually, every counsellor in the Psychological Counselling Center can meet A's requirements, because A's unspoken words are, "I hope someone can understand me, and I don't want to be laughed at or judged." There are some important rules for psychological counselling, and among them, "unconditional positive regard" is A's need. Unconditional positive regard includes respect for the visitor; not to judge, and maintain neutrality; attach importance to the peculiarity of every visitor; accept the visitor's attitude, opinion, and belief; pay attention to the visitor's needs; understand the situation faced by the visitor etc. Just as we believe, understanding is the start of connection between people. We were born, injured, and healed while interacting with people.

### PSYCHOLOGICAL HEALTH TEST FOR NEWLY ENROLLED STUDENTS

To understand the newly enrolled students' adaptability, the student psychological counselling center will invite all newly enrolled students to participate in the online psychological health status test. The test results shall be kept confidential.



## HEALTH INSURANCE

- **BASIC MEDICAL INSURANCE:** is organized by the Provident Fund Center of Suzhou Industrial Park and contributed by the students in person.
- **COMMERCIAL SUPPLEMENTARY MEDICAL INSURANCE:** is organized by the Provident Fund Center of Suzhou Industrial Park and contributed by the students in person.
- **MEDICAL INSURANCE:** as the supplementary medical insurance, it is contributed by the school and purchased from the insurance company through a bidding process.

### PLEASE KEEP YOUR MEDICAL INSURANCE CARD

Student B had to be hospitalized for medical treatment in an accident but he lost his medical insurance card and failed to make reissuance within three months; therefore, he had to advance the expensive medical treatment fees in full and then applied for reimbursement manually, which made his reissuance procedures to be rather complicated.

As the medical insurance has provided medical guarantee to the students, it is of great significance of keeping and using your medical insurance card.

## SAFETY AWARENESS— PERSONAL AND PROPERTY SAFETY

College is a period of beautiful and unforgettable time for every one, but safety issues are easily ignored by students.

### DORMITORY AREA

It is dangerous to use electric appliance above 500 watts, and any overload may light a fire. So for life safety, please don't purchase such electric appliances.

### PREVENTION OF THIEVERY

Watch your own properties, and beware of stealing! The stealing ways of others frequently are seen in students' dormitories including picking up something on the sly, taking any opportunity to get in, secretly making a key, and putting up off-campus people for the night etc.

### DORMITORY PRECAUTIONARY MEASURES:

try not to leave too much cash in the dormitory; properly keep valuables such as wallet, computer etc., and don't leave things about; make sure that the door and window are closed while leaving the dormitory and before sleeping.



Liu who was a freshman answered a call from a person claiming to be his teacher and asked him to go to his office the next morning. In the morning of the next day, the person called again and said that there was a leader in the office and he wanted to send money to the leaders. So he asked him to buy an envelope. But later he said that the leader didn't accept cash, so asked him to help him to transfer the money to a designated account. Liu didn't feel suspicious and transferred money five times according to the person's request. In the end, the person was given 10 thousand yuan.

### CASE ANALYSIS

As introduced by the police, the cheaters make use of students' vulnerabilities, as well as their psychological state of being afraid to actively verify with the teacher, especially freshmen. They assess the victims' psychological state through phone call and then find a reason not to meet and remotely control them by phone to transfer money. It is a problem that a teacher wants to borrow money from a student and if the teacher doesn't want to meet but asks you to transfer money, he/she is definitely a cheater. Such fraud has been scan on campus.

A female freshman was swindled on the first day of new student registration. She met a well-mannered man who said that he was studying in a university in Beijing and doing research here but got separated from other people. His identification card etc. was held by his teacher so he needed the girl's bank card as collateral to get back his research materials at the airport. The student believed it to be true and as required by the man, she told him the password of her bank card. The man said that he would return the card to her in two hours, but the man, the student's bank card, as well as the tuition in the card all disappeared.

Many college students leave their phone numbers while applying for a job when sending resumes on the Internet. This may accidentally fall in the cheater's trap. The cheater gets the student or his/her family's phone number, and then pretends to be staff in telecommunication office or public security organization to call the student. They say "to facilitate the investigation, we ask you to turn off your cellphone in a certain period of time." When the student turns off his/her cellphone, the cheater will call his/her parents and lie that he is the student's instructor, or a doctor in the hospital, and now the student suffers from acute and severe disease, or has a traffic accident, and needs a large amount of money for surgery, and then he asks the parents to transfer the money to a designated account. When the parents lose presence of mind, and cannot get in touch with their child, it is easy to swindle money out of them.

### CASE ANALYSIS

Generally speaking, as parents, when you receive such call, please don't panic. Getting in touch with your child is the top priority, but if you cannot get in touch with your child, please contact our university. Don't blindly transfer money to any account because the result is always that the money disappears forever. Similarly, when the student receives the call from other place, and someone says that his/her parent had a car accident, and needs him/her to transfer money to a designated account. It is the same trick.

## NEW STUDENT REGISTRATION

There are no such "teachers" asking students to pay extra money, and be vigilant while encountering such thing; the newspaper, phone card, and cosmetics from formal institutions are most reliable.

## BE KIND, BUT CAREFUL

Learn how to protect yourself, and observe and analyze more carefully.

## TELECOMMUNICATION NETWORK FRAUD

Keep calm when problems come up, and timely communicate with the people involved.



## SUCCESSFUL CASES

### SELF-TEST

#### CASE 1: BROTHER SLEEPING IN MY UPPER BERTH

You accidentally run into S' desk, and S' music box is broken. S is angry, and breaks out into curses immediately, "don't you use your eyes while walking? My favorite thing was broken by you. How are you going to deal with it?" What's your response?

- A** None of my business. It's your fault. Why don't you put it inside?
- B** I am sorry. I didn't notice it, and I will buy you a new one, or could you tell me what to do?
- C** You should put away your stuff. The dormitory is too small, and it is inevitable to run into your desk. Please don't be too concerned about it.

#### CASE 2: ARE YOU REALLY GOOD AT COMMUNICATING WITH YOUR PARENTS?

You are pleasantly watching a cartoon, and your father starts to talk, "you've grown up. Why do you still watch cartoon? Does it have any educational significance to you? Does it help your studies? Go to do your homework now!" What's your response?

- A** Impatiently say, "Leave me alone. It is a crucial moment and will end soon."
- B** Silently turn off TV and unhappily go back to your room.
- C** Say to your father, "I just relax for a moment, and I will read books soon. It doesn't affect my studies."

## CORRECTLY HANDLE INTERPERSONAL RELATIONSHIPS

After entering the university, students start their life in the dormitory. The four people in a dormitory frequently come and go together, and thus become the most intimate friends. However, just because of intimate life and close relationships, it is easy to expose defects and cause conflicts among roommates. Among them, the typical problem is the difference in daily routines.

In the investigation on the theme of psychological health lecture for freshmen, 80% students selected Interpersonal Relationship and Communication Arts. It reveals that people yearn for communication but also implies that they are confused about communication. Huge gaps may exist in the psychological feeling and experience between people, but the so-called "harmony in diversity" means that even if we cannot completely understand other people's feelings, at least we can try to experience other's feelings. It is the beginning to learn to listen, as well as the premise to express your willingness. There is "care" behind good listening and expression. If we sincerely care about others and accept others, change will happen.

## HOW TO COMMUNICATE WITH PARENTS

Many parents complain that their children are unwilling to talk about the specific conditions of campus with them; meanwhile, many students also complain that their parents over interfere their study and life (including meal, dress, rest, major selection, going abroad etc.). During university, how will the communication between children and parents develop?

For parents, the ultimate goal of a family is not to raise a child always following their advice. On the contrary, they should help their child to be mature enough to independently survive in society and make contributions to society. Parents need to know that their role has to be changed at this moment. While providing sufficient support, they should give enough respect and trust to their child, and even allow them to make mistakes.

For students, the antonym of dependence is separation, not maturity. Simply separating themselves with their parents doesn't mean to grow up and expressing their own opinions and obtaining identification in an equal and reasonable way is a sign of maturity. Childish reverse psychology can only stimulate parents to express more anxiety and act more like "parents".

It is recommended that students should actively share the information which their parents may care about with them, and reasonably explain the decision and arrangement they made, to successfully persuade their parents and obtain identification. Such a communication mode will be gradually solidified, and replace the previous order-obedience communication mode. Gradually, you will discover that it is not difficult to communicate, and your parents will grow up together with you. Even if we meet difficulties during study and life on campus, there is no need to intentionally hide, because we all know that parents are always our strongest backup and support.

## CONTROL YOUR TIME SPENT IN COMPUTER GAMES

After entering university, a part of students start to indulge in computer games, and there may be three reasons.

- During senior high school, parents and teachers all keep an eye on them, but after entering university, they suddenly go free, and both study and life depend on self-discipline.
- Some student wrongly think that their university is easy and doesn't require too much energy and time.
- While meeting with difficulties in studies, they try to find themselves in the virtual world.

How to develop a good habit of surfing on Internet?

- Set clear life goals. The four years at university is precious, don't waste your time on games and don't let games affect your studies which can cause severe consequences such as suspension, drop-out etc.
- Frequently communicate with senior students or schoolmates to listen to their voice of experience and understand the importance of studying in freshman year.
- Frequently communicate with teachers, including your academic advisors, growing counselors, course lecturers etc.
- Frequently participate in extra-curricular activities and don't always stay in the dormitory.
- If you discover that you have internet addiction and want to change, you can contact the growing counselor or psychological counselling teacher.



Zhan is a XJTLU student in grade 2011. Since entering the university, he had indulged in online games, and neither communicated with others, nor went to class. The university provided a lot of help to him, and the growing counsellor also frequently went to Internet bar, and tried to persuade him to go back to school and have classes. Afterwards, he failed in academic performance, and repeatedly failed to go to the next grade, and finally he had to drop out. We hope that other students can take a warning from it. Due to his experience, Zhan could not find the value of his existence in real life, and lacked emotional understanding and care. If you have a similar situation, please don't give up on yourself and actively seek help from surrounding systems such as relatives, friends, schoolmates, growing counsellors, psychological counselling center etc., to defeat Internet addiction with their support and your will and set sail for your own life!

## BALANCE ACADEMIC STUDY AND EXTRA-CURRICULAR ACTIVITIES

Study is divided into two types. One is academic study, that is, "formal study", and the other one is study through extra-curricular activities, that is "informal study". Both of them are important, so students must balance their relationship. The university encourages the students to actively participate in extra-curricular activities, but should control the "degree", and pay attention to time management.

Helen, an XJTLU student in grade 2012, uneasily sought help from the growing counsellor. In the first semester, she failed in three courses. While recalling the half-year life at university, she put most other energy into student organizations and club activities and obtained a internship opportunity in Suzhou Broadcasting Station. Such practice and achievement were really uneasy for a freshman just entering university. However, as a student, study was her duty. While knowing the examination results, she had some regrets about her choice. After some thought, she decided to withdraw from all clubs and organizations, and put more time and energy into her studies. However, extra-curricular activities can enrich students' life at university, and develop and enhance their practical ability. But academic study is your major work after all. Therefore, you should balance academic study and extra-curricular activities according to your own energy and academic performance to be a happy student having excellent academic performance and developing the ability in extra-curricular activities at the same time!

## 2+2 OR 4+X

After entering sophomore year, many students start to struggle in whether to select 2+2, to complete their postgraduate study in Liverpool University, or to complete their postgraduate study in UK. The data shows that in the aspect of education quality, graduates' achievement etc., the difference between Liverpool University and XJTLU is very small. Your choice depends on your own life planning and economic conditions. In addition, you don't need to make a decision in a hurry. After your freshman year ends, and you have a more comprehensive, objective, and profound understanding on your own life planning, XJTLU and Liverpool University, you will make the right choice. It can be perceived from all kinds of successful cases that the key to success is your own efforts, and not whether you choose 2+2.

As a firm believer of "try more while young", Luo did not take the 2+2 option, that is, to finish her junior and senior years in Liverpool University in the U.K. Instead, she chose to stay in Suzhou to finish her studies. "This decision was made after careful deliberation of all aspects, and the primary reason was because there would not be a major there that matched perfectly with my studies. I hoped I could learn as much as I could in the shortest possible time, hence my decision to stay at XJTLU because the teaching resources here can give me that help."

When entering the senior year, Luo became clearer about her future plan after reflecting on her previous experiences, that is, she would continue her study and conduct research on East Asia cultures. In fact, she had already begun preparing for the GRE test since the second half of her junior year, and she would force herself to memorize 300 new words each day. When applying, she actively coordinated and made use of the resources around her and meticulously planned every step.

### CASE 1: BROTHER SLEEPING IN MY UPPER BERTH

While encountering a problem, S copes with and talks like a child, which works to blame others.

- A Option A is also a child-like coping style:** pass the buck like a child, and argue with others. The result will be that both of them continuously blame each other, but cannot actually solve the problem.
- B Option B is a normal adult's coping style:** face up to the problem, and actively solve solutions with others. Such handling result can gradually affect the other person to grow up to be an adult, and finally can reasonably solve the problem together.
- C Option C is to face the problem with a parent attitude:** response in an educational tone, and reluctant to admit mistake. Such handling result will force the other person to yield, or intensify the problem.

### CASE 2: ARE YOU REALLY GOOD AT COMMUNICATING WITH YOUR PARENTS?

- A Resistant child state:** conflict with parents, as a result, the problem cannot be solved, on the contrary, the conflict becomes more and more serious.
- B Obedient child state:** follow his father's order to turn off TV, and the problem is solved temporarily, but he is very reluctant in his heart.
- C Adult state:** communicate with his father with a peaceful state of mind, obtain both parties' acceptance, and the problem is solved perfectly.

CHILD STATE

Think, feel, and express in past (childhood) way, mainly the emotional experience in the childhood, including spontaneity, creativity, and intuition. It is divided into resistant children and obedient children.

ADULT STATE

Take advantage of current available resources for thinking, recalling, and application, and usually without feelings. It supervises and analyzes the message from parents and child state, handle real problems, and help us to live an efficient life.

PARENT STATE

learn from parents, and integrate into his own personality. It provides the standards to be followed, and helps him merge into society. In the parent state, his behavioral expression, idea, and feeling are just like his parents. It is divided into critical parents and caring parents.

TEST RESULTS



## EXPLORE XJTLU

### MESS HALLS AND RESTAURANTS IN XJTLU



#### MESS HALL

- **Yushanfang Restaurant** Public Building
- **Hongyuan Restaurant** South campus
- **Bafei Restaurant** Science Building/Wenxing Square MBA Hotel
- **Hailing Restaurant** Wenxing Square



#### FAST FOOD AND COFFEE HOUSE

- **Subway** Foundation Building
- **Pacific Coffee** Pubic Building



#### CONVENIENCE STORE

- **Kedi** Foundation Building
- **You Me Supermarket** Central Building, Science Building, Public Building, and Humanities & Social Science Building

#### SURROUNDINGS OF THE UNIVERSITY

- **Wenxing Square**  
Hot Pot, Fried Chicken, Pickled Fish, Sushi, Rice Noodle, Dessert
- **Hanlin Neighborhood Center**  
Local Dessert, Hamburger, Fast Food, Noodle

### SPORTS FACILITIES

#### SPORTS FACILITIES ON CAMPUS

At present, the university is equipped with indoor venues such as golf training court, basketball court, tennis court, gym, multi-functional activity and training hall, table tennis training hall etc.; there is a sports park on south campus where the physical education and training such as football, Frisbee, rugby, baseball and softball etc. can be implemented (it is renovating, and a gym and a playground are building); in addition, there are outdoor sports fields such as football court, tennis court, badminton court etc. in the students' living areas.

#### SPORTS FACILITIES OUTSIDE CAMPUS

Furthermore, the students can share themulti-functional Dushu Lake Gymnasium which is equipped with main basketball stadium (badminton court), basketball training hall, table tennis training hall, taekwondo gymnasium, dance classroom, bowling alley, indoor pool, climbing gym, tennis hall, squash hall, yoga club, chess and card room etc.



#### FREEHAND SKETCHING XJTLU: FREEHAND SKETCHING MAP OF XI'AN JIAOTONG-LIVERPOOL UNIVERSITY CAMPUS CULTURE SPACE

Student can find the map at the XJTLU Museum. You can intuitively experience the architectural composition and planning on north and south campus, and understand the landmark area with our unique campus features and the stories behind it. On the day of the opening ceremony, there will be schoolmates guiding you to visit our campus. So by getting familiar with the names and English abbreviations of these teaching buildings and when you really arrive at the university, you will not feel confused!



## EXPLORE SUZHOU



### SUZHOU MUSEUM

Suzhou Museum became one of the first groups of national first-class museums in 2008 and forms a colorful cultural corridor with adjacent parks and scenic spots such as The Humble Administrator's Garden, Lion Grove Garden etc. The designer of this Museum is Leoh Ming Pei, a well-known architectural design master, and the Chinese characteristics are seen everywhere.

### SUZHOU CULTURE AND ART CENTER

You can appreciate art performances from all over the world, such as Russian Ballet Groupe, Welsh National Dance Groupe etc., and some free art exhibitions, photographic exhibitions etc. open to the public are frequently held here.

### KUN OPERA

Kun opera is one of the oldest Chinese traditional operas as well a treasure in Chinese traditional culture and art, especially Chinese opera art. It is called as an "orchid" in the garden of flowers. Suzhou Pingtan, which is the general name of Suzhou Pinghua and Suzhou Tanci refers to the traditional story-telling and ballad singing in Suzhou dialect. Pinghua and Tanci are characterized with fine and exquisite performance, and the soft Suzhou dialect sounds very impressive.

### UN WORLD HERITAGE—SUZHOU GARDEN

Suzhou Garden is the general term of Suzhou landscape garden architecture, and dominated by private gardens. In 1997, the Classical Gardens of Suzhou were included in the World Heritage List as the representative of classical Chinese gardens. The Humble Administrator's Garden is the top of Suzhou gardens as well as the representative of classical gardens in regions south of the Yangtze River. As a temple garden integrating the philosophy of the chan sect, and the joy of garden, the Lion Grove Garden is famous for its artificial hill, and is the only survivor of large-scale artificial hill in classical Chinese gardens, as well as one of the examples of the most complicated and complex piled mountains in classical Chinese gardens.



## GOURMET SEASON

The new students are enrolled in August when the Gorgon fruit, one of the Suzhou "Eight Water Immortals", and appears on the market. In Suzhou people's eyes, the Gorgon fruit has been a rare delicious food. As recorded in the ancient medicine books, it was a precious food which "the babies eat to keep young and the old people eat to prolong life".

In this season, Suzhou people also like to pick fresh lotus leaves to make a dish, steamed pork with rice flavor in lotus leaves. The fragrant rice flour, which has been fried and the pork which has been flavored, are wrapped and steamed. With fragrance as well as a fresh, soft, and glutinous taste, that is not greasy, it is perfect to eat in the summer.

In the end of the month, as the Mid-autumn Festival comes, the fresh mooncakes will appear on the market successively, and the meat-stuffed mooncake is one of the ten special snacks in Suzhou, with salty and sweet taste, and crisp and soft crust. A large glob of fresh pork is wrapped in it, and the meat juice gradually permeates into the crust. How Delicious!

### SEASONAL FOOD IN SUZHOU

Suzhou People don't eat the dishes without the seasonal materials, and many delicious foods are changed with seasons and only appear in one season or a period of time. If it is missing, you have to wait for the coming year. There are delicious foods throughout the year, and different in the four seasons.

<b>JAN</b>	sugar rice cake, lard dishes and rice, ice porridge with nuts and dried fruit, and fish pickled with grains
<b>FEB</b>	eight-treasure rice pudding, spring roll, shepherd's purse, and winter bamboo shoots
<b>MAR</b>	saury, braised soy sauce pork, green dumpling, and pickled bamboo shoots
<b>APR</b>	Biluoichun tea, water shield soup, five-color square cake, three-colored amaranth, and snail
<b>MAY</b>	plum wine, black rice, and Biluo shrimp meat
<b>JUN</b>	June yellow, watermelon chicken, cherry pork, and Fengzhen pork noodles
<b>JUL</b>	red bayberry, lotus seed, cuiguan pear, and plum syrup
<b>AUG</b>	yellow peach, Gorgon fruit, and steamed pork with rice flour
<b>SEP</b>	Chinese chestnut, icefish, and meat-stuffed mooncake
<b>OCT</b>	hairy crab, Double-Ninth cake, and osmanthus sugar taro
<b>NOV</b>	potherb mustard, and zangshu mutton
<b>DEC</b>	winter wine, and winter solstice glue pudding