



Use Campus Resources—a handshake indicating use of technology as a resource

### Use Campus Resources By Narihisa Yamamoto

My name is Narihisa Yamamoto, an international student from Japan. In this essay, I want to give some advice to the class of 2026, especially the international students. Before I came to Loyola, I had so many concerns: How do I get used to the environment? Am I going to have a good roommate? Is my English skill OK? How is the food at Loyola? Most of my concerns disappeared after I realized that there are so many campus resources available.



International flags

### OISS

The most helpful campus resource for me so far is the [OISS](#), the Office of International Student Services. They are experts to help international students and they give us the right advice at the right time. For example, on the first day of class, my student ID was not working properly, and I could not get into the building to take the class. I panicked because it was the first day of class and I did not want to miss class. So, I went to OISS to ask for help and one of them came with me to the building to let me go inside the building. Also, in the spring semester, the international student has to send the tax form to the government to maintain the right to stay in the United States. OISS held the GTA tax workshop to help us do the tax form. It is so much easier than looking up online how to do it. What I want to tell you here is that OISS is always open to international students to help with any kind of problems or troubles we have.



Keyboard, phone, earphones on a desk

### CONCERN ABOUT ROOMMATE(S)

One of my biggest concerns before I came to Loyola was the relationship with my roommate. Because I am not American, I lived in a completely different environment and different culture. It is possible that the differences make things difficult. In terms of results, I have a nice roommate from Connecticut. Most of the time people are very welcome to hear your story and your culture. And I also enjoy listening to my roommate's story and watching videos of him skiing in the mountains. Even if you have a problem with your roommate, you can talk to your RA or OISS or the [Office of Student Life](#) and you will get a new roommate. One of the coolest things in college is to meet new people, and your roommate is often one of the first.

## CONCERN ABOUT LANGUAGE

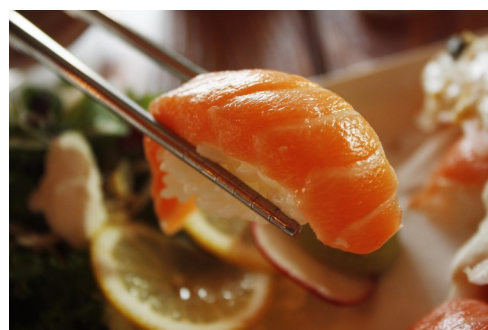
Another concern was about my English skills. I can speak English, but I don't have confidence in my English skill. Compared to native speakers, it takes longer to read; sometimes I have to read or listen multiple times to fully understand. However, my professors understand that English is not my first language and therefore they are always welcome for extra help. If I could not understand something in class, I can always go to see the professors in office hours or email them.



Letters representing language

## CONCERN ABOUT FOOD

I also worried about the food. I am the person who needs to eat Japanese food at least once a week. Most of the dorms have a kitchen so I can cook Japanese food there. However, if you live on Hillside, there is only shared kitchen. On the other hand, if you live on apartment, there is a kitchen for each room which is a lot better than the shared kitchen. We can go to the grocery store or use Amazon fresh to get ingredients and cook whatever we want to eat. To store the ingredients, I highly recommend you to rent a refrigerator from the Office of Student Life, so that you don't have to use a shared refrigerator.



Sushi, My Soul Food

## CONCERN ABOUT RELIGION

The last thing I want to talk about is religion. My high school was a Catholic school and I had to attend the Mass every Sunday morning even though I am not Catholic. Since Loyola is a Jesuit university as well, I wondered if there was a mandatory mass every Sunday morning. The answer is no. I am very happy that I can sleep without setting the alarm on Saturday night. If you go on [Campus Ministry](#) website, there are some religion-related events, but none of them is mandatory. None of the courses I am taking require knowing the background of Christianity. Even if there is a course that requires it, I am sure the professor will give you an extra help if you need it.



Religion—a set of pews

All of the resources are here to solve your concerns. Welcome to Loyola!