**MAZE’S STUDENT OUTREACH**

**MAZE POINTER**

**E-MAGAZINE**

- **Content:**
  - Research digest: adapt studies about Chinese Students International Students’ mental health well-being into Chinese-language informative articles
  - Peer experience: share narrative about the various aspects of the study abroad journey

- **Delivery:**
  - Organized in 7 holistic well-being dimensions
  - Issued a monthly volume on the ethnic social media platform
  - Easily accessed and retrieved by scanning QR code

- **Rhetoric:**
  - Storytelling
  - Case studies
  - Unbiased dialogue presenting alternative views
  - Mindfulness based
  - Rhetorical affective turns using (Stanley, 2013)
We use the prototype of Holistic Engagement Compass from Vanderbilt University Peabody College to create our 7 dimensions for MAZEPointer’s content.
MAZEPINTER’S CONTENT FRAMEWORK ELABORATED

- **Society/Safety**: Safety is the most fundamental in the pyramid of living needs. In this content area, we will present information on risk factors, how to prevent an accident, and how to face extreme situations.

- **Emotional/Relationship**: Social support is the most significant predictor of optimal adjustment for those who study abroad. International students came to the US needing to establish emotional support network from scratch. We hope to provide guidance through the difficult process of building meaningful bondings.

- **Wisdom/Life**: International students learn from one’s own and others’ experience. Through magazine articles, we share insights and experience international students have and create a space for mutual support and a sense of community.

- **Professional/Development**: Career is one of the top concerns among international students. We interview international students who are successful in a wide array of professions and share their experience through articles.
Culture/Mindset: We provide informations and perspectives about different cultures in the hope that international students gain in-depth understanding of their guiding values and develop life paths that best realize their strengths and potential.

Health/Well-being: The integration of mind, brain and body set the foundation for a highly functional individual. Our articles about nutrition, exercise, self-care are published as students’ information resource to help students adopt holistic wellbeing practices.

Hot Topics: The international student community is diverse and dynamic. Through sharing different voices from every sector of the community, we provide students with the broad perspectives to explore, analyze, and develop their views and understanding of self, others, and the world.
MAZEPONITER’S ISSUED VOLUMES

Mazepointer Vol.1
Theme: Soul Soother
Platform: Wechat
Content: Based on H5 format
Mazepointer Vol.2

Theme: New International Student Welcome Kit
Platform: Wechat
Content: based on QR Code
Why we can't trade in our sleep time for our grades

Abstract:
We all need sleep to maintain our biological functions, however, college students always try to stay up late before exams. A common belief is that we should work hard in the hope of getting a successful life. Yet, research from Berkeley Sleep study - Matthew Walker's finding raises warning for people who tend to sacrifice sleep time. It might not be a fair trade....
The Superpower that International Students Gain from their Experience of Studying Abroad

Abstract:
When the mainstream of researches that involve international students focuses on the mental health problem that students are facing, Lei Song (2017) study uses a different angle to interpret the experience of studying abroad. Despite all the challenges that international students need to face, they all seemingly have a chance to step out of the cultures they have encountered and to gain the superpower of flexibly shaping their identities in any context...