

Block	Workshop Title	Workshop Description	Presenter(s)	School	Location
Block A (11:15-12:00)	How to Stand Out in Highly Selective College Admissions in the United States	Highly selective colleges evaluate applicants holistically, weighing grades, activities, recommendations, and writing together. This session unpacks how admission officers actually read files, how strengths and weaknesses interact across components, and how students can prioritize efforts strategically - especially in highly competitive, international applicant pools.	Dr. Xiaofeng Wan	-	BAP 217
	Navigating Stress: Strategies for Maintaining Well-Being	Adolescents face numerous sources of stress, both academic and social in nature. This phenomenon resonates with our experiences as international students, as we must navigate the challenges of adapting to a new environment and lifestyle. Cultural differences can complicate the process of forming friendships and integrating into social circles within high school settings. Additionally, disparities in educational curricula may pose difficulties in keeping pace with class progression. Consequently, identifying effective strategies for stress relief is crucial for the well-being of teenagers. Various methods for alleviating stress include engaging in conversations with friends, family, or teachers, participating in enjoyable activities, and listening to music. The present workshop aims to explore optimal approaches for reducing student stress and provides a platform for sharing personal experiences related to anxiety and stress. Multiple stations featuring different stress-relief techniques will be available, and participants will conclude by discussing which methods they found most effective.	Leana Li, Daisy, Charlotte	Lawrence Academy	BAP 117
	Montankas	We want to host a workshop on creating "motankas", traditional Ukrainian dolls made of woolen yarn, which are believed to bring luck. While showing you how to make them, we'll also share with you the history of the dolls, Ukrainian traditions, and some of the most important landmarks in Ukraine. In the end, we hope that you would consider donating your dolls so that we can sell them at the school fair and other souvenirs to raise money for Ukraine.	Bohdan Savin, Arsenii Shymon	Philips Exeter, Milton Academy	BAP 209
	Matcha & Tea Culture	In this workshop, we will focus on discussing the history and unpack the modern influence of matcha – come make your own drink with a matcha whisk!	Eva Zhao, Rory Mai, Celine Shi	Middlesex School	BAP 208
	Queer and International in 2026	Beginning with a discussion of Heated Rivalry, this workshop explores what it means to be a queer international student in 2026. Hosted with panelist Kwame Gayle, who studies the use of international education as an escape from homophobia, we'll discuss the queer experience at home, at school, and in the United States. Come for community, and feel free to put just your initials on the sign up sheet – (or just show up!)	DY & SW	Middlesex School	BAP 218
	Buldak Bokkeum Myeon	The topic of our workshop is "Buldak Bokkeum Myeon", which is one of the most widely known types of Korean instant ramen. In the beginning of the workshop, we will talk about the history of this ramen and spend the rest of the time sampling some. We know that most people view this ramen as a classic staple in Korean culture, but how much do you know its history and impact?	Claire Ryu, Serena Park	Middlesex School	Ware 1994
	Traditions of Communal Cooking: Hotpot cooking	Hungry for Hotpot? Come discuss the traditions of communal cooking in Asian cultures and beyond while enjoying a sample of the most well-loved hotpot foods. Broths: bone & tomato. Please be aware that we will be cooking fish balls in both pots.	Benjamin Jiang, Lucy Wang, Steve Ma	Middlesex School	Ware Barron
	"International Love" Dance Workshop	Come learn some fun dance combinations! You'll get to learn a small part of choreography of Pitbull's "International Love" and be introduced to the genre of commercial jazz. We will also get film some fun videos in the end. Listen to good music, have fun with your friends, and show up!!!	Melissa Chan	Middlesex School	BAP Fort
	Tang Yuan	We want to embrace and celebrate our identity by introducing Tangyuan (汤圆), a traditional Asian food to you. Our workshop is welcome to everyone. We will have the fillings and dough prepared prior, and will be making, cooking, and tasting them during the workshop.	Alex Wang, Nathan Jin	Middlesex School	Ware Lobby
	Finding Our Global Presence: the International Dilemma	Our topic is "Finding our global presence: the international dilemma." In an increasingly globalized yet fragmented world, we are exposed to all kinds of information, with severed pieces of facts, opinionated journalism, and misinformation. We now face the tension between our hopes for globalization and the seeming decoupling of peoples. So, we are interested in how to navigate a convoluted digital life and find our global presence.	Lucy Wu, Steve Ma	Middlesex School	BAP 119
	Cultivating International Student Leadership	If you are a leader of the international student affinity/culture group at your school or if you aspire to be one, please come to BAP 206 during B block. This annual meeting includes both general discussion of international student issues and planning for International Student Conference in the future. We aim to foster closer connections between international student affinity groups across New England, and to form a cohesive cross-school international community that exchanges ideas, strategies, and support beyond ISC.	David Yang, Lauren Chan, Pipsa Palatsi	Middlesex School	BAP 206
	Beyond the Showcase: Rethinking Culture Clubs	This workshop hopes to focus on a common occurrence at many of the schools that includes fairly significant amounts of international students – culture clubs. It is very common for students to establish clubs that emphasize on cultural identities and characteristics, but often, these clubs do not identify critical points of discussion when thinking about identity, but rather choose activities that demonstrate cliches. As a result, I've designed this workshop as a way for students to not only reflect on current clubs and activities they may be partaking in, but also allow students to design and present their own version of a deeply engaging cultural club. Therefore, this workshop would include sections as to sharing and reflection, club design, and club demonstration. For example, students would begin by highlighting certain occurrences in clubs that they feel like could be revised. After a large group discussion, we could then narrow down to the "Things to Do" and "Things to Not Do" when running a cultural club. Through this organization, students would then be split into groups, choosing their own theme for a club, and design one specific club event that would demonstrate specificity and engagement. In the end, participants are encouraged to share/demonstrate their club with the rest of the workshop.	Amber Deng	Philips Exeter	BAP 218
	International identity in the recent rise of global tension and conflict: the separation of our cultural and political selves.	How do we shape our international narratives in a world of geopolitical tension? We advocate for the separation of one's culture and the political ideology of one's country, as two distinctly different narratives. We will discuss ways to navigate through our multi-polar world by honoring people's experiences that shape their perspectives. This discussion will be a safe space for all political and cultural backgrounds. We will not engage in specific political discourse, as we encourage participants to acknowledge others' humanity, and find common ground through cultural appreciation instead of political polarization. Our questions are intuitively personal-experience-based to form a larger narrative as international students, and to advocate the pride of our cultural identities. Through these series of question-directed and guided discussions, we will encourage the building of a larger cultural narrative that is independent from that of political reputation at the global stage. Culture is the "folkness" that is the fabric of our love and connections; however, we must realize that culture is transforming into a weapon for political opinions, or politics itself. In an unpredictable future that we optimistically engage in, how do we build a "healthy" and "self-encouraging" cultural narrative that is not influenced by contemporary demagogues?	Benjamin Jiang & Steve Ma	Middlesex School	BAP 117
	Growing Up As a Third-Culture Kid	This workshop aims to spark discussions of how growing up in multiple environments separate from your ethnic homeland affected your relationship with your heritage culture. We hope that by listening to others' stories and sharing your own experience, we'll affirm each other and continue our journey in developing our sense of self.	Haewon Kim & Stella Pham	Middlesex School	BAP 119

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Block B (1:45-2:30)	Navigating Cultural Spheres	My workshop will be about sharing culture shocks and how to deal with them. I expected differences before I moved to the United States, but I didn't realize how overwhelming those culture shocks could be. Some shocks were small. For instance, I can't get anywhere by myself because of limited public transportation. Others were more confusing, like sudden small talks with strangers. At first, I was excited to learn something new, but didn't know how to respond to them, because I am afraid of looking foreign. I want to integrate well, while not losing my original identity. This is why I want to do a culture shock workshop. My goal is to help international students, especially those recent newcomers, to navigate through culture shocks that they are experiencing, openly and without judgement. This workshop is not an attempt to push away culture shocks, but to help students better understand them. This workshop is a safe space because this is a fully international community, there will be no fear of not getting understood, as there is undoubtedly someone else in the room that will resonate with them. Together, we will learn strategies such as how to ask questions respectfully, and how to communicate confusion, which helps them navigate through shocks smoothly. This allows participants to feel that their shock is not something to do with them personally but an universal experience. Lastly, this workshop is not to force people to integrate, or to choose between cultures. Instead, we can learn how to balance, and eventually carry both.	Rita Wang, Yadira Valdez	Cambridge School of Weston	BAP 208
	An Introduction to Catalan Culture	This interactive workshop explores the rich cultural identity of Catalonia by introducing to you some of the most distinct traditions. You will also get a in-depth explanation and experience a live demonstration of a particularly whimsical Christmas tradition, "fer cagar el Tió" (making the log poop). Expect hands-on activities, engaging storytelling, and space for reflection as we connect past and present in meaningful, accessible ways.	Rita Palet Copons & Elva Luo	Middlesex School	BAP 209
	Traditions of Communal Cooking: Hotpot cooking	Hungry for Hotpot? Come discuss the traditions of communal cooking in Asian cultures and beyond while enjoying a sample of the most well-loved hotpot foods. Broths: bone & tomato. Please be aware that we will be cooking fish balls in both pots.	Benjamin Jiang, Lucy Wang	Middlesex School	Ware Barron
	Observing Culture Through Music	We'll get to explore songs in different languages in this workshop. We will discuss how they affect the society and what messages they convey about that certain cultures. In particular, we will focus on songs in different dialects.	Anne Chen	Milton Academy	BAP 207
	Dou Dizhu and Finding Balance	Life as an international student is exactly like joining a card game where everyone else already knows the rules. As two different types of International students—one a "Nomad" from the UK/French/US systems and one a "Hybrid" from Hong Kong—we have navigated social circles by learning the hidden "rules of the game." This workshop uses the iconic Hong Kong card game "Big Two" (Choi Dai Di) to explore cultural differences in strategy, hierarchy, and luck. In Western games like Poker, the goal is often individual bluffing and psychology. In "Big Two," the goal is shedding your hand while navigating a strict hierarchy (where the 2 is stronger than the Ace). We will teach the room how to play Big Two. It is fast, competitive, and loud. As we play, we will discuss the "House Rules" of our respective cultures. How do you handle losing face? When is it okay to be aggressive? By focusing on the cards, we take the pressure off the conversation, allowing for a fun, high-energy session that demonstrates how different cultures approach competition and hierarchy.	Adrian Chan, Jayden Su, Matthew Hao, Jiaqi Liu	Philips Exeter Academy	BAP 217
	Writing In-Between: Exploring Diaspora Poetry	What does it mean to write in a language that's not yours? Diaspora poetry often emerges from movement: across countries, languages, and generations. In this workshop, we will explore how displacement takes shape on the page when words feel insufficient. We will read and discuss poems by Ocean Vuong, Victoria Chang, and other poets of color whose work resists a single "American" narrative. Rather than treating identity as a theme to explain, we'll look closely at how personal memory intersects with larger histories, and how poems can hold contradiction.	Gina Zhao, Jessica Wu	Middlesex School	Eliot 11
	Where the heck am I? - Mastering Geography and Culture through GEOGUESSR	As students from Hong Kong and Singapore, we are frequently met with surprising misconceptions about our homes, ranging from confused geography to questions like, "Is Singapore part of China?" This lack of knowledge, without a doubt, reflects a broader disconnection within our global community. We believe it is vital for students to move beyond borders and truly understand the cultures, origins, and identities of the people who inhabit them. Our workshop aims to bridge this gap through a high-energy, immersive learning experience. We move away from static maps and dry statistics, instead using the popular game GeoGuessr as a lens for discovery. Each session begins with a "Country Briefing," where we dive into the essential demographics, history, and unique cultural markers of a specific nation. Once the foundation is set, participants are "dropped" into that country via the 360-degree immersive game. They must use their newfound knowledge—identifying everything from architectural styles and languages to infrastructure and landscape—to pinpoint their location. By gamifying the study of international geography and demography, we intend to close the gap of this increasingly fragmented world, and they don't just learn about the world; they experience it through a 360-degree lens. Our goal is to replace misconceptions with curiosity and equip our peers with the global perspective necessary for an interconnected future.	Alex Zhao, Zephyr Liu, Calvin Sun	Middlesex School	Eliot 6
WeiQi Board Game Workshop	This workshop centers on the ancient board game Go (i.e., Weiqi, Baduk), a strategic game that originated in China over 2,500 years ago and remains influential across East Asia and the global community. I have played Go for ten years and the game has deeply influenced how I approach challenges. Go is most complex games ever invented yet there is only one type of move, to put white or black stones on the board. The simplicity of the rules and the near-infinite 2.08E170 possible board positions really proves Go to be an incredibly freeing game and I believe it is the most unique property of the game. The goal of this workshop is to introduce Go in an accessible, beginner-friendly way while highlighting its cultural and historical significance. I aim to create a low-pressure space for participants to learn the basics. If there are experienced participants we can also showcase a game in the workshop. Moreover, I will explain the relevance of Go nowadays as one of the first applications of AI with Google's demonstration match for AlphaGo against humans in 2016.	Robert Sou, Linus Chan, Chris She	Middlesex School	Eliot 1	