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ISSO Weekly Newsletter, October 10, 2014

University of Northern Iowa. International Students and Scholars Office.

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ISSO Weekly Newsletter October 10

Lunch and Learn Workshop - Get Destressed: Time Management October 15

Are you feeling stressed out about classes, work, or other time commitments? Are you looking for ways to be less stressed? Come to our second October Lunch and Learn Workshop on Wednesday, October 15 at noon in the International Programs Conference Room (right next to ISSO in Maucker Union 113). We will be bringing in knowledgeable staff from Wellness and Recreation Services who will provide some different avenues on how to relieve stress, and other helpful tips and tricks. Also, there will be free lunch for all who attend and one lucky attendee will receive a prize.

Ethnic Food Celebration - Scottish Cuisine

On Tuesday, October 21, ISSO will be hosting an Ethnic Food Celebration at 6 pm in the Center for Multicultural Education (CME) in Maucker Union. Stop by to sample some FREE traditional foods from Scotland.

CIEP Chicago Trip November 1-2

The Culture and Intensive English program is sponsoring a trip to Chicago the weekend of November 1-2. This trip is open to ALL international students. Cost of the trip is \$78 per person. This cost includes: bus transportation, lodging, and breakfast on Sunday. All other expenses are your responsibility. This trip allows for a lot of free time for students to explore Chicago. If you are interested in attending the trip, sign up ASAP in the CIEP office located in 3025 Bartlett Hall.

Live Like a Student

Live Like a Student sessions are back. These FREE three-week courses (non-credit) will allow students to explore the concepts of personal budgeting, credit and credit cards, student loans, and identity protection. Courses are offered at a variety of times, beginning Monday, October 13 through Thursday, October 30 in Rod Library, Room 324. In addition to learning about aspects of personal finance; students will also receive a Live Like a Student T-shirt as well as the chance to win a \$500 scholarship. Register today at <http://www.uni.edu/finaid/live-like-a-student>.

Where do we come from? Nuestras Raices Cultural Event October 17

Where do we come from? Nuestras Raices Cultural Event will be held on Friday, October 17 from 5-7:30 pm in the Center for Multicultural Education (CME) in Maucker Union. This event will be a collaboration of the Latino students on campus. The students will present/represent something typical from their own country, dance, music, art, etc.

Volunteer Tutoring/Language Exchange

Student looking for a volunteer tutoring/language exchange in the following languages: Italian, French, Spanish and German. If you are interested, please contact Alex Nie at niea@uni.edu.

Optional Practical Training (OPT) for Eligible F-1 Students

If you have an F-1 visa and you are planning to graduate in December 2014, now is the time to think about applying for Optional Practical Training as you are probably eligible for this 12 month period of employment authorization within the U.S. See our website for more information on OPT [here](#). You may also go ahead and schedule an application appointment with the Immigration and Visa Coordinator if you are ready to submit your application or if you have questions. Contact the Immigration and Visa Coordinator Ross Schupbach at

Ross.Schupbach@uni.edu for questions.

UNI On-Campus Break Meal Options

As a convenience for those living on-campus over academic breaks, UNI dining will provide a food option for 3 meals per day during the time that a dining center and retail dining operations are not open on-campus. The option(s) provided will be based on the number of students signed up. Options could include opening a dining center, opening a retail operation, providing sack meals to halls, providing transportation and meals at local restaurants (will have a purchase limit) or groceries to make your own meals. Your U-bill will be charged a daily rate of \$28.45 for each day you request meals. Sign up deadlines are November 10 for Thanksgiving Break and December 1 for Winter Break. UNI On-Campus Break Meal Option can be found [here](#) and the UNI On-Campus Winter Holiday Meal Option can be found [here](#).

International Student Profile Feature

The International Students and Scholars Office is excited to feature a new international student profile each week. To be featured, please submit the form found [here](#).

Like and Follow Us!

Like us on [Facebook](#) here and follow us on [Twitter](#) to stay informed about ISSO news and events!

ISSO Office Hours

ISSO office hours are 8:00 a.m. to 5:00 p.m. Monday through Friday.

ISSO - Enhancing International Experiences

At any time if you would like to unsubscribe from our mailing list, please reply "unsubscribe"

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International Students and Scholars Office

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Regular office hours 8:00 a.m. to 5:00 p.m.

Summer office hours 7:30 a.m. to 4:30 p.m.

The University of Northern Iowa provides transformative learning experiences that inspire students to embrace challenge, engage in critical inquiry and creative thought, and contribute to society.