ISSO Newsletter December 4

**Ethnic Food Celebration - German & Ukrainian Cuisine - TODAY!**
On Friday, December 4, ISSO and the CME will be hosting an Ethnic Food Celebration at 5:30 pm in the Center for Multicultural Education in Maucker Union. Stop by to sample some FREE traditional food from Germany and Ukraine. For this year’s Ethnic Food Celebrations ISSO is partnering with the Center for Multicultural Education as part of the CME’s First Friday event series.

**Winter Break On Campus Dining Hours**
The Dining Centers will be closed during most of the Winter Break. Rialto Dining Center will be open beginning with dinner on 1/7-1/9 for limited hours during breakfast, lunch and dinner. The attached flyer lists the hours retail locations will be open during the break. See the [Department of Residence Dining Hours calendar](#) for more detailed information.

**International Students Living on Campus Late Departure**
The Fall semester portion of the Department of Residence contract ends on Friday, December 18, 2015. Students who are not returning for the spring semester are expected to be moved out of their rooms by 7 pm on that date. Students currently living on campus who are NOT returning to UNI in the spring must cancel their housing contract prior to departure to avoid charges. Please see the attached Late Departure handout for more information.

**Full-Time Enrollment Requirement**
This is a friendly reminder that all F-1 and J-1 students must be registered as full-time students. (12+ hours of undergraduate credit or 9+ hours of graduate credit). Being enrolled less than full-time without proper approval will result in the loss of your good immigration status and may prevent your from earning your UNI degree. Even worse, you could be arrested and deported from the USA! If you have questions, do not ask your friends, but ask the professional staff in the International Students and Scholars Office. You should review the reminders at this webpage at least once per semester: [http://www.uni.edu/internationalservices/immigration-regulations](http://www.uni.edu/internationalservices/immigration-regulations). Exceptions to the full-time rule are: certain academic difficulties (improper course level placement, initial difficulty with American teaching methods), medical/health reasons, final semester of study, and graduate students working full-time on research or dissertation. ALL of these exceptions MUST be approved by the Immigration & Advising Coordinator.

**Optional Practical Training (OPT) for Eligible F-1 Students**
If you have an F-1 visa and you are planning to graduate in December 2015, 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 Advising Coordinator if you are ready to submit your application or if you have questions. Contact the Immigration and Advising Coordinator Ross Schupbach at [Ross.Schupbach@uni.edu](mailto:Ross.Schupbach@uni.edu) for questions.
Sublet for Spring Semester Available
Subleasing one room in a three bedroom apartment for next semester, spring 2016. Located on College Street across the street from campus. Huge bedroom with large closet, two bathrooms, washer and dryer located in apartment, and assigned parking spot. Rent is $415 a month with utilities around $40 a month. A deposit of $415 is also needed but is returned at the end of the lease, May 2016, if no damages occur to room. Contact Andrea Alexander at alexaaae@uni.edu or 515-401-2340 for more information.

Health and Wellness

Change in the Pharmacy Specialist Used for SHIP Health Insurance
Effective January 1, 2016 the SHIP insurance will change their pharmacy specialist. There will be no change in benefits but claims will be processed differently. Due to this change ALL students with SHIP will be receiving new insurance cards in the mail. It is important that the Student Health Clinic has your current address. If you have moved or are planning to move, please provide your address for spring semester to Connie Potter at connie.potter@uni.edu.

December's Student Health 101 Newsletter is Now Available
December's Student Health 101 Newsletter is Now Available at www.uni.edu/studentwellness. Some of the great articles in this issue are: Coping with Final Exam Stress, Upgrade Your Sleep and De-Stress Days in Maucker Union.

MONEY MATTERS

Live Like a Student Financial Literacy Classes
"Live Like a Student" is a free, non-credit course (6 meeting times), open to all UNI students. Attendees will explore the concepts of budgeting, credit, student loans, and identity protection. Classes will be offered at various times throughout February. For a list of times and to register, see Live Like A Student.

Transit Financial Literacy
Free online financial literacy modules are available at Transit. Modules include savings, investing, credit and credit cards, financing college, insurance, taxes, renting vs. owning, and much more.

The Sue Follon Scholarship for Women in Leadership
This scholarship, for undergraduate students, is valued at $5000 and was established in the name of Dr. Follon, a former Vice President of Student Affairs at UNI. To apply, students must use the online scholarship application at http://www.uni.edu/finaid/. Students must have a minimum cumulative GPA of 3.25 and have completed at least 30 credit hours at UNI. They must also be full-time undergraduate students for both Fall 2016 and Spring 2017 semesters. In order for students to be considered they must be sure to answer the following questions on the scholarship
application: Will you be a full-time UNI undergraduate student for both semesters in the upcoming year? and Have you been involved in making exceptional contributions while at UNI? If yes, explain these contributions and how they model leadership for women. Deadline for the application is January 15, 2016.