

10-25-2018

ISSO Weekly Newsletter, October 25, 2018

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Recommended Citation

University of Northern Iowa. International Students and Scholars Office., "ISSO Weekly Newsletter, October 25, 2018" (2018). *ISSO Weekly Newsletter*. 121.

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ISSO Weekly Newsletter

Thursday, October 25, 2018

ACTIVITIES AND EVENTS

International Coffee Hour PUMPKIN CARVING TODAY!

Free coffee, tea and refreshments every Thursday from 3-4 during our International Coffee Hour. Our goal is to bring people together, share event information, and spread awareness of the international community on campus. Join us today for pumpkin carving!

ISA Halloween Dance Party October 26

ISA will hold a Haunted Cemetery Halloween Party on October 26 from 8-11 pm in the Maucker Union Ballroom. Come dressed up and be prepared to have lots of fun. The three best costumes will win prizes. There will be free food, drinks and a DJ. There will be a photo booth as well.

2018 Student Leadership Series Motivational Workshop October 26

Adrian Calderon, from the Hispanic Leadership Institute in Chicago will be giving a motivational workshop on October 26 from 5-7 pm in the Maucker Union Ballroom. All are welcome and there will be free food and refreshments.

Pumpkin Decorating Contest October 30

On Tuesday, October 30 from 1:30 pm to 3:00 pm come to the CME and decorate a pumpkin. You have a chance to win a gift card!

Chomp and Chat October 30

Chomp and Chat from 6-7 pm in the Center for Multicultural Education in Maucker Union. Students discuss cultural taboos about mental illness and the ways that students of color and other marginalized communities are affected by mental health related issues. Special guest: Shantila Caston from the UNI Counseling Center.

37th Annual Mike & Leona Adams Thanksgiving November 19

Free meal for those in need. Attend the 37th Annual Mike & Leona Adams Thanksgiving Dinner on Monday, November 19 from 4:30-7 pm. Dinner will be held at UAW Local 838 Union Hall, 2615 Washington, St., Waterloo.

Women's Self-Defense Class

This UNI police officers will lead a discussion on sexual assault and practice self-defense techniques that can be used when faced with an attack. Classes will be from 6 to 9 p.m., Nov. 5, 7, 12 and 14. The classes are open to students, staff and faculty. Register and pay the \$25 fee in advance from 7 a.m. to 3 p.m., Monday-Friday, at the public safety office, 30 GIL. Questions can be emailed to [Stacy Davis](#).

UNI Ukulele Club

Come join the UNI Ukulele Club which meets on Wednesdays from 6-7 pm in 116 Russell Hall. Beginners are welcome and ukuleles are provided!

Korean Language and Culture Club

Are you interested in learning about the Korean language and culture? Join the [Korean Language and Culture Club](#). Contact Dongyub Back at backd@uni.edu.

International Students in Business

[International Students in Business \(ISB\)](#) is a business student organization created to become the voice of international students to support both academic and professional success. Bi-weekly meetings 6:00 pm - 7:00 pm @ CBB Hall of Flags. Leadership opportunities are available. If interested, please contact at shahina.amin@uni.edu or parksaf@uni.edu.

IMMIGRATION

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 you 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 on our web site (<https://isso.uni.edu/immigration>) at least once per semester. 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 in advance!

HEALTH AND WELLNESS

Student Health Insurance

If you have SHIP insurance, please contact Connie Potter (connie.potter@uni.edu) at the Student Health Clinic with your address for fall semester.

Make Time to Take Care of You

As we go about our busy schedules, it can often be difficult to slow down, take a break, and consider getting some much needed rest before our health begins to spiral. Here is a list of ways to exercise self-care and ensure steps toward a healthier and better life. The top three on the list are (1) know your limits; (2) get enough sleep; and (3) make nutritious choices. See attachment. Follow [UNI Student Health](#) on Twitter for more tips to take care of your mind and body.

Like and Follow Us!

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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.