

11-8-2018

ISSO Weekly Newsletter, November 8, 2018

University of Northern Iowa. International Students and Scholars Office.

Copyright ©2018 International Students and Scholars Office, University of Northern Iowa

Follow this and additional works at: <https://scholarworks.uni.edu/issonews>



Part of the [Higher Education Commons](#)

Let us know how access to this document benefits you

Recommended Citation

University of Northern Iowa. International Students and Scholars Office., "ISSO Weekly Newsletter, November 8, 2018" (2018). *ISSO Weekly Newsletter*. 124.

<https://scholarworks.uni.edu/issonews/124>

This Newsletter is brought to you for free and open access by the International Students and Scholars Office at UNI ScholarWorks. It has been accepted for inclusion in ISSO Weekly Newsletter by an authorized administrator of UNI ScholarWorks. For more information, please contact scholarworks@uni.edu.

ISSO Weekly Newsletter

Thursday, November 8, 2018

ACTIVITIES AND EVENTS

International Coffee Hour 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.

ISSO Closed November 21-23

The International Students and Scholars Office will be closed Wednesday, November 21 through Friday, November 23 during Thanksgiving break. We will reopen on Monday, November 26 at 8 am.

International Education Week November 12-15

IEW is just around the corner with various events and activities on campus. See the attached schedule of events.

Taste of Culture November 12

The International Students and Scholars Office is hosting a Taste of Culture Fair on November 12 from 4-6 pm in Rod Library. Everyone is invited! Learn about different countries, try food samples, see live performances and win prizes!

Student Panel: Discussion of Muslim Culture November 12

Come to discuss Muslim culture and enjoy some food. Held on November 12 from 12-1 pm in the Center for Multicultural Education, Maucker Union.

Movie Night with ISB (International Students in Business) November 13

ISB is hosting a movie night inviting international and domestic students to join in watching Johnny English Reborn (2011). Buffalo wings and pop will be provided. It will be held at the Wesley Foundation game room (2422 College Street, Cedar Falls) from 6-7:30 pm on November 13. If you need a ride or have any questions, please contact parksaf@uni.edu.

Islam 101 November 14

Islam 101 will be held on Wednesday, November 14 from 5-7 pm in the Maucker Union Ballrooms B & C. Refreshments will be provided.

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.

International Graduate Student Panelist Wanted

The Student and Leadership Council is hosting a student Q&A titled "Discover Your Path" on Monday, November 26. Graduate students will be sharing their undergraduate leadership experiences with attendees in order to provide attendees with leadership development ideas and discussion. They would like to include an international graduate students on the panel. Please contact Hanna Bush at bushaa@uni.edu.

Campus Dining Services Survey

UNI Dining Services is conducting a customer satisfaction survey to rate these campus favorites: 23rd Street Market, Biscotti's, Book Bistro, Chats, Essentials, MU Food Court, Piazza, Rialto and Schindigs. For each location you survey, your name will be entered in a drawing for one of five chances to win \$50 worth of dining and retail purchases on campus. Complete the [survey](#) using login code 124 plus your UNI ID#. The survey is open through Monday, Nov. 12.

Live Like a Student

Live Like a Student is a free, 3-week, zero-credit financial literacy course. During Live Like a Student many topics will be covered, including budgeting, setting goals, financial aid, investing, credit cards, credit reports, identity protection, and more! There are multiple sections offered each semester. Attendees receive a free t-shirt and for each class period they attend, they are entered into a drawing for a \$500 scholarship! Enroll online today on the [UNI Financial Aid website](#).

Women's Self-Defense Class

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.

Homesick on Holidays

It is not uncommon that homesickness strikes you during the holiday season. When you see the decorations and the empty campus during holidays, the feeling of "homesick blues" may occur. Sometimes, it is the other way around. Some holidays that you enthusiastically celebrate in your home country are nonexistent in the US. You may experience the "homesick blues" when going to classes or work without the day off, knowing everyone in your home country is celebrating. Many people share similar feelings when they are overseas during the holiday. You are not alone. Here are some tips to help you survive it. (1) Feeling homesick on holidays is okay; (2) Surround yourself with people during the holidays; (3) Keep in contact with your family and friends; (4) Celebrate your holiday in creative ways; (5) Learn and observe local traditions about different holidays.

ROOMMATE WANTED

Roommate Wanted

Take over contract until May 2019. Gold Falls Villa Apartments in Cedar Falls. 2 bedroom apartment with a shared bathroom and rent of \$377.50 plus utilities which range from \$25-30 to share with an international student. Contact Shanaya Alvares at 319-575-3990 or email alvaress@uni.edu.

Like and Follow Us!

International Students and Scholars Office
University of Northern Iowa Δ Maucker 113
Cedar Falls, IA 50614-0164 USA
Phone: 319-273-6421 (after hours emergency 319-273-2712) Δ Fax: 319-273-6103
E-mail: international.services@uni.edu Δ Web: isso.uni.edu
Facebook: www.facebook.com/uni.isso Δ Twitter: https://twitter.com/ISSO_UNI
Office hours 8:00 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.