

11-15-2018

ISSO Weekly Newsletter, November 15, 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 15, 2018" (2018). *ISSO Weekly Newsletter*. 125.

<https://scholarworks.uni.edu/issonews/125>

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 15, 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.

Have a Safe and Happy Thanksgiving

There will be no classes November 19-23 due to the Thanksgiving Break. The International Students and Scholars Office will be closed Wednesday, November 21 through Friday, November 23 during Thanksgiving break. We will reopen on November 26 at 8 am.

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.

Multicultural Greek Traditions November 28

The Office of Student Life will host a Multicultural Greek Traditions event from 6-7 pm, Wednesday, November 28 in the Old Central Ballroom A of Maucker Union. Meet and hear from current and alumni members of culturally based Greek organizations about traditions, history and membership. Light refreshments will be provided.

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 student on the panel. Please contact Hanna Bush at bushaa@uni.edu.

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](#).

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

Health Hub Newsletter

Check out the November issue of [Health Hub](#) for events and services offered by the Health Clinic, Student Wellness Services and the Counseling Center.

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.

SUBLEASER WANTED

Subleaser Wanted

Two subleasers needed for 2 bedroom apartment in Hidden Valley located at 2107 College Street. Apartment has a dishwasher and microwave. Price is \$350 per month for each person (utilities not included). Sublease is from 12/16/18 to 7/28/19. Contact grinp@uni.edu or phone 319-888-5069.

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.