ISSO Weekly Newsletter
Friday, January 18, 2019

ACTIVITIES AND EVENTS

**International Coffee Hour Returns!**
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.

**“Do the Right Thing” January 18**
Join the Film Appreciation Club for Spike Lee's 1989 film "Do the Right Thing". The film is an acclaimed account of race and hate in the late 80's. Lee is an award winning African-American director who recently released "BlacKkKlansman," another story depicting hate in America from the 1970s to today. 7-9 pm in Room 111 of the Kamerick Art Building.

**Open House for Diversity, Inclusion and Social Justice Office January 24**
The Center for Multicultural Education, Military & Veteran Student Services and Gender & Sexuality Student Services have merged into a cohesive unit that will advance inclusion and social justice through advocacy and support of underrepresented and marginalized students, provide diversity education for all its community members, and promote a safe and welcoming environment that fosters academic success, a sense of belonging, and respect for all people and cultures. Join them on January 24 for an open house.

**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](mailto:backd@uni.edu). Contact Dongyub Back at backd@uni.edu.

**International Students in Business**
[International Students in Business (ISB)](mailto:shahina.amin@uni.edu or parksa@uni.edu) 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 parksa@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://issoni.universityofnortherniowa.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.

**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.*