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## ISSO Weekly Newsletter, February 8, 2019

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# ISSO Weekly Newsletter

Friday, February 8, 2019

## ACTIVITIES AND EVENTS

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### **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.

### **ISA Valentine's Day Dance TONIGHT!**

The International Student Association is bringing back its annual Valentine's Dance. The theme for this year is "Once Upon a Time." The dance is open to all students. Join us for food, games and entertainment. The dance will be held on February 8 from 8-11 pm in the Commons Slife Ballroom in the Commons.

### **UNI Job and Internship Fair February 18**

The [UNI Job and Internship Fair](#) will feature more than 160 organizations including employers and non-profits. All majors and grade levels are encouraged to attend on Monday, February 18 from 11am-3pm in the McLeod Center.

### **Share Your Culture with Children and Families**

Be a special guest at an International Fair on Saturday, March 30, 2:15 pm-5pm at Covenant Presbyterian Church. If you would like to represent your country at this event, please contact Abigail Mazzarella ([abigailmazzarella@gmail.com](mailto:abigailmazzarella@gmail.com) OR [mazzaaab@uni.edu](mailto:mazzaaab@uni.edu)) by February 22nd. More information is available [here](#).

### **Merchant Scholarship**

This is to announce an annual scholarship opportunity for graduating seniors and UNI alumni pursuing graduate studies. Scholarships typically ranging between \$2000-\$4000 will be awarded for graduate study for the fall of 2019. Recipients must be attending, or planning to attend, an accredited graduate or professional school as a full-time student. The deadline for applications is March 1, 2019. To be considered for this scholarship a student must have received a bachelor's degree from the University of Northern Iowa. Eligibility extends to individuals who graduate within six months after the March 1 due date of this form. A student must also be enrolled (by the fall semester after the scholarship is awarded) full-time at any accredited post-baccalaureate graduate or professional school of their choice, either domestic or foreign. The scholarships are awarded on the basis of ability, achievement, character, potential, and service to society. Applicants must use the online application form found at the following link: [2019 Merchant Scholarship Application](#)

### **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](mailto: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](mailto:shahina.amin@uni.edu) or [parksaf@uni.edu](mailto:parksaf@uni.edu).

## **IMMIGRATION**

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### **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**

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### **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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