

2-14-2019

ISSO Weekly Newsletter, February 14, 2019

University of Northern Iowa. International Students and Scholars Office.

Copyright ©2019 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, February 14, 2019" (2019). *ISSO Weekly Newsletter*. 132.

<https://scholarworks.uni.edu/issonews/132>

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 February 14, 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.

Maucker Movies: A Star is Born TONIGHT!

Campus Activities Board (CAB) is showing "A Star is Born" at 7 pm and 9:30 pm in the Old Central Ballroom, Maucker Union tonight. Admission is free. Valentine's Day treats and drinks included.

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.

Can Free Enterprise Solve Climate Change?

On Feb. 26, Former Congressman Bob Inglis will be on campus. Rep. Inglis (R-SC) was a Ranking Member of the House Subcommittee on Energy and the Environment in the 111th Congress. There will be two events with Mr. Inglis. First, a 3:30 p.m. Q&A surrounding the challenges of discussing controversial issues in a polarized time, with an emphasis on speaking across political divides in the John Deere Auditorium, CBB. Then at 7 p.m. he will deliver "Can Free Enterprise Solve Climate Change?" in Bengstrom Auditorium in Russell Hall.

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 OR mazzaaab@uni.edu) by February 22nd. More information is available [here](#).

Questions About Taxes?

Join us for information about filing taxes as a UNI student, tax changes for 2019, different tax forms you will need, and the VITA program on February 19, 6-7 pm in Curris Business Building, Room 320. Register at: finaid.uni.edu/questions-about-taxes

Free Income Tax Assistance (VITA)

Accounting students at UNI are providing [free income tax assistance](#) again this year through the Volunteer Income Tax Assistance (VITA) program. Assistance in the preparation of tax returns will be available on Monday and Wednesday nights beginning March 4 for international students through April 10 (excluding March 18 and 20 of spring break week). Returns are being prepared from 6-8 pm with registration taking place in Room 223 of Curris Business Building. No appointment is necessary.

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](#)

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!

Optional Practical Training (OPT) for Eligible F-1 Students

If you hold F-1 status and you are planning to graduate in May 2019, now is the perfect time to think about applying for Optional Practical Training as you are probably eligible for this 12 month period of employment authorization within the U.S. See the attached OPT Procedures and please see our web site for more information about OPT: <https://isso.uni.edu/optional-practical-training-opt>

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.

FREE ITEMS

Free TVs

Two older non-flat screen TV sets to give away. One is a 27 inch and one is 32 inch. Call 319-277-3008 or email david.saunders@uni.edu. Will need to help load into vehicle when picked up.

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.