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ISSO Weekly Newsletter, February 21, 2019

University of Northern Iowa. International Students and Scholars Office.

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ISSO Weekly Newsletter

Thursday February 21, 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.

CAB's Hollywood Themed Murder Mystery February 27

CAB (Campus Activities Board) is hosting a Hollywood themed Murder Mystery. It is a dinner style event where people find clues to discover who did the crime. Dinner is a pasta bar and breadsticks. Wednesday, February 27 at 7 pm in the Maucker Union Ballroom.

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](#).

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.

Delta Kappa Gamma Society International Scholarship

The Iowa chapters of Delta Kappa Gamma Society International will be awarding \$1,000 grants to several international women students enrolled in Iowa colleges or universities. The applications and

enclosures must be completed and postmarked by April 1, 2019. Recipients will be notified by May 15, 2019. See attachment for application and criteria.

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.

Like and Follow Us!

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