

2-28-2019

ISSO Weekly Newsletter, February 28, 2019

University of Northern Iowa. International Students and Scholars Office.

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Recommended Citation

University of Northern Iowa. International Students and Scholars Office., "ISSO Weekly Newsletter, February 28, 2019" (2019). *ISSO Weekly Newsletter*. 134.

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ISSO Weekly Newsletter

Thursday February 28, 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.

Hot Wings Hot Topic: Refugees and Immigration March 1

Discussing the differences between refugees and immigrants, as well as the harsh reality of life in a refugee camp. Also, enjoy some hot wings and refreshments. Held at noon on March 1 at the CME in Maucker Union.

CAB Trip to Mall of America March 9

Come and enjoy a fun-filled day at the [Mall of America](#). There is a \$5 reservation fee for spots on the bus. You must have the exact amount as they will not make change. The times you can come in and pay your reservation in the CAB office, behind the Office of Student Life in Maucker Union are: Monday from 1-2 pm and 3:30-4:30 pm, Thursday from 1-2 pm and 3:15-4:30 pm, and Friday from 12-1 pm. When you RSVP make sure to put your email in so you receive an itinerary for the trip.

CAB's Movie "Ralph Breaks the Internet" March 7

CAB (Campus Activities Board) is showing "Ralph Breaks the Internet" at 7 p.m. and 9:30 p.m. in the Maucker Union Ballroom on March 7. Free admission; there will be popcorn, pop and other treats provided. Take a break from studying and come enjoy this movie.

International Women's Day Concert March 8

School of Music faculty and students, including the Northern Iowa Symphony Orchestra, will present a concert celebrating International Women's Day. This event is **free** and open to the public. The concert will be held at 7:30 pm on March 8 in the Great Hall of the GBPAC.

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). 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.

Apartment for Rent

3 Bedroom Apartment for Rent

Large 3 bedroom apartment available, located 1 block from campus. It includes the entire main level of an older house: a large living room, large kitchen, 3 bedrooms, 1 bathroom, plus a bonus room for exercise equipment or storage. Rent is \$1050/month which includes all utilities (cable tv, internet, electric, water, sewer, garbage). On-site laundry. Off-street parking for 2 cars. No smoking or pets. 12 month lease beginning June 1. Call Dennis or Juanita at 232-6819 or 290-6463.

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