

4-5-2019

## ISSO Weekly Newsletter, April 5, 2019

University of Northern Iowa. International Students and Scholars Office.

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# ISSO Weekly Newsletter

Friday, April 5, 2019

## ACTIVITIES AND EVENTS

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### **International Coffee Hour EVERY THURSDAY!**

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.

### **African Union Presents: A Night in the Motherland April 6**

The African Union will be presenting a Night in the Motherland on April 6 from 7-9 pm in Lang Auditorium. Dinner at 6 pm in the Maucker Union Ballroom. Music by Dj Chillz.

### **It's Real College Students and Mental Health Documentary and Discussion April 11**

It's Real: College Students and Mental Health Documentary and Discussion will be held on April 11 from 3-4 pm in the Maucker Union Ballroom. This is a short documentary, followed by a student panel led discussion on the mental health issues facing our students.

### **Maucker Movies: If Beale Street Could Talk April 11**

The CME and CAB will be hosting: Moving The Race Conversation Forward - If Beale Street Could Talk. Discussion mediated by Jamie Chidozie, Director, Diversity, Inclusion & Social Justice. Thursday, April 11 in the Maucker Union Ballroom. Panel at 7:30 pm and movie at 8:30 pm. Free wings and popcorn.

### **Rod Con April 13**

RodCon is a mini comic book convention where people with common interests come together to share their love of all things pop culture. The event is free and open to the public and highlights guest speakers, artists, vendors, trivia competitions, youth and adult costume contests, prizes, giveaways, video gaming, live-action role-playing, youth crafts, a photo booth, kids craft area and more. April 13 from 10 am-4 pm in Rod Library.

### **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.

## SCHOLARSHIPS

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### LewerMark Make Your Mark Scholarship Program

LewerMark is celebrating their 14<sup>th</sup> year of the **Make Your Mark** scholarship program to assist students with the cost of their education. This scholarship began to help international students after seeing the financial hardships that they face. The scholarship is open to all active F, J, M or Q visa-holders and DACA recipients currently enrolled in a U.S. institute of education. Submit an essay in response to the question “How will an international education help me make a difference in the world?”. Visit [Make Your Mark](#) to learn more. The deadline is April 15, 2019.

### Leo S. Rowe Pan American Fund Interest Free Loans

The Rowe Fund is an educational loan program of the Organization of American States (OAS) that helps citizens from Latin America and Caribbean [OAS Member States](#) finance their studies or research in accredited universities across the United States by awarding **interest-free loans** of up to \$15,000 dollars. See the [Leo S. Rowe Pan American Fund](#) for more information.

## 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!

### 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

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### Important Reminder: Student Health Insurance

The Student Health Clinic needs to know if you are planning to leave the US during summer break. You must email Connie Potter ([connie.potter@uni.edu](mailto:connie.potter@uni.edu)) or stop by the Student Health Clinic. You will need

to provide the date that you are leaving and the date you are returning to the US. The Student Health Clinic will suspend your insurance coverage during that time. If you're not enrolled for the summer session and the Student Health Clinic does not hear from you, your coverage will automatically continue. It is important for you to tell the Health Clinic before you leave the US as they cannot remove the coverage when you return to UNI in the fall.

### **Health Hub Newsletter**

Check out the current issue of [Health Hub](#) for events and services offered by the Health Clinic, Student Wellness Services and the Counseling Center.

### **Muslim Women's Fitness Night**

Female Muslim students at UNI are invited to enjoy weekly fitness nights at the Health Beat exercise center in Maucker Union every Thursday from 6:30-8:00 pm. Bring a student ID. Only UNI female students allowed from 6:30-8:00 pm every Thursday. Staff is all female as well.

### **Like and Follow Us!**

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Office hours 8:00 a.m. to 4:30 p.m

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