ISSO Weekly Newsletter, August 8, 2019

University of Northern Iowa. International Students and Scholars Office.
ISSO Weekly Newsletter
Thursday, August 8, 2019

ACTIVITIES AND EVENTS

Movies Under the Moon: Iron Man August 9
Movies Under the Moon features an array of free, family-friendly films under the stars on select Friday nights during the summer at Overman Park in Cedar Falls. The public is encouraged to arrive early and bring blankets and lawn chairs. Musicians from the Cedar Valley Acoustic Guitar Association will take the stage at 6:30 p.m., and the Movies Under the Moon featured film will begin at dusk, or around 9:00 p.m. Yummy food, popcorn, sodas, and an assortment of snacks are available for purchase throughout the night.

Friday'Loo August 9 – Laurie Morvan Band
Friday'Loo has music by the Laurie Morvan Band from 5:30-9:30 in Lincoln Park, Waterloo. Lots of food and beverages. For this and other events check out Cedar Valley Tourism.

The Learning Center at Rod Library
All students are encouraged to use The Learning Center @ Rod Library for assistance with writing, math, science, and college reading and learning strategies. Beginning week two, The Learning Center (TLC) operates on a walk-in basis and is open 10:00 am to 10:00 pm Monday through Thursday. For more information, go to https://tlc.uni.edu/tutoring, email TheLearningCenter@uni.edu, call 319-273-6023, or visit the TLC desk located on the main floor of Rod Library. If you are unable to come in during normal tutoring hours, online tutoring is available through Smarthinking. You will need your CATID and passphrase to gain access. To access the Smarthinking platform go to https://tlc.uni.edu/schedule.

IMMIGRATION

Important Immigration Information
As the summer break approaches, the ISSO would like to remind you of two very important points:

1. If you plan to travel outside of the U.S. over the summer vacation and return to UNI to resume your studies in August, you must make sure that you have a valid travel endorsement on page 2 of your I-20 form or page 1 of your DS-2019 form. Travel endorsements are valid for one year, so new
endorsements are only needed if your previous endorsement will expire before you plan to re-enter the U.S. If you are not sure if you need a travel endorsement, please check with us and we will be happy to review your documents.

2. International students are responsible for maintaining their U.S. immigration statuses, and an important part of this is always having a valid, unexpired I-20 or DS-2019 form. I recommend that F-1 students check the "Program of Study" section near the center of their I-20 forms once per month to make sure they do not study past the program end date indicated in that section. J-1 students should always be aware of their DS-2019 form validity dates in section 3. Page 3 of all I-20 forms specifies that "If you cannot complete the educational program by the program end date on page 1 of your Form I-20, you should contact your DSO at least 15 days before program end date to request an extension." I am your Principal DSO, and I am always happy to help when students need extensions.

HEALTH AND WELLNESS

Summer Heat Stress
Extreme heat increases the risk for heat stroke, heat exhaustion and heat cramps. Environmental Health and Safety reminds the university community to take steps to stay cool during hot weather. See the attached handouts to learn more about heat stress.

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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.