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ISSO Weekly Newsletter, October 17, 2019

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ISSO Weekly Newsletter

Thursday, October 17, 2019

ACTIVITIES AND EVENTS

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.

UNI Family Weekend October 18-20

The University of Northern Iowa is gearing up for a weekend packed with activities open to the community and Panther families for [UNI Family Weekend](#) from October 18-20.

Orchesis Dance Co. and IDT Dance Co. Fall Show

The Orchesis and IDT Dance Companies will have their fall show at 7 pm Friday, Oct. 18, and at 2 pm Sunday, Oct. 20 in Bengtson auditorium, RSL. Admission is free.

Late Meals and Weekend Hours Return to the Dining Centers

Late breakfast and late lunch Monday-Friday has returned to Rialto beginning on October 14. Also Piazza and Rialto will both be open on Saturdays and Sundays starting in January.

Join International Dance Theatre for a Day October 22

See what the IDT Dance Company is all about during "Join IDT for a Day" at 4 pm on Tuesday, October 22 in WRC 185/187. Learn ballroom, folk dances and choreography from our show, get to know current members, and have fun! Arrive late or leave early as needed. No previous dance experience is required.

International Student Association Meeting October 24

ISA will be having its general meeting on Thursday, October 24 at 7 pm in the College Eye Room of Maucker Union.

Top 10 Tips for Successful Midterms

The dreaded season of midterms is upon us. In this season of the school year, multiple things come with it, including stress, lack of sleep and a period of time that seems like it goes on forever. Students are inevitably going to feel overwhelmed and scrambled—here are [10 tips to destress](#) and help prepare you.

Research Survey on How International Students Conduct Research

Chris Doll, library director at the University of Dubuque is asking you to participate in research on how international students conduct research and use library resources. You can get to this survey by clicking [survey](#). As an incentive to participate in the survey participants will be drawn at random to receive an Amazon gift card. The winners will be contacted via email. You have until October 25 to submit your answers. It should take approximately 15-25 minutes for you to complete the survey.

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

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

If you hold F-1 status and you are planning to graduate in December 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 our web site for more information about OPT: <https://isso.uni.edu/optional-practical-training-opt>

HEALTH AND WELLNESS

International Student Support Group

International Student Support Group starts on September 16 and will meet every Monday from 3:30-5:00 pm in the Student Health Center, 2nd floor. The International Student Support Group allows international students to share their experiences with others who can understand and relate to their concerns. To learn more about the group, you can consult a counselor by calling or walking into the counseling center from 8 am-4 pm, no appointment required. Contact 319-273-2676, Student Health Center, 2nd floor.

Free Ballroom/Swing Dance Lessons

What better way to try something new than FREE dance lessons! Every Wednesday night at 7 p.m. at the Wellness and Recreation Center Room 87! Email [UNI Ballroom/Swing](mailto:UNI.Ballroom/Swing) for more information.

Like and Follow Us!

International Students and Scholars Office

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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.