

10-8-2020

ISSO Weekly Newsletter, October 8, 2020

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, October 8, 2020" (2020). *ISSO Weekly Newsletter*. 211.

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ISSO Weekly Newsletter

Thursday, October 8, 2020

ACTIVITIES AND EVENTS

Important Announcement: Reduced Operations in ISSO

ISSO staff are currently working on a reduced schedule. We want you to know that it will most likely take us longer to respond to your messages and to provide the high-quality services that you have come to expect from us. Despite the reductions, ISSO will remain open from 8:00 am to 4:30 pm, Monday through Friday. We care about you immensely and we will certainly do our best.

International Students and Scholars Office Online Services

Due to the public health and social distancing practices that have been instituted at UNI, masks will be required in all UNI buildings. We are also still available online as well. Office hours will remain Monday-Friday, 8:00 am-4:30 pm. For information contact international.services@uni.edu or Julie.Hill@uni.edu, Immigration & Advising – Ross.Schupbach@uni.edu, Director – Isabela.Varela@uni.edu

UNI Wind Ensemble and Symphonic Band October 8

The UNI Wind Ensemble and Symphonic Band will offer an outdoor concert for the UNI campus at 4:00 pm on October 8. The bands will set up and play on the concrete east of West Gym, with socially-distanced audience markings on the

grass field between West Gym and the Campanile. Bring a chair or blanket, wear your mask and enjoy! Concert will happen weather permitting.

UNI Panther Pantry

In light of the University COVID-19 policies and recommendations from the Northeast Iowa Food Bank beginning August 17 the Panther Pantry will be open Monday-Thursday (Noon-4:00 pm) **by appointment only**. The Pantry will be closed on Fridays for restocking and cleaning. To make an appointment at the Pantry use this link:

<https://rodscheduler.library.uni.edu/Web/schedule.php?sid=8>

You will need your Cat id and password, login and select your day and time. You will need to schedule an appointment for each visit. You will be able to schedule one appointment per week. PRIOR TO YOUR FIRST VISIT TO THE PANTRY: Please fill out and submit the [Panther Pantry intake form](#).

IMMIGRATION

Maintaining US Immigration Status

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**. We 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." Ross Schupbach is your Principal DSO, and he is always happy to help when students need extensions.

HEALTH AND WELLNESS

UNI Student Health Clinic

The Student Health Clinic is now open for limited in-clinic visits along with Zoom telehealth appointments. Students must call 319-273-2009 opt#1 to be assessed over the phone prior to making any type of appointment. Masks are required for all appointments at the Student Health Center. Clinic staff are available 8-4:30 Monday through Friday. The Counseling Center will also provide mental health services via telehealth (through Zoom). Please call 319-273-2676 to schedule an appointment.

SHIP Insurance for International Students

If you have SHIP Insurance, please contact Connie Potter at the Student Health Clinic with your address for the fall semester. You can email your current address to connie.potter@uni.edu.

Like and Follow Us!

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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.



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