

10-28-2020

## ISSO Weekly Newsletter, October 29, 2020

University of Northern Iowa. International Students and Scholars Office.

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## ISSO Weekly Newsletter

### Thursday, October 29, 2020

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#### ACTIVITIES , EVENTS, AND SERVICES

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#### **Winter Coat Drive**

The International Student and Scholars Office is sponsoring a winter clothing drive October 16-November 6. Coats, scarves, gloves, etc. will be made available to international students who are not prepared for the Iowa winter. Donation boxes are located outside the International Students and Scholars Office, 113 Maucker Union.

#### **Winter@UNI**

Visit <https://winter.uni.edu/> a UNI website that can answer many of your questions regarding Winter Break, classes, and campus housing.

#### **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

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one appointment per week. PRIOR TO YOUR FIRST VISIT TO THE PANTRY: Please fill out and submit the [Panther Pantry intake form](#).

### **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](mailto:connie.potter@uni.edu).

## **IMMIGRATION**

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### **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.

## ISSO NEWS

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### **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](mailto:international.services@uni.edu) or [Julie.Hill@uni.edu](mailto:Julie.Hill@uni.edu), Immigration & Advising – [Ross.Schupbach@uni.edu](mailto:Ross.Schupbach@uni.edu), Director – [Isabela.Varela@uni.edu](mailto:Isabela.Varela@uni.edu)

Furthermore, due to ISSO staff schedule restrictions, expect us to take longer to respond to your messages. We strongly recommend that you contact us and request our services early.

### **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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