ISSS Announcements:
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Upcoming Events
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- Student Stories: Navigating Group Projects and Presentations (Oct 17)
- Stress Less Well-Being Workshop (Oct 19)
- Finding Funding for Graduate School Webinar (Oct 19)

Advising by Appointment- In-Person or on Zoom
Mondays, Tuesdays, Thursdays and Fridays from 9am-12:30pm
Appointments must be scheduled in advance through Calendly

Walk-in Advising- In-Person or by Phone (518-591-8172)
Monday, Tuesday, Thursday or Friday from 12:30-4:00pm
No appointment needed, just drop in to SL G-40 or call 518-591-8172
How to Apply for OPT

Students who are graduating this Fall and planning to apply for Post-Completion OPT Work Authorization should complete the following steps to apply:

1. Watch the required OPT workshop
2. Review all instructions on the OPT Request EForm website, including the Supplemental Forms and Instructions
3. Submit the EForm to ISSS to request a new I-20 recommending you for post-completion OPT
4. File with DHS-USCIS within 30 days of receiving the new I-20 from ISSS recommending you for post-completion OPT

If you have questions please speak with an ISSS advisor

Great Danes in NYC (Job Site Visits)- Register Now!
Great Danes in NYC will take place January 9th-January 12th in-person. Great Danes in NYC is a NYC based company site visit program designed for UAlbany students to explore careers and career opportunities! You can network with UAlbany alums and company staff to learn about their careers and possible internship and job opportunities.

**THIS IS NOT A JOB POSTING BUT A COMPANY SITE VISIT** - International Students Do Not Need U.S. Work Authorization to attend this Site Visit Event!

- **PwC** (Jan 9) – all years allowed / Accounting, Cyber Security, Finance & Financial Management, Data Mining, Computer Science, Actuarial Sciences, Business Analytics, Data Science, and Information Systems Management majors
- **Kasirer** (Jan 9) – all years allowed / Public Administration, Public Policy, Public Relations, and Political Science & Government majors
- **NBC** (Jan 10) – all years allowed / all majors allowed
- **EY** (Jan 10) – Sophomore, junior, senior / Accounting, Cyber Security, Finance & Financial Management, Data Mining, Computer Science, Actuarial Sciences, Data Science, Consulting and Information Systems Management majors
- **Village of Briarcliff Manor** (Jan 10) – all years allowed and Masters students / Emergency Management/Homeland Security, Public Administration, Law, Public Policy, Criminal Justice/Criminology, Political Science & Government, Urban Planning, Forensics, and International Studies/Comparative Politics majors
- **Bloomberg** (Jan 11) - Sophomore, juniors / all majors allowed
- **Deloitte** (Jan 11) – Freshman, sophomore, juniors / Accounting majors
- **RSM** (Jan 11) – Sophomore, juniors / all majors allowed
- **UBS Financial Services** (Jan 12) – all years allowed, MBA / Accounting, Finance & Financial Management, Entrepreneurship, Business Administration & Management, Economics, Business Analytics, Consulting, and Sales majors
- **JNK Securities** (Jan 12) - all years allowed / all majors allowed
- **NYC Department of Education** (Jan 12) – all years allowed, Masters, Doctorate students / all majors allowed
- **Mazars** (Jan 12) – Junior, seniors / Accounting majors

Questions? Email Megumi Kim, Career Advisor at mtkim@albany.edu

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**Cultural Connections Festival November 18-**
Seeking Performers!

The Cultural Connections Festival is an annual event held in November (Tentative: Nov. 18th in Great Hall/TBA). This event aims to celebrate the diverse cultures in the UAlbany community. We invite you to attend the event and to either watch your peer's talent or show off your own. This is a chance for you to show off your singing skills, cultural dances, poetry, and much more. Come dressed in your traditional clothes to represent your culture or formal wear is also welcome. All International and Domestic students are welcome to get a chance to make connections among each other.

We are excited and looking forward to having you at this event and learn more about your culture! Please fill out the following form to RSVP! We appreciate your time! See you all at the Festival! Email: culturalconnections@albany.edu for any questions! Instagram: @culturalconnectionsualbany

Here's the sign up form link: https://forms.gle/sbvyftQDyEGoRjWr7
UAlbany Athletics International Students Days

UAlbany athletics will be recognizing our international student athletes and international student communities at upcoming games. Join us for these special games:

- Women's Soccer - Thursday, October 20 at 7pm
- Men's Soccer - Tuesday, November 1 at 7pm

Festival of Nations November 6-- Volunteers Can Attend Free!

The Festival of Nations is a Capital Region Event taking place on Sunday, November 6th from 11:30am-4:00pm in the Empire State Plaza Convention Center. It will feature a parade of nations, music, food, and more!
If you volunteer for the event you can attend free. Volunteers are needed in one of either two shifts: 11am to 1:30pm or 1 to 3:30. To volunteer contact Nony Melia at melia.nony@gmail.com

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Let's Talk-- Resuming In Person!

The Let’s Talk service gives you access to a 15- to 20-minute consultation with a CAPS clinician at convenient locations on campus. The service is often used by students who:

- Aren’t sure about counseling and wonder what it’s like to talk to a counselor
- Aren’t interested in counseling but would like a counselor’s perspective
- Have a specific problem and would like to talk it through with someone
- Have a concern about a friend and want advice on what to do

Let’s Talk is available during the fall and spring semesters when classes are in session.

There may be a short wait while we talk to another student. If we have already reached capacity that day, please visit Let’s Talk another day or use the instructions above to schedule an appointment.

Fall 2022 Let’s Talk Schedule

- **11 a.m. to 1 p.m. Tuesdays** in the Arena Level Office A35 inside SEFCU Arena (Uptown Campus)
- **1 to 3 p.m. Wednesdays** in University Library Office 94 inside the Educational Opportunity Program suite (Uptown Campus)
- **2:30 to 4:30 p.m. Thursdays** in the Student Affairs Suite Room 114 at the School of Public Health (Health Sciences Campus)

Download maps of our campuses.

**Note:** Let’s Talk is not the appropriate CAPS service if you’re experiencing an emergency or if any of the following apply to your situation:

- Thoughts of harming yourself or others, and/or a recent suicide attempt
- Engaging in dangerous or high-risk behaviors, such as impulsive behaviors or an increase in substance use
- Unusual thoughts and/or behaviors, such as hallucinations or loss of touch with reality
- Recent traumatic experience, such as an assault, accident or death of a loved one

In these cases, please refer to our [Emergencies page](#)
International Circle & Other CAPS Groups (Fall 2022)

CAPS offers a variety of groups that students can join for support, connection, and building life skills. These include International Circle: Thriving in a New Land; Anxiety Management; Graduate Student Support Group; Women of Color Empowerment and Connection Group; and more. Check out all the offerings by clicking on "Read More."

This week we are highlighting Sexual Identity Support & Empowerment. Connect and share experiences related to sexual identity during this virtual, weekly group. Group Leaders: Dr. Robert Cardom, rcardom@albany.edu, and Dr. Jennifer Ho, jho2@albany.edu

Study Recruitment: Volunteers Needed for Study by Educational Theory & Practice Department and Computer Science Department

"We are looking for students to participate in a semester-long research study involving using a mobile application that helps students in planning, time
management, keeping track of assignments, and class projects. Our goal is to study procrastination in individual and group tasks. The study also involves completing a number of initial questionnaires electronically and during the semester. You will receive $50 in Amazon electronic gift card upon completion of this study (see Consent Form for conditions). If you are interested and have an iPhone or iPad to install the app on, please complete the following consent form, and we will get in touch with you for the subsequent steps. At this point, we do not have an Android version of the application.

Click here to participate: https://forms.gle/1B3MBgywM4fvhGsy7

If you participated in our study last semester, you are eligible to participate this semester as well. Thank you for your time!

Dr. Reza Feyzi Behnagh
Associate Professor, Department of Educational Theory & Practice
Dr. Shaghayegh Sahebi
Assistant Professor, Computer Science Department

Dissertation Recruitment Request: Asian College Students

Hello, my name is Shangyun Zhou, and I am a Counseling Psychology doctoral student at the University at Albany, State University of New York. I hereby sincerely invite you to participate in my dissertation study, which studies several cultural factors that might be important in suicide prevention work in Asian college students in the US. This study has been approved by the Institutional Review Board of the University at Albany (IRB study number: 22X064).

You are invited to participate in the study if you:

- Are 18 years or above
- Identify as Asian or Asian American/Pacific Islander (for example, Chinese, Vietnamese, Japanese, Korean, Indian, Bangladeshi, Pakistani, Filipinx)
- Currently an enrolled student in the SUNY school system
- Does not have any thoughts or plans of hurting or killing yourself

You have the option to enter a raffle in which for a $15 gift card is given to every 5 valid completed surveys. Your responses to the survey cannot be linked to your identity. If you are interested in participating in the study, please kindly click on the following survey link, which will further direct you to an informed consent page with more information regarding your participation:

https://albany.az1.qualtrics.com/jfe/form/SV_4Z5t2Qz6ev076LQ
Thank you so much for helping me with this research! Your participation will contribute greatly to the scientific knowledge base about suicide and suicide prevention, a crucial yet understudied subject pertaining to Asian college students in the US.

If you have further questions, please contact me (Shangyun Zhou, principal investigator) at szhou8@albany.edu, or my faculty advisor (Dr. Hung-Bin Sheu at hsheu@albany.edu).

**Survey Request: Foreign-born Participants Needed**

You are invited to participate in a research study titled “Dimensions of Foreign-born Students’ Social Well-being and Their Measurement: Validation of Social Well-being Instrument for Foreign-born Students (SWB-FS)”. The purpose of this study is to develop an instrument that can be used to measure social well-being of foreign-born students. Using the newly developed instrument, I’m interested in examining the relationship between social well-being and academic success. If you are foreign-born student, I would like to invite you to participate in this study by responding to an anonymous online survey, which takes approximately 20-30 minutes to complete.

Upon completing a valid survey, you have the option to enter a raffle for a $10 gift card (details available on the first page of the study link). If you are interested in participating in the study, please click on the link or copy this link to a browser to access the survey: https://albany.az1.qualtrics.com/jfe/form/SV_55fHNS1vO3Wvq62

Please share this message with someone you think may be eligible for participating in this study. Feel free to contact me at (Esther Kim, principal investigator) kkim7@albany.edu if you have any questions. Thank you very much for participating in this study.

**Upcoming Events**

**CLASH 2022 (Oct 16)**

Ready to experience another campus tradition? Come out to CLASH on Sunday, October 16th at Entry Plaza from 12-3pm! Bring your energy from the weekend’s homecoming festivities and compete in our Corn Hole Tournament and Spike Ball Tournament. Want to get active, but don’t want to compete? No worries, you can participate in a variety of lawn games.

**Student Stories: Navigating Group Projects and Presentations (Oct 17)**

Monday, October 17 from 6:30-7:30 in Science Library, 3rd Floor, Room 340
including can jam, four square, ladder ball and more! And for those of you that don't care for physical activities, we have a variety of other fun activities such as tote bag decorating, class shirt pillow making, caricatures, and airbrush tattoos!

If you are interested in supporting our holiday heroes initiative and giving back to our community, you can also stuff your own plushie for only $12 or two plushies for $20.

Music by DJ SYXX FIGGAZ!

At CLASH there is something for everyone! ** Registration for the Corn Hole and Spike Ball tournaments will take place during the first 45 minutes of the event***  
*** Cash only for Stuff-a-Plush***

The UAlbany Project MyStory Dinner and Discussion Series is a way for new Danes to connect with other UAlbany students from all over the world to talk about how to navigate this new academic experience. These are not lectures, but conversations. Come to share, learn, and to enjoy some tasty snacks. Learn - Eat - Make Friends - Win Prizes.

Read More

**Stress Less Well-Being Workshop (Oct 19)**

Wednesday, October 19 from 3:30-4:30 in Health and Counseling Services Large Group Room (B02)

Feeling overwhelmed? We’ve all been there…this workshop will help you better understand stress and its effects on your health. Each program will also allow time for personal reflection and experiential practice of a technique or strategy that can help you better manage your stress.

In-person programs will be held at Health and Counseling Services on Dutch Quad (entrance on the south side facing the soccer field). When you enter the main doors, take an immediate right to get to our Large Group Room (B02). PLEASE NOTE: Masks are still required in our center. We will have masks available at the program if you need one.

Read More

**Finding Funding for Graduate School Webinar (Oct 19)**

Join us on Wednesday, October 19th for the Finding Funding for Graduate School Workshop if you are interested in furthering your education beyond the bachelors. Learn how to search and apply for funding.

Register to attend virtually at 7:00 PM bit.ly/GradSchoolPrepWebinars

Read More
Unsubscribe

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ISSS@albany.edu
https://www.albany.edu/iss

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