Follow us on Instagram @ualbanyisss!

This is the Weekly ISSS Newsletter that we send out every Friday. It includes very important immigration updates that you must be aware of, as well as information about events happening on campus and in the area.

Please remember that Daylight Saving Time will end this weekend. This means that on Sunday, November 1st at 2:00 am, New York turns the clock back one hour to 1:00 am. Students outside the United States should check the local time to ensure you do not miss any synchronous class times or meetings.

Are you a part of a student organization and want to see your event advertised to your fellow students? Please send the details and/or flyer to ISSS@albany.edu.

Important ISSS Announcements
- International Circle: Drop-in Space for International Students
- Know Your Rights While Traveling Webinars - November 11th and 19th
- OPT Workshop Tuesday November 3rd
- Cultural Connections Cinnabon Fundraiser Today
- Immigration Art Webinar Recording
- Global Alumni Panel Event November 20th
- Buddy Program Seeking Volunteers for Spring 2021

Upcoming Events
- Election Day Watch Party
- Halloween Weekend CarnEVIL
- Three Steps to Getting Referrals
- Dissertation and Thesis Virtual Hours
- Virtual conversations on Mental Health with UAlbany International Students, Participants Needed
- International Students Needed for Research Survey

**International Circle: Drop-in Space for International Students**

Open to undergraduate and graduate students. No need to register or sign-up, just join the discussion! ISSS and Counseling and Psychological Services staff will also be able to answer questions and provide support.

**Friday, 11/6, 4pm – 5pm** ([https://albany.zoom.us/j/93520765316](https://albany.zoom.us/j/93520765316); Meeting ID: 935 2076 5316)
- I’m stressed! – A chance for students to talk about feeling stressed about the pandemic, the election, racial justice issues, and anything else.

**Monday, 11/9 9am-10am** ([https://albany.zoom.us/j/95778927097](https://albany.zoom.us/j/95778927097); Meeting ID: 957 7892 7097)
- How are you? I’m fine. – A chance for students to talk about adjusting socially during the pandemic. What is it like for you to make friends or maintain friendships? How do you get to know others when we are socially distant?

**Friday, 11/13 at 3:30pm** ([https://albany.zoom.us/j/96673743794](https://albany.zoom.us/j/96673743794); Meeting ID: 966 7374 3794)
- Am I Lazy? – A chance for students to talk about what it’s been like to adjust to remote learning and social distancing, and how it’s impacted your motivation.
Know Your Rights While Travelling Webinars - November 11th and 19th

Join Immigration Attorneys Jim Milstein, Seth Leech, and others along with UAlbany ISSS staff to learn more about your rights in the U.S. in relation to your immigration status and interactions with federal and local law enforcement as well as the judicial system. Please note that both workshops are identical so you can choose the time which works best for your schedule.

Wednesday, November 11
5:30-6:30 PM EST

or

Thursday, November 19
5:30-6:30 PM EST

Email ISSS@albany.edu or check your newsletter for Zoom join links!

Join Zoom Meeting
https://albany.zoom.us/j/94113110536
Thursday, November 19 5:30-6:30 PM
Join Zoom Meeting
https://albany.zoom.us/j/92406081491

OPT Workshop Tuesday November 3rd

Our next OPT workshop is on Tuesday, November 3rd at 3:30pm.
Zoom Meeting Link: https://albany.zoom.us/j/98937285782

We encourage all students applying for OPT to attend one of the scheduled live OPT workshops on Zoom to ask questions and hear the latest information. You can find a full schedule on our website here: https://www.albany.edu/isss/assets/OPT_CPT_Flyer_Fall_2020.pdf

But if you want a refresher, or your schedule is packed right now, you can also view a full recording on the OPT Request instructions page of our website, click on Read More below.

Read More

Cultural Connections Cinnabon Fundraiser Today
Help support Cultural Connections by participating in the All-You-Can Eat Cinnabon take out fundraiser! This fundraiser takes place October 30th from 10:30am-9:00pm at Crossgates Mall. Please tell the
restaurant when ordering that it is for Cultural Connections. Enjoy a sweet treat that helps benefit this club!

Immigration Art Webinar Recording

Thank you to all who attended Art Serratelli’s workshop on non-immigrant visa options available to students after F1 and J1! Missed his session? Email ISSS@albany.edu for the information.

Global Alumni Panel Event November 20th
Friday, November 20th from 6pm-7:30pm

Email ISSS@albany.edu for join link

Abhinay Tiwari  
Master | Computer Science | 2017  
Software Engineer at NASA Ames Research Center

Yi Zhou  
Master | Social Welfare | 2017  
Psychotherapist at Choices Counselling and Consulting

Li Zhang  
PhD | Educational Policy & Leadership | 2016  
PIRE Project Manager  
C-BERT China Group Leader  
Business Owner

Panel Agenda

ISSS will help you know about:
- How to navigate jobs as an international student?
- What do the current and future work situations look like?
- How to react during this Covid-19 time?
- How could international students better prepare for the labor market?
- Q&A: bring your questions with you!

Friday, November 20th from 6pm-7:30pm
Zoom Link: https://albany.zoom.us/j/94265368908

Curious about what life is like for a UAlbany international student after graduation? Hear from three outstanding alumni about their experiences in the job search, working during COVID-19, and how best to prepare for your future. Don't miss out on this great event!
Buddy Program Seeking Volunteers for Spring 2021
International Student and Scholar Services
& Cultural Connections

BUDDY PROGRAM FALL 2021

Earn One RSSW credit!
Sign up today to help welcome new international students this Fall!
Make a friend and learn a new culture!
Contact ISSS@albany.edu for further details

Register today →
For more information and to register to be a Buddy to a new student, "Read More" below.

The International Buddy Program is designed to provide an opportunity for newly admitted international students to get to know current UAlbany students (we call them “buddies”, and they include American and International students) before and upon their arrival in Albany. As a current UAlbany student, you have experience, information and resources to offer to new incoming students. Buddies are encouraged to be welcoming and lend a helping hand to incoming international students as newcomers. The ultimate goal of the Buddy Program is to promote understanding and friendship among different culture groups and to utilize the culturally dynamic environment on the UAlbany campus.

More specifically, the Buddy Program is designed to provide an opportunity for American and International students to interact regularly on a small group basis outside of the classroom setting. We believe such interaction will enrich cross-cultural as well as cross-language experiences and overall we hope that it will contribute to real understanding about people and cultures from all parts of the world.

Upcoming Events

**Election Day Watch Party**

Tuesday, November 3, 8:00 p.m., brought to you by the Rockefeller College Election Series. Register by clicking Read More below.

**Halloween Weekend CarnEVIL**

Come on down to Entry Plaza for a spooky Carnevil! Social Distancing and Masks are enforced for this fun event!
Saturday, October 31 2020 at 3:30 PM EDT to Saturday, October 31 2020 at 6:30 PM EDT
Three Steps to Getting Referrals

"For international students, when the traditional job search process starts to yield worse results than before, you need to find people who can advocate your abilities to your target employers. You want to get your foot in the door without stumbling through immigration question hurdles, right?" Click "Read More" for the blog post by ICAway.

Dissertation and Thesis Virtual Hours

The Graduate School has partnered with the University Libraries to offer virtual office hours for graduate students seeking assistance with their dissertations and theses. Staff are available to assist in multiple areas. Click Read More to RSVP.

Virtual conversations on Mental Health with UAlbany International Students, Participants Needed

International Students Needed for Research Survey
The Suicide Prevention Center of New York and the University at Albany are hosting two virtual conversations with international students to learn about the unique challenges you face, how you seek to address those challenges, availability and use of on- and off-campus mental health services and resources, and barriers to accessing these services. We are looking to schedule these conversations on days and times that are convenient for you. Click "Read More" to participate and share your availability. You will receive a $10 Starbucks gift card for participation. Any questions can be directed to Brett Harris at bharris@albany.edu.

Hung-Bin Sheu, Xinyun Xu, and Taylor Karnilaw are conducting a study on what would promote better cross-cultural adjustment and well-being among international/IELP students in the U.S. This study is approved by UAlbany (IRB#: 20X222). We would like to invite you to participate in this study by responding to an anonymous online survey, which takes approximately 20-25 minutes to complete. To access the survey, click Read More below. Feel free to contact us at hsheu@albany.edu if you have any questions.

Unsubscribe

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