November 10, 2022

The ISSS Office and other University offices will be closed on Friday, November 11th for Veterans Day.

Beware of Email Phishing Scams - we've heard from students that they've received suspicious emails asking them to click links, sign documents, enter passwords or provide other personally identifiable information. Report any suspecting phishing emails you receive to ITS at askIT@albany.edu. Do not click any links or log in to anything unless the sender is a trusted, verified party. If you fear your information may have been compromised it's a good idea to contact ITS and to reset your password(s).

International Education Week Events (11/13-11/18)
- Diwali Night with the ISO (11/13)
- International Education Week Career Workshops (11/14-11/16) - Learn about how to find a job on OPT & visa options after F-1 OPT
- Dean's Coffee Hour (11/16)
- ISSS Thanksgiving Dinner (11/17 - Advanced Registration Required)
- Cultural Connections Festival (11/18)

Upcoming Events
- Study New York Photo Contest is Open!
- Research Participants Needed for Study
- Let's Talk
- Groups for Support

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

Diwali Night with the ISO - November 13

Indian Student Organization presents you with the most exciting cultural event of the year, 'Diwali Night.' It is a celebration of love, light, and joy. And all we need is your participation and presence to make it the event of the year. Join us on November 13th at 5:30 pm as we celebrate in the Campus Center Auditorium. We have it all - performances, music, and the most important of all, AUTHENTIC INDIAN FOOD. Come one, come all!

Click on the link to buy tickets: http://shorturl.at/BFR36

We welcome you all to showcase your talent at this year's 'Diwali Night.' You could dance (solo/group), play instruments, sing, recite poetry, or show your creativity on many levels.

International Education Week Career Workshops
(November 14-November 16)

It's never too early to start planning your future career and immigration status options, especially as your graduation approaches! Next week during International Education Week we will offer three different workshops to help students with career planning for OPT (and for beyond OPT). There is also the opportunity to arrange a 1-on-1 consultation with an
immigration attorney. Please check the schedule of events (below). We hope that you can attend one or several of the Career Workshop Events being offered next week:

**Career Planning as a Student- Skill building for landing your first OPT job**  
*Guest Speaker Megumi Kim, Career and Professional Development*

- **Monday, 11/14- Career Preparation & Goal Building**  
  - 3-4pm in Massry Business Building Room 205  
  - *Learn about available resources and to think about how to prepare for your job search*
- **Wednesday 11/16- Networking**  
  - 3-4pm in Humanities Room 116  
  - *Tips on LinkedIn, networking, and building connections*

**Career Planning for the Future- What Comes After OPT**

**Monday 11/14 & Tuesday 11/15**  
1-on-1 Consultations with Art Serratelli, Immigration Attorney  
30 minute slots available 9am-4pm. *Discuss your employment authorization options after OPT/STEM OPT. Email immigration.art@gmail.com to schedule, subject line "UAlbany 1-on-1 Consultation"*

**Tuesday 11/15- Career & Visa Pathways Beyond F-1 OPT**  
4pm-6pm on Zoom  
*Learn about how to plan for what comes after OPT and your various work visa options*

*Guest Speakers: Art Serratelli (Immigration Attorney) and Kwan Segal (ICAway)*

**Dean's Coffee Hour (11/16)**  
Join us on Wednesday, November 16 from 10am-11am in the Science Library atrium for coffee, tea, treats and conversation! Dean Valverde will be there with other CIEGS staff. We hope that you can stop by to say hello!

**ISSS Thanksgiving Dinner Sign-Up (Event on November 17)**

You are cordially invited to an annual ISSS tradition: the Thanksgiving Dinner!

The dinner is on Thursday, November 17 from 5-7pm in the Campus Center Ballroom (2nd Floor). The cost per person is $7 for the first 90 students/scholars to sign up. Students/scholars may choose to bring additional guest(s) for $7 per guest (children under 5 are free).
Please fill in the form to RSVP. By hitting submit you finalize your reservation and confirm your payment will be added to your UAlbany account. If you have any questions please email ISSS@albany.edu

Menu Includes: Sliced Turkey, Gravy, Rolls with Butter, Traditional Stuffing (no meat), Green Beans with Sliced Almonds, Eggplant Parm (vegetarian option), and Apple/Pumpkin Pie

Cultural Connections Festival November 18

Join us Friday, November 18 at 6:30pm in the Campus Center Great Hall for the Festival, and cheer on your fellow students as they perform!

The Cultural Connections Festival 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.

Other Events

Study New York Photo Contest is Open!

Take a picture or short video of your favorite thing about studying in New York and enter for a chance to win a $100 Amazon Gift Card!

The Annual Study New York International Student "Why I Love Studying in New York" photography contest is open! Students compete by submitting a photo or short video that illustrates their love for studying in New York. Winners in each category will receive a $100 Amazon Gift Card!

Submissions are due by March 1, 2023.
Go to www.studyny.org/photocontest or to http://facebook.com/studyny for full details and to enter!

Research Participants Needed for Study
"We are conducting an experiment as part of a research study to increase our understanding of how people learn. Every participant could experience first-hand how psychological researchers go about finding out specific behavioral patterns as they related to some psychological mechanisms and processes.

The experiment takes 30 – 50 minutes on a computer in Catskill Room 119. Participants' responses to the questions will be kept confidential. All personal identifiers are not revealed during the analysis and write-up of findings. There is $10 compensation for participating in this study. If any students need to participate in research to gain credit for their course requirements, we could also provide a letter.

If anyone in your community is willing to participate, please have them click on the Sign-up link to schedule a time of contact Lan Lan at llan@albany.edu"

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**Let’s Talk**

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

**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

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**Groups for Support**

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."

**Coping with Difficult Emotions**

Learn skills to help tolerate and manage challenging emotions during this in-person,
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)

weekly group that meets for eight sessions. **Group Leaders:** Dr. Sara Cunningham, scunningham2@albany.edu, and Dr. Erin Cannella, ecannella@albany.edu

Unsubscribe

1400 Washington Avenue SL G-40 Albany NY 12222

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

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