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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.

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
- Winter Break Travel Reminders
- International Circle: Drop-in Space for International Students- Today at 4pm!
- Know Your Rights While Traveling Webinars- November 11th and 19th
- Global Alumni Panel Event November 20th
- International Cafe November 17th
- CPT Workshop November 12th at 3:30pm
- Buddy Program Seeking Volunteers for Spring 2021
- Help us Stem the Surfge: Please Review University’s Testing Requirement Announced Yesterday
- Wintersession Housing Information-- Apply if Staying On Campus

Upcoming Events
- Funding Graduate Studies Webinar
- Asian Occasion 2020
- Virtual Empowered Bystander Training
- Guided Meditation and Discussion
**Winter Break Travel Reminders**

The ISSS office does not recommend international travel at this time due to increased risks which could impact a student's return.

- Unfortunately, the global travel situation can change rapidly and with little notice, including travel restrictions, travel bans, and lack of flight availability
- DHS has not yet released guidance for Spring 2021, which could impact a student's return if outside the U.S.
- If you will travel please contact ISSS@albany.edu for further details and to review documentation needed to re-enter the U.S.
- Students travelling over break should check their UAlbany email frequently for any immigration or quarantine requirement updates.

Students remaining in the U.S. are cautioned if travelling to any state which is on the NYS Governor's high risk list, as they may be required to quarantine for 14 days upon return to New York State.

We know this upcoming break may be very difficult, particularly for international students who were unable to travel home last summer. Please know that you have the full support of ISSS during this time. If you are facing any challenges (such as housing, stress, or anxiety) please do not hesitate to reach out to us for resources and support.

Please also remember that the Spring term start date is February 1st, 2021.

**International Circle: Drop-in Space for International Students- Today at 4pm!**
ISSS & CAPS present

INTERNATIONAL CIRCLE: DROP-IN DISCUSSION SPACE FOR INTERNATIONAL STUDENTS

3 SESSIONS, 3 TOPICS, ON ZOOM!

- 11/6 (FRI) 4:00 PM “I’M STRESSED!”
  Talk about feeling stressed about the pandemic, the election, racial justice issues, and anything else.

- 11/9 (MON) 9:00 AM “HOW ARE YOU? I’M FINE”
  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?

- 11/13 (FRI) 3:30 PM “AM I LAZY?”
  Talk about what it’s been like to adjust to remote learning and social distancing, and how it’s impacted your motivation.

Open to undergraduate and graduate students. No need to register or sign-up!

For Zoom links, go to the CAPS Groups page.
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**

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

Global Alumni Panel Event November 20th

Global Alumni Panel-International Education Week

Friday Nov 20th 6 PM-7:30PM (EST)
Email ISSS@albany.edu for join link

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

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

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 labor market?
• Q&A: bring your questions with you!

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

International Cafe November 17th
Join staff from the Center for International Education and Global Strategy for our virtual coffee hour on Tuesday, November 17th at 3:00pm!

To register for a Zoom link, click "Read More" below.

CPT Workshop November 12th at 3:30pm
Interested in doing an internship off-campus as a part of your academic program? Join ISSS for this workshop on how to apply for Curricular Practical Training (CPT).

**Thursday, November 12th 2020 at 3:30pm**
Join Zoom Meeting: [https://albany.zoom.us/j/99777120319](https://albany.zoom.us/j/99777120319)

**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.

Help us Stem the Surge: Please Review University's Testing Requirement Announced Yesterday

This is a reminder to please review the University’s important announcement about testing that they sent out last night, available here: [https://www.albany.edu/covid-19/news/2020-help-us-stem-surge-all-students-must-submit-saliva-sample-5-pm-friday-nov-6](https://www.albany.edu/covid-19/news/2020-help-us-stem-surge-all-students-must-submit-saliva-sample-5-pm-friday-nov-6). If you have questions or concerns, including if you need to submit a test, please call the UAlbany COVID-19 hotline at 518-442-2683.

Wintersession Housing Information-- Apply if Staying On Campus

Need to stay on campus during the Winter Intersession break? If you need Intersession Housing and live in the Residential Halls, please fill out an application via the Residential Life MyInvolvement page. Please note that all residential buildings are closed. Should you need to stay, you must apply at MyInvolvement and you must be approved. Anyone approved to stay will be required to submit samples for weekly pooled surveillance testing. Please note that all rules and policies utilized during the Fall 2020 semester will remain in place during the Intersession. For more information, click "Read More" below.

Read More
Upcoming Events

Funding Graduate Studies Webinar

Wednesday, November 18th at 4pm, join the Graduate School at the University at Albany for one of our informative webinars focused on best practices to help you secure funding (living stipend and tuition scholarship) for graduate school. Click "Read More" to register.

Asian Occasion 2020

The Asian American Alliance presents our annual cultural and fashion show, "Asian Occasion (AO)" This year, AO is titled AAA Got Talent premiering on Saturday, Nov 7th at 6 PM EST features a star-studded lineup. Click "Read More" to RSVP.

Virtual Empowered Bystander Training

Guided Meditation and Discussion
Virtual conversations on Mental Health with UAlbany International Students, Participants Needed

The Suicide Prevention Center of New York and the University at Albany are hosting two virtual conversations with international students to learn

International Students Needed for Research Survey

Hung-Bin Sheu, Xinyun Xu, and Taylor Karnilaw are conducting a study on what would promote better cross-cultural adjustment and well-being
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.

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.

Unsubscribe

1400 Washington Avenue SL G-40 Albany NY 12222

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

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