March 25, 2022

We invite you to join our Candlelight Vigil in Remembrance of Lives Lost to Anti-Asian Violence

March 25th, 5pm
Meet at Parents Fountain (between Campus Center and Science Library)
Post-Vigil Social Decompression at Board Room (CC West)

@uulbanymc
Scan for Itinerary
We hope that you can join to acknowledge and memorialize those lost to Anti Asian violence this evening at 5pm at the Parent's Fountain (between the Science Library and Campus Center).

If you or a friend you know needs help or support please don’t hesitate to reach out to ISSS and Counseling and Psychological Services. We are here for you.

**ISSS Announcements:**
- Advance Registration for Fall 2022: DHS Online Course Load Limitations
- ISSS International Orientation Assistant Application Open
- Game Night and Karaoke Night with Cultural Connections TONIGHT! (6pm, after Vigil)
- Workshop on Nonverbal Communication (March 31- Plus Pizza!)
- How to Apply for OPT (Spring Graduates)
- Sprintax Codes for Tax Filing- Upcoming Webinars!

*Reminder: All students who were in the U.S. in 2021 must complete at least the 8843, even if you didn’t have a job.*
- Virtual Wellness Workshops- Register Now!
- Coffee With the Dean-- Now April 12th
- International Student Resume Drop-In Hours (Apr 8)

**Upcoming Events:**
- Virtual Let's Talk
- Tutoring Services for Undergraduates
- International Graduate Student Webinar (Mar 31)
- Saturday Morning Yoga (Mar 26)
- March Madness (March 28-April 4)
- Women's Empowerment Month: Art-Full Mondays (Mar 28)

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**Advance Registration for Fall 2022: DHS Online Course Load Limitations**

Advance registration for Fall 2022 is starting up. The DHS guidance allowing for flexibility with online course loads expires at the end of this academic year. F-1 and J-1 students planning their Fall 2022 schedules should follow the normal online course limitation rules for the upcoming academic year:

- "Online course" refers to courses with are 100% fully online. It does not refer to hybrid (mixed/blended) or arranged courses which are not 100% fully online and have an in-person component as part of the course
- No more than one fully online or distance education course (or 3 credits) may count towards the minimum number of credits needed for full-time enrollment during the
semester. If the student only needs one course to complete the program of study that course cannot be fully online.

- In other words, undergraduate students must take at least 9 credits (out of 12) that are not fully online and graduate students must take at least 6 credits (out of 9) that are not fully online.
- If you will be on an authorized reduced course load in Fall 2022 and will take an online course please check with ISSS about whether or not your schedule will meet the DHS requirements for maintaining status.

As you are developing your Fall 2022 schedules you are always welcome to reach out to ISSS if you have questions about whether or not you are taking too many online courses.

**ISSS International Orientation Assistant Application Open**

ISSS is seeking Orientation Assistants to act as peer mentors, guides, and to coordinate events and activities during Fall 2022 International Orientation and Welcome Week. A successful applicant must have a friendly, helpful, and understanding attitude toward new students and be able to work with a culturally diverse group of students.

We are planning in-person activities for the Fall 2022 Orientation in August. Applicants must plan to be physically present in Albany between August 14-August 21. If selected for the position you must be enrolled in Fall 2022 to be hired. Orientation Assistants will be paid $12.50 an hour for approximately 10-25 hours of work.

Applications are due by April 24, 2022. [For more information and to apply click here](#).
Cultural Connections is having an event this Friday 03/25 @ 6pm in SS 133. Come join us it's Karaoke and Game night. There will be food, fun, and Friends. Bring your A game as there will be competition. We hope to see you there.

We also want to acknowledge that there is a Candlelight Vigil in Remembrance of lives lost to Anti-Asian violence. This event is on Friday 03/25 @ 5pm at Parents Fountain. Join the E-board and community as we support the UAAlbany MRC at this event. Hope to see you there!
Workshop on Nonverbal Communication (March 31- Plus Pizza!)

Learn about body language and hand gestures in the U.S., including tips for class presentation and job interview.

Thursday, March 31st at 5pm
Massry Business Building Room 133
Pizza will be served!

How to Apply for OPT (Spring Graduates)

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

**Step 1:** Watch the [required OPT workshop](#).

**Step 2:** Review [all instructions](#).

**Step 3:** Submit the EForm to ISSS with all required materials to request a new I-20 recommending OPT (see link in Step 2)

**Step 4:** File with DHS-USCIS (see link in Step 2)

If you have questions please speak with an ISSS advisor.

USCIS processing times are currently estimated at **1.5-3 months**.
ISSS has purchased Sprintax tax software to help international students and scholars to file their 2021 federal tax return. There is no personal exemption for 2021. All non-residents must file a tax return if income was earned in 2021.

To obtain a Sprintax tax code, please email isss@albany.edu. Please include the following information in your email: first & last name, student id number, and the name of your employer. If you were not employed, please go to to obtain and complete form 8843. For questions, please contact ISSS.

Sprintax tax preparation service for international students and scholars is offering free tax webinars. These webinars will give students an overview of the U.S. tax system. Please register by clicking on the link next to the day/time below.

**The informational webinars will cover:**
- An overview of tax for nonresident students and scholars
- Who must file a 2021 US tax return
- What income forms you may receive
- Forms that need to be completed and sent to the IRS
- We cover terms like FICA, ITIN and Form 1098-T
- What happens if students don't file, or misfile
- State tax returns
- IRS stimulus payments
- Sprintax overview

**Sprintax Active Webinar Schedule (General sessions suitable for majority of visa types)**

Wednesday, March 30th @ 12pm EST – [Register here](#)
Virtual Wellness Workshops- Register Now!

Wednesday, April 6th @ 1pm EST – Register here
Tuesday, April 12th @ 1pm EST – Register here
Thursday, April 14th @ 12pm EST – Register here

CAPS is offering the following rotation of virtual workshops throughout the semester. Learn helpful skills, engage in personal reflection, connect with peers, and plan next steps for yourself. Workshops are FREE and you are welcome to attend multiple workshops.

Advanced registration is encouraged, but not required. The workshops will close to new participants 15 minutes after the start of the workshop. You can register on CAPS' website. You will then get a confirmation email with the Zoom link for the workshop. If you want to attend multiple workshops (please do!), you will need to register for each one separately.

Stress Less
Tuesday, 4/12, 3:30pm-4:30pm
Better Sleep, Better Lives  
Wednesday, 4/20, 3:30pm-4:30pm  

Overcoming Procrastination Now (not later!)  
Wednesday, 3/30, 3:30pm-4:30pm  
Wednesday, 4/27, 3:30pm-4:30pm  

How to Outsmart Your Smart Phone  
Tuesday, 4/5, 3:30pm-4:30pm  
Monday, 5/2, 3:00pm-4:00pm  

Coffee With the Dean-- Now April 12th  
Join the Dean and Vice Provost for International Education, Dr. Gilbert Valverde, along with other CIEGS staff for a coffee hour and meet-and-greet. The event will be held on Tuesday, April 12 from 4:00pm-5:00pm in the Science Library Atrium outside the office.  

International Student Resume Drop In Hours (April 8)  
Bring your resume to the ISSS office at Science Library G-40 from 1-4pm on Friday, April 8 for a resume critique. Staff from the Career and Professional Development office will be there to help you get your resume ready to be sent to prospective employers. Don't miss this great opportunity.
Virtual Let's Talk (CAPS)

The Virtual Let's Talk service is a way to engage in a brief 15-20 minute consultation with a CAPS clinician. A secure zoom meeting will be available Tuesday 11:00am-1:00pm, Wednesday 1:00pm-3:00pm, and Thursday 1:30pm-3:30pm when classes are in session.

Tutoring Services for Undergraduates

Undergraduate students can find information about departmental tutoring, online tutoring, and scheduling a peer tutoring appointment by clicking "Read More" below. Be sure to take full advantage of these academic supports during midterms.

International Graduate Student Webinar (Mar 31)

Thursday, March 31 from 8am-1pm Online.

Come join, meet, and learn from our current International Graduate Ambassadors!

Saturday Morning Yoga (Mar 26)

Saturday March 26 from 10am-11am Online.

Join us for virtual, one hour yoga session led by UAlbany graduate student Erika Korzeniewski. With a 200-hour instruction
Hosted by: The Graduate School

Read More

certification and over 6 years of experience, she’s ready to lead a class for everyone, whether it’s their first or fiftieth time. Want to connect with her? Reach out at her Instagram: https://www.instagram.com/erikakorz/
Seated options will be available for members with disabilities.

Read More

March Madness (March 28-April 4)

There will be events on March 28-April 4 on State Quad and Dutch Quad to celebrate “March Madness.”

Events include vision boards, tote bag making, trivia night, and field day.

Read More

Women’s Empowerment Month: Art-Full Mondays (Mar 28)

Monday, March 28 from 6-7:30pm in the Multicultural Resource Center.

Join the MRC for an art-full Monday Evening every Monday at 6pm celebrating Women’s History Month! Learn about Famous Women artist who have inspired us over the years and tap into your creative side.

Read More

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