March 30, 2020

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1. ISSS Office Updates and Announcements

**Zoom Check-In With ISSS Director**

The Director of International Student & Scholar Services at UAlbany, Dr. Michael Elliott, will be holding a Zoom Check-In Forum this Wednesday afternoon April 1, 2020 from 3-4pm EST. All international students and scholars are welcome to join the meeting, where Dr. Elliott will discuss important updates impacting the international student and scholar community. Additionally Dr. Elliott will listen to your needs, concerns, and challenges navigating the new environment we are in. Attendees will also have an opportunity to ask questions and provide feedback on how ISSS can better serve its international students and scholars during this unprecedented time.

**Time: Apr 1, 2020 03:00 PM Eastern Time (US and Canada)**

**Join Zoom Meeting**

[https://albany.zoom.us/j/312440588](https://albany.zoom.us/j/312440588)

Meeting ID: 312 440 588

**OPT Workshop Today at 3pm**

We will be continuing our regularly scheduled OPT and CPT Workshops for this term on Zoom. To attend, click the associated link at the time the workshop is taking place (times are in EST).

**OPT Workshop**

Monday, March 30th at 3pm

Join Zoom Meeting: [https://albany.zoom.us/j/567558309](https://albany.zoom.us/j/567558309)

**OPT Workshop**

Thursday, April 9th at 3pm
Join Zoom Meeting: https://albany.zoom.us/j/451014586

CPT Workshop
Monday, April 13th at 3pm
Join Zoom Meeting: https://albany.zoom.us/j/133496031

OPT Workshop
Tuesday, April 21st at 3pm
Join Zoom Meeting: https://albany.zoom.us/j/846420247

OPT Workshop
Wednesday, April 29th at 3pm
Join Zoom Meeting: https://albany.zoom.us/j/189048137

OPT Workshop
Thursday, May 7th at 3pm
Join Zoom Meeting: https://albany.zoom.us/j/181393769

Instructions for Students Departing the U.S.
Before departing the U.S., please carefully read the updates on our homepage. In particular, please follow steps 1-4 under Travel Updates: https://www.albany.edu/isss/index.php

2. University Updates and Events

A+ Tutoring & Academic Support
It is an uncertain time in our world, but A+ Tutoring & Academic Support is always here to help you! We are offering online tutoring and remote academic coaching sessions to make sure you get the support you need.
For more info, click here: https://www.albany.edu/ascplus/

Student Health Services
Services are virtually OPEN and ready to answer questions and schedule telemedicine appointments. To contact us, please call 518-956-8419 for assistance. For more info, click here: https://www.albany.edu/health_center/  

3. Virtual Social or Cultural Activity

Master Musician's Social Distance Fest
For more info, click here: https://www.facebook.com/events/s/social-distance-fest/2568436146771769/  

The Smithsonian, National Museum of Natural History
Visit the famous Koch Hall of Fossils or see the Hope Diamond, all from the comfort of home! The Museum also offers free online webinars. To visit, click here: https://naturalhistory.si.edu/visit/virtual-tour  

Online Daily Word Search
Play an online daily word search for free here: https://games.usatoday.com/games/daily-word-search/