March 31, 2020

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1. ISSS Office Updates and Announcements

**Zoom Check-In With ISSS Director Tomorrow**

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
Meeting ID: 312 440 588

**Commencement 2020 Postponed**

President Rodríguez and Provost Kim have made the difficult decision to postpone the May 2020 commencement exercises. Please read their message and review the critical information available on our COVID-19 Commencement page for additional details.

While the ceremony has been postponed, this will not affect the awarding of degrees for students who have submitted their degree application through MyUAlbany and will be completing all required coursework towards that degree this Spring. Diplomas are mailed by the Registrar's Office in June to the Permanent Address listed in MyUAlbany under your Demographic Data. For more information, please click here: https://www.albany.edu/registrar/degree-application.php

**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

Academic Support Center
With the University having gone online, we have brought walk-in advising online as well! The Academic Support Center will continue to offer advising to all University at Albany undergraduate students Monday-Friday from 9 am to 12 pm and from 1 pm to 4:45 pm via the Zoom meeting platform. For the links to the Zoom meetings, please click here. For more info, click here: https://www.albany.edu/advisement/

UAlbany Emergency Fund for Undergraduate and Graduate Students
UAlbany Emergency Fund for undergraduate students- Visit the Student Affairs website for more details on eligibility and application process: https://www.albany.edu/studentaffairs/emergencyfund.shtml

UAlbany Emergency Fund for graduate students - Email the Director of Care Services, Sally D'Alessandro at sdalessandro@albany.edu

Guts, Butts, and Thighs with Upper Body
Guts, Butts, and Thighs, with the upper body is a Campus Rec Classic. This mostly lower body work out focus on large muscle groups through squats, lunges, planks, and other movements! Don't let this class fool you though, it can get some sneaky cardio in too! The upper body is those extra few arm movements just to make sure your work out is balanced!

Tuesday 7:00pm – 7:45pm
Zoom Link
Meeting ID: 955-194-866

3. Virtual Social or Cultural Activity

Indeed - COVID-19 and Your Job: Tips and Actions to Consider
COVID-19 continues to dominate the news cycle and raise important questions around health care and prevention. The spread of the virus has more recently caused the cancelation of many events and conferences, and many employers have asked their workforce to work from home.

For more info, click here

**International Space Station Tour**

Expedition 33 Commander Suni Williams floats through the International Space Station and gives those of us stuck on Earth a tour of the laboratories, observation deck, the crew’s sleep quarters and more. It’s fascinating to see our planet down below from the observation deck and to find out what life is really like on the station.

To visit, please click here