September 23, 2022

**ISSS Announcements:**
- How to Apply for OPT
- On Campus Job Postings
- Scam/Fraud Prevention Reminders
- New Resource: GoinGlobal Career Platform
- Dinner & Discussion- Learning How to Listen & Take Notes in a New Way (Sept 26)
- Using Zotero, a Citation Management Tool (Sept 30)
- Let's Talk-- Resuming In Person!
- International Circle & Other CAPS Groups (Fall 2022)
- "Diaspora is the Future" Director's Talk (Friday, Sep. 30th)
- Study Recruitment: Volunteers Needed for Study by Educational Theory & Practice Department and Computer Science Department
- Dissertation Recruitment Request: Asian College Students
- Survey Request: Foreign-born Participants Needed

**Upcoming Events**
- Continental Eats (Sept 23)
- GSR Book Swap (Sept 26)
- Government and Non-Profit Job & Internship Fair (Sept 28)
- Reading / Conversation with novelist Dahlma Llanos-Figueroa (Sept 29)
- Mindful Mondays (ongoing)
- Stress Less Well-Being Workshop (Sept 27)

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

How to Apply for OPT

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

1. Watch the required OPT workshop
2. Review all instructions on the OPT Request EForm website, including the Supplemental Forms and Instructions
3. Submit the EForm to ISSS to request a new I-20 recommending you for post-completion OPT
4. File with DHS-USCIS within 30 days of receiving the new I-20 from ISSS recommending you for post-completion OPT

If you have questions please speak with an ISSS advisor.

On Campus Job Postings

Click on the links below and apply on Handshake. If you need your resume or cover letter reviewed, make an appointment with the Career Services Office here or please feel free to email Megumi Kim, Career Advisor at mtkim@albany.edu.

Graduate Student Assistant for Marketing, Office of Career & Professional Development, Application Deadline: October 1

Science & Technology Entry Program Tutor/Mentor (STEP), Office of Access & Academic Enrichment, Application Deadline: Friday, September 30

Spring 2023 Resident Assistant (Colonial/Dutch Quads), Application Deadline Monday 10/17

Spring 2023 Resident Assistant (Indigenous/State Quads), Application Deadline Monday 10/17

Programming Staff, Application Deadline Saturday, 10/8

Other On-Campus Opportunities
• Purple & Gold Ambassadors are being recruited until September 22 (Thurs)- undergraduate sophomores or juniors welcome to apply.

**My Involvement Forms** lists openings for other positions on campus, including Student Association positions

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**Scam/Fraud Prevention Reminders**

Every semester we hear reports from students that they received a fraudulent/scam call demanding money. Fraudsters/scammers may try to take advantage by posing as an agency (IRS, DHS, police, etc...) to try to steal money from you. If you get a call threatening legal action or demanding money, stop and contact ISSS.

Please be aware of potentially fraudulent phone calls and emails from individuals posing as law enforcement (such as the Albany County Police Department, Department of Homeland Security, or the IRS). It is important to remember that it is very unusual for the IRS and other federal agents to reach out via phone or email.

To help you detect and protect yourself from scams, please click Read More below for more information.

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**New Resource: GoinGlobal Career Platform**

GoinGlobal is the leading career and employment resource for finding jobs and internships at home and abroad. GoinGlobal has awesome features such as the following:

- Expert career advice for more than 120 locations at home and abroad, includes country and city career guides
- Corporate profiles for 450,000 local and multinational companies throughout 193 countries
- More than 16-million job and internship listings
- Customized H1B visa search engine that identifies U.S. companies seeking foreign talent

[Access GoinGlobal here!](#)
If you have any questions regarding GoinGlobal access, please contact the Career and Professional Development Office at career@albany.edu.

Dinner & Discussion - Learning How to Listen & Take Notes in a New Way (Sept 26)

The next Dinner & Discussion is Monday, September 26 at 6:30 in Science Library Conference Room 340. The topic will be "Learning How to Listen and Take Notes in a New Way."

Using Zotero, a Citation Management Tool (Sept 30)

Date and Time: Friday, September 30, 2022, 10:00-11:00 AM

Instructor: Yu-Hui Chen

Content: Installing Zotero, creating collections, adding sources into your library/collections, organizing citations, adding tags, taking notes, using saved sources to generate bibliography and in-text citations for your papers, as well as selecting citation styles.

Please register by noon on Thursday, September 29. Registration will be closed at noon on the same day. A Zoom link will be sent to you by the end of Thursday, September 29.
Let’s Talk-- Resuming In Person!

Let’s Talk

Life happens....Let’s talk.

Informal, Free, & Confidential.
Speak with Counseling and Psychological Services staff.
Talk about your concerns. Get help with problem-solving.
No Appointments-First Come, First Served

2022-2023 Year: Now In-Person

**TUES.**
11:00am-1:00pm  
Athletic Dept.– SEFCU Arena
Arena Level Office A35 (Near Athletic Training Suite)

**WED.**
1:00-3:00pm  
Educational Opportunity Complex
LI 94 Office #094U

**THURS.**
2:30-4:30pm  
School of Public Health
Health Sciences Campus
Student Affairs Suite—Room 114

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
Let’s Talk is available during the fall and spring semesters when classes are in session.

There may be a short wait while we talk to another student. If we have already reached capacity that day, please visit Let’s Talk another day or use the instructions above to schedule an appointment.

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 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)

Download maps of our campuses.

**Note:** Let’s Talk is not the appropriate CAPS service if you’re experiencing an emergency or if any of the following apply to your situation:

- Thoughts of harming yourself or others, and/or a recent suicide attempt
- Engaging in dangerous or high-risk behaviors, such as impulsive behaviors or an increase in substance use
- Unusual thoughts and/or behaviors, such as hallucinations or loss of touch with reality
- Recent traumatic experience, such as an assault, accident or death of a loved one

In these cases, please refer to our Emergencies page

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**International Circle & Other CAPS Groups (Fall 2022)**

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."

This week we are highlighting Anxiety Management. Learn skills to manage anxiety during this virtual, weekly group that meets for four sessions.
Group Leader: Dr. Brian Freidenberg, bfreidenberg@albany.edu
"Diaspora is the Future" Director's Talk (Friday, Sep. 30th)

Director's Talk - "Diaspora is the Future"
Friday, September 30th from 11:30am-1:00pm in Lecture Center 4

Speaker: Joseph Juhn, Director of Jeronimo (2019) and Chosen (2022)
Moderated by Peter Banseok Kwon, Assistant Professor of Korean Studies, Department of East Asian Studies

Sponsored by Department of East Asian Studies
"We are looking for students to participate in a semester-long research study involving using a mobile application that helps students in planning, time management, keeping track of assignments, and class projects. Our goal is to study procrastination in individual and group tasks. The study also involves completing a number of initial questionnaires electronically and during the semester. You will receive $50 in Amazon electronic gift card upon completion of this study (see Consent Form for conditions). If you are interested and have an iPhone or iPad to install the app on, please complete the following consent form, and we will get in touch with you for the subsequent steps. At this point, we do not have an Android version of the application.

Click here to participate: https://forms.gle/1B3MBgywM4fvhGsy7

If you participated in our study last semester, you are eligible to participate this semester as well. Thank you for your time!

Dr. Reza Feyzi Behnagh
Associate Professor, Department of Educational Theory & Practice

Dr. Shaghayegh Sahebi
Assistant Professor, Computer Science Department
Hello, my name is Shangyun Zhou, and I am a Counseling Psychology doctoral student at the University at Albany, State University of New York. I hereby sincerely invite you to participate in my dissertation study, which studies several cultural factors that might be important in suicide prevention work in Asian college students in the US. This study has been approved by the Institutional Review Board of the University at Albany (IRB study number: 22X064).

You are invited to participate in the study if you:

- Are 18 years or above
- Identify as Asian or Asian American/Pacific Islander (for example, Chinese, Vietnamese, Japanese, Korean, Indian, Bangladeshi, Pakistani, Filipinx)
- Currently an enrolled student in the SUNY school system
- Does not have any thoughts or plans of hurting or killing yourself

You have the option to enter a raffle in which for a $15 gift card is given to every 5 valid completed surveys. Your responses to the survey cannot be linked to your identity. If you are interested in participating in the study, please kindly click on the following survey link, which will further direct you to an informed consent page with more information regarding your participation:

https://albany.az1.qualtrics.com/jfe/form/SV_4Z5t2Qz6ev076LQ

Thank you so much for helping me with this research! Your participation will contribute greatly to the scientific knowledge base about suicide and suicide prevention, a crucial yet understudied subject pertaining to Asian college students in the US.

If you have further questions, please contact me (Shangyun Zhou, principal investigator) at szhou8@albany.edu, or my faculty advisor (Dr. Hung-Bin Sheu at hsheu@albany.edu).

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**Survey Request: Foreign-born Participants Needed**

You are invited to participate in a research study titled “Dimensions of Foreign-born Students’ Social Well-being and Their Measurement: Validation of Social Well-being Instrument for Foreign-born Students (SWB-FS)”. The purpose of this study is to develop an instrument can be used to measure social well-being of foreign-born students. Using the newly developed instrument, I’m interested in examining the relationship between social well-being and academic success. If you are foreign-born student, I would like to invite you to participate in this study by responding to an anonymous online survey, which takes approximately 20-30 minutes to complete.

Upon completing a valid survey, you have the option to enter a raffle for a $10 gift card (details available on the first page of the study link). If you are interested in participating in
Please share this message with someone you think may be eligible for participating in this study. Feel free to contact me at (Esther Kim, principal investigator) kkim7@albany.edu if you have any questions. Thank you very much for participating in this study.

Upcoming Events

**Continental Eats (Sept 23)**

Friday, September 23 from 6-7pm
Mohawk Tower, Sky Lounge (Indigenous Quad)

Come to Indigenous Quad to discover new cultures beyond the campus through your tummy!

**GSRC Book Swap (Sept 26)**

Monday, September 26 from 6pm-8pm
GSRC Campus Center West 0190 (Above Starbucks)

Join the GSRC in our first-ever book swap! Bring a book that you don't mind parting with and prepare for an exciting and fun evening. The event will start with a short pitch of your book and why everyone else should pick it. Then we will allow everyone to pick a book or steal one that's already been chosen. Who knows? Maybe you'll find your new favorite book! Food and Soda will be provided.
Government and Non-Profit Job & Internship Fair (Sept 28)

Wednesday, September 28 from 10am-3pm in Campus Center Ballroom & Assembly Hall.

The Government and Non-Profit Job & Internship Fair is for all students majoring in education, criminal justice, human services, political science, public health degree programs, other related fields, and students interested in working in Education, Government, and Non-Profit fields.

Freshmen and sophomores, this is a great opportunity for you to see just what a career fair is all about, and to start developing your networking skills. Juniors and seniors, there will be internship and full-time job opportunities for you to learn about. Hope to see you there!

FREE PROFESSIONAL HEADSHOTS WILL BE AVAILABLE AT THE FAIR!

Reading / Conversation with novelist Dahlma Llanos-Figueroa (Sept 29)

Thursday, September 29 from 7:30-8:30pm in Campus Center Multipurpose Room

A Craft Talk / Author Q&A with Dahlma Llanos-Figueroa will also be held on September 29th @ 4:30pm in the Campus Center West Multi-Purpose Room on the UAlbany Uptown campus.

Dahlma Llanos-Figueroa’s new novel, A Woman of Endurance (2022), illuminates a little discussed aspect of history— the Puerto Rican Atlantic Slave Trade. Born in Puerto Rico and raised in the South Bronx, Llanos-Figueroa employs fiction to explore the riches and sufferings of Afro-Latina women’s history. Her first novel, Daughters of the Stone (2009), a PEN/Bingham Prize finalist, followed the experiences of five generations of Afro-Puerto Rican women. In association with the University at Albany’s Celebration of Latin American History Month.

Read More
Mindful Mondays (ongoing)

Monday, September 26 2022 from 4:00 PM to 4:30 PM
Online

Join us on Zoom! Please be on time, as we will not allow folks to enter late in order to minimize distractions during meditation.

Open to all students, faculty, and staff! No registration or previous experience required. Take an intentional moment to relieve stress, connect with yourself, and refocus your mind. Join us for guided mindfulness meditations and activities to help you set the tone for the rest of your week.

Stress Less Well-Being Workshop (Sept 27)

Tuesday, September 27 from 3:00 PM to 4:00 PM
Health and Counseling Services Large Group Room (B02)

Feeling overwhelmed? We’ve all been there…this workshop will help you better understand stress and its effects on your health. Each program will also allow time for personal reflection and experiential practice of a technique or strategy that can help you better manage your stress.