September 30, 2022

ISSS Announcements:
- How to Apply for OPT
- On Campus Job Postings
- Cultural Connections Outdoor Sports Day & Fire Pit- Tonight! (9/30)
- UAlbany Athletics International Students Days
- 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
- CURCE Fall Fair (Oct 3)
- Applying to Graduate School Webinar (Oct 5)
- Conversation/Q&A with Kwame Alexander(Oct 6)
- Overcoming Procrastination Now (Not Later!) Well-Being Workshop (Oct 6)

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
Join us this Friday, September 30th for Outdoor Sports, games and a Fire pit!

Outdoor Sports: badminton, volleyball, soccer, & frisbee
Time & Location: 4PM- 5:30PM, Dutch Commons, UAlbany

**Fire pit**
There would be S'mores, hot dogs and more!

Time & Location: 6PM - 9PM, New Covenant Presbyterian Church - 916 Western Ave, Albany
Take the Western Ave bus, it stops right by the church
We can take the bus together after the outdoor games.

[RSVP Here!](#)

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**UAlbany Athletics International Students Days**

![UAlbany Athletics](image)

UAlbany athletics will be recognizing our international student athletes and international student communities at upcoming games. Join us for these special games:

- Women's Soccer - Thursday, October 13 at 7pm
- Men's Soccer - Tuesday, November 1 at 7pm

[Read More](#)
Let’s Talk—Resuming In Person!

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](#)

**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 [Women of Color Empowerment & Connection](#)

Join this affirming space for Women of Color to reflect on lived experiences and to explore growth, stress, coping and connection during this in-person, weekly group.

**Group Leader:** Dr. Jennifer Ho, jho2@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
Dissertation Recruitment Request: Asian College Students

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).

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 the study, please click on the link or copy this link to a browser to access the survey: https://albany.az1.qualtrics.com/jfe/form/SV_55fHNS1vO3Wvq62
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

**CURCE Fall Fair (Oct 3)**

Monday, October 3 2022 from 11am-2:30pm
Lecture Center Concourse

Back fully in-person, join CURCE to learn about opportunities to get involved for Spring & Summer 2023! Connect directly with the faculty, researchers & staff that can support you.

[Read More](#)

**Applying to Graduate School Webinar (Oct 5)**

Wednesday, October 5 from 7pm-8pm
Online

This workshop will cover the different graduate education options, how to determine the best program and degree, important steps in the application process and what makes a strong application. Register to attend virtually at 7:00 PM [bit.ly/GradSchoolPrepWebinars](bit.ly/GradSchoolPrepWebinars)

[Read More](#)
Conversation/Q&A with Kwame Alexander (Oct 6)

Thursday, October 6 from 7pm-8pm
Page Hall, 135 Western Avenue Downtown Campus

Kwame Alexander, a household name among readers of children’s and YA literature, is the New York Times bestselling author of 35 books, including The Undefeated, winner of the Caldecott Medal and Newbery Honor, and The Crossover, winner of the Newbery Medal. His new novel is The Door of No Return (Sept. 2022), the story of Kofi, an 11-year-old boy who is taken from the normal childhood and vibrant life of his West African village into the brutality of the Transatlantic Slave Trade. Rick Riordan (Percy Jackson series) called it, “Absolutely spellbinding... An unforgettable journey to be treasured and shared across generations.” Major support and funding provided by the Carl E. Touhey Foundation.

Read More

Overcoming Procrastination Now (Not Later!) Well-Being Workshop (Oct 6)

Thursday, October 6 2022 from 3:30-4:30pm Online

Register for this workshop. You will receive the unique Zoom link for you to attend via email once you register.

If you find yourself doing anything else to avoid getting things done, this workshop can help you better understand why you procrastinate and what time management strategies you can employ to get out of the avoidance loop.

Read More

Unsubscribe

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