This is the Weekly ISSS Newsletter that we send out every Friday. It includes very important immigration updates that you must be aware of, as well as information about events happening on campus and in the area.

Are you a part of a student organization and want to see your event advertised to your fellow students? Please send the details and/or flyer to ISSS@albany.edu.

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**Office Closed Monday 9/7 for Labor Day**
The ISSS office will be closed on Monday, September 7th in observance of Labor Day. Labor Day is a national holiday, so please be aware that many offices may be closed. Local businesses and restaurants may also be closed or have reduced hours.

Beware of Frauds and Scams-- What to Watch Out For to Stay Safe!

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 and even email.

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

Full-time Registration Requirements for F-1 and J-1 Students

As a condition of maintaining F-1 and J-1 status, F-1 and J-1 students must be registered full-time or on an approved reduced course load. For undergraduate students, 12 or more credits is full-time. For graduate students, 9 or more credits is full-time.

Students may only drop below full-time registration if they have first been granted a reduced course load authorization by the ISSS office (more information on applicable reasons for a reduced course load is available here: https://www.albany.edu/isss/89007.php).

In order to help students maintain status, a bar was put in place on the evening of Friday, August 28th which will prevent F-1 or J-1 students from dropping below full-time registration credits. This means that you will not be eligible to drop a course after that time unless you were approved for a reduced course load. If you qualify for a reduced course load but have not yet submitted a reduced course load authorization request please do so as soon as possible. Processing times can take up to 7-9 business days, and if you submit the request late you may accrue tuition liability as a result.

If you are trying to swap classes while maintaining full-time registration, please add the new course you want first, and then drop the course you no longer need.

If you have any questions please contact ISSS@albany.edu.
OPT/CPT Workshop Schedule Fall 2020

Graduating in December? Don't forget that the OPT workshop is a required component of your OPT application.

**OPT Workshops**
Friday, September 4th, 3:30-5:00pm, Zoom Meeting ID: 979 0317 3322
Tuesday, September 15th, 3:30-5:00pm, Zoom Meeting ID: 967 3660 3635
Thursday, October 8, 3:30-5:00pm, Zoom Meeting ID: 912 5930 6276
Monday, October 19, 3:30-5:00pm, Zoom Meeting ID: 916 0999 7602
Tuesday, November 3, 3:30-5:00pm, Zoom Meeting ID: 989 372 8578
Friday, November 20, 3:30-5:00pm, Zoom Meeting ID: 988 8626 1810
Wednesday, December 2, 3:30-5:00pm, Zoom Meeting ID: 924 4882 7543

**CPT Workshops**
Wednesday, September 30th, 3:30-5:00pm, Zoom Meeting ID: 998 3182 4369
Thursday, November 12, 3:30-5:00pm, Zoom Meeting ID: 997 7712 0319

**Important Dates**
September 9, 2020: First day USCIS may receive OPT requests from December 2020 graduates (Master's/Bachelor's students)
December 7, 2020: Program end date for December graduates
February 4, 2021: Latest OPT start date for December graduates to request. All OPT applications for December graduates must be received by USCIS before this date.

Unable to attend live? A recording of the workshop will be available on our website after the first session(s).

Reminder: Please complete the required reporting Eforms for Fall 2020

Due to the hybrid and remote learning environment and current DHS guidance ISSS requires certain information from students to complete the reporting requirements for Fall 2020.

**All students** are required to complete the Fall 2020 Reporting Eform, available here: [https://www.albany.edu/iss/94087.php](https://www.albany.edu/iss/94087.php). Please complete this form to report whether you are taking classes inside the U.S., outside the U.S., or taking no classes in Fall 2020. *If you submitted the Eform but your plans have since changed, please submit a new Eform.*

Additionally, **all new students who are in the United States** to begin their new program (not continuing students or students overseas) are also required to submit the New Student US Arrival (Fall 2020 Reporting Part 2) Eform, available here: [https://www.albany.edu/iss/91193.php](https://www.albany.edu/iss/91193.php). This Eform asks a new student to upload copies of their immigration documents, including passport, visa, I-20/DS-2019 and I-94, for immigration reporting.
Thank you for your cooperation in completing this form(s) as soon as possible to ensure timely immigration reporting and compliance.

Recording of Know Your Rights Webinar Available

This week ISSS hosted two Know Your Rights in the U.S. sessions, one on Monday (8/31) night and the other on Thursday 9/3. While the material was mostly the same each night, Monday night had three immigration attorney presenters and fewer attendees while Thursday night had only one attorney presenter and more attendees. Therefore, there was some difference in the focus of presentation material between the two nights based on varying questions from the attendees for instance. If you missed this opportunity, you may want to review both sessions to gain the most information on the topic.

Monday's Meeting Recording:

https://albany.zoom.us/rec/share/F0ZcZ33K070_23bEx2jOTOX2Qbg5I2iR4Xd9JkGZSOeqoxOonP24gbZI-KixnnD1.OGjcAiBXoApZ5ZRW

Thursday's Meeting Recording:

https://albany.zoom.us/rec/share/YzYOgBa4zj0jMpgyf-vd9ZCyMD7S7UgZK8m7Q9hsu3UrfVWDYZ7jJ2d5ed2tGe.r2RRyrRBdYAcZD1U

Study Recruitment Information for UAlbany Graduate Student

Hi, I'm Chen, a graduate student in the Department of Sociology at the University at Albany, SUNY. I'm conducting a study on the mental health of Chinese international students, which is also a project of my master's thesis. I will look into social aspects affecting your mental health, such as social support you receive from friends and family, stress and challenges you face during the pandemic, and whether you feel a sense of belonging to your community.

If you are currently enrolled at the University at Albany as a graduate, and a Chinese international student, you are invited to participate in the study.

Participation in the study includes an interview, which should take approximately 30-40 minutes. Interviews will take place via zoom, or over voice/video call on WeChat. To protect your confidentiality, I will not audio or video record our interview.

Your participation in the study is completely voluntary. You can choose to withdraw from the study at any time without penalty.

If you are interested in being a part of the study, please feel free to ask questions and reach me at cchen29@albany.edu (email), or ccalbany (WeChat). IRB approval study number:20X206
Upcoming Events

First OPT Workshop Today at 3:30!

Friday, September 4th, 3:30pm-5:00pm EST
ZOOM: https://albany.zoom.us/j/97903173322

Join us for the first OPT workshop of the semester. More dates will be available soon, as well as a recording of past workshops on our website.

Professional and Career Development in Preparation for the Job and Internship Fair, TODAY!

Friday, September 4, 2020, 1:00pm-2:00pm (E.S.T)
Zoom: https://albany.zoom.us/j/94574533689

Join Kathleen Gargan, Assistant Director of Career and Professional Development, to learn more about how to be prepared for the upcoming Fall Job and Internship Fair events in September and October.
Virtual Job and Internship Fair

The Office of Career and Professional Development will offer job and internship fair virtual sessions in September-October. For more information, contact career@albany.edu.

Guide to the Career Fairs: https://albany.joinhandshake.com/articles/18970
Virtual Career Fairs Schedule and Registration Information: https://albany.joinhandshake.com/events?page=1&per_page=25&sort_direction=asc
&sort_column=default&type=CareerFair

In addition to the International Circle, CAPS offers a number of groups, including: Introduction to Mindfulness; LGBTQ+ Empowerment and Support; Come Together: Staying Social Connected while Physically Distanced; Graduate Student Support; Managing Anxiety; Coping During COVID19; and Women of Color Empowerment and Support. Click "Read More" for more information on the groups offered.
Virtual Let's Talk (now on Zoom!)

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 Monday through Friday 1:00-3:00pm when classes are in session. Click Read More below.

Library Workshops- Research Process, Plagiarism, and Citation

Friday, September 11, 2020, 10:00am-11:30am(E.S.T)
Library Workshop II: What is ‘Plagiarism’ All About? How to Avoid It?

Friday, September 18, 2020, 10:00am-11:30am(E.S.T)
Library Workshop III: Citation Practice

For more information or to register, please email Yu-Hui Chen at ychen@albany.edu

Download the GlobalProtect VPN

This secure VPN is key to accessing secure systems off-campus and overseas. Click Read More for instructions from ITS if you don't already have it downloaded to your device.
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