May 8, 2020
Follow us on Instagram @ualbanyisss

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1. ISSS Office Updates and Announcements: Tag @ualbanyisss in your graduation photos so that we can celebrate together!

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3. Virtual or Cultural Activities: MASP – São Paulo, Brazil; Pergamon Museum – Berlin, Germany; NPR Tiny Desk Concerts

1. ISSS Office Updates and Announcements

Tag @ualbanyisss in your graduation photos so that we can celebrate together!

ISSS wants to be a part of your graduation celebration! Take a photo of yourself celebrating your graduation. Represent your country by posing with your country’s flag, wearing traditional clothing from your culture, or wearing your favorite UAlbany gear. Follow @ualbanyisss then tag @ualbanyisss on Instagram or email us the photo to ISSS@albany.edu so that we can recognize your great accomplishment at UAlbany in our future posts!

The OneUAlbany Graduation Celebration will take place Saturday, May 16, 2020 at 7:00pm EST. Students could be featured in the event by tagging @ualbany and including the #UAlbanyGrad hashtag (don’t forget to tag @ualbanyisss too so that we can see).

Congratulations from the ISSS Team!

2. University Updates and Events

Solution Focused Brief Therapy in Action: Helping Each Other Practice Solution-Focused Therapy via JITSI

This course is intended for participants who have completed an introductory solution focused course and are currently using the model in their practice. Participants will enhance their skills at solution focused therapy in practice through the use of videotaped solution focused sessions, discussions, case presentations and role playing. Topic areas will be determined by course participants.
Saturday, May 16, 2020 9:00 AM - 12:00 PM
For more info, click here

Kickboxing
This cardio, agility and skill driven class is a great overall work out! Have you ever wanted to try this class but been to shy? Well now you can with no one watching in the comfort of your own home AND get that work out in!
Friday 12:00pm – 12:45pm Zoom Link
Meeting ID: 689 330 532

3. Virtual Social or Cultural Activity

Virtual Social or Cultural Activity

MASP – São Paulo, Brazil
Located in São Paulo, Brazil, the Museu de Arte de São Paulo (MASP) is worth seeing both for its architectural style and its artwork display. This non-profit museum is not only Brazil’s first modern museum but also one of the most important art museums in the Americas. The artwork in this museum is displayed on clear perspex frames, making it seem like they are hovering in midair. Take a virtual tour to see them for yourself.
To visit, click here

Pergamon Museum – Berlin, Germany
As one of Germany’s largest museums and one of the most important historical museums in the world, Pergamon has a lot to offer. And guess what, their virtual tour is just as expansive. Ancient artifacts, including the Ishtar Gate of Babylon and the Pergamon Altar (from where the museum got its name), are kept here for us to admire.
To visit, click here

NPR Tiny Desk Concerts
NPR regularly posts Tiny Desk Concerts featuring popular and up-and-coming artists. Check out this latest concert by The Lumineers! https://www.youtube.com/watch?v=ysdjtyV_DuY

To Schedule Advising by Zoom or Phone, Click this link:https://calendly.com/ualbanyisss1/phoneadvisement
1. ISSS Office Updates and Announcements: Final OPT Workshop of Spring 2020 TODAY; Tag @ualbanyisss in your graduation photos so that we can celebrate together!

Tag @ualbanyisss in your graduation photos so that we can celebrate together! ISSS wants to be a part of your graduation celebration! Take a photo of yourself celebrating your graduation. Represent your country by posing with your country’s flag, wearing traditional clothing from your culture, or wearing your favorite UAlbany gear. Follow @ualbanyisss then tag @ualbanyisss on Instagram or email us the photo to ISSS@albany.edu so that we can recognize your great accomplishment at UAlbany in our future posts!

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Congratulations from the ISSS Team!

2. University Updates and Events

Mindfulness Online Series; Arms & Back A great upper body answer to Guts, Butts, and Thighs!

Virtual or Cultural Activities: Virtual tour to Petra; Virtual tour to Giant’s Causeway; NPR Tiny Desk Concerts
Mindfulness Online Series
Mindfulness practice can be helpful in coping with our distancing and increased anxiety during this strange time. It presents an opportunity to refine awareness, compassion, and reflection in our daily life. CAPS clinicians Megan Cusick Brix and Tyler Hatchel will be providing you with information and tools to increase your mindfulness in daily activities, develop more coping skills, manage distress and remain in the present moment. Each week will include mindfulness concepts and information as well as practical exercises to begin your formal mindfulness practice. For more info, click here

Guts, Butts, and Thighs with Upper Body
Guts, Butts, and Thighs, with upper body is a Campus Rec Classic. This mostly lower body work out focus on large muscle groups though 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!
Thursday 7:00pm – 7:45pm Zoom Link
Meeting ID: 955-194-866

3. Virtual Social or Cultural Activity

Virtual tour to Petra
More than two thousand years ago, the Nabataeans established the stone city of Petra. Please travel with us to dive into the back of the iconic building in this movie and discover one of the great wonders of the world that have been forgotten by time.
To visit, click here

Virtual tour to Giant’s Causeway
‘Game of Thrones’ fan? Take a trip to the rugged Northern Irish coast, where much of the series was filmed, and tour the striking basalt columns of the Giant’s Causeway. ‘Game of Thrones’ fan? Take a trip to the rugged Northern Irish coast, where much of the series was filmed, and tour the striking basalt columns of the Giant’s Causeway.
To visit, click here

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1. ISSS Office Updates and Announcements: Zoom Check-In With ISSS Director on Wednesday at 5pm; Recording of Job/Internship Search Amid COVID-19 Presentation Available; Final OPT Workshop of Spring 2020; Graduating Students: International Mailing Options for Diplomas

2. University Updates and Events: Come learn about Ramadan with Cultural Connections; Virtual Interview Practice with Career Services; Write! (As if Your Career Depends on it); Ditch the Workout, Join the Zumba Party!

3. Virtual or Cultural Activities: UAlbany Artists at Home: Michael Oatman '92; Virtual tour to Tomb of Menna (Pyramid)

1. ISSS Office Updates and Announcements

Zoom Check-In With ISSS Director on Wednesday at 5pm

Time: May 6, 2020 at 5:00 PM Eastern Time (US and Canada)

https://albany.zoom.us/j/96219553422
Meeting ID: 962 1955 3422

The ISSS Director, Dr. Michael Elliott, will be holding his next Zoom Check-In Forum this Wednesday, May 6th from 5pm-6pm 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.

Recording of Job/Internship Search Amid COVID-19 Presentation Available

On Thursday, April 30th, ISSS held a Zoom presentation on “The Job and Internship Search Amid COVID-19” with facilitator Michael Elliott, Director of ISSS (website: https://www.albany.edu/issss/; email: isss@albany.edu), and 3 guest presenters: Jermaine Harris, Associate Director, and Kathleen
Gargan, Assistant Director, both from the UAlbany Office of Career and Professional Development (website: https://www.albany.edu/career/; email: career@albany.edu), and Kwan Segal, CEO, Founder and Career Coach of ICAway (website: https://www.icaway.com/; email: ksegal@icaway.com). The presentation focused on a number of areas including working with international students on professional development, searching for a job, interviewing skills, and employer needs and demands.

To access the recording of this presentation, please click the link below, and enter the following password: 0n#8+500.
https://albany.zoom.us/rec/share/9PRON6707V5LE9bLzlHyQpE9R8Pseaa81ygXaJZykf0CFqQ0mBts7_BTbz795eR

Final OPT Workshop of Spring 2020
Thursday, May 7th at 3pm
Join Zoom Meeting: https://albany.zoom.us/j/181393769

Graduating Students: International Mailing Options for Diplomas

Please review this message from the Registrar’s Office regarding the suspension of mailing of diplomas internationally, and options for students who need their diplomas sent internationally: https://www.albany.edu/registrar/registrar_assets/International_Diploma_Mailing_Options.pdf

The above allows you to receive the original diploma internationally once paper mail is resumed, or obtain an electronic degree verification in the meantime if needed. ISSS also can offer students the option of mailing the original diploma to students via FedEx/UPS/DHL, but students would need to pay for this option. If you want ISSS to ship the diploma to you, set the ISSS office as your degree address (1400 Washington Ave SL G40, Albany, NY, 12222) and order an E-Ship label: https://www.albany.edu/isss/91191.php. Email ISSS@albany.edu to confirm your request. Once ISSS receives your diploma from the Registrar we will ship it to you. Please understand that in order to fit the diploma into a regular FedEx/UPS/DHL folder, some protective layers may need to be removed. Students assume the risk of any damage which may occur to the diploma during shipping.

2. University Updates and Events

Come learn about Ramadan with Cultural Connections
Learn about the month of Ramadan, that is currently being celebrated by Muslims all around the world. Have fun, learn and win a prize!

May 6, 2020
3:00-4:00pm (EST)
Join us via Zoom: Meeting ID 941 1808 2294, Password 116726

Virtual Interview Practice with Career Services
Students can use “The Big Interview” software from Career Services to do practice interviews, record them and send them to Career counselors or others for feedback. More info is at https://www.albany.edu/career/ (in the middle of the page "Introducing Big Interview").

**Write! (As if Your Career Depends on it)**

SUNY’s Office for Research and Economic Development is sponsoring a series of four webinars to prepare rising junior and senior undergraduates as well as first-and second-year graduate students in certain fields to apply to NSF’s prestigious Graduate Research Fellowship Program (GRFP). Webinars will be conducted by Professor Susan Brennan of Stony Brook University (recently returned from NSF). This webinar will cover how to write about your research in an interesting and lively way, tailored to your audience (recommended for all fellowship and grant writers).

Monday, May 4 2020 at 2:00 PM EDT - 4:00 PM EDT [Zoom Link](#)

For more info, click [here](#)

**Ditch the Workout, Join the Zumba Party!**

Zumba is one of the most popular workout in the fitness world today! It’s time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it!

Monday 6:30pm – 7:15pm  [Zoom Link](#)

Meeting ID: 355 269 284

**3. Virtual Social or Cultural Activity**

**UAlbany Artists at Home: Michael Oatman ’92**

Wander through Michael Oatman's home and see works in progress including a variety of collage projects. Visit his studio spaces, view older, completed work and explore his archives, aka “The Clipping Library." This is the third Facebook Live video session in our "UAlbany Artists at Home" series.

For more info, click [here](#)

https://www.google.com/maps/about/behind-the-scenes/streetview/treks/pyramids-of-giza/

**Virtual tour to Tomb of Menna (Pyramid)**

The Tomb of Menna (TT69) is one of the most visited and best preserved of the small 18th Dynasty elite tombs in the Theban necropolis, yet it was previously never systematically recorded or fully documented. This is a good experience while you stay at home!

To visit, click [here](#)

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Final OPT Workshop of Spring 2020; Graduating Students: International Mailing Options for Diplomas

2. University Updates and Events: Virtual Site Visits on Handshake/Interview Practice; Kickboxing; Winning Strategies for GRFP; MRC Netflix Party: Always be My Maybe; Student Research Conference; Virtual International Circle Group;

3. Virtual or Cultural Activities: Come learn about Ramadan with Cultural Connections; The National History Museum, London; Petersen Automotive Museum, Los Angeles

1. ISSS Office Updates and Announcements

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2. University Updates and Events

Virtual Site Visits on Handshake/Interview Practice
Did you know that employers can do virtual site visits through Handshake (the job search platform used by the UAlbany Office of Career and Professional Development)? Here are a couple events happening today:

Friday, May 1, 12:00pm
Virtual Site Visits: Crowdstrike

Learn more

Friday, May 1, 2:30pm
Virtual Site Visits: HSBC

Learn more

Students can also use “The Big Interview” software from Career Services to do practice interviews, record them and send them to Career counselors or others for feedback. More info is at https://www.albany.edu/career/ (in the middle of the page "Introducing Big Interview").

Kickboxing
This cardio, agility and skill driven class is a great overall work out! Have you ever wanted to try this class but been to shy? Well now you can with no one watching in the comfort of your own home AND get that work out in!
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Winning Strategies for GRFP (and How to Get Started)
SUNY’s Office for Research and Economic Development is sponsoring a series of four webinars to prepare rising junior and senior undergraduates as well as first-and second-year graduate students in certain fields to apply to NSF’s prestigious Graduate Research Fellowship Program (GRFP). Webinars will be conducted by Professor Susan Brennan of Stony Brook University (recently returned from NSF). This webinar will include discussion of NSF’s review criteria (Intellectual Merit and Broader Impacts), how to maximize the impact of your planned research, and other winning strategies.
Friday, May 1 2020 at 2:00 PM - 3:30 PM EDT  Zoom Link

MRC Netflix Party: Always be My Maybe
We watch The Half of It written and directed by Alice Wu. It stars Leah Lewis, Daniel Diemer, Alexxis Lemire, and Collin Chou.
When smart but cash-strapped teen Ellie Chu agrees to write a love letter for a jock, she doesn’t expect to become his friend - or fall for his crush.
For more info, click here

Student Research Conference
The conference will consist of thematic sessions each occurring as an individual discussion forum. Sessions will be available asynchronously and synchronously; recorded presentations will be loaded in advance, allowing viewers to watch them in their own time, or alternatively, available during designated one- to two-hour periods assigned to each session.
For more info, click here; to access to the conference, click here

Virtual International Circle Group
International Circle is a virtual check-in group for international students to give and provide support to each other during this difficult and uncertain time. Students can drop in to any or all scheduled Zoom sessions, which will be facilitated by CAPS psychologists, Dr. Jennifer Ho and Dr. Vivian Wilson-Hwang.

International Circle will be offered on the following dates:
Monday, 5/4, 3pm-4pm

Please contact Dr. Vivian Wilson-Hwang at vhwang@albany.edu if you are interested in joining.

3. Virtual Social or Cultural Activity
Come learn about Ramadan with Cultural Connections
Learn about the month of Ramadan, that is currently being celebrated by Muslims all around the world. Have fun, learn and win a prize!

May 6, 2020
3:00-4:00pm (EST)
Join us via Zoom: Meeting ID 941 1808 2294, Password 116726

The National History Museum, London
This South Kensington, London museum has uploaded almost 300,000 images to Google Arts & Culture, ranging from significant history documents, through to a wide assortment of specimens. There are two 360-degree experiences to digitally walk around, and the museum's own website includes a variety of extra videos and virtual tours, including content narrated by Sir David Attenborough.
To visit, click here

Petersen Automotive Museum, Los Angeles
Taking a different approach, the Peterson car museum in LA is premiering new videos every day on its website. These are free but you have to sign up with your name and email address to be contacted ahead of each one starting. The schedule can be found here, with highlights in early-May including a two-part deep-dive into Ferrari, and walkthroughs of the museum's extensive and often eclectic collection. You can always wander through the museum as it looked in 2015 before a refit, via Google Street View.
To visit, click here

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2. **University Updates and Events:** Stretch N’ Cardio; Ditch the Workout, Join the Zumba Party!; MRC Netflix Party; Student Research Conference; Virtual International Circle Group;

3. **Virtual or Cultural Activities:** Join a virtual writing workshop to learn strategies to become a more productive writer!; Van Gogh’s Starry Night at the Museum of Modern Art in New York City

1. **ISSS Office Updates and Announcements**

   **Career/Internship Zoom Presentation for International Students:** The Job and Internship Search Amid COVID-19

   Thursday April 30
   1:00-2:15pm (EST)

   Join Zoom Meeting
   [https://albany.zoom.us/j/92687931422](https://albany.zoom.us/j/92687931422)
   Meeting ID: 926 8793 1422

   As you near the end of spring 2020 semester, you must be thinking about summer internships and the job search especially if you are graduating this term. ISSS brings to you this important presentation with facilitator Michael Elliott, Director of ISSS and our 3 guest presenters: Jermaine Harris, Associate Director and Kathleen Gargan, Assistant Director, both from the UAlbany Office of Career and Professional Development, and Kwan Segal, CEO, Founder and Career Coach of ICAway. Our guests have expertise in a number of areas including working with international students on professional development, searching for a job, interviewing skills, and employer needs and demands. Don’t miss this great opportunity!

   **Final OPT Workshop of Spring 2020**
   Thursday, May 7th at 3pm
   Join Zoom Meeting: [https://albany.zoom.us/j/181393769](https://albany.zoom.us/j/181393769)

   **Move-Out/Storage Reminders for On-Campus Students**
   Students living on-campus this term received an important email from Student Affairs on 4/22 entitled “Important Update and Deadline for Student Refunds.” Please review it carefully. Please remember that if you still have belongings on campus you must complete the move-out form by May 1st, 2020. There are options to arrange for your belongings to be packed by a friend or packed and stored by Don’s Moving and Storage (there is a fee for using a storage company).

   **International Diploma Mailing – Important Information Regarding COVID-19**
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2. University Updates and Events

**Stretch N’ Cardio**
A well balanced class that combines body weight cardio movements with recovery or rest periods of stretching. This unique work out make sure you get the most out of your time while working out!
Wednesday 3:00pm – 4:00pm [Zoom Link](#)
Meeting ID: 225-971-073

**Ditch the Workout, Join the Zumba Party!**
Zumba is one of the most popular workout in the fitness world today! It’s time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it!
Wednesday 6:30pm – 7:15pm [Zoom Link](#)
Meeting ID: 355 269 284

**MRC Netflix Party**
We will be watching Always Be My Maybe starring Randall Park and Ali Wong. Childhood friends Marcus and Sasha, who have not been in touch since a brief teenage fling ended badly. When Sasha returns to San Francisco to open a restaurant and romantic chemistry from their teenager years remains, Marcus's fears and Sasha's fame and demanding career challenge their potential new relationship. Link in our bio!
April 30, 7:00pm
For more info, check the MRC’s Instagram – here is the [link](#)

**Student Research Conference**
The conference will consist of thematic sessions each occurring as an individual discussion forum. Sessions will be available asynchronously and synchronously; recorded presentations will be loaded in advance, allowing viewers to watch them in their own time, or alternatively, available during designated one- to two-hour periods assigned to each session.
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Monday, 5/4, 3pm-4pm

Please contact Dr. Vivian Wilson-Hwang at vhwang@albany.edu if you are interested in joining.

3. Virtual Social or Cultural Activity

Join a virtual writing workshop to learn strategies to become a more productive writer!
Want to learn ways to manage your writing, time, schedule, and tendencies to procrastinate or be a perfectionist? Overcome anxiety (or use it to your advantage!) and stay motivated to complete your manuscript, thesis, or dissertation. We want to help you become a more productive writer!
Thursday, April 30, 12:00 to 1:00 p.m. (New York time/EDST). Join us by Zoom; pre-register to receive more details and hand-outs.
To register, click here

Van Gogh's Starry Night at the Museum of Modern Art in New York City
These close-up looks at famous paintings are so intense, you may think a docent will start yelling at you. Few paintings are suited to such a treatment than the bold, textured lines of The Starry Night.
To visit, click here

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April 29, 2020
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2. **University Updates and Events**: Applying to NSF’s Graduate Research Fellowship Program; Mid Week Meditation on Zoom; Student Research Conference; Virtual Healthy Relationship Programming Series; Involvement 101; Virtual International Circle Group; Stretch N’ Cardio; Ditch the Workout, Join the Zumba Party!

3. **Virtual or Cultural Activities**: Walker Art Center Online Archive Experience; Mikhail Bulgakov Museum in Russia; Peer Support Group for Chinese-Speaking International Students During COVID-19;

### 1. ISSS Office Updates and Announcements

**Career/Internship Zoom Presentation for International Students: The Job and Internship Search Amid COVID-19**

Thursday April 30

1:00-2:15pm (EST)

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**OPT Workshop Wednesday, 4/29**

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**  
Wednesday, April 29th at 3pm  
Join Zoom Meeting: [https://albany.zoom.us/j/189048137](https://albany.zoom.us/j/189048137)

**OPT Workshop**  
Thursday, May 7th at 3pm  
Join Zoom Meeting: [https://albany.zoom.us/j/181393769](https://albany.zoom.us/j/181393769)
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International Diploma Mailing – Important Information Regarding COVID-19
Please review the below message from the Registrar’s Office regarding the suspension of mailing of diplomas internationally:

Due to widespread transportation cancellations and restrictions related to COVID-19, the United States Postal service has temporarily suspended international mail services to a number of countries. In anticipation of these restrictions affecting our Spring 2020 diploma mailing, the University plans to temporarily hold international diploma shipments until we receive notice that the US Postal service can resume international mailing. It is currently unknown how long these suspensions will be in place. The University expects to order diplomas for Spring 2020 degree recipients beginning in early June 2020.

If you intended to have your diploma shipped internationally to your permanent or degree address on file with the University, please consider one of the following options:

1. Change your degree address to an address within the United States.
If you will remain in the United States, or have a friend or family member residing in the United States that you would like to receive your diploma, you may create an alternate “degree address” via MyUAlbany. Please refer to the instructions HERE to update your degree address. You must create the alternative degree address by Wednesday, May 20, 2020 to prevent delays in processing.

2. Request to pick up your diploma in person.
If you would like to pick up your diploma in person at the Registrar’s Office (Campus Center B52), you must email degreeservices@albany.edu from your @albany.edu email to make a request by Wednesday, May 20, 2020. At this time, we are unable to provide a date when we expect to return to campus. An email will be sent to students choosing the pick-up option indicating when the diploma will be available for pick-up. Photo identification will be required. If you choose to pick-up your diploma in person, you may not request to have it shipped to you at a later date. Instead, you will be required to place an additional order ($25).

3. Have your diploma temporarily held until International shipping can resume.
If you do not change your degree address to an address within the United States or request to pick up your diploma in person, your diploma will be held until we receive notice that the United States Postal Service can resume international shipments. Please ensure that your permanent address is accurate or create a degree address via MyUAlbany by Wednesday, May 20, 2020.

Regardless of how students choose to receive their diploma, proof of degree completion can be obtained via an Official Transcript or through our degree verification service with the National Student Clearinghouse.
Our Apostille process has been temporarily suspended due to COVID – 19, therefore, we are unable to notarize transcripts and diplomas at this time.
If you have any questions, you may email degreeservices@albany.edu.

The above allows you to receive the original diploma internationally once paper mail is resumed, or obtain an electronic degree verification in the meantime if needed. ISSS also can offer students the option of mailing the original diploma to students via FedEx/UPS/DHL, but students would need to pay for this option. If you want ISSS to ship the diploma to you, set the ISSS office as your degree address (1400 Washington Ave SL G40, Albany, NY, 12222) and order an E-Ship label: https://www.albany.edu/isss/91191.php. Email ISSS@albany.edu to confirm your request. Once ISSS receives your diploma from the Registrar we will ship it to you. Please understand that in order to fit the diploma into a regular FedEx/UPS/DHL folder, some protective layers may need to be removed. Students assume the risk of any damage which may occur to the diploma during shipping.

2. University Updates and Events

Applying to NSF’s Graduate Research Fellowship Program
SUNY’s Office for Research and Economic Development is sponsoring a series of four webinars to prepare rising junior and senior undergraduates as well as first-and second-year graduate students in certain fields to apply to NSF’s prestigious Graduate Research Fellowship Program (GRFP). Webinars will be conducted by Professor Susan Brennan of Stony Brook University (recently returned from NSF).
Wednesday, April 29 2020 at 2:00 PM EDT - 3:30 PM EDT
Zoom Link

Mid Week Meditation on Zoom
COVID 19 got you stressed? Looking for a way to stay calm and focused? Join us for a mid-week 30-Minute Guided Meditation online. We'll meet online every Wednesday at 9:00 p.m. All are welcome!
Wednesday, April 29 2020 at 9:00 PM EDT -10:00 PM EDT
Zoom Link

Student Research Conference
The conference will consist of thematic sessions each occurring as an individual discussion forum. Sessions will be available asynchronously and synchronously; recorded presentations will be loaded in advance, allowing viewers to watch them in their own time, or alternatively, available during designated one- to two-hour periods assigned to each session.
For more info, click here; to access to the conference, click here

Virtual International Circle Group
International Circle is a virtual check-in group for international students to give and provide support to each other during this difficult and uncertain time. Students can drop in to any or all scheduled Zoom sessions, which will be facilitated by CAPS psychologists, Dr. Jennifer Ho and Dr. Vivian Wilson-Hwang.

International Circle will be offered on the following dates:
Monday, 5/4, 3pm-4pm

Please contact Dr. Vivian Wilson-Hwang at vhwang@albany.edu if you are interested in joining.

Stretch N’ Cardio
A well-balanced class that combines body weight cardio movements with recovery or rest periods of stretching. This unique workout makes sure you get the most out of your time while working out!

Wednesday 3:00pm – 4:00pm Zoom Link
Meeting ID: 225-971-073

Ditch the Workout, Join the Zumba Party!
Zumba is one of the most popular workouts in the fitness world today! It’s time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it!
Wednesday 6:30pm – 7:15pm Zoom Link
Meeting ID: 355 269 284

3. Virtual Social or Cultural Activity

Walker Art Center Online Archive Experience
The Walker Art Center just launched an online archive experience. Visitors can explore more than 60 in-depth portraits of directors, actors, writers and producers who were celebrated in the Walker Cinema. To learn more, click here.

Mikhail Bulgakov Museum in Russia
From the Mikhail Bulgakov Museum in Russia to the National Palace of Sintra in Portugal, Google Arts & Culture provides around 500 panoramic tours of some of the most famous heritage sites and museums. To visit, click here.

Peer Support Group for Chinese-Speaking International Students During COVID-19
Maze Partners is a non-profit organization providing support from mental health professionals specifically targeted for Chinese international students. You can check out the information on Peer Support Groups at https://mazepartners.org or at http://www.mazepartners.org/programs. You are welcome to reach out to them with any questions at info@mazepartners.org. Below is a message from the group about the support they’re offering at this time:

“In this difficult time of uncertainty, we hope to help international students overcome isolation, fear, and stress. Our group of dedicated mental health professionals and current students volunteers works to provide an ongoing online peer support group service. It is open to all Chinese-speaking international students who need help and who want to help. We have supportive activities throughout the week, group discussion sessions on the weekends, and mental health professionals live streaming sharing tips for maintaining emotional well-being in crisis.”

To Schedule Advising by Zoom or Phone, Click this link: https://calendly.com/ualbanyisss1/phoneadvisement
Table of Contents:

1. ISSS Office Updates and Announcements: Career/Internship Zoom Presentation: The Job and Internship Search Amid COVID-19 - Thursday 4/30; OPT Workshop Wednesday, 4/29; Move-Out/Storage Reminders for On-Campus Students

2. University Updates and Events: Student Research Conference; Virtual Healthy Relationship Programming Series; Involvement 101; Virtual International Circle Group; Guts, Butts, and Thighs with Upper Body

3. Virtual or Cultural Activities: Metropolitan Opera: New York City; Palace of Versailles: Versailles, France; Peer Support Group for Chinese-Speaking International Students During COVID-19; Emotional Wellness During COVID-19 Tips

1. ISSS Office Updates and Announcements

Career/Internship Zoom Presentation for International Students: The Job and Internship Search Amid COVID-19

Thursday April 30

1:00-2:15pm (EST)

Join Zoom Meeting
https://albany.zoom.us/j/92687931422
Meeting ID: 926 8793 1422

As you near the end of spring 2020 semester, you must be thinking about summer internships and the job search especially if you are graduating this term. ISSS brings to you this important presentation with facilitator Michael Elliott, Director of ISSS and our 3 guest presenters: Jermaine Harris, Associate Director and Kathleen Gargan, Assistant Director, both from the UAlbany Office of Career and Professional Development, and Kwan Segal, CEO, Founder and Career Coach of ICAway. Our guests have expertise in a number of areas including working with international students on professional development, searching for a job, interviewing skills, and employer needs and demands. Don’t miss this great opportunity!
OPT Workshop Wednesday, 4/29
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
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

Move-Out/Storage Reminders for On-Campus Students
Students living on-campus this term received an important email from Student Affairs on 4/22 entitled “Important Update and Deadline for Student Refunds.” Please review it carefully. Please remember that if you still have belongings on campus you must complete the move-out form by May 1st, 2020. There are options to arrange for your belongings to be packed by a friend or packed and stored by Don’s Moving and Storage (there is a fee for using a storage company).

2. University Updates and Events

Student Research Conference
The conference will consist of thematic sessions each occurring as an individual discussion forum. Sessions will be available asynchronously and synchronously; recorded presentations will be loaded in advance, allowing viewers to watch them in their own time, or alternatively, available during designated one- to two-hour periods assigned to each session.

For more info, click here; to access to the conference, click here

Virtual Healthy Relationship Programming Series
Join the Advocacy Center & Sexual Violence Prevention Ambassadors in an important conversation about Healthy Relationships! This conversation will address healthy & unhealthy characteristics of relationships as well as address some tips & tricks to supporting a friend!

Tuesday, April 21 2020 at 7:00 PM EDT to Tuesday, April 21 2020 at 8:30 PM EDT zoom link

Involvement 101
Learn about how to become engaged with campus life and the student organizations we have UAlbany. Presented Virtually by SORC.

Tuesday, April 28 2020 at 7:00 - 8:00 PM EDT Zoom Link
Join Zoom Meeting Meeting ID: 322 465 565 Password: 029183

Virtual International Circle Group
International Circle is a virtual check-in group for international students to give and provide support to each other during this difficult and uncertain time. Students can drop in to any or all scheduled Zoom sessions, which will be facilitated by CAPS psychologists, Dr. Jennifer Ho and Dr. Vivian Wilson-Hwang.

International Circle will be offered on the following dates:
Monday, 5/4, 3pm-4pm
Please contact Dr. Vivian Wilson-Hwang at vhwang@albany.edu if you are interested in joining.

**Guts, Butts, and Thighs with Upper Body**
Guts, Butts, and Thighs, with upper body is a Campus Rec Classic. This mostly lower body work out focus on large muscle groups though 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
3. Virtual Social or Cultural Activity

**Metropolitan Opera: New York City**
Arts lovers, if appointment viewing is more your thing, the Met is putting on nightly opera streams. But you better not be late! They’re only available until 3:30 p.m. ET the next day. And there's something to be said for such ephemerality. To watch, click [here](#)

**Palace of Versailles: Versailles, France**
Explore one of France's national treasures and all of the Baroque art, architecture and finery within. Our suggestion: Go outside of the palace interior for an early birds-eye-view of the grounds, to get your bearings. To visit inside, click [here](#); to visit outside, click [here](#)

**Peer Support Group for Chinese-Speaking International Students During COVID-19**
Maze Partners is a non-profit organization providing support from mental health professionals specifically targeted for Chinese international students. You can check out the information on Peer Support Groups at [https://mazepartners.org](https://mazepartners.org) or at [http://www.mazepartners.org/programs](http://www.mazepartners.org/programs). You are welcome to reach out to them with any questions at info@mazepartners.org. Below is a message from the group about the support they’re offering at this time:

“In this difficult time of uncertainty, we hope to help international students overcome isolation, fear, and stress. Our group of dedicated mental health professionals and current students volunteers works to provide an ongoing online peer support group service. It is open to all Chinese-speaking international students who need help and who want to help. We have supportive activities throughout the week, group discussion sessions on the weekends, and mental health professionals live streaming sharing tips for maintaining emotional well-being in crisis.”

**Emotional Wellness During COVID-19 Tips**

To Schedule Advising by Zoom or Phone, Click this link: [https://calendly.com/ualbanyisss1/phoneadvisement](https://calendly.com/ualbanyisss1/phoneadvisement)
ISSS DAILY NEWSLETTER

April 27, 2020

Follow us on Instagram @ualbanyisss

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1. ISSS Office Updates and Announcements: Career/Internship Zoom Presentation: The Job and Internship Search Amid COVID-19 - Thursday 4/30; OPT Workshop Wednesday, 4/29

2. University Updates and Events: Are You Ready for Graduate School? Finding Fellowship Funding; Virtual International Circle Group; Ditch the Workout, Join the Zumba Party!; Guts, Butts, and Thighs; Kickboxing

3. Virtual or Cultural Activities: National Gallery Victoria: Victoria, Melbourne; Faces of Frida; Peer Support Group for Chinese-Speaking International Students During COVID-19

1. ISSS Office Updates and Announcements

Career/Internship Zoom Presentation for International Students: The Job and Internship Search Amid COVID-19

Thursday April 30

1:00-2:15pm (EST)

Join Zoom Meeting
https://albany.zoom.us/j/92687931422
Meeting ID: 926 8793 1422

As you near the end of spring 2020 semester, you must be thinking about summer internships and the job search especially if you are graduating this term. ISSS brings to you this important presentation with facilitator Michael Elliott, Director of ISSS and our 3 guest presenters: Jermaine Harris, Associate Director and Kathleen Gargan, Assistant Director, both from the UAlbany Office of Career and Professional Development, and Kwan Segal, CEO, Founder and Career Coach of ICAway. Our guests have expertise in a number of areas including working with international students on professional development, searching for a job, interviewing skills, and employer needs and demands. Don’t miss this great opportunity!
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Are You Ready for Graduate School? Finding Fellowship Funding
SUNY’s Office for Research and Economic Development is sponsoring a series of four webinars to prepare rising junior and senior undergraduates as well as first-and second-year graduate students in certain fields to apply to NSF’s prestigious Graduate Research Fellowship Program (GRFP). Webinars will be conducted by Professor Susan Brennan of Stony Brook University (recently returned from NSF). Are you curious about or excited by the prospect of a career in research? Are you thinking about a career in some leadership role? Are you wondering about the best time to apply to graduate school, and how to get someone else to pay for it? This webinar may help you decide.
Monday, April 27 2020 at 2:00 PM EDT to
Monday, April 27 2020 at 3:30 PM EDT ZOOM Link

Virtual International Circle Group
International Circle is a virtual check-in group for international students to give and provide support to each other during this difficult and uncertain time. Students can drop in to any or all scheduled Zoom sessions, which will be facilitated by CAPS psychologists, Dr. Jennifer Ho and Dr. Vivian Wilson-Hwang.

International Circle will be offered on the following dates:
Monday, 5/4, 3pm-4pm

Please contact Dr. Vivian Wilson-Hwang at vhwang@albany.edu if you are interested in joining.

Ditch the Workout, Join the Zumba Party!
Zumba is one of the most popular workout in the fitness world today! It’s time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it!
Monday 6:30pm – 7:15pm Zoom Link
Meeting ID: 355 269 284

Guts, Butts, and Thighs
Guts, Butts, and Thighs, is a Campus Rec Classic. This mostly lower body work out focus on large muscle groups though squats, lunges, planks, and other movements! Don’t let this class fool you though, it can get some sneaky cardio in too!
Monday 11:00am – 11:45am Zoom Link
Meeting ID: 578 520 8758

Kickboxing
This cardio, agility and skill driven class is a great overall work out! Have you ever wanted to try this class but been to shy? Well now you can with no one watching in the comfort of your own home AND get that work out in!
3. Virtual Social or Cultural Activity

National Gallery Victoria: Victoria, Melbourne

After a 6-year digitization project, more than 75,000 works from the gallery's collection are available online. Also on offer are free curator-led virtual exhibition tours, which are added to regularly. This weekend visit 'KAWS: Companionship in the Age of Loneliness' (from Saturday March 21), and 'Keith Haring | Jean-Michel Basquiat: Crossing Lines' (as of Saturday March 28).

To visit, click here

Faces of Frida

Explore landmark exhibition "Faces of Frida," curated by Google Arts & Culture in collaboration with 33 museums and organizations. The free digital exhibition offers a glimpse into the pioneering artist's life and legacy, with artworks from multiple collections around the world.

To visit, click here

Peer Support Group for Chinese-Speaking International Students During COVID-19

Maze Partners is a non-profit organization providing support from mental health professionals specifically targeted for Chinese international students. You can check out the information on Peer Support Groups at https://mazepartners.org or at http://www.mazepartners.org/programs. You are welcome to reach out to them with any questions at info@mazepartners.org. Below is a message from the group about the support they’re offering at this time:

“In this difficult time of uncertainty, we hope to help international students overcome isolation, fear, and stress. Our group of dedicated mental health professionals and current students volunteers works to provide an ongoing online peer support group service. It is open to all Chinese-speaking international students who need help and who want to help. We have supportive activities throughout the week, group discussion sessions on the weekends, and mental health professionals live streaming sharing tips for maintaining emotional well-being in crisis.”

To Schedule Advising by Zoom or Phone, Click this link:https://calendly.com/ualbanyisss1/phoneadvisement

April 24, 2020
Follow us on instagram @ualbanyisss

Table of Contents:

1. ISSS Office Updates and Announcements: Zoom Chat with ISSS Advisors—TODAY (Friday) at 3pm;
Career/Internship Zoom Presentation for International Students: The Job and Internship Search Amid COVID-19; Financial/Employment Information and Resources (including Stimulus/CARE Act)
2. **University Updates and Events:** Virtual International Circle Group; Generation Rx; Kickboxing

3. **Virtual or Cultural Activities:** Cultural Connections Food of the Day Instagram Contest; Peer Support Group for Chinese-Speaking International Students During COVID-19; Berlin Philharmonic; Vienna State Opera; Streaming Sundays: The Family Digs; "And Then There Were None" – Agatha Christie

1. **ISSS Office Updates and Announcements**

   **Zoom Chat with ISSS Advisors—Today (Friday) at 3pm**
   Time: Apr 24, 2020 03:00 PM Eastern Time (US and Canada)
   Join Zoom Meeting
   https://albany.zoom.us/j/91717428710
   Meeting ID: 917 1742 8710

   ISSS Advisors will be available on Zoom tomorrow from 3-4pm EST. Stop by to say hello, tell us how you’re doing, or ask us questions if you have them. We look forward to seeing you!

   **Career/Internship Zoom Presentation for International Students: The Job and Internship Search Amid COVID-19**

   Thursday April 30
   1:00-2:15pm (EST)
   Join Zoom Meeting
   https://albany.zoom.us/j/92687931422
   Meeting ID: 926 8793 1422

   As you near the end of spring 2020 semester, you must be thinking about summer internships and the job search especially if you are graduating this term. ISSS brings to you this important presentation with facilitator Michael Elliott, Director of ISSS and our 3 guest presenters: Jermaine Harris, Associate Director and Kathleen Gargan, Assistant Director, both from the UAlbany Office of Career and Professional Development, and Kwan Segal, CEO, Founder and Career Coach of ICAway. Our guests have expertise in a number of areas including working with international students on professional development, searching for a job, interviewing skills, and employer needs and demands. Don’t miss this great opportunity!

   **Financial/Employment Information and Resources (including Stimulus/CARE Act)**

   We understand that many of our students are facing financial difficulties and employment challenges during this time. We have compiled resources below for students with questions or seeking assistance on this topic. For more, see our website announcement here: https://www.albany.edu/isss/#financial

2. **University Updates and Events**
Virtual International Circle Group

International Circle is a virtual check-in group for international students to give and provide support to each other during this difficult and uncertain time. Students can drop in to any or all scheduled Zoom sessions, which will be facilitated by CAPS psychologists, Dr. Jennifer Ho and Dr. Vivian Wilson-Hwang.

International Circle will be offered on the following dates:
Thursday, 4/30, 2pm-3pm
Monday, 5/4, 3pm-4pm

Please contact Dr. Vivian Wilson-Hwang at vhwang@albany.edu if you are interested in joining.

Generation Rx

The mission of Generation Rx is to educate people of all ages about the potential dangers of misusing prescription medications. In doing so, we strive to enhance medication safety among our youth, college students, other adults in our communities, and older adults. Prescription medications can help us live longer and healthier lives, but any medication has the potential to do harm – especially when misused.

Saturday, April 25 2020 at 10:00 AM EDT- 11:00 AM EDT Zoom Link
For more info, click here

Kickboxing

This cardio, agility and skill driven class is a great overall work out! Have you ever wanted to try this class but been to shy? Well now you can with no one watching in the comfort of your own home AND get that work out in!
Friday 12:00pm – 12:45pm Zoom Link
Meeting ID: 689 330 532

3. Virtual Social or Cultural Activity

Cultural Connections Food of the Day Instagram Contest
Cultural Connections is hosting a “Food of the Day” Instagram contest April 14-April 26th. Join the event and you may win a prize! If you love food, love cooking, or just happen to take a picture of a meal or a snack, join the event as long as you love to share!

How it works:
1. Select photos of the food
2. Upload the photo on Instagram with fotdsuny, @ualbanyisss
3. Post on Instagram and @ two of your friends on the post

Random winners will be selected to win a $10 Amazon Gift Card.

Peer Support Group for Chinese-Speaking International Students During COVID-19
Maze Partners is a non-profit organization providing support from mental health professionals specifically targeted for Chinese international students. You can check out the information on Peer Support Groups at https://mazepartners.org or at http://www.mazepartners.org/programs. You are welcome to reach out to them with any questions at info@mazepartners.org. Below is a message from the group about the support they’re offering at this time:
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**Berlin Philharmonic**
With a special limited-time code, you can enjoy a treasury of online performances from one of the best orchestras in the world. Our suggestion: You can't go wrong with anything from the trifecta of national B's: Bach, Beethoven and Brahms. But Gustav Mahler's second symphony, The Resurrection Symphony, seems apt in these trying time.
To visit, click [here](#)

**Vienna State Opera**
If you can't be in Vienna, you can at least treat yourself to full streams of some of the Vienna State Opera's latest performances. A reminder, for people who don't like opera: These works are almost always as much a treat for the eyes as much as the ears.
To visit, click [here](#)

**Streaming Sundays: The Family Digs**
Join The Croswell Opera House on Sunday evenings for a Facebook watch party featuring streams of shows from the theater’s archives. This Sunday, enjoy Adrian-native Terry Hissong’s “The Family Digs,” which was voted the region’s best play of the year by the readers of BroadwayWorld Detroit.
Sunday, April 26 at 7pm
To visit, click [here](#)

"And Then There Were None" – Agatha Christie
Friday at 8 p.m. will be Double Feature Friday with the 1945 Agatha Christie mystery classic "And Then There Were None" followed by Ed Wood's campy 1959 film "Plan 9 From Outer Space." Participants can watch on the Strand's Twitch channel or their YouTube channel.
Friday at 8 p.m.
To visit, can watch on the Strand's Twitch channel or their [YouTube Channel](#).

To Schedule Advising by Zoom or Phone, Click this link:[https://calendly.com/ualbanyisss1/phoneadvisement](https://calendly.com/ualbanyisss1/phoneadvisement)

April 22, 2020
Follow us on Instagram @ualbanyisss

**Table of Contents:**
1. **ISSS Office Updates and Announcements**: Immigration Updates; Residential Life: Summer Housing and Belongings Left Behind; Request for Updated/Travel Signature I-20/DS-2019 E-Form; Sprintax Reminder;

2. **University Updates and Events**: Virtual International Circle Group; Mid Week Meditation on Zoom; NSF Graduate Research Fellowship Essays Webinar; Stretch 'N Cardio; Ditch the Workout, Join the Zumba Party!

3. **Virtual or Cultural Activities**: Guess the Language with Cultural Connections; Cultural Connections Food of the Day Instagram Contest; The National Theater brings theater to screens; The Prambanan Temple: Yogyakarta, Indonesia

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### 1. ISSS Office Updates and Announcements

#### Immigration Updates

ISSS understands that at this time there are rumors and speculation surrounding immigration policies and operations, including the proposed ban on immigrant visa and green cards for 60 days. **Please note that based on unofficial reports, F-1 and J-1 non-immigrant students would not be impacted by this proposed ban.** While the executive order has not yet been made effective, plans as explained by the federal administration would not adversely impact non-immigration visas like F-1 and J-1. If the order is signed in the coming days, the official details of it will be available. Please know that ISSS continues to closely monitor any official changes to policy/procedure, and should these changes impact non-immigrant students we would include information about it in this newsletter and also on our website announcements. If you hear a rumor or speculation, please go to a reliable and trusted source, either ISSS or NAFSA ([https://www.nafsa.org/regulatory-information/coronavirus-critical-resources](https://www.nafsa.org/regulatory-information/coronavirus-critical-resources)) for the most current and reliable information.

#### Residential Life: Summer Housing and Belongings Left Behind

If you are currently living on-campus, please check your Albany.edu email for information from Residential Life regarding housing for summer and move-out information for students who do not plan to reside on campus this summer. Students living on-campus are asked to respond to this email by 5pm (EST) today. Additionally, students who are not currently living on campus but have belongings inside a dorm room or on campus apartment (since they were living there prior to spring break) should have received email communication about a packing and storage option of their personal items left in the room (by sometime in the summer, all rooms not occupied by a current on campus living student must be vacated of all belongings cleaned). If you have questions please contact Residential Life at reslife@albany.edu.

#### Request for Updated/Travel Signature I-20/DS-2019 E-Form

Students requesting an updated I-20/DS-2019, including a new I-20 with a travel signature, should use the newly released Request for an Updated/Travel Signature I-20/DS-2019 E-Form, available on our website here: [https://www.albany.edu/isss/91185.php](https://www.albany.edu/isss/91185.php)

While international travel is highly discouraged at this time, if you are considering travelling please first review the ISSS homepage under Travel Updates and Procedures: [https://www.albany.edu/isss](https://www.albany.edu/isss). Steps 1-4 outline what you should do before leaving the U.S., including how to request a Travel Signature using the new Travel Signature E-Form.

#### Sprintax Reminder

ISSS has purchased Sprintax tax software to help international students and scholars to file their 2019 federal tax return. To obtain a tax code; please email ISSS, at [iss@albany.edu](mailto:iss@albany.edu). To obtain a Sprintax tax code, please email [iss@albany.edu](mailto:iss@albany.edu). Please include the following information in your email: first & last name, student id number, and the name of your employer. If you were not employed, please go to: [https://www.irs.gov/pub/irs-pdf/f8843.pdf](https://www.irs.gov/pub/irs-pdf/f8843.pdf), to obtain form 8843. For questions, please contact ISSS.
2. University Updates and Events

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International Circle will be offered on the following dates:
- Wednesday, 4/22, 3pm-4pm
- Thursday, 4/30, 2pm-3pm
- Monday, 5/4, 3pm-4pm

Please contact Dr. Vivian Wilson-Hwang at vhwang@albany.edu if you are interested in joining.

Mid Week Meditation on Zoom
COVID 19 got you stressed? Looking for a way to stay calm and focused? Join us for a mid-week 30-Minute Guided Meditation online. We'll meet online every Wednesday at 9:00 p.m. All are welcome!
- Wednesday, April 22 2020 at 9:00 PM EDT to
- Wednesday, April 22 2020 at 9:30 PM EDT Zoom link

NSF Graduate Research Fellowship Essays Webinar
This workshop will provide best practices for writing the essays for the National Science Foundation (NSF) Graduate Research Fellowship Program (GRFP). Applicants must be U.S. citizens, nationals, or permanent residents in their final year of undergraduate or first two years of (all) graduate study. Each Fellowship consists of three years of support during a five-year fellowship period. Currently, NSF provides a stipend of $34,000 to the Fellow and a cost-of-education allowance of $12,000 to the graduate degree-granting institution for each Fellow who uses the fellowship support in a fellowship year.
- Wednesday, April 22 2020 at 11:00 AM EDT to
- Wednesday, April 22 2020 at 12:00 PM EDT
For more info, click here

Stretch N’ Cardio
A well balanced class that combines body weight cardio movements with recovery or rest periods of stretching. This unique work out make sure you get the most out of your time while working out!
- Wednesday 3:00pm – 4:00pm Zoom Link
Meeting ID: 225-971-073

Ditch the Workout, Join the Zumba Party!
Zumba is one of the most popular workout in the fitness world today! It’s time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it!
- Wednesday 6:30pm – 7:15pm Zoom Link
Meeting ID: 355 269 284

3. Virtual Social or Cultural Activity

Guess the Language with Cultural Connections
The Cultural Connections student association is hosting a “Guess the Language” virtual activity next Wednesday, April 22nd at 3:00pm. Use the Zoom ID 958 8575 5100 and Passcode 464 886 to join the fun and win prizes!
When: April 22nd, 2020
Time: 3:00-4:00pm
Join us on Zoom!
ID 958 8575 5100
Cultural Connections Food of the Day Instagram Contest

Cultural Connections is hosting a “Food of the Day” Instagram contest April 14-April 26th. Join the event and you may win a prize! If you love food, love cooking, or just happen to take a picture of a meal or a snack, join the event as long as you love to share!

How it works:
1. Select photos of the food
2. Upload the photo on Instagram with #fotdsuny, @ualbanyisss
3. Post on Instagram and @ two of your friends on the post

Random winners will be selected to win a $10 Amazon Gift Card.

The National Theater brings theater to screens

As part of The National Theater at Home, full-length productions will be uploaded its YouTube channel every Thursday (7pm BST/2pm EST). 'One Man, Two Guvnors', written by Richard Bean and starring James Cordon premiered April 2 and will be free to stream for a week. 'Jane Eyre' will premiere on April 9.

To watch, click [here](https://www.thenationaltheatre.org.uk/)

The Prambanan Temple: Yogyakarta, Indonesia

There's so much to behold in this iconic, intricate Hindu temple complex. Good thing you're in no rush! Step up to the spires with the arrow marks, and drag your cursor to get a good look at the carvings.

To visit, click [here](https://www.britannica.com/)

To Schedule Advising by Zoom or Phone, Click this link:[https://calendly.com/ualbanyisss1/phoneadvisement](https://calendly.com/ualbanyisss1/phoneadvisement)

April 20, 2020

Follow us on instagram @ualbanyisss

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1. ISSS Office Updates and Announcements: Notice on IRS Stimulus Checks/Sprintax Reminder; Zoom Check-In With ISSS Director Tomorrow, 4/21; OPT Workshop Tomorrow, 4/21
2. University Updates and Events: Virtual International Circle Group; Ditch the Workout, Join the Zumba Party!; Kickboxing.
3. Virtual or Cultural Activities: Guess the Language with Cultural Connections; Cultural Connections Food of the Day Instagram Contest; Uffizi Gallery: Florence, Italy; Royal Opera House: London

1. ISSS Office Updates and Announcements
Notice on IRS Stimulus Checks/Sprintax Reminder

If you receive a stimulus check from the IRS, we recommend that you consult a tax specialist or CPA (such as Sprintax or other professional service) prior to cashing or spending the check in order to determine your eligibility for the stimulus check and any possible public charge issues with it.

ISSS has purchased Sprintax tax software to help international students and scholars to file their 2019 federal tax return. To obtain a tax code; please email ISSS, at isss@albany.edu. To obtain a Sprintax tax code, please email isss@albany.edu. Please include the following information in your email: first & last name, student id number, and the name of your employer. If you were not employed, please go to: https://www.irs.gov/pub/irs-pdf/f8843.pdf, to obtain form 8843. For questions, please contact ISSS.

Zoom Check-In With ISSS Director Tomorrow, 4/21

The Director of International Student & Scholar Services at UAlbany, Dr. Michael Elliott, will be holding a Zoom Check-In Forum on Tuesday, April 21st from 9am-10am 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. 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 21, 2020 09:00 AM Eastern Time (US and Canada)
Join Zoom Meeting
https://albany.zoom.us/j/91776997082
Meeting ID: 917 7699 7082

OPT Workshop Tuesday, April 21st

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

2. University Updates and Events

Virtual International Circle Group
International Circle is a virtual check-in group for international students to give and provide support to each other during this difficult and uncertain time. Students can drop in to any or all scheduled Zoom sessions, which will be facilitated by CAPS psychologists, Dr. Jennifer Ho and Dr. Vivian Wilson-Hwang.

International Circle will be offered on the following dates:
Wednesday, 4/22, 3pm-4pm
Thursday, 4/30, 2pm-3pm
Monday, 5/4, 3pm-4pm

Please contact Dr. Vivian Wilson-Hwang at vhwang@albany.edu if you are interested in joining.

Ditch the Workout, Join the Zumba Party!
Zumba is one of the most popular workout in the fitness world today! It’s time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness
program that will blow you away. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it! Monday 6:30pm – 7:15pm Zoom Link
Meeting ID: 355 269 284

Kickboxing
This cardio, agility and skill driven class is a great overall work out! Have you ever wanted to try this class but been to shy? Well now you can with no one watching in the comfort of your own home AND get that work out in! Monday 12:00pm – 12:45pm Zoom Link
Meeting ID: 689 330 532

3. Virtual Social or Cultural Activity

Guess the Language with Cultural Connections
The Cultural Connections student association is hosting a “Guess the Language” virtual activity next Wednesday, April 22nd at 3:00pm. Use the Zoom ID 958 8575 5100 and Passcode 464 886 to join the fun and win prizes!
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   Time: 3:00-4:00pm
   Join us on Zoom!
   ID 958 8575 5100
   Password: 464 886

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How it works:
   1. Select photos of the food
   2. Upload the photo on Instagram with #fotdsuny, @ualbanyisss
   3. Post on Instagram and @ two of your friends on the post

Random winners will be selected to win a $10 Amazon Gift Card.

Uffizi Gallery: Florence, Italy
Take a virtual walk through Florence's artistic gem before stopping to admire some of the museum's most famous inhabitants. Our suggestion: Sandro Botticelli's “Birth of Venus,” of course. But also, in the tour, don't forget to drag the screen and look up at the beautiful frescoes on the ceiling, painted by Alessandro Allori.
To visit, click here

Royal Opera House: London
The Royal Opera House's channel has a selection of some of the top performances from famous operas and ballets, just a click away. Our suggestions: The Caterpillar from Alice's Adventures in Wonderland, and The Dance of the Knights from Prokofiev's Romeo and Juliet, if just for the incredible costumes.
To watch, click here

To Schedule Advising by Zoom or Phone, Click this link:https://calendly.com/ualbanyisss1/phoneadvisement
1. **ISSS Office Updates and Announcements**

   **Notice on IRS Stimulus Checks**
   If you receive a stimulus check from the IRS, we recommend that you consult a tax specialist or CPA (such as Sprintax or other professional service) prior to cashing or spending the check in order to determine your eligibility for the stimulus check and any possible public charge issues with it.

   **Zoom Check-In With ISSS Director on Friday**
   The Director of International Student & Scholar Services at UAlbany, Dr. Michael Elliott, will be holding a Zoom Check-In Forum this Friday, April 17th from 4pm-5pm 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. 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 17, 2020 04:00 PM Eastern Time (US and Canada)
   **Join Zoom Meeting**
   [https://albany.zoom.us/j/94588186406](https://albany.zoom.us/j/94588186406)
   **Meeting ID:** 945 8818 6406

2. **University Updates and Events**

   **ACS on Campus Virtual Relay For Life Experience**
   **Kickboxing**
   **Middle Earth Peer Assistance Program**
   **How to Make a Handshake Appointment with Career Services**

3. **Virtual or Cultural Activities**

   **One World Together at Home Benefit Concert Saturday April 18th**
   **Cultural Connections Food of the Day Instagram Contest**
   **Rijksmuseum: Amsterdam, Netherlands**

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**OPT/CPT Workshop Schedule**

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**

Tuesday, April 21st at 3pm

**Join Zoom Meeting:** [https://albany.zoom.us/j/846420247](https://albany.zoom.us/j/846420247)
OPT Workshop
Wednesday, April 29th at 3pm
Join Zoom Meeting: https://albany.zoom.us/j/189048137

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

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Join us on Zoom!
ID 958 8575 5100
Password: 464 886

2. University Updates and Events

ACS on Campus Virtual Relay For Life Experience
Join us right here on Sunday, April 19th for a virtual Relay For Life experience. The event will include opening ceremony, luminaria ceremony, closing lap and much more.
This event is a collaboration of the collegiate Relay For Life events in the Greater Capital Region. For a complete list of those events and links to their websites and social media please visit: https://bit.ly/2QVS97W
Sunday at 1 PM – 10 PM
For more info, click here

Kickboxing
This cardio, agility and skill driven class is a great overall work out! Have you ever wanted to try this class but been too shy? Well now you can with no one watching in the comfort of your own home AND get that work out in!
Friday 12:00pm – 12:45pm Zoom Link
Meeting ID: 689 330 532

Middle Earth Peer Assistance Program
Middle Earth Program Seeking Students for Fall 2020 Training Class – Applications Due April 15th. Earn course credit while helping other students through a student-staffed hotline and peer education service. For information and to apply click here.

How to Make a Handshake Appointment with Career Services
Need help searching for internships or employment opportunities? Career Services has posted this tutorial to show you step by step how to make an appointment with them in Handshake: https://www.iorad.com/player/1648021/Student-Tutorial---How-to-make-an-Appointment---#trysteps-1

3. Virtual Social or Cultural Activity

One World Together at Home Benefit Concert Saturday April 18th
As the world unites to combat the spread of the COVID-19 coronavirus pandemic, Global Citizen and the World Health Organization (WHO) have announced the One World: Together At Home global special in support of the fight against COVID-19.
The virtual broadcast will show unity among all people who are affected by COVID-19, as well as celebrating and supporting the brave frontline health care workers around the world who are doing incredible, life-saving work.

The broadcast will be on major networks as well as a number of online streaming platforms. For more, click here: https://www.globalcitizen.org/en/content/one-world-together-at-home-covid-19-broadcast/

**Cultural Connections Food of the Day Instagram Contest**

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How it works:
1. Select photos of the food
2. Upload the photo on Instagram with #fotdsuny, @ualbanyisss
3. Post on Instagram and @ two of your friends on the post

Random winners will be selected to win a $10 Amazon Gift Card.

**Rijksmuseum: Amsterdam, Netherlands**

Get up close with some of the world’s most loved artworks, including Rembrandt’s "The Night Watch" and Vermeer's "The Milkmaid" via a new online platform, Rijksmuseum Masterpieces Up Close, which allows visitors to browse artworks from the Amsterdam museum, accompanied by videos, audio clips and 360º images. The Rijksmuseum also has a platform called the Rijksstudio, which allows participants to download artwork images to create masterpieces of their own. There are more than 700,000 high-resolution images to choose from.

To visit, click here

To Schedule Advising by Zoom or Phone, Click this link: https://calendly.com/ualbanyisss1/phoneadvisement

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2. University Updates and Events: How to Make a Handshake Appointment with Career Services; Guts, Butts and Thighs on Zoom; Introduction to Mindfulness Group (CAPS); Coping During COVID Virtual Support Group (CAPS)

3. Virtual or Cultural Activities: Cultural Connections Food of the Day Instagram Contest; African American History and Culture: Washington, D.C.; Banksy Mural Around the World

1. ISSS Office Updates and Announcements

Reminder: Please Update your SEVIS USA Address to Where You’re Currently Staying if in the U.S.

We understand that during these times you may be staying with a friend or family temporarily in the U.S. If you are in the U.S., your SEVIS USA address must match the address you are currently residing at, even if it is temporary (like a friend’s house, hotel, etc…). This is required for immigration reporting. For instructions on how to update your SEVIS USA address, please click here: https://www.albany.edu/isss/89000.php#address

UAlbany Emergency Fund

The UAlbany Emergency Fund is available for students in financial crisis, particularly during this unprecedented period of COVID-19. Assistance includes help with rent, utilities, food and other incidentals. For undergraduate students, visit the Student Affairs website for more details on eligibility and application process: https://www.albany.edu/studentaffairs/emergencyfund.shtml

Graduate students in need should email the Director of Care Services, Sally D’Alessandro at sdalessandro@albany.edu with your details and she will provide further guidance for the application process.

Zoom Check-In With ISSS Director on Friday

The Director of International Student & Scholar Services at UAlbany, Dr. Michael Elliott, will be holding a Zoom Check-In Forum this Friday, April 17th from 4pm-5pm 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.

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Guts, Butts, and Thighs with Upper Body
Guts, Butts, and Thighs, with upper body is a Campus Rec Classic. This mostly lower body work out focus on large muscle groups though 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!
Thursday 7:00pm – 7:45pm Zoom Link
Meeting ID: 955-194-866

Introduction to Mindfulness Group (CAPS)
Practice breathing techniques, mindfulness meditation, and relaxation exercises; develop more coping skills; learn to manage distress and remain present in the moment. More information available at: https://www.albany.edu/counseling_center/docs/groups/mindfulness%20flyer.pdf

Coping During COVID Virtual Support Group (CAPS)
Feeling impacted by the pandemic? Isolation; plans disrupted; stressed at home; anxious, irritable or sad; worried about friends and family? Join others at a FREE online group offered by CAPS. Contact Dr. Brian Freidenberg, Staff Psychologist at bfreidenberg@albany.edu

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How it works:
   7. Select photos of the food
   8. Upload the photo on Instagram with #fotdsuny, @ualbanyisss
9. Post on Instagram and @ two of your friends on the post

Random winners will be selected to win a $10 Amazon Gift Card.

**African American History and Culture: Washington, D.C.**
If you’ve ever wanted to visit an extremely popular museum but couldn’t seem to nab tickets, a virtual tour is the next best thing! This one gives you just a taste of what the museum has to offer, and where in the museum each feature is located.
To visit, click [here](#).

**Banksy Murals around the world**
Go on an artistic treasure hunt -- without the hunt part. With something like street art, it’s much more interesting to see the work in its full context, than just through a close-up.
To visit, click [here](#).

**To Schedule Advising by Zoom or Phone, Click this link:** https://calendly.com/ualbanyisss1/phoneadvisement

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**ISSS DAILY NEWSLETTER**

**April 15, 2020**

Follow us on Instagram @ualbanyisss

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   Guess the Language with Cultural Connections

2. **University Updates and Events:** NSF Graduate Research Fellowship Overview Webinar; Ditch the Workout, Join the Zumba Party!; Introduction to Mindfulness Group (CAPS); Coping During COVID Virtual Support Group (CAPS)

3. **Virtual or Cultural Activities:** Cultural Connections Food of the Day Instagram Contest; The Social Distancing Festival; Virtual Visit: The White House: Washington, D.C.; Stay Home With Me Youtube Series

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1. **ISSS Office Updates and Announcements**

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

**Virtual Coffee/Tea Hour with ISSS, Thursday 4/16 from 3pm-4pm-**

**How are you staying fit and healthy from home?**

Looking for ways to stay active, healthy and fit from home? Staying active and eating healthy is a great way to stay positive and have some fun. Join ISSS Advisor Kayla this Friday for our Virtual Coffee Hour! Kayla will talk about different ways to stay active and healthy while staying at home, and we’d love to hear what you’re doing as well!

**Join Zoom Meeting**
https://albany.zoom.us/j/92962479528
Meeting ID: 929 6247 9528

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When: April 22nd, 2020
Time: 3:00-4:00pm
Join us on Zoom!
2. University Updates and Events

**NSF Graduate Research Fellowship Overview Webinar**
This workshop will provide an introduction to the National Science Foundation (NSF) Graduate Research Fellowship Program (GRFP) and best practices for applicants. Applicants must be U.S. citizens, nationals, or permanent residents in their final year of undergraduate or first two years of (all) graduate study. Each Fellowship consists of three years of support during a five-year fellowship period. Currently, NSF provides a stipend of $34,000 to the Fellow and a cost-of-education allowance of $12,000 to the graduate degree-granting institution for each Fellow who uses the fellowship support in a fellowship year. For more info, click [here](#).

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12. Post on Instagram and @ two of your friends on the post

Random winners will be selected to win a $10 Amazon Gift Card.

**The Social Distancing Festival**
Want more live streamed arts? A theater artist has created The Social Distancing Festival, which gathers live streams and videos of all different types of performances in one place, on one calendar. For more info, click [here](#).
Virtual Visit: The White House: Washington, D.C.

Hang out in the Oval Office? Don't mind if we do! By the way, the online exhibit sections of Google Arts & Culture's offerings are like having your own personal tour guide. Our suggestion: The Virtual Tour of the Eisenhower Executive Office Building will get you acquainted with stunning spaces you've only ever seen on TV.

To visit, click [here](#).

Stay Home With Me Youtube Series

Check out these curated playlists, including concerts, learn to cook/bake, sports, health tips, and more: [https://www.youtube.com/user/YouTube/playlists?app=desktop](https://www.youtube.com/user/YouTube/playlists?app=desktop)

To Schedule Advising by Zoom or Phone, Click this link:[https://calendly.com/ualbanyisss1/phoneadvisement](https://calendly.com/ualbanyisss1/phoneadvisement)

April 14, 2020

Follow us on Instagram @ualbanyisss

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1. **ISSS Office Updates and Announcements**: S/U Policy for Undergraduate Students; OPT/CPT Workshop Schedule; Zoom Check-In With ISSS Director on Friday; Virtual Coffee/Tea Hour Thursday from 3pm-4pm- How are you staying fit and healthy from home?

2. **University Updates and Events**: Peace Corps: Application Workshop; Introduction to Mindfulness Group (CAPS); Coping During COVID Virtual Support Group (CAPS); Guts, Butts, and Thighs with Upper Body

3. **Virtual or Cultural Activities**: Musée d'Orsay: Paris; Vancouver Symphony; Stay Home With Me Youtube Series

1. **ISSS Office Updates and Announcements**

   **S/U Policy for Undergraduate Students**

Undergraduate Students received this email yesterday from Undergraduate Education regarding the S/U Policy for Spring 2020. Please review and contact your academic advisor if you have questions.

Dear Undergraduate Students,
I hope that this message finds you well and adjusting to the changes in course delivery this semester.

As you will recall from a message we sent you in March, all undergraduate students at UAlbany may choose to take their undergraduate semester length and 8-week 2 courses Satisfactory/Unsatisfactory (S/U) this semester.

This applies to the Spring 2020 semester ONLY.

Guidelines for S/U option:
- Students will be permitted to choose the S/U grading option for any undergraduate semester length or 8-week-2 Spring 2020 semester course, including upper division courses.
- Regular limits on the number of courses and the total credit hours taken for S/U grades will be suspended for the Spring 2020 semester only.
- Some courses may NOT be available for S/U opting if they are essential for accreditation, certification or graduation. Advisors and your faculty will identify if you have selected one of these courses.
- Students will have until May 1, 2020 to select the S/U grade option for any undergraduate semester length and 8-week-2 course or return to A-E grading.
- To file an S/U option or to return to A-E grading after previously selecting S/U, log in to MyUAlbany, select the Academics tab, select Spring 2020 S/U Grading Option, and complete the form.

Students should consider the following impacts when making the choice to change from A-E to S/U (pass/fail grading):
- Because only A-E grading impacts GPA, students may need to take a course(s) A-E if such grading is needed in order to meet the institutional GPA requirement for graduation.
- A student may need A-E grading to impact their GPA in order to demonstrate satisfactory academic progress.
- Transfer plans could be impacted in some cases.
- A student may want to consider A-E grading in order to impact their GPA in a way that will help them be competitive for graduate school admissions (and other purposes external to the program).
- Programmatic accreditors may have requirements regarding the maximum percentage of courses that may be graded S/U and/or the particular kinds of courses that may be graded S/U.
- Licensure/certification-qualifying programs may be impacted.

Requests will be reviewed and students notified if there are any issues with their academic record, while approved requests will be shown in student self-service section of MyUAlbany. Students should continue to check their @albany.edu e-mail account for updates as well as the University’s COVID-19 Web page.

As always, please contact your academic advisor with any questions or concerns. We wish you a safe and successful remainder of the semester!

Zoom Check-In With ISSS Director on Friday

The Director of International Student & Scholar Services at UAlbany, Dr. Michael Elliott, will be holding a Zoom Check-In Forum this Friday, April 17th from 4pm-5pm 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 17, 2020 04:00 PM Eastern Time (US and Canada)
Join Zoom Meeting
https://albany.zoom.us/j/94588186406
Meeting ID: 945 8818 6406

OPT/CPT Workshop Schedule
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
Tuesday, April 21st at 3pm
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OPT Workshop
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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

Virtual Coffee/Tea Hour with ISSS, Thursday 4/16 from 3pm-4pm-
How are you staying fit and healthy from home?
Looking for ways to stay active, healthy and fit from home? Staying active and eating healthy is a great way to stay positive and have some fun. Join ISSS Advisor Kayla this Friday for our Virtual Coffee Hour! Kayla will talk about different ways to stay active and healthy while staying at home, and we’d love to hear what you’re doing as well!

Join Zoom Meeting
https://albany.zoom.us/j/92962479528
Meeting ID: 929 6247 9528

2. University Updates and Events

Peace Corps: Application Workshop
Make your application stand out from the rest. Attend this workshop to learn how to browse Volunteer openings, find the right program, and strengthen your application. You will have an opportunity to ask questions about service, learn steps you can take to improve your chances, and gain valuable tips to guide you through the application process. For more info, click here

Introduction to Mindfulness Group (CAPS)
Practice breathing techniques, mindfulness meditation, and relaxation exercises; develop more coping skills; learn to manage distress and remain present in the moment. More information available at: https://www.albany.edu/counseling_center/docs/groups/mindfulness%20flyer.pdf

Coping During COVID Virtual Support Group (CAPS)
Feeling impacted by the pandemic? Isolation; plans disrupted; stressed at home; anxious, irritable or sad; worried about friends and family? Join others at a FREE online group offered by CAPS. Contact Dr. Brian Freidenberg, Staff Psychologist at bfreidenberg@albany.edu

**Guts, Butts, and Thighs with Upper Body**
Guts, Butts, and Thighs, with upper body is a Campus Rec Classic. This mostly lower body work out focus on large muscle groups though 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**

**Musée d'Orsay: Paris**
Take in 278 masterpieces here. Our suggestions: Vincent Van Gogh's self portrait, and Édouard Manet's legendary nude, "Olympia." Don't worry about clicking aimlessly, all the pieces have extensive descriptions and notations.
To visit, click [here](#)

**Vancouver Symphony**
The Vancouver Symphony live streamed its final performance from their BeethovenFest, and it's available for your viewing -- and listening -- pleasure any time.
To visit, click [here](#)

**Stay Home With Me Youtube Series**
Check out these curated playlists, including concerts, learn to cook/bake, sports, health tips, and more: [https://www.youtube.com/user/YouTube/playlists?app=desktop](https://www.youtube.com/user/YouTube/playlists?app=desktop)

To Schedule Advising by Zoom or Phone, Click this link:[https://calendly.com/ualbanyisss1/phoneadvisement](https://calendly.com/ualbanyisss1/phoneadvisement)

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**April 13, 2020**
Follow us on instagram @ualbanyisss

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1. **ISSS Office Updates and Announcements**

   - **Zoom Check**
     - In With ISSS Director on Friday; Virtual Coffee/Tea Hour Thursday from 3pm-4pm- How are you staying fit and healthy from home?

2. **University Updates and Events**

   - **Involvement 101**
   - Ditch the Workout, Join the Zumba Party!
   - Ebooks Available through the University Libraries

3. **Virtual or Cultural Activities**

   - Virtual Tour of the British Museum
   - Virtual Graffiti Tours
   - Online Music/Sofa Sessions on Vimeo/Facebook

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1. **ISSS Office Updates and Announcements**

   **To** Subject Sent Size Categories
   ISSS Daily Newsletter- April 13, 2020 None 66 KB

   **Zoom Check-In With ISSS Director on Friday**

   The Director of International Student & Scholar Services at UAlbany, Dr. Michael Elliott, will be holding a Zoom Check-In Forum this Friday, April 17th from 4pm-5pm 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.

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   Join Zoom Meeting
   https://albany.zoom.us/j/94588186406
   Meeting ID: 945 8818 6406

   **Virtual Coffee/Tea Hour with ISSS, Thursday 4/16 from 3pm-4pm-**

   How are you staying fit and healthy from home?

   Looking for ways to stay active, healthy and fit from home? Staying active and eating healthy is a great way to stay positive and have some fun. Join ISSS Advisor Kayla this Friday for our Virtual Coffee Hour! Kayla will talk about different ways to stay active and healthy while staying at home, and we’d love to hear what you’re doing as well!

   Join Zoom Meeting
   https://albany.zoom.us/j/92962479528
   Meeting ID: 929 6247 9528

2. **University Updates and Events**

   **Involvement 101**

   Learn about how to become engaged with campus life and the student organizations we have UAlbany. Presented Virtually by SORC
   Monday, April 13, 2020 at 4:00 PM EDT
   Monday, April 13, 2020 at 5:00 PM EDT
   [Zoom Link](#)
   Meeting ID: 322 465 565
   Password: 029183
Ditch the Workout, Join the Zumba Party!

Zumba is one of the most popular workout in the fitness world today! It’s time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it!
Monday 6:30pm – 7:15pm Zoom Link
Meeting ID: 355 269 284

Ebooks Available through the University Libraries

Don’t forget that many books are available electronically through the University Libraries. For more information, click here: https://albany.libanswers.com/faq/293858

3. Virtual Social or Cultural Activity

Virtual Tour of the British Museum
The world’s oldest national public museum is another space that has partnered with Google Arts & Culture to showcase a virtual, interactive gallery. Visitors can roam the halls of the museum, peruse the exhibits and see famous objects like the Rosetta Stone, the Parthenon sculptures and Egyptian mummies. Just don’t expect to see any Banksys lying around anytime soon.
To visit, click here

Virtual Graffiti Tours
Think of a normal Google Earth tour of a block, only every picture perfectly captures the street art of everywhere from Buenos Aires, Argentina to Malmo, Sweden and an art expert's audio tour plays in the background as you scroll through all the images. These virtual walking tours are perfect for those who love art but hate the establishment.
To visit, click here

Online Music/Sofa Sessions on Vimeo/Facebook
You can checkout online performances through Vimeo/Facebook. Here are “Sofa Sessions” from home: https://vimeo.com/366834690 and Open Sofa Sessions at https://m.facebook.com/opensofasessions/

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April 10, 2020
Follow us on instagram @ualbanyisss

ISSS DAILY NEWSLETTER
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1. **ISSS Office Updates and Announcements**: ISSS Fall 2020 Orientation Assistant Application Closes Today; Student Help Hotline and Email Response Program; New Lists of Former CPT/OPT Employers Available

2. **University Updates and Events**: Apply to be a part of the Middle Earth Peer Assistance Program; Kickboxing; Yoga

3. **Virtual or Cultural Activities**: Virtual Tour of the Sistine Chapel; Zoo live Streams; Virtual Tour to National Museum of Natural History; Visit THE COLOSSEUM

### 1. ISSS Office Updates and Announcements

**ISSS Fall 2020 Orientation Assistant Application Closes Today**
Looking for a fun on-campus job this summer? ISSS is seeking Orientation Assistants for New International Student Orientation, August 16-August 21, 2020! The overall objective of an Orientation Assistant is to provide a genuine welcome for new students and to assist them during the first days of their adjustment to the University and the Capital District. We consider the Orientation Assistants to be important members of the program and we expect the appropriate commitment of time and energy from each assistant. Students will receive a stipend of approximately $250 for approximately 22-24 hours of work. Please go to [https://tinyurl.com/OAFall2020](https://tinyurl.com/OAFall2020) to apply. Applications are due by April 10th at 5pm. If you have any questions please contact [isss@albany.edu](mailto:isss@albany.edu).

**Student Help Hotline and Email Response Program**
Student Affairs is offering a student help hotline and email response program for students in need during the COVID-19 situation. Information is below:

- Student Help Hotline: 518-956-8028
- Student Help Email Response Program: [https://albany.jotform.com/200865960299972](https://albany.jotform.com/200865960299972)

**New Lists of Former CPT/OPT Employers Available**
Wondering the employers that previous UAlbany students have worked for on CPT or OPT? We now have lists available on the Career Resources section of our website, here: [https://www.albany.edu/iss/93626.php](https://www.albany.edu/iss/93626.php)

### 2. University Updates and Events

**Apply to be a part of the Middle Earth Peer Assistance Program**
Interested in mental wellness? Want to help others and earn course credit? Middle Earth is seeking students for their Peer Assistance Program; positions are available for their hotline, wellness ambassadors, and wellness coaches. Applications are due by April 15th and are available on MyInvolvement ([https://myinvolvement.org/](https://myinvolvement.org/))

**Kickboxing**
This cardio, agility and skill driven class is a great overall work out! Have you ever wanted to try this class but been to shy? Well now you can with no one watching in the comfort of your own home AND get that work out in!
Friday 12:00pm – 12:45pm  [Zoom Link](https://tinyurl.com/zoom-link)
Meeting ID: 689 330 532

**Yoga**
This classic yoga flow class is a great way to get movement in but not feel burdensome to your day. Start your day with a nice yoga flow to get that early movement in and set a routine. Yoga can help with mindfulness, energy, and overall relaxation despite the chaos going on around you!
Friday 9:00am – 9:45am [Zoom Link]
Meeting ID: 761-194-279

3. Virtual Social or Cultural Activity

Virtual Tour of the Sistine Chapel
Virtual tour to the interior artworks of the chapel, including its renowned ceiling and “The Last Judgment,” by the Renaissance-era painter Michelangelo.
To visit, click [here]

Zoo Live Streams
The San Diego Zoo has set up live streams of its habitats for anyone to view the koalas, baboons and penguins that call the zoo home.
To visit, click [here]

Virtual tour to National Museum of Natural History
Take a look around the stunning exhibits at this Smithsonian museum in Washington, D.C. You have the option to tour past exhibits like “Against All Odds: Rescue at the Chilean Mine” or “Iceland Revealed,” along with what’s currently on display.
To visit, click [here]

Visit THE COLOSSEUM
Are you not entertained? You will be as you click around this virtual tour of this ancient arena.
To visit, click [here]

To Schedule Advising by Zoom or Phone, Click this link: [https://calendly.com/ualbanyisss1/phoneadvisement](https://calendly.com/ualbanyisss1/phoneadvisement)
1. ISSS Office Updates and Announcements

**Zoom Check-In With ISSS Director Tomorrow (Thursday)**

The Director of International Student & Scholar Services at UAlbany, Dr. Michael Elliott, will be holding a Zoom Check-In Forum this Thursday, April 9th from 10am-11am EST. Dr. Gilbert Valverde, Interim Dean of CIEGS, will also join the meeting to say hello. 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 9, 2020 10:00 AM Eastern Time (US and Canada)**

Join Zoom Meeting
https://albany.zoom.us/j/705001405
Meeting ID: 705 001 405

**OPT Workshop Tomorrow (Thursday)**

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

Register with Your Consulate/Embassy if in U.S.

Students in the U.S. are recommended to register through the consulate/embassy of their home country in order to receive any updates or special communications from them. This is usually done through your consulate/embassy website by enrolling in an alert or communication system.

2. University Updates and Events

**Virtual Eco Career Conference**

During this two-day virtual event on April 1st and 2nd you will learn more about: Finding well paid jobs in the green economy, developing effective, personalized career plans, identifying top degree programs and project learning credentials, and interacting with others interested in a green economy.

For more info, click here

**Stretch N’ Cardio**

A well balanced class that combines body weight cardio movements with recovery or rest periods of stretching. This unique work out make sure you get the most out of your time while working out!

Wednesday 3:00pm – 4:00pm Zoom Link
Meeting ID: 225-971-073

**Ditch the Workout, Join the Zumba Party!**

Zumba is one of the most popular workout in the fitness world today! It’s time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness
program that will blow you away. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it! Wednesday 6:30pm – 7:15pm Zoom Link
Meeting ID: 355 269 284

Mid-week Meditation
Provided by Cornerstone Protestant Campus Ministry, it is designed to help students to achieve some relief. For more info, click here

3. Virtual Social or Cultural Activity
Virtual concert: Ashley McBryde
Ashley McBryde will perform songs from her latest album Never Will for the Ariat Acoustic Livestream today at 3:30 p.m. EST on the brand's Facebook page. To visit, click here

Virtual Tour to Dubai
In a city where the skyline changes year after year, there's one corner of Dubai that preserves its past. The Al Fahidi Fort houses the Dubai Museum, which offers a snapshot of the region before the skyscrapers and malls. From a traditional souq to Bedouin culture, pearl divers to potters, visitors encounter dozens of life-size mannequins that depict Dubai's past. To visit, click here

To Schedule Advising by Zoom or Phone, Click this link: https://calendly.com/ualbanyisss1/phoneadvisement

Table of Contents:
1. ISSS Office Updates and Announcements: Zoom Check-in with ISSS Director on Thursday; OPT Workshop Schedule; Request a Sprintax Code for Tax Filing
2. University Updates and Events: Guts, Butts and Thighs with Upper Body; Student Supports
3. Virtual or Cultural Activities: Meditation and Trivia with Cultural Connections; Live Virtual “Rock Your Profile” Session; Climate Change Panel Webinar

1. ISSS Office Updates and Announcements

Zoom Check-In With ISSS Director on Thursday
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**Join Zoom Meeting**
https://albany.zoom.us/j/705001405
Meeting ID: 705 001 405

## OPT Workshop Schedule

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
- **Thursday, April 9th** at 3pm
  Join Zoom Meeting: [https://albany.zoom.us/j/451014586](https://albany.zoom.us/j/451014586)

### CPT Workshop
- **Monday, April 13th** at 3pm
  Join Zoom Meeting: [https://albany.zoom.us/j/133496031](https://albany.zoom.us/j/133496031)

### OPT Workshop
- **Tuesday, April 21st** at 3pm
  Join Zoom Meeting: [https://albany.zoom.us/j/846420247](https://albany.zoom.us/j/846420247)

### OPT Workshop
- **Wednesday, April 29th** at 3pm
  Join Zoom Meeting: [https://albany.zoom.us/j/189048137](https://albany.zoom.us/j/189048137)

### OPT Workshop
- **Thursday, May 7th** at 3pm
  Join Zoom Meeting: [https://albany.zoom.us/j/181393769](https://albany.zoom.us/j/181393769)

### Request a Sprintax Code for Tax Filing; Taxes Now Due July 15th, 2020

ISSS has purchased Sprintax tax software to help international students and scholars to file their 2019 federal tax return. To obtain a Sprintax tax code, please email [isss@albany.edu](mailto:isss@albany.edu). Please include the following information in your email: first & last name, student id number, and the name of your employer. If you were not employed, please go to: [https://www.irs.gov/pub/irs-pdf/f8843.pdf](https://www.irs.gov/pub/irs-pdf/f8843.pdf), to obtain form 8843. For questions, please contact ISSS.

Our advice remains that nonresidents should file as soon as they can, for a number of reasons:

1. Our statistics would show that the vast majority will receive a refund, so the sooner they file the sooner they will receive that refund (which might be especially helpful in the current situation).
2. For any that are considering heading home, filing while in the US before they leave, may be easier than doing it from home
3. Tax compliance may be more easily forgotten when left on the to do list for a few more months
2. University Updates and Events

Guts, Butts, and Thighs with Upper Body
Guts, Butts, and Thighs, with upper body is a Campus Rec Classic. This mostly lower body work out focus on large muscle groups though 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

Student Supports
Visit Student Supports page for helpful information and tips about how to connect with the campus offices and to know the changes caused by COVID-19.
To visit, click here

3. Virtual Social or Cultural Activity

Meditation and Trivia with Cultural Connections
Join Cultural Connections on Friday, April 8th from 3:00pm-4:00pm on Zoom for Meditation and Trivia! Meeting ID is 229-965-024 and Password is 654361 mto join.

Questions? Ask on Instagram, @culturalconnectionsslubalbany or email uaculturalconnections@gmail.com

Live Virtual "Rock Your Profile" Session
If you are in school, about to graduate, seeking a job opportunity, or you just want to know more about LinkedIn join me for a special edition of "Unlocking LinkedIn” Live broadcast event. My special guests will teach you how to improve your profile, navigate your feed, publish content, use LinkedIn learning and other tips to get the most from LinkedIn. Watching so many LinkedIn members giving and getting help has inspired me greatly and this Live broadcast is one of many ways I feel I can give back. We are in this together.
To visit, click here

Climate Solutions Panel webinar
Join us for a panel including Assemblymember Patricia Fahy, Maureen Leddy, Director of the NYS Office of Climate Change, and Anne Reynolds, Executive Director of the Alliance for Clean Energy to discuss the most effective yet feasible climate solutions we can enact in our state, how students can help “move the needle” on climate change actions and how climate justice is being addressed.
For more info, click here

To Schedule Advising by Zoom or Phone, Click this link:https://calendly.com/ualbanyisss1/phoneadvisement
April 6, 2020
Follow us on Instagram @ualbanyisss

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4. ISSS Office Updates and Announcements: Important Survey; Zoom Check-in with ISSS Director; OPT Workshop Schedule; Request a Sprintax Code for Tax Filing

5. University Updates and Events: Online Resources for Students; Ditch the Workout, Join the Zumba Party; Kickboxing; Mindfulness Online Series

6. Virtual or Cultural Activities: Meditation and Trivia with Cultural Connections; Virtual Concert, Gustaf, Hubert Lenoir; Basic protective measures against the new coronavirus from WHO

1. ISSS Office Updates and Announcements

**Important: Please complete this quick survey about your current location + SEVIS USA Address**

ISSS is taking a survey to determine how many of our students are inside or outside the U.S. at this time. Please note: you may maintain status from both inside or outside the U.S. as long as you remain a registered student for Spring. The survey is only a few questions and will take less than a minute.

Students who can access GoogleForms, please [Click here](#)
Students who cannot access GoogleForms, please [Click here](#)

Please respond by Monday, April 6th at 11:59pm (EST)

Reminder: your SEVIS USA address in MyUAlbany must be up to date. If you have stayed in the US, but have moved to a new address, even temporarily, you must report your change of address through MyUAlbany within 10 days of the change. You can find information about how to report your change of address on the ISSS website: [https://www.albany.edu/isss/89000.php](https://www.albany.edu/isss/89000.php) If you have left the US, then there is no update to SEVIS USA address needed.

**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 Thursday, April 9th from 10am-11am EST. Dr. Gilbert Valverde, Interim Dean of CIEGS, will also join the meeting to say hello. 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.

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5. For any that are considering heading home, filing while in the US before they leave, may be easier than doing it from home.

6. Tax compliance may be more easily forgotten when left on the to do list for a few more months.

**7. University Updates and Events**

**Online Resources for Students**
The University’s COVID-19 response page also has FAQs, resources to support remote learning, and how to access resources remotely. You can find all these materials to help students here: [https://www.albany.edu/covid-19/information-resources-students/keep-learning](https://www.albany.edu/covid-19/information-resources-students/keep-learning)

**Ditch the Workout, Join the Zumba Party!**

Zumba is one of the most popular workouts in the fitness world today! It’s time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it!

Monday 6:30pm – 7:15pm [Zoom Link](#)
Meeting ID: 355 269 284

**Kickboxing**

This cardio, agility and skill-driven class is a great overall workout! Have you ever wanted to try this class but been too shy? Well now you can with no one watching in the comfort of your own home AND get that workout in!

Monday 12:00pm – 12:45pm [Zoom Link](#)
Meeting ID: 689 330 532

**Mindfulness Online Series**

Counseling and Psychological Services provides mindfulness practice, which can be helpful in coping with our distancing and increased anxiety during this strange time. It presents an opportunity to refine awareness, compassion, and reflection in our daily life.

For more info, click [here](#)

**8. Virtual Social or Cultural Activity**

**Meditation and Trivia with Cultural Connections**

Join Cultural Connections on Friday, April 8th from 3:00pm-4:00pm on Zoom for Meditation and Trivia! Meeting ID is 229-965-024 and Password is 654361 to join.

Questions? Ask on Instagram, @culturalconnectionsualbany or email uaculturalconnections@gmail.com

**Virtual Concert: Gustaf, Hubert Lenoir**

World Cafe and Royal Mountain "World Tour:" Gustaf, Hubert Lenoir
Time: 7 p.m. ET
To visit, click [here](#)

**Basic protective measures against the new coronavirus from WHO**

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others.

For more info, click [here](#)