

ISSS GLOBAL NEWSLETTER

October 11, 2009

CONTENTS

1. Announcements

P.E.O. International Peace Scholarship for Women Graduate Students
Important Announcement about Shopping Carts

2. Upcoming Events

International Student Brunch
Etiquette Dinner

3. ISSS Trips & Activities

Letchworth State Park at Your Own Pace
Guided Hike at Letchworth State Park

4. ISSS Workshops

“Know Your Rights”/ Q&A with Immigration & Customs Enforcement Officers
“A Peaceful Mind: How to Manage Your Stress”
“Travel USA”

5. Academics & Study Skills Workshops

“Grades Guaranteed”

6. Career Workshops

“So You Want to Be a Doctor, Dentist, Vet, Optometrist, Podiatrist or Chiropractor”
“UB Law School Information Session”
“Psychology Majors: Career Success Strategies”
“Job Searching/Networking in Today’s Tough Economy”

7. Wellness & Recreation

“Money Management for Students”
“Plan Your Quit: A Smoking Cessation Workshop”
“Long Distance Love: Relationships While Apart”

“40 Financial Tips Every College Student Should Know”
“Cultural Cooking Series: Part II”

8. Leadership Workshops

“How to Work in a Team”

P.E.O. INTERNATIONAL PEACE SCHOLARSHIP FOR WOMEN GRADUATE STUDENTS

Believing that education is fundamental to world peace and understanding, members of the P.E.O. Sisterhood contribute funds for the purpose of providing scholarships for selected women from other countries to study in the United States or Canada. Such women must pursue graduate degrees, have a full year of course work remaining, and submit a witnessed statement certifying that, upon completion of their degree programs, they will return to their countries within sixty days, depending on their visa status, to pursue their professional careers. The maximum amount of the award is \$10,000 annually. An applicant selected to receive a scholarship shall be required to agree to repay any scholarship moneys received if she fails to return to her home country upon completion of her terminal degree program.

Interested women must apply for eligibility by December 15, 2009 and, if eligible, submit their applications to the P.E.O. by January 31, 2010. Awards are announced on May 1, 2010. Eligibility forms may be picked up in ISSS, 210 Talbert Hall, North Campus or downloaded from the P.E.O. website at www.peointernational.org. (Click on “About P.E.O. and Its Projects” and scroll down to IPS.)

Interested women are encouraged to inform Maxine Vesper (Tel. 689-4762) of their decision to apply as she tries to keep in contact with the students in order to help them with their application, if needed. **Quite a few UB international students have been awarded these scholarships so we urge you to apply!**

IMPORTANT ANNOUNCEMENT ABOUT SHOPPING CARTS

On November 1, 2009, a new law making it illegal to remove shopping carts from store property without the written permission of the store manager will go into effect. This law also sets a fine of \$100 for anyone who violates it.

INTERNATIONAL STUDENT BRUNCH

The International Committee of the UB Women's Club invites you and your family to their Brunch and Social Hour on Tuesday, October 20. The lunch will be from 11:00-1:00 in Student Union 210. Come enjoy a delicious (and free!) meal and meet new friends!

ETIQUETTE DINNER

Stumped by which fork, knife, and glass to use at a business dinner? Don't embarrass yourself and lose your chance at getting the job offer. Attend this informative program where you'll learn the correct way to handle yourself and the silverware too! Dinner includes soup, salad, chicken or vegetarian option and dessert. The menu is subject to change.

You must pre-pay and pre-register to attend this event by going to Career Services, 259 Capen Hall by October 14. The \$10 fee may be paid by cash, check, credit card, Campus Cash, Dining Dollars or UB meal plan. Questions? Contact Emily Chabala at 645-4623 or kustreba@buffalo.edu.

Date: Wednesday, October 21
Time: 5:00-7:00 p.m.
Place: Bert's, Talbert Hall (Ground Floor)
Sign-Up Deadlines: Wednesday, October 14

ISSS TRIPS & ACTIVITIES

LETCHWORTH STATE PARK AT YOUR OWN PACE

Join ISSS for a trip to Letchworth State Park, where you can walk on nature trails, witness the beautiful autumn leaves changing colors and explore the park at your own pace. The park is often called the "Grand Canyon of the East" because of its fantastic geography. After visiting the park, we will have a tour of an apple orchard and visit its country store. Come experience the natural beauty of western New York State. Hopefully, we will see leaves changing to spectacular shades of gold, orange and red!

Date: Saturday, October 17
Meeting Time: 9:00 a.m. (Flint Loop, North Campus)
Return Time: 6:00 p.m. (Flint Loop, North Campus)
Reservation Deadline: 2:00 p.m. on Thursday, October 15

Cost: \$13 (for transportation, park admission, apple orchard tour)
What to Bring: picnic lunch, water, rain gear

To sign up, pick up a reservation form in our office or download it from www.buffalo.edu/intlservices/documents/LetchworthParkSelf-Paced2009.pdf and return it with the \$13 non-refundable fee to ISSS, 210 Talbert Hall. We accept only cash and ask you to bring exact change.

GUIDED HIKE IN LETCHWORTH STATE PARK

Join ISSS for a guided 7-mile hike at Letchworth State Park, where we will walk on nature trails and witness the beautiful autumn leaves changing colors. The park is often called the “Grand Canyon of the East” because of its fantastic geography. Come enjoy the natural beauty of western New York State. Hopefully, we will see leaves changing to spectacular shades of gold, orange and red!

Date: Saturday, October 17
Meeting Time: 8:00 a.m. (Flint Loop, North Campus)
Return Time: 6:00 p.m. (Flint Loop, North Campus)
Reservation Deadline: 2:00 p.m. on Thursday, October 15
Cost: \$20 (for transportation, park admission)
What to Bring: picnic lunch, water, rain gear

To sign up, pick up a reservation form in our office or download it from www.buffalo.edu/intlservices/documents/LetchworthParkGuidedHike2009.pdf and return it with the \$20 non-refundable fee to ISSS, 210 Talbert Hall. We accept only cash and ask you to bring exact change. This trip is limited to 30 people so don't delay!

ISSS WORKSHOPS

“Know Your Rights” / Q&A with Immigration & Customs Enforcement Officers
Wednesday, October 14
3:30-5:00
Clemens Hall 120, North Campus

Do you know your rights as a nonimmigrant in your house, on the street and during a traffic stop? Do you know what happens if you fall out of immigration status or travel without immigration documents and what your options are if you are caught? This session discusses immigration law and policies that apply from the arrest of a nonimmigrant through detention and immigration court to departure from the U.S. Come find out about the role of Border Patrol and Immigration & Customs Enforcement, removal hearings, posting bond and relief against removal.

Presenters: Sophie Feal, Esq., Supervising Immigration Attorney, Erie County Bar Association Volunteer Lawyers Project, Inc. / Keara Jamieson, Special Agent & Christopher Alessandra, Acting Group Supervisor--SEVIS Investigations, Immigration & Customs Enforcement, Department of Homeland Security; Gregory Barbagallo, Patrol Agent in Charge, Border Patrol, Customs & Border Protection, Department of Homeland Security

“A Peaceful Mind: How to Manage Your Stress”

Thursday, October 15

12:30-1:30

Capen Hall 31, North Campus

Are you feeling overwhelmed? Have you become easily irritated, sad or indecisive? Do you notice any muscle tension, headache, difficulty sleeping, loss of concentration or inability to think things through? If you are experiencing any of the above and your doctor told you that you are physically fine, you may be under a lot of stress. This workshop will help you recognize signs of stress and learn strategies to manage it.

Presenter: Xuhua Qin, Staff Psychologist, Counseling Services, UB

“Travel USA”

Wednesday, October 21

4:00-5:00

Capen Hall 31, North Campus

This workshop is geared toward inexperienced travelers who want to explore the U.S. while having fun, learning and sticking to a low budget. Participants will be introduced to hostelling, and learn travel tips and tricks from an experienced traveler.

Presenter: Erin Cooke, Hostelling International--Niagara Frontier Council

ACADEMICS & STUDY SKILLS WORKSHOPS

“Grades Guaranteed”

Thursday, October 15

1:00-1:50

Norton Hall 111, North Campus

Having academic difficulty? This workshop will assist you in identifying the root cause and making the appropriate adjustments in order to achieve academic success.

Presented by Student Advising Services, UB

CAREER WORKSHOPS

“So You Want to Be a Doctor, Dentist, Vet, Optometrist, Podiatrist or Chiropractor”

Wednesday, October 14

11:00-11:50

Norton Hall 111, North Campus

If you are a freshman or sophomore, or perhaps are just beginning to explore these health professions, come learn what you can be doing NOW to prepare and become a competitive applicant for admission to a professional health school.

Presented by Student Advising Services, UB

“UB Law School Information Session”

Wednesday, October 14

4:00-4:50

Student Union 145A, North Campus

Come learn about the University at Buffalo Law School. Admissions officers will present on the application process, admissions, the curriculum, student life, and post-law school opportunities. This is an invaluable event for anybody interested in UB’s Law School and wishing to hear directly from law school representatives. Please RSVP for this event by e-mailing Jon at bonebrak@buffalo.edu by October 12.

Presented by Student Advising Services, UB

“Psychology Majors: Career Success Strategies”

Thursday, October 15

3:30-4:30

Student Union 145A, North Campus

This workshop will help you assess yourself and your interests, and give you strategies to explore a variety of options that you may have never considered. Come find out how you can use your psychology major to find the job, career, internship or graduate school program of your dreams. Participants are encouraged to bring their laptop or other web access device to the workshop.

Presented by Career Services, UB

“Job Searching/Networking in Today’s Tough Economy”

Monday, October 19

4:00-5:00

Norton Hall 17, North Campus

Looking for a job? Don't be discouraged by the state of the economy. Learn how to effectively use networking strategies as well as BullsEye, your on-line Career Services account at www.ub-careers.buffalo.edu. Participants are encouraged to bring their laptop or other web access device to the workshop.

Presented by Career Services, UB

WELLNESS & RECREATION

“Money Management for Students”

Tuesday, October 13

2:30-3:30

Student Union 317, North Campus

Learn about controlling spending, creating a savings habit, dealing with debt, protecting your identity and managing risk. When you know how to take control of your money, you will be better prepared to achieve your goals and have enough money to make them a reality.

Presented by Student Academic Records & Financial Services, UB

“Plan Your Quit: A Smoking Cessation Workshop”

Wednesday, October 14

4:00-5:00

Student Union 317, North Campus

Are you thinking about quitting smoking? Come explore your own connection with smoking. Reflect on the benefits of continuing to smoke and the benefits of quitting, as we assist you to create a personal plan to cut back and quit for good. A link to free nicotine replacement gum, lozenges or patches will also be provided.

Presented by Wellness Education Services, UB

“Long Distance Love: Relationships While Apart”

Wednesday, October 14

5:00-6:00

Student Union 145E, North Campus

Long distance relationships can be stressful and confusing. We'll discuss the unique challenges involved and offer suggestions for improving your relationship despite the physical distance between you and your significant other.

Presented by Counseling Services, UB

“40 Financial Tips Every College Student Should Know”

Thursday, October 15

2:30-3:30

Student Union 317, North Campus

Think of this workshop as your crash course in personal finance. We will discuss checking accounts, financial aid, jobs, residence life, cutting expenses, credit, debt and savings.
Presented by Student Academic Records & Financial Services, UB

“Cultural Cooking Series: Part II”

Thursday, October 15

5:30-7:30

Community Building, South Lake Village

Get inspired to try new foods and new ways of cooking! Student instructors will highlight a different ethnic cuisine each month. Level of demonstration and hands-on participation may vary. Please register for this workshop at workshops.buffalo.edu. Please also be sure to notify the instructor of any food allergies you have.

Presented by Wellness Education Services, UB

LEADERSHIP WORKSHOPS

“How to Work in a Team”

Wednesday, October 14

6:00-7:00 p.m.

Student Union 235, North Campus

Learn how to be a valuable team player and motivate others. We’ll talk about how to enhance the cohesiveness of a group, and we’ll share tools, including interactive games, that promote team-building.

Presented by Student Leadership & Community Engagement, UB