

ISSS GLOBAL NEWSLETTER

November 9, 2009

CONTENTS

1. Announcements
International Student Brunch
2. ISSS Workshops
“F-1 Employment Authorization: Curricular & Optional Practical Training”
3. Academics & Study Skills Workshops
“How to Register for Classes”
“Study Skills and Strategies”
“Strategies to Finding Nationally Competitive Scholarship and Fellowship Opportunities”
4. Career Workshops
“Pharmaceutical Sales/Medical Supplies Industries: Panel Discussion”
“So You Want to Be a Doctor, Dentist, Vet, Optometrist, Podiatrist or Chiropractor”
“Securing a Technical Internship”
5. Wellness & Recreation
“25 Tips to Stretch Your Dollars”
“Be a Real Man: How Do Gender Roles Impact College Men?”
“Plan Your Quit: A Smoking Cessation Workshop”
“Money Management for Students”
6. Leadership Workshops
“Volunteering and Civic Engagement -- What’s the Difference?”
“Public Speaking”
7. Diversity Workshops
“Diversity Institute: Part II”

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, November 10. The lunch will be from 11:00-1:00 in Student Union 210. Come enjoy a delicious (and free!) meal and meet new friends!

ISSS WORKSHOPS

“F-1 Employment Authorization: Curricular & Optional Practical Training”

Thursday, November 12
3:30-4:45
Capen Hall 31, North Campus

Learn the differences between Curricular Practical Training (CPT) and Optional Practical Training (OPT), and how to apply for these F-1 employment authorization benefits. Discuss the 17-month OPT extension rule, travel restrictions and other concerns.

Presenters: Eric Comins, Diane Hardy and Jessica Ereiz, International Student & Scholar Services, UB

ACADEMICS & STUDY SKILLS WORKSHOPS

“How to Register for Classes”

Tuesday, November 10
3:30-4:20
Norton Hall 17, North Campus

We'll show you how to use the undergraduate catalog and DARS as planning tools, the class schedule to find courses, and the web registration system to sign up for courses. We will also look at when the semester's grades will be posted, and discuss why schedules should possibly be adjusted, based on grades.

Presented by Student Advising Services, UB

“Study Skills and Strategies”

Tuesday, November 10
4:00-5:00
Park Hall 275, North Campus
Thursday, November 12
2:30-3:20
Norton Hall 111, North Campus

We will discuss ways in which you can increase your retention and eventual recall of information using a variety of study tools and techniques.

Presented by Student Advising Services and the College of Arts & Sciences, UB

“Strategies to Finding Nationally Competitive Scholarship and Fellowship Opportunities”

Wednesday, November 11

4:00-5:00

Norton Hall 17, North Campus

We’ll introduce you to various national and international scholarships and fellowships. These awards provide undergraduate and graduate funding to outstanding students. Learn about strategies you can follow to maximize your success in pursuing these opportunities.

Presented by the Undergraduate Academies, UB

CAREER WORKSHOPS

“Pharmaceutical Sales/Medical Supplies Industries: Panel Discussion”

Tuesday, November 10

5:30-6:30

Student Union 145A, North Campus

Growing industries such as pharmaceutical sales and medical supplies offer a variety of career and internship opportunities for all types of applicants. This panel discussion will feature professionals working in these fields from a variety pharmaceutical and medical backgrounds. Learn how you can prepare now for your future.

Presented by Career Services, UB

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

Wednesday, November 11

3:00-3:50

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

“Securing a Technical Internship”

Thursday, November 12

12:30-1:30

Student Union 145A, North Campus

Interested in finding a spring or summer internship? Well, now is the time to begin your search. Learn about different strategies to search for and secure an internship. Don’t wait until the last

minute to gain an important educational experience; start your professional career off with a challenging internship!

Presented by Career Services, UB

WELLNESS & RECREATION

“25 Tips to Stretch Your Dollars”

Tuesday, November 10

2:30-3:30

Student Union 330, North Campus

Discover quick tips to help you stretch your money and leave college with manageable debt. We'll look at how you can save on food, rent, expenses, gifts and entertainment.

Presented by Student Academic Records & Financial Services, UB

“Be a Real Man: How Do Gender Roles Impact College Men?”

Tuesday, November 10

4:00-5:00

Student Union 145E, North Campus

Ever wonder about the societal expectations that are often placed on men? Are you concerned about how these expectations might affect both men and women? In this workshop, men and women can learn about and discuss some of the common challenges facing college men with regard to gender roles and the ideas of masculinity.

Presented by Counseling Services, UB

“Plan Your Quit: A Smoking Cessation Workshop”

Wednesday, November 11

12:00-1:00

Student Union 235, 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 in creating 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

“Money Management for Students”

Friday, November 13

2:00-3:00

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

LEADERSHIP WORKSHOPS

“Volunteering and Civic Engagement - What’s the Difference?”

Tuesday, November 10

4:30-5:30

Student Union 235, North Campus

Learn about volunteering as a means of being a civically engaged leader. If you want to explore the concepts of activism, advocacy and servant leadership, and the importance of being an active community member, then this workshop is for you.

Presented by Student Leadership & Community Engagement, UB

“Public Speaking”

Thursday, November 12

5:30-6:30

Student Union 235, North Campus

This workshop will provide you with tips for effective public speaking, tricks for overcoming your fears, and techniques to help you perform at your best.

Presented by Student Leadership & Community Engagement, UB

DIVERSITY

“Diversity Institute: Part II”

Saturday, November 14

10:00-2:00

Student Union 240, North Campus

Join us for a guided discussion of topics of race, ethnicity, class, gender and other issues relevant to social justice. Students, faculty and staff will converse about inequality in our world and how that affects the perspective of both the individual and the larger culture. We will address questions such as: How does the world look through your cultural lens? What are privilege and oppression, and how do they operate in our society? How do class, gender and race impact our lives? How do you have a “courageous conversation”? The Diversity Institute is a 2-part program. You may register for either or both parts. UB students attending both Parts I and II may receive a Diversity Institute Certificate.

Presented by the Intercultural & Diversity Center, UB