ISSS GLOBAL NEWSLETTER: INTERNATIONAL STUDENT ORIENTATION WORKSHOPS

August 8, 2009

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FALL 2009 INTERNATIONAL STUDENT ORIENTATION
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Our Fall 2009 orientation program will be held from Sunday, August 23 - Friday, August 28. In this newsletter, we would like to inform you about the workshops that will take place during the orientation program. Please note that not all of the workshops at International Student Orientation are described below. The complete schedule is available at: www.buffalo.edu/intlservices/documents/Fall2009norooms.pdf

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INTERNATIONAL STUDENT ORIENTATION WORKSHOPS
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The following workshops are described below:

"Bank Accounts: What You Should Know"
"Cell Phone Accounts"
"Protecting Yourself: What You Should Know"
"On-Campus Employment"
"Social Security Information Session"
"How to Stay Healthy in a Fast Food Culture"
"What Your Graduate Student Association Can Do for You"
"Tips for International Teaching & Research Assistants"
"Shopping for Bargains"
"Great Things to Know about Buffalo"
"UB Recreation Services"
"Public Transportation in Buffalo"
"Your UB Card: Meal Plans, Etc."
"Life in the Residence Halls"
"Understanding UB: Rules & Regulations"
"Dating: Cultural Differences & U.S. Laws . . . What You Should Know"
"How to Get a NYS Driver's License"

“Bank Accounts: What You Should Know”
Sunday, August 23
1:00-2:00
Knox Hall 104
Monday, August 24
9:30-10:30
Knox Hall 104

This workshop will inform you about terminology used in banking, different types of banking accounts, features of checking accounts, types and uses of credit and debit cards, and how to write a check, interpret a bank statement and protect yourself from fraud.
Presenters: Josephine Dasta, Bank of America; Aimee Kornowicz, HSBC Bank; Nick Gentile, M&T Bank

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“Cell Phone Accounts”
Sunday, August 23
2:15-3:15
Knox Hall 104
Monday, August 24
10:45-11:45
Knox Hall 104

This workshop will inform you about cell phone terminology, features of cell phone accounts, service plans and hidden charges.
Presenters: David Schenk, AT&T; Ilene Dyson, Sprint;

“Protecting Yourself: What You Should Know”
Sunday, August 23
3:30-4:45
Knox Hall 104
Monday, August 24
1:30-2:45
Knox Hall 104

This workshop will provide useful tips and strategies to protect you, your belongings and your apartment. The suggestions are easy to follow and will increase your feelings of safety and security.
Presenters: Diane Hardy, International Student & Scholar Services, UB / James Guy, Environment, Health & Safety Services, UB

“On-Campus Employment”
Monday, August 24
2:30-3:30
Knox Hall 20

This workshop will give you an overview of the on-campus work environment. It will help you develop a plan and strategies to network on-campus in order to find employment that is meaningful to your academic pursuits.
Presenter: Megan Pendergast, Career Services, UB

"Social Security Information Sessions"
Tuesday, August 25
10:30-11:30
Knox Hall 104
Wednesday, August 26
10:30-11:30
Knox Hall 104

This session is for students who have written job offer. Attendance at this session is required of any student who wishes to apply for a Social Security Card at the Social Security Application Processing Session during International Student Orientation. Come find out how to fill out the Social Security application and supplemental form, what documents to bring, what to do if you haven't found housing yet and much more.
Presenter: Ellen Dussourd, International Student & Scholar Services, UB

"How to Stay Healthy in a Fast Food Culture"
Tuesday, August 25
2:00-2:45
Knox Hall 110

Come find out how smart food choices and a balanced lifestyle can help keep you healthy. Learn tips for navigating the U.S. food supply and managing stress.
Presenter: Janice Cochran, Wellness Education Services, UB

"What Your Graduate Student Association Can Do for You"
Tuesday, August 25
2:45-3:30
Knox Hall 104

All graduate students are invited to meet their Graduate Student Association officers and find out what the GSA can do for them.
Presenter: Will Duffy, Graduate Student Association, UB

"Tips for International Teaching & Research Assistants"
Tuesday, August 25
3:30-4:30
Knox Hall 104

Find out about common problems faced by International TA's and RA's, and ways to handle them. This workshop aims to prepare you for your first teaching assignment in U.S. classrooms and research work in UB labs.
Presenters: UB International Teaching and Research Assistants

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"Shopping for Bargains"
Tuesday, August 25
5:30-6:00
Knox Hall 104

This workshop will give you tips for saving money at supermarkets, show you how to take advantage of second-hand shops and inform you about other ways to save money as you shop.
Presenter: Diane Hardy, International Student & Scholar Services, UB

"Great Things to Know about Buffalo"
Wednesday, August 26
1:00-2:00
Knox Hall 110

Learn interesting things about your new home in the U.S. . . . Buffalo! A representative from the Buffalo Niagara Convention & Visitor's Bureau will show a video about the city, discuss some of Buffalo's proud history, and tell you about the great things that Buffalo and the Western New York Region have to offer you.
Presenter: Denise Drews, Buffalo Niagara Convention & Visitors Bureau

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"UB Recreation Services"
Wednesday, August 26
2:00-2:45
Knox Hall 110

Come hear about the services that Recreation & Intramural Services provides to students. Information detailing programs, activities and hours of operation will be discussed as well.
Presenter: Cameron Lewis, Informal Recreation, Division of Athletics, UB

"Public Transportation in Buffalo"
Wednesday, August 26
2:45-3:30
Knox Hall 104

Come learn how to use Buffalo's public transportation system (bus and train), which is called the NFTA (Niagara Frontier Transportation Authority). Walking, bicycle riding and UB's shuttle service will also be discussed.
Presenters: Sami Hanna, Graduate Assistant, International Student & Scholar Services, UB; Anna Peryea-Sotelo, Wellness Education Services,UB

"Your UB Card: Meal Plans, Etc."
Wednesday, August 26
3:30-4:30
Knox Hall 110

Come find out about dining plans, Campus Cash/Dining Dollars, your UB Card, where to eat and shop on campus, how to buy room supplies, storing your stuff during breaks and much more.
Presenter: Charles Orcutt, Campus Dining and Shops, UB

"Life in the Residence Halls"
Wednesday, August 26
4:30-5:15
Knox Hall 104

This workshop will answer your initial questions about life in the residence halls. It will discuss phone and mail service, security in the halls, the use of your UB card to buy meals on campus and where to go to resolve problems with your room.
Presenter: Kevin Ahuna, University Residence Halls & Apartments, UB

"Understanding UB: Rules & Regulations"
Thursday, August 27
9:00-10:00
Knox Hall 110

This workshop will discuss UB policies on alcohol use, academic cheating, sexual harassment, computer abuse, and traffic and parking violations, and consequences to these actions.
Presenter: Todd Kamenash, Student Judicial Affairs, UB

"Dating: Cultural Differences & U.S. Laws...What You Should Know"
Thursday, August 27
10:00-11:00
Knox Hall 110

Learn what is acceptable and which behaviors are illegal as they pertain to interpersonal relationships. Find out about cultural differences in dating.
Presenter: Jane Fischer, Health Education & Human Services, UB / UB International Students

"How to Get a NYS Driver's License"
Thursday, August 27
4:15-5:15
Knox Hall 110

Come find out the requirements and procedures for getting a New York State driver's license. You will learn which types of identification are necessary and the steps to follow in applying for the license.
Presenter: Eric Comins, International Student & Scholar Services, UB