

# ISSS GLOBAL NEWSLETTER

September 18, 2009

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LATIN GRADUATE STUDENT ASSOCIATION MEETING  
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The first Latin Graduate Student Association (LGSA) meeting will be held on Friday, September 18 at 6:00 p.m. The meeting will be outdoors by the fountain located in The Commons.

All graduate students interested in social interaction and knowledge of Latin American culture are welcome to join the group. Please bring ideas on different activities to share with the group.

If you have any questions or are interested in joining the group but cannot attend the first meeting, please contact LGSA at [mdcarpio@buffalo.com](mailto:mdcarpio@buffalo.com).

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UNIVERSITY STUDENT ALUMNI BOARD SCHOLARSHIP ANNOUNCEMENT  
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The University Student Alumni Board (USAB), student affiliate of the UB Alumni Association, is currently seeking applicants for the annual J. Scott Fleming Scholarship Awards, a \$500 student-to-student scholarship program funded solely by USAB’s fundraising efforts throughout the year.

Up to four full-time undergraduate, graduate or professional students at UB will receive this great honor. Any student who has demonstrated a commitment, through his/her extra-curricular and volunteer activities, to promoting student involvement and enhancing the student experience at UB is invited to apply. Self-nominations are required.

The application must be received by Friday, October 16, 2009 at 12:00 p.m. in 103 Center for Tomorrow, North Campus. Download an application from the scholarship program website ([www.alumni.buffalo.edu/](http://www.alumni.buffalo.edu/)) or apply online at the website. Please direct any questions to [usab-scholarship@buffalo.edu](mailto:usab-scholarship@buffalo.edu).

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UB TOASTMASTERS CLUB SPECIAL OFFER  
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Since 1924, Toastmasters International has helped men and women become more confident in front of an audience. They improve their communication skills by learning to effectively formulate and express their ideas so they can be more persuasive and confident when giving presentations, and improve their one-on-one dealings with others. The environment is friendly and supportive, and the self-paced program allows members to build confidence with each

speaking assignment. Constructive evaluation is the heart of the Toastmasters program. Each time a member gives a prepared speech, an evaluator points out strengths and suggests improvements. At first, members are applauded for your effort; later they're applauded for their skill.

The UB Toastmasters Club is donating one six-month membership (October 1-March 31) to one UB international student. The membership includes attendance at club meetings for six months, and new member books and materials.

The UB Toastmasters Club meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at 6:00 p.m. in O'Brian 210.

If you are interested in applying for the free six-month membership, go to ISSS, Talbert Hall 210 on Monday, September 21 (Note: Applications will not be accepted before that date).

For more information about Toastmasters, visit <http://ubclub.freetoasthost.ws/>.

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**SPECIAL UB STUDENT MEMBERSHIP OFFER: ADIRONDACK MOUNTAIN CLUB**  
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Do you enjoy hiking, bicycling, canoeing, backpacking, cross-country skiing and snowshoeing? If so, consider joining the Adirondack Mountain Club (ADK), a nonprofit membership organization that protects wild lands and waters through a balanced approach of conservation and advocacy, environmental education, and responsible recreation. For more information about ADK, visit [www.adk.org/home-flash.aspx](http://www.adk.org/home-flash.aspx).

A private donor in Buffalo has offered to subsidize the membership of any UB student who joins ADK from August 1, 2009 – July 31, 2010. The Student Membership fee will therefore be \$10 (instead of \$40). If you are interested, come to ISSS, Talbert Hall 210 to sign up beginning on Monday, September 21 (Applications will not be accepted before that date). Note: If you contact ADK directly, you will have to pay \$40.

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**GET-TOGETHER FOR INTERNATIONAL STUDENTS & THEIR SPOUSES OR PARTNERS**  
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Are you a UB international student who is married or partnered? If so, you are invited to a “get-together” for you, your spouse or partner, and your children. (Free babysitting will be provided.) Come enjoy free food and prizes, and learn about topics such as day care, public schools, the U.S. health care system, health insurance, transportation, free or fee-based English classes, volunteer opportunities, UB’s Counseling Services and the UB Women’s Club.

Date: Friday, September 25  
Time: 3:00-6:00 p.m.  
Place: Student Union 210, North Campus

This event is organized by the UB Student Wellness Team and Office of International Student & Scholar Services. For more information, please contact Xuhua Qin at [xuhuaqin@buffalo.edu](mailto:xuhuaqin@buffalo.edu) and Anna Sotelo-Peryea at [acperyea@buffalo.edu](mailto:acperyea@buffalo.edu).

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ISSS TRIPS & ACTIVITIES  
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PICK-YOUR-OWN FRUIT & HISTORICAL FARM TOUR  
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Join the Offices of International Student & Scholar Services and Wellness Education Services as we visit a local farm where you can pick apples, plums, pumpkins, peppers, etc. We will take a tour of the farm, which will cover the historical role the farm played as part of the Underground Railroad in the 1800's. We will also learn about apple farming and apple cider making, and see some farm animals. Please bring your own lunch, as the farm has a very nice picnic area where we can eat between the tour and fruit-picking time.

Date: Saturday, September 26  
Meeting Time: 8:45 a.m. (Flint Loop, North Campus)  
Return Time: 4:00 p.m.  
Cost: \$17 (for bus fare and tour) + ??? (for any fruit you pick)  
Bring: Good walking shoes, extra spending money and lunch

To sign up, download a flyer from [www.buffalo.edu/intlservices/documents/FruitPickingandHistoricalTour2009.pdf](http://www.buffalo.edu/intlservices/documents/FruitPickingandHistoricalTour2009.pdf) or pick one up in Talbert Hall 210, North Campus. Fill out the reservation slip, and bring it and the nonrefundable trip fee to ISSS. We accept only cash and urge you to bring exact change. Spaces are limited, so do not wait!

For interactive information on the Underground Railroad, please visit: [www.nationalgeographic.com/railroad/](http://www.nationalgeographic.com/railroad/)

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ADVENTURE HIKE NEAR NIAGARA FALLS: WHIRLPOOL FLATS  
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This guided hike will descend to the base of the Niagara Gorge at Whirlpool State Park and continue upriver across rocks and boulders. This is a challenging hike which may not be appropriate for those who simply want to take a nature walk. **Be sure you are physically**

**prepared and dressed appropriately for this hike. Note: Quality hiking boots/shoes are required!**

Date: Saturday, October 3

Meeting Time: 9:00 a.m. (Main Loop, South Campus) / 9:15 a.m. (Flint Loop, North Campus)

Cost: \$11 for round-trip transportation and guided hike (*non-refundable*)

Return Time: 2:30 p.m.

Sign-Up Deadline: 2:00 p.m., Friday, October 2 (*or until sold out*)

To sign up, download a flyer at

[www.buffalo.edu/intlservices/documents/WhirlpoolFlatsGuidedHike2009.pdf](http://www.buffalo.edu/intlservices/documents/WhirlpoolFlatsGuidedHike2009.pdf) or pick one up in Talbert 210, North Campus, fill it out and return it with the \$11 non-refundable fee to ISSS. We accept only cash and ask you to bring exact change. Spaces are limited, so do not wait!

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#### ISSS WORKSHOPS

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#### **“Car Insurance 101: How to Choose It & What to Do If You Have an Accident”**

Monday, September 21

4:00-5:30

Clemens 120, North Campus

Learn what types of insurance coverage are available, how they differ, what the State of New York requires and what to do if you have an accident.

*Presenter: Jeffrey Rakas, American Automobile Association (AAA)*

#### **“Oh Canada! Essential Facts about Visiting, Living and Working There”**

Thursday, September 24

3:30-5:00

Clemens Hall 120, North Campus

Are you interested in visiting Canada or even living and working there someday? This workshop will provide information on Canadian immigration law and procedures. Find out about visitor visas, working temporarily in Canada and applying for immigration to Canada.

*Presenter: Martha Hassenfratz, Canadian Consulate General, Buffalo*

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#### ACADEMICS & STUDY SKILLS WORKSHOPS

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#### **“Winning Through Connections”**

Tuesday, September 22

12:00-12:50

Wednesday, September 23

1:00-1:50

Norton Hall 111, North Campus

This workshop will help first-year students enhance their chances of success by connecting them with key people and places on campus. Students will become aware of how to establish working relationships with faculty/staff, access on-campus employment, identify tutors and connect with peers.

*Presented by Student Advising Services, UB*

**“How to Use the Taurus Website”**

Tuesday, September 22

12:30-1:00

Student Union 210, North Campus

What is TAURUS? Attend this workshop for tips on using [www.aurus.buffalo.edu](http://www.aurus.buffalo.edu) to search for UB’s articulation of transfer course equivalencies, by school and by UB course. You’ll learn how to search and get answers to your questions about TAURUS. Register via: [www.workshops.buffalo.edu](http://www.workshops.buffalo.edu).

*Presented by Transfer & Articulation Services, UB*

**“What to Expect in American Classrooms”**

Tuesday, September 22

1:00-2:00

Student Union 250, North Campus

International students, we will discuss cross-cultural differences in classroom atmosphere, interaction with classmates, the student relationship with instructor/advisor, and philosophy of education. Come share your experiences and observations, get support from facilitator(s) and other participants, and learn about strategies and resources that will help you academically and culturally.

*Presented by Counseling Services, UB*

**“Study Skills and Strategies”**

Thursday, September 24

3:00-3:50

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, UB*

**“Coping with Test Anxiety”**

Thursday, September 24

6:00-7:00 p.m.

Student Union 145E, North Campus

If you go blank or get tense when taking exams, this workshop is for you. Come learn to manage anxiety more effectively so you can improve your performance on upcoming exams.

*Presented by Counseling Services, UB*

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### CAREER WORKSHOPS

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#### **“Securing a Technical Internship”**

Tuesday, September 22

3:30-4:30

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*

#### **“Engineering Resumania”**

Wednesday, September 23

11:00-3:00

Capen Hall 259, North Campus (**Note: New location is 259 Capen Hall**)

Get your resume in shape! Be ready for the Fall Tech Job Fair on Wednesday, October 14. For more information on the Fair itself, please see Career Services' "Events" Calendar at [www.ub-careers.buffalo.edu](http://www.ub-careers.buffalo.edu).

*Presented by Career Services, UB*

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

Wednesday, September 23

4:00-4:50

Norton Hall 17, 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*

#### **“How to Make the Most of a Job Fair”**

Thursday, September 24

3:30-4:30

Student Union 145A, North Campus

Planning to attend the Tech Job Fair on Wednesday, October 14? Find out how to make this face-to-face opportunity with potential employers work to your advantage. Learn ways to prepare, tips for the day of the job fair, and how to follow up afterwards.

*Presented by Career Services, UB*

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## WELLNESS & RECREATION

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### **“Understanding Your Credit”**

Tuesday, September 22

2:30-3:30

Student Union 317, North Campus

This workshop, focused primarily on credit cards, is designed to help students understand the advantages and disadvantages of credit, the costs associated with using credit, the danger signs of “credit stress” and the importance of maintaining a good credit history.

*Presented by Student Academic Records & Financial Services, UB*

### **“Getting Connected: Friendships at UB”**

Tuesday, September 22

4:00-5:00

Student Union 250, North Campus

When new students look around, it may seem that everyone else is self-confident and socially successful. The reality is that everyone is having the same concerns. Developing new meaningful relationships takes time. Come to this workshop to explore ways of getting connected to others at UB.

*Presented by Counseling Services, UB*

### **“Plan Your Quit: A Smoking Cessation Workshop”**

Wednesday, September 23

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*