

ISSS GLOBAL NEWSLETTER

September 25, 2009

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TIPS FOR LIVING IN THE U.S.: HOW TO PROTECT YOUR CASH

It is never a good idea to carry on your person or keep in your home or car large amounts of cash. You should only carry or store as much cash as you will need for a few days or one week. Money that you will use for rent, tuition or fees should be kept in a bank account. In 2005, two UB international students lost large amounts of cash due to fire and theft. We do not want that to happen to you!

If for some reason you need large amounts of cash, you should purchase traveler’s checks since they can be replaced if lost, stolen, damaged or destroyed.

TIPS FOR LIVING IN THE U.S.: RENTER’S INSURANCE

Did you ever think about what you would do if you lost your belongings due to fire or if your possessions were stolen or damaged? You can protect yourself from loss due to fire or theft by purchasing renter’s insurance.

For information about what renter’s insurance covers, where to buy it, etc., please visit www.buffalo.edu/intlservices/pdf_files/RentersInsurance.pdf. Protect yourself! Learn about renter’s insurance today.

ISSS TRIPS & ACTIVITIES

WHIRLPOOL FLATS ADVENTURE HIKE NEAR NIAGARA FALLS

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 that may not be appropriate for those who simply want a nature walk. **Be sure you are physically prepared and dressed appropriately for the hike. Note: You will need good hiking boots or shoes.**

Date: Saturday, October 3

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

Return Time: 2:30 p.m.

Cost: \$11 (for bus fare and guided hike)

Sign-Up Deadline: 2:00 on Friday, October 2 (or until sold out)

To reserve a space on this trip, download a flyer from

www.buffalo.edu/intlservices/documents/WhirlpoolFlatsGuidedHike2009.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!

ISSS WORKSHOPS

“H-1B Visas: An Information Session”

Thursday, October 1

3:00-4:00

Capen Hall 31, North Campus

Are you a student who would like to know about work options after OPT? Come learn what an H-1B visa is, who is eligible for it, what the steps for obtaining an H-1B visa and so on.

Presenter: Oscar Budde, UB Immigration Services

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

Monday, October 5

4:00-5:15

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 & Jessica Kumro, International Student & Scholar Services, UB

“Crossing the Border: Your Rights and Responsibilities”

Thursday, October 8

12:30-2:00

Clemens Hall 120, North Campus

This workshop brings together an immigration attorney and Customs & Border Protection agents in an open discussion of the border-crossing process. It will provide specific information about entering the U.S. and practical do's and don'ts for crossing any international border.

Presenters: James D. Eiss, Esq., Law Offices of James D. Eiss, Buffalo / Kevin Corsaro & Keith Kanopa, Customs & Border Protection, Department of Homeland Security

ACADEMICS & STUDY SKILLS WORKSHOPS

“Alternative Credit”

Thursday, October 1
2:00-2:50
Norton Hall 111, North Campus

After enrolling at UB, students may be awarded credit toward their university degree through means other than UB coursework, such as proficiency examinations and military training. Alternative credit types accepted by UB may in some instances shorten the time required to complete a degree.

Presented by Student Advising Services, UB

“Funding Your Research”

Thursday, October 1
3:30-4:20
Capen Hall 12, North Campus

Money is available to students wishing to fund their research projects and creative endeavors. Come and learn the in’s and out’s of grant proposals-federal funding and UB support for your project.

Presented by the Center for Undergraduate Research & Creative Activities, UB

CAREER WORKSHOPS

“Resume Writing for a Job or Internship”

Tuesday, September 29
2:00-3:00
Capen Hall 259, North Campus

Learn how to construct and tailor your resume to that specific position that you want to land. We’ll focus on how you can best market yourself and get your foot in the door for an interview. If you cannot attend this workshop, please go to the following link to find an on-line video or audio workshop: www.ub-careers.buffalo.edu/olworkshops.php#res.

Presented by Career Services, UB

“The Law School Application Process”

Wednesday, September 30
3:00-3:50
Student Union 250, North Campus

We will discuss the entire law school application process, including timelines, academics, extracurricular activities, online application materials, financial aid, the LSAT, the Law School

Admission Council (LSAC) and the Law School Database Assembly Service (LSDAS), as well as researching schools, recommended courses, majors and reading.

Presented by Student Advising Services, UB

“Should I Go to Grad School?”

Wednesday, September 30

4:00-5:00

Capen Hall 259, North Campus

Have you thought about what you want to do after you graduate? One choice may be graduate school. Come learn about the planning and preparation that is needed in order to successfully research and select the right graduate program for you.

Presented by Career Services, UB

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

Thursday, October 1

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

“Interviewing for Technical Majors”

Thursday, October 1

3:30-4:30

Student Union 145A, North Campus

Nervous about what will happen at your first interview? Want to know how to make a great first impression with employers? Attend this workshop to learn how you can impress even the toughest of interviewers!

Presented by Career Services, UB

“How to Land a Graduate Assistantship”

Thursday, October 1

5:30-6:30 p.m.

Student Union 145D, North Campus

We'll examine the best strategies for landing a graduate assistantship and succeeding in that position. Topics will include how to find assistantships, preparation for the screening process and supervisors' expectations during your tenure.

Presented by Career Services, UB

WELLNESS & RECREATION

“Beware the Trails We Leave Behind: Preventing Identity Theft”

Tuesday, September 29

2:30-3:30

Student Union 317, North Campus

Many students generously share passwords, PINs, driver’s licenses and more, unaware of the threat that identity theft poses! This eye-opening workshop will provide you with facts about identity theft, tips for preventing it and steps to take if you become a victim.

Presented by Student Academic Records & Financial Services, UB

“40 Financial Tips Every College Student Should Know”

Wednesday, September 30

2:00-3:00

Student Union 330, 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

Pilates

Wednesdays, September 30 – November 4

4:00-5:00

Richmond Quad 271, Ellicott Complex, North Campus

Pilates is a series of exercises that enhance balance, and increase strength and flexibility in the body. Pilates is beneficial for coordination, posture and stress reduction.

Presented by Wellness Education Services, UB

Morning Yoga

Thursdays, October 1 - November 5

9:00-10:30

Student Union 210, North Campus

Drop in as often as you can. This morning yoga session is appropriate for all who wish to learn or practice hatha yoga techniques. Emphasis will be on practicing the sun salutation to energetically start your day. Dress comfortably and bring a yoga mat if you have one (not required).

Presented by Wellness Education Services, UB

Noon-Time Yoga

Mondays and Wednesdays, October 5 – November 11

12:30-1:30

Student Union 210, North Campus

Drop in as often as you can. This yoga session is appropriate for all who wish to learn or practice Hatha yoga techniques. We welcome all students, faculty and staff to attend. Dress comfortably and bring a yoga mat if you have one (not required).

Presented by Wellness Education Services, UB

Intro Yoga

Mondays, October 5 – November 9

4:00-5:00

Richmond Quad 271, Ellicott Complex, North Campus

Drop in as often as you can. This yoga session is appropriate for all who wish to learn or practice a variety of yoga techniques. We welcome all students, faculty and staff to attend. Dress comfortably and bring a yoga mat if you have one (not required).

Presented by Wellness Education Services, UB

Continuing Yoga

Mondays and Wednesdays, October 5 – November 11

5:15-6:15 p.m.

Richmond Quad 271, Ellicott Complex, North Campus

Drop in as often as you can. This yoga session is appropriate for all who wish to learn or practice a variety of yoga techniques. We welcome all students, faculty and staff to attend. Dress comfortably and bring a yoga mat if you have one (not required).

Presented by Wellness Education Services, UB

LEADERSHIP WORKSHOPS

“Time Management”

Wednesday, September 30

5:00-6:00

Student Union 235, North Campus

Do you find yourself wishing there were more hours in a day or more days in a week? Learn how to successfully juggle your multiple priorities while gaining a better understanding of why you choose certain activities over others.

Presented by Student Leadership & Community Engagement, UB

“Public Speaking”

Monday, October 5

3:00-4:00

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