

Fall 2009 Workshops for Students

INTERNATIONAL STUDENT AND SCHOLAR SERVICES
210 Talbert Hall, North Campus Tel: 645-2258 Fax: 645-6197
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Living on a Shoestring: How to Live Cheaply as a Student

Are you interested in learning ways to budget and save money while studying at UB? Would you like to find out how other students economize on food, books, transportation, entertainment and other items? Come hear UB students share their budgeting tactics and discuss creative ways to live cheaply in Buffalo.

Presenters: Diane Hardy and Jessica Kumro, International Student & Scholar Services / UB International Students

Thursday, September 17

3:30-4:30

Capen Hall 31, North Campus

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

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: Patrick Powers, AAA (American Automobile Association)

Monday, September 21

4:00-5:30

Clemens Hall 120, North Campus

Oh Canada! Essential Facts about Visiting, Living and Working There

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

Thursday, September 24

3:30-5:00

Clemens Hall 120, North Campus

H-1B Visas: An Information Session

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 are for obtaining an H-1 B visa and so on.

Presenter: Ellen Dussourd, International Student & Scholar Services, UB

Thursday, October 1

3:00-4:00

Capen Hall 31, North Campus

Friday, November 6

12:00-1:00

Capen Hall 31, North Campus

Monday, November 30

4:00-5:00

Capen Hall 31, North Campus

F-1 Employment Authorization: Curricular & Optional Practical Training

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 Kumro, International Student & Scholar Services, UB

Monday, October 5	4:00-5:15	Capen Hall 31, North Campus
Tuesday, October 27	12:30-1:45	Capen Hall 31, North Campus
Thursday, November 12	3:30-4:45	Capen Hall 31, North Campus
Friday, December 4	12:00-1:15	Capen Hall 31, North Campus

Crossing the Border: Your Rights and Responsibilities

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 & don't's for crossing any international border.

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

Thursday, October 8	12:30-2:00	Clemens Hall 120, North Campus
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Know Your Rights / Q&A with Immigration & Customs Enforcement Officers

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 and what your options are if you are caught? This session discusses immigration law and policies that apply from the arrest of an out-of-status nonimmigrant through detention and immigration court to departure from the U.S. Come find out about the role of 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, and Christopher Alessandra, Acting Group Supervisor--SEVIS Investigations, Immigration & Customs Enforcement, Department of Homeland Security

Wednesday, October 14	3:30-5:00	Clemens Hall 120, North Campus
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A Peaceful Mind: How to Manage Your Stress

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

Thursday, October 15	12:30-1:30	Capen Hall 31, North Campus
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Travel USA

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

Wednesday, October 21	4:00-5:00	Capen Hall 31, North Campus
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Immigration: A Guide to Work after Graduation

Are you interested in finding out about temporary business visa options other than H-1B and permanent residence options? Come expand your knowledge of visa categories. Learn when an immigration attorney is needed and how to choose one.

Presenter: Rosanne Mayer, Esq., Miller Mayer, LLP, Ithaca, New York

Thursday, October 29	3:30-5:00	Clemens Hall 120, North Campus
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Winter Driving

Do you know how to drive safely on snow and ice? Come learn safety tips for driving in the winter.

Presenter: American Automobile Association (AAA) Representative

Wednesday, November 4

4:00-5:00

Capen Hall 31, North Campus

Holidays Around the World: China

Over 100 countries are represented at UB. Have you ever wondered about the cultural, historical, political and religious holidays celebrated in other countries? Come listen to Chinese students present the origin, significance and customs surrounding major holidays celebrated in their country.

Presenters: UB International Students

Wednesday, November 18

12:00-1:00

Capen Hall 31, North Campus

