

# UNIVERSITY OF NEW HAVEN'S INTERNATIONAL STUDENT NEWSLETTER

October 11, 2019

## MAY 2020 GRADUATION APPLICATION DEADLINE:

**NOVEMBER 15TH**



Students completing their degree requirements in the Spring 2020 semester that plan to participate in the graduation ceremony in May 2020 must complete the application for graduation by the November 15th deadline.

The application for graduation is online. Log into Banner self-service. Click on the Banner self-service icon, click Student, click Student Records, and select Apply to Graduate. The Apply to Graduate link is accessible to those students that are eligible to receive their degrees.

Students graduating in December should visit [myCHARGER](#) "Winter Commencement" for more information about the ceremony. Make sure you have applied for graduation.

**International  
Services Office**  
**OPEN  
HOUSE**  
Come visit our new space at  
19 Ruden Street, Lower Level.  
Enjoy snacks, tour the office, and chat  
with the ISO staff.  
Enter to win raffle prizes, too!  
**Wednesday,  
October 23rd  
1:00-3:00 PM**

## POST-COMPLETION OPT REMINDERS!

If you graduate in December and are planning to apply for Post-Completion OPT, you must attend one of the Information Sessions listed below OR complete all modules and quizzes of the "OPT Online Preparation Course" on Blackboard BEFORE submitting your OPT Request Form. Due to USCIS processing times, it is strongly recommended that students apply early.

The next OPT info session is Wednesday, October 16th at 3:30 PM. Contact ISO if you have trouble accessing the OPT course on Blackboard.



### POST-COMPLETION OPT INFORMATION SESSIONS

*Students graduating in December and planning to apply for OPT must attend one of the following OPT Info Sessions or complete the "OPT Online Preparation Course" on Blackboard prior to submitting the OPT Request Form.*

- **Tuesday, September 24th**
  - 11:00 AM-12:00 PM in Moulton Lounge
- **Friday, November 15th**
  - 10:00-11:00 AM in Moulton Lounge
- **Wednesday, October 16th**
  - 3:30-4:30 PM in Moulton Lounge
- **Monday, December 2nd**
  - 2:30- 3:30 PM in Alumni Annex



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# UPCOMING EVENTS

## LASA FIESTA

Hosted by LASA

Sunday, October 13th

7:00 - 11:00 PM

Alumni Lounge - Bartels

## LINKEDIN BUILDING

Hosted by CDC

Wednesday, October 16th

11:30 AM

Bartels Student Activity Center

## HER- SELF DEFENSE WORKSHOP

Hosted by ChargerREC

Wednesday, October 16

5:00-7:00 PM

Beckerman Recreation Center

Register on myCharger

## FALL BREAK

Sunday, October 20th -

Tuesday, October 22nd

## ISO OPEN HOUSE

Wednesday, October 23rd

1:00-3:00 PM

19 Ruden Street, Lower Level

## ISO & PUBLIC SAFETY SELF DEFENSE TRAINING

Wednesday, October 23rd

3:00- 4:00 PM

Alumni Lounge- Bartels

# LOCAL EVENT

## NEW HAVEN CHALK ART FESTIVAL

Saturday, October 19th

12:00 PM - 4:00 PM

56 Broadway, New Haven

*A day of art and entertainment in celebration of the local community in the heart of New Haven.*

# MEET YOUR STUDENT GOVERNMENT INTERNATIONAL REPRESENTATIVES!

## UNDERGRADUATE STUDENT GOVERNMENT ASSOCIATION (USGA)



**Lily Salmeron**  
USGA Senator  
International Representative  
[lsalm3@unh.newhaven.edu](mailto:lsalm3@unh.newhaven.edu)

"Hello! My name is Lily Salmeron, I am from Long Island, New York and I am a sophomore studying Forensic Science. Currently I serve as a Senator in the Undergraduate Student Government Association (USGA) and have had the pleasure to sit on Senate since Fall 2018. As a Senator, my role is to represent the student body and be their voice if they have any concerns about any aspect during their time here at the University. This year, USGA has decided to take a more personal approach and assign each Senator a population. Fortunately, I was assigned to represent the international students! On Tuesday from 11-12 and Wednesday from 2-3 I hold my office hours at the Bartels Building Managers desk. Here, you can ask me any questions, comments, or concerns you may have, and I can help and answer your questions, but if I am unable to, I will find someone who can. Feel free to email me at any time at [lsalm3@unh.newhaven.edu](mailto:lsalm3@unh.newhaven.edu)."

## GRADUATE STUDENT COUNCIL (GSC)

"Hey Everyone, I am Prantik Chakraborty (Tik) representing the Graduate Student Council (GSC) as the VP of Diversity and Inclusion. I have the responsibility to bring together the various culture present in our campus and make everybody feel like they are a part of this big family. I am from India and enrolled in the Master of Environmental Engineering. We are always open to various ideas and inputs feel free to reach out to me at [gscdivinc@newhaven.edu](mailto:gscdivinc@newhaven.edu)."

Check out our recent post on ISO's Facebook page (@iso.newhaven) to see pictures and bios of the full GSC Leadership Team, which includes 4 international students!



**Prantik (Tik) Chakraborty**  
GSC VP Diversity and Inclusion  
[gscdivinc@newhaven.edu](mailto:gscdivinc@newhaven.edu)

**Share your pictures with us throughout the semester. Tag us on social media or send pictures to [iso@newhaven.edu](mailto:iso@newhaven.edu)!**

*If you are a club leader, staff, or student who would like to include an announcement in the ISO newsletter, please email us at [iso@newhaven.edu](mailto:iso@newhaven.edu)*

University of New Haven



Indian Student Council  
presents



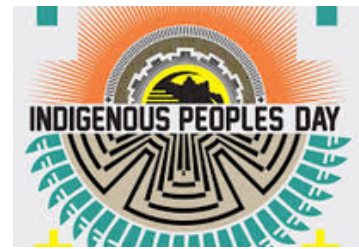
Diwali  
night

1 November

6:00 - 9:00 pm

Beckerman Recreation Center

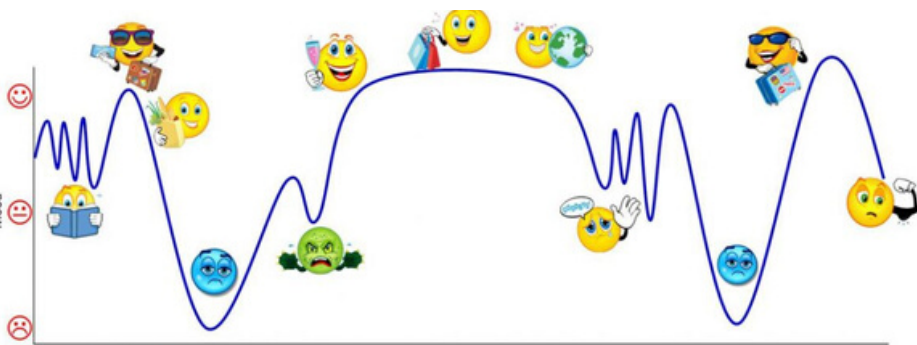
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## A COMPLICATED HOLIDAY: COLUMBUS DAY & INDIGENOUS PEOPLE'S DAY

Columbus Day, which is October 14, 2019, is celebrated annually on the second Monday of October to honor the Italian explorer credited with “discovering” the Americas. It has always been somewhat of a controversial holiday. North America had already been “discovered” by the Native Americans, who had been living there for many generations. Also, while Christopher Columbus stumbled upon what we now call the Caribbean on October 12, 1492, he never actually set foot on the mainland – even on his subsequent three journeys. In 1977, a delegation of Native nations proposed renaming Columbus Day to “Indigenous Peoples’ Day.” They believed the change would give people the opportunity to honor the memory of the victims of the colonization, instead of glorifying the brutal conquest of the Native Americans.

November is Native American Heritage Month. Stay tuned for a list of events and educational programs coming soon!



## COPING WITH CULTURE SHOCK

Whether you are in your first semester or have been studying in the U.S. for years, the various stages of culture shock can affect you at any time. Here are some tips on coping with the feelings of culture shock or homesickness.

- Talk to someone about what you're feeling. Make an appointment with a professional in the Counseling Center. You can call 203-932-7333 to schedule.
- Remind yourself that everything you're feeling is perfectly normal.
- Keep in touch with your friends and family back home via email, text, or phone.
- Surround yourself with familiar items, such as photos or reminders of home.
- Eat a healthy and balanced diet; try to find familiar food. Contact the ISO for some local ethnic market and restaurant recommendations.
- Maintain contact with your ethnic group, as well as with local students.
- Look for activities that will put you in contact with other students who share your interests.
- Maintain your confidence in yourself; follow your ambitions and continue your plans for the future.
- Talk to peers that have been through the same feelings. Global Student Leaders are a great resource for students struggling with culture shock or homesickness.

# 8 Tips for Surviving Winter

As an international student, this may be your first time experiencing a true winter. It's certainly very exciting, especially when you see snow for the first time. However there are many things to consider in advance!

## 1. Invest in a warm jacket

A proper winter jacket, also known as a parka, is absolutely necessary. You will wear your winter jacket everyday and it is an investment that will last you many years. Consider the following brands for winter jackets: The North Face, Patagonia, or Columbia. You may also consider checking Burlington Coat Factory, Marshalls, or Kohls for good sales.

## 2. Buy quality winter boots

Boots are another item you should own to make it through the winter season. Sneakers will not do the trick. Not only will your feet get wet, but you may slip and hurt yourself when walking. Similar to a good jacket, quality winter boots may not be cheap, but investing in a good pair of boots is worth it. Some brands to consider are: The North Face, UGG, Sorel, or Columbia.

## 3. Sign up to receive University of New Haven's emergency notification messages

Be sure to register for the emergency notifications on the Public Safety page on myCharger and make sure your information is current. If severe weather conditions exist, the university's emergency notification system will send messages via text, email, and voice.

## 4. Travel safely and plan ahead for more travel time

Traveling in the winter, especially during icy and snowy conditions, can be quite slippery and dangerous. Whether you plan to drive, walk, or take public transit, allow more time to get where you need to go. It is critical to travel slowly and carefully.

## 5. Wear layers and winter accessories

During cold months, it is important to wear multiple layers of clothing. For example, you can wear leggings or long underwear under your pants for more warmth. It is also important to have a winter hat, gloves, and a warm scarf. These will really help to keep your hands and your head warm.

## 6. Purchase a snow shovel and ice scraper

If you drive, you will certainly want to keep a snow shovel and an ice scraper in your car to be prepared for bad weather. You may also want to check with your landlord or neighbors to learn if you are responsible for shoveling your driveway or sidewalk. You may receive a ticket if the sidewalk isn't cleared after a storm.

## 7. Prevent getting sick

Cold weather and illness often go hand in hand. Drinking hot tea and taking vitamins to boost your immune system will help fight off illness. Winter can also cause your skin to dry and crack, so it's recommended to carry lip balm and moisturizer with you to moisturize your hands, lips, and face. Keep an eye on when flu shot clinics are held at the Student Health Center. If you do get sick, visit the Student Health Center on campus.

## 8. Control the temperature in your housing

Learn how to manage the heating in your apartment. Ask your landlord if you aren't sure how to adjust the thermostat. If you use a space heater, be very careful to follow instructions to prevent fire hazards. Be aware that gas and electric bills can be expensive in the winter, so make sure windows are closed when heat is on.