Meet the Two Newest OIS Employees!

Nate Morrison (Graduate Intern, Student Team)

I grew up about an hour outside of Pittsburgh in a small town in rural Ohio. I studied art education in upstate New York and later worked as an educator, either teaching or in a non-profit, for several years. Currently I am enrolled in the masters program here at Pitt, where I am working on obtaining a degree in higher education management. My wife and I spend most of our time with our two year old foster son who we hope to adopt at some point this year. When we aren’t discussing his upcoming birthday with him (it comes up two or three times a day) we enjoy making home improvements, visiting with friends and family, and volunteering with the Alethia Community Church here on Pitt’s campus. My wife and I were well traveled before meeting each other, I to Italy, France, and Brazil, her to England, Kenya, and Bulgaria, and hope to continue traveling once our two year is a bit older. She has her sights on Ireland and I have my sights on some exotic island in the Pacific or possibly India or Southeast Asia. I hope to one day assist international students in an institution of higher education or possibly an international campus.

Yuanyuan Guo (Student Worker)

I am a graduate student at School of Public and International Affairs, major in Public Administration-Policy Research and Analysis. I did my undergraduate in China, with degrees of Business English and Organizational Leadership. I’ve been working at OIS since my second semester at Pitt. I enjoy life in Pittsburgh quite a lot. Other than school and work, I like to spend my time on joining variety of student activities, travelling, and cooking. Last semester I did my internship with UN in Bangkok, Thailand. It was a precious experience for me. I interned with the Inspira Technology Support Center, which is a division mainly to provide technical support to people who are seeking careers at UN worldwide. There were lots of administrative work, seems not too hard, but actually requires sufficient knowledge about how the IT network system in UN works and the basic work flow in the HR department. As UN is such a gigantic organization focuses on almost every critical issues on this planet, including economy, education, environment protecting, peace keeping, and etc., I got to see some of the most interesting people of my lifetime. There were large amount of excellent researchers as well as dedicated field workers who concentrate their life long careers in helping people in under developed countries. In UN, works usually are done by following the most succinct constraints but through the most complicated procedures. I wish my last year at Pitt could better prepare me for the future career that I am excited to get start. Other than working in Bangkok, I also got great chances to travel around the Southeast Asian region, like to Samui and Vietnam. Travelling to different places offered me precious moments to cherish for life time even after coming back to school.

As an international student myself, I understand and experience the same excitement and frustrations living and studying abroad as most international students do. This has been a challenging and rewarding, overall very joyful time for me. And I am grateful that I get to have these wonderful experiences.
Check out the great things about

GlobalPittsburgh

GlobalPittsburgh is a non-profit organization offering year-round activities, networking events, free tickets, holiday dinners and much more to help international students, professionals and other globally-minded individuals connect with the local community. They have a network of over 500 members, volunteers and citizen diplomats.

Programs and Services

International Leaders – Hosting Overseas Delegations

Tailored professional itineraries for emerging leaders in the U.S. Department of State’s International Visitors Leadership Program, other federally funded programs, and fee-based programming for international leaders sponsored by their governments, businesses or other institutions.

GlobalPittsburgh CONNECT - Serving International Professionals, Researchers and Students

Home stays, hospitality and a year-round series of events to acculturate and welcome international professionals, ESL students, international students, researchers, scholars and their families to the Greater Pittsburgh Region.

Study Pittsburgh – Attracting & Engaging International Students

Marketing the region to attract more international students and connect them with regional businesses, cultural assets and communities in collaboration with its consortium of universities and university programs, the GlobalPittsburgh Educational Partnership and its Study Pittsburgh Initiative.

Business Link – Serving Regional Corporations & International Executives

A global competitiveness clearinghouse using GlobalPittsburgh’s extensive international and regional network to provide valuable connections, intelligence and assistance to corporations throughout the greater Pittsburgh region.

Join GlobalPittsburgh for FUN, friends, interesting conversation, and good spirits on the First Thursday of every month at AVA Lounge, 126 S Highland Ave, 5:30 to 8 PM. Look for details on GlobalPittsburgh’s Facebook page.

For membership information, visit Global Pittsburgh’s Membership Page.
Experience America, OIS’ continuing orientation program, is designed for international graduate students and postdoctoral fellows. The program will offer information and topics to help individuals understand better and feel more comfortable participating in American culture during their time at Pitt.

The events are also a way to meet other international students/postdoctoral fellows.

An expert or guest speaker will provide a presentation on the topic of the month.

You are welcome to bring your lunch and eat during the session.

<table>
<thead>
<tr>
<th>Session Title</th>
<th>Description</th>
<th>Date/Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Socialization and Making Friends</td>
<td>Frustrated because you feel like you’re not being understood? Want a better description of some of the cues others may be sending or that you may be sending unknowingly? A panel discussion including skits to illustrate the various types of non-verbal communication and how to “read” what others are telling you without saying a word. Learn other tips on how to meet others with common interests and how to build relationships.</td>
<td>17 Jan 2013, 12-1 PM</td>
<td>Dining Room A, First Floor, William Pitt Union</td>
</tr>
<tr>
<td>Networking in Professional Organizations</td>
<td>Participating in Professional Organizations in Pittsburgh and Elsewhere</td>
<td>07 Feb 2013, 12-1 PM</td>
<td>Dining Room A, First Floor, William Pitt Union</td>
</tr>
<tr>
<td>Transportation: Buses, Bikes and Bipedal Locomotion</td>
<td>Getting around in Pittsburgh can be challenging and dangerous if travelers don’t take the proper precautions! Learn about steps you can take to stay safe!</td>
<td>07 Mar 2013, 12-1 PM</td>
<td>Dining Room A, First Floor, William Pitt Union</td>
</tr>
<tr>
<td>American Baseball and Other Sports</td>
<td>A survey of the most important rules and keys to speaking smartly about baseball in Pittsburgh. Some of the other types of sports will be discussed as well (i.e. football, hockey, and basketball).</td>
<td>04 Apr 2013, 12-1 PM</td>
<td>Dining Room A, First Floor, William Pitt Union</td>
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Baby, It’s Cold Outside!

Depending on your country of origin, you may not be accustomed to cold weather, but Pittsburgh winters can be very cold. Please bundle up when you go outside and remember — if you wear a lot of layers, you can always take one off to get more comfortable! If you think it’s too cold, icy, snowy, or windy to have class/work today, you can always check the Pitt website or sign up for the Emergency Notification system through My Pitt to see if the University is closed. This might be a great time of year to learn how to use the public transportation system so you can stay a bit more warm while travelling to campus.!

Is Your Address Up-To-Date?

One of your responsibilities while staying in the United States is to keep us informed any time that you move. You must update your address within 10 days of moving. To update your address, please follow the appropriate steps below:

If you are at the University of Pittsburgh as a scholar or employee, please log-in to My OIS and select Change of Address under Biographical Information.

If you are a Pitt student, please check your addresses listed on My Pitt to make sure that they are all accurate. Log into My Pitt.

1. Click on "Student Center Log In"
2. A new window will open - Click on "Self Service"
3. Under "Campus Personal Information" click on "Addresses"
4. Update all addresses
   - Enter your Pittsburgh address in the section "SEVU"
   - Enter your address in your home country in the section "SEVF"
Are You Registered? Full Time?

IF YOU ARE A(N) …

→ Undergraduate Student — you MUST be registered for at least 12 credits.

→ Graduate Student — you MUST be registered for at least 9 credits.

These are the minimum number of credits that you have to SUSTAIN in order to maintain your visa status. If you drop below this number of credits, whether it is the 9th day of classes or the 9th week, your visa status will be in jeopardy. If you need to take less than a full time course load, because of a medical condition or if you only need a few credits to graduate, you need to apply for a Reduced Course Load (RCL).

If you drop below a full course load without OIS approval, you will receive several emails from OIS reminding you to resolve the issue as soon as possible. Remember to check your Pitt email account so that you don’t fall out of status and have your SEVIS record terminated or invalidated!!!

STEPS TO A REDUCED COURSE LOAD:

1. Meet with your Academic Advisor to discuss taking less than full time credits. Explain that they will receive an email from OIS asking them to complete an online form recommending a RCL.

2. Log-in to My OIS and complete the Reduced Course Load e-form.

3. Your Academic Advisor will complete their e-form. (You may want to confirm they have completed this e-form 3-5 days after you submit the Reduced Course Load form.)

4. You will be notified when your RCL Request has been approved!

Remember: Other than your first and last term, you can only have ONE term with a Reduced Course Load during your time at Pitt! Use this option wisely and discuss all possible solutions with your Academic Advisor.
Looking for a healthy meal to start the New Year’s resolutions off right? Try Chipotle Mexican Grill! Chipotle offers delicious options with fresh produce and naturally raised meats. The ordering process is simple and innovative. The diner picks the type of dish (burrito, bowl, taco, or salad) and simply chooses the ingredients down the line for their dish and then pays at the end. For example, I recently ate at Chipotle at 3619 Forbes Ave. I ordered a burrito bowl, which is the burrito without the tortilla and comes in a bowl. I picked brown rice, black beans, grilled chicken, corn salsa, and cheese... simple! The servers scoop the ingredients right in front of you as you choose (see picture). Lots of other restaurants use this ordering technique as well, including Subway and Qdoba (also right on Forbes Ave.). You can beat the lunch rush and order via fax, online, or the Chipotle app. Don’t forget the chips and guacamole!

www.chipotle.com

STUDENT EMPLOYMENT

Regulations for F and J students require you to have authorization to work in any position off campus. This includes online employment and positions that pay in cash. An example of online employment would be online tutoring. Work that typically pays students in cash would be pizza/food delivery or babysitting. If you have any questions about this, please contact OIS! This work would be a violation of your visa status and could lead to your status being terminated!

For J Students — your visa status additionally requires authorization from OIS before you can begin on campus employment. OIS must register your employment in your SEVIS record. This regulation also applies to non-Pitt sponsored J students. Please contact your sponsoring organization to get this authorization. For Pitt J students, please submit an On Campus Employment Authorization request through MyOIS.

Again, if you have any questions regarding student employment, please contact OIS.
Optional Practical Training (OPT) and Academic Training (AT)

Optional Practical Training (OPT) is defined as temporary employment directly related to a F-1 student’s field of study. All F-1 students who have been maintaining their status and who have completed at least one academic year are eligible to apply for OPT. The standard OPT period is 12 months, and it may be granted before or after students complete their academic program. Additionally, students who have completed their academic program in the fields of Science, Technology, Engineering, or Mathematics may be eligible for a 17-month extension of post-completion OPT if certain criteria are met.

OPT may seem straightforward, but there are many different scenarios that may be confusing for students as they prepare their application. OIS assists students with their questions at our OPT sessions, which are held every Friday and are MANDATORY for all students who wish to apply! You can read more about OPT on the OIS website or in My OIS and you can register for an OPT session here on our website!

Academic Training (AT) is defined as work, training, or experience related to a J-1 student’s field of study. The standard AT period is 18 months or the period of time the student is engaged in their academic program. The period is determined by which of these two is less. For example, if a student is engaged in an 11 month academic program, they will be limited to 11 months of AT. If a student is engaged in a 24 month academic program, they will be limited to 18 months of AT. Post-doctoral students are eligible for up to 36 months of AT, granted in 18 month intervals.

Unlike OPT, AT cannot be authorized without an offer of employment and the support of your Academic Advisor. Your Academic Advisor must submit a letter to OIS explaining how the proposed employment relates to the field of study and how it is integral to the academic program. Once AT is competed, the Academic Advisor will be required to submit an evaluation of the experience, assessing how effective and appropriate it was to achieving the initial goals and objectives.

All students applying for AT are required to meet with an Immigration Specialist first!

If you are currently on an OPT or AT...

Please update the following information through the Limited Services section of My OIS whenever your information changes:

♦ A copy of your EAD card
♦ Your employer’s name and address
♦ Your new home address (if applicable)
♦ Documents to show you have changed visa status (if you are applying for H1-B, once it have been approved)
Washington D.C. Itinerary
(subject to change)

Day One (March 12)
Morning
Depart for Washington D.C.
Evening
Arrive in Washington D.C.
Orientation and Dinner at Union Station
Check into Arlington, VA Hotel
Movies in Crystal City

Day Two (March 13)
Morning
Walking tour from the White House to Capitol Hill
View of Supreme Court and Library of Congress
Visit Capitol Visitor Center
Afternoon
Visit the National Portrait Gallery or Int’l Spy Museum
Evening
Washington Wizards vs. Milwaukee Bucks Basketball Game

Day Three (March 14)
Morning
Washington Monuments Walk
Explore the Smithsonian Museums
Afternoon
Tour of Capitol Building
Evening
Depart for Baltimore
Medieval Times Dinner and Show

Day Four (March 15)
Morning
Depart for Pittsburgh

March 12-15, 2013

Global Ties Spring Break Trip
Price per person: **$300**
Limited Space Available. **$50 deposit** needed to sign-up. Prices are dependent upon number of people and hotel availability at the time of booking.

Trip Price Includes:
- Round trip transportation from Pittsburgh to Washington DC
- Hotel accommodations at quad occupancy
- Activities per itinerary
- Washington Wizard’s Basketball Game
- Medieval Times Dinner and Show
- Guided walking tour (White House to Capitol Hill)

Contact Shawntia Key
(stia@pitt.edu) at 640 William Pitt Union for more info and to enroll in the trip.
Deadline: January 25th
Global Ties January Events

Cultural Programs for American and International Students

January 18th: How to Write a Good Term Paper (GRADUATE AND UNDERGRADUATE)

540 William Pitt Union at 2:00-3:15pm

Janine Carlock (Pitt Writing Center Consultant) will host this workshop on creating a successful term paper. Students will leave the seminar with tips on how to create an “A” worthy document. You can read more about the event here: http://www.facebook.com/events/389677387780367/

January 19th: American Football 101 (GRADUATE AND UNDERGRADUATE)

6th Floor WPU, Conference Room 640 at 6:00-7:30pm

Join Penny Semaia from the Department of Athletics as he explains American Football. Try on Football gear, enjoy pizza, and learn all about America’s greatest sport before the Nordy’s Super Bowl Party on February 3rd. You can read more about the event here: https://www.facebook.com/#!/events/390179454402158/

January 30th: Jane Hyan (GRADUATE AND UNDERGRADUATE)

WPU Assembly Room at 8:00pm

Jane Hyun author of "Breaking the Bamboo Ceiling" will discuss her essential career guide for Asians and their co-workers that explores how one’s cultural lenses can sometimes be at odds with the corporate culture of his workplace – with strategies for bridging this costly gap.

February 3rd: Nordy’s Super Bowl Party (GRADUATE AND UNDERGRADUATE)

WPU Ground Floor Nordy’s at 6:00pm

Join Global Ties and watch this year’s Super Bowl!!! Games and snacks will be provided!

Every Thursday: Masala Bhangara Workout

Hillel Jewish Center, 7:15-8:15pm

FREE Classes with $5 suggested donation. All Dance Skills Welcomed!
Spring 2013

Peer Tutoring
Peer tutoring is available for the following courses:

**Biological Sciences**
- BIOSC 0100 – Preparation for Biology
- BIOSC 0150 – Foundations of Biology 1
- BIOSC 0160 – Foundations of Biology 2
- BIOSC 0190 – Intro to the Biological World 1
- BIOSC 0191 – Intro to the Biological World 2

**Chemistry**
- CHEM 0100 – Preparation for Chemistry
- CHEM 0110 – General Chemistry 1
- CHEM 0120 – General Chemistry 2
- CHEM 0310 – Organic Chemistry 1
- CHEM 0320 – Organic Chemistry 2
- CHEM 0910 – Chemistry for the Health Professions
- CHEM 0960 – General Chemistry for Engineering 1
- CHEM 0970 – General Chemistry for Engineering 2

**Economics**
- ECON 0100 – Introduction to Microeconomic Theory
- ECON 0110 – Introduction to Macroeconomic Theory

**Physics**
- PHYS 0110 – Intro to Physics 1
- PHYS 0111 – Intro to Physics 2
- PHYS 0174 – Basic Physics for Science and Engineering 1
- PHYS 0175 – Basic Physics for Science and Engineering 2

**Psychology**
- PSY 0010 – Intro to Psychology

**Statistics**
- STAT 0200 – Basic Applied Statistics
- STAT 1000 – Applied Statistical Methods
- STAT 1100 – Statistics for Business Management

Tutoring hours are Monday-Friday from 9:00 a.m. to 4:00 p.m. One-hour appointments can be made by calling (412) 648-7920.

Individual Study Skills Coaching
Individualized coaching sessions are available in the following topics:

- Active Study Habits
- Test Preparation
- Reading Strategies
- Time Management
- Planning for Midterms and Final Exams

Study skills coaching appointments are available Monday-Friday. Thirty minute appointments can be made by calling (412) 648-7920.

Visit us on the web at [http://www.as.pitt.edu/arc](http://www.as.pitt.edu/arc) for more information.
CONGRATULATIONS!

The winners of the iPad and iPod Touch have been chosen from the participants in the OIS International Student Survey!

Ying-Chen Lin (pictured on the right with Dr. Nieman the Director of OIS), an international student from Taiwan won the iPad. Ms. Lin is a graduate student working towards a Masters degree in Telecommunications in the School of Information Sciences.

Vyasa Sai (pictured left with Dr. Nieman), an international student from India won the iPod Touch. Mr. Sai is also a graduate student. He is working on a Doctorate degree in Computer Engineering from the Swanson School of Engineering.

OIS would like to congratulate both these students on their new electronics and thank everyone who participated in the OIS International Student Survey! We appreciate your feedback and we hope we can continue to improve your experiences at Pitt. Thank you again and Hail to Pitt!

My OIS Advisor e-Forms

There are several e-forms in My OIS which require OIS to receive additional information from someone other than you (the applicant). Most of these forms require your Academic/Faculty Advisor to complete a portion of the application. For example, if you need a CPT (Curricular Practical Training) for an internship you plan to do this term, your Advisor needs to answer a few questions about how the internship relates to your program of study. When you submit an e-form that asks you to supply another person’s name and email address, their section of your application will be directly emailed to the person you named. OIS will not be able to process your application until the other person (your Advisor) has completed their portion. When you meet with your Advisor to discuss changes to your academic program or employment opportunities (anything from a program extension to a reduced course load to OPT), please let them know they will be receiving an email from OIS with these brief questions. Once your Advisor has completed their e-form, you will receive an email that your OIS application has been UPDATED by your Advisor. If you have not received the UPDATED email in 5 business days, please contact your Advisor. If you have any questions about this process, please contact OIS.
CALENDAR OF EVENTS

JANUARY

- 2nd: University Offices Reopen
- 3rd: International Student Orientation!
- 4th: Residence Halls Open
- 7th: Spring Classes start
- 17th: Experience America Event! Noon in Dining Room A WPU
- 18th: Add/Drop period ends
- 21st: Martin Luther King Day – University closed

FEBRUARY

- 2nd: Groundhog’s Day (6 more weeks of winter?!)
- 7th: Experience America Event! Noon in Dining Room A WPU
- 11th: Coffee Hour with the Vice Provost
- 14th: Valentine’s Day
- 18th: Presidents’ Day

ONGOING

- Every Friday OIS hosts a session on Optional Practical Training (OPT) from 2PM—3PM. Registration is required and can be done on the OIS website.