Internship Week, January 21-24!

The Office of Career Development & Placement Assistance is hosting a week full of games, workshops, and one-on-one appointments to help students prepare and apply for internships.

- The Wintern Games: Tuesday January 21, complete a resumé, interview, and networking challenges to compete for prizes. The Games will be held from 4 – 7 p.m. in Nordy’s Place.
- Employer Info Sessions: Wednesday January 22, meet employers offering Summer 2014 job opportunities from 3 – 6:30 p.m. on the WPU Main Floor.
- Internship Prep Programs: Thursday January 23, attend topical programs to support your internship search from 3 – 6 p.m. in WPU Kurtzman Room and Dining Room B.
- Internship Walk-In Day: Friday January 24, meet with staff one-on-one to get insight into your internship opportunities. 100 20-minute appointments are available from 9 a.m. – 5 p.m. in 200 WPU.

For more event specific information, visit here.

International Student Survey Winners

The winning participants of the International Student Survey have been randomly selected by the i-graduate company that hosts the survey. The winner of the Apple iPad was Shan Gong (pictured left with Dr. Nieman, Director of OIS) and the winner of the Kindle Fire was Xuehong (Shirley) Li (pictured right with Dr. Nieman).

Congratulations, Shan and Shirley!!!
Check out the great things about

GlobalPittsburgh®
Creating Bridges with the World

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 Global-Pittsburgh 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.

Dependents are more than welcome to attend these events!

<table>
<thead>
<tr>
<th>Session Title</th>
<th>Description</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pittsburgh Culture and the Typical American Weekend</td>
<td>A discussion of Pittsburgh Culture and typical activities in which an American participates during an average weekend in the US.</td>
<td>16 Jan 2014, 4—5 PM</td>
<td>William Pitt Union, Room 548</td>
</tr>
<tr>
<td>American Politics and the Electoral College</td>
<td>This session will provide a brief description of the American Political System, Election Day and the Electoral College.</td>
<td>13 Feb 2014, 12:30—2 PM</td>
<td>William Pitt Union, Room 548</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>06 Mar 2014, 4—5 PM</td>
<td>William Pitt Union, Room 548</td>
</tr>
<tr>
<td>American Baseball and Fun Summer Activities</td>
<td>A survey of the most important rules and keys to speaking smartly about baseball in Pittsburgh. Strategies and ideas for fun summer activities in Pittsburgh will also be discussed.</td>
<td>03 Apr 2013, 12:30—2 PM</td>
<td>William Pitt Union, Room 548</td>
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</tbody>
</table>

For your FREE ticket or more information:
http://www.ois.pitt.edu/new-here/experience-america/
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.
With the start of the New Year, one of my resolutions will be to start packing more healthy lunches during the work week. So, this month’s Zappa-tite column will not feature a restaurant that I have recently tried, but instead will provide an exciting (and healthy!) recipe idea developed in my very own kitchen J. Not only do I love going out to eat, I also love to cook and bake at home. I get ideas from recipes I find online, but typically don’t follow them exactly and try to make my own creative versions. Below is the latest…

**Citrusy Cucumber Coleslaw**

*Ingredients:*

- 1 bag shredded coleslaw (I like the stuff with red cabbage & carrots)
- 1 seedless cucumber
- 1 sweet onion
- 1 lemon
- 1 can chick peas (drained)
- ½ cup apple cider vinegar
- ¼ olive oil
- 2 tablespoons sugar (can be omitted)
- ½ teaspoon Lawry’s seasoning salt (to taste)
- ½ teaspoon ground black pepper (to taste)

*Directions:*

1. Slice the cucumber and onion very thin
2. Juice the lemon
3. Toss all ingredients together in a large bowl
4. Chill for at least 1 hour and serve!
5. For lunch – separate into 2-3 to go containers to bring with you for lunch!

*On the restaurant front, OAKLAND RESTAURANT WEEK will be the week of January 13th – 17th and will feature $5 lunch options at participating restaurants… check out the list at [www.onlyinoakland.org](http://www.onlyinoakland.org)*
In the U.S. a New Year’s tradition is to plan ‘New Year’s Resolutions’ as goals or changes for the upcoming year. A lot of times these resolutions will involve losing weight, eating healthier, and/or exercising more. All really good plans to have! With the beginning of the year, think about something that YOU would like to improve in your life and set a 2014 resolution goal. Remember, this is all about you and something that will make you proud of yourself! Ultimately, a resolution should be adapted in to your lifestyle for overall wellness and happiness all year long!

Not sure how to get started? Below are some examples:

* Get more sleep
* Lose 5-10 pounds
* Spend more time with family & friends
* Watch less TV and exercise more
* Eat healthier foods
* Decrease stress (and learn yoga!)

Pitt offers lots of options for staff and students to accomplish resolution goals, from multiple on-campus gym locations to healthy food choices at various eateries. Specifically for students, the program Healthy U provides opportunities for students to get involved in fitness classes, nutrition counselling, and more. Check out more on the Healthy U website!

As an international student, if you are intimidated by the American gym facilities and are not sure how to get started, the Healthy U program would like to help! We would like to have an international student fitness facility tour for those that are interested. If you would like to participate, please email Alison Zappa at aaz13@pitt.edu. Looking forward to hearing from you!!
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)
Leadership Opportunities for the new year

International Outreach Committee (IOC) Applications being accepted

The Global Ties program is currently hiring International Outreach Committee members for the 2014–15 academic year. If you are interested, please submit your application at: http://www.studentaffairs.pitt.edu/outreach by Sunday, February 9, 2014.

First Year Mentor (FYM) Applications being accepted

The Office of First Year Experience at the University of Pittsburgh is currently seeking to hire First Year Mentors for the 2014–2015 academic year. If you are interested in a paid leadership position and want to make a difference for new Pitt students, please submit your application at: http://www.fye.pitt.edu by Friday, January 31, 2014.

Panther Leadership Summit scheduled for March 1, 2014; Registration open

The summit provides students with convenient and effective leadership training, covering 5 content areas: diversity in leadership, leadership identity, critical thinking skills, leadership theory, and communication and transferable skills for the workplace. Students who attend will also have the opportunity to network with experienced professionals. Students can register for the summit here.

Association of International Students’ Organization (AISO) Conference March 14–16

The Second Annual AISO Conference will be held this March in Allendale, Michigan. If your Student Organization is interested to attend the Conference, please visit http://www.gvsu.edu/aiso to register.

Beware of this scam

A student was contacted by phone from a +911 number. The person on the phone said he was a Deputy Marshall and that the student’s I-94 was not done correctly. The student was told a US Marshall would come to the house for deportation and the caller did have all of the student’s information. The student asked what she could do and was told that it could be fixed for $1,800 and the caller said they would meet the student at the bank.

The student was smart enough to realize that there was something wrong with the call and contacted his International Office for help.
English as a Second Language
Community Education Courses Spring 2014

All courses are non-credit and offered each term (Fall, Spring and Summer). Tuition prices do not include textbooks.

IELTS Prep
Course description:
- prepare learners for the IELTS English proficiency exam
- for intermediate to advanced speakers of English (equivalent to ELI levels 4, 5 and 6)

Required Text: Barron’s IELTS with Audio CDs, 3rd edition

Dates: February 26 – April 9
(no class March 12)

Time: Wednesdays, 4:30 - 6:30 pm

Price: $150

Registration Deadline: February 25

TOEFL Prep
Course description:
- prepare learners for the iBT TOEFL by focusing on reading, listening, speaking & writing skills
- for intermediate to advanced speakers of English (equivalent to ELI levels 4, 5 and 6)


Daytime TOEFL Prep
Dates: January 15 – February 19

Time: Wednesdays, 10 am – 3pm
(lunch break 12-1 pm)

Price: $375 ($300 for students in the ELI’s intensive program)

Evening TOEFL Prep

Registration Deadline: January 14

Evening TOEFL Prep

Dates:
- Module 1 (Reading & Writing)
  January 14 – February 18
- Module 2 (Listening & Speaking)
  February 25 – April 8
(no class March 11)

Time: Tuesdays, 6:30 – 8:20 pm

Price: $150 per module

Registration Deadlines:
- Module 1: January 13
- Module 2: February 24

General English Evening Course
Course description:
- practice of general English language skills applicable to everyday, work, and academic settings
- focus on improving speaking and listening skills, and integrates pronunciation, grammar, reading, and writing to achieve this goal
- for high intermediate to advanced learners of English (at least 52 on the iBT TOEFL)

Required Text: Northstar Listening & Speaking 5, Third Edition

Dates: January 14 – April 8
(no classes March 11 or 13)

Time: Tuesdays and Thursdays, 5:30 pm - 7:20 pm

Price: $870, plus application fee and university fees

Application Deadline:
- January 8
- All students must take a placement test Jan. 9, 5:30 - 7:30 pm.

For the General Evening Course, University of Pittsburgh faculty scholarships may be available for eligible full-time faculty and research associates and their husbands and wives. For more scholarship info, contact Faculty Records at 412-624-4232 or visit their office in G-39 Cathedral of Learning.

Campus Conversation Course (CCC)
Course description:
- for low-Intermediate to low-advanced speakers of English (equivalent to ELI levels 3, 4, 5 and 6)
- informal conversation practice

Required Text: Textbook information will be provided at registration.

Dates: January 21 – April 10

Time: Classes meet for 2 1/2 hours each week on campus. Exact schedule is distributed at registration.

Registration Fee: $40 (non-refundable)

Registration Deadline: You must register in person yourself and take a short oral placement exam on January 15 between 12 pm – 4 pm in Parkville Building, Room 102, 200 Meyran Ave. Late registration is accepted until January 29.

Contact: ccc@pitt.edu

For an application and more information about these and other courses, visit www.eli.pitt.edu/geninfo/programs. The English Language Institute (ELI) also offers an accredited intensive ESL program in which students may study part-time or full-time (4 to 20 hours per week). The ELI can issue I-20s for an F-1 student visa for students studying 20 hours per week in the intensive program.

University of Pittsburgh
English Language Institute
Parkville Building, Room M13, 200 Meyran Ave, Pittsburgh, PA 15260
412-624-5901 • eli@pitt.edu • www.eli.pitt.edu/geninfo/programs
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

- 6<sup>th</sup> – Spring classes start
- 14<sup>th</sup> – Katy Gongaware’s birthday!
- 16<sup>th</sup> – Experience America Event – American Weekend Culture
- 17<sup>th</sup> – Add/Drop period ends
- 20<sup>th</sup> – Martin Luther King Day (University closed)
- 31<sup>st</sup> – Betta Risa’s Birthday!

## February

- February 2nd – Groundhog’s Day! (6 more weeks of winter?)
- February 7th – Olympics start!
- February 13<sup>th</sup> – Experience America Event – America Politics
- February 14th – Valentine’s Day
- February 17th – President’s 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.

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**Office of International Services**

708 William Pitt Union  
Pittsburgh, PA 15260  
Telephone: 412-624-7120  
Fax: 412-624-7105  
www.ois.pitt.edu  
ois@pitt.edu  
Office Hours:  
Monday to Friday,  
8:30 AM to 5:00 PM

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