

**ISO-NEWS: Issue 8  
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International Services Office, University of Rochester**

**TABLE OF CONTENTS**

- I. F-1 EMPLOYMENT WORKSHOP: FRIDAY, FEBRUARY 27<sup>TH</sup>**
- II. HELP IS HERE! NEW UNIVERSITY COUNSELING CENTER GROUPS**
- III. REMINDER: 1<sup>ST</sup> TAX WORKSHOP IS WEDNESDAY, 2/25, 12:00 NOON**
- IV. PLAY AT GEVA THEATRE: *TILL DEATH DO US PART***
- V. DON'T MISS OUT ... SPACE IS LIMITED FOR WASHINGTON, D.C.!**
- VI. *RIC SPOTLIGHT*: INTERNATIONAL INSIGHTS, "STATUS OF WOMEN" (3/21)**
- VII. *CAMPUS FOCUS*: CROSSWALK SAFETY**

**I. F-1 EMPLOYMENT WORKSHOP: FRIDAY, FEBRUARY 27<sup>TH</sup>**

Are you thinking about a summer internship? Are you graduating this year and looking to take advantage of OPT? Trying to figure out how the H-1B lottery system will impact you? The ISO's next employment workshop can help you understand the opportunities available for F-1 students and make sense of your planning for the next steps ahead! The workshop will be broken into 2 sessions, to target different needs and concerns. Please feel free to attend the one most relevant to you, or stick around for both! Please see our flyer attached. Workshop details:

**Friday, February 27<sup>th</sup>**

**207 Schlegel Hall (River Campus)**

**3:00 to 4:00 pm – Internships & CPT**

**4:15 to 5:30 pm – OPT & H-1B Transitions**

**II. HELP IS HERE! NEW UNIVERSITY COUNSELING CENTER GROUPS**

The University Counseling Center is launching two new groups of particular interest to our international population at UR! We hope that you will take advantage of these resources. If you are curious, have questions or are downright interested!, please feel free to contact Meera Murthi by email at [mmurthi@ur.rochester.edu](mailto:mmurthi@ur.rochester.edu) or by phone at 585-275-3113.

Meera Murthi is a counselor at the University Health Service. She pursued her education at the University of Mumbai, India, and completed her doctorate at the University of Illinois in counseling psychology. She enjoys working with university students, international students and

international spouses. She has been involved in initiating and providing workshops, programs, and groups for international students and international spouses/partners at other universities as well.

- **International Graduate Support Group:**

Meera would like to welcome international graduate students to a conversation and support group. Being an international student is both an exciting and at times a challenging experience. This group is for graduate international students who may be negotiating a variety of questions and concerns including academic and research stress, homesickness, relationship and family issues, (bi)cultural adjustment and shock, etc. This group will be a venue to meet other students who can share and relate to your experiences and concerns. Through this group, students can receive both support and feedback and negotiate healthy and balanced responses to challenges that they face through the semester. English will be the language that will be used.

- **Connections (for spouses & partners):**

Meera would like to welcome international spouses and partners to a conversation group called *connections*! Being a partner or a spouse of an international student can be a nuanced experience and open you to new, exciting, and at times challenging situations. *Connections* will provide an informal and vibrant space for you to meet other spouses, share your questions, stories, creative ideas, and experiences about life here in the US and in Rochester. This group will include questions and discussions about challenges that spouses tackle including isolation, language barriers, adjustment, stress and balance! *Connections* will also include some activities to promote health and wellness, including relaxation, mindfulness, and meditation to improve one's quality of life.

- *Who would be suitable for Connections?* Anyone who is an international spouse or partner- *Connections* is for you if you just recently moved to the US or if you have been here for a while. Being able to share different stories and life experiences will help enrich our interactions!
- *What if I am not sure about my English language skills?* *Connections* is a safe and inviting space for you to meet new people, hear the stories others share and for you to share your own! Your insights will be valuable!
- *I have been in the US for a while. Is it for me?* Sure! If you would like to be in community, be involved, hear new insights and share your own! You can benefit from *Connections*.

### **III. REMINDER: 1<sup>ST</sup> TAX WORKSHOP IS WEDNESDAY, 2/25, 12:00 NOON**

Don't forget the ISO's upcoming workshops for Non-Resident Alien tax information and the CINTAX program. The first in this series will be next Wednesday, March 25<sup>th</sup>, from 12 noon to 2 pm. Join us in 205 Morey Hall to learn about filing your taxes for 2008!

#### **IV. PLAY AT GEVA THEATRE: *TILL DEATH DO US PART***

A new play, “Till Death do us Part”, will be featured at Geva Theatre for 4 shows during the month of March. The plot focuses on domestic violence and tells the story of three Indian women facing different kinds of abuse here in America. It aims to educate the broader community about this horrific problem, which is so prevalent in society and can touch everyone, from married couple to young people who dating. The play is written and directed by Meera Jain, a member of the board of directors for Saathi (<http://www.saathiofrochester.org/>), a local helpline for South Asian victims of domestic abuse.

*Till Death do us Part* will be performed at Geva Theatre in downtown Rochester (75 Woodbury Boulevard, Box Office: 585-232-4382). Tickets are \$20, available for purchase through Geva’s website, [www.gevatheatre.org/tickets/index.html](http://www.gevatheatre.org/tickets/index.html), or at the door. A student discount may be available through Saathi, by contacting them at 234-1050 and referencing this article. The play is scheduled as follows (see attached flyer):

- Thursday, March 5<sup>th</sup>, 7:00 pm
- Saturday, March 7<sup>th</sup>, 7:00 pm
- Friday, March 13<sup>th</sup>, 7:00 pm
- Sunday, March 15<sup>th</sup>, 1:00 pm

#### **V. DON’T MISS OUT ... SPACE IS LIMITED FOR WASHINGTON, D.C.!**

Spring weather is quickly approaching (we hope!) and so is the ISO’s trip to [Washington D.C.](#)! Spots are quickly filling for our annual spring bus trip. As a reminder, we will leave for DC on Friday, 3/27, and return on Sunday, 3/29. The cost of the trip is \$165, which includes transportation and accommodations in DC (all students will have their own bed in a group room of the same sex). Pick-ups and drop-offs are available at RC Interfaith Chapel, Whipple Park, and the Eastman School of Music. Please contact Stephanie Johnson in the ISO [275-9201, [sjohnson@iso.rochester.edu](mailto:sjohnson@iso.rochester.edu)] with any questions or to book your spot. Payment in full is required to reserve your seat (cash, check, or money order only). We hope you can come!

#### **VI. RIC SPOTLIGHT: INTERNATIONAL INSIGHTS, “STATUS OF WOMEN” (3/21)**

The International Insights series, hosted by RIC, feature a panel of speakers from another country or culture, who provide greater awareness and understanding of their society. Speakers are selected who represent different views and experiences. Their next event in this series, “Status of Women”, will be held on March 21<sup>st</sup>, from 3:00 to 5:30 pm, in the Lower Level of UR’s Interfaith Chapel. Women from several countries will discuss the status of women in their home countries and their impressions of the status of women in the U.S. Refreshments will be served. No fee for international students. Reservations may be made in the RIC or ISS office.

*The Rochester International Council (RIC) is a community-based volunteer organization that provides services to international students & Department of State visitors in the Rochester area.*

## **VII. CAMPUS FOCUS: CROSSWALK SAFETY**

The ISO would like to remind all students to be cautious when crossing Elmwood Avenue (and any other streets) between the UR Medical Center and River Campus. Be alert, to avoid serious injury! We encourage students to follow the following pedestrian safety tips:

- **Always cross at marked crosswalks.**

You forfeit your rights as a pedestrian if you cross elsewhere.

- **Obey any pedestrian signals and look left-right-left.**

Make sure the road is clear in both directions before crossing.

- **If a vehicle approaches, make eye contact with the driver.**

Be sure s/he sees you before you cross.

- **Look before walking past stopped vehicles.**

Do not cross just because a driver waves you on. Be sure all lanes are clear first.

- **Remember that bicyclists are not considered pedestrians.**

Unless they are walking their bikes, they are considered vehicles.

*Special thanks to the University of North Carolina Wilmington, where these tips were published:*

[http://www.uncw.edu/ba/safety/documents/SafetyTips\\_000.pdf](http://www.uncw.edu/ba/safety/documents/SafetyTips_000.pdf)

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