

Interested in taking Yoga, Pilates, Tae Kwon Do, Tai Chi, Ballet, Zumba, Biking (RPM), Fencing or Swimming Classes this semester please check this website for more details: <u>http://recreationservices.syr.edu/Programs/fitnessclasses/flyers/Fall%202010%20fitness%20flyer.pdf</u>

- Recreation Services is offering FREE Martial Arts classes on Wednesdays at 4:00pm from September 22 – December 8.

Students who will be ending their studies this December but have no plans to apply for practical training (F-1), academic training (J-1) or continue at a new school or in a new field or level of study (i.e. Master's, J.D., Ph.D), or seek a change of non-immigrant status must depart the United States within 60 days of their academic program end date if they are in F-1 status (see item #5 on your current I-20), or within 30 days if they are in J-1 status.

International Student Support Group will be held every Thursday starting on September 30th from 3:00pm-4:30pm at the Slutzker Center.

(for further details about this group please read below)

Planning to Study Abroad during the Spring 2011 semester? If so, please talk to an international advisor at the Slutzker Center soon. There are steps which you must take in order to insure your continued non-immigrant status for re-entry to the U.S.

MEETING YOUR HEALTH REQUIREMENTS

Syracuse University Health Services has determined that many international students are not in compliance with immunization requirements defined by New York State public health law. Enrolled students found not to be in compliance risk strict administrative consequences including inability to register, suspension of I.D. card privileges, and may be required to leave campus.

You must be in compliance with these immunization requirements in order to remain on campus.

The Health Service will be sending an email to all those who are not in compliance via the syr.edu email address. Please watch for that notice (check your syr.edu email address!). If your registration is cancelled, you will also lose your F-1 or J-1 student status. Don't put yourself at risk. Contact the Health Service as soon as you receive that email!

Although rare, a fire drill or evacuation could be an opportunity for a thief to strike. To prevent someone from taking your irreplaceable documents and passports we recommend the following:

- Keep your documents in a secure location.
- Be able to access and take your documents with you quickly if you need to evacuate the building.
- A small safe, briefcase, folder or backpack maybe the best way to keep your documents organized.

 Rent a safety deposit box at your local bank (i.e.: HSBC, Chase, etc.) You should never spend time searching for your documents in an emergency situation. REMEMBER, while you want to do your best to protect your valuable property, your personal safety is the highest importance in emergency!

Travelling During the Fall semester?

Have all Your Documents with you! If you are travelling within the U.S., you must still carry with you your passport, I-94 card and original I-20/DS-2019. The U.S. Border Patrol often inspects documents at train stations, bus stations, and airports. If you do not have your original documents, you could be fined \$100, or detained until your status can be verified.

If you are travelling outside the U.S., you must make sure you have a valid visa stamp to re-enter the U.S., as well as an unexpired passport valid for at least 6 months into the future, and a blue travel signature from SCIS on your I-20/DS-2019 within the last 1 year (or if you are on OPT, the last 6 months). If you are on OPT, you must also have a valid EAD card and job offer letter to re-enter the United States.

The Slutzker Center for International Services offers Travel Seminars every 1st and 3rd Wednesday of each month @1:30pm.

Worried that your flight might be delayed? Please contact your airline, the airport and check this website - http://www.fly.faa.gov

Applied for OPT ? The SCIS Needs a Copy of Your EAD Card!

The SCIS reminds all students who have applied for OPT that once you receive your Employment Authorization Card (EAD), please "scan the front and back of your EAD card" and e-mail us a copy of it to lescis@syr.edu.

Students who are planning to do an Internship this Fall semester should apply for Curricular Practical Training (CPT) Please remember that you have to register for at least 1 credit for CPT.

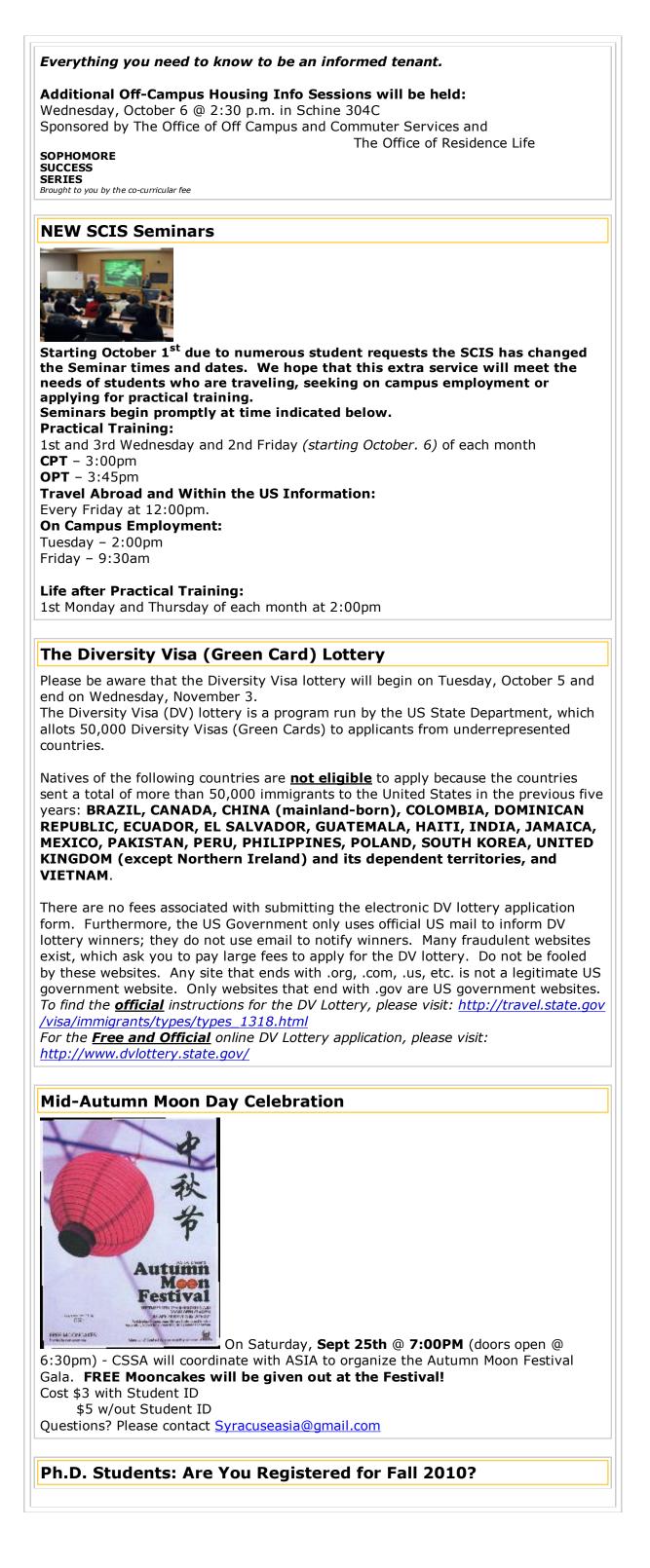
Curricular Practical Training Seminar (CPT) - Wednesday @ 3:00pm **Optional Practical Training Seminar (OPT) - Wednesday @ 3:45pm**

Address Change?

All International Students and Scholars that will be moving out from the "Campus Housing" must update the US Address where you will be living during the Fall semesters via your "MySlice self-service" and select CURR address. You must update your address immediately in order to be in compliance with the Immigration. If you do not update your addresses we will not be able to register your record with SEVIS and you will be jeopardizing your Immigration requirements to comply with reporting changes of addresses while you are here in the USA and at Syracuse University.

You must always provide a current physical address to the SCIS in order to keep your SEVIS registration current and to maintain your lawful status. You have 10 days to inform the SCIS of any address changes or you are in violation of your status. http://international.syr.edu/address update opt.htm

RENT \$MART



The SEVIS system requires the University to **REPORT REGISTRATION** within 30 days of the beginning of the semester. At this time, many Ph.D. students are not registered for the Fall 2010 term. Thus, you will be reported to the Immigration Service as "NOT REGISTERED" and your SEVIS record will be cancelled! This is a serious issue. If you are here, working on your research and/or dissertation, and not registered for dissertation hours or regular course work, please register for **GRD 998** and have a Certificate of Full-Time Status filed with the Registrar's Office TODAY! Please provide a COPY of that Certificate of Full-Time Status to the Slutzker Center TODAY!

Once your SEVIS record has been cancelled due to your failure to register, there is a \$340 fee to apply for re-instatement to F-1 student status. Please do not put yourself into that situation.

Full-time Course of Study

NOTE: For Syracuse University F-1 students, a full-time course load is required during the Fall and Spring semesters. Full time enrollment means **Graduate** students must enroll for at least <u>9 credits</u> every semester. **Undergraduate** students must register for at least <u>12 credits</u> every semester. Students are not required to enroll in courses during the Summer. However, **if Summer session is your** <u>first</u> **semester** then you must maintain full time enrollment of at least 6 credits for that summer session.

Under Federal Immigration Rules, **to maintain F-1 status**, **no more than 3 online credits per semester may count towards the "full course of study" requirement.** *For example*, a graduate student required to register for 9 credits per semester to maintain full time status can take only 3 of those credits through an on-line class each semester – **6 credits must be live**, **in classroom courses**.

However, an F-1 student can take as many on-line or distance education as they wish (with SCIS's approval) during the Summer or over Winter break.

If it is your last semester and fewer than 12 credits are required to graduate for undergrads and 9 credits for grads; it is acceptable to carry only those credits required to complete your degree. If a student needs less than a full course load in the final semester to finish his/her degree, the course(s) cannot be taken solely online or as distance education. You must be enrolled in a live, in classroom course during your last semester.

Students considering on-line courses or courses at a different institution should first discuss the plan with an SCIS advisor. It is necessary to maintain valid F-1 status at all times.

If you are taking less than 9 credits this semester you must fill out a Certificate of Full-Time Status http://international.syr.edu/full_time_status_certification-Jan04.pdf

If this is your last semester you will have to fill out the Last Semester Memo http://international.syr.edu/

International Student Support Group



What is a support group?

Being an international student is both an exciting and at times a challenging experience. A support group provides a venue to meet other international students who can share and relate to your experiences and concerns; you can receive both support and feedback on how to adjust to the local environment, cope with the difficulties, and achieve academic progress and personal growth through the semester. The group will be facilitated by Jacquie Ye and Susan Levy,

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What do I talk about when I am in group?

International students who join these groups usually talk about their own unique reasons for coming to group. Students typically share about difficulties they experience in adjusting to the university culture, strategize together, and brainstorm about effective ways to cope, maintain a healthy balance, and improve one's quality of life.

Some common topics that past groups have covered include:

- Experiencing academic and research stressors
- Issues with negotiation with professors/supervisors,
- Homesickness, loneliness, coping with long-distance relationship
- Language and communication barriers
- Making friends or dating someone from a different culture
- US cultural adjustment and shock, etc.

Who are the facilitators?

The facilitators are Jacquie Ye and Susan Levy, counselors at the SU Counseling Center. Jacquie was born in China and Susan in South Africa. Having been international students themselves, they are enthusiastic about working with and providing support for other international students.

English will be the language that will be used. Any personal information shared in the group is confidential.

Please sign up at the Slutzker Center front desk. Space is limited.

If you are curious, have questions or are downright interested, please feel free to contact Jacquie Ye at <u>hjye@syr.edu</u> and Susan Levy at <u>sulevy@syr.edu</u>.

Are You Employed This Semester? Here's an Important Tax Tip for F-1s and J-1s!

If you are an international student in F-1 or J-1 status who is working on campus for Fall 2010, have you examined your paychecks carefully? Here is some important information for you. The information that comes with your paycheck may show that both federal and state income tax (or just federal income tax) are being withheld from your paycheck. This is correct, since students in F-1 or J-1 status do pay federal and state income taxes on money they earn through on-campus employment. However, if your paycheck information shows that social security tax and/or Medicare tax are being withheld from your paycheck, this may be an error! F-1 or J-1 students who have been in the United States in F-1 or J-1 status for five years or less do not pay social security or Medicare tax on employment earnings authorized by federal Immigration regulations, including on-campus employment. So, if you believe a mistake has been made, speak with someone in the appropriate payroll office, and have your pay stub with you. You are entitled to a refund of any social security or Medicare tax incorrectly withheld.

The rules are explained in IRS Publication 519: US Tax Guide for Aliens. To access a copy, go to: <u>http://www.irs.gov/pub/irs-pdf/p519.pdf</u> You need print only pages 1, 54 and 55

Keeping Good Rental Records

Lack of knowledge regarding leases or other rental agreements can cause a variety of problems. By keeping records of rental repair requests, security deposit disputes, and other important issues related to rental agreements, you can alleviate many of these types of problems. The most frustrating problems occur when the tenant cannot document their grievances. To prevent this, start a rental file as soon as you sign the lease and add to it throughout your lease term. A rental file is easy to keep, considering the money you may recover through rental modification or qualifying for full return on your security deposit. If a rental problem arises, it is easier to negotiate a solution with the landlord when you have written records that show the extent of the problem, what you asked the landlord to do about it, and how the landlord responded.

Your Rental File Should Hold: <u>A Rental Log</u>

Use a simple notebook to write all dates and times you contacted or tried to contact your landlord; make a note of any discussion. Logs are a useful permanent record of how the landlord did or did not respond to problems.

Apartment Condition Checklist

This is proof of the condition of the apartment when you move in and out. Keep a copy and send the original to the landlord by certified mail and return receipt.

Correspondence With Your Landlord

Make any complaints or concerns in writing and keep copies on file. All verbal requests should be followed up in writing with copies in your file.

Reports

Keep copies of the Certificate of Suitability, building inspection reports, police reports, and any other reports from other agencies.

Photographs

Photos may be the evidence you need to document a repair or security deposit problem.

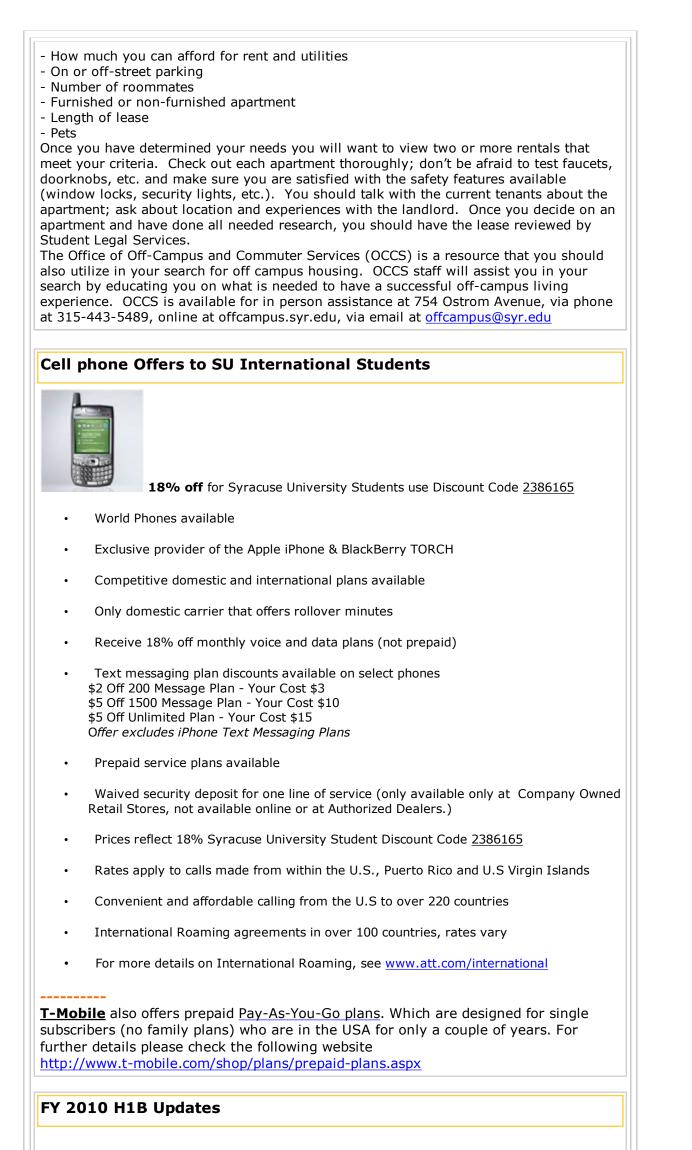
Photos should be dated and signed by a witness.

Off-Campus Housing 101

It is that time of year: time to begin looking for off-campus housing for the 2011-12 academic year. The rental season begins very early in Syracuse, but that does not mean that you have to sign a lease right now; you should not rush to sign a lease and should learn about off-campus housing prior to making the decision to move off-campus. A lease should not be signed until the property has been researched, roommates are confirmed, and the lease has been reviewed by Student Legal Services. There are a number of rental units available in the University area and one of the best sources for advice and information about off-campus housing are friends and classmates. Another good place to search is Orange Housing. Orange Housing maintains a web site of apartment offerings in the neighborhoods adjacent to campus. The Orange Housing website is www.orangehousing.com. It is important to keep in mind that this local company is not affiliated with Syracuse University or SUNY ESF and there are absolutely no guarantees about the quality and reliability of the information posted on the website. Orange Housing also offers roommate searches, sublet listings, and information relevant to apartment hunters. Apartment listings can also be found in the Daily Orange and at www.apartmentfinder.com.

Your first step in your apartment search is determining your needs. Important considerations include:

- Distance from campus



FY 2011 H-1B Cap Count

Сар Туре	Cap Amount	Cap Eligible Petitions	Petition Target	Date of Last Count
H-1B Regular Cap	65,000	38,300		9/17/2010
H-1B Master's Exemption	20,000	14,000		9/17/2010

For more information and latest updates on H1B Visa cap count, please visit the $\underline{\text{USCIS}}$ website.

Career Fairs

Local Internship Career Fair

Date & Time: Wednesday, September 29, 2010, 11:00 AM – 2:00 PM Location: Schine Student Center/Panasci Lounge Please see OrangeLink for the list of companies attending and positions being recruited for.

LGBT Resource Center Events ALLY DEVELOPMENT FACILITATOR TRAINING Do you want to educate others about lesbian, gay, bisexual, and transgender issues? Do you want to challenge homophobia and encourage others to act as allie to the LGBT community? If so, then your first step is to attend this training!
Do you want to educate others about lesbian, gay, bisexual, and transgender issues? Do you want to challenge homophobia and encourage others to act as allie
Facilitators who have completed this training are eligible to lead one hour-long All Development workshops in classrooms, residence halls, student organization meetings, etc. to discuss how to be an ally to LGBT individuals. Students, faculty, staff, and straight allies are all welcome and encouraged to participate. The Ally Development Facilitator Training is three hours long, and will be held on Friday, October 1st from 2-5 p.m. in HL 115. Please RSVP by September 27th, contact us with questions: 315-443-1529 or <u>Ibhannah@syr.edu</u>
- Cafe Q
Thursday, September 30 Time: 8.00pm-10.30pm
Fuel your Thursday night right with the fall 2010 Grand Opening of Cafe Q! Come back every Thursday evening to unwind and relax at this chill coffeehouse that blends coffee, tea, music, and a quirky attitude. Keep an eye out for monthly Oper Mic and Spoken Word Nights too! FREE! Location: LGBT Resource Center Contact: Lauren Adamski, <u>lgbt@syr.edu</u> -Fusion
Thursday, September 30 Time: 8.00pm-10.30pm
Fusion- a place for LGBT students, faculty, and staff of color to gather and celebrat the diversity within the LGBT community. Fusion is FREE but please RSVP to <u>ataneja@syr.edu</u> Location: LGBT Resource Center Contact
Whitewater Rafting
September 25, 26 Sign-up Deadline: Friday at Noon before each trip date Price: \$35.00 (SU Undergraduate Students) \$70.00 (All Other SU/ESF ID card holders)
Time: Bus leaves SU's College Place at 10:30am and returns at approximat 6:30pm What is included: Roundtrip transportation from SU's College Place (near t bus stop) to Watertown, rafting and safety equipment, training, gear and w suits (if needed); guided trips; three hours on the water (depending on water level), rest stop on the water with snacks and drinks; a barbecue dinner aff the trip. What to bring: A Valid SU/ESF ID card A positive, fun attitude (You will paddle and get wet). A change of clothes and dry footwear. A windbreaker or fleece for the river. Water booties, tevas, aqua socks or an old pair of sneakers. Any medications you would normally take throughout the day (e.g. asthma inhaler Money (if you would like to buy pictures of your trip or tip your River Guide) What to leave home: Any valuables you do not want to lose (jewelry, cell phone Register and pay online with a credit card at: http://recreationservices.syr.edu/recstore_Department of Recreation Services, Roo 241, Archbold Gym Call 443-4386 (4FUN) for more info. This program is funded by the Undergraduate Co-Curricular Fee http://outdoored.syr.edu/

This is a program that focuses on participation in activities that promote the various components of wellness on campus at little or no cost to the user. Various **FREE** fitness classes will be offered every Monday during our Fitness Class schedule from 1:00-1:50pm in the Flanagan Exercise Room on a drop-in, first come, first served basis. Please arrive early as the maximum enrollment for each class will vary based on activity.

September 27- Yoga October 4- Zumba October 11- Core N'More October 18- Tai Chi October 25- Yoga'lates November 1- Power Hour

November 8 – Kickboxing November 15 – Boot Camp November 22 - PiYo November 29 - Pilates December 6 – RPM (cycle room) (advanced registration required for ŘPM)

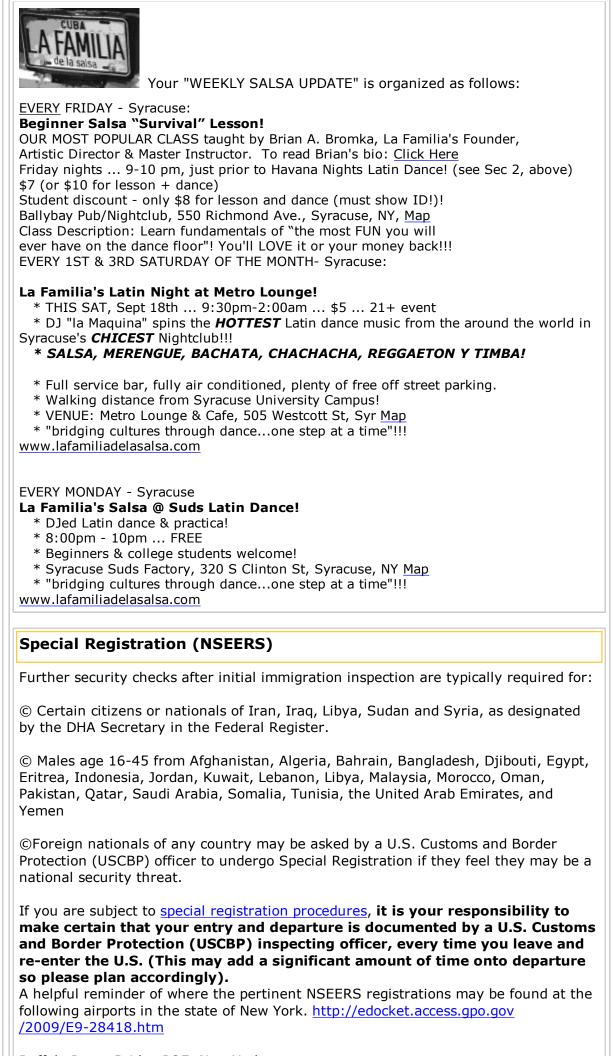
RAD Classes (Self Defense for Women) *FREE*

Thursday 4 week class 6:00-9:00pm Oct. 28 - Nov. 18

All RAD classes take place in Archbold Gym Fencing Room

For more information please Contact Public Safety publicsafety@syr.edu

Weekly Salsa Update



Buffalo Peace Bridge POE, New York; Cape Vincent POE, New York; Champlain POE, New York; Chateaugay POE, New York; Fort Covington POE, New York; Heart Island POE, New York; John F. Kennedy International Airport (JFK), New York; Lewiston Bridge POE, New York; Mooers POE, New York; Niagara Falls, Rainbow Bridge, New York; Newark International Airport (NEW), New Jersey; Ogdensburg POE, New York; Rochester-Ferry Terminal, New York; Rouses Point POE, New York; Seaway International Bridge/Massena POE, New York; Thousand Islands POE, New York; Trout River POE, New York



Pedestrian Safety Tips

Stay safe while you're walking to campus. Here are some tips:

- Use sidewalks and paths whenever possible.
- Use crosswalks, and don't start walking until you see the "WALK" signal.
 Walk facing traffic so you can see vehicles as they approach, and they can see you.
- Always walk in groups of three or more!
- Remember, pedestrians only have the right-of-way if a driver sees them! As a driver, it is important to be familiar with pedestrian safety laws. When a pedestrian is crossing at a crosswalk, drivers must wait until the pedestrian has *completely* crossed the street and has reached the other side safely.
- When making a right-hand turn at a red light, it is important to come to a complete stop and check for pedestrians crossing the street. Also remember there are many "No Right on Red" turns in the Syracuse University area!



Protect your Property

All your personal belongings are insured against a wide range of losses. The SCIS supports this policy and we encourage every student to have this insurance.

- Laptops, cell phones, jewelry, watches, iPods, cameras, clothes, books, sports equipment, furniture **all** your "stuff" is covered. You're insured for countless types of losses, including theft, vandalism, fire, and accidental damage.
- Worldwide coverage on and **off** campus (in your apartment, in a foreign country, "at home", in storage, or anywhere else they may be.
- Property of the University is covered while in your care
- Buy \$4,000 of coverage for less than \$94! Also there is up to \$20,000 coverage available for an annual premium of only \$250.

For more information about our student personal property program, call 1-866-535-0456 and ask for a college specialist to assist you. Or better yet Enroll online! It's fast and easy. Simply log on to:<u>www.haylor.com/student</u> or send an e-mail to: <u>student@haylor.com</u>



For your safety, please remember...

- On campus after dark, use DPS' free escort service. Off campus, use SU Home (it's free); call 315-443-2224 for more information on these services. Additional options are Centro Bus or taxi service.
- Walk, bike or jog in groups of three or more away from bushes, cars and other objects a suspect could hide behind.
- Look and listen. Headphones and cell phones can create tunnel vision.
- Travel in well-lighted and well-traveled areas.
- Don't approach strangers or let them get close to you.
- If you think someone is following you, switch directions or cross the street. Go toward an open business or lighted house.
- Have your house or car keys in hand before you reach your door.
- Know where "Blue Light" phones are and how to use them.
- If someone tries to rob you, don't resist. Give up your property, not your life.
- Try to get a description of the suspect(s) and any associated vehicle and tag number.
- IMMEDIATELY report emergencies or suspicious activities, persons and vehicles.
 For SU's Department of Public Safety, dial 711 on campus or #78 (from a cell phone); for the Syracuse Police Department, dial 911

Your quick report may help prevent others from becoming victims.

Fall 2010 Bus Schedule

Centro is the provider of public transportation in Syracuse and throughout Onondaga, Cayuga and Oswego Counties. Centro operates a system of shuttle routes on campus under contract with Syracuse University. These are regular transit routes which Syracuse University students can board for free. Centro also operates an extensive system of bus routes connecting the Syracuse University campus to points throughout the area. Students may ride free on these routes within certain specified "free fare zones". If you wish to travel to an area outside of these zones, you must pay a fare.

http://parking.syr.edu/Parking/display.cfm?content_ID=%23%28%289%21%0A

QUESTIONS? Contact: Parking and Transit Services 621 Skytop Road

- Phone: 315-443-1049
- Web: http://parking.syr.edu

Motivational Quotes of the Week:

"You never really learn much from hearing yourself talk".
~ George Clooney
"I have not failed. I've just found 10000 ways that won't work".
~ Thomas Edison
"The roots of education are bitter, but the fruit is sweet".
~ Aristotle
"God gives every bird its food but does not always drop it into the nest".
~ Unknown
"Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win".
~ Sun Tzu

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If your e-mail account is on a server other than syr.edu, please send an e-mail message to <u>dbabanhu@syr.edu</u>.In the subject line, type: Please subscribe to SCIS Newsletter, your e-mail address, your first and last name.

Note: If you would like to submit a request to publish your news or events in our SCIS Newsletter. Please contact **Daniela Baban Hurrle** at dbabanhu@syr.edu

The Lillian and Emanuel Slutzker Center for International Services,

long as its contents remain unchanged.

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