

MARCH 2022

# OISS Newsletter



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## Dear International Gauchos,

"You can cut all the flowers but you cannot keep Spring from coming." - Pablo Neruda

This month, Winter quarter ends and Spring quarter blooms. We look forward to celebrating International Women's Day with you on March 8! You can find more information about joining the celebration later in this newsletter.

Whether you'll be teaching, taking final exams, grading, or working, we hope your Winter quarter comes to a successful end.

In community,

The Office of International Students & Scholars



# Alerts & Updates



## Russia – Ukraine Conflict Resources

OISS acknowledges the far-reaching effects of global political conflict, which weigh heavily on us at this time. We understand how concerned many students and scholars must feel, especially those with friends and family in affected areas. We want to make sure you are aware of some support systems on campus.

- [Counseling and Psychological Services \(CAPS\)](#) promotes the emotional well-being of students through individual and group psychotherapy, crisis intervention, and stress management services.
- [Mental Health Peers](#) are current students trained to help other students develop tools to better manage stressors related to school as well as relationships to family, friends, romantic partners, and roommates.
- [Student Mental Health Coordination Services \(SMHCS\)](#) is a readily accessible single point of contact for individuals concerned about a student in distress.
- [International Student VENT \(Validating, Empowering, Navigating Together\) Circle](#) is a weekly social circle that provides a casual and safe space for international students to connect and support one another.
- [Academic & Staff Assistance Program \(ASAP\)](#) supports the health and well-being of faculty, staff, and family members. They offer confidential short-term therapy, consultation, wellness workshops, and assistance with threat management.
- [Student Health Service \(SHS\)](#) provides comprehensive and integrated healthcare services that treat illnesses efficiently, promote physical and psychological well-being, and enable students to have a healthy and successful University experience.
- [Basic Needs Resources](#) assist you with all aspects of your basic needs, including (but not limited to) food, finances, and housing.
- [The Office of International Students and Scholars](#) is always here to offer support as well. There are several ways you can get in touch with an OISS advisor, which are detailed on our [website](#).

NAFSA, the national professional organization for international education, is updating [this page](#) of resources for Ukrainian students and scholars. We hope these resources will be helpful to you if needed.







## Off Campus Housing Module

The UCSB Financial Wellness Committee has released their newest module - [Financial Wellness: Moving Off-Campus](#).

In this online module focused on housing, you will learn how to look for housing from various living options ranging from apartments to co-ops. The module also covers financial aid, undocumented student resources, and other housing support services. Learn insightful tips about navigating contracts, considering summer housing, and finding roommates.

The first 20 students who complete the module in its entirety will receive a \$25 grocery gift card!



## U.S. Departure Delays

We understand that some students and scholars have had issues departing the U.S. after completing their programs, due to COVID-19 travel restrictions. If you find yourself in this situation, here are our recommendations:

- Contact home country embassy in the US
- Keep records of attempts to depart and any canceled flights
- Depart to another country if you have safe accommodations to stay in during any required quarantine period
- Transfer to another school or program in the US
- Change your status within the US (consult an immigration attorney for this option)

## Optional Practical Training (OPT) Denial Risk

All students must have an I-20 with an OPT recommendation on page 2 from a UCSB OISS advisor *BEFORE* filing their I-765 online with USCIS. This OPT I-20 must be requested through UCSBGlobal using the OPT application e-form. If students submit their I-765 online to USCIS without the new OPT I-20, they are at risk of having their OPT denied by the government. This is noted on the [OPT Tutorial](#) and we implore students to read all provided information thoroughly.



# International Women's Day

"Imagine a gender equal world.  
A world free of bias, stereotypes, and discrimination.  
A world that is diverse, equitable, and inclusive.  
A world where difference is valued and celebrated.  
Together we can forge women's equality.  
Collectively we can all #BreakTheBias."

International Women's Day (IWD) is March 8! There are many ways you can celebrate women's accomplishments, raise awareness against bias, and take action for equality. Check out the IWD 2022 [website](#) for educational resources, events, zoom backgrounds, and more.

There is a local fundraising event, [Women Winemakers Celebration: A Toast to Women in Wine and Food](#), hosted by the Santa Barbara Vintners Foundation. You can also stop by the [Resource Center for Sexual and Gender Diversity \(RCSGD\)](#) to pick up a commemorative Women's History Month pin.

## Daylight Savings on March 13

Don't forget to "Spring forward" on March 13, when Daylight Savings Time begins. For more information, check out [this page](#).

## Office Closure on March 25

OISS will be closed on Friday, March 25 in observance of [Cesar Chavez Day](#). Normal operations will resume on Monday, March 28.





# OISS Events



## US Taxation for Foreign Students and Scholars Workshop

Are you ready to file your tax return? Do you know which form(s) to submit? These questions (and many others) will be answered at our upcoming US Taxation for Foreign Students and Scholars workshop, co-hosted by the California Franchise Tax Board. A tax advisor will present on the following information, followed by a live Q&A:

- California tax return filing requirements (federal filing requirements will not be included)
- Special tax exemptions for international students and scholars
- Common types of tax treatment of income earned by international students and scholars

This workshop is open to all international students and scholars – you won't want to miss it! RSVP on [Shoreline](#) for the zoom link.

## International Student VENT Circle

This weekly social circle provides a casual and safe space for international students to connect and support one another. International students will have the opportunity to discuss (or vent) about their daily challenges (e.g. belonging, home-sickness, academic difficulty, challenges related to visa, financial stress, fitting-in) and so much more. This is also a space for students to recognize their strengths and receive guidance and resources from other participants and co-leaders.

Check out the promo video [here](#)!



# OISS Recommends

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## Grad Slam 2022

Congratulations to Menglin Li for qualifying as a finalist for Grad Slam!

We look forward to cheering you on at the Final Round on March 11 from 4:30-6:00pm, in person in Campbell Hall and online on YouTube. This event will feature live presentations from all Finalists, Q&A with the presenters, and the announcement of our winners.

The Final Round will also be livestreamed on UCSB's YouTube channel. Both in-person and virtual attendees will have the opportunity to vote for the winner of a People's Choice award! Register for the event here.



## Words from Menglin

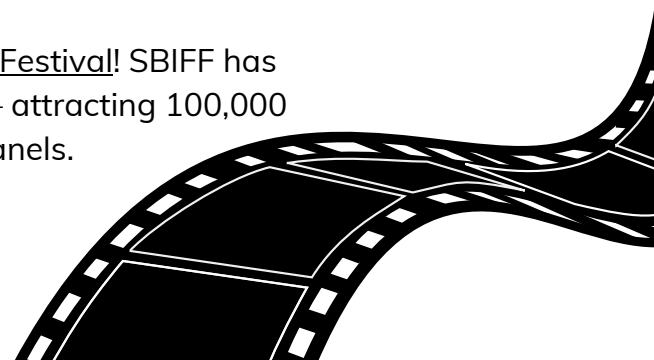
The project I'm presenting in Grad Slam is about sleep chronotype and how that is regulated by the alignment of our internal circadian periodicity and environmental light conditions. My lab mates and I used the model organism, fruit flies, to study this question and we identified a protein in the eye of fruit flies that are important for the regulation of sleep chronotype.

I'm interested in this topic because sleep behavior is a commonly conserved behavior among species, and it is critical for cognition, learning, memory formation and metabolism. You may notice that some of us prefer to work during nighttime while some of us prefer to get up early in the morning. These are different behavior chronotypes which are reported to closely related to human health. Thus, we expect to provide more insights in the study of sleep chronotypes and even therapeutic strategies to promote human health in the future.

# Staff Suggestions

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You won't want to miss the Santa Barbara International Film Festival! SBIFF has become one of the leading film festivals in the United States – attracting 100,000 attendees and offering 11 days of 200+ films, tributes, and panels.





# Thanks for Reading!

We hope you enjoyed this issue of the OISS Newsletter. Past newsletters can be viewed on the OISS [website](#).

## Questions?

If you are a current international student with questions regarding immigration, advising and other requests, email [oiss@sa.ucsb.edu](mailto:oiss@sa.ucsb.edu).

J-1 Scholars should reach out to [j1scholar@sa.ucsb.edu](mailto:j1scholar@sa.ucsb.edu). For those with questions related to employment-based visas; please contact [longtermvisa@sa.ucsb.edu](mailto:longtermvisa@sa.ucsb.edu).

For any inquiries regarding upcoming OISS events, or collaboration opportunities, contact [oissprograms@sa.ucsb.edu](mailto:oissprograms@sa.ucsb.edu).

If you are a UCSB department or organization and would like to publicize any information or upcoming events to international Gauchos, contact [mmotomazie@ucsb.edu](mailto:mmotomazie@ucsb.edu).

## Let's stay in touch!

Follow our social media accounts to stay up-to-date with everything happening at OISS.

