

NOVEMBER 2021

# OISS Newsletter



## Dear International Gauchos,

Every November, universities throughout the U.S. celebrate [International Education Week \(IE Week\)](#). This initiative led by the U.S. Department of State and the U.S. Department of Education gives us the opportunity to celebrate our international students and scholars. Indeed, international education and global exchange lead to a more prosperous world.

Please join us in thanking our international community for their vast cultural and academic contributions to our campus. Read on to see how you can participate in IE Week this year!

In community,

The Office of International Students & Scholars

## In This Issue:

Travel Signatures	pg. 2
Travel Update	pg. 3
Electronic I-20s	pg. 3
Search Tips	pg. 4
Staff Spotlight	pg. 5
OISS Events	pg. 6
OISS Recommends	pg. 9



# Alerts & Updates

## Holiday Travel Signatures

Traveling abroad for the holidays? This is a good time to request a travel signature on your I-20 or DS-2019. The SRB will be closing right after finals conclude, so be sure to pick up anything you need from OISS before then. More details on OISS holiday closures are forthcoming.

Travel signatures are only needed for re-entry to the U.S. from another country. If you're traveling to another state within the U.S., you do not need a travel signature. For students currently on OPT, travel signatures are valid for 6 months from the date they were issued. For all other students, travel signatures are valid for 12 months from the date they were issued.

All travel signature requests can be submitted in UCSBGlobal either under "I-20 Changes and Request e-forms" or "DS-2019 Service Request: Travel Signature." Please refer to either the [F-1](#) or [J-1](#) student travel information page prior to traveling as well.



If you already have a travel signature and it will not be expired at the time you wish to re-enter the US → you do not need to request a travel signature

If you do not have a travel signature and you are not traveling outside the U.S. during the holidays → you do not need to request a travel signature

If you are traveling outside the US during the holidays and you have never received a travel signature → submit a travel signature request

If you are traveling outside the U.S. during the holidays and your current travel signature will be expired at the time you wish to re-enter the U.S. → submit a travel signature request



## Electronic I-20

The Student and Exchange Visitor Program (SEVP) has issued an [official policy guidance](#) stating:

"In response to Executive Order 14012, — Restoring Faith in Our Legal Immigration Systems and Strengthening Integration and Inclusion Efforts for New Americans," SEVP identified recommendations to increase efficiency in the immigration system and reduce unnecessary burdens. Accordingly, SEVP has formally adopted the use of electronic signatures and transmission for the Form I-20."

This means F-1 students will never need to pick up a physical copy of their I-20s. All I-20s will continue to be emailed to F-1 students. Please read the full [policy guidance](#) for more information.

We hope to receive the same news for J-1 students in the future.

## Travel Update

President Biden announced this week that a COVID-19 vaccine requirement will replace existing travel bans that were in place in many countries, allowing global travel to resume on November 8.

[CDC guidelines](#) will determine documentation and requirements for approved vaccination.





University of California, Santa Barbara

## Search Tips

Some of you may recall OISS previously used paper forms — hard to imagine, now! We have been seeing students trying to turn in old paper forms lately.

Although these paper forms have been removed from our website, you can still find them using a search engine, like Google. Therefore, if you're looking for information about a certain request, you'll get the best results by using our [Student Request Guide](#) or the search function within our website.



UC SANTA BARBARA  
Office of International  
Students & Scholars

[Home](#) [Students](#) [Scholars](#) [Departments](#) [Campus Engagement](#) [Events](#) [Resources](#) [UCSBGlobal](#) [Contact](#)

UCSBGlobal is now live! Go to this page for more information.

UCSBGlobal  
Anytime, Anywhere.

UC SANTA BARBARA  
Office of International  
Students & Scholars

# Meet Our New Student Advisor, Matthew Williams!

When interviewing someone, I ask them to describe their life using three colors. Though a bit odd, the prompt disrupts their normal bio-giving process, leading them to tell incredible stories about their lives—and, as a student of literature, I am unable to resist a good story. Thus, it was perhaps inevitable that I would be drawn into the world of international education and its community of truly fascinating individuals.

Born in Seattle, I moved to Los Angeles in 2016 to attend Loyola Marymount University (LMU), where I received my bachelor's in English with a specialization in gay and bisexual men's literature. During my time at LMU, I served as a manager at the OISS office, where I met a plethora of people: an Israeli alumnus working to improve international healthcare access while managing two businesses in Tel Aviv, a student from the Philippines with a Spanish passport

studying muons, and a Florentine with whom I attended a professional piercing conference in Las Vegas, to name a few.

Their stories inspired me to take steps to become a global citizen myself—leading me to embark on trips to Italy and Japan while also pushing me to study Italian, Portuguese, and several other languages—and my experience left me with a lasting desire to remain connected to the international world.

After graduating in 2020, I, like many others, had to change my plans because of the COVID-19 pandemic, but I am incredibly excited to be joining the OISS team at the University of California, Santa Barbara. I look forward to serving the international community here, and I am even more thrilled about the opportunity to hear their stories. (And, for those wondering, my colors would be red, black, and white.)



# OISS Events

## International Education Week (IEW): Nov 15 – 19!

International Education Week (IEW) is an opportunity to celebrate the benefits of international education and exchange worldwide. This is a joint initiative of the U.S. Department of State and the U.S. Department of Education, which will be celebrated at UCSB this year! OISS is joining campus colleagues to host international programs throughout International Education Week.

International  
Education  
Week

## Schedule of Events



### Event

### Time & Place

### Host(s)

#### Nov 15

Writing Contest Winner Announced

Online announcement

CLAS

#### Nov 15

Preparing for the Future: A Framework  
for Campus Internationalization

6 - 8 pm @ SRB MPR

ISAB, EMS, OISS

#### Nov 16

Global Gaucho BBQ

5 - 6:30 pm @ San  
Clemente

GSRC, GSACC,  
GSA, OISS

#### Nov 18

International Transfer Student  
Resource Fair

11:30 - 1:30 pm @  
SRB Bike Path Lawn

TSRC, OISS

#### Nov 19

Ellwood Mesa Sunset Hike

2:30 pm- 4:30 pm  
@ Corner of Del Playa  
and Camino Majorca

MHP, Adventure  
Programs, OISS

UC SANTA BARBARA  
Office of International  
Students & Scholars

UC SANTA BARBARA  
Campus Learning  
Assistance Services

UC SANTA BARBARA  
Graduate Student Association

UC SANTA BARBARA  
Graduate Student Apartment  
Community Council



International  
Education  
Week



## Preparing for the Future: A Framework of Campus Internationalization

6 - 8 PM

November 15

Multi-Purpose Room at the SRB

Join us for a night of meaningful discussion among different organizations on campus! Featuring a brief presentation from the director of English for Multilingual Students Program, Karyn Kessler. Register for the event on Shoreline!



**EMS** English  
for  
Multilingual Students

UC SANTA BARBARA  
Office of International  
Students & Scholars



International  
Education  
Week



## Global Gaucho Barbecue

Time: 5 pm - 7pm (Pacific Time)

Date: Nov. 16th (Thursday)

Location: San Clemente Center  
(BBQ Pit)

RSVP on Shoreline

NOV  
16

UC SANTA BARBARA  
Office of International  
Students & Scholars

UC SANTA BARBARA  
Graduate Student Apartment  
Community Council



UC SANTA BARBARA  
Graduate Student Association

UC SANTA BARBARA  
Office of International  
Students & Scholars

International  
Education  
Week




## International Transfer Student Resource Fair

11:30 am-1:30 pm

November 18th

Student Resource Building: Bike Path Lawn

Come to our event to socialize and learn more about which resources are available for transfers and International students on campus.

Food will be available 



UC SANTA BARBARA  
Office of International  
Students & Scholars



International  
Education  
Week

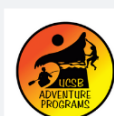
## Ellwood Mesa Sunset Hike

Time: 2:30 pm - 4:30 pm

Date: Friday, Nov 19

Meeting Point: Corner of Del Playa  
Dr and Camino Majorca  
in Isla Vista

RSVP on Shoreline



UCSB | Counseling & Psychological Services  
**mental health peers**  
campus.mentalhealth.ucsb.edu | 805.893.4411

UC SANTA BARBARA  
Office of International  
Students & Scholars

UC SANTA BARBARA  
Office of International  
Students & Scholars

# OISS Recommends

## School Anxiety Program

The School Anxiety Program is a structured program that integrates a peer-to-peer model, where students work directly with a Mental Health Peer to learn tangible skills around managing their academic anxiety. The structure includes three 1-hour long sessions with a Mental Health Peer. Topics covered include psychoeducation on stress and anxiety, cognitive behavioral strategies, imposter syndrome, procrastination and time management, self-compassion, and self-care strategies.

We recognize navigating school can include periods of high pressure and stress. Students who experience anxiety related to their academics may feel like their ability to complete tasks, maintain a schedule, and prepare for midterms are impacted. The School Anxiety Program aims at supporting students and sharing tangible skills that help with academic anxiety.

Sign up for the School Anxiety Program [here](#).

### SCHOOL ANXIETY PROGRAM (SAP)

*sign up link is now open!*

#### 1. What is a SAP?

- SAPs are designed to provide students with skills to help manage stress and anxiety surrounding academic pressure.

#### 2. How does it work?

- SAP integrates a peer-to-peer model, where you work directly with a Mental Health Peer (a UCSB student).

#### 3. What is the commitment?

- SAPs include three, 1-hour long sessions over a 3 week period.

#### 4. Topics covered include:

- Impacts of Stress & Anxiety
- Stress Management
- Time management
- Imposter Syndrome
- Social & Physical Environments
- Cognitive Behavioral Therapy techniques:
  - Cognitive Restructuring
  - Untwisting your thinking
  - Challenging Thoughts
- Self-Compassion
- Self-care

UCSB Counseling & Psychological Services  
**mental health peers**  
ucsb.edu/ucsb | 805.893.4411

For more info & to sign up, scan QR code or go to <https://bit.ly/MHPF21SAP>

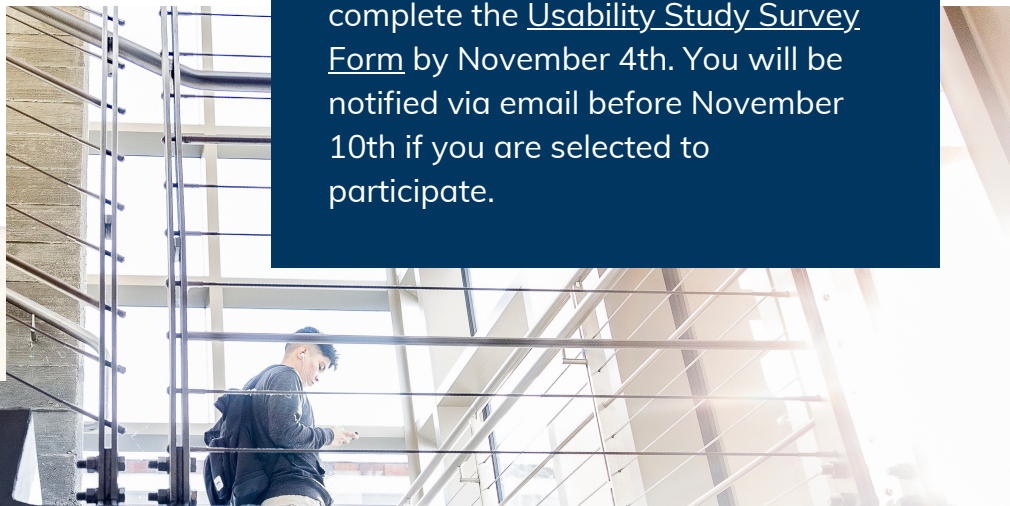


## Earn a \$50 Amazon Gift Card from UCSB Library

Would you like to earn a \$50 Amazon Gift Card for an hour of your time!? UCSB Library is seeking participants for a usability study of instructional video tutorials geared towards UCSB undergraduate students. If you like to participate, read on!

Selected participants will meet with a UCSB Library staff member online for one hour via Zoom between (November 10th - November 19th). During this usability study, you will be asked to perform a small number of tasks and watch the instructional video tutorials provided to you by the staff member. Your feedback is valuable to improve the instructional video tutorials.

Are you interested in helping UCSB Library with this study? If so, please complete the [Usability Study Survey Form](#) by November 4th. You will be notified via email before November 10th if you are selected to participate.



# Universal Studios Trip with

*Best TRIP ever!*

Date&Time: November 11th, 2021 (7am-9pm)

Location: Universal Studios Hollywood

Early-bird price: \$119 per person (by 11/2)

Regular price: \$146 per person

Breakfast & transportation provided

- sign up link or QR code-

pay in full to secure your spot



\* FIRST COME FIRST SERVE  
\* LIMITED SPOTS ONLY



## Universal Studios with ISA

The International Students Association (ISA) would like to introduce an exciting event for the holiday season: a one-day trip to the Universal Studios on Veteran's Day (November 11th). If you are interested, please check out [this](#) registration form for more instructions on how to secure your spot. Please note, spaces are limited! Contact ISA through social media or via email with any questions.

Facebook: [facebook.com/ucsb.isa](https://facebook.com/ucsb.isa)

Instagram: @ucsbisa

Email: [ucsb.isa@gmail.com](mailto:ucsb.isa@gmail.com)

Shoreline: International Students Association

## International Student Survey

Health & Wellness + Mental Health Peers want your opinions! They created a survey specifically for our international community so that they could incorporate your opinions into our future programming. Please take 5-8 mins to fill out this anonymous survey. [Here](#) is the link to the survey!

MHPS+H&W

# Survey for the Int'l community

Please click on the link below to access our survey  
<https://forms.gle/iggMYcK7zoSD7Txu5>

 UCSB | Counseling &  
Psychological Services

 UC SANTA BARBARA  
Health &  
Wellness

Mental Health Peers

# 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.

