

JULY 2021

OISS Newsletter



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Dear International Gauchos,

Summer is officially here! Whether your summer goal is to take on a challenging internship, travel to a new place, or just embrace the California sun, we hope you find it fulfilling. Especially after such a challenging year, everyone deserves a little break and respite.

Today is the first day of World Watercolor month, which is celebrated throughout July. Art is a universal language that transcends borders and connects people from all over the world. This newsletter is watercolor themed to recognize World Watercolor month and its efforts to promote international creativity. More information about the celebration is included later in the newsletter.

We hope you enjoy the sunny days ahead!

In community,

UC **SANTA BARBARA**
Office of International
Students & Scholars

Alerts & Updates

COVID-19 Vaccines

Los Angeles International Airport (LAX) is now offering free one-dose Johnson and Johnson COVID-19 vaccinations for those 18 and older. Visit [this page](#) on LAX's website for vaccination site details. No appointment or insurance required!

San Francisco International Airport (SFO) is offering the same vaccine to everyone 18 and older, including arriving and departing passengers of any nationality or country of residence. Appointments are recommended. Walk-ins may be accepted on a first-come, first-served basis. Visit [this page](#) on the SFO website for more information.

UCSB's Student Health Services has vaccine appointments available for all students. To find more information about COVID-19 vaccine requirements, please visit [this page](#).

Upcoming Closures

July 5, 2021 for [Independence Day](#)
September 5, 2021 for [Labor Day](#)

OPT Online Filing

As of relatively recently, F-1 students can file their post-completion OPT and STEM Extension OPT applications **online**. The USCIS announcement can be viewed on [this page](#).

The **first** step for all F-1 students who wish to pursue OPT is to submit the OPT Request or STEM OPT Extension Request e-form in UCSBGlobal. Once your e-form is approved, OISS will issue you a new OPT I-20. You will use this I-20 to apply online or by mail. Students can access the online submission site [here](#). All students must be **inside the US** to apply for OPT.

Returning From a Leave of Absence?

If you previously took a Gap Quarter/Leave of Absence and plan to return to the US soon, please submit a Returning from a Leave of Absence Request in [UCSBGlobal](#). You will need either a **new initial I-20** or a **reactivated I-20** to re-enter the US. Please refer to our Leave of Absence FAQ document on [this page](#) of our website for more information.

Currently on OPT or STEM OPT?

Please remember to report employer updates in UCSBGlobal. This includes the 6, 12, 18, and 24 month validations for STEM OPT students.

Entering the US Soon?

Before entering the US, be sure to have all the necessary documentation to present to immigration officials when you arrive. Travel information for F-1 students can be found [here](#), while travel information for J-1 students can be found [here](#). Please also review the latest Centers for Disease Control and Prevention (CDC) guidance [here](#).

Recently Graduated?

Congratulations again! You're off to start a new adventure. Please visit [this page](#) on our website to view all your **post-graduation options**. If you have graduated with no desire to apply for post-graduation work or transfer to another school, please log onto [UCSBGlobal](#) and submit the Student Completion e-form.

Missed the UC Career Conference for International Students?

Don't worry! Sessions are available for you to watch online. Click the title of the video you want to see below.

International Alumni and Recruiter Panel

Career Exploration Abroad Post OPT

U.S. Work Authorizations with Immigration Attorney, Mark Rhoads

Mindfulness in the Job Search

Student Spotlight

Q: Please tell us a little bit about yourself.

My name is Lauren Roberts and I majored in Italian Studies and Biological Anthropology. I graduated in the Class of 2020.



Q: Tell us a fun fact about yourself.

I have lived abroad for 5 years in Italy and Chile.

Q: What are you up to now?

I currently serve as the Executive Director for The Thriving Initiative, a 501(c)(3) non-profit organization based in Santa Barbara that serves survivors of interpersonal violence (sexual assault, stalking, dating and domestic violence). Our workshop series focuses on diverse healing modalities that create opportunities for survivors and allies to build community without sharing past traumas and instead focus on a positive way forward.

Q: What is a favorite memory about UCSB?

One of my favorite UCSB memories was going to a professor's house downtown with some of my international friends from the International Student Advisory Board. We ran into more international students on the way and had conversations in 5 different languages happening all at once on the 24X bus - the other passengers were very confused!

Q: Is there anything else you would like to share?

One of my favorite things about the international community at UCSB is the new thoughts, ideas, and perspectives they bring to campus! I have learned so much from my international friends and classmates. I have found their unique way of looking at the things many Americans take for granted both grounding and exhilarating.

OISS Recommends

Here are some upcoming events happening around campus and in the community.

SB Airbus Day Trips

You may associate the SB Airbus with rides to and from LAX, but they are offering day trips once again! From **Los Angeles Dodger games** to the **Beyond Van Gogh Exhibit**, SB Airbus can take you there. Check out [this page](#) for their schedule and details.



Recenter This Summer

Practice mindfulness meditation with your community! Practicing meditation can help reduce and manage stress, as well as improve memory and focus. Join UCSB Health & Wellness each week for a **guided meditation with a certified facilitator**. No particular experience or beliefs necessary. Tuesdays from 5:00 pm to 5:30 pm. Click [here](#) to register.

CLAS Summer Workshops

During summer A 2021, CLAS Academic Skills will offer six on-demand, online study skills videos and self-guided exercises, covering the topics of **time management, academic confidence, focus, fighting procrastination, and learning online**. Students can find these on-demand offerings [here](#).

In addition, CLAS offers individual academic skills consultations in which students receive guidance to

- develop their study plans for specific courses, including plans to catch up if they have fallen behind;
- identify strengths and weaknesses in their study habits;
- get more out of lectures, readings, assignments, and problem sets;
- organize their time;
- strategize around issues of focus, motivation, confusion, and confidence.

Some students also schedule brief, weekly appointments as accountability check-ins that help them to cultivate steadiness in their work habits. Students can make appointments for individual consultations by going to myclas.sa.ucsb.edu, clicking "my appointments," and then clicking "academic skills."

Celebrate World Watercolor Month

Grab some watercolors and make a watercolor painting or sketch each day during the month (or whenever you can join in), and share your work online for others around the world to enjoy! Use the hashtag **#WorldWatercolorMonth** when posting your art and use it to meet other watercolor artists around the globe! Click [here](#) to check out the official World Watercolor Month site.

Send photos of your watercolor work to oissprograms@sa.ucsb.edu for a chance to be featured on OISS social media pages!

Find Where You Belong

Join UCSB Health & Wellness on Tuesdays from 6:30 to 7:30 pm, starting June 29th, to explore how to “find your people, create community, and live a more connected life.” Students, staff, and faculty are invited to read one chapter a week of Radha Agrawal’s **Belong**. Come as you are and enjoy casual, lively discussions with students and staff from H&W, SEAL, and CAPS. Didn't get to the reading this week? Join us anyway!

Click [here](#) to register.

Fourth of July Fireworks

The fireworks are back! The City of Santa Barbara Waterfront Department will once again sponsor a **fireworks display** at 9 pm off West Beach. If you can't go in-person, visit KEYT.com to see the show via live stream.

Click [here](#) for more information about the event.

Mindfulness for Social Justice Series

Join UCSB Health & Wellness on Fridays from 11:00 am to 12:00 pm, starting July 2nd, to learn and practice methods to **self-soothe**, participate in **community care** and understand **rest as a truly revolutionary act**. These times will also serve as a discussion space touching upon the topics of grief, rest, spirituality, and capitalism while prioritizing self-discovery, community care, and joy.

Click [here](#) to register.

Thanks for Reading!

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

Questions?

If you are a current international student with questions regarding immigration, advising and other requests, email oiss@sa.ucsb.edu.

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

For any inquiries regarding upcoming OISS events, or collaboration opportunities, contact 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.

Let's stay in touch!

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

