Managing Stress While in the USA

April Zheng (OISS International Education Intern) and Adria Baker

While it would be great to go through life stress-free, the reality is that stress is a common part of modern life – and the academic world. It is a common belief that a small amount of stress can actually be healthy, in order to help motivate positive work, study and results. That said, too much stress can be quite unhealthy, and may require professional support in managing it, and overcoming negative consequences. One thing is for sure: emotional joys, highs, sadness, lows... and stress, are felt while studying and working abroad. These feelings often appear to be magnified, as the person is mostly likely far from their families, familiar social support, and their home cultural context.

The OISS conducted an informal survey, in order to glean information from current Rice international students on their adjustment process, as well as offer practical recommendations to encourage our students.

Who was surveyed in our informal review? 1) Rice international students, 2) OISS staff, and 3) staff members of Rice Counseling Center (RCC) & Wellbeing Office. What was asked? 1) What do they believe are the top stress that international students must deal with while in the USA? 2) What recommendations do you have for alleviating the stress? Summarized responses below:

What International Students Feel are Their Top 10 Stressors:
1. Academic challenge/course loads/exams.
2. Language barrier/communication difficulties.
3. Issues related to research: progress, tight deadlines.
4. Away from home/homesickness.
5. Culture difference/cultural shock.
6. Social life in the USA.
7. Worry about employment after graduation/internships.
8. Immigration and visa issues: a lot of paperwork, H1Bs.
10. Financial related issues: tuition, living expenses, low stipend, high health care cost, car insurance.

International Students’ Top 10 Recommendations for Managing Stress:
1. Attend more social events: meet new friends, join clubs and different organizations.
2. Exercise: go to the gym, run, and do sports.
3. Talk to someone: close to you, friends, other international students in similar programs.
4. Have some fun: travel, listen to music, watch movies, something that make you happy.
5. Ask for help: talk to OISS, CCD, RCC GPS staff and other international students.
6. Have a balanced life: sleep, rest well, take breaks.
7. Food: learn to cook food from home country, find good food off campus.
8. Work hard.
9. Get organized: have a work schedule/plan.
10. Be open to new things: food, culture; explore surrounding areas outside of Rice.

OISS’ Top 5 Recommendations for Managing Stress:
1. Don’t hesitate to seek help: utilize resources available, such as meet with an OISS advisor or RCC counselor.
2. Join: clubs, organizations, volunteer groups or attend OISS programs. Don’t isolate yourself.
3. Live a balanced life: take up new hobbies, get enough sleep and exercise on a regular basis.
4. Stay in touch: with families and friends in your home country; talk or skype with them often.
5. Learn: about cultural shock, work hard to improve English, gain communication skills.

RCC & Wellness’ Top 5 Recommendations for Managing Stress:
1. Find balance: get enough sleep, eat healthy and exercise.
2. Find social groups: such as clubs and support groups.
4. Find something that reminds of your home country: such as food, museums, cultural organizations; connect to home culture.
5. Learn: social skills, engage in cultural adaptation training, and improve language skills.

Note: Special appreciation goes to Andy Meretoja, from the OISS, for administering the survey, and to April Zheng, OISS international education intern, for response compilation and review.)
Dear Rice International Students & Scholars,

Working in an international office is always interesting! We get to meet you and learn from the many internations every day. The staff and I, at the Office of International Students & Scholars (OISS), consider working with you a great honor. Just being a part of the Rice University community is a privilege in itself. But to meet you, the top students and scholars from around the world, and be able to talk with you about issues related to immigration status, getting settled in Houston, work authorization, personal concerns, academic needs, stressful situations, or communication development is a great joy for us all.

The OISS has experienced advisors and staff who want to listen and give you as much support and refer you to as many resources that we can. Give us a call to set up an appointment by calling 713-348-6095. Have a great semester! Wishing you all the best, always!

Adria L. Baker, Ed.D.
Executive Director,
Office of International Students & Scholars

Who’s New in the OISS

In Spring, Juliana Kenj joined the OISS staff, as our International Department Coordinator. She came to Rice from our partner office, the Institute of International Education (IIE) Houston office, where she had extensive experience in international education exchange. She was recently promoted, effective October 3, 2016, to our International Advisor position, with a focus on J Exchange Visitors visas.

When asking about her hobbies, Juliana says she enjoys spending time with her family and friends, photography, being outdoors, and sometimes exercising when there is time. Her precious boys are Matheus and Vinicius.

We were very delighted to welcome back Vanessa Uribe to the OISS. Having worked five years in the OISS, and then taking time off with two precious children, Vanessa began working with the OISS right in the midst of our most busy time of the year. We are very grateful for the great service she has brought back to the OISS and to Rice. Effective October 3, 2016, Vanessa has also been promoted to International Department Coordinator.

When asked about the things she enjoys doing, Vanessa says she enjoys running, walking, eating ice cream and chocolate, and spending time with her wonderful family, including two precious children, Emilio and Valeria. Please come and take time to get to know both Juliana and Vanessa. They are a great source of support to all Rice internations!

Welcome and thank you and congratulations, Juliana and Vanessa!

To stay informed about OISS events and updates visit the OISS website often at: http://oiss.rice.edu/
Countries/Regions Represented by Rice Degree-Seeking Students

INTERNATIONAL STUDENT ENROLLMENT BY COUNTRY/REGION - FALL 2016 *

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TOTAL: 1611

*Numbers as of 9/8/2016

Totals:
- Enrolled non-immigrant degree-seeking students: 1611
- Graduate international students: 1139
- Undergraduate international students: 472
- Exchange international students in 2016: 30
- Visiting international students in 2016: 113
- New degree-seeking international students Fall 2016: 490

Did you know...
- The international students make up 23.6% of the degree-seeking Rice student population?
- We had 883 foreign visitors and scholars conducting research and lecturing at Rice during the past year?
- Rice international students and scholars represent 94 different countries/regions?
Regulatory Resources and Updates

STEM OPT Extension: What Changed and Why?
Ben Colston

Background

The STEM OPT Extension is an extension of post-completion OPT for F-1 students who received their degrees in a STEM (Science, Technology, Engineering, or Mathematics) field. It was established as a 17-month extension by the Department of Homeland Security through publication in the Federal Register.

To qualify, F-1 students must have received their degree in an approved STEM field, and be currently employed with an employer enrolled in the E-Verify program. Students were initially eligible for one 17-month STEM extension during their lifetime.

Summary of Lawsuit Against STEM OPT

♦ In March 2014, WashTech (Washington Alliance of Technology Workers) filed a lawsuit challenging the DHS’s (Department of Homeland Security) authority to establish any type of post-completion optional practical training, and that DHS did not act in accordance with the Administrative Procedure Act which requires a period of public comment. Wash Tech also argued that the STEM OPT extension caused harm to its members.

♦ In August 2015, the United States District Court decided that DHS does have the authority to establish OPT, but did not follow the required procedures in 2008, and that the 17-month STEM extension would be vacated on February 12, 2016.

♦ On October 19, 2015 DHS published a new proposed STEM OPT rule that would resolve the procedural deficiencies and address other issues. During the required public comment period, DHS received over 50,000 comments. On December 22, 2015, DHS filed a motion to extend the stay on the vacatur from February 12, 2016 to May 10, 2016 to allow time to consider the comments as well as completing the rulemaking. On January 23, 2016, the District Court granted the stay of vacatur after receiving appeals from both WashTech and DHS.

♦ On February 11, 2016, WashTech filed motion to the D.C. Circuit Court of Appeals that challenged the District Court’s authority to extend the stay of vacatur.

♦ On May 13, 2016, the D.C. Circuit Court of Appeals dismissed WashTech’s appeal and the lawsuit came to a close.

♦ On June 17, 2016, WashTech filed a lawsuit with the U.S. District Court regarding the new STEM OPT rule.

Changes in the new STEM OPT rule

Changes to the STEM OPT extension went into effect May 10, 2016, in which the 24-month extension replaced the 17-month STEM OPT extension. The student must still be employed by an employer enrolled in the E-Verify program.

These changes include:

♦ STEM OPT extension valid for 24 months.

♦ Number of lifetime STEM OPT extensions increased to two.

♦ A STEM OPT extension may be approved based on a previous STEM degree, if received in the U.S.A.

♦ Increased qualifying and reporting requirements:
   ◦ F-1 student must be currently participating in valid post-completion OPT, and must participate in a formal training plan. This requires the completion of the form I-983.
   ◦ F-1 student must submit two evaluations: one at the end of the first 12 months, and a final evaluation at the completion of the STEM OPT period.
   ◦ Employer must agree to site visits by DHS.

Be sure to consult the DHS STEM OPT extension HUB often at https://studyinthestates.dhs.gov/stem-opt-hub.

For more information, please refer to the OISS STEM page: http://oiss.rice.edu/stem/.

* Failure to comply with requirements will result in termination of status
Regulatory Resources and Updates

“Keeping a Pulse” on Your Immigration Status

Here are some quick questions and answers (Q&A) to keep in mind, in order to maintain a healthy immigration status:

Q: I’d like to get a job. Who should I check with first?
A: Read OISS website for employment, and make an appointment with an OISS advisor to discuss timing and options.

Q: Are there steps I need to take before dropping below the required minimum course load (graduate students = 9 credits; undergrads = 12 credits)?
A: Yes. You must get prior approval from an OISS advisor before dropping below hours, or you will fall out of status.

Q: Do I need to get prior approval before traveling outside the U.S.A.?
A: Yes. You will need a signature on your I-20 or DS-2019. Do not wait until the last minute to get it signed. Travel signatures are good for six months.

Q: My course requires some service off of the Rice campus. Do I need anything to do this?
A: Yes. Paid, or non-paid service or work requires prior work authorization. Attend a CPT/OPT Workshop (we offer about 15 each semester) and see an OISS advisor. Here are some more sessions this fall:

OPT/CPT Fall Workshops
Mon., Oct. 10, 11:00am OISS
Thurs., Oct. 27, 4:00pm Sewall 307
Wed., Nov. 9, 11:00am OISS
Tues., Nov. 22, 4:00pm @Sewall 307
Mon., Dec. 5, 11:00am OISS
Wed., Dec. 21, 4:00pm Sewall 307

Steps to update your address in ESTHER:
- Go to https://esther.rice.edu/
- Login to your account
- Click on Update Addresses and Phones
- Update the information in the proper address field
- Click on Submit
- OISS will then receive an electronic update of your address.

If you need assistance with your ESTHER account, you may email the Registrar at registrar@rice.edu (students) or HR at people@rice.edu (scholars)

To assist you with proper address reporting, below are some helpful tips:
For scholars – In your ESTHER account, please use the “Permanent Address” field with your current local address where you live
For students - In your ESTHER account, please use the “Mailing Address” field with your current local address where you live. You may use the Permanent Address field for any address you wish, but note that is the address used by Payroll for tax document mailing in early spring.

1) Do not use a foreign address, unless you are studying/doing research abroad
2) Do not use an academic department address, even if you feel like you live there
3) Do not use Rice’s general address (6100 Main Street)
4) Do not include your name in the address fields
5) If you live on-campus, please use the proper street address for your college and include your room number. Example:
   - Address Line 1: #### Street Address,
   - Address Line 2: Apt #, Apartment name, College Name - Room #
   - City: Houston
   - State: TX
   - ZIP: 77005- (plus unique 4-digit zip code)
Keeping Up With SEVIS

Sandra Bloem-Curtis

Keep up with SEVIS, so SEVIS can keep up with you! Here are just a few friendly reminders for F-1 and J-1 visa holders, to make sure you are staying compliant. ESTHER is connected to SEVIS, so be sure it is updated with your current information!

- Make sure your address is correct and properly formatted, so SEVIS will not reject it! If it is rejected, you will receive an email from OISS. Please follow the directions of how to correct your address, so that SEVIS will accept it.
- SEVIS also requires your contact phone number and email of where to reach you, make sure ESTHER has accurate ways of contacting you.
- Students must check with OISS before dropping below hours, F-1 and J-1 students are required to be full-time at all times unless previously authorized in SEVIS to go part-time.

Finally, ask before you act! Immigration laws are written in a way that require authorization to be done in SEVIS prior to taking the action, so please email, call, or make an appointment to see an OISS advisor before engaging in any activity that may impact your immigration status. International students and scholars bring a wonderful diversity of culture to our campus, we want to help you stay compliant and navigate your immigration requirements so that you can successfully complete your program.

Interacting With the IRS

Kristin Foringer and Sandra Bloem-Curtis

The tax seasons of 2014 and 2015 were particularly challenging for international students and their universities across the U.S. Many were caught in frustrating situations with little or conflicting guidance from the IRS on how to proceed; some were situations of not receiving tax refunds on time (for the 2014 tax year) and some were situations where internationals were receiving letters from the IRS incorrectly rejecting refunds, indicting money was owed rather than due, or requiring documentation already previously submitted.

While OISS does not have international tax experts on staff and we rely on external resources to best guide Rice internationals, OISS and other Rice offices, in addition to tax experts, took several measures to call attention to these IRS problems. Thanks to the feedback we received from many of you, and thanks to some attentive U.S. congressmen, the IRS has begun making progress to identify cases where refunds are still due and help correct errors made in the previous tax seasons. We continue to be hopeful that all issues are resolved.

As a result of these issues, the OISS has noticed some successful strategies for internationals needing to contact the IRS for various reasons. First, we encourage you to take advantage of all available phone numbers the IRS provides for contact. These include the following (but are subject to change—please visit www.irs.gov for most updated information): Toll-Free: 800-829-1040, Houston Taxpayer Assistance: 281-721-7021, International Taxpayer Service Center: 267-941-1000.

Second, it is important to know the different offices that may be involved with your tax documents and processes at Rice. As you know, the OISS offers discounted software licenses for a tax preparation software called Glacier Tax Prep (GTP) each spring. However, beyond providing this service, the OISS does not have any tax involvement and is not authorized to provide advice on individual cases. The Payroll Office is responsible for issuing tax documents for anyone receiving income or stipend at Rice. Payroll encourages all international receiving pay to ensure their FNIS account is setup and current, so please be sure to see Payroll if you have questions. Human Resources is also involved at different stages with tax documents for non-student employees of the university.

As always, it is best to address issues sooner rather than later. Taxes can be a confusing requirement, so take full advantage of the free tax workshop available to you in the spring and the tax software that can guide you through the process.
Regulatory Resources and Updates

J-1 Scholars – Tips on Maintaining Your J-1 Status

Jenny Brydon

In order to stay in status, it is important to remember the following requirements:

- **Maintain a valid passport at all times**, unless exempt from passport requirements. Your passport should be valid for at least 6 months into the future.
- Be sure to **request an extension** if you will need to stay beyond the date indicated on your DS-2019. Extension paperwork must be sent by your academic department to OISS at least 2 weeks before your program end date.
- An exchange visitor must report within ten (10) calendar days any changes in telephone number, email address, and current U.S. address (i.e., physical residence) as well as any changes in site of activity. To update address and contact information, please visit: [https://esther.rice.edu/](https://esther.rice.edu/). To update site of activity/work location, please contact OISS at least two weeks prior to any potential site of activity changes as additional paperwork and approvals may need to take place.
- **Report any life event** that may affect your immigration status such as birth of a child, marriage, change of legal name, divorce or death.
- **Report your program completion** to OISS so your SEVIS record is closed correctly. This can be done by filling out a [Departure Form](http://oiss.rice.edu/studentwork/).
- **Do not engage in criminal activity.**
- **Obtain a travel endorsement on your DS-2019** from the OISS before traveling internationally. The endorsement for travel last 6 months. Travel endorsements are not necessary if you are returning home permanently. A DS-2019 is no longer valid for reentry once you complete the program listed on your DS-2019, even if it has not expired.
- **Only work for the department for which you have been granted the visa.** Any outside employment should be discussed with an OISS Advisor in advance.
- **J-1s must maintain health insurance that meets the J-1 requirements for themselves and any dependents** for the duration of their program.
- If you are subject to the Two-Year Home Residency Requirement and plan to apply for a waiver, make sure to meet with an OISS Advisor to discuss the timeline and potential consequences of applying for a waiver.
- **J-1 visa holders are granted a 30-day grace period** to depart the US upon completion of their program as listed on their DS-2019. No work is allowed during the grace period.
- If you have any questions regarding your status, or any changes to your status, please contact the OISS at oiss@rice.edu or by calling 713.348.6095.

Incident Reporting Requirements for J Exchange Visitors


If you are a J Exchange Visitor (EV), or know of any EV who has been hospitalized for 48 hours or more, or has any of the other listed issues, please contact Adria Baker (abaker@rice.edu), or the OISS (oiss@rice.edu, 713-348-6095) immediately, to insure proper steps are put in place to support you.

Please note that the reporting requirements are a way for the to the U.S. Department of State to ensure the wellbeing of their Exchange Visitors.

Working Remotely for an International Company While in the USA

Jenny Brydon

Do you need authorization to work for a foreign company while in the U.S.?
The answer is **YES**. If you are working for a U.S. company or an international one, you need authorization prior to starting the position.

Does it matter if the position is paid or unpaid?
The answer is **NO**. Whether paid or unpaid, prior authorization is required.

Is there a person to talk to if you have questions?
The answer is **YES**. Call 713-348-6095 to set up an appointment with an OISS Advisor.

Are there general types of authorization given for working remotely?
The answer is **YES**. For F students, CPT and OPT are generally used and J students will apply for Academic Training.

Is there a place where I can find more information about applying for authorization?
The answer is **YES**. Go to [http://oiss.rice.edu/studentwork/](http://oiss.rice.edu/studentwork/)
Regulatory Resources and Updates

Visa Revocation for Drinking and Driving

The U.S. Department of State requires Consular offices to revoke non-immigrant visas of persons who are arrested, or convicted of driving while intoxicated, or under the influence of alcohol. See 9 FAM 403.11 – 3(A) for all of the details on this law. Driving under the influence of alcohol indicates possible Visa ineligibility for physical or mental disorder with associated harmful behavior that is likely to pose a threat. See INA 212(a)(I)(A)(iii) for specifics on this law.

Do not drink and drive!

Reference: Guidance Directive 2016-03
9 FAM 403.11-3- Visa Revocation
More information at: https://fam.state.gov/FAM/FAM.aspx?ID=09FAM

Special Advanced Immigration Seminar

Do not miss the opportunity to hear David Ware, Well-regarded immigration attorney from New Orleans, who will come to campus on October 6, 2016! Mark your calendars and bring a friend to this free seminar!

Who: David Ware, Immigration Attorney from New Orleans

When: Thursday, October 6

Time: 4-5:30pm

Where: Sewall Hall Rm. 301

Topics: Employment in the USA now and after your nonimmigrant status, H-1Bs, O-1s, other nonimmigrant visas, permanent residency, immigration limitations and opportunities

Got Zipcar?

What is Zipcar? It’s a Smarter way to get around campus!
Drive cars by the hour or day. Gas & insurance included.
In neighborhoods, cities and airports across the globe, even on Rice campus!
Save hundreds over car ownership.
Choose from sedans, hybrids and more
Students join for $15 (save $10 thanks to Ford) All students 18+ are welcomed, including drivers with international licenses.
For more info: http://www.zipcar.com/universities/rice-university
YouTube video: https://www.youtube.com/watch?v=5pclozetm0e

Volume 32, Issue 1, Fall 2016
Helpful Resources for Rice Internationals

Job Search for International Students
Ivette Mekdessi, Assistant Director, Career Development

Thinking about securing a research position, internship, or job? Interested in learning the best strategies to secure these positions?

In the US, securing a position often requires highlighting your soft skills (also called transferable skills) – skills you have acquired in one area that you can utilize in the next. Lack of necessary soft skills is one of the primary reasons people get hired and fired in the US workplace. The best thing you can do for your future career is to begin practicing communicating your skills today, highlighting where you acquired and used these skills in the past. Show me, don’t tell me – instead of listing all of your accomplishments, try highlighting the most important ones and the skills and abilities you used and gained through each experience.

Some skills you may want to highlight include: humility, kindness, and flexibility. Humility is one soft skill that is crucial, as people who are humble will often take responsibility for their mistakes and will be more willing to learn both from others as well as from their own mistakes.

Similarly, some of the most important traits to avoid in the job search process are entitlement and arrogance. Often times, when we try to think on our feet of our skills and abilities, we unintentionally appear as though we are showing off. By practicing and getting constructive criticism from our peers and colleagues, we are less likely to unintentionally display these traits. While your Rice education displays your intelligence and talent, your personality, conversations and soft skills will showcase your talent in a humble and clear way. In the US, bragging is a sign of insecurity; instead try to be a great listener and be eager to provide relevant, fact-based insights about your background when appropriate. Strive to be genuine, likable, and humble.

For questions and advice on this topic, the Center for Career Development (CCD) is here to help YOU! Keep an eye out for the CCD’s weekly newsletter and new blog Take Flight when classes begin with more tips, as well as our new website that will have a tab filled with resources just for international students including you!

### Customized workshops
- American Business Etiquette Workshop – Friday, October 14th – 12-1pm
- Job Search Skills Workshop – Tuesday, November 8th or 15th – 4-5pm
- Employment in the US Panel – Wednesday, February 15th – 12-1pm
- How to Make the Most of My Career – Tuesday, March 1st 4-5pm

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**Continued Orientation for New Graduate International Students**

These Continued Orientation Sessions sponsored by OISS are designed to provide new international graduate students with continuing support, information, and resources for their first year at Rice. Lunch will be provided at each session.

**Friday, September 30, 2016 — 12:00 – 1:00, Farnsworth Pavilion**  
*“Funding success as a graduate student at Rice, and working with advisors”* — Dr. Kiri Kilpatrick, Associate Director for Graduate Student Development in the Graduate and Postdoctoral Studies Office

**Friday, October 21, 2016 — 11:30 – 12:30, GSA Captain Lounge**  
*“Tips for success in your first year from students’ perspectives”* — Current Officers in the Graduate Student Association

**Tuesday, November 15, 2016 — 12:00 – 1:00, Farnsworth Pavilion**  
*“An interactive presentation on networking at meetings and parties”* — Beth O’Sullivan, Senior Lecturer in Communications in the Jones Business School
Helpful Resources for Rice Internationals

Where to Study Off-Campus
Kristin Foringer (Former OISS and Brasil@Rice employee)
As beautiful as the Rice campus is, it’s nice to get out around Houston and take your work with you! Take a break from Fondren and try studying in some of these alternative places off-campus (Wi-Fi guaranteed!).

Tea Bar and Organics | Rice Village
Originally from Chinatown in Bellaire, this café serves many flavors of boba tea and rice plates as well! There are plenty of tables to either work by yourself or with a group. The best part is they are open late; 12AM on Sunday through Thursday and 1AM on Friday through Saturday.

Fellini Caffè | Rice Village
With Italian owners, this café is dedicated to high quality Italian coffees and desserts. There are several individual tables where you can bring books or laptops, and the environment is typically quiet with light conversation. There is also a nice patio if the weather is nice!

Barnes & Noble | Kirby/Holcombe
This American bookstore has a large seating café area where it is typical to find people studying and sipping coffee or tea. Although you can browse the book selection if you like, it is also acceptable to bring your laptop and only do work in the café area. The closest one to Rice is in a shopping center by Kirby and Holcombe intersection, but there are several around Houston.

Starbucks | Memorial Hermann Building
This is probably the closest option if you feel the need to “get off campus.” The standard coffee shop is known for being very busy, but you can usually grab a table and a drink and get some work done! Just cross the crosswalk by Lovett College, and the Starbucks is located on the first floor of Memorial Hermann (also known as the “rainbow building”)

Doerr Institute Programs Uniquely Suited to International Students
Lillie Besozzi
The Doerr Institute for New Leaders (DINL) at Rice has emerged from its first year as the most comprehensive leader development program at any top 20 research university. Featuring a large scale program of one-on-one development using professional coaches, the program is particularly well suited to international students. From the director, Dr. Tom Kol-ditz, “Our coaches are in a unique position to consider two cultures with student clients: their culture of origin, as well as the culture in which they wish to lead and work.” Unlike most leadership programs, the DINL does not use classes or workshops, nor do they require students to compete for their developmental experience. They work with students across the university in contexts where the students are already engaged—for example, engineering students will be coached in their engineering project teams, student musicians will be coached in the context of their orchestra or quartet. Students who don’t do much in teams can use their coach to work on personal effectiveness. One international graduate student from Asia described three gains in the Spring 2016 Doerr Institute program:

1. Awareness . . . that leadership stems from emotional intelligence, especially managing negative emotions in order to make decisions and execute well when facing aversive situations.
2. Awareness of blind spots and behavioral methods that mitigate impact of such blindness.
3. Clarification of what I value and what my goals are, which helps setting priorities better.

With respect to her coach, she summarized her experience, “we went through the Leadership Development Plan, set my development goals, identified a few blind spots and thinking habits . . . (she) is upbeat and open. She gives me a lot of encouragement and affirmation on tangible/productive features of mine that I have been dismissing. This helps me fight my inclination of self-criticism.”

DINL leader development experiences are offered to students free of charge. Students who wish to participate in the Doerr Institute for New Leaders can sign up at an information session held at each residential college early in the semester, or by contacting the Doerr Institute by emailing leadership@rice.edu or visiting doerrinstitute.rice.edu
Cultural Activities

REAP Internationals: Let’s Make Rice More Visible to the World

Elmira Ganiyeva

Being a proud Rice international student you may wish Rice to become even more international. If you ask yourself how you could contribute to this and at the same time how you could help students from your country to learn about Rice and to become a proud Rice Owl as you are, please keep reading.

OISS sponsors a special program called REAP International (Rice Experiences Advertised to Prospects – Internationally). All currently enrolled, degree-seeking international students on a non-immigrant visa at Rice can participate in the program.

REAP International (Rice Experiences Advertised to Prospects – Internationally) is designed to increase Rice University’s visibility to prospective international students through hearing about Rice students’ experiences. Rice University international students choosing to participate in REAP International serve as a type of “ambassador” for Rice.

On this map you can see the countries our REAP International participants have visited.

Here is what our wonderful ambassadors say about their REAP International experiences.

While I hope my sharing at my alma-mater, Anglo-Chinese School (Independent) in Singapore, in January 2016, was unconventionally wise and beneficial to the student I must admit it gave me a lot more than I expected. As I spoke of Rice, I realized the many things I have to be proud of by calling Rice my home. As I shared about the people I have met here, the true extents of their personalities and passion dawned upon me. As I told of the classes I had taken the past semester - ENGI 120, Ballet LPAP, I began to see the vast breadth of experience and lessons I have received. I could not help but end the talk with a big smile and a welcome to Rice, a smile that came about on its own.

Nishant Verma, Singapore (Sophomore, Brown College, Bioengineering)

When my REAP session date was confirmed at USIEF Kolkata center, India, my only concern was how am I going to convey all the pertinent information to the audience. Nevertheless, this issue was soon resolved when I started my session with an enthusiastic pool of students and parents. It was a wonderful experience for me to represent Rice University to prospective Indian students, especially as I used to be a student member of this institute. I shared my academic and non-academic experiences at Rice with the prospective students who have diverse academic credentials (e.g., economics, engineering, physicians, biotechnology, and chemistry). Students asked very interesting questions regarding tuition, scholarship, living arrangements, applicant pool, and life in Houston, which helped me to give all the relevant information. For any further information they will contact OISS. I am glad to see that the applicants are strongly considering Rice as a potential choice just like I did. I am sure that Rice will receive a good number of student applications from Indian prospective graduate and undergraduate students in the coming years.

I thank OISS for giving me the opportunity to host my REAP session in India

Kamalika Ghosh, India (Graduate Student, Psychology)

Please visit http://oiss.rice.edu/reap/ for the full information about the program and plan to attend one of our information sessions before your winter break.
Cultural Activities

International Football Clinic 2016

On a beautiful Saturday evening, August 20, 2016, Rice international students and scholars gathered at the new Brian Patterson Sports Performance Center to meet Rice’s football head coach, Coach David Bailiff, his amazing staff, coaches, and the outstanding Rice Owls football team. This is the seventh year that Coach Bailiff has graciously invited us to learn about the rules of U.S. football, as well as enjoy fun food and tailgate games. The football players also “coached” the Rice internationals in the football skills and drills on the field. Watch the 90-second Rice video (http://news.rice.edu/2016/08/29/the-rice-owls-teach-international-students-about-american-football/) and experience the joy we felt that evening. A press release also describes the unforgettable events of that day.

Be sure to come to the Rice Owls football home games. They are free to Rice students with only showing their Rice ID. As a matter of fact, take advantage of coming to see a lot of the Rice athletic events. They are fun to do, you can meet new people and hang out with friends, and experience more of the U.S. culture.

When asked about our internationals’ reactions, here are some comments we received:

“I really appreciate this opportunity as my first step of football. The activities are entertaining, and it's very exciting to meet these strong, enthusiastic football players. I really enjoyed it. I hope there will be more opportunities like this. Thank you very much!” – Undergraduate from China

“Great event, thank you for the opportunity to learn more about football, I really enjoyed the event!” – Graduate exchange student from Honduras

“It was a great event especially for those who never came in contact with American football before. The setup was just right, getting to know everything starting with the social event before the game, learning the rules and doing some drills. It was perfect. And you never felt like you couldn’t do something because everyone was so nice.” – Scholar from Germany

“Thank you for the event, and it was greatly appreciated. Not only it was fun, but we get interaction with the football players. They are very enthusiastic and encouraging!” – Graduate student from China

“The football clinic was great. The staff, coaches and players were kind and warm. Playing football with all the players was fantastic and deepened my understanding of this sport, and I will come to support the Rice Owls on every home game. The event is very educational and the T-shirt is also awesome! Thanks very much for your time and preparation!” – Graduate student from China

“It’s very interesting. I love it. The team members are all very enthusiastic. As an international student from China, I appreciate that activity because it helps me build confidence for the life here.” – Graduate student from China

“Thank you for organizing this event. I think it really helps to create a Rice culture and connection other than just ‘learn’ the rules of the game.” – Graduate student from Mexico

“It is great for me to attend this interesting clinic. Happy with drink and food. In particular, I learned the rules of the football and I feel the passions of the players.” – Scholar from China

...continued on next page
Cultural Activities

**NASA Trip Invitation**

Join the OISS for a short get-away during the fall recess.

**What:** Trip to NASA Space Center

**Date:** Tuesday, October 11th (during the Midterm Recess)

**Time:** 9:00 a.m. - 3:00 p.m.

**Details:** We will leave Rice at 9:00 a.m. (Please plan to meet at the Lovett Hall Sallyport at 8:45 a.m.), and be back on campus by 3:00 p.m.

**Buying Tickets:** Tickets are available in the OISS (cash only, exact change greatly appreciated!). "Early bird rate" until September 23rd is $25, after September 24th tickets will be $30.

**More info:** [http://www.spacecenter.org](http://www.spacecenter.org)

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**Rice Exchange Students Helping**

Rice’s exchange student program adds to our dynamic international population. They take advantage of learning and helping with educational and cultural understanding in a very short time (one semester, or one year). We are grateful for our partnership with the Study Abroad Office, headed by Beata Loch, who leads this program.

These exchange students helped at the Study Abroad Fair on September 9, 2016. From left to right: Omri Kramer (from Israel), Wingyan Chan (from Singapore), Yosef Presburger (from Mexico and USA - studied in Israel), and Juan Rosenkrantz (from Argentina). Other exchange students (not pictured here) also participated in the Study Abroad Fair.

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**... International Football Clinic 2016 (continued from page 11)**

“My family and I have attended the football event and enjoyed it very much. Honestly, we decided to come and were a bit skeptical if it fits our children (4, 10, and 16 years old) but eventually they all enjoyed. I may mostly mention that it was very welcoming. The hosts were very warm, smiling and put a lot of efforts. The T-shirts and food also contributed to the success of the event. We are grateful for this event . . . we all left with a smile despite the fact that my knowledge of football remained limited. Thanks again for organizing this great event!” – Scholar from Israel

“I enjoyed a lot the International Football Clinic and Tailgate. It was fun and actually useful to give more information about this sport that is so important in the US. I had a good time, practiced more than once in each of the fundamentals and even did the silly celebration dance. I also brought with me a friend . . . . He was very impressed with the cultural diversity of the students at Rice and how welcoming the environment was, specially staff from OISS and from the Rice Football team. It was great.” – Scholar from Brazil
Cultural Activities

OISS Donates International Children’s Books to Texas Children’s Hospital

Andy Meretoja

Did you know that April 2nd is International Children’s Book Day? It commemorates the birthday of Hans Christian Andersen, the Danish author of classic fairytales like “The Ugly Duckling” and “The Little Mermaid”, and it felt like the perfect time for OISS to donate the OISS Centennial International Children’s Book Collection to the Pi Beta Phi Patient/Family Library at Texas Children’s Hospital!

The OISS Centennial International Children’s Book Collection was created in 2012, when so many students, scholars, and other members of the Rice campus community helped OISS celebrate the 100 years of Rice (our Centennial), by putting together a collection of 100 children’s books from all over the world. This collection was our way of celebrating Rice’s birthday as well as the diversity of our campus, and what a fun and wonderful project it turned out to be! But after a few years, we felt it was time for the books to find a new home, where they would be appreciated and read.

During a cultural event in 2013 we asked international students and scholars to submit suggestions for what we should eventually do with the books. We received many great suggestions, but one was especially interesting. It said that we should consider donating the books to Texas Children’s Hospital where they have patients from many different countries. Such a thoughtful idea seemed perfect, since we believed that it would be very special for young patients to find a book in their own language as they are undergoing treatment in a foreign country. Fortunately the Pi Beta Phi Patient/Family Library at Texas Children’s Hospital agreed with us, and they were thrilled to receive the collection as a donation.

Donating the OISS Centennial International Children’s Book Collection to Texas Children’s Hospital was a wonderful way to continue celebrating Rice’s diversity, as well as the campus spirit of giving. How satisfying to know that the books will continue to give joy to many families visiting from all over the world!

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Homecoming / Reunion Social for Graduate Students & Alumni

Graduate international students and alumni are invited by the Office of Alumni Relations to the Homecoming and Reunion Weekend (Friday, October 21, 2016) for a social with pizza, beer and soft drinks at Valhalla.

Must register at: [http://alumni.rice.edu/events/homecoming-reunion-2016](http://alumni.rice.edu/events/homecoming-reunion-2016)

When: 6pm on Friday, October 21st
Time: 6:00 – 8:00pm
Where: Valhalla
What: Social with soft drinks, beer and pizza
Invited by: Jack Stoetzel
jmstoetzel@rice.edu
Assistant Director, Alumni Programs,
Rice University, Office of Alumni Relations
Mark Your Calendars

Free Volunteer English & Culture Classes offered for Fall 2016. Registration required at https://oiss.rice.edu/english-class/

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Teacher</th>
<th>Class day and time</th>
<th>Begins</th>
<th>Ends (Tentatively)</th>
</tr>
</thead>
<tbody>
<tr>
<td>English Idioms and Slang</td>
<td>Heather Dysseckova</td>
<td>Tuesdays from 12:00 – 1:00 p.m. in OISS</td>
<td>Tuesday, October 4, 2016</td>
<td>Tuesday, December 6, 2016</td>
</tr>
<tr>
<td>Beginning English Conversation</td>
<td>James Bartlett</td>
<td>Wednesdays from 12:00 – 1:00 p.m. in OISS</td>
<td>Wednesday, October 5, 2016</td>
<td>Wednesday, December 7, 2016</td>
</tr>
<tr>
<td>Advanced/Intermediate English Conver sation</td>
<td>Catherine Spain</td>
<td>Wednesdays from 1-2 p.m., or 2-3 p.m. in the Ley Student Center, Meyer Conference Room</td>
<td>Wednesday, October 5, 2016</td>
<td>Wednesday, December 7, 2016</td>
</tr>
<tr>
<td>Grammar &amp; Pronunciation</td>
<td>Chris Sneller &amp; Christine Stifter</td>
<td>Thursdays from 12:00 – 1:00 p.m. in OISS</td>
<td>Thursday, October 6, 2016</td>
<td>Thursday, December 1, 2016</td>
</tr>
</tbody>
</table>

RICE
INTERNATIONAL LADIES NETWORK

Please join the OISS staff members for networking, food and fun activities with other International ladies. The luncheons will take place on the first Monday of the month in the GSA Lounge, RMC basement from 12:00 PM to 1:00 PM. Pizza will be provided.

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**Fall 2016**

October 3, 2016  
*What To Do in Case of an Emergency?*  
Learn basic CPR and proper ways of dealing with emergency situations from Rice EMS.

November 7, 2016  
*Thanksgiving Themed Crafts*  
Join us for Thanksgiving themed crafts and conversation.

December 5, 2016  
*Jewelry Making/Beading*  
You will get a presentation on jewelry making and beading, and will have an opportunity to make something yourself!

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**Spring 2017**

February 6, 2017  
*Kanga Fabrics*  
Come hear a cultural presentation about the African Kanga Fabrics.

March 6, 2017  
*Volunteering in the U.S.A.*  
Come learn about volunteering culture and opportunities in the U.S.

April 3, 2017  
*End of Semester Party*  
Join us for wraps as we wrap up the semester with an End of Semester Party!

All activities are subject to change, stay tuned to the OISS-Announce listserv. You can subscribe at https://mailman.rice.edu/mailman/listinfo/oiss-announce.
**Mark Your Calendars**

**Calendar of OISS Fall Events**

**Free English & Culture Classes:** See page 15 for details
- **Tuesdays from 12:00 – 1:00 p.m.** in OISS English Idioms & Slang Class — Heather Dyussekova
- **Wednesdays from 12:00 – 1:00 p.m.** in OISS Beginning English Conversation — James Bartlett
- **Wednesdays from 1-2 p.m., or 2-3 p.m.** in the Ley Student Center, Meyer Conference Room Advanced/Intermediate English Conversation — Catherine Spain
- **Thursdays from 12:00 – 1:00 p.m.** in OISS Grammar & Pronunciation — Chris Sneller & Christine Stifter

**Safety Workshop, RUPD Chief of Police**
- **September 26,** Monday noon-1:00pm at RMC-Grand Hall. Visit [http://oiss.rice.edu/uploadedFiles/Programs/Safety%20talk%2001.pdf](http://oiss.rice.edu/uploadedFiles/Programs/Safety%20talk%2001.pdf)

**Advanced Immigration Workshop**
- **October 6,** Thursday 4:00 - 5:30p.m, Sewall Hall, Room 301

**CPT/OPT Workshops:** Visit- [https://oiss.rice.edu/studentwork/](https://oiss.rice.edu/studentwork/)
- **October 10,** Monday 11:00am at OISS
- **Oct. 27,** Thursday 4:00pm at Sewall Hall, Room 307
- **Nov. 9,** Wednesday 11:00am at OISS
- **Nov. 22,** Tuesday 4:00pm at Sewall Hall, Room 307
- **Dec. 5,** Monday 11:00am at OISS
- **Dec. 21,** Wednesday 4:00pm at Sewall Hall, Room 307

**Graduate Continuing Orientation** See page 9 for details
- **September 30,** Friday 12:00 – 1:00 at Farnsworth Pavilion “Funding success as a graduate student at Rice, and working with advisors” — Dr. Kiri Kilpatrick
- **October 21,** Friday 11:30 – 12:30 at GSA Captain Lounge “Tips for success in your first year from students’ perspectives” — Current Officers in the Graduate Student Association
- **November 15,** Tuesday 12:00 – 1:00 at Farnsworth Pavilion “An interactive presentation on networking at meetings and parties” — Beth O’Sullivan

**International Ladies Network Hours** See page 15 for details
- **October 3,** Monday at the GSA Lounge, RMC basement from 12:00 PM to 1:00 PM
- **November 7,** Monday at the GSA Lounge, RMC basement from 12:00 PM to 1:00 PM
- **December 5,** Monday at the GSA Lounge, RMC basement from 12:00 PM to 1:00 PM

**Thanksgiving Luncheon**
- **November 17,** Thursday at Farnsworth Pavilion

**International Education Week 2016**
- **November 14-18,** Stay tuned for IEW 2016 at [https://oiss.rice.edu/iew/](https://oiss.rice.edu/iew/)
- **TBD:** Annual World Mini Soccer Cup

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**Carolynne White** (former Rice employee and loyal FISS Friend), with new Rice graduate student, **Siyao Li**, enjoying their fun conversation and new friendship, at the Friends of International Students & Scholars (FISS) “Meet & Greet”, on September 13, 2016 at Rice’s Ley Student Center.

*Carolynne White (Friend) and Siyao Li (Professional Masters student from China)*
10 QUOTES TO PONDER

(Offered by Eva Hanson)

It is never too late to become what you might have been.

Of all the things you wear your expression is the most important.

If you get a second chance, grab it with both hands. If it changes your life, let it.

The best vitamin for making friends…B1.

The happiness of your life depends on the quality of your thoughts.

The heaviest thing you can carry is a grudge.

Sometimes we get so caught up in who’s right and who’s wrong that we forget what’s right and what’s wrong.

One thing you can give and still keep is your word.

If you lack the courage to start, you have already finished.

Ideas won’t work unless you do.

Did you hear the wonderful news about how Rice is ranking? Be sure to share with your friends and family back home.

Image taken from Rice University website and Rice News article.