WELCOME TO THE UNIVERSITY

A warm welcome to all new and returning students from the staff of Foreign Student and Scholar Services (FSSS). We are here to serve you and encourage you to get involved in activities offered in conjunction with other campus departments, the International Student Association, International Programs, the Missoula International Friendship Program and various community groups. It is also important that you maintain your legal status while in the U.S. and ask that you seek our advice on matters pertaining to immigration rules and regulations.

FSSS is located in Lommasson Center 219. You can call us at 243-2226 or send an e-mail at fsss@umontana.edu. Every Thursday, expect to receive an electronic newsletter from FSSS, known as the “Nuggets,” sent to your email address.

For a more efficient delivery of services, we request that you comply with the following office schedule:

**Monday-Friday**

8:00 am – 1:00 pm – Appointments only please
1:00 – 5:00 pm – Walk-ins welcome & Appointments

**FSSS Staff**

Effie Koehn, Director
Barb Seeks, Assistant Director
Mona Mondava, Program Coordinator
Mary Nellis, Foreign Student Advisor
Becky Maier, Office Manager
Dakota Whisler, Student Assistant
Mastewal Seyeneh, Graduate Assistant
Mayuko Aano, Intern

Statistical information on current students and scholars can be found on page 7

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New Fall 2013 Students enjoy an evening at the New Student Welcome Dinner at the I-House
(Photos by Susan Reinhart)
FSSS WELCOMES NEW STUDENTS TO UM

The University of Montana was pleased to welcome 170 new international students to campus this Fall Semester. The Office of Foreign Student and Scholar Services (FSSS) at the university provides a comprehensive series of programs and services to make sure each student had a smooth transition to the university.

This semester, each student was greeted at the airport by one of our friendly orientations staff, who then helped them settle into their housing and provided shopping shuttles. The new students’ stay at our university kicked off with a three-day foreign student orientation, followed by two days of all-campus orientation. At their orientation, they learned all about the University, essential campus services, the academic system and class selection, along with American culture, and the Missoula community, and were able to meet key university staff and administrators.

The students had plenty of opportunities to make new connections and friends, including a welcome dinner hosted by Missoula community members and two student-hosted parties. They were also invited to be matched with a Community Friend through the Missoula International Friendship Program, a non-profit community organization that works closely with FSSS to enhance the experience of the international students in our community. Ninety-two students met their community friends at a festive reception on September 10th.

A similar number of students joined the Global Partners program, our on-campus peer mentoring program for international students, in which seasoned students volunteer to be their campus guides and friends during their first two months at UM.

As part of the orientation programs, FSSS also provided personal visa documentation and advising to each student to ensure that they understand and comply with regulations to maintain their immigration status. Rounding up the students’ welcome to the University of Montana, FSSS offered six popular fieldtrip opportunities during the first few weeks, the highlights being popular tours of Glacier National Park (Sept. 7) and Yellowstone National Park (Sept. 21). FSSS will continue to offer similar services and programs throughout the academic year.

IMPORTANT INFORMATION ABOUT YOUR ADDRESSES IN CYBERBEAR

Under the SEVIS regulations, as an F-1 or J-1 student you are required to keep your addresses current with the Department of Homeland Security (DHS). Whenever you move in the United States, you have **10 days** to update your address with DHS.

It is important that ALL three (3) different addresses that you maintain in Cyberbear are ACCURATE!

Permanent Address – **ALWAYS A FOREIGN ADDRESS** – This is your address in your Home Country. It may be your parents, a relative or some other address that the University would be able to contact about you when necessary. This is **NEVER a United States address** if you are an F-1 or J-1 student.

Mailing Address – **Where you RECEIVING mail** in the US (or a foreign address, when home for breaks) -- It may be a physical street address or it may be a Post Office Box Number (PO Box 123). This can be the same as your local(SEVIS) address.

Local (SEVIS) Address – **ALWAYS A U.S. ADDRESS** – This address must be a Physical Address of where you are living in the UNITED STATES. You may not list a PO Box address here.

If you do not see a Local (SEVIS) address listed in Cyberbear, please contact our office. You may call 243-2226 or email us at fsss@umontana.edu. I will need to add your Local (SEVIS) address so that you can see it.

If you change your address, first update Cyberbear and then come to FSSS to fill out an orange Change Of Address. You may also download a copy from our website and send it to us.
IMMIGRATION BENEFITS-
WORKSHOPS

The following repeat workshops will present information on how to apply for immigration benefits (e.g., Optional Practical Training, Curricular Practical, or Off-Campus Employment)

Monday, September 30, 2:00—3:00 p.m.
Tuesday, October 1, 3:00—4:00 p.m.
Wednesday, October 2, 10:00—11:00 a.m.
Thursday, October 3, Noon—1:00 p.m.

Meet in FSSS
Lommasson Center 219

Students who plan to complete their studies by December 2013 and would like to engage in Optional Practical Training should submit their application to the Citizenship and Immigration Service by October. The application fee is $380.

DV-2015 DIVERSITY VISA LOTTERY PROGRAM REGISTRATION BEGINS

Online registration for the 2015 Diversity Immigrant Program (DV-2015) “green card lottery” will begin on Tuesday, October 1, 2013, at 12:00 noon, Eastern Daylight Time, and conclude on Saturday, November 2, 2013 at 12:00 noon, Eastern Daylight Time. The lottery will enable 50,000 randomly chosen people to obtain permanent residence in the United States. Persons seeking to enter the lottery program must register online through the designated website during the registration period above. Online registration and eligibility guidelines are at http://travel.state.gov/visa/immigrants/types/types_1318.html

HOW TO APPLY FOR SCHOLARSHIPS/ FUNDING FOR UNDERGRADUATE AND GRADUATE FOREIGN STUDENTS

Don’t miss one of our most popular workshops. Many topics will be included that will help you learn all about how to make a successful scholarship application in the U.S. This workshop will be offered only once this year.

Topics will include:
▪ Knowing the “mindset” of a scholarship: Who funds it and why?
▪ What do scholarship evaluators look for in an application?
▪ How to write a better scholarship application and cultivate good recommendations.
▪ Tips to make yourself stand out in a positive way

Topics especially for foreign students:
▪ For which UM scholarships are foreign students eligible?
▪ How to research scholarship sources at UM and outside sources, including Web searches
▪ For which outside (local and national) scholarships are foreign students eligible?
▪ Which outside scholarships are especially targeted for foreign students?

Useful examples will be given and there will be time for questions and answers. Opportunities for individual follow-up appointments with presenters will be available.

Presenters: Laure Pengelly Drake, Director of External Scholarships and Advising, UM Davidson Honors College; Mona Mondava, FSSS and Kathy Gaskill, Scholarship Coordinator, UM Financial Aid Office.

Please note that scholarships at UM and in the US are generally awarded for the following academic year, but the applications are usually due early the previous spring. So for next year, that means early 2014. UM’s General Scholarship Application (undergraduate) is due February 1, 2014, which means you should start before fall semester ends to secure good letters of recommendation from UM professors, who are often not available over Winter Break.

Date and Time: October, specific date to be announced in FSSS Weekly Nuggets
Davidson Honors College, Room 120
Follow Signs to Workshop

Sponsored by Financial Aid, Davidson Honors College, and Foreign Student & Scholar Services

International Education Week 2013

The week of November 11 – 15, 2013 marks the thirteenth annual International Education Week sponsored by the U.S. Departments of Education and State. If you are interested in participating in any activities, please contact Linda Ellersick at 406-243-2288.
HOW TO PREPARE FOR WINTER WORKSHOP

Attention all students from warm-climate countries! Are you getting cold yet? Worried about winter? Winter in Montana lasts five months from approximately late October until mid-March. Are you ready? Do you have the right clothes? Do you know how to travel safely on snow and ice? Want to learn to enjoy the unique outdoor opportunities winter provides in western Montana?

Join FSSS for a quick and fun mini-workshop to learn how to get ready for the joys and challenges of winter – this workshop has something for everyone. Also, free pizza dinner!

— DRESSING FOR WINTER AND MORE: Information on the types of clothing you need for winter and some easy helpful hints that will keep you toasty and warm.

— WINTER RECREATION OPPORTUNITIES: No matter what your experience level or ability is, Missoula offers great winter recreation opportunities. Find out where to learn to ski, snowshoe, ice skate, etc.

— WINTER TRANSPORTATION SAFETY: Important hints on ice and snow walking, biking, and driving! The rules for the sidewalk and road change during winter and you need to be prepared for your safety!

Date: Thursday, November 7, 2013
5:00 – 7:00 pm
Free Pizza Dinner!
International House, 659 South 5th Street East

INTERESTED IN GRADUATE SCHOOL?

Come to a special workshop tailored just for foreign students to learn about graduate education in the U.S. and discover if this path is for you, and if so, how best to prepare for graduate school success. A unique opportunity to gain valuable insight from university administrators involved in graduate education. Don’t miss out on this opportunity to think ahead for your future—only offered once a year!

Topics to be covered include:
- Graduate Education in the United States: what it is, how it differs from graduate education in other countries, and how it can provide you new opportunities in your current field or in a new field
- Strategies for getting into a U.S. graduate program and timeline for the application process
- GRE, GMAT, and TOEFL exams
- How to find and select the best graduate program
- Challenges and rewards for international students in graduate education

- Funding graduate education
- Information about UM’s Interdisciplinary Studies option for graduate studies (cross-departmental collaboration to build your own specialized program)
- Information about UM’s Bridge Program to prepare for graduate School
- Inspiration to “make it happen” and opportunity to ask questions

Sponsored by the UM Graduate School and Foreign Student & Scholar Services

Date and Place: Scheduled for November. Date will be announced in upcoming weekly “Newsworthy Nuggets.” Presenters: Prof. J.B. Alexander Ross, Dean of the UM Graduate School and other Graduate School staff.

CAREER SERVICES WORKSHOPS

Prepare for your career and job search by attending one of these free workshops. All workshops are held in Lommasson Center 154, from 3:30—4:30 pm on the dates shown (unless otherwise noted)

GRIZ eRecruiting/Get Involved Workshop, Wednesday, October 9
Learn how to navigate the University of Montana’s on-line career management system, GRIZ eRecruiting. Apply for internships, full-time employment and stay informed about current job openings, on-campus events, and other career-related opportunities! Need Jobs? Gain Experience! Get Involved! Learn about a variety of ways to get involved on- and off-campus. Network with professionals, gain related experience and explore career opportunities! AmeriCorps/Campus Compact/Alternative Spring Break/ASUM/Volunteer Fair/Service Learning Office of Civic Engagement (OCE)/Academic Enrichment/Internship Services/Student Involvement Network (SIN)

Resume and Cover Letter Workshop, Tuesday, Oct. 22
Create a resume and cover letter that will effectively market your talents to employers. We will teach you how to communicate your skills to compete in today’s labor market and help you plan for targeting your job search in challenging economic times.

Job Search & Interviewing Workshop, Tuesday, Nov. 6
When you have completed your job search strategy there is one thing left to do: the finishing touches. Learn how to relax into an interview and put your best foot forward. Also, hear how to present your achievements and accomplishments to employers through the effective use of a portfolio.
WORKSHOPS

ANNUAL HEALTH PROFESSIONS CAREER FAIR

The Health Professions Career Fair, sponsored by The Office of Career Services, is one of the services we provide in our continuing efforts directed toward "bringing students and employers together." This event is typically attended by companies and organizations looking to hire in the areas of: Pharmacy, Pharmacy Technology, Radiologic Technology, Nursing, Respiratory Care, Surgical Technology, Medical Information Technology or Medical Assisting and other health-related full-time positions and internships. Come and take advantage of this opportunity to meet and network with potential employers.

If you are a student majoring in speech-language pathology, pharmacy, physical therapy, nursing, respiratory care, surgical technician or other health-related majors, you are strongly encouraged to attend this career fair. Whether you are graduating this year or in three years, don't miss out on a great opportunity to hone your networking skills, learn how to research companies, and find out about what opportunities are available for you.

Please mark your calendars and plan to attend the Health Professions Career Fair.

University Center Ballroom - 3rd Floor

Career Fair - Wednesday, October 23, 12:00 noon—5:00 p.m.
**Fair remains open throughout the lunch hour**

On-Campus Interviews (must be pre-registered for interview through Griz eRecruiting or sign-up with recruiters) -

Wednesday, October 23, 6:00 p.m.—9:00 p.m.
2nd Day On-Campus Interviews - Thursday, October 24, 8:00 a.m.—5:00 p.m.

For more complete information: http://life.umt.edu/career/fallfair/default.php

CURRY HEALTH CENTER FALL SEMESTER GROUPS AND SEMINARS

Wellness Series

Walking With Wellness Coaches, September 4-October 9, Curry Health Center, 3:00 p.m.—Get your Wellness questions answered while you move. Student wellness coaches will be leading weekly walks every Wednesday. Come when you can, no sign up required.

Pajama Party, Tuesday, October 8, Aber Hall, 8:00 p.m.—Discover secrets of sensational sleep and reap rewards of an energy-filler life.

Clean Eating, Wednesday, October 16, UC 330, 2:00 p.m.—Come to this program for a simple, sustainable, and affordable program with demos and recipes for good, clean eating.

Relaxation Tips from Around the World, Thursday, October 24, Knowles Hall, 7:30 p.m.—Travel the world on this quest for tranquility.

Health Fair, Thursday, November 7, UC Atrium, 10:00 a.m.to 2:00 p.m.—Flu shots, health screenings, quit tobacco use counseling, info about on-campus health services and more.

Stress Less, Tuesday, December 3 and Wednesday 4, UC Atrium, 10:00 a.m. to 2:00 p.m.—With finals around the corner, sometimes stress can start to get to you. Drop in and we will have refreshments, chair massages, puppies to pet, photo booth and more.
CURRY HEALTH CENTER FALL SEMESTER GROUPS AND SEMINARS

Seminars & Groups
Call: 243-4711

Educational Seminars

Feel Better Fast — Every Tuesday, Wednesday, & Thursday, 5:00 – 6:00 pm, Counseling Services.
Participants learn skills for dealing with depression, stress, anxiety, relationship concerns, and other common problems. Topics include: stress management, time management, relationships, and strategies for managing unhealthy thinking. No registration is required. Just drop on by.

Mindfulness Practice — Wednesdays, 4:00 to 5:30 pm, October 16 to November 13; call 243-4711 to register.
In this 5-week workshop we will introduce the principles and strategies for living life more intentionally and becoming more practiced at moment-to-moment awareness. The workshop will include instruction in mindfulness meditation techniques and emphasize how mindfulness can be applied when facing the day-to-day stresses of being a college student and a human being.

Test Anxiety Seminar — Saturday October 12, 9:00 – 12:00 pm
Learn some techniques to help with test anxiety, improve your performance, and develop better study skills.

Therapy Groups
(Please note: Therapy groups require a pre-group meeting with the group facilitator(s). Please call 243-4711 for more information.)

Understanding Self and Others — Wednesdays 3:10 – 4:30 p.m. or Tuesdays 3:30 – 5:00 p.m.
These groups bring together a small number of people and provide support and feedback. Members have the opportunity to: learn more about how they interact with others and practice new ways of behaving.

Graduate Grind — Thursdays 10:10 a.m. – 11:00 a.m.
Being a graduate student can be a stressful time in one’s life. This support group will give you an opportunity to share your experiences with other graduate students. All departments welcome!

Bereavement (Grief) — Fridays 1:10 – 2:30 p.m.
This is a small group, in a supportive setting, where students can share their thoughts and feelings with others experiencing the death of a loved one.

Setting Limits Group — times vary (call 243-2290)
Students develop practical strategies to adjust and better manage their use of alcohol and other drugs. This group meets weekly, for eight sessions and will help students develop the skills necessary to stay within self-imposed limits. Fee: $130

Early Recovery Group — times vary (call 243-2290)
Whether for a month or a lifetime, this group helps students create a lifestyle free of alcohol or other drugs. Meets weekly. A minimum commitment for eight weeks is required though participants can continue throughout the course of the semester(s) if desired. Fee: $130
## Foreign Scholars at UM
(July 1, 2012—June 30, 2013)
Total Number — 206

### Gender:
- Female: 108
- Male: 98

### Primary Function:
- Teaching: 19
- Research: 66
- Other*: 121

(*) Conferences, colloquia, observations, consultations or other short-term professional development activities

### Immigration (Visa) Status:
- J-1 Scholar UM: 57
- J-1 Scholar Other: 34
- H-1B: 27
- TN: 2
- All Others: 86

### Major Field of Specialization:
- Agriculture: 47
- Area and Ethnic Studies: 5
- Biological Sciences: 28
- Business and Management: 7
- Communications: 1
- Computer Science: 2
- Education: 60
- Foreign Language: 12
- Health Sciences: 6
- History: 3
- Law: 1
- Letters: 2
- Mathematics: 3
- Physical Sciences: 10
- Psychology: 2
- Public Administration: 4
- Social Sciences: 6
- Other: 7

### Field of Study:
- Biological Sciences: 16
- Business: 89
- Communication Studies: 10
- Computer Science: 13
- Conservation & Nat. Res.: 18
- Education: 8
- English: 4
- Foreign Languages & Lit.: 2
- General: 74
- Health Professions: 164
- History: 1
- Intensive English: 93
- Journalism: 7
- Law: 5
- Liberal Arts: 14
- Math: 4
- Multi-Interdisciplinary: 1
- Physical Sciences: 28
- Psychology: 4
- Social Sciences: 44
- Visual & Performing Arts: 10
- Vocational: 4

### Place of Origin (62):

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## Foreign Student Enrollment — 613

### Gender:
- Female: 326
- Male: 287

### Academic Level:

#### Undergraduate
- ELI Fr.: 93
- So.: 72
- Jr.: 51
- Sr.: 104
- Grad.: 54

#### Graduate
- Masters: 40
- Ph.D.: 46
- Prof.: 143
- Non D: 10

### Immigration Status:
- F: 332
- J: 110
- M: 1
- Other: 81

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Scholarship Reporting and Tax Requirements

Under the Internal Revenue Code, all amounts paid to nonresident aliens (F-1, J-1, M-1, or Q-1 visa holders) in the form of scholarships, fellowships, grants and other financial aid from U.S. sources are subject to federal reporting and may require income tax withholding. Foreign students should keep receipts for all educational costs (tuition, fees, books, lab supplies, computer hardware/software, etc.) to report when filing their tax return each year. The Internal Revenue Service may refund a portion of any withholding based on the information provided on the return. Students need to be aware of the requirements, and budget for the required federal income taxes to be withheld when awarded a scholarship.

Currently Enrolled Student Scholarships

The University of Montana Scholarship Program draws together many endowed scholarships and donations into a single scholarship application form. Current UM students and former UM students can apply. A scholarship committee matches qualified applicants with the scholarship that best fits them. Applicants must have completed 12 or more college credits and a minimum 3.4 GPA. See UM’s Financial Aid Office.

Departmental Scholarships

Many of UM's academic departments award scholarships to exceptionally talented students. You are encouraged to contact the department of interest by December to find out more about the scholarships and application process.

PEO International Peace Scholarship

PEO International Peace Scholarship, PEO Executive Office, Philanthropic Educational Organization
3700 Grand Avenue
Des Moines, Iowa 50312-2899
Telephone: 515-255-3153
Eligibility: Women only; full-time candidates for graduate degrees at U.S. universities; nationals of all countries except U.S. and Canada; admission to a U.S. university; intention to return to home country on completion of degree program. Applications can be used for tuition or other expenses.
Amount and number of grants: approximately 175, maximum amount of $10,000. Deadline: 12/15/13

American Association of University Women International Fellowships

AAUW Educational Foundation
International Fellowships
Department 60
301 ACT Drive
PO Box 4030
Iowa City, Iowa 52243-4030
Telephone: 319-337-1716
www.aauw.org
Eligibility: Women only; candidates for graduate degrees; nationals of all countries except the U.S.; admission to an accredited U.S. educational institution; record of civic or community involvement concerning women; intent to return to their home country.
Amount of grants: 6 grants from $18,000-$30,000
Applications available August 1 through December 1, 2013
Application deadline: December 1, 2013

Margaret McNamara Memorial Fund

mmmf@worldbank.org
Telephone: 202-473-5804
Eligibility: Women only; candidates for undergraduate and graduate degrees; nationals of developing countries on an eligibility list; enrollment in a US educational institution and residence in the US when the application is submitted; record of service to women and/or children in their countries; commitment to return to their countries within about two years of receiving a grant.
Amount and number of grants: 6 grants of $12,000
Application deadline: January 15, 2014

International Student Loans

To be eligible for a student loan from International Student Loans, international students must be enrolled as graduate or undergraduate students at least half-time, and have a qualified U.S. co-signer (U.S. citizen or permanent resident who has resided in the U.S. for the previous two years and who meets certain financial requirements). For more information or to apply online, please visit: www.internationalstudentloan.com.
Leo S. Rowe Pan American Fund

The Leo S. Rowe Pan American Fund is a loan fund administered by the Organization of American States (OAS) which provides loans up to $15,000 to citizens of OAS member countries. These loans are to help finance the students’ higher education studies and research in the United States, with the understanding that, upon completing those studies, they will be in a position to give their respective countries the benefit of their training.

Organizations of American States
Leo S. Rowe Pan American Fund
Department of Human Development, Education and Culture
Executive Secretariat for Integral Development
1889 F Street NW
Washington DC 20006
Phone: 202-458-6208

WATCH OUT FOR SCHOLARSHIP SCAMS

There are five common scams:
- Application and processing fees or loan fees
- Guaranteed winnings
- "Everybody is eligible" - Most scholarships have selective criteria
- Unclaimed aid myth - "Billions of dollars of scholarships go unclaimed every year"
- "We will apply on your behalf" Never give out your social security number or bank information for a scholarship.

BE CAREFUL

In the event you receive a telephone or internet solicitation offer asking for credit card, bank account or immigration status information you should be very suspicious of such offers.

The best advice is to simply hang up. Please report such incidents to FSSS so we can contact the proper authorities and alert other students if such occurrences prove to be potential scams.

CHRISTMAS HOME-STAYS WITH CHRISTMAS INTERNATIONAL HOUSE

Here’s a unique opportunity to experience the U.S. and live with a host family during part of winter break!
This is a program for individuals or families.

Christmas International House (CIH) is a nonprofit organization that places international students (families also welcome!) in American homes with host families throughout various communities in the US during two weeks of the Christmas holidays. The program this year offers home-stays or group-stay programs, coupled with fun group excursions and events, in many different states in the U.S. See the website for all locations! Each host community also offers group sight-seeing and lots of fun events for the participants. The cost of room and board and most sight seeing/special events is provided free of charge to the international student! Students pay only a registration fee of $150 ($175 for couples or families) and are responsible for transportation to and from the host city. Higher fees apply after October 1, 2013. Applications are available online now and were accepted by CIH starting September 15, 2013. Apply soon to receive your choice of host site! This will also assure that you have enough time to make travel reservations. The general program dates are December 18, 2013 to January 2, 2014, but some sites have slightly different dates. To find out more about the program, check the website at www.christmasih.org or contact any staff member in FSSS and they will be happy to tell you more and assist you with selecting a location that meets your interests.

In the past, UM students who have participated in this program have given very positive reports on the program. You too will enjoy the opportunity to stay with a host family, experience a new part of the U.S., discover unique local flavors and attractions, and make new American and international friends!
**IMPORTANT IMMIGRATION NOTICES**

It is important that you maintain your legal status and possess valid documents at all times. Extension of stay should be sought within 30 days prior to end date as noted on Forms I-20 or DS-2019. Students should also comply with the full course of study requirement (12 credits at the undergraduate level and 9 credits for graduate studies). To drop below the required credit load, students need to seek prior approval from FSSS. A change of address must be recorded in CyberBear and reported to FSSS within 10 days of such change. Finally, do not engage in unauthorized employment.

If you plan to leave Missoula (including travel within the U.S. and Montana) please carry your valid passport and immigration documents (forms I-20 or DS-2019 and I-94) with you. Forms I-20 or DS-2019 need to be endorsed by FSSS staff prior to travel to another country, including Canada.

**TRADITIONAL AMERICAN DINNER HOSTED BY ALTRUSA CLUB**

As in years past, the Altrusa Club of Missoula, a service organization, will host a dinner for new foreign students who began their studies at UM during the 2013 calendar year. The event will take place in an off-campus location on Tuesday, November 12, 6:30—8:30 p.m. Expect to receive an invitation at the end of October. Please respond to FSSS by the date indicated on the invitation.

**November 3 "Fall Back" CHANGE YOUR CLOCKS**

At 2:00 a.m. Sunday, November 3, we return to Mountain Standard Time. This means that before you go to bed, Nov. 2, you set your clock back one hour.

**PETSA (Personal Empowerment Through Self Awareness)**

PETSA is UM’s campaign to address sexual violence. It is an online tutorial designed to educate the entire campus community. In order to register for Spring Semester 2014, all new students who commenced their studies at UM in Summer and Fall 2013 are required to complete the PETSA online tutorial and quiz via Moodle.

For more information, please visit the PETSA website umt.edu/petsa. Also, if you or anyone you know have experienced sexual violence, the Student Assault Resource Center (SARC) is here to help.

**GRIZZLY PERSONAL SAFETY: CAMPUS ESCORT SERVICE**

Grizzly Personal Safety (GPS) is a free student-staffed safety service. The GPS objective is to ensure that no campus member has to walk campus alone after dark.

- When called, GPS members will meet the caller at their location and walk with them to their destination.
- GPS members travel campus in pairs wearing distinctive clothing, carrying radios and flashlights.
- This night-time service is available seven days a week when school is in session. Please Note: If GPS is unavailable Public Safety Officers will provide the same service.

From on campus: 2777
From off campus: 243-2777
Resources for Students

This section provides a snapshot of UM’s campus resources for all students. These resources are here for you! Take advantage of them.

Ask-an-Advisor
Direct your questions to an advisor at the Undergraduate Advising Center (rooster@mso.umt.edu). They have info on policies, deadlines, general education requirements and much more. If they don’t know the answer, they will refer you to the appropriate person.

Disability Services for Students (DSS)
DSS is also located in LO 154. It offers academic advising, classroom accommodations, and testing accommodations (extended time, alternate test formats, and private testing environments) for students with disabilities.

Career Services
Career Services located in Lommasson Center 154 gives students at all levels an advantage in the fast track professional world. Students can prepare for post-graduation by utilizing Career Services to help build a resume with summer jobs and volunteer work while exploring career opportunities. They even house a library of information on potential careers and best fit university majors.

Counseling Services 243-4711
Counseling Services is located in the West Entrance of the Curry Health Center (CHC). Full time students receive three free visits and can use services such as:
- Individual Counseling and Psychotherapy
- Topical Group Therapy/Workshops
- Crisis Walk-in Service
- Test Anxiety Workshops (call 243-4711 for dates and times)
- Psychiatric Consultation
- After hours urgent care (provided by the CHC Medical Clinic Staff)
- Brief In-patient Respite Care
- Bereavement counseling
- Networked with Self Over Substances to provide substance abuse counseling
- Group counseling on pre-determined topics is also available for free. Topics are listed on the CAPS website.

TUTORING SERVICES

Study Jam
A free-to-students tutoring service called Study Jam operates Monday, and Wednesday evenings, 6:30—9:00 pm in the UC Commons. The program sponsors group study tables staffed by professional tutors in various subject areas, including Statistics, Spanish, Chemistry, Economics, Anatomy and Physiology, Accounting and Physics. Individual students and study groups can see the website for classes, umt.edu/oss/student_success_resources/tutoring to gather and obtain help as needed. If you have additional questions, contact Sharon O’Hare, Executive Director, Office for Student Success, at sohare@mso.umt.edu.

The Writing Center
The Writing Center invites international students to take advantage of its FREE tutoring services! International students are encouraged to make an appointment in LA 144 or to drop in during the Writing Center's Mansfield Library tutoring hours.

The Writing Center offers FREE one-to-one tutoring to UM students seeking to become more effective writers. We help students as they plan, execute, revise, and edit pieces of writing for any course in any discipline.

There are 30 minute tutoring sessions by appointment as well as drop in times and special times for International students.

To make an appointment, go to the web-based scheduler at: www.umt.edu/writingcenter. You may contact the Writing Center at (406) 243-2266 or growl@mso.umt.edu.

Math@Mansfield Tutoring Center
Mansfield Library, Monday—Thursday, 11:00 a.m.—3:00 p.m., 6:30—9:00 p.m., and Sunday, 6:30—9:00 p.m.
For Sections M065, M090, M095, M105, M115, M135, M136

Math Learning Center
Math Building basement, Monday—Thursday, 10:00 am—4:00 pm
For Sections M095, M121, M122, M151, M162, M171 & M172

PROGRAM FOR SPOUSES OF INTERNATIONAL STUDENTS AND SCHOLARS

An increasing number of foreign students and scholars are bringing their wives and families with them when they come to the U.S. We currently have approximately 30 foreign wives who have accompanied their husbands to Missoula. To help these women become more comfortable with their new living situation in America, frequent social and informational gatherings will be organized by Ms. Mastewal Seyeneh, a graduate assistant in the Intercultural Youth and Family Development Program, under the supervision of FSSS.

The program will help female spouses learn about the nuances of life in Montana, improve their conversational English, meet fellow international student/scholar spouses and supportive Missoulians, and be informed about available community resources for themselves and their children.
Speakers’ Bureau Continues to Reach Out

The Speakers’ Bureau would like to extend a sincere and warm THANK YOU to all students who gave time and energy to meet with classes and civic groups in the Missoula community during the Spring 2013 Semester and through the summer. We applaud the following student for volunteering:

Camila Yarla (Brazil), Sun Park (S. Korea), Vaclava Burdova (Czech Republic), Vuthika Hang (Cambodia), Mayuko Aono (Japan), Abdullah Aljamea (Saudi Arabia) volunteered their time for the Flagship Diversity Week discussion panels at Hellgate High School in February ‘13.

The Montana World Affairs Council arranged group discussions for their Academic World Quest Competition, and the following students talked about their countries with high school students from all over Montana: Farzona Shukurova (Tajikistan), Giovannni Giacomin (Brazil), Raquel Arouca (Brazil), Richard Norman (Brazil), Sara Latif (Pakistan), Suraya Nazhat (Afghanistan), Suzette Moseri (Nigeria), Umut Arslan (Turkey) Wai Wai Tun (Myanmar).

Noela Kinda (Burkina Faso) shared African dance movements as a form of cultural expression to Preschool, Kindergarten and 1st Grade students of the Missoula International School in March 2013.

The Swan Valley School students came to UM and met with Apoorva Joshi (India), Sara Latif (Pakistan), Volodymyr Shemayev (Ukraine), Cyril Afeavo (Ghana), SuYeon Choi (Korea), Alina Calianu (Romania), Kazuki Kinjo (Japan), Giovanni Giancomin (Brazil) for their World Cultures Project.

On International Women’s Day, Sara Latif (Pakistan), Ana Ferreira Bastos (Portugal), Yu Xia (China) participated in a discussion panel on Women in Science.

Yibo Fan (China) and Verena Henners (Germany) were interviewed by a fifth-grade student from the Missoula International School for a class project.

Intizor Aliyorov (Tajikistan), Isaac Akinola (Nigeria), Han Jie Leow (Malaysia), Cyril Afeavo (Ghana), Yu Xia (China) and Krishantha Silva (Sri Lanka) volunteered at the Atrusa Club’s fry bread booth at Western Montana Fair. Proceeds from the fundraising efforts of Altusa Club go to offer scholarships to international graduate students and to International House donations.

The students below participated as interview partners for Professor Udo Fluck’s MGMT 480 class in spring 2013: Bohan Hu (China), Francisco DosReis Silva (Portugal), Ludmila Diniz Leroy (Brazil), Emerson Carmona (Chile), Ana Karolyne Oliveira Monteiro (Brazil), Aya Abdelraouf (Egypt), Michael Eduful (Ghana), Johanna Bernhard (UK), Ines Cuesta Urena (Spain), Elvis Coimbra Gomes (Portugal), Yu Pai (Taiwan), Guedem Dara (Chad), Maria Osorio (Columbia), Brian Holland (Ireland), Ivan Constantine (Bulgaria), Viktor Steenson (Sweden), Mastewal Seyeneh (Ethiopia), Oleos Ferris (Moldova), Hakgyu Choi (South Korea), Vaclava Burdova (Czech Republic), Sara Latif (Pakistan), Tatsuya Suzuki (Japan), Caroline Boussac (France), Issac Akinola (Nigeria), Tanja Benedicte Carlsen (Norway), Cyril Afeavo (Ghana), Yui Natori (Japan), Vaclava Burdova (Czech Republic), Rotman Walle (Italy).

Thanks to all the students who helped with the pre-departure workshop for study abroad students!

FSSS coordinates the Speakers’ Bureau Program, through which foreign students are able to interact with the larger Missoula area community. Foreign students are invited to give talks about their home countries on a variety of topics. The audiences often include local high school classes, community organizations, and even individuals requiring translation assistance. Most students are happy to share what they love most about their homelands and the audience groups are always very excited to meet students and learn about other countries around the world. Interested in Speakers’ Bureau? Contact Mary Nellis at 406-243-6040.
MEET YOUR 2013—2014 INTERNATIONAL STUDENT LEADERS

At The University of Montana we have a very active International Student Association (ISA) [http://www.umt.edu/asum/isa](http://www.umt.edu/asum/isa), as well as a number of specific nationality/cultural associations, collectively called the United Nations Council. They all welcome your participation and input. There are still some positions and regions that are vacant, please consider participating. You may contact your leaders by using their UM e-mail address: firstname.lastname@umontana.edu

ISA OFFICERS

President: Mohammed Khamis, Saudi Arabia  
Vice President: Abdullah M. Aljamea, Saudi Arabia  
Business Manager: Priscilla Lekalkuli, Kenya  
Secretary: Kamalashri Easwara Murthi, Canada/India

Program Coordinator: Kazusa Suzuki, Japan  
Web Master: Toan Phung, Vietnam  
Sports Coordinator: Farzona Shukurova, Tajikistan

The MIFP executive board is committed to helping UM foreign students have a positive experience during their study sojourn. This year’s board consists of the following individuals:

- President: Adair Kanter  
- Treasurer: David Strobel  
- Recording Secretary: Charlotte Kasl  
- Corresponding Secretary: Chris Kilzer  
- Board Members: Carrie Gajdosik, Laela Shimer, Martin Twer, Suzan Rinehart, Ginny Therriault, Kevin Nalty, Mika Watanabe  
- Lifetime Members: Joycee Dozier, Nancy Gibson  
- Ex-Officio Members: Effie Koehn and Mona Mondava

MIFP is a non-profit volunteer community hospitality organization which works closely with FSSS to facilitate friendship opportunities between students and members of the community. For Fall Semester 2013 MIFP arranged new friendship matches between 75 community friends and their families and 90 new students. Orientation for interested students was held on August 21 and on September 4 and 5, for new community participants.

On September 10, the students and their respective community friends were able to meet for the first time at a Meet and Greet function at the Missoula Carousel. On Wednesday, October 9, President Royce Engstrom and Dr. Mary Engstrom will host a reception on campus to honor Community Friends of Spring and Fall Semesters 2013. Later this semester, on Sunday, December 1, MIFP will host the annual Holiday Party for all foreign students and scholars and community friends. All UM international students and scholars are invited to the December event.

NATIONALITY/CULTURAL ASSOCIATION PRESIDENTS

- African Student Association: Priscilla Lekalkuli
- Chinese Student and Scholar Association: Yibo Fan  
- Japanese Student Association: Dylan Lockwood  
- Korean Student Association: Jeffrey Ahn  
- Latin American Association: Manuel Lopez Loaiza
- Muslim Student Association: Salvatore Ferrara  
- Persian Student Association: Farzona Shukurova
- Saudi Student Association: Abdulaziz Almedaimigh
- South Asian Organization: Kamalashri Easwara Murthi
- Taiwanese Student Association: Ching Pai

Chinese Mid-Autumn Festival

Yibo Fan, President of CSSA
UM GLOBAL PARTNERS

This fall, 53 outstanding UM students are generously volunteering their time as Global Partners to 91 new foreign students who signed up for a partner. Each Global Partner has made a two-month commitment to help a foreign student adjust to both the university system and the Missoula community. After attending a training session, the Global Partners met the foreign students at an International House pizza party on August 25. The event was a huge success with over 140 people attending! The Global Partners act not only as guides for foreign students; they also offer each student an opportunity to experience the best of American culture. At the same time, the Global Partners play a crucial role in helping ease the loneliness and culture shock that are a natural part of studying abroad.

Global Partners and foreign students are reached via both email and regular announcements, so keep an eye out for upcoming programs and events!!

INTERNATIONAL HOUSE NEWS

659 South 5th St. East  Missoula, Montana  59801  Phone: (406)543-8805

What and where is the International House? The International House is a physically accessible activity and meeting center for UM international students and scholars and friends, as well as any UM group with an international or intercultural focus! You are invited to stop by and visit during open hours. You can study, use the student computer, internet, and printer, watch TV/Video/International DVDs, cook a meal in the kitchen, do laundry, play table tennis or meet friends. Regular open hours are maintained each day and current hours are posted on the Newsworthy Nuggets and at the house. The International House is located on the edge of campus, one block east of the Curry Health Center and across from the Adams Center parking lot, at 659 South 5th Street East. Phone: (406) 543-8805.

Host your event there for free! Reserve the house free of charge for parties and gatherings - small or large - such as meetings, celebrations, cooking, cultural events, etc. It’s for you, your friends, or your campus group with an inter-cultural focus! There is no charge to use the house for an event. The International House is YOUR HOUSE– so take advantage of it and come visit or plan an event there! But please remember that the I-House is smoke-free and alcohol-free. To reserve the house, just call the International House managers. You can reach them at (406) 543-8805 – if you don’t reach them, leave a message and they will call you back.

I-House Managers: The International House operates under the management of three resident student managers, under the supervision of FSSS. We welcome as the Fall 2013 I-House Managers the following students: Monika Reid from the U.S., Sachi Mahendri from Sri Lanka, and Erin McConnaha from the U.S. They are looking forward to welcoming you to the International House!

We would also like to say farewell and thank you to last year’s outgoing manager Verena Henners from Germany.

I-House Social and Cultural Events: The managers will be providing some fun special events at the I-House this fall, so keep watching the Newsworthy Nuggets for more information, and also for current Open Hours. If you would like to host a cultural event at the I-House to share some aspect of your country or culture with the UM international community, please let the managers know your idea and they would be happy to assist you.

What’s New at the International House: We continue to enjoy the crisp new look of the International House after last year’s many upgrades. We are currently working on installing a new flat-screen TV, which will allow better presentation possibilities and computer connections, and will allow us to access many more international TV channels with our cable subscription. Thank you to the Missoula International Friendship Program for their donation of the television.
GET READY FOR INTERNATIONAL FESTIVAL in MARCH 2014

The biggest UM international event of the year is coming! The 23rd annual UM International Culture and Food Festival – presented to the community by the International Student Association and all the international students, scholars, and their American friends – will be held this academic year on Sunday, March 23, 2014. Don’t miss this opportunity to be part of the excitement. We will need you to start thinking and planning for it Fall Semester though, as it takes many months to prepare!

This is one of the biggest public annual events at UM, attracting 4,000 people to a day-long festival featuring over 90 different offerings ranging from food booths, stage performances, exhibits, and cultural demonstrations, to events for children. We need all international students and scholars to contribute your unique talents and ideas to the festival to make it the best one ever. (Community organizations with intercultural interests and talents are invited to participate as well…please let us know if there are any we should invite!).

Students and Scholars:

• Do you or you and friends have a performance talent (song, dance, music instrument, act, skit, etc.)? We want you in the INTERNATIONAL CULTURE SHOW! Solo or group performances welcome, traditional or modern. Performances are short – 5, 10, or 15 minutes –, so even if you can perform just one dance, song, skit – come join the show!
• Do you like to cook and want to share your country’s cuisine with others? Interested in earning some money for your group? We want you in the FOOD BAZAAR! Spaces fill up fast here.
• Do you like children? Know fun ways to show your culture? Have a special game, story, puppet show, art or craft, song or dance to share with kids? We want your activity in the CHILDREN’S WORLD!
• Do you like to share information, stories, pictures, and objects from your country with the folks of Missoula and meet people interested in your country? Host a country/culture table in the INTERNATIONAL CULTURAL PAVILION. Like to get involved in planning, organizing, and behind-the-scenes kind of stuff? We want you as an ORGANIZER or VOLUNTEER! Other talents such as public relations and marketing, photography, artistic skills, videography, organizing, volunteer management, etc. are also needed and appreciated. General “helper” volunteers are also in great need. There is a place for everyone to share their time and talent to make the festival a great University and Missoula event! Please help!

INTERNATIONAL FESTIVAL CONTACT INFORMATION:

Mona Mondava from FSSS will guide the festival as the Director, working closely with festival coordinators and ISA officers. She would be happy to visit with you on how you can participate. Mona can be reached at 406-243-6059 or mona.mondava@umontana.edu, or during her office hours at FSSS. Please stop by and share any ideas you have or to sign up to participate.

Mary Nellis from FSSS will be the Children’s World supervisor. Contact Mary at 243-6040 or mary.nellis@umontana.edu.

The officers of the International Student Association (ISA) are also intimately involved, under the leadership of this year’s ISA President, Mohammed Khamis (mohd327@hotmail.com); Vice President Abdullah M. Aljamea, Abdullah.aljamea@umontana.edu; Business Manager Priscilla Lekalkuli (priscilla.lekalkuli@umontana.edu); Secretary Kamalashri Easwara Murthi (kemkam@gmail.com), and Program Coordinator Kazusa Suzuki (ka2zulsa2@yahoo.co.jp)

Five FSSS student/staff coordinators will facilitate production of the events: Food Coordinator Jubal Watson (jubal.watson@gmail.com); assistant food coordinator Austin Smith (austin.smith@msou.umt.edu); Childrens World Coordinator Erin McConnaha (erin.mcconnaha@umconnect.umt.edu) and Culture Show Coordinator (Fall Semester) Kevin Nalty (nalty.kevin@gmail.com). A Cultural Pavilion’s Coordinator will soon join the team. Look for updated information on the festival in future editions of FSSS’ weekly electronic newsletter, Newsworthy Nuggets.

INFORMATION SESSIONS

One-hour information sessions will be offered in October and November to tell you more about the I-Festival, and how you can participate and contribute. Please check the Newsworthy Nuggets for upcoming dates. Plan to come to a session and learn more. Especially new students and scholars who will be here Spring 2014 should plan to attend to find out what it’s all about and how to get involved!

You may also sign up to participate by contacting Foreign Student and Scholar Services at the above contact info. Food Booth Reservations will be accepted starting October 25 – don’t miss out!
FALL FIELDTRIP TO THE BEAUTIFUL BITTERROOT VALLEY FOR ONLY $12!

Fall Traditions: Visit to Frost Top Apple Orchard
Historic Mission in Stevensville
Introduction to Salish Indian Culture
Lee Metcalf National Wildlife Refuge

For Foreign Students, Scholars, Families, Global Partners
SATURDAY, OCTOBER 12, 2013

Enjoy a fun fall day in the beautiful & historic Bitterroot Valley, which runs 100 miles south of Missoula. We’ll have a busy day with lots of different things to tour in the Bitterroot:

Bitterroot Valley Fall Tradition — Frost Top Apple Orchard: Pick your own Apples!

Enjoy an American fall tradition - honoring the harvest and enjoying the last of warm weather, by visiting a farm, orchard, or perhaps pumpkin patch! We have a special invitation by the owners of this traditional apple orchard in Corvallis (3,000 trees) to come and pick our own apples (free apples!), tour the orchard, and try making old-fashioned apple cider! It will be a fun, hands-on activity that you’ll long remember. Apples Orchards were important in the history of the Bitterroot Valley and every year the Valley also hosts a famous Apple Festival (Oct. 5 this year).

St. Mary’s Mission/Salish Indian Culture (Stevensville, MT)

Historic St. Mary’s Mission is the one of the state’s oldest white settlements. The 1½ hour guided tour conducted on the mission grounds includes the early history of the Salish Indians, their life in the Bitterroot Valley, their removal to the Flathead Reservation, and their present day relationship with Historic St. Mary’s Mission. Our tour also includes visiting a Salish Encampment with native plants as well as Salish games and handmade tools by Tim Ryan, a Salish Tribal Member.

Lee Metcalf National Wildlife Refuge (Stevensville, MT)

We’ll have a tour of this beautiful, popular destination, famous for its acres of bird sanctuary and wetlands. We will have a naturalist guide who will lead us through some fun hands-on activities to learn about wildlife, and go on a nature walk, where — if we are lucky — we will see some of the many kinds of birds, eagles, ducks, owls, deer, squirrels, coyotes, and perhaps the special “tree-nesting geese.” Special Bonus: We will end the day by touring the famous scarecrows that Stevensville displays each year.

This trip is open to foreign students, scholars and family members, and Global Partners. Sign up in FSSS is on a first-come-first served basis. Cost of trip is only $12, due at sign up. Price includes transportation (bus rental) and guides: visit to Apple Orchard and guided tours of the Lee Metcalf Wildlife Refuge and St. Mary’s Mission. Please plan to bring a sack lunch, and dress warmly. Departure will be at 8:15 (Check in is at 8 am) am from the International House or 8:30 am from Lewis and Clark Villages (at Lewis and Clark Stop) in a chartered bus; and return in early evening to Missoula.

This trip is funded by Foreign Student and Scholar Services and by a generous donation from MIFP: The Missoula International Friendship Program.
# Calendar of Events and Workshop Schedule

## August
- **19—21**: New Foreign Student Orientation
- **26**: Classes Begin

## September
- **7**: Glacier Fieldtrip
- **21**: Yellowstone Fieldtrip
- **30**: Immigration Benefits Workshop-OPT

## October
- **1**: Diversity Visa Lottery begins
- **1—3**: Immigration Benefits Workshop
- **9**: Career Workshop
- **12**: Bitterroot Fieldtrip
- **21**: Spring 2014 Registration Begins
- **22**: Career Workshop
- **23**: Health Professions Career Fair
- **25**: I-Fest Food Booth Apps accepted
- **31**: Halloween

## November
- **3**: Set Clocks Back One Hour
- **6**: Career Workshop
- **7**: Winter Preparedness Workshop
- **11**: HOLIDAY - Veteran’s Day
- **11—15**: International Education Week
- **12**: Altrusa Club Dinner
- **20—22**: HOLIDAY—Thanksgiving Vacation

## December
- **1**: MIFP Holiday Party
- **9—13**: Final Exams

Please Keep This Schedule for your reference.

Remember FIRST FRIDAYS @ FSSS. Come join us the first Friday of every month from 2-4 for free coffee, tea and conversation.