General Information

Congratulations, Graduates!
Congratulations to Ezekiella Sam-Amaga who will complete her Master’s degree in Strategic Communications, and to Son Tung Vu who will complete his LL.M., in December. The Office of International Student Services is so proud of their achievements and we appreciate their many contributions to the Regent community. We wish both of them well in all their future endeavors, pray for God’s abundant blessings, and look forward to hearing about the various ways in which they will be Changing the World with their leadership skills acquired here at Regent!

December Birthdays:
Congratulations and blessings to these on-campus international students who have birthdays in December:

Meng Meng Pek
Solomon Ketsela
Timothy Lim Teck Ngern

The November/December 2014 OISS Newsletter contains information about the following topics:

General Information:
-- Congratulations, Graduates!
-- December Birthdays
-- Calendar
-- S.A.D. & Support
-- University Holiday Closing
-- Founder’s Inn Airport Shuttle

Getting Involved/Events:
-- Thanksgiving Dinner
-- RUE, OSAL & Events

Immigration Information:
-- Program Completion
-- OPT Information
-- Leaving Regent University
-- Visas & I-20 Travel Signature

Outgoing Student Messages:
-- Son Tung Vu

Is Seasonal Affective Disorder (S.A.D.) Getting You Down?
Some people experience a type of depression called “Seasonal Affective Disorder” (SAD) around this time of the year, when the days are becoming shorter, darker, and colder and there is not much sunlight to be had. Just a few of the symptoms of “SAD” include: loss of energy, hopelessness, oversleeping, appetite changes, difficulty concentrating, and anxiety. If you are experiencing any unusual changes in mood/behavior, or if you would like some support, assistance, or tips for any stress, difficulty, or depression you may be experiencing, please:

- See "Robbie" who serves Regent students in the capacity of Counseling Services Coordinator: SC218 / 352-4101 / rkuschel@regent.edu
- Visit the Psychological Services Center on campus: CRB118 / 352-4488 / www.regent.edu/acad/schcou/psc/
- For after-hours assistance, you can contact Regent C.A.R.E.S.--Communication & Response for Every Student: 352-4738 / www.regent.edu/students/cares/

► More information about SAD can be found here: http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195

Bring joy to your servant, Lord, for I put my trust in you.
~ Psalm 86:4

University Closings for the Holidays:
Please note that the University (and all offices) will be closed on Thursday, November 27 & Friday, November 28, 2014, for Thanksgiving. For the Christmas Break, the University will close Wednesday, December 24, 2014 through Thursday, January 1, 2015. Please plan accordingly and submit all immigration requests, including travel signature requests, as soon as possible.

► Founder’s Inn Airport Shuttle Reminder:
Looking for a ride to the airport? The Founder’s Inn has a shuttle that goes to the Norfolk International Airport and is available to Regent students. The cost for students is only $10 one way! Reservations must be made, in advance, by calling 424-5511 and asking for “Guest Services”. NOTE: The shuttle departs from the Founder’s Inn.
Immigration Information

Program Completion in December:
All F-1 students who will complete their degrees/studies in December 2014 must submit a “Program Completion Form” to the OISS by Monday, December 1, 2014. Your timely submission of this form is important for immigration purposes. The form can be found on the OISS website.

Information about OPT for Spring 2015 Graduates
As a benefit of the F-1 visa status, all students who graduate with an Associate, Bachelor, Master, Juris Doctorate or Doctorate degree are eligible for employment authorization in the United States for one year to gain work experience in your field. As with all immigration matters, there are many complex parameters for obtaining the OPT benefit. All F-1 students who are planning to apply for OPT after graduation in the Spring 2015 must attend one of the information workshops offered in the Spring. Although you are allowed to apply 90 days prior to graduation through 60 days after graduation, it is highly recommended that you apply for OPT in mid-February, unless you have special circumstances. USCIS requires approximately 3 months to process the application. Start thinking about your post-graduation plans and talk to Heidi Decker, Director of OISS about specifics for your case. More information about OPT can be found here: http://www.regent.edu/admin/stusrv/iss/employment.cfm

Travel Signatures & New Visas during the Winter Break:
If you plan to travel internationally, make sure you bring your I-20 to OISS for a travel signature. You must be registered for Spring classes to obtain a travel signature. Don’t wait until the last minute! Students who are planning to depart the United States for winter break and will need to apply for a new F-1 visa for their return to the U.S. should be advised that there may not be enough time to receive the new visa in time for the start of classes in January. The winter break is brief and the embassies will be operating on a limited holiday schedule. The OISSL does not recommend international travel for students who have an expired visa. If you travel, get your I-20 signed!

Not Returning to Regent After the Fall Semester?
All F-1 students who are not graduating and will not return to Regent after this semester are required to notify OISS BEFORE they withdraw from (leave) Regent. You will need to submit the OISS form called “Request for Approval to Withdraw, Cease Attendance, or Take a Leave of Absence.” Failure to submit this form to the OISS before you withdraw from Regent can result in serious immigration problems for you in the future. If you notify OISS before your withdrawal, you will have 15 days only to depart the United States. If you do not notify OISS prior to your withdrawal, you must leave the U.S. immediately because you are considered to be in violation of your immigration status; you will also likely experience immigration problems during any future attempts to re-enter the United States or apply for a U.S. visa.

New International Student Orientation, Spring 2015
By God’s grace, seven new international students will arrive on campus the first week of January for Orientation. The International Student Orientation will be held Wednesday, January 7th - Thursday, January 8th.
Our new arrivals will be coming from India, Nigeria, Ukraine, South Korea, Sierra Leone, and Ethiopia. We welcome you to come and welcome our new students! More information will be sent by email to current international students with details about participating in our orientation. If you will be in the area over the break and would like to help our new students get settled in, please call the OISS to let us know you are available to help.

Change of Address Reporting Reminder:
An accurate and updated local address is a requirement to be registered as “Active” in SEVIS each semester. Your SEVIS record and permission to be in the United States could be terminated if you fail to do this one little reporting duty. Please take this seriously and update your local address & phone number before the start of each semester.
► During web-registration periods at the start of each term, all students are required to confirm their correct addresses in Genisys before they can register for classes. Your current U.S. address should be listed as your “Permanent” address in Genisys.
► If your address changes outside of the web-registration periods/during the middle of the semester or summer, you must report the new address in Genisys and use the “Information Change Form” on the OISS website to report the change to the OISS.
Getting Involved &
Upcoming Events

► Traditional Thanksgiving Dinner!
Thursday, November 27, 12-3 p.m.
Regent Ordinary
The Thanksgiving holiday is a special time of year to spend with family and friends, and to give thanks. The Office of Student Activities & Leadership (OSAL) will host this traditional American Thanksgiving meal for Regent students and their loved ones. Please RSVP by November 25, 2014 at www.regent.edu/activities. For more information, please email activities@regent.edu, call 757-352-4927.

► RUE, OSAL, & University Events Calendar
For a list of the many exciting activities/events offered by OSAL (Office of Student Activities & Leadership), please check the RUE (weekly Regent Upcoming Events) on Wednesdays, or visit the OSAL website: http://www.regent.edu/admin/stusrv/student_activities_and_leadership/home.cfm
For a complete list of the campus-wide events, visit the University Events Calendar: http://www.regent.edu/events/calendar/home.cfm?view=month

Outgoing Student Farewell Messages

Son Tung Vu, December 2014
JD, Candidate

God has been so faithful to me in ways I cannot imagine; especially my last year being a student at Regent University School of Law. I can see clearly His love through the passionate teaching of professors, the humility and kind assistance of staffs, and Christian fellowship among students. Attending a Christ-centered law school has enabled me to connect my faith with my profession, so that I can focus on pursuing eternal values. I have developed a more intimate relationship with Christ since attending Regent. “I remain confident of this: I will see the goodness of the LORD in the land of the living” (Psalm 27:13)
Blessings,
Son Tung Vu

Merry Christmas,
safe travels,
& happy New Year!

On behalf of OISS, we wish you a blessed and merry Christmas, and a safe and restful holiday! We look forward to serving you in the New Year!