October 2010 General Information

OISS Outgoing Student Survey Results:

Because the quality of service that we provide is important to us, the OISS administers various surveys throughout the year for student feedback. We are pleased to announce the following results to our “Outgoing Student Survey”:

► 100% of respondents rated the “Overall Services” provided by the OISS as “Excellent” or “Good”.
► 100% of the respondents indicated that they felt “Very Well Adjusted” or “Well Adjusted” at Regent.
► 100% of respondents indicated that they felt “Extremely Well Informed” or “Well Informed” about the F-1 or J-1 student immigration rules & procedures.

► Here are some of the more recent descriptions of the OISS that were provided by some of the December 2009, May 2010, & August 2010 graduates:

“Friendly and caring services provided. Always available and willing to help.”

“Fantastic!! Very knowledgeable & efficient staff.”

“Friendly and helpful encyclopedia guiding how to settle well in the Regent University and the United States.”

“They are efficient, effective, and cooperative.”

“The OISS is the essential vehicle for international students to study and live in the U.S. I found it helpful in many ways.”

“Diligent and thorough in their work. Kind and warm to international students and proactive to help them.”

► When asked about the 3 things they liked most about the OISS, here is what some outgoing students had to say:

“Efficiency; Timeliness; and Quality.”

“Above all, timely and correct answers to all questions related to visa issues; Providing networks with other international students; Kind and warm mood 😊.”

“Very thorough and carefully provided information; The prompt responses to emails and phone calls; Friendly nature and care for international students’ well being.”

“Full attention to students’ needs; Personal approach; Friendliness.”

“People in charge, Leeann Johnson, director of OISS has been so responsible person, very well informed and has done very excellent job: Weekly newsletters, monthly newsletters, information has been delivered in a way that is easy to understand for foreigners; Shopping trips—I’ve gotten a lot of help.”

Thanks to all of you for your valuable feedback which helps the OISS serve you and meet your needs!

End of Daylight Saving Time!

“Fall Back” & “Spring Ahead”:

On November 7th, Daylight Saving Time will end and the days will become much shorter. On Saturday, November 6, everyone in the eastern part of the United States will turn their clocks back one hour to return to Eastern Standard Time (EST) before they fall asleep. Don’t forget to move your clocks back one hour on Saturday night (for example, from 11 p.m. to 10 p.m.), or else you will be one hour early for everything on Sunday! (In the Spring, we will all “Spring Ahead” by turning our clocks ahead one hour.) (Special Note: You might also want to apprise your family members in your home country about the time change so they can call you at the appropriate hours.)

October Birthdays:

Congratulations and blessings to the following on-campus international students who will celebrate their birthdays in October:

Lydia Sagar
Joao Alves Sousa
Frieder Dappen
David Van der Merwe

Guess who had a baby? Read on to find out……

The October 2010 newsletter contains information about the following topics:

General Information:
- Outgoing Student Survey Results
- End of Daylight Saving Time
- October Birthdays
- Hurricane Evac. Survey
- Results & Important Info.
- Congratulations/New Birth
- Getting Involved & American Student Fellowship
- Greetings from Director of Student Life
- Newsletter Submission Forms
- Planning to Buy a Used Car?
- Congratulations Student Leaders!
- Greetings from New OISS G.A.s
- ISO List Serve
- Message from the ISO Board
- Hispanic Heritage Month

Immigration Information:
- 1-20 Travel Sig. Deadline
- 1-20s & Student Responsibility
- Program Completion Forms
- Change of Address Reminder

Info. Sessions, Events & More:
- Monday Night Football Events
- OISS Trip to Monticello
- Info. Session: Culture Shock
- Thanksgiving Dinners with Families
- ISO Bowling Event
- Weekly Shopping Trips
- ISO Weekly Lunch Gatherings
- Weekly Game Nights
- Passport to the World
- Fall OISS Cookout
- Cultural Display Table Contest
- Overseas Experiences of SS Directors

Regent University
Office of International Student Services (OISS)
201 Student Center
Phone: 757-352-4130
www.regent.edu

Office Walk-In Hours: 2 – 5 p.m., Monday – Friday
Hurricane Evacuation Survey Results & Important Information:
In August, Regent’s on-campus international students were asked to reply to a special Hurricane Evacuation Survey that was sent by email from the OISS. The survey results indicate that approximately 23 international students would need Regent to bus them and their family members to a hurricane shelter in the event the local/Virginia Beach area should be ordered to evacuate. Approximately 14 international students indicated that they (and their family members) had an alternative place to go or friends with whom they could stay.

▶ In the event of any possible emergency evacuations, all international students are advised to do the following things:
--Check their Regent email address several times a day and note that the Regent-coordinated evacuation bus will leave promptly at the established time and from the established location noted in the email messages. You can also check for any possible voicemail messages/instructions on OISS Director’s phone (352-4130).
--Notify the OISS—as soon as possible—of the address and phone number where you will be staying if you and your family will NOT be bused by the University to a shelter.
--Let your family members and friends in your home country know—ahead of time—that you may not be able to connect with them for several days (in the event of possible power outages and downed phone lines.)
--Hand carry your immigration documents & other important records with you in a waterproof folder/container. Such records would include: passport, I-20, I-94 card, immunization/medical records, and emergency contact information.

Here are some important websites for you and your families to review for emergency preparedness:
• http://vaemergency.com/
• http://www.ready.gov/america/beinformed/hurricanes.html

Congratulations/New Birth:
Congratulations and blessings to Psychology student Grooeka Okahaabwa and her husband, Richard Bagabe Bamanya, on the birth of their beautiful baby daughter, Esther Bagabe. Baby Esther was born on 9/18/10 at 8:13 p.m. and weighed 7 pounds, 11 ounces. Please join us in welcoming baby Esther into the Regent community!

Getting Involved & American Student Fellowship:
There are many offices on campus that provide activities and services that help to foster international and American student fellowship and friendship. One office that offers such opportunities is the Office of Community Life. Director Roger Cheeks organizes special off-campus outings each semester for all students at Regent (such outings include trips to the Festival of Lights display at the beach, to MacArthur Center Mall, and to the Neptune Festival at the beach). The Office of Community Life also offers all students the opportunity to work side-by-side and to serve the community through special volunteer service events. Other offices offer social, cultural, and spiritual events and opportunities for all students, such as the programming that is done by the Resident Assistants in the Regent Commons (Student Housing). The Director of Student Life, Ms. Carolyn Hughes, oversees intramural sports, such as soccer, flag football, basketball, and ping-pong. Ms. Hughes also oversees the student organizations that exist at Regent in order to foster community, fellowship, and leadership. Some of the student organization events include the COGS Cookout and Ball, and RUC’s “Culture in the Commons” event. The OISS encourages all international students to participate in these many opportunities at Regent. Getting involved with the campus community and your fellow American students will help to enhance your overall experience in the United States. For questions about these activities and events, please contact the appropriate Directors or Offices listed below:
• Mr. Roger Cheeks, Director of Community Life, 352-4486, rogeche@regent.edu
• Ms. Carolyn Hughes, Director of Student Life, 352-4867, chughes@regent.edu
• Regent Commons Office, 352-4890

Greetings from the Director of Student Life:
“Greetings! My name is Carolyn Hughes, and I am the Director of Student Life. I have met some of you already, but for those I don’t yet know, I look forward to meeting you soon! Some of my areas of responsibility include student health insurance, working with student organizations, intramural sports, and student leadership. If you have any questions about anything I can help you with, please don’t hesitate to ask. My office is located on the second floor of the Student Center in the Student Services Suite, and my phone number is 352-4867. I have a great appreciation for the perspective you bring to our campus, and I enjoy learning about other cultures, so please stop by and visit with me some time.”
OISS Newsletter Submission Forms:
Students who would like to submit some special news or announcements to the OISS newsletter can do so via the “OISS Newsletter Submission Form”, which is located on this page of the OISS website: http://www.regent.edu/admin/stusrv/iss/iss_news_cal.cfm
Such news might include the birth of a child, the birthday of a non-student family member who is at Regent with you, the appointment to a certain position on campus (such as COGS senator), or news about a special award. We can’t wait to hear from you!!!

Planning to Buy a Used Car?
Mr. Chuck Laird is an area entrepreneur who attends Kempsville Presbyterian Church. For years he has helped internationals both here at Regent and at ODU to make car purchases. Mr. Laird can help guide you in what to look for when buying a used car. If you would like his assistance he can be reached at 481-0268 or csljr@verizon.net. (The OISS has offered information sessions on car buying in the past, but the turn-out was very poor, so Mr. Laird prefers to have students contact him directly for assistance.)

Congratulations International Student Leaders!
Congratulations to the following international student leaders for their appointment to various COGS (Council of Graduate Students) positions: Enoch Charles on his election as a Senator representing Divinity; Volodomyr Blinvovskykh on his election as a Senator/Treasurer representing GLE; Larrem Panganiban on his election as Senator representing GLE; and Arlette Jeet on her election as Media Rep. for GLE. We are proud of you and appreciate your service to others!

Hispanic Heritage Month:
September 15 – October 15
Come celebrate the vibrant and enriching Hispanic culture at the Hispanic Heritage Month events that were coordinated by the Center for Latino Leadership and several University offices and schools. Details can be found here: http://www.regent.edu/academics/hhm/

Greetings from the NEW OISS Graduate Assistants:
The OISS is delighted to welcome two new Graduate Assistants (G.A.s) to the office for the 2010-2011 academic year:

“Hello everyone my name is David Jimenez. I am from Mexico and I am a student in the Master’s of Divinity program. I am one of the new G.A.s for the OISS and I am so excited for the opportunity God has placed in my life to serve and learn from Ms. Leeanne Johnson. I am glad to help all the international community so please do not hesitate to drop by the OISS department if you have questions regarding your status as an international student or simply you feel homesick. It will be my honor to serve you and to make your time in Regent University more enjoyable. Dios los Bendiga.”

“Mabuhay! I am Charissa Pajaron, a Graduate student in the Psychology and Counseling Program. I was born and raised in the Philippines by parents who are both missionaries, thus I have been given numerous opportunities to immerse myself with different cultures. I thank God for giving me this opportunity to serve a diverse population and am very excited to be used as an instrument to make your stay here at Regent a trouble-free and enjoyable one. If you need my assistance with anything please do not hesitate to drop by the OISS office located at the Student Center. My office hours are on Wednesday 3:00-5:00 p.m. as well as on Thursday and Friday 9:00 a.m.-1:00 p.m.”

International Student Organization (ISO) List Serve:
Students who are not receiving email messages from Regent’s International Student Organization (ISO) and would like to be included on that list serve should send an email to: ISO@regent.edu. Please include your name and phone number. Thank you!
Message from the ISO Board (International Student Organization)

“Greetings from ISO to all International students! We are so excited about the upcoming Fall semester as ISO has fun and exciting events lined up for you. Be sure to check out our website for the latest news from ISO (http://www.regent.edu/iso).

Fall Office Hours for ISO Board Members:
Charissa Pajaron (Treasurer) - Mondays 3:00-5:00 P.M.
Misha Joseph (Secretary) - Tuesdays 9:00 - 11:00 A.M.
Daniel Reyna (PRO) - Tuesdays 7:00-9:00 P.M.
Alicia Panganiban (President) – Wednesdays 12:00-1:00 P.M.
Frieder Dappen (V. President) – Fridays 9:00 – 11:00 A.M.

You are welcome to drop by the ISO office, which is located in SC 117, during these office hours and meet with our board members to discuss any matter concerning ISO.

You are also welcome to attend our board meetings provided that you inform us ahead of time of your attendance by sending us an email at iso@regent.edu. The ISO board members meet every Wednesday from 5:10-6:10 pm in SC 252.

Have a blessed Fall Semester.
ISO Board.”

Important Immigration Information

DEADLINE to Request I-20 Travel Signatures for Fall Break Travel:
F-1 and J-1 students who will be departing the United States for Fall Break should note that the deadline to request a travel signature on your I-20 is Friday, October 1, or two weeks before your departure, whichever comes first. Each travel signature is valid for 12 months at a time, so check to see if you have a “recent” travel signature (on page 3 of the I-20) and make sure that it will not expire before the date you will return to the U.S. For a complete list of everything you will need for a smooth reentry into the U.S. after a temporary departure, please read the OISS webpage entitled, “Departing & Reentering the U.S.”: www.regent.edu/admin/stusrv/iss/departing.cfm. This page should be read several weeks prior to your departure. If you have any questions or would like the OISS to check your documents, please visit the office several weeks before you go.

ATTENTION All F-1 Students: I-20s & Student Responsibility:
Please be reminded of your important responsibility to keep your I-20 up-to-date at all times. If you are completing your degree/studies this December, 2010 and your I-20 has a later degree completion date (May, 2011 for example), you are required to notify the OISS immediately by submitting a “Request for a New I-20”. If you are not graduating in December but your I-20 ends in December 2010, you must apply for an F-1/I-20 program extension. The program extension application must be submitted at least 30 days prior to your I-20 expiration date and might take you a few months to prepare. The program extension application can be found here: (http://www.regent.edu/admin/stusrv/iss/onlineform.cfm).
When you signed the I-20 you verified that everything was true and correct, and you are responsible for
reporting any changes or outdated information to the OISS. Thank you for your immediate attention to this important matter!

**Program Completion Forms Needed from December Degree Completers:**

All students who will complete their degrees/studies in December, please be advised that you must submit a “Program Completion Form” to the OISS by **Friday, October 29, 2010**. Your timely completion and submission of this form is very important for immigration purposes. The form can be found on this page of the OISS website: [http://www.regent.edu/admin/stusrv/iss/onlineform.cfm](http://www.regent.edu/admin/stusrv/iss/onlineform.cfm)

Thank you!

**Change of Address Reporting Reminder:**

All F-1 students, please be reminded that, outside of web-registration periods, you are **required** to report any address changes **both** to the Registrar’s Office AND to the Office of International Student Services **within 5 days** of the change. Please do not hesitate to contact the OISS if you have any questions. The online OISS Information/Address Change Form can be found here: [http://www.regent.edu/admin/stusrv/iss/information_change.cfm](http://www.regent.edu/admin/stusrv/iss/information_change.cfm)

**New USCIS Fees:**

Effective November 23, 2010 the I-765 application for Optional Practical Training (OPT) will increase from $340 to $380. The I-539 application for a Change of Status will decrease from $300 to $290. Most other fee changes will not affect our F-1 student visa holders.

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**October Events, Information Sessions, & More!**

**► Monday Night Football Events**

**Monday, October 4 & Monday, October 25**

Regent Ordinary, 8:30 p.m.

Join your fellow students, learn more about this popular American sport, and cheer on your favorite team (the Pittsburgh Steelers, of course) with snacks provided by the Office of Community Life!

**► OISS Fall Trip to Monticello**

**Saturday, October 23**

**(RSVP Required)**

8:30 a.m.-7:30 p.m. (approximate times)

**DEPARTURE LOCATION: To Be Determined**

Don’t miss this special opportunity to visit the home of President Thomas Jefferson, third president of the United States and founder of the University of Virginia. President Jefferson’s home is located in the mountains of Charlottesville, Virginia; hence the name “Monticello”, which means “little mountain”. October is a perfect time to escape from campus and to enjoy the beautiful fall foliage of Virginia. **If you would like to join this trip, please send your RSVP to ljohnson@regent.edu or call 352-4951 by Friday, October 15.** Spaces are limited and are available on a first-come, first-serve basis. Students who registered for the trip should check their emails in October for details. (Special Note: Non-student family members will be invited if space permits but will need to cover the ticket cost -- $22/adult & $8/child ages 6-11. Due to the length of this trip it is not recommended for children under the age of 12.)

**► Information Session:**

**“Culture Shock”**

**Tuesday, October 26, 12:00 p.m.**

**Room 252, Student Center**

Still adjusting to American culture? Mrs. Laverne Washington of the Psychological Services Center (PSC) will provide a talk and lead a discussion in the area of “Culture Shock” for international students. Come join us!
Thanksgiving Dinners With Regent Families in November

During Leanne’s years in Japan and Spain, the opportunities that were most profound and memorable were the times when she was able to share in special customs and traditions with local families. Once again this year, the OISS will aim to coordinate a special opportunity for our international students to join some Regent University families in their American Thanksgiving Dinner celebrations on Thursday, November 25. (A traditional Thanksgiving Dinner typically includes the following foods: turkey—which is very similar to chicken; various vegetables—such as mashed potatoes and gravy, green beans, corn, and sweet potatoes; cranberry sauce; and pumpkin or apple pie.) If you would like to participate in this special cultural opportunity, please notify OISS G.A., Charissa Pajaron, (charpaj@regent.edu) BEFORE Friday, October 29 so we can assess this year’s interest before we contact the faculty & staff.

ISO Bowling Event

Saturday, October 30, 4:00 – 6:00 p.m.

After being pumped up with school work it’s time to relax and have fun! Join ISO and other fellow international students for bowling and pizza on Saturday, October 30, 2010 at the AMF Indian River Lanes. Don’t miss out on the fun! RSVP to charpaj@regent.edu on or before October 13, 2010 with a $5 reservation fee to be paid at the front desk of the Student Services Office (201 Student Center).

Weekly Shopping Trips

Every Friday, 4:30/4:40 – 7:15 p.m.

The University Shuttle Service has been offering a weekly shopping run to assist students who have transportation needs this fall. Each Friday, the shuttle provides a trip to a nearby Walmart, which is adjacent to Fresh World International Supermarket and other shops. The shuttle departs from Regent Commons Bldg #1133 at 4:30 p.m. and from the Regent Village East Stop (near the traffic light) at 4:40 p.m. The shuttle then collects students at Walmart at 6:45 p.m. and returns to campus at around 7:15 p.m. Should you have questions regarding this weekly shopping trip or any other aspect of Shuttle Services, please email shuttle-service@regent.edu.

ISO Weekly Lunch Gatherings

Mondays at Noon

Regent Ordinary

Don’t want to eat lunch alone? Join ISO officers and other fellow international students for lunch every Monday, starting October 4, 2010 from 12:00-1:00 p.m. at the Regent Ordinary. Let us build our relationships with one another through authentic conversations!

Weekly Game Nights

Thursdays, 9 p.m. – Midnight

Student Center Lounge

Join your fellow students in fun and fellowship at this weekly event, which is sponsored by the Office of Community Life. For details, please contact Mr. Roger Cheeks (rogeche@regent.edu, 352-4486)

Passport to the World

One Wednesday per Month

Approximately one Wednesday a month the Regent Ordinary and the Office of Community Life sponsors an event called “Passport to the World” where ethnic foods are featured from various countries/world regions and students are invited to share music and items from their home countries for a cultural display. Photos from the 2009-2010 displays can be found on this web page:

http://www.regent.edu/admin/stusrv/iss/TasteoftheWorld.htm

Here is the “Passport to the World” schedule for the remainder of the 2010-2011 academic year:

October 13: Germany

November 15-19: International Education Week Celebration with an International Flavor Each Day of the Week (Italy—15th, Greece--16th, Philippines--17th, Peru—18th, New England USA—19th)

December 15: Christmas Around the World: Gingerbread Village Contest!

January 19: India

February 9: Black History Month (Emphasis on West Indies & Caribbean)

March 9: Mexico

April 13: Middle East
Welcome Cookout

The Office of International Student Services was delighted to reconnect with brand new and returning international students during our Fall Cookout on Tuesday, September 21. We had a great turn-out with all but a few of the international students present. This was also a great opportunity for new and returning students to meet one another. Here are some photos from the event!

Cultural Display Table Contest

Wednesday, November 17

In anticipation of International Education Week (IEW) in November, all Regent students, faculty, & staff are cordially invited to participate in the Cultural Display Table Contest, sponsored by the OISS. The contest will be held on Wednesday, November 17 in the Student Center with prizes for the top 3 student display tables. 

Contest submission forms will be available in the OISS and on the OISS website after October 4 and must be submitted to the OISS by Friday, October 29. We look forward to seeing which tables will win the prizes this year! Examples of some display tables can be found here: http://www.regent.edu/admin/stusrv/iss/InternationalEducationWeek.htm

Overseas Experiences of Regent’s Student Services Directors

Joel Ladd
Director, Center for Student Development (CSD)

“Years ago, after graduating from college, I packed some gear on my ten-speed and flew to London for a seven week bike tour of Southern England, Wales and the Netherlands. While I’d planned to go with a friend, I ended up going by myself, and I found this to be a much better way to meet people. I’d stop wherever something particularly interested me for a few hours or a couple of days, then move on again. I stayed mostly in campgrounds or youth hostels, with an occasional luxurious stay in a B&B. While I’m pretty adventurous, there were times (usually when I got tired, and especially toward the end of the trip in the Netherlands) that I longed for something familiar.

Finding a local church was particularly comforting in those times because of the many things I had in common with other believers.

Some of the difficult times ended up being the most memorable. I turned my derailleur into scrap metal pedaling up a steep hill in a very rural part of Wales, but a passerby ended up directing me to a tiny shop in a nearby village that had what I needed to resume the journey. Some biking college students who lived on “squatters rights” in Belgium befriended me when I’d not adequately planned on where to stay after crossing the English Channel at dusk.

Another favorite thing for me was market day in small towns, when I could get a (usually delicious) fresh meal of some kind in a farm stand at a bargain price.

And I was amazed at all the art and history museums I could get into with a five-guilder Museumkaard in the Netherlands. It was a wonderful way to travel and explore, and I’d love to do it again. I’m just not so sure that I’d do it as effortlessly and with as few body-aches now as I did then.”