Mia Jessica Raidal Ross, UofL Athlete from Australia
Women’s Cross Country Team

Mia is part of a family of five, “I am the middle child in my family; my mother, one sister, one brother and my mother’s boyfriend. We are very close. We support each other and work in the family restaurant.” Mia recalled that she started running cross-country when she was 10 years old, “My brother was 15 when he was participating in school events. I followed him and we started training together. However, I was not very serious about it until I was 15 years old.”

How did you choose UofL?
“I was contacted by UofL Athletics, I believe based on my results. I checked two things before to make my decision: Weather and programs. The weather was not cold; I decided to study Exercise Science, minor in Wellness Coaching, programs that UofL offers.” Mia added, “It was a good fit.” Mia states that, “The women’s cross country team is awesome. Throughout my time here, we have grown into a really supportive team. Every girl on the team has had an influence in making my time in America very enjoyable. I am thankful that I am surrounded by a great support network.”

How do you prepare yourself for competitions?
“I prepare myself for races as I would for training. I keep everything normal and try not to change things up. I always make sure to get lots of sleep and eat quality foods to fuel myself. If we are traveling somewhere that doesn't offer that, I always try to stay positive and confident in my abilities to adapt to each situation.”

What motivates you to keep setting goals and achieving them?
“I am motivated through results. When you have a good race and see that your hard work has paid off, it’s a wonderful feeling. I like to see the progress that I've made and continue to set new benchmarks.”

When asked what she would like to tell other international students she said, “Ask a lot of questions; put yourself out; get involved in the community of UofL and the

The Impact Project
As an international student, you bring diversity and support to the internationalization of our University. We want to celebrate and share these accomplishments, successes and pictures. We invite you to send us any accomplishments, awards, and/or recognitions-big or small- so we can celebrate with you and share with our community. Your participation makes an impact at UofL!
GET CONNECTED 2018

We welcome our new and returning international students and scholars to the Spring 2018 semester. We especially welcome the 49 new international students and scholars from 20 countries who joined the UofL family this semester. Some of these amazing new Cardinals attended our event, “Get Connected” which was held at the Red Barn January 4, 2018.

Several businesses, on-campus services, and student organizations were available to assist the new Cards with academics, banking, housing, campus involvement and other information. During the semester and as you progress in your academic pursuit at UofL, we are here to support you with assistance and advice on adjusting, immigration, directions and other aspects of life. Again, from all of us at ISSS, welcome to the Cardinals family and we wish you success in your pursuit.

International Student Alumni Council

Did you know that all graduates of the University of Louisville are automatically members of the UofL Alumni Association? The International Student and Scholar Services is proud to announce the creation of the International Student Alumni Council to connect international students and scholars from all over the world. On Jan 2, 2018 a group of Alumni and current students attended a UofL men basketball game as part of the activities the council takes part in.

The International Student Alumni Council is a great way to keep connected with other alumni. More information visit: http://www.uoflalumni.org

Get involved!
**Scholarships for International Students**

- **International Student Tuition Support Scholarship**
  Up to ten $500 tuition scholarships given to international students. Application date line: March 1, 2018
  [link]

- **CODRE Diversity Grants**
  Commission on Diversity and Racial Equality (CODRE) offers grants and awards to undergraduate and graduate students.
  [link]

- **Florence M. Strickler Red Barn Alumni Association (RBAA) Scholarship**
  A $1,700 scholarship is provided to undergraduate students who are involved in student activities at U of L and the community.
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- **The Margaret Mcnamara Memorial Fund**
  Scholarship is given to full-time enrolled women, with financial need, who demonstrate a commitment to working to empower women and children in developing countries.
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- For more information, please check our website:
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**Explore Louisville**

- **Thunder Over Louisville**
  on April 21, 2018, the official opening ceremonies for the two fun-filled weeks of the Kentucky Derby Festival.
  No fee.

- **The Kentucky Derby**
  The Kentucky Derby is a Grade I stakes race for three year-old Thoroughbred horses, held annually in Louisville, Kentucky, United States, capping the two-week-long Kentucky Derby Festival. The race is known in the United States as "The Most Exciting Two Minutes in Sports" or "The Fastest Two Minutes in Sports" for its approximate duration, and is also called "The Run for the Roses" for the blanket of roses draped over the winner.
  May 5, 2018 at Churchill Downs

- **Walk to Indiana through the Big Four Bridge.**
  This is a nice way to get a bit of exercise. You can find pleasant walk up curling ramps on either side of the bridge, and historical plaques and info dot the path. You are also able to watch boats down the Ohio River from above. Listen to the piped in music and colorful mood lighting at night, those are totally unexpected touches. The Big Four Bridge is neat to walk between Kentucky and Indiana. No fee.

- **Celebrate St. Patrick’s Day**
  This year’s Saint Patrick’s Parade will be celebrated on Saturday, March 10, 2018. The parade will step-off at 3 p.m. at Baxter and Broadway proceeding along the Baxter/Bardstown Road corridor. Often called the “people’s” parade, families and mixed decorated vehicles and groups. No fee.

**Workshops**

**Belknap Campus**
- **Optional Practical Training**
  February 9, 2018  2:00-3:15 pm
  Ekstrom Library- W104

- **H1B & Legal Permanent Resident**
  February 9, 2018  3:15- 4:30pm
  Ekstrom Library-W104

**Health Sciences Campus**
- **Optional Practical Training**
  February 23, 2018  2:00-3:15 pm
  Nursing Building, room HK 2002

- **H1B & Legal Permanent Resident**
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**Meet & Greet Free Luncheon**

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Professional Development Opportunities for International Students

❖ As an international student, you have the option of working in the United States after the first academic year by engaging in practical training. Practical training can provide valuable work experience by enhancing the skills you are learning in school. There are three types of practical training available:

❖ Curricular Practical Training (CPT)
  CPT must relate to your major and the experience must be part of your program of study. You can work on CPT either full or part-time.

❖ Optional Practical Training (OPT) (pre or post-completion)
  OPT must relate to your major or course of study. You can apply for 12 months of OPT after each education level.

❖ Science, Technology, Engineering, and Mathematics (STEM) OPT STEM Extension 24-Month:
  You may qualify for an additional 24 months of OPT under the following circumstances: The degree for your current period of post-completion OPT is a bachelor’s, master’s or doctoral degree in a science, technology, engineering or mathematics in an approved (STEM) program.

❖ You have also the option to work on Campus.

Check all regulations on our website for more information.

Resources

❖ Student Health Insurance/Services (502) 852-6519
❖ Writing Center (502) 852-2173
❖ Counseling Center (502) 852-0996
❖ Academic Support Services (REACH) (502) 852-6706

Office of Diversity

Cultural Center
Women’s Center
International Center
Ali Institute for Peace and Justice
Diversity Education and Inclusive Excellence Office
Lesbian, Gay, Bisexual, and Transgender (LGBT) Center

NAFSA has created a resources page to inform international educators, students and scholars, as they navigate the impact of the executive orders. This page will be updated regularly as new information becomes available.

http://www.nafsa.org/Professional_Resources/Browse_by_Interest/
International_Students_and_Scholars/

Contact Us

Belknap Campus
Office Hours
International Center
Brodschi Hall, 2nd floor
9:00 am—4:30 pm
(502)852-6604

Health Science Center
Office Hours
Health Science Instructional Bldg., Room 120
10:00 am—4:00 pm
Tuesdays Only
(502)852-7124

Don’t forget...

❖ Keep all of your travel documents up-to-date and valid
  Your Travel and Immigration documents include: Passport (valid 6 months in the future), I-20 OR DS2019, I94, and visa.

❖ Have your I-20 or DS2019 signed at least one week before you leave the U.S.
  If you plan on traveling outside of the U.S. and re-entering, you must have your I-20 or DS2019 signed by an international advisor within the last year in order to re-enter the US.

❖ Report any changes of address or personal info into ULink within 10 days

❖ Check your financial account periodically in ULink

❖ Notify ISSS if you plan to interrupt or discontinue your studies

❖ You cannot extend your stay after your immigration document has expired
  You must keep your I-20 or DS2019 up-to-date. If you need to continue your studies beyond the date ask your academic advisor to email intcent@louisville.edu with your new completion date.