International Tiger News

TU's Counseling Center offers Supportive Services for International Students

International students can face unique challenges in adjusting to college life. In addition to the usual stressors of classes and homework, they can suffer from culture shock, language differences, homesickness, and worries over immigration concerns. The TU Counseling Center is a resource that can help you manage these challenges.

Some of their many offerings include support groups, where you can meet with others in your same situation for support and advice. Or you may schedule a one-on-one therapy appointment with a counselor if you wish. TogetherAll is an online mental health service that provides TU students free access to on-line peer support, 24 hours per day, 365 days per year. TogetherAll lets students anonymously post questions or concerns and connect with others experiencing similar issues. Need to destress between classes and during exam weeks? Take advantage of the Massage Chair and Meditation Center, all free to students. All you need to do is show your TU ID. It is recommended that you reserve a spot.

For more information about these services, and for contact information, visit the TU Counseling Center website: Towson.edu/Counseling.

Tax Workshop for International Students
March 18, 3-5 pm
PSY 407

This general tax workshop is hosted by Rachel Morgan of the TU Non-Resident Alien Tax Office. It will include a short presentation of general tax information, as well as guidance completing the 8843 form. Ms. Morgan will bring a supply of paper 8843 forms with her so you will have the opportunity to complete yours at the workshop. The workshop will conclude with a question-and-answer session for attendees to ask any questions they might have about tax filing. To register, please click here.

IMPORTANT REMINDERS FOR INTERNATIONAL STUDENTS:

Program Extension Request

If you will not complete your academic program by the program end date on your I-20, you must apply for an extension in advance of that original end date. Please note that only medical or academic are acceptable reasons for approving and extension. To request the extension, visit the ISSO Portal, navigate to the Immigration forms, open the Program Extension Request, and follow the instructions.

STEM OPT Extension Requests

If you are currently on OPT, and have completed a degree in a STEM major (or have a STEM degree from another school), you may be eligible for a STEM OPT extension. To apply, you must have a job or job offer from an employer registered with the E-Verify federal employment verification system, and this must be a paid position. You and your employer will work together to complete a training plan, which you will submit to us with your application. The earliest you can apply for STEM OPT is 90 days before your current OPT ends. Please allow 5 business days for the ISSO to review your STEM OPT Extension Request in the ISSO Portal.
Traveling over Spring Break?
March 20-27, 2022

If you will be traveling overseas, you may need a travel signature on your I-20. To request, complete the I-20 Reprint Request found in the ISSO Portal. If you are traveling in the U.S., you do not need a travel signature.

Affordable and ON CAMPUS!

Conveniently located near West Village Commons, Millennium Hall offers affordable apartment living within walking distance to everything on campus. If you are a full-time TU student (including transfer students), who is a sophomore, junior, senior, or graduate student, you can live at Millennium Hall. For more information, visit their website: Millenniumhall.com. 2022-2023 spaces are still available.

- All utilities included: high-speed internet, WiFi, cable w/HBO.
- Apartment-style living: private bedrooms, semi-private baths, fully furnished w/full size refrigerator, dishwasher, microwave, full-size stove, central heat and a/c.
- Community features: secure OneCard access, quiet lounge on each floor, on-site laundry facilities, multipurpose room and picnic patio, complimentary coffee bar for residents.
- Customer service: 24 hour front desk and professional maintenance, eight Resident Assistants.

We want performers!

For the International Festival Friday, April 8, 2022 6:00PM-9:30PM, University Union 322
Get a chance to represent your unique culture!

Contact us!
isatowson@gmail.com

Staying in town?

Look for listings of local events and activities you can enjoy over the break on these websites:

- Baltimore.org
- Washington.org
- visitmaryland.org