International Wildcat COVID-19 Update for April 1

Warm greetings, International Wildcats! Here are this week’s updates.

1. **Returning Home During a Crisis – Reverse Culture Shock**
   If you went home due to the COVID-19 crisis, you might be surprised to find that being back in your family home can be challenging at first. Those of us who live and study in a foreign country often struggle with “reverse culture shock” even more than the original culture shock we experienced at the beginning of our international academic experience. This is a psychological phenomenon that is completely normal – you have likely grown and changed in the time you were away, and now all of a sudden you must readjust quickly to your “old” life. You will adjust – don’t worry!

   Please enjoy this short and helpful article about Reverse Culture Shock: [https://blog.usac.edu/dealing-with-reverse-culture-shock-mental-health-during-covid-19/](https://blog.usac.edu/dealing-with-reverse-culture-shock-mental-health-during-covid-19/)

2. **Summer Session Registration is Open**
   Summer session runs from June 1 – August 18, and registration opens today, April 1st. All courses will be offered online in summer 2020. For more information and to sign up: [https://rce.csuchico.edu/summer](https://rce.csuchico.edu/summer)

3. **Fall Course Registration – April 20 – May 15**
   It is time for you to begin putting together your class schedule for the fall semester. You will find your assigned date and time for course registration in your Student Center. It is important that you register during your assigned date and time because it is more likely that you will get the courses you want and need. The longer you wait to register, the more limited the course selection will be. This is especially true for Engineering majors!

   In order to determine which courses you should select, please reach out to your major advisor and also to a GE advisor in Academic Advising. All advisors at CSUC are offering online sessions this semester, most via Zoom.

4. **Research Help Offered Virtually by Meriam Library**
   The library is offering Zoom drop-ins Tuesdays, Wednesdays, and Thursdays from 5-7pm for the entirety of April. See attached flyer for more information. Students don’t need to use video - audio or chat is just fine. No appointments necessary, just drop-in.
   Recurring Meeting ID: 859-312-956
   Recurring Meeting Link: [https://csuchico.zoom.us/j/859312956](https://csuchico.zoom.us/j/859312956)

5. **Graduation Advising – Drop-in Advising via Zoom**
   Graduating seniors can meet with a Graduation Advisor Monday – Thursday from 10 – 3 and Friday from 10 –12.
   [https://www.csuchico.edu/gradadvising/index.shtml](https://www.csuchico.edu/gradadvising/index.shtml)
Important Reminders from Last Week:

International Wildcat Updates to be Sent Once per Week
Most of us have settled in to our new normal and students are busy with their classes. We will now collect our updates and send them to you each Wednesday. If you have questions in the meantime continue to send us emails.

Appointments with Tasha and Cindy Posted One Week in Advance
You can now set an appointment up to one week in advance. The week’s appointments will be posted on the Microsoft Excel Spreadsheets on Friday afternoons (for the following week). [Link to make a virtual appointment with Tasha or Cindy]

Travel Signatures Now Available Virtually
The U.S. government has temporarily authorized immigration officials to send I-20s via email. If you left the country (or plan to leave) without a valid travel signature on your I-20, contact Tasha or Cindy and they will send you a new I-20 with a travel signature via email. You don’t have to wait until the summer (as previously directed).

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