

October 8, 2026



WELCOME TO FALL 2026!!

Dear Students,

We hope all of you have settled in well in the new academic year. We look forward to meeting all of you through our events this quarter. We will have a range of cultural and social events along with workshops for F-1 and J-1 students. We advise you to keep checking your emails for updates on any of these or follow us @ucr.iss on instagram to stay updated!

We extend you all a very warm welcome and hope you have an amazing year ahead!

Sincerely,

The ISS Team

**IMMIGRATION UPDATES AND
REMINDERS**

Important Reminders

- **Address Updates.** If you have moved to a new address for this quarter or academic year, please do not forget to [update it via our ISSM portal](#) and in R'Web. F and J students are required to update their address within 10 days of every move.
- **Full-Time Course Load.** If you have not yet registered for the Fall quarter, please remember that you need to be enrolled in full-time units (12 units) per your F-1/J-1 status.
- **Online Classes.** F-1 students: only one online course can count towards your full-time enrollment requirement of 12 units. J-1 students: you can only take one online course.
- If you are an undergraduate student, this is your last quarter, and you require less than 12 units to complete your academic program, you must submit a [Reduced Course Load Form](#) to our office. **You will also need to initiate a reduced tuition fee request with the Registrar's office [by the deadline listed on the Registrar's website](#).** Your form must reach the Registrar's office by this date, so please plan ahead.
- F-2 students cannot be enrolled in a full-time course load per regulations and therefore need to be enrolled in under 12 units.

Important Updates

- **F-1 off-campus internship requirements have changed. The ISS office will move forward with authorizing CPT when the following conditions are met.**
 - The CPT is a degree requirement for all students in the program, regardless of citizenship, as indicated in the UCR course catalog. An exception may be available for Masters and PhD students who are advanced to candidacy and require research for the completion of their thesis/dissertation.
 - Master's Thesis/Doctoral Dissertation Requirement CPT can be authorized in specific cases in which the practical training/internship required to complete the Master's thesis or Doctoral dissertation is an integral part of

the student's degree requirements and is not reasonably replaceable by an alternative method or data collection process.

- Practical training must be an integral and required part of an established curriculum necessary for degree completion.
- The employer (practical training site) is a legitimate employer capable of providing the training and has an established cooperative agreement with UCR.

For detailed information please see ["Updated CPT Guidelines and Required Documents."](#)

All information regarding CPT remains actively under review and is subject to change at any time based on further federal clarification.

- **On October 5, 2026**, a [lawsuit](#) was filed in the U.S. District Court, District of Massachusetts, challenging the new CPT restrictions issued by SEVP in August, 2026. The National Association of International Educators (NAFSA) issued a [press release](#) about the lawsuit.
- **On September 30** the U.S. government filed an appeal to the paused rule which would have changed regulations for F and J International Students and Scholars. The pause on the [final end of D/S rule](#) remains in effect while litigation is pending.

FALL WORKSHOPS

Workshop	Date & Time (PST)
Optional Practical Training (OPT)	Wed. October 14, 10:30 am - 12:00 pm (Click to Register)
Curricular Practical Training (CPT)	Thu. October 15, 11:00 am - 12:00 pm (Click to Register)

Optional Practical Training (OPT)

Thu. November 12, 1:30 pm - 3:00pm

([Click to Register](#))

STEM OPT Extension

Mon. November 16, 3:00 pm - 4:30 pm

([Click to Register](#))

Optional Practical Training (OPT)

Wed. December 2, 1:30 pm - 3:00 pm

([Click to Register](#))

EVENTS



Paint through fall:

Join us for a fall themed painting event! We will have pumpkins and candles available to paint. We can't wait to see you there!

Register via the QR code or our [registration link](#).

Date: October 14, 2026

Time: 12:30 pm - 3:00 pm

Venue: HUB 269

SAVE THE DATE:

Diwali Celebration 2026:

Like every year, ISS is back with the celebration of Diwali, the festival of lights widely celebrated in India. Save the date and please follow our instagram: @ucr.iss for more information in the future. This event is free and does not require any entry charges. [Click here](#) to register. We have limited spots only.

Date: November 5, 2026

Time: 4:00 pm - 6:00 pm

Venue: HUB 302 South



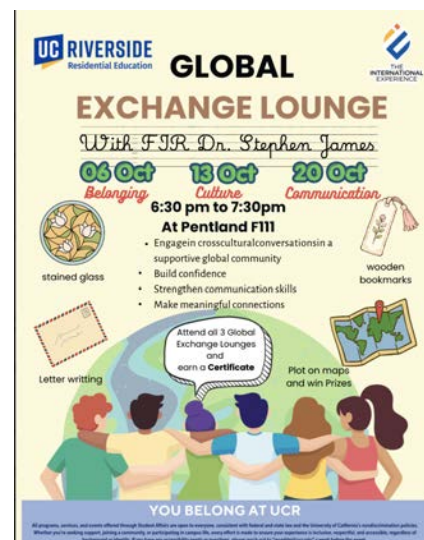
Global Exchange Lounge

The Global Exchange Lounge is a series put on by Residential Education with Faculty in Residence Dr. Stephen James to discuss belonging, culture, and communication through a cross-cultural lens in a supportive community. There will also be activities and opportunities to connect with others.

Date: October 6, 13, and 20

Time: 6:30 pm - 7:30 pm

Venue: Pentland F111



Downtown Riverside Farmers Market:

The farmers market provides a unique opportunity to shop for fresh fruits, vegetables, flowers, hummus, aged gouda



cheese by Winchester Cheese Co., fresh baked bread from Old Town Baking Co., and other specialty food items.

Date: Every Saturday

Time: 8:00 am to 1:00 pm

Venue: On Main Street between 5th and 6th Streets

ISS FORMS AND GUIDES

Did you know that you can find essential forms, guides, and information about maintaining your status, travel, and employment on our website?

international.ucr.edu/students

- [Need a Form?](#)
- Learn about [F and J requirements](#)
- [Travel and Dependents](#)
- [Employment and Taxes](#)

Contact Us

There are several ways you can reach our team. Our staff works Monday-Friday, from 8:00 AM - 5:00 PM (closed from 12:00 - 1:00 PM for lunch).

General Email: internationalstudents@ucr.edu

General Phone: (951) 827 - 4113

Michael Schmelzle, Director: michael.schmelzle@ucr.edu

Kelly Eldridge Hinosawa, Associate Director: kelly.hinosawa@ucr.edu

Jen Gerardi, Senior International Student Advisor: jennifer.gerardi@ucr.edu

Brandon Chao, International Student Specialist: brandon.chao@ucr.edu

Flora Chen, International Student Advisor: flora.chen@ucr.edu

Ainos Ting, International Student Advisor: ainos.ting@ucr.edu

Thank you from all of us in International Affairs!

As a reminder, the International Student News is an email for international students sent monthly. You will find important information from our office, such as:

- notices from the U.S. government
- reminders to ensure that you stay in status
- UCR campus updates and cultural event information

Please read the newsletter carefully. If you have any questions, please email our office at internationalstudents@ucr.edu.