

What's in this issue:

Get in the Know

3 questions to ask yourself about OPT/AT

Get Famous: OPT

*An interview with Yami Cao '23,
International & Comparative Education*



Get Social

Find out what's happening in February & March

Alert! Tax season is here.

Don't forget that F-1/J-1 students have tax filing obligations. If you're a currently enrolled student, check your email for a discount to file with Sprintax.

**Test your knowledge
about tax filing with our
Get Informed quiz:**



Write for us!



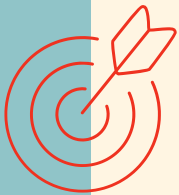
*We're all ears. Just
send us a pitch at
tcintl@tc.columbia.edu.*

Get in the Know IS OPT/AT Right for Me?

3 questions to ask yourself



1. What are your career and personal goals?



Even if you ultimately plan to pursue a career outside of the U.S., Optional Practical Training (OPT)/Academic Training (AT) is a great way to get work experience and may make you competitive for future opportunities. On the other hand, there is more to life than work -- think about your relationships, hobbies, and ideal lifestyle, and if remaining in the U.S. longer fits with those considerations.

Solution: Attend TC NEXT's *Cultivating Your Professional Brand & Identity Event*



2. Where is your network?

Ask yourself if pursuing OPT/AT would widen and strengthen your network, or if it would be more beneficial to pursue work outside of the U.S. Keep in mind that your network here at TC may be valuable both in the U.S. and internationally.

Solution: Attend TC NEXT's *Building Your Network & Relationship Deepening Event*

3. Are there financial matters to consider?

It's essential to consider living expenses and other potential fees, as well as the time it may take to find a job.

Solution: Check out Columbia's *financial literacy resources* and set up an appointment.



Get Famous: Yami Cao



Yami Cao graduated in May 2023 with an M.A. in International & Comparative Education. She now works under Optional Practical Training at Columbia's East Asian Language & Cultures department as a Teaching Assistant, and at both the Transfiguration School and Manhattan Mandarin as an instructor.

What made you decide to apply for OPT?

I wanted to gain experience working in the United States, and I love the working environment here.

Do you think OPT has been a valuable experience for you so far?

Yes. I am able to get to know different people, practice my skills and receive sense of accomplishment. Being immersed in the culture of New York City is also a bonus.

Can you give some advice to international students who are thinking about applying for OPT?

I would say start really early and give it enough time to process. I applied in March but received my EAD card in September. The wait was definitely a struggle. Don't worry about the type of jobs you will get. If you get a job offered, just take it, as long as it is within your field of study. The opportunity doesn't come easy, especially for us international students.

Thanks for sharing your thoughts, Yami!

In the next issue, we'll talk to Obedrey Willys about his experience interning at the U.N. while on Academic Training!

Get Social

Here's what's happening in February and March! Click the event title and host site for more info.

OHDCC International Student Alumni Panel

Feb 22 | 6-7pm | Online | Free | Hosted by OHDCC

Meet Teachers College (Social-Organizational Psychology MA program) alumni and gain invaluable insights from their career journeys and experiences.

Mindfulness with Mandala

Feb 23 | 5:30-7:30pm | 455 Grace Dodge | Free
Hosted by South Asians @ TC (SABHA)

Discover the art of Mandala with SABHA (South Asians at Teachers College)! Register now for a relaxing and enriching experience. Unleash your creativity at this SABHA-hosted event – reserve your spot today!

Cultural Cuisine @ Legend 72

Feb 23 | 5:30 - 7:30pm | Legend 72 | \$35
Hosted by One to World

Whether you are a dedicated foodie, especially interested in one cuisine, or simply looking to make new friends to spend the evening with, you are encouraged to join One to World for a Sichuan feast!

Lunar New Year Parade

Feb 25 | 1pm | Chinatown | Free

Ring in the Year of the Dragon in Manhattan's Chinatown with the annual Lunar New Year Parade! Immerse in cultural performances and support local Chinatown businesses.

Emailing 101: Tips & Tricks

March 5 | 10-11am | 148 Horace Mann | Free
Hosted by GSLD

This event will teach you hidden gmail tricks that will allow you to navigate your inbox with ease. Schedule sends, inbox filtering, snooze notifications, and much more!

Public Speaking Workshop

March 7 | 3-5pm | NYU | \$16
Hosted by One to World

Boost your public speaking skills and confidence at this engaging workshop, tailored for those using English as a second language.

Mt. Taurus in Cold Spring, NY

March 23 | 8am - 5pm | \$16
Hosted by One to World

Escape the city and experience some incredible views in Cold Spring, New York! Go for a serious hike and explore all the antique shops, cafes, and waterfront views that Cold Spring has to offer.