The Weekly Update is the primary means of communicating general announcements and events to students by the SCI Student Services group. The Weekly Update will be sent to all students each week from the beginning of the Fall semester until commencement in May.

Stress Free Zone Classes & Workshops at Pitt

Visit the Stress Free Zone and check out their amazing resources here.

New International Student Resources

New international Pitt sutdents can learn about important resources related to the Office of International Services (OIS) events, health insurance, housing, travel arrangements to the U.S., and much more. Read about these resources here.

English As A Second Language (ESL) Resources

Pitt's Office of International Services would like to provide students with various resources for ESL programs. Students can review the list of programs here. Another resource available to international undergraduate students is the Global Ties Program. This program facilitates the holistic learning and development of the University of Pittsburgh community by providing opportunities for students,faculty,and the staff to deepen their cultural awareness and understanding.

Writing Center Hours for SCI Graduate Students

The following hours have been coordinated specifically to provide additional support with writing specifically for SCI Graduate Students, especially those who are English as second-language learners.
Tutor: Eleni Anastasiou
Days/times:

- Friday, 10:30 a.m. - 12:30 p.m.
- Saturday 1:30 - 4:30 p.m.

Students can access the **"Fall 2241 Information Science ONLY"** schedule **here** and then will register using the Writing Center's online scheduler, WCOnline, to make an appointment.

Pitt Pantry | O'Hara Student Center

Student Wellness is committed to ensuring that all students have regular access to healthy food options. Individuals can walk in to shop for food and household items at no cost. No appointments are necessary. Upon arrival, you will need to show your Pitt ID. Read more about what shoppers can expect here. For emergency meal assistance call 412-624-5756 or PittCares@pitt.edu.

> Events

October is Mental Health Awareness Month
Pitt will be offering events througout the month of October for Mental Health Awareness. Students can review the full list here. The first event will be "Exploring Mental Health with Ryan Shazier" on October 3rd at 8pm in the Ballroom of the William Pitt Union.

5 International Events to Check Out In October
This October, Pitt and Pittsburgh are putting international art, voices and perspectives on display. Explore where you can try new foods, commune with global writers and learn about world history all month long. Full list here.

Games4SocialImpact | October 7 2023
Have you ever thought about DESIGNING A GAME? Even if you never considered designing a game, you are looking at this website and thinking, "I'm curious! I got this! I can totally do it!" And to add some icing to the cake, you can actually build something that has a positive social impact. Oh, yeah, and there are prizes! And free food! And the event itself is free! Read more for times and dates.

I Love Pitt Day | Oct 11th
Join us at the William Pitt Union Plaza and Quad anytime between 9:00 a.m. and 5:00 p.m. to celebrate Pitt! It will be a day full of free t-shirts, activities, food, and fun! Please access the Pitt Calendar for more information about the event.

Pitt Civic Action Week | Oct 16th- Oct 21st
University of Pittsburgh Civic Action Week is a campus-wide event for students, faculty, staff, and the broader community to educate, engage, and encourage collective responses to pressing social issues. This year's Civic Action Week theme is: ***Rewriting our Future: Activism Through Storytelling.***

Gaining Experience Outside the Classroom - SCI | October 18
Join the school's Manager of Experiential Learning, Emily Bennett, from 1:00 pm-1:50 pm to learn more about the opportunities to gain experience outside the classroom. The various types of experiences, as well as strategies to land opportunities, will be discussed in this virtual workshop. Register here.

For a full list of upcoming SCI events, visit the SCI calendar**.**

> Deadlines

Don't forget to apply to graduate!
If you are graduating this term, you MUST apply to graduate, which you can do here. Please note that applying has deadlines - if you apply late you will be charged a late fee. If you apply too late, you will need to wait to apply to a future term and will not receive your diploma until after the end of that term! For a full list of upcoming deadlines, visit the University's Academic Calendar.

Pitt SCI