

Geaux Global

A MONTHLY NEWSLETTER BROUGHT TO YOU BY THE LSUHSC INTERNATIONAL SERVICES OFFICE



IMMIGRATION UPDATES AND REMINDERS

- H-1B premium processing fee is \$2,500.00 effective 10/19/2020
- Comment period for Proposal to Replace Duration of Status has closed. Comments are currently under review, and no final rule has been published.
- Major news networks and publications have predicted the United States has elected a new president for 2021-2025. We do expect some immigration policies to change or be reversed with the incoming administration. We will notify you of any changes once information becomes available .

NOLA HOLIDAYS

- COOLinary Encore- Until November 22, whether you dine-in or take out, safely treat yourself to multi-course, prix-fixe meals with prices as low as \$22 or less for lunch and \$40 or less for dinner and brunch.
- Celebration in the Oaks- City Park's famous oaks are swathed in over a million twinkling lights and breathtaking light displays are scattered throughout the 2.25 mile driving tour of the Park.
- ChristmasFest 2020-Programming includes Christmas crafts, holiday baking and decorating, holiday dance classes, nightly book reading from some of our favorite Christmas characters, and so much more.
- A Very Merry Christmas Spectacular-glittering spectacle of singing and dancing that will certainly get you ready for the holidays! Complimentary MILK & COOKIES at every performance!



CAMPUS/ISO NEWS

- Are you ready for some football? There is nothing quite like the LSU Football experience. Stadium limited to 25% capacity.
- Reduced Antibody Testing- Beginning October 12, 2020, the COVID Antibody Testing Clinic on campus will reduce hours to Tuesday/Thursday from 8 am-noon.
- As we approach the holiday season, please remember to timely inform ISO of any international travel plans via a travel request form submission.
- A resource about US-work expectations.



INTERNATIONAL TIGER



MONA ELGAZZAZ

Dr. Mona Elgazzaz is a third-year PhD student in the Department of Pharmacology and Experimental Therapeutics. Mona was born in Ismailia, Egypt. She has a great passion for both medicine and science. Mona earned her MD with honors from Suez Canal University, Egypt in 2010. Since then, she has been appointed a teaching position in the Genetics Unit, Histology and Cell Biology Department, School of Medicine at the same university.

Mona's research interest is focused on studying genetic changes associated with diabetes and other cardiometabolic diseases. After earning her medical degree, Mona obtained a master's in medical genetics in 2016 with distinction where she studied the genetic variations in diabetes type I.

Her deep interest in diabetes research made her eager to pursue her doctoral studies in the US. At LSUHSC, Mona's research is focusing on investigating the epigenetic changes that can increase the chance of cardiometabolic disease occurrence and the means of protection of high-risk people from such diseases.

Tiger Q&A

What made you choose LSUHSC?

I was interested in the diverse research environment at LSUHSC. I started by looking into the graduate school website, then I went through the research carried out by each department. After that, I chose some research projects that intrigued me and went through the publications that came out from these projects. From there I decided to apply to LSUHSC graduate program that matches my research interests.

What is the most valuable lesson you have learned so far at LSUHSC that you would like to share?

The most important lesson I would like to share is that keeping up the hard work and being focused on your goal will make you reach it. Always dream big and never put limit yourself based on your capabilities because you never know how much you can achieve.

As a student, what resources have helped you adapt to life in the United States?

I think that the most important thing that can help an international student to adapt to living in the US is the people. Before joining LSUHSC, I read the handbook offered by the international office about living in the US and New Orleans. Additionally, I had a student ambassador that was helpful in answering different questions about the school and living. After starting my program, I believe that making relationships with other students and having friends was the most impactful. I was lucky to have amazing classmates who played a primary role in creating a nice and friendly environment which helped me in passing the transitional period. Besides, having open conversations with the teaching faculty members about the challenges was also a great way to tackle the problems I faced. I also believe that regular meeting with the program coordinator and my mentoring committee and their continuous support during the first year was extremely important to assist me in finding the path and the research lab that I can continue in. Finally, adapting to the stressful life during my PhD would have been impossible without my family support.

Favorite aspect of New Orleans?

New Orleans is known as a vibrant and festive city. I was amazed when I attended the Mardi Gras festival for the first time. I liked the Jazz music that you can hear everywhere. Living in a big city with multiple attractions was one of the most interesting things. I also like that New Orleans has a unique cuisine and enjoy trying different traditional food in this city. Crawfish and seafood gumbo are my favorite!



ELFIE SELFIE CONTEST

Get into the Christmas spirit and take a creative selfie. For example, alongside Christmas trees, with Santa Claus or a snowman, in a Santa hat or costume, etc. E-mail Ashley (aidiaq@lsuhsc.edu) your Elfiest Selfie by 12/11/2020!

LSUHSC staff will vote on the winner of the most creative selfie by 12/16/2020, and announcement of the winner will follow. GOOD LUCK!

WIN \$100
GIFT
CARD!