ELI Activity:

ELI Virtual Reading Club:
Short Story

Do you feel ambivalent about reading? Perhaps you want to enjoy reading, but you become frustrated trying to understand every detail. If you want to overcome the adversity you encounter in reading, then join the ELI from 7:00-8:00 p.m. on Saturday, February 20, for the ELI’s Virtual Reading Club!

The purpose of the Reading Club is to stimulate an enjoyment of reading. On Saturday, we will read a compelling short story. What is the short story about? Come to the meeting and find out!

By the end of this session, you will walk away with a positive attitude about reading and gain the tenacity to read more. Please register for this activity by 6:00 p.m. on Saturday, February 20. Use the same password that you use for your ELI classes.

ELI-themed Digital Backgrounds

Did you know that the ELI has three ELI-themed digital backgrounds for Zoom, phones, tablets, and computers? They are free and easy to download and use. Now you can show friends, family, and classmates your ELI Pitt Pride with every virtual call, class, or meeting. For tips and tricks on how to change Zoom backgrounds, check out Zoom’s Help Center.

ELI Activity:

Let’s Make Macaroni and Cheese!
Fri., Feb. 19, 5:00-6:00 p.m. (rescheduled)

photo source: Wikipedia Commons

Join ELI Instructor and Associate Director Rob Mucklo on Zoom on Friday, February 19, as he teaches you how to make his favorite recipe for creamy macaroni and cheese. Macaroni and cheese, also called “mac and cheese” or “mac n cheese” is an easy-to-make dish comprised of pasta and a cheese sauce made of cheese, milk, and butter. It’s a favorite with children and one of the top 10 comfort foods for adults in the US!

The recipe used for this activity is absolutely delicious and requires no special equipment or machines. You can join this activity to watch and learn how to make macaroni and cheese, watch and prepare your own macaroni and cheese at the same time, or hang out and practice your listening and speaking skills in English. We’ll have lots of opportunities to learn new words and practice English!

You must register in advance for this activity. If you have any questions, feel free to email Rob at rom17@pitt.edu.

As always, please follow all COVID-19 safety and health guidelines to protect yourself if you choose to go out shopping for ingredients, and use all necessary safety precautions when cooking or baking.

IEP:

Midterm Grade Reports

On Wednesday, February 24, your teachers will submit your midterm grades. Ask your teachers whether you have any tests, homework or graded class activities that are incomplete and that you can make up before that date. Remember, not all graded activities can be made up. Although these are not the final grades, they do show you how well you are doing so far in each class. Teachers also write specific comments for each student in each class, which tell you exactly what you do well and what you need to work a little harder on. Finally, if there is something you don’t understand about the grade, please email your teacher or request a Zoom meeting outside of class.

You will receive a link to a One Drive folder that contains a digital copy of your midterm grade report on Monday, March 1. If you receive
very low grades or have many absences, you will be given an appointment with the Student Advisor to discuss any problems you might have and get advice about how to improve.

Finally, remember that due to the pandemic we are all facing challenging circumstances in many aspects of our lives. Studying English in a completely online environment is not easy. Teachers and students alike are all trying to balance our responsibilities at home with the expectations of our classes. We are doing the best we can and learning as much as possible. Don’t be too hard on yourself if your grades are not as high as they might usually be. Focus on what you have learned and the progress you are making.

IEP:

Pitt Master of Laws for Foreign-Trained Lawyers Program (LLM)

The University of Pittsburgh offers a Master of Laws (LLM) degree that provides lawyers who have already completed a law degree outside the U.S. with training in common law legal tradition and the U.S. legal system. This is a one-year program with an average of 15 students each year. It is offered by the School of Law’s Center for International Legal Education. For acceptance to this program, TOEFL and IELTS scores are waived for students who have completed all classes at ELI Level 5 or above. Applicants must also have a recommendation from the ELI Student Advisor. See Stacy if you have questions, or find out more about getting your LLM at Pitt Law School by visiting the LLM program website or calling 412-648-7023.

IEP:

Pitt’s Financial Responsibility Agreement

You may have noticed that you have had to agree to the Financial Responsibility Agreement when you signed in to your Pitt email or any other Pitt online service recently. This agreement includes your promise to pay your Pitt tuition, or have a sponsor pay it, and gives details about the penalties for late payment of fees and tuition. The agreement also says that Pitt will use your Pitt email account to contact you, and you are responsible for checking and reading all emails sent to your Pitt account. In addition, you are required to keep the university updated on your current address and contact information. You can update your personal information at https://payments.pitt.edu/edit-your-personal-information/. Please see Stacy if you have any questions.

IEP:

Unpaid Tuition

If you or your sponsor have not paid your ELI tuition for the current term, you are past the deadline for payment. You can check your tuition account by logging in to my.pitt.edu and clicking PittPay. Please note that students with unpaid tuition cannot receive copies of final grades, letters of recommendation, or any other documents from the ELI.

There are three ways to pay your tuition.

- eCheck: Free online transfer from a US bank account to your Pitt account.
- FlyWire
- Credit cards: Online only at my.pitt.edu—you may not use a credit card at Thackeray Hall.

There is an additional 2.75% fee for using a credit card.

IEP:

Contact the Student Payment Center if you have any questions. Have your Pitt ID as they may ask for your 7-digit Pitt Student ID Number.

IEP:

Letters of Recommendation

Many of you will need to ask Stacy for a letter of recommendation if you are applying to other institutions. There are two important things to remember when making a request for a letter. The first factor is that letters of recommendation are based on your performance at the ELI. Stacy uses your grade reports as a resource for information about your performance. If you miss a lot of classes and don’t do your work, your letter of recommendation will not be strong. In addition, please remember that the ELI usually does not consider students below ELI Level 4 to be ready for academic work. The ELI can provide letters confirming your attendance and work ethic if you are below Level 5, but for academic readiness recommendations, you should be in Level 5 or above.

The second important factor is time. Please remember that it takes approximately one week to receive a letter of recommendation. Stacy has many letters to write, and she cannot provide them immediately when you ask for them. Please plan ahead when making your requests.

IEP:

Bike Share at Pitt

Looking for a socially-distanced way to commute around Pittsburgh? Try Bike Share at Pitt, brought to you by the University of Pittsburgh’s Office of Sustainability, the Office of Parking, Transportation, and
Services, and Healthy Ride. The partnership debuted free 30-minute rides to first-year students and resident assistants at Pitt last year, and now they are expanding those free 30-minute rides to all University students and employees. There are 100 stations, of which 17 are around the campus. There are 550 bikes across 24 of Pittsburgh’s neighborhoods, so there is probably a station within walking distance of your residence. In addition to avoiding crowded buses or expensive ride-share options like Lyft, Uber or Z-Trip, Healthy Ride bike sharing is better for the environment and your physical health.

If you choose to use Healthy Ride’s Bike Share program with Pitt, please take the time to get the correct helmet and learn all about bike safety and the laws regarding bike riding in Pittsburgh. A good place to start is Pitt’s Parking, Transportation and Services Office page for bicycling resources and Pennsylvania Department of Transportation’s Bike Page. We’d also recommend wiping the bike down with disinfectant before and after riding to prevent the spread of germs and viruses.

IEP:

**Health and Wellness Resources at Pitt**

Your health is very important, especially during stressful times, but there are many free resources available to students to stay healthy both physically and emotionally:

- Pitt Fitness Centers and Gyms
- Be Fit Pitt (live streaming and online exercise and fitness)
- Healthy Ride (free bike rental for Pitt students and employees)
- Wellness Workshops from the Pitt Counseling Center
- University Counseling Center
- Student Health Services

In addition, students in the ELI’s Intensive English Program can also contact the ELI Student Services Supervisor, Stacy Ranson, for additional support.

**IEP: University of Pittsburgh Self-Care Days**

The University of Pittsburgh Provost has declared Tuesday, February 23, and Wednesday, March 24, as Self-Care Days. Classes will not meet on these days. The ELI encourages students to take full advantage of these days to focus on fun and relaxation. However, if you do need to contact the ELI Main Office, staff will be available to assist you. See the Office Hours chart listed on page 4.

**Pittsburgh Treats: Vegan Eats**

Vegan food has become quite popular recently and Pittsburgh is no exception! In many neighborhoods of Pittsburgh, you can find restaurants that specialize in vegan cuisine. In case you don’t know, vegan food is food that is made without animal products like meat, fish, milk, cheese, eggs, honey, and similar ingredients. Vegan food can be both fresh and comforting to eat. Many people who enjoy eating meat try vegan food and are surprised to realize that they do not miss animal ingredients in their food! Below are some of the best restaurants with vegan food in Pittsburgh.

**EatUnique** (Click for Google Map Location)

EatUnique is located near the University of Pittsburgh campus in the neighborhood of Oakland and is a favorite of ELI Instructor, Dylan Ashton. EatUnique offers a fresh and flavorful range of sandwiches, soups, and salads that utilize local ingredients whenever possible. While this restaurant has plenty of vegan meal options, it also serves food with meat, cheese, and eggs. Ordering online from EatUnique will satisfy vegans and meat-eaters alike! Be sure to save room for something sweet. EatUnique’s cookies are a great way to end a meal.

**Apteka** (Click for Google Map Location)

Apteka describes itself as a vegetable restaurant that focuses on Central & Eastern European cuisine. The owners celebrate their Polish ancestry by creating traditional Polish dishes using local vegetables. According to ELI Instructor Daniel Hatfield, “Their take on vegan Polish food is A) something you will be unlikely to find anywhere else, and B) two types of cuisine you might not expect to be as amazing as it is.” Ordering a takeout meal from Apteka is certainly an experience that will leave you happy that you stepped outside of your comfort zone and tried something new.

Visit the ELI NEWS online: [www.eli.pitt.edu/eli-news](http://www.eli.pitt.edu/eli-news)
ELI Office Hours

The ELI Main Office and the ELI Student Advisor offer Zoom meetings by appointment during the following hours:

ELI Main Office Hours
Monday to Friday, 8:30 am - 4:45 pm
Contact Jean at elipitt@pitt.edu to schedule an appointment.

Student Advisor Office Hours
Monday to Friday, 12:00 – 4:00 pm
Contact Stacy at sar72@pitt.edu to schedule an advising appointment.

IEP:

Happening at Pitt

A selection of highlights from the Pitt Events Calendar.

Thursday, February 18

Stress Free Zone Mindful Moment:
2:00-2:30 p.m. Take about a half hour out of your day to calm and focus your mind. There are two meditations per session. Registration required.

Diversity Discussion with Music Industry Executives Dr. Mathew Knowles:
5:00-6:00 p.m. Dr. Knowles is the founder of Music World Entertainment and Artist Management, among a lot of other accomplishments. He has been executive producer of more than 100 award-winning platinum and gold albums across many music genres. The father of Solange and Beyoncé Knowles, he will discuss diversity and inclusion as both necessary and a positive force in the workplace. Register to attend. This is an excellent opportunity to practice listening skills as well as learning about American culture.

Friday, February 19

Strength and Stretch Yoga: 10:00-11:00 a.m. Kelly Morgan, owner of Morgainz Fitness, leads this yoga class focused on increasing strength and flexibility. Meeting ID: 961 0155 6011 Passcode: fit4pitt

Black History Month Virtual Film Series: 2:00-3:00 p.m. Watch the film Moonlight for free and then attend a facilitated discussion of the film with Dr. Darren Whitfield, Assistant Professor at the University School of Social Work and Department of Psychiatry and Direct Practice Chair. Registration required for the discussion. All of the films in the series are available to stream through Kanopy by logging in with your Pitt credentials. (Click “Get Started”--Click “Find Your University” and type in University of Pittsburgh--You can then create an account or skip and start streaming--Search for the film.)

Saturday, February 20

Romeo ‘N Juliet with the Pittsburgh Public Theatre:
8:00-9:30 p.m. This version of Romeo and Juliet by Shakespeare is presented differently from tradition. In this version, they are from feuding African-American and Black Immigrant communities, where their love is a revolutionary act. As students at the ELI with Pitt IDs, you can register at pittarts.org for this virtual theatre event. Note: The English used by Shakespeare is an old version with a complex style. Resources like Sparknotes break it down into easy-to-understand language.

Campus Zero Waste Week Kick-Off:
5:00-6:00 p.m. The Campus Zero Waste Week is part of Pitt’s initiative to reduce waste and encourage reusing and recycling. Learn how you can participate in this challenge and “face” your waste. Register for the kick-off and explore upcoming events by clicking on the links.

Monday, February 22

Pittsburgh Pirates’ Sports Nutritionist, Live from Spring Training:
starts at 5:00 p.m. Join presenter Allison Maurer, the nutritionist for the Pittsburgh Pirates baseball team, as she discusses the nutritional philosophy of the Pirates and challenges faced by the players. A great way to learn something new while practicing listening skills.

Tuesday, February 23

Setting Boundaries Workshop:
12:00-1:00 p.m. Student Health Services presents a workshop dedicated to understanding the importance of setting boundaries in relationships and social environments, as well as tips on how to set and maintain them. Registration for this SETpoint workshop is required.

IEP:

More Fun Things to Do

To find out what fun activities are planned for students in the ELI and/or offered by the University, check out these websites:

- ELI Activities Calendar online
- Pitt Events Calendar
- Pitt Program Council
- Pitt Student Organizations and Clubs
- Pitt Global Ties
- Pitt International Community Facebook Group
- Pitt Serves (volunteer opportunities)

Visit the ELI NEWS online: www.eli.pitt.edu/eli-news
• Pitt Center for Creativity

We hope you take advantage of these opportunities to use English outside of the classroom, make friends with students in degree programs at Pitt, and have fun, too!

ELI Joke of the Week

This week’s joke is inspired by the classic story of Cinderella. It is courtesy of Mommypoppins.com.

Question: Why is Cinderella bad at playing soccer?

Answer: Because she always runs away from the ball.

Quote Corner

“Life isn’t about finding yourself. Life is about creating yourself.” – George Bernard Shaw, Irish playwright, activist and critic

Source: BrainyQuote

SOUND OFF: Do you agree with this quote? Why/not? What does “creating yourself” mean to you? What does “finding yourself” mean to you?

www.facebook.com/PittELI