



OCTOBER 28, 2020

Dear Students,

We understand that many international students are participating in remote instruction from all over the world and from various time zones. ISSS would like to remind you that Daylight Savings Time in the U.S. will end on Sunday, November 1st, at 2:00 a.m. (Eastern Standard Time or EST). Also called Fall Back or Winter Time, this is when the clocks are turned backwards from 2:00 a.m. to 1:00 a.m. Sunrise and sunset in the United States will be about one hour earlier on November 1, 2020 than the day before.

Please remember to adjust your calendars and clocks appropriately on Sunday, November 1st to account for changes in your academic schedules. Example: **If you have a class at 9:00 a.m. EST, it will now be held at 10:00 p.m. in Shanghai.**

You can use this [time zone converter](#) to calculate the time difference between your location and New Jersey.

For more information about Daylight Savings Time, you may refer to [timeanddate.com](#), or check out the article on [livescience.com](#) to learn about the history of Daylight Savings Time.

Continue to stay safe and be well!

Best wishes,
Rutgers Global – ISSS