



GLOBAL
EDUCATION
OFFICE

Welcome International Students





**What if I told you,
you are not alone!!**

International Students at UNM

New Students 686 Admitted:

- 321 Grads
- 228 Undergraduates
- 66 Exchange/Guest
- 69 Intensive English

86 Majors/Programs
80 Countries

Current Students Approximately 1300:

- 94 Countries
- Top 5 Countries Represented: India, China, Nepal, Bangladesh and Iran

**Start Your Support
Network Now!**

ICEBREAKER!!

Find a person you don't know, who is not from your country:

Introduce yourself and tell them one story about your journey to UNM!

Find another person you don't know, who is not from your country:

Tell them how the US/New Mexico has or has not met the stereotypes you have had of the US!

SHARE YOUR USER NAME WITH TWO PEOPLE



Today's Main Messages

- **Make new friends and start your support network now!**
- **Learn to be a self-advocate**
- **Take advantage of all of the great resources at UNM!!!**

Practical Information



After today find these slides at iss.unm.edu
Under: **Coming to UNM**

PRE-ARRIVAL ORIENTATION REVIEW

How many of you attended:

- **2 meetings?**
- **1 meeting?**
- **No meetings?**
- **Read info on teams**
- **Viewed videos (you can get some prizes today)**



Hopefully you had many of your arrival questions answered – let's see...

Mentimeter Challenge

- Friendly competition to get you engaged (with Prizes!!)
- Everyone get out your phone or device and go to this website to participate: www.menti.com
- Make sure to **NOT CLOSE** the website
- **Test question**



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Mentimeter Challenge

1st round



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General Office Hours

Monday – Friday: 8:00 am – 5:00 pm

Front office open 10:00 – 4:00

Phone: 505-277-4032,

General E-mail: geo@unm.edu

Emergencies: 505-277-4GEO

International Advisors

Melissa Aragon



Phillip Gill



Carolyn Kaltenbach



Linda Melville



Email: iadvisor@unm.edu, Web: iss.unm.edu

Drop-in hours to talk to advisors:

Monday – Friday 1:00 – 2:00

Or make an Appointment under *Contact US*

GEO IS HERE TO HELP YOU:

- **Maintain your legal non-immigrant status**
- **Identify campus resources**
- **Adjust to life in the U.S.**



Facebook: ***UNMGlobal Community***

Instagram: ***UNMGlobal***

Information Packets

- **E-packet:** Sent via email or at ***iss.unm.edu*** under *Coming to UNM/Arrival Resources*; Info about work, driver's license and more!!!
- **Red Packet:** Check-in requirements, Arrival Checklist, getting involved info



Your TO DO List

COMPLETE TASKS ON YOUR ARRIVAL CHECKLIST!

Arrival Checklist

More Information in the E-Packet and also on our [Website](#)

Required Tasks:

Complete Check-in Requirements

- After you arrive, check-in, attend orientation and provide all check-in information, GEO will lift the GEO orientation *HOLD* and confirm your arrival with the US government in SEVIS (REQUIRED FOR YOUR STAY TO BE LEGAL!)
- To complete check-in, you will get a message to your permanent (non-UNM) email instructing you to set up your **myGEO** portal account. The **mygeo** portal is not linked to your *my.unm.edu* account, so save this password!
 - The **Personal Information** section should always have your correct US address, US telephone number, and emergency contact information. Update at mygeo.unm.edu and also with UNM at my.unm.edu every time your information changes.
 - The **Upload Documents** section should always have your most recent immigration documents (list below).
- You must provide proof of health insurance for the whole semester to complete check-in** (please do not upload temporary health insurance in the **mygeo** portal – degree-seeking students have 2 weeks to decide on a long-term plan and we will have health insurance sign up help during check-ins). Health insurance is REQUIRED (more info is in the e-packet or our [website](#)). Regardless of your insurance plan, you should go to the [Student Health Center](#) for all primary health care!

Social Security Number

Apply only when you have a job and

AFTER YOU COMPLETE GEO CHECK-IN!!!

BRING THESE WHEN YOU GO:

- Passport
- I-94 showing F or J status (print at www.cbp.gov/I-94)
- I-20 form for F1 Students/DS-2019 form for J1
- “UNM Employment Verification Form” signed by your employer and by GEO verifying your permission to work



GET CONNECTED

STAY UP TO
DATE



UNMGlobal



MSTeam International
Student & Scholar Services



UNMGlobal
#InternationalLobo



ISSS.UNM.EDU
Calendar of events



LOBO FRIEND PROGRAM

Lobo Friend is a peer mentorship program offered by UNM GEO to foster communication, friendship, and community between current domestic and international students and incoming international students.



SOCIAL ACTIVITIES



International Student &
Scholar Services

Join International Student & Scholar Services MSTeam when invited!

A support network is critical

Events and Workshops: Join Social Media/ GEO [Calendar](#)

Meet others: Sign up for a Lobo Friend Mentor

Volunteer: Join the International Service Corps

Trips: Explore NM and the southwest! GAGEO Getaway Adventures



Calendar of Orientation Events for Students - August

Highlights

Thursday, 8/17

Campus Tour 9-10, Library Tour 10-11

Friday, 8/18

Sandia Peak Tram Trip and Hike: 2:00 - 8:00 pm, **Sign-Up and Pay**
in advance (\$26)

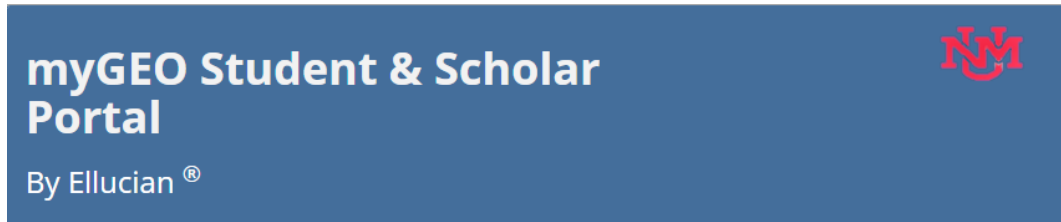
Saturday, 8/19

International Welcome Picnic 1:00 – 4:00 pm, Duck Pond (near
Zimmerman)



Submit All Check-in Info

- Complete Your Check-in Info in *myGEO* Student portal :



Already a user? Sign in with your E-mail address

Sign In

[Reset your password](#)

All missing info (address, **long-term** Health insurance, I-94, Passport, Visa, I-20/DS-2019)

FINISH BEFORE 8/25/2023!



ISSS when you haven't uploaded your required documents to mygeo portal

#BarbieTheMovie



ISSS after you've uploaded your required documents to mygeo portal

#BarbieTheMovie



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Today's Agenda

08:30 am

Orientation Registration

- Rules and Regulations (Immigration and Other Rules)
- Can I Work in the USA?
- Health Issues
- Life Outside of Class
- US Grad School Expectations

FREE LUNCH!!!

OR: Check-In if you are missing documents/have an assistantship and didn't see us yet/have questions

UNM GRADUATE ORIENTATION "JUMP START" FOLLOWS LUNCH

Thanks for Listening!





Rules and Regulations

you must know for your stay in the US!

TOPICS

- Immigration
- Travel
- Other Rules & Laws

WARNING!!!! YOU ARE RESPONSIBLE FOR KNOWING THESE RULES!!

- Consequences for violations include deportation and inability to return to the US!
- Rules are complicated, illogical and agencies don't communicate!
- GEO MUST report in SEVIS: enrollment, current address, current major and level, drops below full-time so keep us updated!
- Ask ISSS Advisors if you don't remember or understand
- RULES CHANGE, SO PAY ATTENTION TO EMAIL ALERTS!
- *Friends* aren't immigration advisors!!!

ATTENTION! Prizes are coming up!!!



Mentimeter Challenge

2nd round

**What do you know about
immigration rules?**



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Document Basics

(Handout In Packet)

- Always save copies of all immigration documents and tax forms for as long as you plan to remain in the US!
- Keep your documents in a safe place
- Carry immigration documents with you if you travel inside as well as outside of the US
- Key Documents (check yours):
 - Passport
 - I-20 for F1 Students or DS-2019 for J1 students
 - I-94 arrival/departure record
 - Visa



Passport Rules

- Must be valid for 6 months into the future when entering the US
- Must be valid at all times to work
- Renew with your embassy/consulate in the US or at home
- Update *myGEO portal* when you get a new one!

I-20 or DS-2019

- Paper sent to you by the school (J1 students May have this from an organization and not the school)
- Use it to apply for a visa (F or J)
- Must be valid and correct at all times (update if there are changes)
- End date is just an estimate; permission to stay ends when you complete program requirements!
- **MUST** renew it **BEFORE** the end date if you aren't finished!

I-20

Department of Homeland Security
U.S. Immigration and Customs Enforcement

I-20, Certificate of Eligibility for Nonimmigrant Student Status
OMB NO. 1653-0038

SEVIS ID: N0012857555

| | | | |
|---|---------------------------------|---|--|
| SURNAME/PRIMARY NAME [REDACTED] | SEVIS ID# | GIVEN NAME [REDACTED] | CLASS F-1 ACADEMIC AND LANGUAGE |
| PREFERRED NAME [REDACTED] | Student Info | PASSPORT NAME | |
| COUNTRY OF BIRTH [REDACTED] | | COUNTRY OF CITIZENSHIP [REDACTED] | |
| DATE OF BIRTH [REDACTED] | | ADMISSION NUMBER | |
| FORM ISSUE REASON INITIAL ATTENDANCE - Updated Form I-20 or Name Conversion | Reason for this printing | LEGACY NAME [REDACTED] | |

SCHOOL INFORMATION

| | | |
|---|--------------------|--|
| SCHOOL NAME University of New Mexico University of New Mexico | School Info | SCHOOL ADDRESS Global Education Office, MSC06 3850, Albuquerque, NM 87131 |
| SCHOOL OFFICIAL TO CONTACT UPON ARRIVAL Linda Melville Senior Operations Manager | | SCHOOL CODE AND APPROVAL DATE ELP214F00205000 22 JANUARY 2003 |

I-20

Program Info

PROGRAM OF STUDY

EDUCATION LEVEL

MASTER'S

MAJOR 1

Electrical and Electronics
Engineering 14.1001

MAJOR 2

None 00.0000

PROGRAM ENGLISH PROFICIENCY

Required

ENGLISH PROFICIENCY NOTES

Student is proficient

EARLIEST ADMISSION DATE

09 JULY 2019

START OF CLASSES

19 AUGUST 2019

PROGRAM START/END DATE

08 AUGUST 2019 - 14 MAY 2022

Just an estimate. Don't let it expire!

FINANCIALS

ESTIMATED AVERAGE COSTS FOR: 12 MONTHS

| | |
|----------------------------|-----------|
| Tuition and Fees | \$ 20,065 |
| Living Expenses | \$ 16,447 |
| Expenses of Dependents (0) | \$ |
| Other | \$ |

STUDENT'S FUNDING FOR: 12 MONTHS

| | |
|----------------------|-----------|
| Personal Funds | \$ 0 |
| Assistantship | \$ 32,584 |
| Family Funds | \$ 3,928 |
| On-Campus Employment | \$ |

TOTAL \$ 36,512

TOTAL \$ 36,512

I-20

REMARKS

7b. Includes mandatory student health insurance

SCHOOL ATTESTATION

I certify under penalty of perjury that all information provided above was entered before I signed this form and is true and correct. I executed this form in the United States after review and evaluation in the United States by me or other officials of the school of the student's application, transcripts, or other records of courses taken and proof of financial responsibility, which were received at the school prior to the execution of this form. The school has determined that the above named student's qualifications meet all standards for admission to the school and the student will be required to pursue a full program of study as defined by 8 CFR 214.2(f)(6). I am a designated school official of the above named school and am authorized to issue this form.

_____ DATE ISSUED _____ PLACE ISSUED _____
SIGNATURE OF: Linda Melville, Senior Operations Manager 25 July 2015 Albuquerque, NM

School official

STUDENT ATTESTATION

I have read and agreed to comply with the terms and conditions of my admission and those of any extension of stay. I certify that all information provided on this form refers specifically to me and is true and correct to the best of my knowledge. I certify that I seek to enter or remain in the United States temporarily, and solely for the purpose of pursuing a full program of study at the school named above. I also authorize the named school to release any information from my records needed by DHS pursuant to 8 CFR 214.3(g) to determine my nonimmigrant status. ~~Parent or guardian~~ and student, must sign if student is under 18.

SIGNATURE OF: _____ DATE _____
X _____
NAME OF PARENT OR GUARDIAN SIGNATURE ADDRESS (city/state or province/country) DATE

Student
Signature

I-20 (p. 2)

Department of Homeland Security
U.S. Immigration and Customs Enforcement

I-20, Certificate of Eligibility for Nonimmigrant Student Status
OMB NO. 1653-0038

SEVIS ID: N0012857555 (F-1)

NAME:

EMPLOYMENT AUTHORIZATION

EMPLOYMENT STATUS

TYPE

EMPLOYMENT START DATE

EMPLOYMENT END DATE

EMPLOYER NAME

EMPLOYER LOCATION

COMMENTS

Any off campus work must be authorized here or it is not legal

I-20 (p. 2)

CHANGE OF STATUS/CAP-GAP EXTENSION

| REQUESTED VISA TYPE | REQUEST/PETITION STATUS | RECEIPT NUMBER | BENEFIT START DATE/REQUEST DATE |
|---------------------|-------------------------|----------------|---------------------------------|
|---------------------|-------------------------|----------------|---------------------------------|

EVENT HISTORY

| EVENT NAME | EVENT DATE |
|------------|------------|
|------------|------------|

OTHER AUTHORIZATIONS

| AUTHORIZATION | START DATE | END DATE |
|---------------|------------|----------|
|---------------|------------|----------|

Other updates are listed here

I-20 (p. 2)

TRAVEL ENDORSEMENT

This page when properly endorsed, may be used for reentry of the student to attend the same school after a temporary absence from the United States. Each certification signature is valid for one year.

| SCHOOL OFFICIAL | TITLE | SIGNATURE | DATE ISSUED | PLACE ISSUED |
|-----------------|-------|-----------|-------------|--------------|
| _____ | _____ | X | _____ | _____ |
| _____ | _____ | X | _____ | _____ |
| _____ | _____ | X | _____ | _____ |
| _____ | _____ | X | _____ | _____ |

**Need signature less than 6 months old
from ISSS advisor to reenter the US
Get this at least 1 week before you travel!**

DS-2019

Student info



U.S. Department of State

CERTIFICATE OF ELIGIBILITY FOR EXCHANGE VISITOR STATUS (J-NONIMMIGRANT)

OMB APPROVAL NO.1405-0119

09/30/2017

ESTIMATED BURDEN TIME: 45 min

*See Page 2 **SEVIS #**

| | | | | |
|---|--|-----------------------------------|--|--------------------------------------|
| 1. Surname/Primary Name: _____ | Given Name: _____ | Gender: MALE | N0011146616 | |
| Date of Birth (mm-dd-yyyy): _____ | City of Birth: _____ | Country of Birth: PAKISTAN | Citizenship Country Code: PK | Citizenship Country: PAKISTAN |
| Legal Permanent Residence Country Code: PK | Legal Permanent Residence Country: PAKISTAN | Position Code: 213 | Position: UNIVERSITY TEACHING STAFF INCLUDING R | J-1 |
| Primary Site of Activity: University of New Mexico 1 University of New Mexico MSC06 3850 Albuquerque, NM 87131-0001 | | | | |
| 2. Program Sponsor: University of New Mexico | | | | |
| Program Number: P-1-01853 | | | | |
| Participating Program Official Description: PROFESSOR; RESEARCH SCHOLAR; SHORT-TERM SCHOLAR; SPECIALIST; STUDENT ASSOCIATE; STUDENT BACHELORS; STUDENT DOCTORATE; STUDENT INTERN; STUDENT MASTERS; STUDENT NON-DEGREE | | | | |
| Reason for printing | | | | |
| Purpose of this form: Updated Form DS-2019 or Name Conversion | | | | |

DS-2019

Reason

Purpose of this form: Updated Form DS-2019 or Name Conversion

3. Form Covers Period:

From (mm-dd-yyyy): 08-06-2014

To (mm-dd-yyyy): 05-09-2020

Start and End Dates

4. Exchange Visitor Category:

STUDENT DOCTORATE

Program Info

Subject/Field Code:
23.1304

Subject/Field Code Remarks:

Student has been admitted to the PhD in
Communication program

5. During the period covered by this form, the total estimated financial support (in U.S. \$) is to be provided to the exchange visitor by:

The Exchange Visitor's Government : \$178,482.00
University of New Mexico- Amigo Scholarship : \$119,694.00
Personal funds : \$35,766.00
Total : \$333,942.00

Funding Info

DS-2019

6. U.S. DEPARTMENT OF STATE / DHS USE OR CERTIFICATION BY RESPONSIBLE OFFICER OR ALTERNATE RESPONSIBLE OFFICER THAT A NOTIFICATION COPY OF THIS FORM HAS BEEN PROVIDED TO THE U.S. DEPARTMENT OF STATE (INCLUDE DATE).

7. Linda Melville

Name of Official Preparing Form
Global Education Office, MSC06 3850
1 University of New Mexico
Albuquerque, NM 87131

Signature of Responsible Officer or Alternate Responsible Officer

Responsible Officer

Title

505-277-4032

Telephone Number

07-21-2015

Date (mm-dd-yyyy)

8. Statement of Responsible Officer for Releasing Sponsor (FOR TRANSFER OF PROGRAM)

Effective date (mm-dd-yyyy): _____ . Transfer of this exchange visitor from program number _____ sponsored by _____ to the program specified in item 2 is necessary or highly desirable and is in conformity with the objectives of the Mutual Educational and Cultural Exchange Act of 1961, as amended.

Signature of Responsible Officer or Alternate Responsible Officer

Date (mm-dd-yyyy) of Signature

School Official

DS-2019

PRELIMINARY ENDORSEMENT OF CONSULAR OR IMMIGRATION OFFICER REGARDING SECTION 212(e) OF THE IMMIGRATION AND NATIONALITY ACT AND PL 94-484, AS AMENDED (see item 1(a) of page 2).

The Exchange Visitor in the above program:

1. Not subject to the two-year residence requirement.

2. Subject to two-year residence requirement based on:

A. Government financing and/or

B. The Exchange Visitor Skills List and/or

C. PL 94-484 as amended

(ALL USAID PARTICIPANTS G-2-00263 AND ALL ALIEN PHYSICIANS SPONSORED BY P-3-04510 ARE SUBJECT TO THE TWO-YEAR HOME RESIDENCE REQUIREMENT)

Name Title

Signature of Consular or Immigration Officer Date (mm-dd-yyyy)

THE U. S. DEPARTMENT OF STATE RESERVES THE RIGHT TO MAKE FINAL DETERMINATION REGARDING 212 (e).

TRAVEL VALIDATION BY RESPONSIBLE OFFICER
(Maximum validation period is 1 year*)

*EXCEPT: Maximum validation period is up to 6 months for Short-term Scholars and 4 months for Camp Counselors and Summer Work/Travel.

(1) Exchange Visitor is in good standing at the present time

Date (mm-dd-yyyy)

Signature of Responsible Officer or Alternate Responsible Officer

(2) Exchange Visitor is in good standing at the present time

Date (mm-dd-yyyy)

Signature of Responsible Officer or Alternate Responsible Officer

EXCHANGE VISITOR CERTIFICATION: I have read and agree with the statement in item 2 on page 2 of this document.

Signature of Applicant Place Date (mm-dd-yyyy)

Home residency requirement

Signature from ISSS advisor or Org Advisor less than 6 months old to return

I-94

(Print at cbp.gov/I94)

- Also called an arrival/departure record
- Records your entry to the US
- **DOWNLOAD** a new one each time you reenter and save for your records (upload to **myGEO** portal for back-up)
- Shows your current legal non-immigrant status (required for proof of status so carry when out of ABQ)
- Shows the end date of your status
- Students should have D/S = “Duration of Status” – means no SPECIFIC end date



Most Recent I-94

Admission (I-94) Record Number: 68625822030

Most Recent Date of Entry: 2015 July 24

Class of Admission: F1

Admit Until Date: D/S

Details provided on the I-94 Information form:

Last/Surname:

First (Given) Name:

Birth Date:

Passport Number:

Country of Issuance: India

[Get Travel History](#)

► Effective April 28, 2013, DHS began automating the admission process. An alien lawfully admitted or paroled into the U.S. is no longer required to be in possession of a preprinted Form I-94. A record of admission printed from the CBP website constitutes a lawful record of admission. See 8 CFR § 1.4(d).

► If an employer, local, state or federal agency requests admission information, present your admission (I-94) number along with any additional required documents requested by that employer or agency.

► Note: For security reasons, we recommend that you close your browser after you have finished retrieving your I-94 number.

[For inquiries or questions regarding your I-94, please click here.](#)

[Accessibility](#) | [Privacy Policy](#)

I-94

US Visa

- Sticker with picture issued by US consulate
- Gives permission to ENTER the US in a specific immigration status (allowed to expire while you are here)
- Permission to ENTER the US with that visa between the date of issue and expiration (some exceptions for travel to Canada or Mexico)
- You do NOT need to leave if your visa expires, but the next time you DO leave the US, you need to get a new one to be able to RETURN!
- Update **myGEO** portal when you get a new one



To maintain student status, ALWAYS...

1. Attend the college/university on the I-20/DS-2019
2. Provide a correct residential address to GEO within 10 days of making a change
3. Maintain full-time enrollment
4. Have a correct & unexpired I-20 or DS-2019
5. Maintain a valid passport
6. Speak with GEO before transferring schools
7. Observe the grace period after completing your program
 - ▣ 60-day grace for F students
 - ▣ 30-day grace for J students

To maintain student status, **NEVER...**

8. WORK OFF CAMPUS without prior authorization on your I-20 or DS-2019
9. WORK in “ON CAMPUS EMPLOYMENT” for more than 20 hours per week while school is in session (Fall and Spring) or after you finish your program
10. Take a leave of absence, withdraw from classes, or drop below full-time until you speak with a GEO advisor (no matter what ANYONE tells you!)

Let us know if you leave UNM!

Graduate Students Full-Time Study

- Graduate students **without assistantships** must COMPLETE each semester with 9 credit hours
- Graduate Students **with assistantships** only need 6 credit hours
- There are course and grade restrictions that affect this “**full-time minimum**” number for immigration rules

Full-Time Study Grades that count

Courses that DO count toward your full-time requirement for immigration purposes:

- standard grade: A, B, C, D, F
- credit/no credit: C/NC
- Incomplete: I

Courses that Do NOT count toward the full time requirement:

- “Audit” grade option
- “W” grade (W=withdraw/dropped course)

Full-Time Study

Online Restrictions

Online Course Restrictions:

- **ONLY 3 credit hours of your minimum full-time credit requirement can be in “Online” courses (hybrid classes are NOT online”**
- **You can take more, but only 3 credits can be counted toward the full-time minimum**

Full-Time Study Summer Vacation

- You **MUST** enroll full-time in fall and spring
- You do not need to enroll in Summer unless you begin or end studies in summer

Exceptions to Full-Time

VERY FEW EXCEPTIONS EXIST !

All must be authorized IN ADVANCE by the international advisor!!!

EXCEPTION TYPES:

1. Academic (Uncommon and Common Types)
2. Medical



Exceptions to Full-Time

Academic:

Uncommon exceptions:

- Initial difficulties with English language, reading requirements or American teaching methods
- Improper course level placement

Common exceptions: (still need to be authorized)

- Graduates completing the thesis or dissertation



Exceptions to Full-Time

Medical:

- Medical excuse authorized by Medical Doctor or licensed psychologist
- Needs to recommend that you drop classes due to illness or medical condition



“Grace Period”

Only for students who **complete** the program:

F students have 60 days/J students have 30 days to...

- Leave the U.S. or
- Get a new I-20 or DS-2019 from a new institution/program or
- Apply for post-completion student work permission or
- Change to another immigration status

Students who terminate their program before completing
do NOT have a grace period!!!!

Work Following Study

- Students can apply to work after study; apply at beginning of final semester to get the work permission on time
 - F1: No job needed to apply
 - J1: Job required before the DS-2019 expires!
- After completing program requirements, you are not eligible to work on campus unless you have received post-completion work authorization



Commercial Break

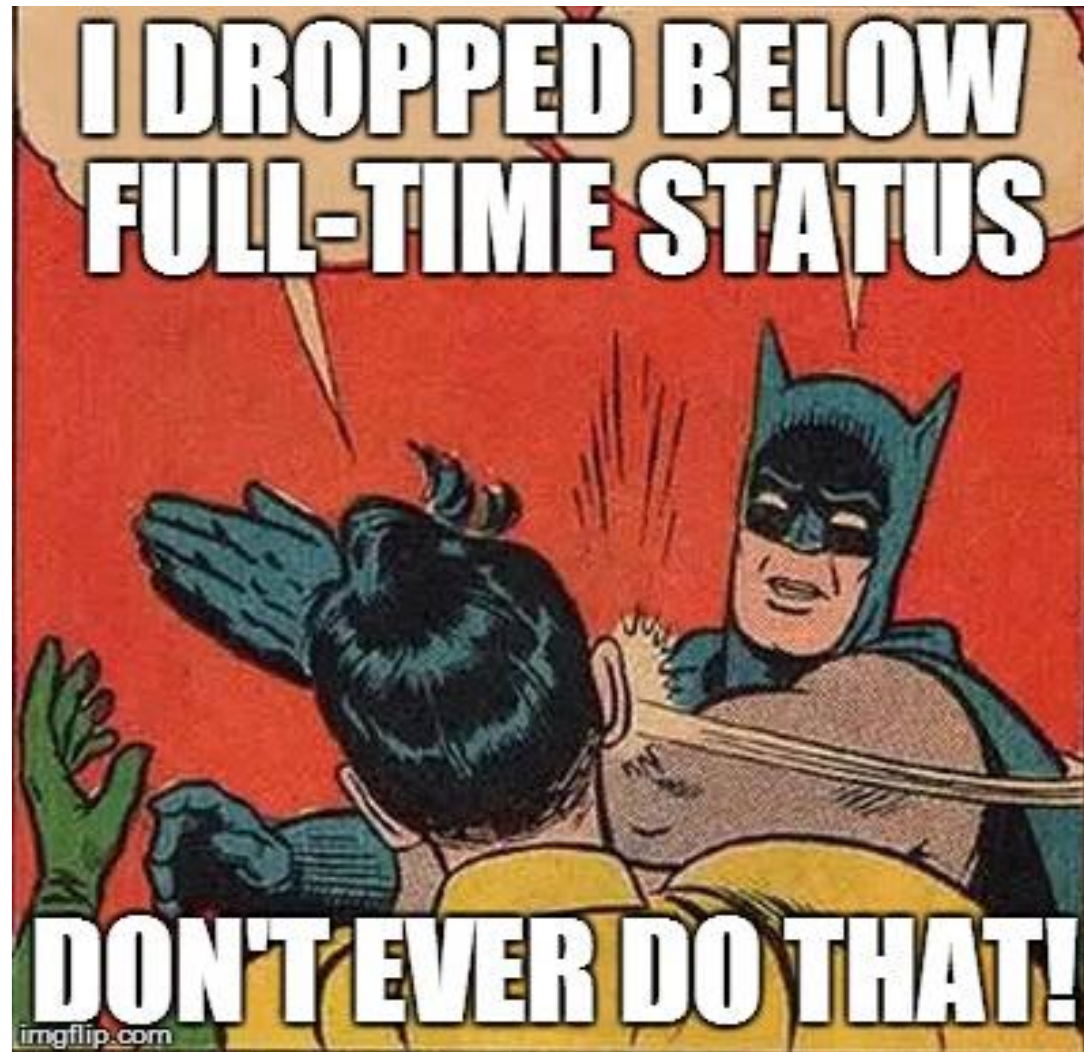
In a college far, far away, two international students are leaving class...

Professor's Office

Global Education Office

Later that day

MESSAGE?



Travel Requirements

For Travel in the US (out of ABQ)

- **Passport**
- **I-94**
- **I-20/DS-2019**
- **In ABQ e-copies work (I-94 is the actual legal requirement)**



Travel Requirements

For travel out of the US and return:

- **Passport (unexpired)**
- **US visa (unexpired);** (Travel to Canada & Mexico – ask an advisor)
- **ISSS advisor's signature less than 6 months old**
(on pg. 2 of I-20 or pg.1 of DS-2019)
- **Current Financial proof**
- **Copy of transcript**



Travel Requirements

- **Get GEO signature 1 week before travel**
- **If you leave the U.S. AFTER you complete your program you CANNOT re-enter on your student VISA!!!!**



If you need to apply for a visa to return to the US to continue study consult a GEO Advisor before you go



Tax Issues

- Tax year: January 1st to December 31st
- Taxes due April 15 for previous year
- ALL international students and dependents must complete US tax forms for each year they are in the US even if NO US income!
- Tax system is complex so you will need to devote time to reading and filling out forms
- Tax info session for international students and tax advising is in March

Other Rules and Laws

You need to know



Mentimeter Questions

3rd round

What do you know about
rules in the US?

Campus & Cultural Rules

- No alcohol on campus (outside of Faculty House and Draft & Table)
- Smoking is allowed in designated areas only and NEVER inside
- Americans are sensitive to smell - wash your clothes and body often and wear deodorant to avoid judgement from others and embarrassing situations!



UNM Campus Police:

police.unm.edu

University of New Mexico Police Department

- Contact Info:
Hokona Hall 1st floor
across from
Hospital, 505-277-
2241
- Safety Escort
Service: Takes you
from one on-campus
location to another
- Bike registry on
website: May help if
your bike is stolen.



What to do for Emergencies

- Campus Emergencies: Call **505-277-2241** # is on your Lobo card or use blue emergency phones located throughout campus
- Emergencies anywhere in US: Call **911**
- If non medical or criminal emergency after hours: Call GEO at **505-277-4GEO** (e.g. stuck at a border, consulate, etc.)



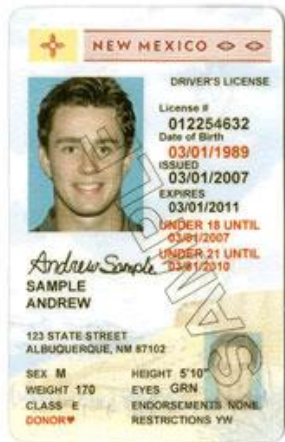
Bicycle Safety

- ALWAYS wear a helmet
- Use lights at night!
- Be careful. Some areas are not bike friendly
- Buy U locks for your bike; bike theft is common on campus– available at UNM Bicycle Shop, East Entrance to Johnson Center
- Find bike map at www.cabq.gov



Car Regulations and Safety

NEW MEXICO DRIVER'S LICENSE:



- Get a NM driver's license if you will drive regularly and will live here for more than 6 months
- If you will not drive regularly, an international license should work, but insurance is more expensive
- Driver's license or state ID is a good idea for everyone as a form of legal identification (info in e-packet and on ISSS website)
- Read the handout in the e-packet or on our website before you go!

Car Regulations and Safety

- You **MUST** have car insurance when driving
- Pay **TICKETS!** (Parking, Speeding, etc.)
- Do not make any “special request” if the police officer gives you a ticket!
- **If you are stopped by the police:** Do not get out of the car. Place your hands on the wheel where the officer can see them. Get out license, registration and insurance when asked





Car Regulations And Safety



NEVER drink and drive!
USE ALTERNATIVE TRANSPORTATION



- A** Albuquerque
- R** Rapid
- T** Transit



Consumer Related Issues

- Internet scams: Don't send anyone money you don't know!
- No government office or bank will call you on the phone and ask you to provide your SSN or payment.
- Buy insurance for any large money transactions or use services such as Paypal.



Housing Regulations

- Info at: <https://isss.unm.edu/life-in-abq/housing.html>
- Renters Guide and General Landlord/Tenant Information: www.lawhelpnewmexico.org
- Problems? Contact - New Mexico Legal Aid free hotline:
(866) 416-1922



**What??? You mean....
NO drinking under 21????**



Drinking Laws

- Have to be 21 to drink in the US
- Government ID is required to order alcohol or enter a bar!
- IT IS A FELONY (SERIOUS CRIME) TO GIVE ALCOHOL TO ANYONE UNDER 21!!!
- ABQ Police “Party Patrol” often raids parties in the area near campus; if you are hosting a party with alcohol, make sure guests are over 21!!!

Sex, Drugs, and Guns



- Illegal drugs are **ILLEGAL!!!**
- Even if drugs are legal by state law, it is a violation of your immigration status!
- It is illegal to own a firearm (gun) while in the US on a visa!
- Sexual misconduct is serious in the US. Consent is the most important thing and is not possible if you are not SOBER! You must understand US rules to avoid trouble!

<https://www.internationalstudentinsurance.com/explained/sexual-assault-awareness-video.php>

Sexual Misconduct

- All degree students go through sexual assault prevention training
- Confidential reporting sites exist on campus to support victims
- Be an advocate!
- Important to understand rules and laws since they may be different from home!

<https://www.internationalstudentinsurance.com/explained/sexual-assault-awareness-video.php>

Legal and Criminal Issues

- Important to know the laws that are problematic
- Avoid getting into trouble in the first place!
- Violations impact you financially and may affect your immigration status
- If you are charged with a crime or arrested, seek legal assistance and talk to a GEO advisor to understand the issues

If You are Stopped by the Police, Immigration or FBI*

- **Stay calm and be polite.** Don't run or resist. Keep your hands where the police can see them.
- **Right of refusal to search.** You have the right to refuse unless there is a warrant.
- **Ask if you are free to leave.** If the officer says yes, calmly walk away. If you are under arrest, you have a right to: remain silent, have an attorney and contact your consulate
- **Do not lie or give false statements and do not sign anything without talking to a lawyer.**



Can I Work in the USA?

International Student Work Requirements

Photo by: Susann Kõomägi

Work Eligibility Requirements

- Must meet eligibility criteria for specific type of work permission
- Must maintain legal full-time student status throughout your studies
 - **Maintain G.P.A. of 3.0 for graduates**
 - **Must consult a GEO advisor well in ADVANCE for any off-campus work**

Work Types for F-1 and J-1

F-1 Students

“ON CAMPUS”

(For UNM only)

OTHER

OR “OFF CAMPUS”

- 1. Curricular Practical Training (“CPT”)**
- 2. Optional Practical Training (“OPT”)**
- 3. Severe Economic Hardship**

J-1 Students

“ON CAMPUS”

(For UNM only)

OTHER

OR “OFF CAMPUS”

- 1. Academic Training (“AT”)**

On-Campus Work

How Many Hours Can I work?

- 20 hours per week:
During the Semester (have to be taking classes)
(US students can work 30 hours, so don't get confused!)
- During semester breaks (summer/winter break)
IF you plan to continue your studies at UNM
More per week (restrictions depend on course enrollment and type of work)

Types of On-campus Work for Students

Assistantships:

Only international students in **graduate degree programs ARE ELIGIBLE**

Student Employment Jobs:

All International students **ARE ELIGIBLE**

Work Study Jobs: International students are **NOT ELIGIBLE** – Listed in job description

On-Campus Employment Paperwork Process

Students with on-campus jobs need to complete work procedures (where depends on type of job)

F-1 students do not need any special permission from GEO to work on campus, but will need to show passport, I-20, I-94 for processing paperwork and will need to get an SSN letter from GEO and apply downtown at beginning of employment

J-1 students will need a form from **GEO BEFORE** they can begin work

Note: **J-1 students must also notify GEO if there is a change of employment.** Your employment information **MUST** be entered in SEVIS every year and when you change jobs!

UNMJobs.unm.edu



Are you a current
UNM Employee?
Retiree?
Hiring Coordinator or Approver?
Log in here!

I would like to...

Search for a Job

Check on my Application

Sign my Offer Letter

Complete Onboarding Tasks

Need Help?



**Staff
Careers**

**Faculty
Careers**

**Student
Jobs**

**Temp
Assignments**

Explore Career Opportunities

Q Enter a job title or keyword

Search

Filters

Reset

Date Posted

- Within 1 day (15)
- Within 3 days (28)
- Within 7 days (53)
- Within 15 days (76)
- Within 30 days (139)
- Anytime (214)

Current Openings

Student x

Afterschool Program Attendant
Albuquerque, NM, United States
8/10/2022

Planetarium Assistant
Albuquerque, NM, United States
8/10/2022

Community Liaison
Albuquerque, NM, United States
8/10/2022

Campus

Q

- Main - Albuquerque, NM (169)
- Health Sciences Center (HSC) - Albuquerque, NM (17)
- Gallup (13)
- Valencia (14)
- Taos (1)

Afterschool Program Attendant

Albuquerque, NM, United States | req21396




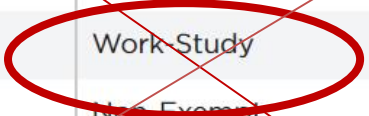
Apply Now

Share

Save Job

[Back to Search](#)

Student Intermediate Level

| | |
|------------------------------------|--|
| Requisition ID | req21396 |
| Working Title | Afterschool Program Attendant |
| Pay | \$15.00 Hourly |
| Campus | Main - Albuquerque, NM |
| Department | Off Campus Work Study (454F)  |
| Employment Type | Student Employment  |
| Student Type | Work-Study   |
| Status | Non-Exempt |
| Background Check Required | Yes |
| For Best Consideration Date | 8/17/2022 |
| | Organization: Southwest Preparatory Learning Center Location: 10301 Candelaria Rd NE, Albuquerque, New Mexico 87112 |

Off Campus Work F-1 STUDENTS

There are three types of F1 “off- campus” work:

- CURRICULAR PRACTICAL TRAINING (CPT)
 - OPTIONAL PRACTICAL TRAINING (OPT)
 - SEVERE ECONOMIC HARDSHIP
- ONLY eligible after one academic year of full-time enrollment

NEVER work off-campus without a GEO advisor’s written authorization!

Department of Homeland Security
U.S. Immigration and Customs Enforcement

I-20, Certificate of Eligibility for Nonimmigrant Student Status
OMB NO. 1653-0038

SEVIS ID: N0012857555 (F-1)

NAME:

EMPLOYMENT AUTHORIZATION

EMPLOYMENT STATUS

TYPE

EMPLOYMENT START DATE

EMPLOYMENT END DATE

EMPLOYER NAME

EMPLOYER LOCATION

COMMENTS

Any off campus work must be authorized here or it is not legal

Off Campus Work J-1 STUDENTS

J1 “off- campus” work

- There is ONLY one type of J1 “off-campus” work: “Academic Training”
- ONLY eligible after one academic semester of full-time enrollment
- Amount of Time Eligible to Work depends on degree or program and length of study

J-1 Academic Training



U.S. Department of State

CERTIFICATE OF ELIGIBILITY FOR EXCHANGE VISITOR (J-1) STATUS

OMB APPROVAL NO.1405-0119
EXPIRES: 07-31-2011
ESTIMATED BURDEN TIME: 45 min
*See Page 2

| | | | | | |
|---|--|--|---|----------------------------------|---|
| 1. Family Name: [REDACTED] | | First Name: [REDACTED] | Middle Name: | Gender: FEMALE | NO006383176 |
| Date of Birth (mm-dd-yyyy): [REDACTED] | City of Birth: Suncheon | Country of Birth: SOUTH KOREA | Citizenship Country Code: KS | Citizenship Country: SOUTH KOREA | |
| Legal Permanent Residence Country Code: KS | Legal Permanent Residence Country: SOUTH KOREA | Position Code: 215 | Position: UNIVERSITY UNDERGRADUATE STUDENTS | | |
| Primary Site of Activity: 115 Montclair SE Albuquerque, NM 87106 | | | | | |
| 2. Program Sponsor: University of New Mexico | | Exchange Visitor Program Number: P-1-01853 | | | |
| Participating Program Official Description: PROFESSOR; RESEARCH SCHOLAR; SHORT-TERM SCHOLAR; SPECIALIST; STUDENT ASSOCIATE; STUDENT BACHELORS; STUDENT DOCTORATE; STUDENT INTERN; STUDENT MASTERS; STUDENT NON-DEGREE | | | | | |
| Purpose of this form: Amend a previous form; Academic Training Added | | | | | |
| 3. Form Covers Period: From (mm-dd-yyyy): 08-19-2009 To (mm-dd-yyyy): 08-31-2010 | | 4. Exchange Visitor Category: STUDENT NON-DEGREE Subject/Field Code: 45.1001 Subject/Field Code Remarks: Exchange student in Political Science | | | |
| 5. During the period covered by this form, the total estimated financial support (in U.S. \$) is to be provided to the exchange visitor by: Personal funds : \$14,339.00 Total : \$14,339.00 | | | | | Academic Training: Organizing for America - (05/16/2010 - 08/31/2010) |

Social Security Number

- **F-1 and J-1 students who work MUST obtain a Social Security Number (SSN)** (you can't get one if you don't work)
- **YOU HAVE TO GO TO THE SOCIAL SECURITY OFFICE**
downtown after you complete check in (and provide your address!!!)

Social Security Number

The Social Security Administration is a Government Office that is located **OFF** campus. To apply for a Social Security Number you must take:

- Original passport
- I-20/DS-2019
- I-94
- UNM employment verification form signed by GEO

Note: Applications are provided at the Social Security Administration Office.

Need more information?

- **Attend *Working as an International Student, Friday, Aug 25th***
- **Ask an international advisor**
- **Check the GEO website**
- **Read email messages sent from iadvisor@unm.edu regarding immigration and work issues!!!!**





Health Issues

Photo by: Susann Kõomägi

YOUR HEALTH IS IMPORTANT!

- No one expects to get sick!
- If it happens, you need to understand the US system, where to go, and how to use your insurance



HEALTH INSURANCE AT UNM

Health insurance is **MANDATORY** for international students at UNM!!!

- Students with Assistantships, Athletic scholarship students, and Government sponsored students have special requirements.
- **ALL OTHER International Students need to buy US-based health insurance coverage for their ENTIRE STAY in the US!**

HEALTH INSURANCE AT UNM

Two Types of Plans Available for those who have to buy:

1. “Emergency” or “Illness – only” Plans designed for International Students (i.e., the ISI plan on website)

OR

2. US Marketplace Plans sold at [healthcare.gov](https://www.healthcare.gov) (Obamacare/ACA)



International Student Plans

International Plans DO NOT:

- Cover pre-existing conditions
- Cover preventative care
- Have unlimited benefits
- Have their claims processed directly by the UNM Student Health Center
- Cover things that are not medically necessary

International Plans DO

- Cover new illnesses and injuries
- Cover medical evacuation and repatriation of remains (required for J1 visa holders)
- Have limits on how much they will cover and what they will cover
- Will require you to file claim forms if you visit the UNM student health center and want them to pay
- Charge more for those over 24

US Marketplace Plans

US Marketplace Plans DO NOT:

- Allow you to sign up at any time
(You have to have a qualifying life change like moving to the US)
- Have an easy sign up process
- Have a guarantee of continuing beyond this year

US Marketplace Plans DO

- Allow pre-existing conditions
- Allow coverage for preventative care (medical only – no dental or vision)
- Provide subsidies to students according to income
- Cover an illness without a dollar limit
- Require you to file a tax return at which time you MAY have to pay back some of the subsidy

MARRIED STUDENTS USUALLY HAVE TO PAY BACK!!!

HEALTH INSURANCE

To Decide: Read the information on our website, THEN

Think about your personal situation:

- Are you over 24?
- Do you have any current or recurring medical issues (“pre-existing conditions”)
- Do you take any regular medications?
- How much are you willing to RISK a huge financial bill?
- Are you willing to take the time to apply for the US marketplace insurance?
- Are you prepared to file taxes and pay back some of the subsidies if you have to?

CHECK YOUR EMAIL FOR INSURANCE INFORMATION SESSIONS!

HEALTH INSURANCE

After you buy:

1. **Upload coverage info at *myGEO* portal** - one easy page that has your name and the dates of coverage (NOT ALL PAGES)
2. **Print an insurance card** – Carry this in your wallet!
3. **Do not have a gap in your health insurance** (even if you will leave the US for vacation). If you have a gap your policy is considered NEW and NOT continuing which is a problem.
4. **Fill out claim forms for any charges within the time limit** (usually 2 months) – Do this even for health center charges so that you are adding up dollars toward meeting your “deductible”

**SO...WHERE
SHOULD YOU
GO WHEN YOU
GET SICK?**



STUDENT HEALTH & COUNSELING

- Called **SHAC**
- Open Weekdays 8-5
(Tuesday 9-5)
- Medical and Counseling Services for Students:
 - Appointments & Same Day
 - Pharmacy
 - Lab and X-Ray
 - Specialties
 - Health Education



GO TO SHAC FOR ALL ROUTINE CARE!!!



- All currently enrolled students can be seen at SHAC
- Cost is MUCH lower than elsewhere
- Care is offered by experienced doctors, advanced practice providers, and nurses
- Same-day appointments are available

**Best place to go when you get sick!!!
BUT NOT OPEN ON WEEKENDS!**

Where to go if SHAC can't help

- If SHAC is closed and you have an urgent need, you will need to go to an “Urgent Care” facility or the hospital Emergency Room.
- Contact your insurance provider to go somewhere “in network” for the cheapest price
- BUT...Do NOT USE THE EMERGENCY ROOM FOR NON-EMERGENCIES



When to Use the Emergency Room

- Heart Attack
- Fractures/broken bones
- Seizures
- Severe pain
- Stroke
- Uncontrollable Bleeding
- Unconsciousness
- Childbirth



When to Use Urgent Care

- Allergies
- Sinus infections
- Cold
- Cough
- Flu-like symptoms
- Sore throat
- Dizziness
- Ear aches
- Fever
- Insect bites
- Minor cuts
- Back pain
- Minor Burns
- Sprains
- Strains
- Rashes
- Upset Stomach
- Vomiting
- Diarrhea



Mental Health Issues

What to remember

- Please seek help if you need it!
- There is no shame in needing someone to talk to while away from home!!!
- It's confidential
- Most resolve their issues!!!

What to do:

- Seek an individual consultation at SHAC.unm.edu
- Attend one of the self-help workshops

Mentimeter Questions

Final Round

**Again:
What do I
do if I get
sick?**

- **Unless it is a medical emergency, you should always seek help from SHAC first**
- **If SHAC can't help go to an *In-Network* provider for the lowest cost**
- **Students are responsible for their insurance “*deductible*” and any “*co-insurance*”**
- **You will have to fill out a “claim form” if the provider does not take your insurance**

**Again: What
do I do about
insurance?**

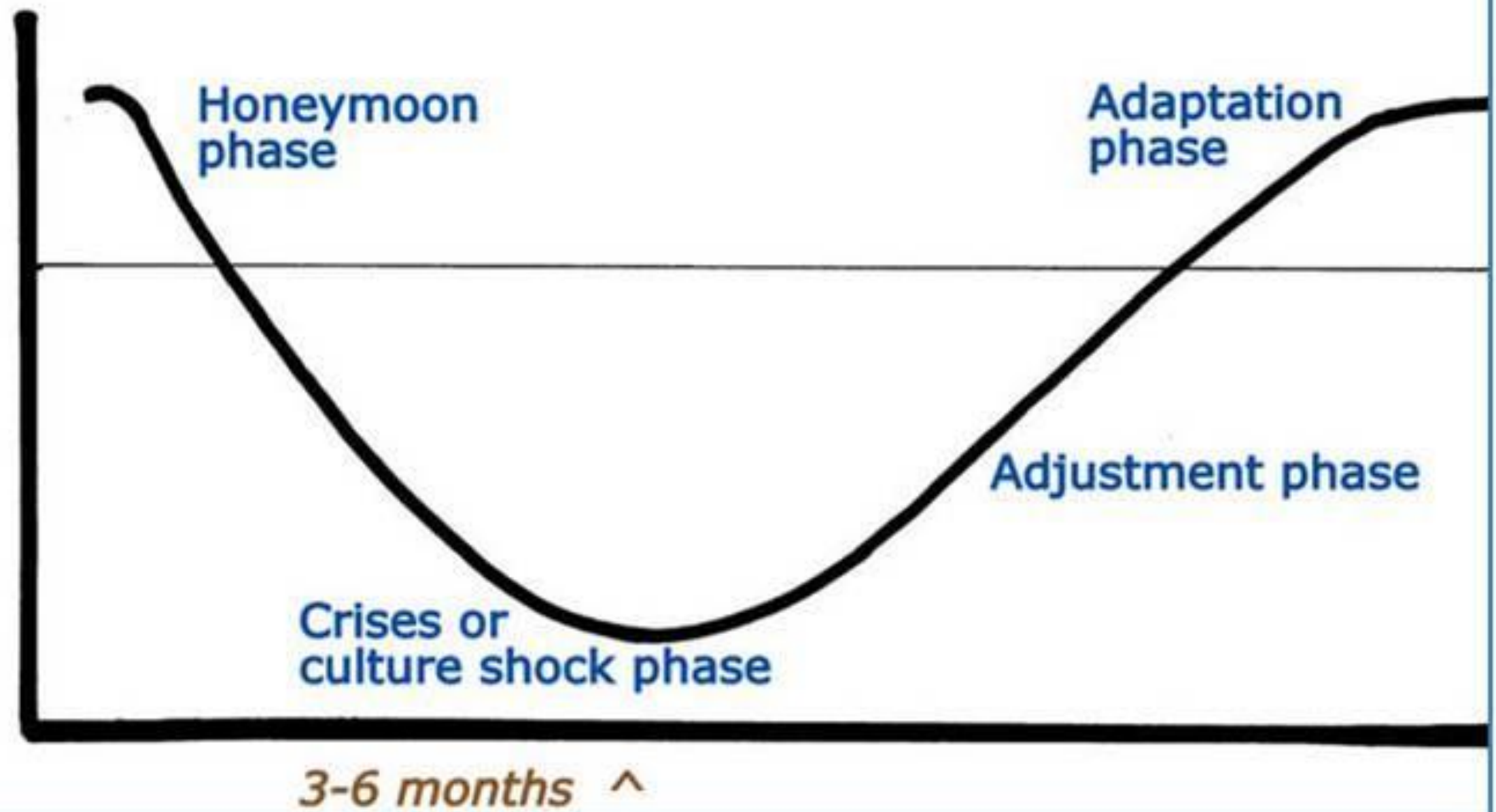
- **Read the Health Insurance Information**
- **Attend and insurance session for questions**
- **Sign up BEFORE classes start!**



Overcoming Culture Shock

Culture Shock U curve

By Brian Hennessy





A Word on Cultural Adjustment

IT HAPPENS TO EVERYONE!!!

[Experiences and Advice from your fellow students](#)

How to Overcome Culture Shock

- Expect ups and downs (extremes in feelings)
- Keep busy and active; take time to socialize, play sports, do hobbies
- Make American friends as well as international friends
- Learn all you can about the culture and language and think about the parts you really like
- Do the things that make you feel good at home
- Keep a sense of humor and be ready to laugh at yourself
- Realize that *everyone* who moves to a foreign culture experiences culture shock

Life Outside of Class





RECREATIONAL SERVICES

THE UNIVERSITY OF NEW MEXICO
Recreational Services

1102 Johnson Center, UNM, 505.277.0178

recservices.unm.edu

Division of Student Affairs
Some programs & services paid for by UNM Student Fees

UNM JOHNSON CENTER
FACILITIES:



**OLYMPIC POOL
JOHNSON POOL
THERAPY POOL**



**CARDIO & WEIGHT
ROOM**



GYMNASIUM



RECREATIONAL SERVICES

Intramural Sports



FALL 2022 Fitness Classes:



RECREATIONAL SERVICES

The **WOW** Fitness Schedule

FALL 2022

SEPTEMBER 6-DECEMBER 9, 2022

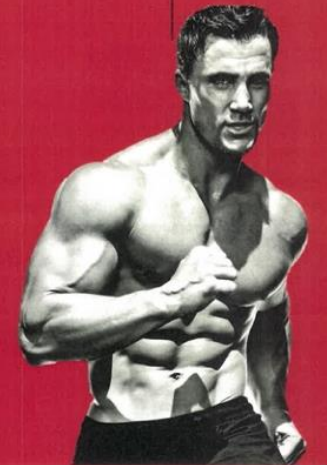
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| STRETCH & RELAX Heidi D 6:50am-7:50am JC Fitness Room | YOGA Felisha M 6:50am-7:50am JC Fitness Room | STRETCH & RELAX Heidi D 6:50am-7:50am JC Fitness Room | YOGA Heidi D 6:50am-7:50am JC Fitness Room | STRETCH & RELAX Heidi D 6:50am-7:50am JC Fitness Room |
| AQUA JOGGING Marty M 12:00pm-1:00pm UNM Olympic Pool | YOGA Felisha M 12:00pm-1:00pm JC Fitness Room | AQUA JOGGING Marty M 12:00pm-1:00pm UNM Olympic Pool | YOGA Felisha M 12:00pm-1:00pm JC Fitness Room | CIRCUIT TRAINING Dante B 12:00pm-1:00pm JC Functional Training Room |
| CIRCUIT TRAINING Dante B 12:00pm-1:00pm JC Functional Training Room | AQUA JOGGING Marty M 12:00pm-1:00pm UNM Olympic Pool | CIRCUIT TRAINING Dante B 12:00pm-1:00pm JC Functional Training Room | AQUA JOGGING Marty M 12:00pm-1:00pm UNM Olympic Pool | |
| | PILATES Alisha R 12:00pm-1:00pm JC Dance Room | | PILATES Alisha R 5:30pm-6:30pm JC Dance Room | |

The "WOW" Pass is valid for all classes on the FALL 2022 "WOW" Schedule. NO CLASSES: SEPTEMBER 5, OCTOBER 13-14, NOVEMBER 24-25, 2022. No discounts offered. ALL classes, times, names, dates, instructors, and locations are subject to change or cancellation at any time. Please check with the UNM Recreational Services office to register and/or for changes in the schedule prior to the beginning of class. These classes are not available for academic credit. Tuition remission benefits are now available for full time UNM Faculty and Staff.

Please visit our website for the current updates on the WOW Schedule.

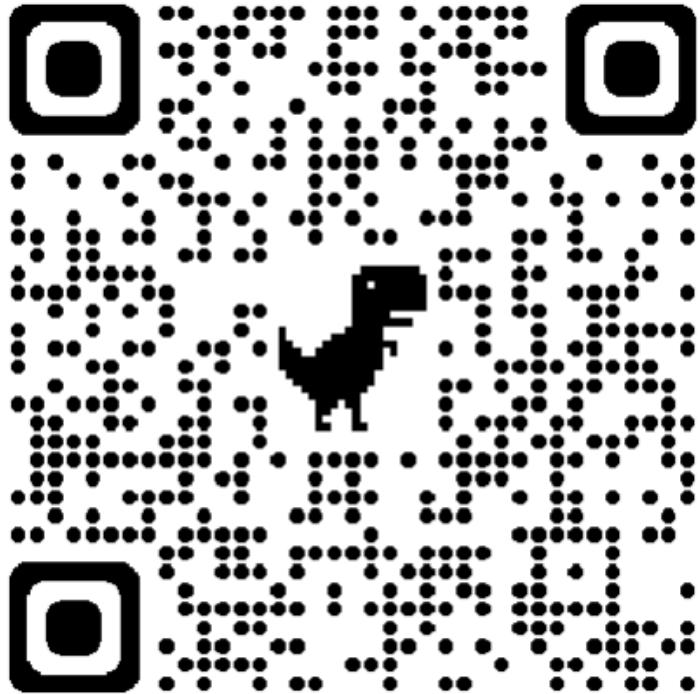


Prices:
\$75.00 UNM Students
\$150.00 UNM Faculty/Staff
\$180.00 Community



THE UNIVERSITY OF NEW MEXICO
Recreational Services
1102 Johnson Center, UNM, 505.277.0178
recservices.unm.edu
Division of Student Affairs
Some programs & services paid for by UNM Student Fees

Getaway Adventures

A decorative illustration of a tree with various animals: a squirrel eating a red apple, a dragonfly, a bird, a crane, and a turtle with an apple on its back. The tree has red apples hanging from its branches.

UNM RECREATIONAL SERVICES

FALL 2023
Getaway Adventures

COCHITI LAKE S.U.P. AND SWIM DAY
- SEPTEMBER 2

UNM OUTDOOR ADVENTURE CENTER
YARD SALE AND ADVENTURE FAIR
- SEPTEMBER 16

PONDEROSA BOULDERING ADVENTURE
- SEPTEMBER 23

SAN GERONIMO FEAST DAY **TAOS PUEBLO**
- SEPTEMBER 30

FOURTH OF JULY FALL COLORS HIKE
- SEPTEMBER 30

OJO SANTA FE RELAXATION DAY
- OCTOBER 12

GALISTEO ART STUDIO TOUR
- OCTOBER 14

PECOS WILDERNESS OVERNIGHT
- OCTOBER 21-22

BIKING BIRD BINGO IN THE BOSQUE
- NOVEMBER 4

DIXON ART STUDIO TOUR
- NOVEMBER 4

INTRO TO **FLY FISHING CLASS AND TRIP**
- NOVEMBER 6, 7, 11, 12

SOCORRO BOX CLIMBING ADVENTURE
- NOVEMBER 18

Register at the
UNM OUTDOOR ADVENTURE CENTER or online:
<https://recweb.unm.edu/register/#getaways>

THE UNIVERSITY OF NEW MEXICO
Recreational Services
1102 Johnson Center, UNM, 505.277.0178
recservices.unm.edu

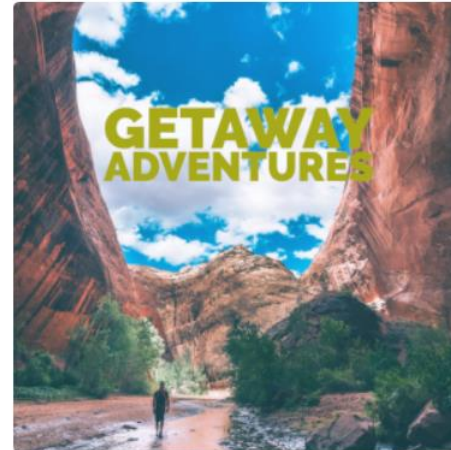
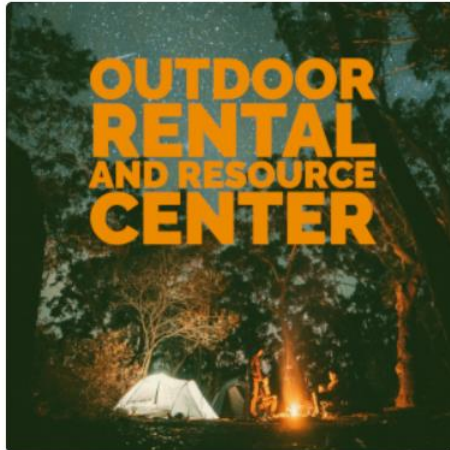
Division of Student Affairs
Some programs & services paid for by UNM Student Fees

Outdoor Adventure Center

Latest News

OAC Closed Friday, August 25th.

The OAC will be closed Friday, August 25th for staff training. Rentals will not be charged for the additional day, but pickup must occur on Thursday the 24th. Please give us a call if you have any questions.



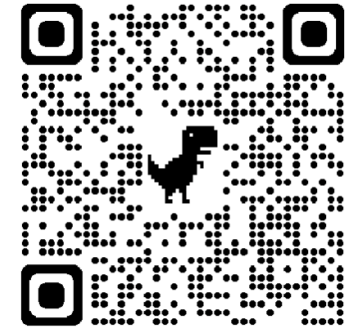


Social Activities

ABQ Tram: Friday, August 18th, 2023



- ABQ Tram
- 2:00-8:00PM
- Meet at Johnson Field
- Sign-up online
- \$26.00
- Prepare for hiking



Welcome Picnic: Saturday, August 19th, 2023

- UNM Duck Pond
- 1:00 – 4:00 pm
- Food and Music



Louie's Lounge: Wednesday, August 23rd, 2023

- Weekly gathering starting August 23rd from 4:00-6:00PM
- Student Union Building
- Games, snacks, fun!
- Bring friends!



Other Awesome Activities

- October 11th – Balloon Fiesta
- October 27th – Halloween







INTERNATIONAL SERVICE CORPS

- Build meaningful connections for future career opportunities in your field.
- Build your resume by becoming a member of the international service corp.
- Receive a Certificate of Appreciation at the end of the semester**
- The goal is to enhance intercultural interaction between students and the Albuquerque Community

Is your spouse in the US with you?
Invite them to join!

Scan to start your application



CERTIFICATE OF APPRECIATION



- All volunteers who attend two out of three events will be given a certificate of appreciation



Lobo Friends Mentor (Buddy) Program



Lobo Friends

Mentor (Buddy) Program



WELCOME
DINNER



INTERNATIONAL
TEATIME



LOUIE'S
LOUNGE



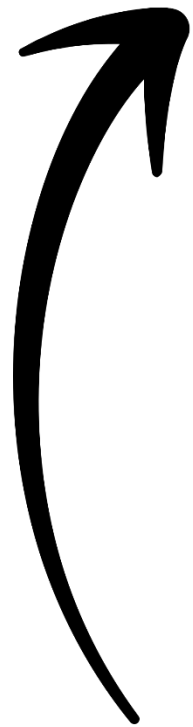
SANTA FE TRIP

Events



FAREWELL





SCAN ME



US Grad School Expectations

Shing Yee Bay, Doctoral Student in Counseling

DEEP BREATHS



*IT HAS BEEN A LONG DAY, LET US START WITH
A BREATH*

THE IMPORTANCE OF UNDERSTANDING EXPECTATIONS

- **Doing well academically means being able to adjust to expectations while also managing cultural differences!**
- **Doing that successfully enables you to do well in your journey in a graduate program**
- **What may have been helpful for you during your time back home may not always translate well so keep that in mind as you engage with this new space and culture.**
- **Have some patience in this process as it can be a lot and overwhelming at times.**



COMMUNICATE!!!

- Communicate, Communicate, Communicate!
- Your faculty, advisor, peers, GEO advisors are not mind readers!!
- It is wise to communicate with the appropriate person when facing any hardship (personal, medical issues, etc.).
 - For example: needing an extension because you got sick.
 - By communicating you are enabling others to better support you and provide you with tools that aid in your success.

COMMUNICATE!!!

- Make your professors aware that you are an international student so that they can better support you.
- When in doubt ask and check in with someone.
- You are your strongest advocate!
 - It is okay to lean on someone for support. There are ,many supports available and to access them means sharing that you need some support.
 - You are NOT alone in this!

DEADlines

READ YOUR SYLLABUS!!!

And be aware deadlines!! ONLY you can keep track of them.

- **Assignments**
- **Exams**
- **Advisement**
- **Class registration**
- **Dropping classes**
- **Enrollment**

Use planners or software to help you keep track of these.



Success in the classroom



- Engagement in class can be important and may be part of your grades!
- READ YOUR SYLLABUS and plan accordingly!!
- Observe your classmates and their behaviors and learn from them as well.
- Always come prepared for your class, oftentimes you may be expected to contribute to the class discussion.

Well being

Doing well in class is important, but so is your mental health!

It is important to balance all these aspects so that you can enjoy the successes and are ready to handle the ups and downs of academic life and life in general.



**Other
important
things to
engage in:**

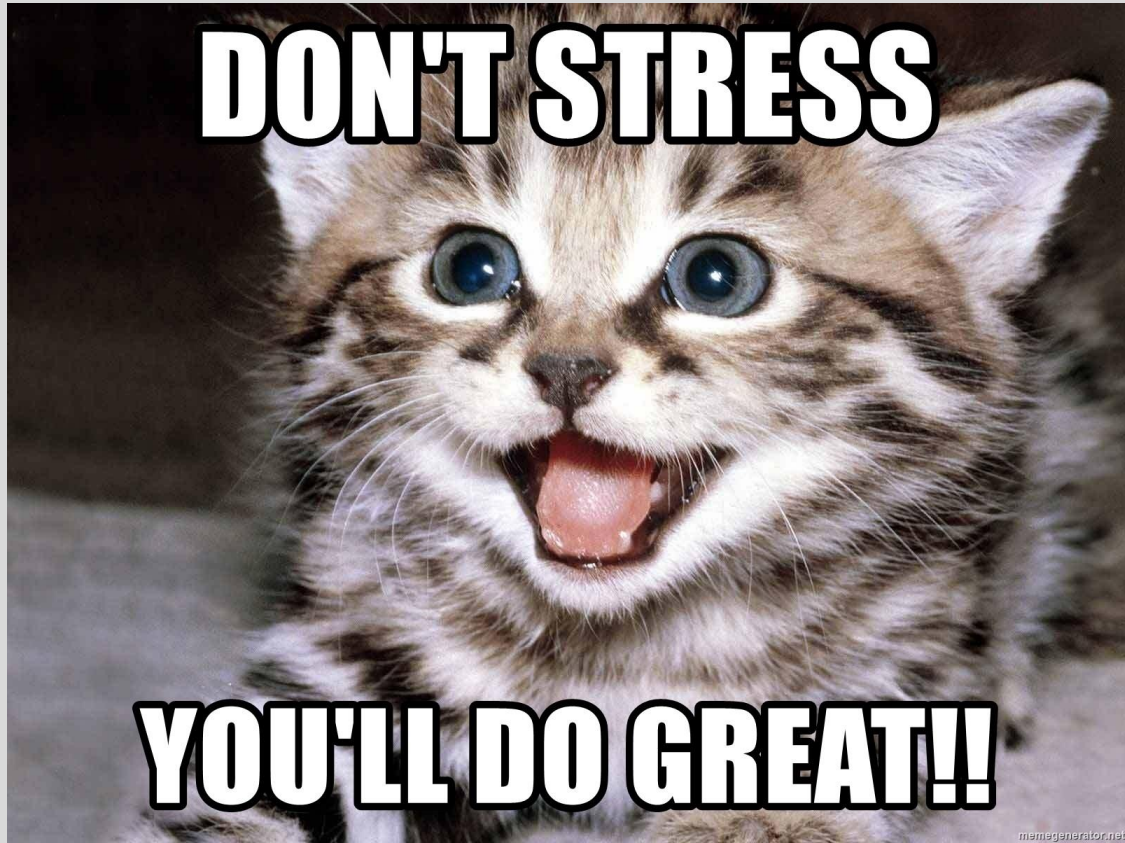
- Build a support network with other graduate students.
 - Build a community of belonging – people to support you in this journey or just have good food with you.

- Build a relationship with your faculty. They can be helpful even when they are not your advisors.

- Be an adult:
 - Manage your finances (apply for funding whenever possible)
 - Attend conferences (field dependent)
 - Consider your own goals and move in that direction.

**Other
important
things to
engage in:**

- At the end of the day, this is your journey. You can decide what that journey looks like and you get to choose who gets to be on that journey with you and who doesn't.
- Saying "no" to things is okay and maintaining boundaries is just as important as saying "yes" to things.
- SELF CARE!! It is not worth it to overwhelm yourself and burn out.



**Take a deep breath whenever you need to
You are going to do great!**

GRADUATE ACRONYMS TO LEARN!

OGS

AIRE

PNMGC

GPSA

CTL

GRC

WELCOME TO THE LOBO FAMILY!





LUNCH!!!

Important Questions:
Chicken or Veggie? (Banh Mi Sandwiches)
Let us know if you requested Gluten Free

**Missed Check-In?
Leave now and eat while checking in.**