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 isss.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
Mentimeter Challenge
1st round
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: isss.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 isss.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
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

Join International Student & Scholar Services MSTeam when invited!
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:

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
ISSS after you’ve uploaded your required documents to mygeo portal
Today's Agenda

- 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?
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!
<table>
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<td><strong>COUNTRY OF BIRTH</strong></td>
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<td><strong>FORM ISSUE REASON</strong></td>
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<tr>
<td>INITIAL ATTENDANCE - Updated Form I-20 or Name Conversion</td>
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</table>

**Reason for this printing**

**School Info**

| **SCHOOL NAME** |
| University of New Mexico |
| University of New Mexico |

| **SCHOOL ADDRESS** |
| Global Education Office, MSC06 3850, Albuquerque, NM 87131 |

| **SCHOOL OFFICIAL TO CONTACT UPON ARRIVAL** |
| Linda Melville |
| Senior Operations Manager |

| **CLASS** |
| F-1 |

**ACADEMIC AND LANGUAGE**
Program Info

**PROGRAM OF STUDY**

- **EDUCATION LEVEL**: MASTER'S
- **MAJOR 1**: Electrical and Electronics, Engineering 14.1001
- **PROGRAM ENGLISH PROFICIENCY**: Required
- **ENGLISH PROFICIENCY NOTES**: Student is proficient
- **START OF CLASSES**: 19 AUGUST 2019
- **PROGRAM START/END DATE**: 08 AUGUST 2019 - 14 MAY 2022

**MAJOR 2**: None 00.0000

**EARLIEST ADMISSION DATE**: 09 JULY 2019

**FINANCIALS**

**ESTIMATED AVERAGE COSTS FOR: 12 MONTHS**

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

**STUDENT'S FUNDING FOR: 12 MONTHS**

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

**TOTAL**: $36,512

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*Just an estimate. Don’t let it expire!*
**REMARKS**

7b. Includes mandatory student health insurance

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**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.

**SIGNATURE OF:** Linda Melville, Senior Operations Manager 25 July 2019

**DATE ISSUED:**

**PLACE ISSUED:** Albuquerque, NM

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**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:**

**NAME OF PARENT OR GUARDIAN**

**SIGNATURE**

**ADDRESS (city/state or province/country)**

**DATE**
Any off campus work must be authorized here or it is not legal.
CHANGE OF STATUS/CAP-GAP EXTENSION

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<th>REQUEST/PETITION STATUS</th>
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EVENT HISTORY

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OTHER AUTHORIZATIONS

<table>
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<tr>
<th>AUTHORIZATION</th>
<th>START DATE</th>
<th>END DATE</th>
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Other updates are listed here
Need signature less than 6 months old from ISSS advisor to reenter the US
Get this at least 1 week before you travel!
U.S. Department of State
CERTIFICATE OF ELIGIBILITY FOR EXCHANGE VISITOR STATUS (J-NONIMMIGRANT)

1. Surname/Primary Name: [Redacted]
   Given Name: [Redacted]
   Date of Birth: [Redacted]
   City of Birth: [Redacted]
   Country of Birth: PAKISTAN
   Citizenship Country Code: PK
   Citizenship Country: PAKISTAN

2. Legal Permanent Residence Country Code: Legal Permanent Residence Country: PAKISTAN
   Position Code: PK
   Position: 213 UNIVERSITY TEACHING STAFF INCLUDING R
   Primary Site of Activity: University of New Mexico
   1 University of New Mexico
   MSC06 3850
   Albuquerque, NM 87131-0001

3. 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

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

Student info
School/Org info
Reason for printing

SEVIS # 0011146616

J-1
**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

4. Exchange Visitor Category:
   
   **STUDENT DOCTORATE**

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: $170,462.00
   - University of New Mexico - Amigo Scholarship: $119,694.00
   - Personal funds: $35,766.00
   
   **Total: $333,922.00**

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**Reason**

**Program Info**

**Funding Info**

**Start and End Dates**
DS-2019

School Official

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

Responsibe Officer

Title
505-277-4032

Telephone Number
07-21-2015

Date (mm-dd-yyyy)

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
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 3 of this page.)

The Exchange Visitor in the above program:

☐ Not subject to the two-year residence requirement.

☒ 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

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 29, 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(a).

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
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 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 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
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)
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
➢ 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?

I DROPPED BELOW FULL-TIME STATUS

DON'T EVER DO THAT!
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 year: January 1\textsuperscript{st} to December 31\textsuperscript{st}
➢ Taxes due April 15 for previous year
➢ ALL \textbf{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:

- 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
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
TO PROFESSIONALISM.
Car Regulations And Safety

NEVER drink and drive!
USE ALTERNATIVE TRANSPORTATION
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!

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!

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
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
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!
Explore Career Opportunities

Filters

Current Openings

- **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

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

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<td>Pay</td>
<td>$15.00 Hourly</td>
</tr>
<tr>
<td>Campus</td>
<td>Main - Albuquerque, NM</td>
</tr>
<tr>
<td>Department</td>
<td>Off Campus Work Study (454F)</td>
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<tr>
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<td>Student Employment</td>
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<td>Student Type</td>
<td>Work Study</td>
</tr>
<tr>
<td>Status</td>
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</tr>
<tr>
<td>Background Check Required</td>
<td>Yes</td>
</tr>
<tr>
<td>For Best Consideration Date</td>
<td>8/17/2022</td>
</tr>
</tbody>
</table>

**Organization:** Southwest Preparatory Learning Center  
**Location:** 10301 Candelaria Rd NE, Albuquerque, New Mexico 87112
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!
Any off campus work must be authorized here or it is not legal.
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

1. Family Name: [Redacted]  First Name: J-1  Middle Name: [Redacted]
2. Date of Birth: (mm/dd/yyyy): [Redacted]  City of Birth: Suncheon  Country of Birth: SOUTH KOREA
4. Legal Permanent Residence Country Code: Legal Permanent Residence Country: KS
5. Primary Site of Activity: 115 Monticello SE  Albuquerque, NM 87106
6. Program Sponsor: University of New Mexico
7. Exchange Visitor Program Number: P-1-01883
8. Participating Program Official Description:
   PROFESSOR; RESEARCH SCHOLAR; SHORT-TERM SCHOLAR; SPECIALIST; STUDENT ASSOCIATE; STUDENT BACHELORS;
   STUDENT DOCTORATE; STUDENT INTERN; STUDENT MASTERS; STUDENT NON-DEGREE
9. Purpose of this Form: Amend a previous form: Academic Training Added
10. Exchange Visitor Category: STUDENT NON-DEGREE
11. SubjectField Code: 48.1001  SubjectField Code Name: Exchange student in Political Science
12. From (mm/dd/yyyy): 08-19-2009  To (mm/dd/yyyy): 08-31-2010
13. During the period covered by this form, the total estimated financial support (in U.S. $) 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!!)
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
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 (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!!!
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 an insurance session for questions
➢ Sign up BEFORE classes start!
Overcoming Culture Shock
Culture Shock U curve

Honeymoon phase

Crisis or culture shock phase

Adjustment phase

Adaptation phase

3-6 months
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
receservices.unm.edu

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

FACILITIES:

- GYMNASIUM
- OLYMPIC POOL
- JOHNSON POOL
- THERAPY POOL
- CARDIO & WEIGHT ROOM
- GYMNASIUM
Intramural Sports

FALL 2022 Fitness Classes:

MONDAY
STRETCH & RELAX
Hall D
6:30pm - 7:30pm
JC Fitness Room
AQUA JOGGING
Mike M
12:30pm - 1:30pm
UMN Olympic Pool
CIRCUIT TRAINING
Lanigan
12:30pm - 1:30pm
JC Turf Field

TUESDAY
YOGA
Fethard
6:30pm - 7:00pm
JC Fitness Room
YOGA
Fethard
12:30pm - 1:30pm
JC Fitness Room
AQUA JOGGING
Mike M
12:30pm - 1:30pm
UMN Olympic Pool
PILATES
Alina M
12:30pm - 1:30pm
JC Dance Room

WEDNESDAY
STRETCH & RELAX
Hall D
6:30pm - 7:30pm
JC Fitness Room
AQUA JOGGING
Mike M
12:30pm - 1:30pm
UMN Olympic Pool
CIRCUIT TRAINING
Lanigan
12:30pm - 1:30pm
JC Turf Field

THURSDAY
YOGA
Hall D
6:30pm - 7:30pm
JC Fitness Room
YOGA
Fethard
12:30pm - 1:30pm
JC Fitness Room
AQUA JOGGING
Mike M
12:30pm - 1:30pm
UMN Olympic Pool
CIRCUIT TRAINING
Lanigan
12:30pm - 1:30pm
JC Turf Field
PILATES
Alina M
12:30pm - 1:30pm
JC Dance Room

FRIDAY
STRETCH & RELAX
Hall D
6:30pm - 7:30pm
JC Fitness Room
CIRCUIT TRAINING
Lanigan
12:30pm - 1:30pm
JC Turf Field
PILATES
Alina M
12:30pm - 1:30pm
JC Dance Room

The “WOW” Fees is valid for all classes on the FALL 2022 “WOW” Schedule.
No classes September 6 - October 31, 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 update on the WOW Schedule.

Johnson Center
1102 Johnson Center, UNM, 505.277.0178
receservices.unm.edu

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

NM 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

PECOS WILDERNESS OVERNIGHT
- OCTOBER 21-22

BIKING BIRD BINGO IN THE BOSQUE
- NOVEMBER 4

DIXON ART STUDIO TOUR
- NOVEMBER 4

INTO 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

GETAWAY ADVENTURES

GETAWAY ADVENTURES
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.
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
Are you interested in working with the Albuquerque Community?

Would you like to build more connections with local organizations?
• Build meaningful connections for future career opportunities in your field.
• Build your resume by becoming a member of the international service corps.
• 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

SCAN ME
CERTIFICATE OF APPRECIATION

In recognition and appreciation for your contributions as a volunteer of the UNM INTERNATIONAL SERVICE CORPS and active participation in the Refugee and Asylee Program with the Lutheran Family Services in Albuquerque.

Linda Melville, Associate Director

• All volunteers who attend two out of three events will be given a certificate of appreciation
Lobo Friends
Mentor (Buddy) Program

Events

Welcome Dinner
International Teatime
Louie’s Lounge
Santa Fe Trip

Farewell
US Grad School Expectations
Shing Yee Bay, Doctoral Student in Counseling
IT HAS BEEN A LONG DAY, LET US START WITH A BREATHE
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!

➢ 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.