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 the great resources at UNM!!!
Practical Information

After today find these slides at isss.unm.edu
Under: Coming to UNM/Arrival Resources/Fall 2023 Undergraduate Orientation
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

1\textsuperscript{st} 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 – 3:00
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.s.unm.edu](http://iss.s.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 **AFTER** you get a job and **AFTER YOU COMPLETE GEO CHECK-IN!!!**

**YOU WILL NEED:**

- “UNM Employment Verification Form” signed by your employer and by GEO verifying your permission to work
- All immigration documents
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

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**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.

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**SOCIAL ACTIVITIES**

Join International Student & Scholar Services MSTeam when invited!

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**GET CONNECTED**

**STAY UP TO DATE**

- UNM Global
- UNM Global #InternationalLobo
- ISTS UNM EDU Calendar of events

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**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**

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
Rules and Regulations (Immigration and Other Rules)
Can I Work in the USA?
Health Issues
Life Outside of Class
Academic Life

FREE LUNCH!!!

AND: Check-In if you have not done it!
Thanks for Listening!
Rules and Regulations
you must know for your stay in the US!
• 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?
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
- 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/DS-2019

- Paper sent to you by the school
- Used to apply for the visa (F1 or J1)
- Must be valid and correct at all times (update if there are changes)
- End date is just an estimate; permission to stay ends if you end your program earlier! Have to renew BEFORE expiration if you aren’t done yet!
**SEVIS ID:** N0012857555

<table>
<thead>
<tr>
<th>Surname/Primary Name</th>
<th>Given Name</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td><strong>F-1</strong></td>
</tr>
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**Country of Birth:**

**Country of Citizenship:**

**Date of Birth:**

**Form Issue Reason:** INITIAL ATTENDANCE - Updated Form I-20 or Name Conversion

**School Information:**

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<th>School Code and Approval Date</th>
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<tr>
<td>University of New Mexico</td>
<td>Global Education Office, MSC06 3850, Albuquerque, NM 87131</td>
<td>BLP214F00205000</td>
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**Reason for this printing:**

**Student Info:**

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<th>Given Name</th>
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**Student Info:**

- Surname/Preferred Name
- Given Name
- Country of Citizenship
- ADRmission Number
- Legacy Name
I-20

Program Info

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<th>PROGRAM OF STUDY</th>
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<tr>
<td>EDUCATION LEVEL</td>
<td>Electrical and Electronics</td>
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<tr>
<td>MASTER'S</td>
<td>Engineering 11.1001</td>
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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

FINANCIALS

ESTIMATED AVERAGE COSTS FOR: 12 MONTHS

<table>
<thead>
<tr>
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<th>STUDENT'S FUNDING FOR: 12 MONTHS</th>
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<tbody>
<tr>
<td>Tuition and Fees</td>
<td>Personal Funds</td>
</tr>
<tr>
<td>$ 20,065</td>
<td>$ 0</td>
</tr>
<tr>
<td>Living Expenses</td>
<td>Assistantship</td>
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<tr>
<td>$ 16,447</td>
<td>$ 32,584</td>
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<tr>
<td>Expenses of Dependents (0)</td>
<td>Family Funds</td>
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<tr>
<td>$</td>
<td>$ 3,928</td>
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<tr>
<td>Other</td>
<td>On-Campus Employment</td>
</tr>
<tr>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>TOTAL</td>
<td>TOTAL</td>
</tr>
<tr>
<td>$ 36,512</td>
<td>$ 36,512</td>
</tr>
</tbody>
</table>

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

SIGNATURE OF: Linda Melville, Senior Operations Manager, 25 July 2016
DATE ISSUED
PLACE ISSUED
Albuquerque, NM

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

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

<table>
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<tr>
<th>REQUESTED VISATYPE</th>
<th>REQUEST/PETITION STATUS</th>
<th>RECEIPT NUMBER</th>
<th>BENEFIT START DATE/REQUEST DATE</th>
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### EVENT HISTORY

<table>
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<th>EVENT DATE</th>
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</thead>
</table>

### OTHER AUTHORIZATIONS

<table>
<thead>
<tr>
<th>AUTHORIZATION</th>
<th>START DATE</th>
<th>END DATE</th>
</tr>
</thead>
</table>

Other updates are listed here.
I-20 (p. 2)

Need signature less than 6 months old from ISSS advisor to reenter the US

Get this at least 1 week before you travel!
## Student info

**Surname/Primary Name:**

**Given Name:**

**Date of Birth:**

**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

**Primary Site of Activity:** University of New Mexico

1 University of New Mexico

MSC06 3850

Albuquerque, NM 87131-0001

**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

## School/Org info

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

## Reason for printing

**Reason for printing:**
**Name of Official Preparing Form**

Global Education Office, MSC06 3850
1 University of New Mexico
Albuquerque, NM 87131

**Responsible Officer**

Title: 505-277-4032
Telephone Number: 07-21-2015

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

Effective date (mm-dd-yyyy): Transfer of this exchange visitor from program number 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
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: 63625822030
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

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
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!
Undergraduate Students

Full-Time Study

- Undergraduate students must COMPLETE each semester with **12 credit hours**
- Scholarship students must take **15 credit hours**
- There are course and grade restrictions that affect this “full-time minimum” number for immigration rules
• Exchange must COMPLETE each exchange semester with **12 credit hours**

• If you came here to only take grad classes, consult an advisor (you need to be confirmed as grad)

• 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)
• Undergraduate degree students (NOT exchange) in final semester of study (need fewer credits to graduate)
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 to J Students have 30 days to...

- Leave the U.S.  *

- Get a new I-20/DS-2019 from a new institution/program  *

- Apply for post-completion student work permission  *

- 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 (no job needed to apply); apply at beginning of final semester to get the work permission on time

➢ 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
Travel Requirements
ATTENTION EXCHANGE STUDENTS!

• You have 30 days to travel around the US from the end date on your DS-2019 (grace period)

• If you leave the US during this time OR you want to travel for longer, you will have to take some action!!!
ATTENTION EXCHANGE STUDENTS!

If you travel out of the US after you complete the exchange and you will reenter the US before you go home, you MUST reenter as a visitor/tourist:

- If you come from a “visa waiver” country you will need to register in the ESTA system before you travel (https://esta.cbp.dhs.gov/esta/)
- If you don’t, you will have to have a tourist visa in your passport to reenter.
Travel Requirements

ATTENTION EXCHANGE STUDENTS!

• If you want to travel around the US for LONGER than 30 days, you have to do one of these things:
  ➢ Leave the country and re-enter on a tourist visa or by registering in ESTA if you don’t need a visa **OR**
  ➢ Apply for a change of status by paying a $455 fee and filing an application to USCIS

**DO NOT STAY AFTER 30 DAYS!!! WITHOUT TAKING SOME ACTION!!!**
➢ Tax year: January 1\textsuperscript{st} to December 31\textsuperscript{st}
➢ Taxes due April 15 for previous year
➢ ALL \textbf{international} students must complete US tax forms for each year they are in the US even if they have NO US income!
➢ Tax system is complex so you will need to devote time to reading and filling out forms
➢ Tax information session for international students and tax advising 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, North 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
TO PROFESSIONALISM.
Car Regulations And Safety

NEVER drink and drive!
USE ALTERNATIVE TRANSPORTATION

Albuquerque Rapid Transit Coming soon!
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](https://isss.unm.edu/life-in-abq/housing.html)

- Renters Guide and General Landlord/Tenant Information: [www.lawhelpnewmexico.org](http://www.lawhelpnewmexico.org)

- Problems? Contact - New Mexico Legal Aid free hotline: (866) 416-1922
What??? You mean.....
NO drinking under 21????
Drinking Laws

• MUST 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.
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 2.0 for undergraduates
  - 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 Undergraduate Students

Student Employment Jobs:
All International students ARE ELIGIBLE

US STUDENTS ONLY → 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!
<table>
<thead>
<tr>
<th><strong>Student Intermediate Level</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Requisition ID</strong></td>
</tr>
<tr>
<td><strong>Working Title</strong></td>
</tr>
<tr>
<td><strong>Pay</strong></td>
</tr>
<tr>
<td><strong>Campus</strong></td>
</tr>
<tr>
<td><strong>Department</strong></td>
</tr>
<tr>
<td><strong>Employment Type</strong></td>
</tr>
<tr>
<td><strong>Student Type</strong></td>
</tr>
<tr>
<td><strong>Status</strong></td>
</tr>
<tr>
<td><strong>Background Check Required</strong></td>
</tr>
<tr>
<td><strong>For Best Consideration Date</strong></td>
</tr>
</tbody>
</table>

**Organization:** Southwest Preparatory Learning Center  
**Location:** 10301 Candelaria Rd NE, Albuquerque, New Mexico 87112
Chartwells/Dining Services Jobs – Scan the Code
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/program and length of study
# J-1 Academic Training

**U.S. Department of State**  
**CERTIFICATE OF ELIGIBILITY FOR EXCHANGE VISITOR (J-1) STATUS**

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family Name:</strong></td>
<td>[Redacted]</td>
</tr>
<tr>
<td><strong>First Name:</strong></td>
<td>[Redacted]</td>
</tr>
<tr>
<td><strong>Middle Name:</strong></td>
<td>[Redacted]</td>
</tr>
<tr>
<td><strong>Gender:</strong></td>
<td>FEMALE</td>
</tr>
<tr>
<td><strong>Date of Birth:</strong></td>
<td>[Redacted]</td>
</tr>
<tr>
<td><strong>City of Birth:</strong></td>
<td>Suncheon</td>
</tr>
<tr>
<td><strong>Country of Birth:</strong></td>
<td>SOUTH KOREA</td>
</tr>
<tr>
<td><strong>Citizenship Country Code:</strong></td>
<td>[Redacted]</td>
</tr>
<tr>
<td><strong>Citizenship Country:</strong></td>
<td>SOUTH KOREA</td>
</tr>
<tr>
<td><strong>Legal Permanent Residence Country Code:</strong></td>
<td>[Redacted]</td>
</tr>
<tr>
<td><strong>Position:</strong></td>
<td>UNIVERSITY UNDERGRADUATE STUDENT</td>
</tr>
<tr>
<td><strong>Primary Site of Activity:</strong></td>
<td>115 Montoya SE, Albuquerque, NM 87106</td>
</tr>
<tr>
<td><strong>Program Sponsor:</strong></td>
<td>University of New Mexico</td>
</tr>
<tr>
<td><strong>Exchange Visitor Program Number:</strong></td>
<td>[Redacted]</td>
</tr>
<tr>
<td><strong>Program Section:</strong></td>
<td>[Redacted]</td>
</tr>
<tr>
<td><strong>Program Official Description:</strong></td>
<td>[Redacted]</td>
</tr>
<tr>
<td><strong>Purpose of this Form:</strong></td>
<td>Amend a previous form: Academic Training Added</td>
</tr>
<tr>
<td><strong>Form Covers Period:</strong></td>
<td>From (non-useable) 08-19-2009 To (non-useable) 08-31-2010</td>
</tr>
<tr>
<td><strong>Exchange Visitor Category:</strong></td>
<td>STUDENT NON-DEGREE</td>
</tr>
<tr>
<td><strong>Subject Field Code:</strong></td>
<td>48.1001 Exchange student in Political Science</td>
</tr>
</tbody>
</table>

**Academic Training:**  
Organizing for America  
(05/16/2010 - 08/31/2010)
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 US GOVERNMENT SOCIAL SECURITY OFFICE DOWNTOWN and you must take:

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

➢ Attend *Working as an International Student* on Zoom. 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!!!

➢ Exchange students must buy ISI insurance: https://www.internationalstudentinsurance.com/schools/university-new-mexico.php

➢ Students with Athletic scholarships and Government-sponsored students have insurance through those sponsors

➢ 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 to Ugrad Degree Students:

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

OR

2. US Marketplace Plans sold at bewellnm.com or Medicaid if under 21
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 insurance 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 sign up when you first move here or in December for the next year)
• Have an easy sign-up process

US Marketplace Plans **DO**

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

Degree Students under 21 ONLY!

• Free for degree students under 21 who qualify

• Medicaid Sign-Up help is M, W, F next week!

• Looking for a volunteer who wants to sign up this afternoon (see me at lunch)!

Info Session for questions is Monday, August 21 4-5 on Zoom (we will send you details!)
Health Insurance

To Decide: Read the information, THEN

Think about your personal situation:
• Are you over 24?
• Do you have any 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 and continuously update the insurance portal?
• Are you prepared to file taxes and pay back some of the cost of the insurance at tax time if you have to?

Come to Info Session: Monday, August 21 4-5 (we will send email to those who should attend!)
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) – NO WEEKENDS OR HOLIDAYS!

➢ Medical and Counseling Services for Students:
  ➢ Appointments & Same Day
  ➢ Pharmacy
  ➢ Lab and X-Ray
  ➢ Specialties
  ➢ Health Education

Can call after hours for emergency advice
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
➢ Come to our Zoom Session
Overcoming Culture Shock
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
UNM JOHNSON CENTER

FACILITIES:

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

FALL 2022 Fitness Classes:

MONDAY
STRETCH & RELAX
Hold D 8:30am-9:00am JC Fitness Room
AQUA JOGGING
Mom W 12:15pm-1:00pm UNM Olympic Pool
CIRCUIT TRAINING
Lawn B 12:15pm-1:00pm JC Fitness Room

TUESDAY
YOGA
Fridays 8:30am-9:00am JC Fitness Room
YOGA
Mom W 12:15pm-1:00pm JC Fitness Room
AQUA JOGGING
Mom W 12:15pm-1:00pm UNM Olympic Pool
PILATES
Alma K 12:15pm-1:00pm JC Fitness Room

WEDNESDAY
STRETCH & RELAX
Hold D 8:30am-9:00am JC Fitness Room
AQUA JOGGING
MondAYS 12:15pm-1:00pm UNM Olympic Pool
CIRCUIT TRAINING
Lawn B 12:15pm-1:00pm JC Fitness Room
PILATES
Alma K 12:15pm-1:00pm JC Fitness Room

THURSDAY
YOGA
Hold D 8:30am-9:00am JC Fitness Room
AQUA JOGGING
MondAYS 12:15pm-1:00pm UNM Olympic Pool
CIRCUIT TRAINING
Lawn B 12:15pm-1:00pm JC Fitness Room
PILATES
Alma K 12:15pm-1:00pm JC Fitness Room

FRIDAY
STRETCH & RELAX
Hold D 8:30am-9:00am JC Fitness Room
CIRCUIT TRAINING
Lawn B 12:15pm-1:00pm JC Fitness Room

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

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

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

The "WOW" Fee is valid for all classes on the FALL 2022 "WOW" Schedule.
NO CLASSES SEPTEMBER 6 OCTOBER 4-5 NOVEMBER 22-23 2022. No
discounts offered. ALL classes, times, rooms, 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
reimbursement benefits are not available for full time UNM Faculty and Staff.
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
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
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 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

UNIVERSITY OF NEW MEXICO
GLOBAL EDUCATION OFFICE

CERTIFICATE OF APPRECIATION

presented to

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
Academic Life
How to succeed in your academic life?

Josephine Titus
Undergraduate, Nursing
Communication

• Frequently communicate with your professors and peers (in and out of class) about every element:
  – Homework
  – Projects
  – Deadlines
  – Medical issues (illness, etc.)
  – Personal problems
  – IT IS OKAY TO ASK FOR HELP!
There are Always **Deadlines**

- Assignments
- Exams
- Class registration
- Advisement
- Dropping out
- Enrollment
TIME MANAGE

• This is very important!!
• Read your syllabus
• Get a planner
• Set reminders
• Avoid unnecessary time wasters
MAKE CONNECTIONS

- Become friends with other students
- Team up with them for projects
- Utilize all the available resources
- Attend study sessions
- Engage in class discussions

This Photo by Unknown Author is licensed under CC BY
SELF CARE

➢ Settling into a completely new environment can be overwhelming, don’t forget to make time to de-stress.
➢ Eat good food and drink lots of water.
➢ YOU WILL BE FINE, JUST TAKE ONE DAY AT A TIME 😊
Learning the Lobo Way

Student learning assistance
Center for Teaching & Learning provides support for both sides of the classroom

Faculty development in support of active and engaging teaching

Student learning assistance in support of self-directed learning

Face-to-face and online instructors

Undergraduate and graduate students at UNM
What do we do?

We offer a variety of services through peer-assisted learning techniques.

- Academic support facilitated by peers who have taken these same courses and done well.
- Students who are nationally certified tutors and trained in metacognition and the social-emotional aspect of learning.
- Academic support designed for UNM courses and students.
Our Services

- **Tutoring**
  - STEM
  - Writing
- **Language Support**
  - Language conversation groups
  - Language tutoring
- **Learning Strategies**
  - Individual support
  - Weekly workshops
- **Supplemental Instruction**
  - Embedded support
  - Weekly study sessions and test reviews
- **Online Learning Assistants**
  - Embedded online support
- **Online Writing Lab (OWL)**
  - Asynchronous writing feedback
How to use our services

In person

• 3rd floor of Zimmerman Library for drop-in STEM & writing tutoring
• In-person Language conversation groups at the Language Learning Center (Ortega Hall)

Online

• Online Learning Center from our website: ctl.unm.edu > undergraduate students
• Workshops and conversation groups via Zoom
DID YOU KNOW?

---

OUR CENTER IS 1 OF 6 NATIONALLY RECOGNIZED AS A LEARNING CENTER OF EXCELLENCE BY THE NATIONAL COLLEGE LEARNING CENTER ASSOCIATION

---

DURING 2020-2021, WE SUPPORTED:
5,206 STUDENT USERS
15,152.5 HOURS
67,554 VISITS

---

800+
COURSES SUPPORTED AT UNM

175
DIFFERENT MAJORS AND PRE-MAJORS

---

In 2012, our Center was awarded the prestigious Frank L. Christ Outstanding Learning Center Award

---

STUDENTS WHO USE OUR SERVICES ARE MORE LIKELY TO GRADUATE WITHIN 6 YEARS & HAVE A HIGHER GPA
CONNECT WITH US

caps@unm.edu

ctl.unm.edu

Zimmerman Library, 3rd Fl
(Main Office)

@capsunm

Join our listserv!
Email: caps-l-subscribe-request@unm.edu
WELCOME TO THE LOBO FAMILY!
EXCHANGE STUDENTS

STAMM Room for Lunch and Advisement Questions
Those who need Check-in will go with Melissa
ISI Welcome Center still has furniture items to give away if you want to go there after.
ACADEMIC ISSUES FOR DEGREE STUDENTS
Required Course for Scholarship Recipients

• All Freshman and transfers from outside the US who have an Amigo scholarship recipients are required to take an FYEX (Freshman Year Experience) Class

• Student athletes will take the class through Athletics

• All non-athletes have to sign up for the International Student section (Others are welcome to enroll if they want to)

• International Section is: FYEX 1110.001 - CRN 73200, Intro to UNM for International Students

• 1-credit class Friday mornings from 8:00 am to 10:00 am for the first half of fall semester (August 25-October 13th)

• Required students should have received email (late admits may still get this email)
Academic Advisement

1) Meet Engineering Advisors

2) Advisement Basics

- How do I meet my academic advisor (Lobo Achieve)?
- How often should I meet an advisor?
- What does my advisor do for me?
- What do they not do?
Academic Success

➢ Degree planning:
  ▪ How can I be sure to complete my degree on time?
  ▪ What else should I know?

➢ Other Academic or Advisement Questions?
University is Challenging!

Academic failure can have serious immigration and life consequences.

Use all the resources available to succeed!
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.