

Tell us about  
your Admission  
Experience!

International Admissions  
Orientation Survey





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# **Welcome International Students**



A group of five teenagers from the movie 'The Hot Chick' are standing in a hallway at night. In the center is a young woman with brown hair tied in a high ponytail with a yellow scrunchie, wearing a dark blue shirt with colorful splatters. To her left is a young man with brown hair wearing a yellow and red striped polo shirt. Behind him is another young man with dark hair wearing a teal polo shirt. To the right of the central woman is a young woman with red hair wearing a purple hoodie. On the far right is a young man wearing a white baseball cap and a red and white striped shirt. They all have serious expressions. A semi-transparent teal banner is overlaid across the middle of the image with white text.

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

# International Students at UNM

## **New** Students with Visas: 266

- 117 Grads
- 93 Undergraduates
- 52 Exchange/Guest
- 4 Intensive English

**69 Majors/Programs**  
**59 Countries**

## **Current** Students Approximately 1100 on campus:

- 101 Countries
- Top 5 Countries  
Represented: India,  
Nepal, China,  
Bangladesh and  
Vietnam



**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 New Mexico has or has not met the stereotypes you had of the US!

SHARE YOUR CONTACT INFO 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 [iss.unm.edu](https://iss.unm.edu)  
Under: *Coming to UNM*

# PRE-ARRIVAL ORIENTATION REVIEW

**How many of you attended:**

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



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

# Mentimeter Challenge

- Friendly competition to get you engaged (with Prizes for the top 5!!)
- Everyone get out your phone or device and go to this website to participate: [www.menti.com](https://www.menti.com)
- Make sure to **NOT CLOSE** the website
- **Test question**



# Mentimeter Challenge

## 1<sup>st</sup> round



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## **GEO General Office Hours**

**Monday – Friday: 8:00 am – 5:00 pm**

**Front office OPEN to public 10:00 – 4:00**

Phone: 505-277-4032

**Emergencies: 505-277-4GEO**

# International Advisors

Melissa Aragon



Phillip Gill



Fiore Bran Aragon



Linda Melville



Miguel Sabol



Email: [iadvisor@unm.edu](mailto:iadvisor@unm.edu)

Web: [iss.unm.edu](http://iss.unm.edu)

**Drop-in hours to talk to advisors:**

Monday – Friday 1:00 – 3:00

Or make an Appointment under

*Contact ISSS*



# ISSS IS HERE TO HELP YOU:

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

## Current student Info

### Important Links:



### Social Media:

Facebook: ***UNMGlobal Community***

Instagram: ***international.lobos***

# Information Packets

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



# Your TO DO List

## COMPLETE TASKS ON YOUR ARRIVAL CHECKLIST!

### Arrival Checklist

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

#### Required Tasks:

##### ☐ Complete Check-in Requirements

- ☐ After you arrive, check-in, attend orientation and provide all check-in information, GEO will lift the GEO orientation *HOLD* and confirm your arrival with the US government in SEVIS (REQUIRED FOR YOUR STAY TO BE LEGAL!)
- ☐ To complete check-in, you will get a message to your permanent (non-UNM) email instructing you to set up your **myGEO** portal account. The **mygeo** portal is not linked to your **my.unm.edu** account, so save this password!
  - The **Personal Information** section should always have your correct US address, US telephone number, and emergency contact information. Update at [mygeo.unm.edu](https://mygeo.unm.edu) and also with UNM at [my.unm.edu](https://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](http://www.cbp.gov/I-94))
- I-20 form for F1 Students/DS-2019 form for J1
- “UNM Employment Verification Form” signed by your employer and by GEO verifying your permission to work



# Get Connected



## Social activities

Welcome events, trips in the southwest, social events, activities, and international cultural events featuring food and entertainment.



## Lobo Friend Program

Lobo Friend is a GEO peer mentor program to promote friendship, and community between domestic and new international students.



## ISSS Workshop

Workshops are offered each semester on work, culture, travel, and practical issues affecting international students



International Student &  
Scholar Services

**Join ISSS MS Team!**

**A support  
network is  
critical**

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

**Meet others:** Sign up for a  
Lobo Friend Mentor

**Volunteer:** Join the  
International Service Corps

**Trips:** Explore NM and the  
southwest! GAGEO Getaway  
Adventures



## Calendar of Orientation Events for Students - August

# Calendar Highlights

**Friday, 8/15**

**Campus Tour 9-10**

**Library Tour 10-11**

**Friday, 8/15**

**Sandia Peak Tram Trip and Hike:**

2:00 - 8:00 pm, **Sign-Up and Pay in advance**

**Saturday, 8/16**

**International Welcome Picnic: 1:00**

– 4:00 pm, Duck Pond (near Zimmerman)



### SANDIA PEAK TRAMWAY & HIKE

Enjoy the beautiful Sandias and spectacular views of the Rio Grande Valley at sunset

**Friday, August 15, 2025**

**Departing at 2:00 pm**

Includes transportation from and to main campus, and Tramway tickets

**Cost: \$28.00**



**Sign up now**



# Submit All Check-in Info

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



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

Sign In

[Reset your password](#)

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

**FINISH BEFORE 8/22/2025!**





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

#BarbieTheMovie



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

#BarbieTheMovie



## Today's Agenda



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

# FREE LUNCH!!! With Your Pack

*OR: Lunch Check-In if you didn't do check-in*

- Lobo Pack Adventure
- Reception and Games at Louie's Lounge



# Rules and Regulations

you must know for your stay in the US!

# TOPICS

- Current Climate & Rules
- Immigration
- Travel
- Other Rules & Laws

# Current Political Climate and Rule Following



- Current administration has a zero-tolerance policy for any kind of mistakes/violations/failure to follow the rules!
- **To have a smooth stay you must avoid ALL FORMS OF NON-COMPLIANCE!**
- You MUST take responsibility for:
  - Reporting Requirements (address, program & personal changes/updates)
  - Enrollment Requirements
  - Work Requirements
  - Travel Requirements
  - Documents you must carry
  - Knowing how to avoid unlawful behavior
  - Health insurance
  - Tax filing requirements

## **WARNING!!!!** YOU ARE RESPONSIBLE FOR KNOWING THE RULES!!

- Consequences 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 & level, drops below full-time, work, end of program - so keep us updated!
- **Ask ISSS Advisors if you don't remember or understand!!!**
- RULES CHANGE, SO PAY ATTENTION TO EMAIL ALERTS!
- *Friends* aren't immigration advisors!!!

**ATTENTION! Prizes are coming up!!!**



# Mentimeter Challenge

## 2nd round

What do you know about  
immigration rules?



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# Document Basics

(Check your handout)

- Save ALL copies of all immigration documents and tax forms for as long as you remain in the US!
- Keep ORIGINALS in a safe place AND have copies on your phone
- Carry ALL immigration documents with you if you travel outside of ABQ; **carry paper I-94 with you in ABQ**
- 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 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 ALWAYS be valid and correct (update if changes)
- End date is an estimate; student status and work end the day you complete program requirements! (unless you apply for work following study)
- MUST renew it BEFORE the end date if you aren't finished!

# I-20

**SEVIS ID: N0035642401**

<b>SURNAME/PRIMARY NAME</b> [REDACTED]	<b>GIVEN NAME</b> [REDACTED]	<b>Class of Admission</b>  <b>F-1</b>  <b>ACADEMIC AND LANGUAGE</b>
<b>PREFERRED NAME</b> [REDACTED]	<b>PASSPORT NAME</b>	
<b>COUNTRY OF BIRTH</b> [REDACTED]	<b>COUNTRY OF CITIZENSHIP</b> GHANA	
<b>CITY OF BIRTH</b> Kumasi	<b>DATE OF BIRTH</b> 18 JANUARY 1991	
<b>FORM ISSUE REASON</b> INITIAL ATTENDANCE	<b>ADMISSION NUMBER</b>	

Student Info

Reason for this printing

## SCHOOL INFORMATION

<b>SCHOOL NAME</b> University of New Mexico University of New Mexico	<b>SCHOOL ADDRESS</b> Global Education Office, MSC06 3850, 1 University of New Mexico, Albuquerque, NM 87131
<b>SCHOOL OFFICIAL TO CONTACT UPON ARRIVAL</b> Mary Phibbs International Admissions and Recruitment Specialist	<b>SCHOOL CODE AND APPROVAL DATE</b> ELP214F00205000 22 JANUARY 2003

School Info

# I-20

## Program Info

### PROGRAM OF STUDY

**EDUCATION LEVEL**  
MASTER'S

**MAJOR 1**  
Health Teacher Education 13.1307

**MAJOR 2**  
None 00.0000

**PROGRAM ENGLISH PROFICIENCY**  
Required

**ENGLISH PROFICIENCY NOTES**  
Student is proficient

**EARLIEST ADMISSION DATE**  
08 JULY 2025

**START OF CLASSES**  
18 AUGUST 2025

**PROGRAM START/END DATE**  
07 AUGUST 2025 - 15 MAY 2027

**Just an estimate. Don't let it expire!**

### FINANCIALS

#### ESTIMATED AVERAGE COSTS FOR: 12 MONTHS

Tuition and Fees	\$	23,887
Living Expenses	\$	26,850
Expenses of Dependents (1)	\$	8,000
Other	\$	
<b>TOTAL</b>	<b>\$</b>	<b>58,737</b>

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

Personal Funds	\$	0
Amigo Scholarship	\$	15,097
Family Funds	\$	43,640
On-Campus Employment	\$	
<b>TOTAL</b>	<b>\$</b>	<b>58,737</b>

**Source of funds – Update if it changes!**

# I-20

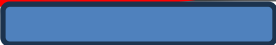
## SCHOOL ATTESTATION

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.

<input checked="" type="checkbox"/>	<b>DATE ISSUED</b>	<b>PLACE ISSUED</b>
<b>SIGNATURE OF:</b> Mary Phibbs, International Admissions and Recruitment Specialist	04 April 2025	Albuquerque, NM
	School official	

## STUDENT ATTESTATION

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

<input checked="" type="checkbox"/>	<b>Student Signature</b>	<b>DATE</b>
<b>SIGNATURE OF:</b> 		
	<input checked="" type="checkbox"/>	
<b>NAME OF PARENT OR GUARDIAN</b>	<b>SIGNATURE</b>	<b>ADDRESS (city/state or province/country)</b>
		<b>DATE</b>



# I-20 (p. 2)

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

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

**SEVIS ID: N0012857555 (F-1)**

**NAME:**

**EMPLOYMENT AUTHORIZATION**

EMPLOYMENT STATUS

TYPE

EMPLOYMENT START DATE

EMPLOYMENT END DATE

EMPLOYER NAME

EMPLOYER LOCATION

COMMENTS

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

# I-20 (p. 2)

## TRAVEL ENDORSEMENT

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

SCHOOL OFFICIAL	TITLE	SIGNATURE	DATE ISSUED	PLACE ISSUED
		X		
		X		
		X		
		X		

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

# DS-2019

Student info



U.S. Department of State

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

OMB APPROVAL NO.1405-0119

09/30/2017

ESTIMATED BURDEN TIME: 45 min

\*See Page 2 **SEVIS #**

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

# DS-2019

Purpose of this form: **Begin new program; accompanied by number (0) of immediate family members.**

Reason

3. Form Covers Period:

Start and End Dates

From (mm-dd-yyyy): **08-11-2025**

To (mm-dd-yyyy): **05-16-2026**

4. Exchange Visitor Category:

**STUDENT NON-DEGREE**

Program Info

Subject/Field Code:

**45.1001**

Subject/Field Code Remarks:

**Exchange student in Political Science**

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

Personal funds : \$15,000.00

Total : \$15,000.00

Funding Info

# DS-2019

7. <b>Melissa Aragon</b>	<b>Alternate Responsible Officer</b>
Name of Official Preparing Form	Title
1 UNIVERSITY OF NEW MEXICO Global Education Office, MSC06 3850 ALBUQUERQUE, NM 87131	505-277-4032
Address of Responsible Officer or Alternate Responsible Officer	Telephone Number
Signature of Responsible Officer or Alternate Responsible Officer	04-20-2025 Date (mm-dd-yyyy)



School Official

# DS-2019

PRELIMINARY ENDORSEMENT OF CONSULAR OR IMMIGRATION OFFICER REGARDING SECTION 212(e) OF THE IMMIGRATION AND NATIONALITY ACT AND PL 94-484, AS AMENDED (see item 1(a) of page 2).		TRAVEL VALIDATION BY RESPONSIBLE OFFICER (Maximum validation period is 1 year*)	
The Exchange Visitor in the above program:		*EXCEPT: Maximum validation period is up to 6 months for Short-term Scholars and 4 months for Camp Counselors and Summer Work/Travel.	
1. <input type="checkbox"/> Not subject to the two-year residence requirement.		(1) Exchange Visitor is in good standing at the present time	
2. <input checked="" type="checkbox"/> Subject to two-year residence requirement based on:		_____	
A. <input checked="" type="checkbox"/> Government financing and/or		Date (mm-dd-yyyy)	
B. <input type="checkbox"/> The Exchange Visitor Skills List and/or		_____	
C. <input type="checkbox"/> PL 94-484 as amended		Signature of Responsible Officer or Alternate Responsible Officer	
(ALL USAID PARTICIPANTS G-2-00263 AND ALL ALIEN PHYSICIANS SPONSORED BY P-3-04510 ARE SUBJECT TO THE TWO-YEAR HOME RESIDENCE REQUIREMENT)		(2) Exchange Visitor is in good standing at the present time	
Name _____ Title _____		_____	
Signature of Consular or Immigration Officer _____ Date (mm-dd-yyyy) _____		Date (mm-dd-yyyy)	
THE U. S. DEPARTMENT OF STATE RESERVES THE RIGHT TO MAKE FINAL DETERMINATION REGARDING 212 (e).		Signature of Responsible Officer or Alternate Responsible Officer _____	
EXCHANGE VISITOR CERTIFICATION: I have read and agree with the statement in item 2 on page 2 of this document.			
Signature of Applicant _____		Place _____ Date (mm-dd-yyyy) _____	

Home residency requirement

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



# I-94

(Print at [cbp.gov/I94](https://cbp.gov/I94))

- Also called an arrival/departure record
- Records your entry to the US (keep copies!)
- **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 (**CARRY IN YOUR WALLET FOR PROOF OF STATUS!**)
- Shows the end date of your status
- Students should have D/S = “Duration of Status” – means no SPECIFIC end date – **THIS MAY CHANGE!!!**

# I-94

**IF you changed status  
in the U.S., the  
Approval Notice is  
your I-94**



## U.S. Customs and Border Protection

Securing America's Borders

### Most Recent I-94

#### Note to employers, local, state or federal agency granting benefits:

Please visit the CBP I-94/I-95 Website and click on the tab for "Get Most Recent I-94/I-95" to perform a search for the applicant to confirm that the biographic and travel information displayed on this I-94/I-95 printout matches the "Get Most Recent I-94/I-95" returned results for this applicant. Reference the CBP I-94/I-95 Website FAQs.

**Admission I-94 Record Number:** 649960190A4

**Arrival/Issued Date:** 2025 July 31

**Class of Admission:** F1

**Admit Until Date:** D/S

#### Details provided on the I-94 Information form:

**Last/Surname:** [REDACTED]

**First (Given) Name:** [REDACTED]

**Birth Date:** [REDACTED]

**Document Number:** [REDACTED]

**Country of Citizenship:** Bangladesh

- ▶ Effective April 26, 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/I-95. A record of admission printed from the CBP website constitutes a lawful record of admission. See 8 CFR § 1.4(d).
- ▶ What to do if someone requests your admission info: If an employer, local, state or federal agency requests admission information, present your admission (I-94/I-95) number along with any additional required documents requested by that employer or agency.
- ▶ For security, close your browser after retrieving your I-94/I-95 number.

# US Visa

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







# To maintain student status, **ALWAYS...**

1. Attend the college/university on the I-20/DS-2019
2. Provide a correct residential address to **GEO** within 10 days of making a change (we MUST update SEVIS!)
3. Maintain full-time enrollment
4. Have a correct & unexpired I-20 or DS-2019
5. Maintain a valid (unexpired) 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 will leave UNM!**



# Full-Time Study

## Online Restrictions

### Online Course Restrictions:

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

# Graduate Students Full-Time Study

- Graduate students **without assistantships** must COMPLETE each semester with 9 credit hours  
6 or more must be face-to-face or hybrid
- Graduate Students **with assistantships** only need 6 credit hours  
3 or more must be face-to-face or hybrid
- There are also grade restrictions that affect this “**full-time minimum**” number

# Full-Time Study Grades that count

Courses that DO count toward full time for immigration:

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

Courses that Do NOT count toward full- time for immigration:

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

The Professor can withdraw you if you don't attend or fail to meet requirements!

# Full-Time Study Summer Vacation

- You **MUST** enroll full-time in fall and spring
- You do not need to enroll in Summer unless you begin or end studies in summer
- Tuition for summer classes is at the resident rate (unless flat rate program)

# 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 **MUST** be authorized)

- Graduates completing coursework in the semester (may still have thesis or dissertation to do)





# Exceptions to Full-Time

## Medical:

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



# “Grace Period”

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

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

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

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

# Work Following Study

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





# Commercial Break

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

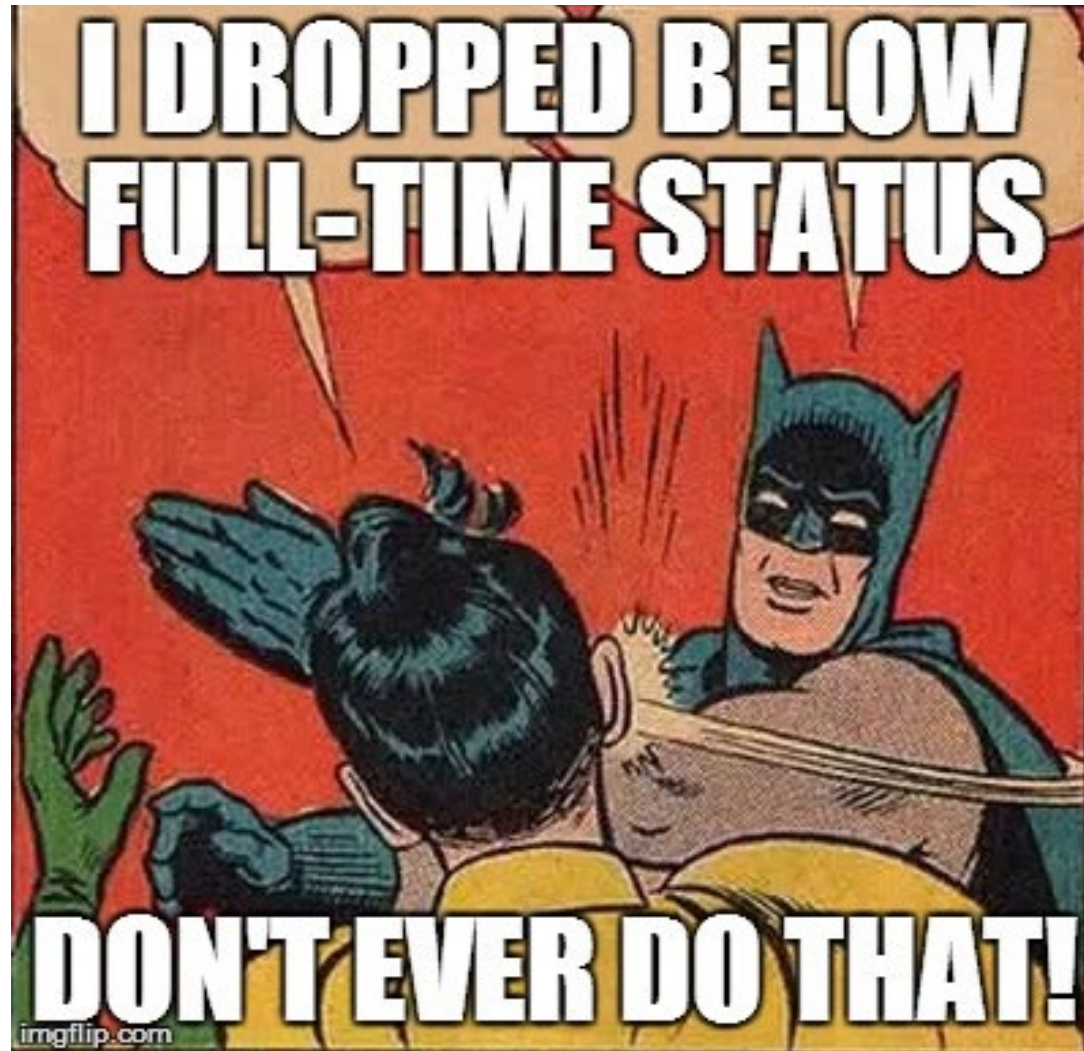
**Professor's Office**

# Global Education Office

**Later that day**



# MESSAGE?



# Travel Requirements

## For Travel in the US (out of ABQ)

- Passport
- I-94
- I-20/DS-2019
- **BRING THE PAPER/Originals!!!!**



In ABQ: I-94 paper and digital copies of I-20, visa and passport

# Travel Requirements

## For travel out of the US and return:

- Passport (unexpired)
- US visa (unexpired)
- 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 ISSS signature 1 week before travel
- If you leave the U.S. AFTER you complete your program you CANNOT re-enter on your student VISA!!!!



**Need a new visa to return to the US?  
Consult an ISSS Advisor before you  
go! New requirements include in-  
person interviews and checks on  
social media accounts!**





# Tax Issues

- Tax year: January 1 to December 31
- Taxes due: April 15 for prior year
- ALL **international** students and dependents must complete US tax forms for each year they are in the US even if NO US income!
- Tax system is complex so you will need to devote time to reading and filling out forms.
- Tax advising for international students happens in March as you don't have all forms you need until then (DON'T do it BEFORE!)

# Other Rules and Laws

**You need to know**





# Mentimeter Questions

3<sup>rd</sup> round

What do you know about  
rules in the US?

# Campus & Cultural Rules

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



# UNM Campus Police:

[police.unm.edu](http://police.unm.edu)

University of New Mexico Police Department

- Contact Info:

On your Lobo Card

505-277-2241

- Safety Escort Service: Walk you from one on-campus location to another

- Bike registry: 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 immigration emergency after hours: Call GEO at **505-277-4GEO (436)**  
(e.g. stuck at a border/entry, arrested, etc.)





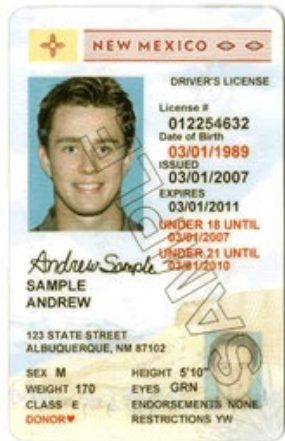
# Bicycle Safety

- 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](http://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 identification (info on ISSS website)
- Read the handout and prepare 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 while driving:**  
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!**

**Your can lose your status over one drink!**  
**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 like Paypal that will refund.

**CONTACT GEO BEFORE YOU GIVE  
ANY MONEY!!!**



# Housing Regulations

- Renters Rights:  
<https://www.cabq.gov/office-of-consumer-protection/renters-rights>





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





# Drinking Laws

- You **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!

# WHAT IS CONSENT????

[It's like TEA??!!](#)



# Sexual Misconduct

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

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

# Legal and Criminal Issues

- Important to know the laws that are problematic
- Avoid getting into trouble in the first place!
- Violations impact you financially and affect your immigration status!
- **If you are charged with a crime, arrested, or have an interaction with the police, 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.**



**BREAK**

**Be back in 10 Minutes!**



# Can I Work in the USA?

## International Student Work Requirements

Photo by: Susann Kõomägi

# Work Eligibility Requirements

- Meet eligibility criteria for specific type of work permission
- Maintain legal full-time student status
  - **G.P.A requirements:**
    - **3.0 for Grads**
    - **2.5 for Undergrads**
  - **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 (after 1 year)

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

## J-1 Students

**“ON CAMPUS”**

**(For UNM only)**

## **OTHER** (after 1 semester)

- 1. Academic Training (“AT”)**

# On-Campus Work

## How Many Hours Can I work?

- 20 hours per week:  
During the Semester (MUST be enrolled full-time)  
(US students can work 30 hours, so don't get confused!)
- More than 20 is allowed during semester breaks  
(summer/winter break) IF you plan to continue your studies at UNM  
(# of hours depends on type of work and enrollment)

# Types of On-campus Work

## **Assistantships:** (TA, RA, GA, PA)

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

## **Student Employment Jobs:**

All International students **ARE ELIGIBLE**

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



# Graduate Assistantships

## Assistantships:

Need to communicate how your skills benefit the department, not financial need.

- **Search in Your Department**
- **Search on OAP website:** <https://oap.unm.edu/graduate-student-assistantships/assistantship-opportunities2/assistantship-opportunities.html>

# On-Campus Employment Paperwork Process

**Students with on-campus jobs need to complete work procedures**

F-1 students do not need special permission from GEO to work on campus (only 20 hours during the school year), but need to show passport, I-20, I-94 for processing paperwork and get an SSN (Social Security Number) handout from GEO to apply for SSN at beginning of employment.

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

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

# UNMJobs.unm.edu



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

## I would like to...

[Search for a Job](#)

[Check on my Application](#)

[Sign my Offer Letter](#)

[Complete Onboarding Tasks](#)

Need Help?



**Staff  
Careers**



**Faculty  
Careers**



**Student  
Jobs**



**Temp  
Assignments**

# Explore Career Opportunities

 Enter a job title or keyword

Search

## Filters

Reset

### Date Posted

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

## Current Openings

Student x

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

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

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

## Campus



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



# Afterschool Program Attendant

Albuquerque, NM, United States | req21396

[Apply Now](#)

[Share](#) ▼

[Save Job](#)

[← Back to Search](#)

## Student Intermediate Level

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

# Off Campus Work F-1 STUDENTS

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

**ONLY after one academic year of full-time enrollment!**

- CURRICULAR PRACTICAL TRAINING (CPT)
- OPTIONAL PRACTICAL TRAINING (OPT)
- SEVERE ECONOMIC HARDSHIP

**NEVER work off-campus without an ISSS advisor’s written authorization!**



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

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

SEVIS ID: N0012857555 (F-1)

NAME:

EMPLOYMENT AUTHORIZATION

EMPLOYMENT STATUS	TYPE
EMPLOYMENT START DATE	EMPLOYMENT END DATE
EMPLOYER NAME	EMPLOYER LOCATION
COMMENTS	

**Any off-campus work must be authorized in your I-20 or it is not legal**

# Off Campus Work J-1 STUDENTS

## J1 “off- campus” work

ONLY after one academic semester of full-time enrollment

- “Academic Training”
- Number of months Eligible to Work depends on length of study

# J-1 Academic Training



U.S. Department of State

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

OMB APPROVAL NO.1405-0119

EXPIRES: 07-31-2011

ESTIMATED BURDEN TIME: 45 min

\*See Page 2

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

# Social Security Number

- **F-1 and J-1 students who work MUST obtain a Social Security Number (SSN)** (you can't get one if you don't work)
- **YOU HAVE TO GO TO THE US GOVERNMENT SOCIAL SECURITY OFFICE IN DOWNTOWN**, and you must take:
  - Original passport
  - I-20/DS-2019
  - I-94
  - UNM employment verification form signed by an ISSS advisor





# Commercial Break

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

# Need more information?

- Attend *Working as an International Student*  
*Friday, Aug 29<sup>th</sup>*
- Ask an international advisor
- Check the info at [isss.unm.edu](http://isss.unm.edu)
- Read email messages sent from  
[iadvisor@unm.edu](mailto:iadvisor@unm.edu) regarding immigration  
and work issues!!!!







# Health Issues

Photo by: Susann Kõomägi



# YOUR HEALTH IS IMPORTANT!

- No one expects to get sick!
- You need to understand the U.S. system, where to go, and how to use your insurance



# HEALTH INSURANCE ISSUES

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

- Students with Assistantships, Athletic scholarships, home government sponsorship, or parent/spouse U.S. Employer insurance can have insurance through those sources.
- **ALL OTHER** International Students need to buy U.S.-based health insurance coverage for their **ENTIRE STAY** in the US!
- **Not having insurance can result in financial, health and legal problems, so you MUST take responsibility for this requirement!**

# HEALTH INSURANCE AT UNM

## A LAW PASSED IN JULY:

- Prevents international students from receiving government money for U.S. Marketplace Insurance
- Threatens penalties for people who have it this year (2025) who do not correctly report income
- Creates work requirements for Medicaid that will conflict with immigration requirements
- **DO NOT SIGN UP FOR MARKETPLACE OR MEDICAID EVEN IF YOUR FRIENDS TELL YOU TO!**



# HEALTH INSURANCE AT UNM

- We are currently working with the UNM Student Health Center on a student insurance plan to begin in January
- For NOW, those who are not covered on other insurance must buy an **International student plan** from here:  
<http://www.internationalstudentinsurance.com/schools/university-new-mexico.php>
- There are 4 plans on the website to choose from
- Buy a plan from NOW until January 18, 2026



If you are over 30 or are here with spouse/children talk to Linda about your options!



# 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

# HEALTH INSURANCE

## After you buy:

1. Upload coverage info at *myGEO portal* – (PAGE WITH NAME AND DATES)
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 ALL 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
- 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
- Earaches
- 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](http://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?**

- Buy until January 18 here:
- If over 30 or married see Linda
- Upload proof of insurance to your **mygeo** portal Health Insurance Information



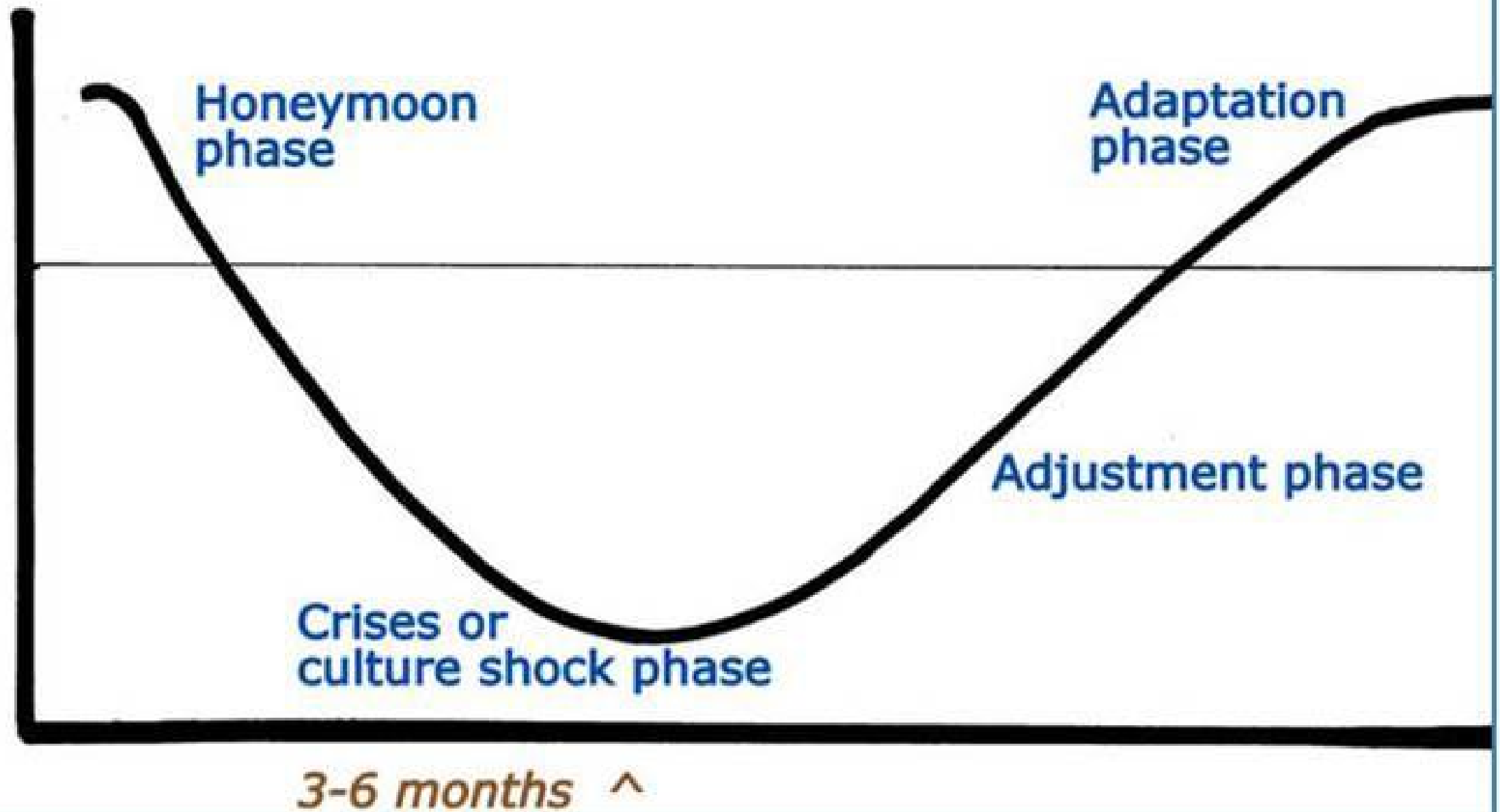


# Overcoming Culture Shock



# Culture Shock U curve

By Brian Hennessy



A vibrant outdoor festival scene, likely a fair or music festival, with people in the foreground and background. In the foreground, a young man with blonde hair and a beard is smiling and raising his right arm. To his left, a young woman with blonde hair and sunglasses is smiling. To his right, a young woman with dark hair is smiling. In the background, there are other people, including a man in a red shirt and a woman in a red cap. There are also cars, a white van, and a red tent in the background.

# A Word on Cultural Adjustment

IT HAPPENS TO EVERYONE!!!

Experiences and Advice from your fellow students

# How to Overcome Culture Shock

- Expect extreme ups and downs
- Keep busy: socialize, play sports, do hobbies
- Make American friends AND international friends
- Learn about the culture and language and think about the parts you really like
- Do the things that make you feel good at home
- Keep a sense of humor and be ready to laugh at yourself
- Realize that *everyone* who moves to a foreign culture experiences culture shock



# Life Outside of Class







# RECREATIONAL SERVICES

THE UNIVERSITY OF NEW MEXICO  
Recreational Services

**1102 Johnson Center, UNM, 505.277.0178**

**[recservices.unm.edu](http://recservices.unm.edu)**

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

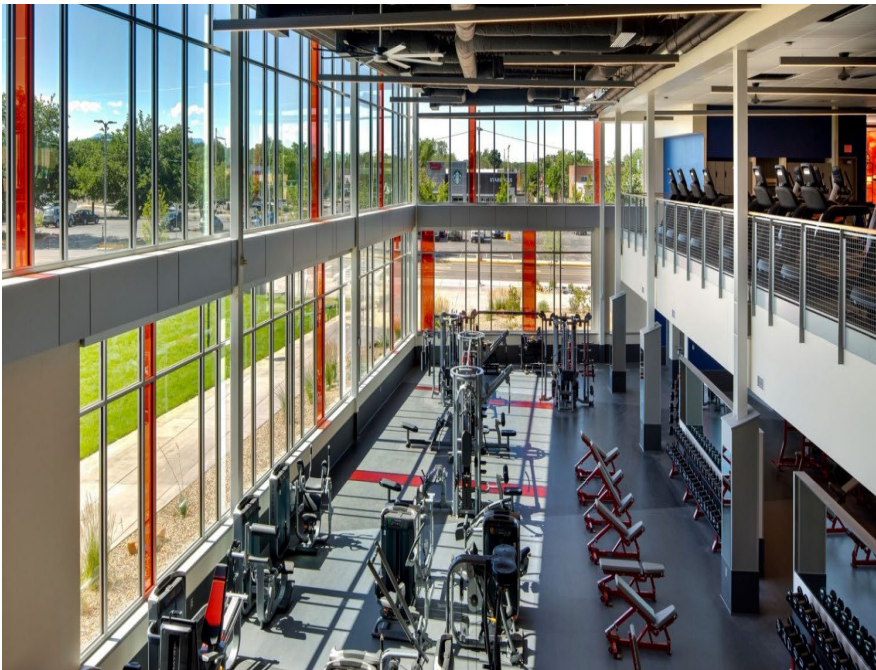


# UNM JOHNSON CENTER FACILITIES:



**OLYMPIC POOL  
JOHNSON POOL  
THERAPY POOL**

**Some facilities are closed due to  
renovations.  
Contact UNM Rec Services for  
Additional information**



**CARDIO & WEIGHT  
ROOM**



**GYMNASIUM**



# NM RECREATIONAL SERVICES

FALL 2025 Fitness Classes TBA  
Stay tuned!



## NM RECREATIONAL SERVICES **SUMMER 2025** **UNM PackFit** **JUNE 2 - AUGUST 8, 2025**

### MONDAY

#### CIRCUIT TRAINING

Maidelys V  
12:00pm-1:00pm  
JC Functional  
Training Room

#### YOGA

Felisha M  
12:00pm-1:00pm  
Fitness Room

#### SELF DEFENSE

Marcus B  
12:00pm-1:00pm  
Dance Room

#### AQUA JOGGING

Marty M  
6:30pm-7:30pm  
UNM Olympic Pool

### TUESDAY

#### PILATES

Alisha R  
12:00pm-1:00pm  
JC Dance Room

#### CIRCUIT TRAINING

Maidelys V  
12:00pm-1:00pm  
JC Functional  
Training Room



**\$100.00**

**UNM FACULTY,  
STAFF &  
COMMUNITY**

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



### WEDNESDAY

#### CIRCUIT TRAINING

Maidelys V  
12:00pm-1:00pm  
JC Functional  
Training Room

#### YOGA

Hallee N  
12:00pm-1:00pm  
Fitness Room

#### DEEP WATER AEROBICS

Marty M  
12:00pm-1:00pm  
UNM Olympic Pool



**FREE**  
to **UNM**  
**Students!**  
*Join the Pack!*

**SUMMER 2025  
FITNESS SCHEDULE**

# UNM PackFit

### THURSDAY

#### PILATES

Alisha R  
12:00pm-1:00pm  
JC Dance Room

#### CIRCUIT TRAINING

Maidelys V  
12:00pm-1:00pm  
JC Functional  
Training Room

#### AQUA JOGGING

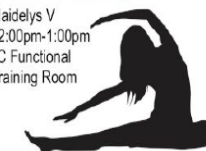
Marty M  
6:30pm-7:30pm  
UNM Olympic Pool



### FRIDAY

#### CIRCUIT TRAINING

Maidelys V  
12:00pm-1:00pm  
JC Functional  
Training Room



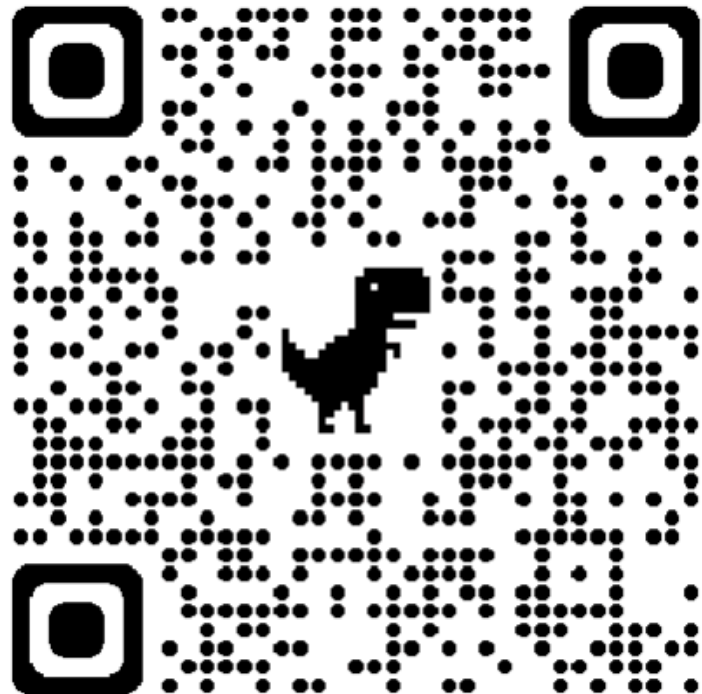
THE UNIVERSITY OF NEW MEXICO  
RECREATIONAL SERVICES  
1102 Johnson Center, UNM, 505.277.0179  
[recservices.unm.edu](http://recservices.unm.edu)

The "PackFit" Pass is valid for all classes on the SUMMER 2025 "PackFit" Schedule. **NO CLASSES: JUNE 19, JULY 4, 2025.** 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. UNM Tuition Remission benefits are now available for full time UNM Faculty and Staff.



## Getaway Adventures

Register for upcoming trips using the QR code!



**UNM RECREATIONAL SERVICES**  
UNM OUTDOOR ADVENTURE CENTER  
**SUMMER 2025 GETAWAY ADVENTURES**

**Bike in Coffee Summer Bosque Bike Ride**  
JUNE 14

**Float the Rio!**  
JUNE 21

**Taos White Water Rafting Adventure**  
JUNE 28 or JULY 12

**Mt. Taylor Summit Hike**  
JULY 19

**Santa Fe Traditional Spanish Market**  
JULY 26

**Honduras Adventure with the Scuba Company**  
JULY 19

**Santa Fe Indian Market**  
AUGUST 16

Register at the **UNM OUTDOOR ADVENTURE CENTER**  
Room G1520 Johnson Center or online:

Call 277-8182 for more information on trips. Tuition Remission is eligible for Full and Part Time UNM Faculty, Staff, UNM Retirees.

A graphic illustration of a winding blue river. In the upper part, a small raft with people is shown. In the lower part, a larger yellow raft with several people is shown. The river is flanked by green trees and bushes. Large, stylized, black letters 'G', 'e', 't', 'a', 'w', 'a', 'y' are arranged along the river, with their reflections visible in the water.



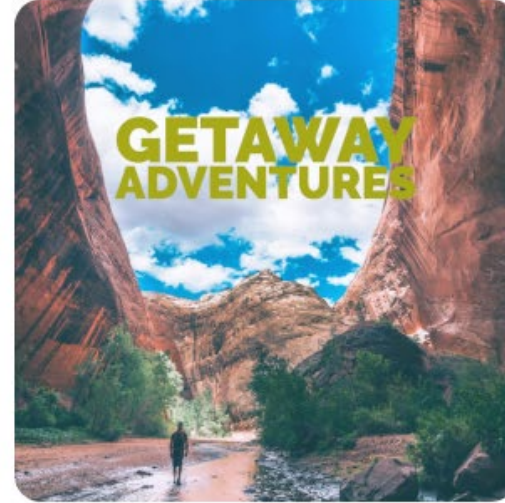
# Outdoor Adventure Center

## Latest News

No latest news



Reservations



# GEO Social Activities & Community Engagement



# Welcome Trip to the Sandia Mountains



**SANDIA PEAK TRAMWAY & HIKE**

Enjoy the beautiful Sandias and spectacular views of the Rio Grande Valley at sunset

**Friday, August 15, 2025**

**Departing at 2:00 pm**

Includes transportation from and to main campus, and Tramway tickets

**Cost: \$28.00**

**Sign up now** 



- Spots are limited!
- Sign up now! Registration deadline: Wednesday, 08/13.



- Join GEO and friends to celebrate the beginning of the school year and welcome our incoming international students and scholars to UNM!
- Date and time: Saturday, Aug. 16 from 1 to 4 pm
- Location: UNM Duck Pond
- Free food, drinks, and games! Bring a friend!
- No RSVP required



# Louie's Lounge: Thursdays from August 21 to October 2

- Weekly gathering starting Thursday, August 21<sup>st</sup>
- 4:00 to 6:00 pm
- Student Union Building, 1<sup>st</sup> Floor (by the Supermarket)
- Games, snacks, fun!
- Free
- Bring friends!





# Other Awesome Activities





- **Saturday, Sept. 13<sup>th</sup>**– Bird watching and Hike at Rio Grande Nature Center
- **Saturday, Sept. 20<sup>th</sup>**- Globalquerque Music Festival
- **Wednesday, Oct. 8<sup>th</sup>**- Flight of Nations at Balloon Fiesta




# Find the full calendar of events here:

## ISSS SOCIAL ACTIVITIES FALL 2025

 <p><b>LOUIE'S LOUNGE GAME NIGHTS</b> THURSDAYS - AUG 21 - OCT 2 4 PM - 6 PM AT THE SUB GAMES AND FUN CRAFTS WITH OTHER INTERNATIONAL STUDENTS. INVITE YOUR FRIENDS OR MAKE NEW ONES!</p>	 <p><b>SANDIA CREST TRAMWAY &amp; HIKE</b> AUGUST 15 TAKE THE TRAM UP TO THE TOP OF THE SANDIA MOUNTAIN AND HIKE THROUGH THE LUSH FOREST TO KIWANIS CABIN</p>
 <p><b>RIO GRANDE BIRD WATCHING HIKE</b> SEPTEMBER 13 GET TO KNOW NEW MEXICO'S DIVERSE AVIAN WILDLIFE ON OUR BIRD WATCHING HIKE AT THE RIO GRANDE NATURE CENTER</p>	 <p><b>GLOBALQUERQUE MUSIC &amp; CULTURE FEST</b> SEPTEMBER 20 ATTEND ALBUQUERQUE'S ANNUAL CELEBRATION OF INTERNATIONAL MUSIC AND CULTURE AT THE CIVIC PLAZA</p>

 <p><b>BALLOON FIESTA FLIGHT OF NATIONS</b> OCTOBER 8 WITNESS THE WORLD'S LARGEST HOT AIR BALLOON FESTIVAL, WITH BALLOONS FROM ALL OVER THE WORLD</p>	 <p><b>SANTA FE GROWERS AND ARTISTS MARKETS</b> OCTOBER 28 TAKE THE TRAIN UP TO SANTA FE AND GET TO KNOW THE DOWNTOWN RAILYARD'S VIBRANT MARKETS</p>
 <p><b>STONEAGE ROCK CLIMBING FRIENDSGIVING</b> NOVEMBER 14 CELEBRATE THANKSGIVING BY ROCK CLIMBING WITH FRIENDS</p>	 <p><b>END OF SEMESTER &amp; HOLIDAY CELEBRATION</b> DECEMBER 6 CELEBRATE THE END OF THE SEMESTER AND WINTER HOLIDAYS WITH FOOD, WINTER DRINKS, AND THE TWINKLE LIGHT PARADE</p>



**GLOBAL  
EDUCATION  
OFFICE**

Questions?  
Email us at [iadvisor@unm.edu](mailto:iadvisor@unm.edu)  
Find our calendar of events at  
[iss.unm.edu](https://iss.unm.edu)



# How to stay connected with UNM and ABQ community?

## LOBO FRIENDS PROGRAM



## INTERNATIONAL SERVICE CORPS



# INTERNATIONAL SERVICE CORPS



- Forge Valuable Connections
- Enhance Your Resume
- Earn a Certificate of Appreciation
- Promote Intercultural Interaction

Invite your friends to join!



# CERTIFICATE OF APPRECIATION

- 10 Hours of volunteering gets you a certificate of appreciation
- You will also be invited to join us for a certification ceremony and dinner celebration





# Our volunteer work

- Cultural presentations for schools
- Packing lunches and clothes for City shelters
- Translators for local refugee organizations
- Plant trees and participate on nature restoration events at local wildlife refuges
- Support local conferences and cultural events in town



# Our Community partners





# What to expect this semester:

- Mandy's Farm – September 12<sup>th</sup>
- UVNR – September 20<sup>th</sup>
- Tres Hermanas Farm – September 27<sup>th</sup>
- Crossroads for women – October 10<sup>th</sup>
- Nex Gen High school - TBD



# Register for ISC here

**BE A VOLUNTEER!**





# LOBO FRIENDS PROGRAM

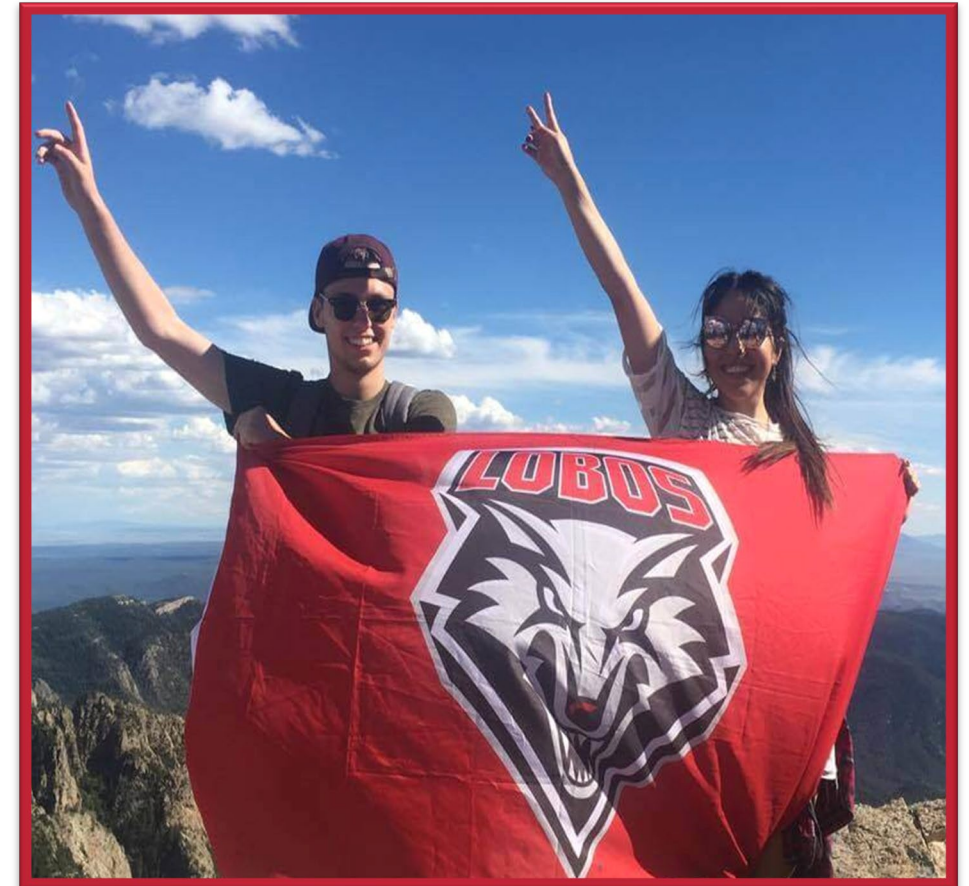


## Benefits for Mentors

- **Personal Growth:** Develop leadership, communication, and interpersonal skills.
- **Cultural Exchange:** Gain insights into different cultures and perspectives.
- **Networking:** Build connections with diverse individuals.
- **Fulfillment:** Experience the satisfaction of helping others succeed.

## Benefits for Mentees

- **Guidance:** Receive support in navigating a new academic and social environment.
- **Cultural Adjustment:** Learn about local customs and practices.
- **Academic Support:** Get tips and resources for academic success.
- **Social Integration:** Make friends and feel more connected to the community.





# ACTIVITIES WE DO TOGETHER

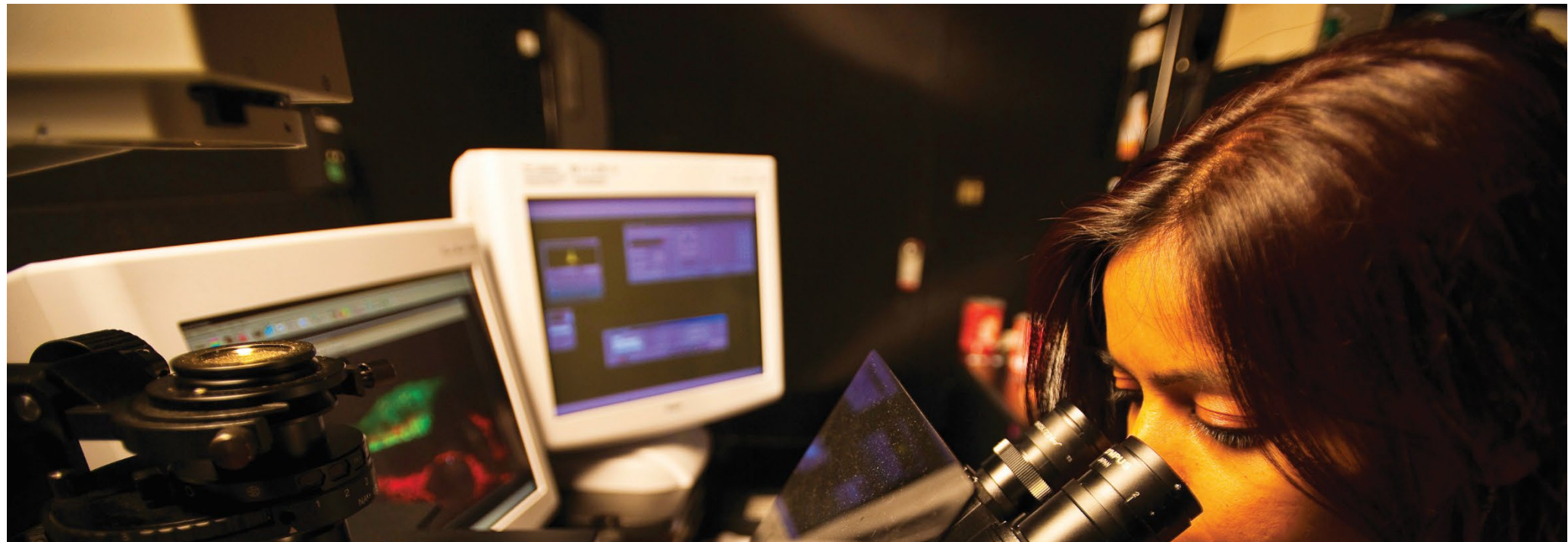




# Lobo Friend Mentees

**JOIN US**



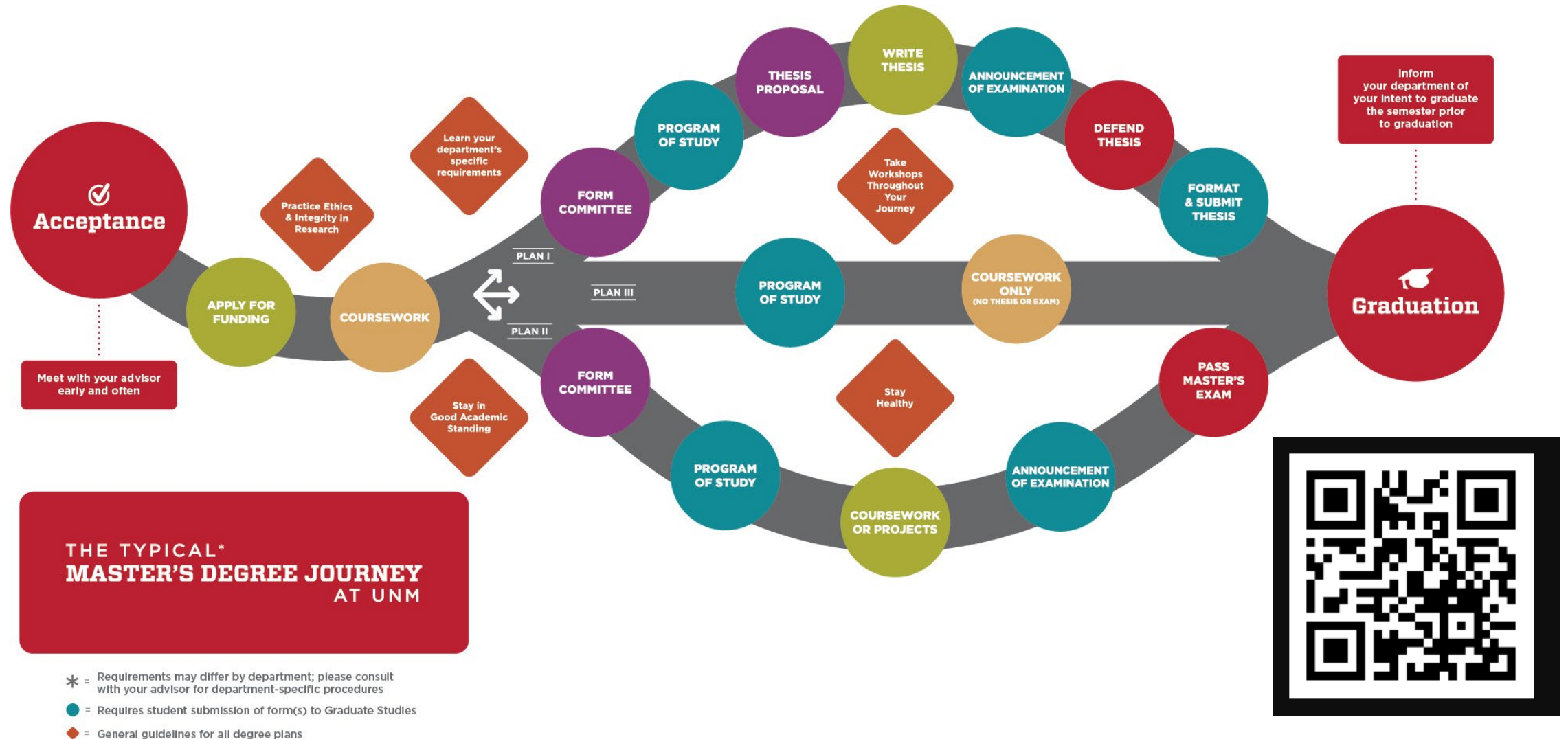


# Academic Expectations

*Shewar Khan, Doctoral Student in Linguistics*

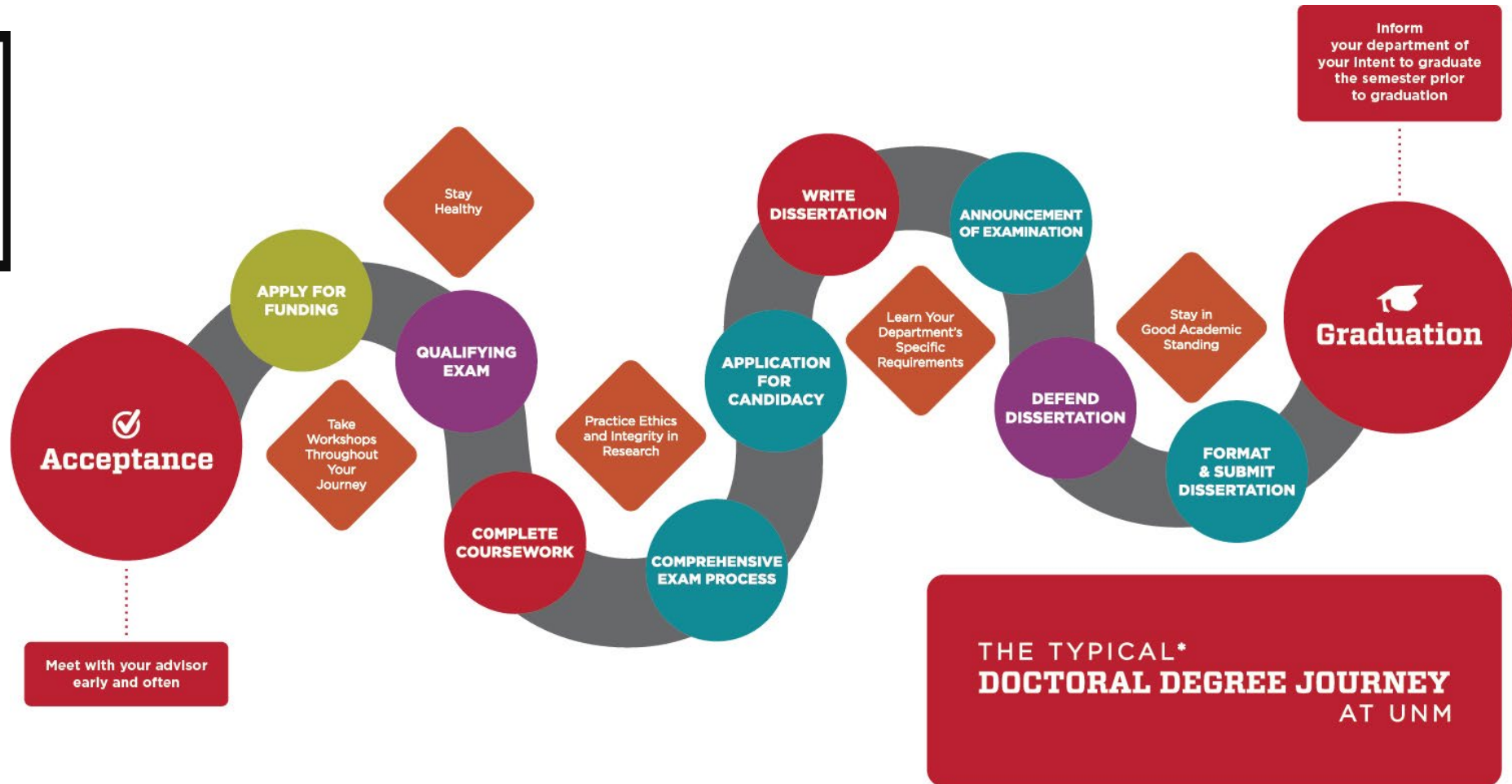


# Degree Roadmap for Masters





# Degree Roadmap for Ph.D.



\* = Requirements may differ by department. Please consult with your advisor for department-specific procedures.

● = Requires student submission of form(s) to Graduate Studies.

◆ = General guidelines.

Academic development is

YOUR RESPONSIBILITY

- You are the only one responsible for:
  - Planning your degree
  - Registering for classes
  - Managing your funding
  - Applying for scholarships/grants
  - Completing your courses
  - Communicating with your professors and advisors
  - Submitting forms on time
  - Completing your program

**No one else will do the job for you!**





## Building a relationship with your advisor

- Your advisor is your guide and can be a great resource
- Advisors can be helpful to ensure you complete on time
- They can provide professional development and networking opportunities that can be helpful for your career
- Do not be afraid of your advisors!
- They are there to help!



# Make and Keep Connections with faculty

Attend	Departmental talks and events to find interesting faculty
Connect	Email an intro, make use of office hours, set up a meeting
Keep	Keep them in loop of your progress and ask for advice
Don't hesitate to ask	Don't hesitate to ask questions! They may provide future opportunities!



## Departmental Rules



Don't be surprised!



Keep an eye out for your department's rules



Departmental policies may vary from the rules set by Graduate Studies and GEO.



# NETWORK WITH PEERS

- Go to department events
- Project/poster presentations, thesis defense
- Clubs, social hours and events



SUPPORT GROUPS

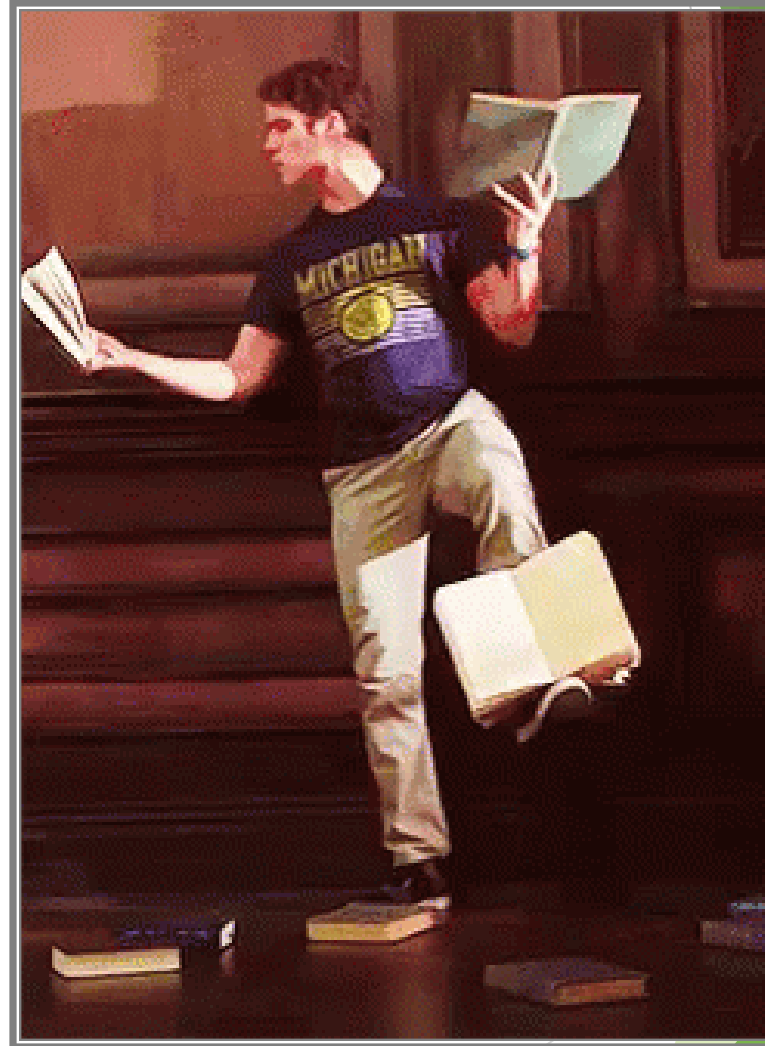


MENTORSHIP



RESEARCH AND  
EMPLOYMENT  
OPPORTUNITIES

Stuff to help  
you study....





## Study Areas

- Libraries: Quiet & collaborative spaces, reservable cubicles, charging stations, laptop checkouts
- Resource centers study spaces
- Duck pond!

## Laptop Rentals

- UNM IT

## Lockers

- Zimmerman Library
  - Free, first-come, first-serve basis
  - Semester, renewable

## Print and Scan Facilities

- Paid printing kiosks available at multiple locations
  - Student Printing - <https://printing.unm.edu/>
- Free printing (20 pages/day): Available in resource centers



# Skill Building & Academic Growth

## Conferences

- Great for academic growth, networking and CV-building
- Support by GPSA, CTL, Resource Centers

## Skills Workshop

- Dissertation, Publication, Conference Presentation, Grant Writing
- Harnessing AI, ethics of AI research

# Academic Integrity

- Rules and standards vary by country
- Know the rules and meet the expectations to succeed
- Failure can have severe consequences for your life: academic, immigration, financial
- Academic dishonesty is not tolerated in the U.S.!

**Regulations and policies at UNM:** <https://pathfinder.unm.edu>

Student Conduct and Grievance Procedures (Faculty Handbook D175, D176) -  
<https://handbook.unm.edu>

# Let's Talk About AI

- Generative AI can complete schoolwork for you but WILL impact your student status.
  - Using AI's work as your own is considered academic dishonesty and **plagiarism**. University policies state that student can be given failing grades and even dismissed if found guilty of academic dishonesty.
- Ways to utilize AI ethically and adhere to academic integrity standards:
  1. Check with your instructors to ask what is allowed in each course.
  2. If using AI is allowed, use it only as permitted.
  3. Disclose all AI usage.

# Summarizing Lessons on AI



Check in about general policies on the use of AI in the course before using it. Ask your professor first!



Understand the limitations of AI: AI often generates data that is decontextualized, inaccurate or false, biased, linguistically complicated and/or lacks citations.



NEVER submit AI's work as your own; ALWAYS disclose your usage of AI. Plagiarism will affect your student status!



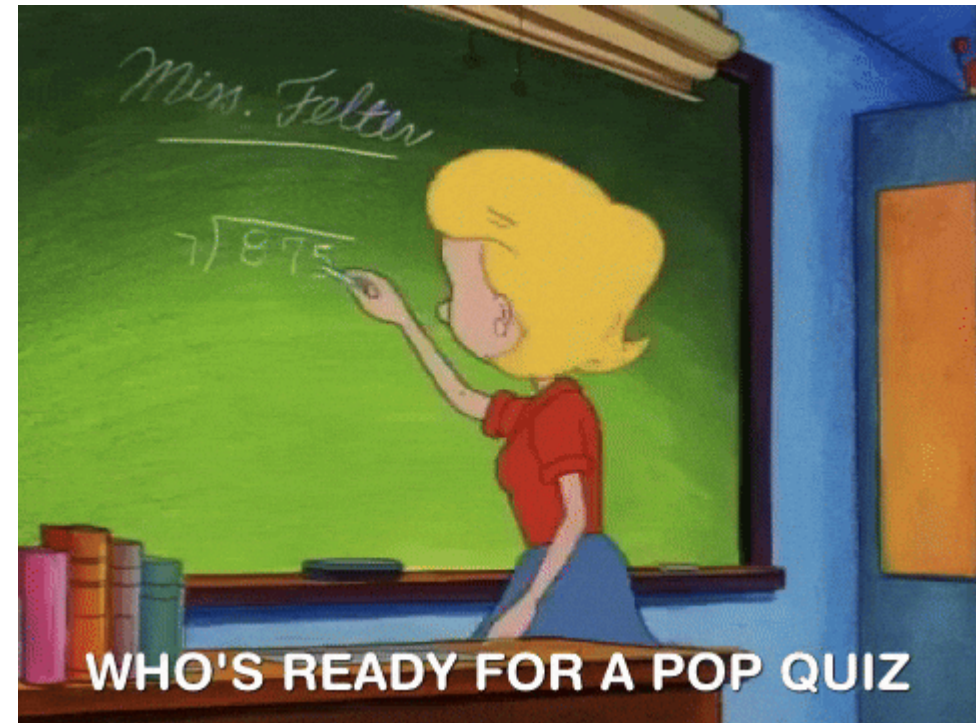
AI tools are not independently intelligent. They can't reproduce human creativity and critical thinking skills when writing and analyzing information.



Think of AI as your conversation buddy for brainstorming your final product (not as a tool to create the final product!)



# Lightning Round!: Cheating/not Cheating?



# Case 1

- **Scenario:** A student uses an AI tool to generate a section of their research paper. They submit the paper without mentioning that part of the content was AI-generated.
- **Analysis:** Yes, this scenario is a form of academic dishonesty and cheating. Even if the instructor allows use of AI you would need to cite the source. Not disclosing the use of AI tools in creating academic work can mislead instructors about the origin of the work and the student's own contributions.

## Case 2

- **Scenario:** A student uses an AI tool to help gather data and analyze it for a thesis. The student clearly states in their methodology section that AI tools were used for data collection and analysis, specifying the role of the AI and how it influenced the research process.
- **Analysis:** No, this is **not** considered academic dishonesty or plagiarism. The student has transparently acknowledged the use of AI tools, which allows for proper evaluation of the work's authenticity and the student's actual contribution. This approach adheres to ethical guidelines and academic integrity.

# Case 3

- **Scenario:** A student uses an AI program to write an entire essay. They make minor tweaks to the text and submit it as their own original work without disclosing the use of AI.
- **Analysis:** Yes, this would be considered plagiarism because the student is presenting the AI-generated content as entirely their own creation without acknowledging the significant assistance of the AI tool. This misrepresents the student's personal effort and understanding of the subject matter.



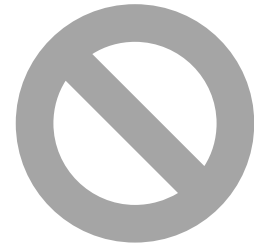
# Your Wellbeing MATTERS!!



Studies are important but so is your health! Seek help if needed!



Make sure time for yourself and take breaks!



Saying "no" is just as important as saying "yes"

# How to succeed in your program:

- Maintain good relationships with your faculty and advisors through frequent **COMMUNICATION!** (absences, difficulties, things you like, things you are curious about)
- Understand all requirements – **READ!**
- Be **PROACTIVE** – Don't wait until you are in trouble to seek help!



# Resources at UNM

- **Accessibility Resource Center (ARC)** – accommodations for disabilities
- **Center for Teaching and Learning (CTL)** – Graduate support, workshops, tutoring, proofreading, statistics, dissertation etc.
- **UNM Libraries** - Zimmerman, Centennial, Fine Arts (borrow books and materials, reserve study rooms, talk to a librarian, computers, etc.)
- **Career Services** – support with resumes, cover letters, interview preparation, etc.
- **Student Centers** – ISSS/GEO, El Centro de la Raza, African American Student Services, Asian American Pacific Islander Resource Center, LGBTQ Resource Center, Women's Resource Center
- **LoboRespect Advocacy Center**
- **TimelyCare** and SHAC healthcare for students
- **Lobo Food Pantry**

# Graduate Resource Panel

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UNM Libraries

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Center for Teaching and Learning (CTL)

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Office of Research Integrity and Compliance (ORIC)

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Graduate and Professional Student Association  
(GPSA)

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Project for New Mexico Graduates of Color (PNMGC)

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United Graduate Workers of UNM (UGW-UE)



**WELCOME TO THE LOBO FAMILY!**





# LUNCH!!!

Important Questions:

Chicken or Veggie (Tofu)? (Banh Mi Sandwiches)

Let us know if you requested Gluten Free

**Missed Check-In?**

**Leave now and eat while checking in.**



# Lobo Pack Groups

Group 1 - Qinghong	Group 2- Sajib	Group 3-	Group 4- David	Group - Hyeonseon	Group 6-Temiloluwa
Architecture & Fine Arts	Engineering	<u>Sciences:</u>  -Biology -Chemistry -Earth Sci -Mathematics -Physics -Statistics	College of Education	Anderson of Business  Economics  &  School of Administration	<u>Humanities:</u>  -Anthropology -Communication -Comparative Literature and Cultural Studies -Linguistics -Philosophy -Political Science -Portuguese -Sociology -Spanish