



GLOBAL  
EDUCATION  
OFFICE

# Welcome International Students







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

# International Students at UNM

## **New** Students

601 Admitted:

- 287 Grads
- 219 Undergraduates
- 71 Exchange/Guest
- 21 Intensive English

**88 Majors/Programs**

**80 Countries**

## **Current** Students

Approximately 1100 on  
campus:

- 96 Countries
- Top 5 Countries Represented: India, China, Nepal, Bangladesh and Mexico

**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 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 of 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!!)
- Everyone get out your phone or device and go to this website to participate: [www.menti.com](http://www.menti.com)
- Make sure to **NOT CLOSE** the website
- **Test question**



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# 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

General E-mail: [geo@unm.edu](mailto:geo@unm.edu)

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

# International Advisors

Melissa Aragon



Phillip Gill



Fiore Bran Aragon



Linda Melville



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 US*

# 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:** ***UNMGlobal***



# 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](http://mygeo.unm.edu) and also with UNM at [my.unm.edu](http://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  
**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

STAY UP TO  
DATE



UNMGlobal



MSTeam International  
Student & Scholar Services



UNMGlobal  
#InternationalLobo



ISSS.UNM.EDU  
Calendar of events



## LOBO FRIEND PROGRAM

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



## SOCIAL ACTIVITIES



International Student &  
Scholar Services

Join ISSS MS Team!

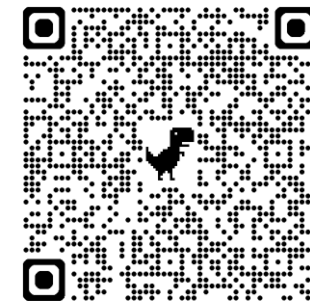
A support network is critical

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

# Highlights

**Friday, 8/16**

**Campus Tour 9-10, Library Tour 10-11**

**Friday, 8/16**

**Sandia Peak Tram Trip and Hike:** 2:00 - 8:00 pm, **Sign-Up and Pay in advance**

**Saturday, 8/17**

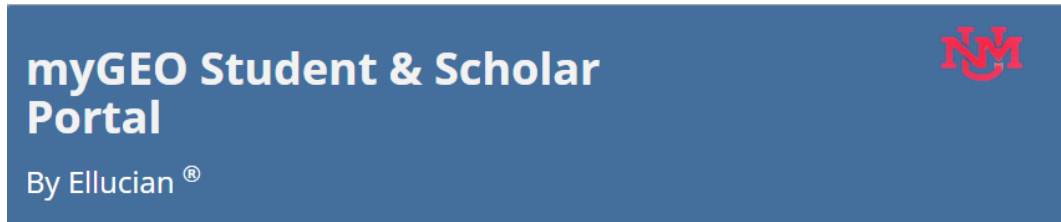
**International Welcome Picnic** 1:00 – 4:00 pm, Duck Pond (near Zimmerman)





# Submit All Check-in Info

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



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

Sign In

[Reset your password](#)

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

**FINISH BEFORE 8/23/2024!**



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

#BarbieTheMovie



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

#BarbieTheMovie



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## Today's Agenda

08:30 am

Orientation Registration

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

# FREE LUNCH!!!

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

- Health Insurance Sign-Up for those without insurance

**UNM GRADUATE ORIENTATION "JUMP START" 3-5:00 pm**



# Thanks for Listening!





# Rules and Regulations

you must know for your stay in the US!



# TOPICS

- Immigration
- Travel
- Other Rules & Laws

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

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

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



# Mentimeter Challenge

## 2nd round

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



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# Document Basics

(Handout In Packet)

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



# Passport Rules

- Must be valid for 6 months into the future when entering the US
- Must be valid 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 there are changes)
- End date is just an estimate; permission to stay ends when you complete program requirements!
- **MUST** renew it **BEFORE** the end date if you aren't finished!



# I-20

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

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

**SEVIS ID: N0012857555**

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

## SCHOOL INFORMATION

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

# I-20

Program Info

## PROGRAM OF STUDY

### EDUCATION LEVEL

MASTER'S

### MAJOR 1

Electrical and Electronics  
Engineering 14.1001

### MAJOR 2

None 00.0000

### PROGRAM ENGLISH PROFICIENCY

Required

### ENGLISH PROFICIENCY NOTES

Student is proficient

### EARLIEST ADMISSION DATE

09 JULY 2019

### START OF CLASSES

19 AUGUST 2019

### PROGRAM START/END DATE

08 AUGUST 2019 - 14 MAY 2022

Just an estimate. Don't let it expire!

## FINANCIALS

### ESTIMATED AVERAGE COSTS FOR: 12 MONTHS

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

### STUDENT'S FUNDING FOR: 12 MONTHS

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

TOTAL \$ 36,512

TOTAL \$ 36,512

# I-20

## REMARKS

7b. Includes mandatory student health insurance

## SCHOOL ATTESTATION

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

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

School official

## STUDENT ATTESTATION

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

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

Student  
Signature

# I-20 (p. 2)

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

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

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

**NAME:**

**EMPLOYMENT AUTHORIZATION**

EMPLOYMENT STATUS

TYPE

EMPLOYMENT START DATE

EMPLOYMENT END DATE

EMPLOYER NAME

EMPLOYER LOCATION

COMMENTS

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

# I-20 (p. 2)

## **CHANGE OF STATUS/CAP-GAP EXTENSION**

<b>REQUESTED VISA TYPE</b>	<b>REQUEST/PETITION STATUS</b>	<b>RECEIPT NUMBER</b>	<b>BENEFIT START DATE/REQUEST DATE</b>
----------------------------	--------------------------------	-----------------------	--

## **EVENT HISTORY**

<b>EVENT NAME</b>	<b>EVENT DATE</b>
-------------------	-------------------

## **OTHER AUTHORIZATIONS**

<b>AUTHORIZATION</b>	<b>START DATE</b>	<b>END DATE</b>
----------------------	-------------------	-----------------

Other updates are listed here

# I-20 (p. 2)

## TRAVEL ENDORSEMENT

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

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

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



# DS-2019

Student info



U.S. Department of State

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

OMB APPROVAL NO.1405-0119

09/30/2017

ESTIMATED BURDEN TIME: 45 min

\*See Page 2 **SEVIS #**

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

# DS-2019

Reason

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

3. Form Covers Period:

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

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

Start and End Dates

4. Exchange Visitor Category:

STUDENT DOCTORATE

Program Info

Subject/Field Code:  
23.1304

Subject/Field Code Remarks:

Student has been admitted to the PhD in  
Communication program

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

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

Funding Info

# DS-2019

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

7. Linda Melville

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

Signature of Responsible Officer or Alternate Responsible Officer

Responsible Officer

Title

505-277-4032

Telephone Number

07-21-2015

Date (mm-dd-yyyy)

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

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

Signature of Responsible Officer or Alternate Responsible Officer

Date (mm-dd-yyyy) of Signature

School Official

# DS-2019

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

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



### Most Recent I-94

---

Admission (I-94) Record Number: 68625822030

Most Recent Date of Entry: 2015 July 24

Class of Admission: F1

Admit Until Date: D/S

Details provided on the I-94 Information form:

Last/Surname:

First (Given) Name:

Birth Date:

Passport Number:

Country of Issuance: India

[Get Travel History](#)

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

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

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

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

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

# I-94



# US Visa

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



Issuing Post Name  
CHENNAI ( MADRAS )  
Surname

Place

Control Number  
20131717640002

Visa Type

Visa Type / Class  
R - F1

Given Name  
[Redacted]

Passport Number  
H1304280

Sex  
M

Birth Date  
04 JUL 1987

Nationality  
IND

Entries  
M

Issue Date  
24 JUN 2013

Expiration Date  
19 JUN 2018

1011

Annotation  
N0010362477

F7409806

Multiple Entry

Issue Date

Expiration

SEVIS ID Number

# To maintain student status, ALWAYS...

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

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

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

**[Let us know if you leave UNM!](#)**

# Full-Time Study

## Online Restrictions

### Online Course Restrictions:

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

# Graduate Students Full-Time Study

- Graduate students **without assistantships** must COMPLETE each semester with 9 credit hours  
(≥ 6 must be face-to-face or hybrid)
- Graduate Students **with assistantships** only need 6 credit hours  
(≥ 3 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 your full-time requirement for immigration purposes:

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

Courses that Do NOT count toward the full time requirement:

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

# Full-Time Study 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 need to be authorized)

- Graduates completing the thesis or dissertation



# Exceptions to Full-Time

## Medical:

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



# “Grace Period”

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

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

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

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

# Work Following Study

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





# Commercial Break

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

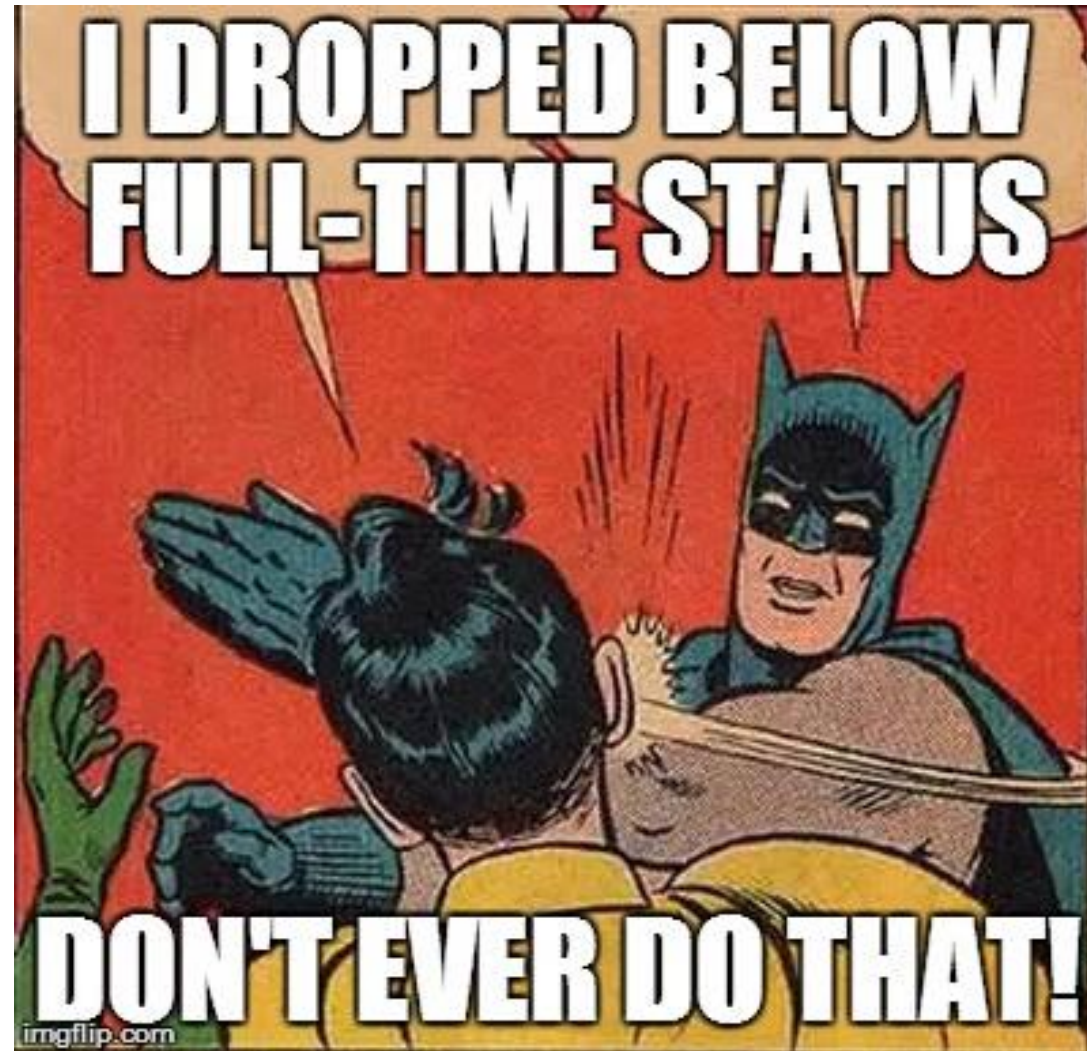
**Professor's Office**

# Global Education Office

**Later that day**



# MESSAGE?



# Travel Requirements

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

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



# Travel Requirements

## For travel out of the US and return:

- Passport (unexpired)
- US visa (unexpired); (Travel to Canada & Mexico – ask an advisor)
- ISSS advisor's signature  $\leq 6$  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!!!!**



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



# Tax Issues

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

# Other Rules and Laws

**You need to know**



# Mentimeter Questions

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 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 immigration emergency after hours: Call GEO at **505-277-4GEO** (e.g. stuck at a border, consulate, etc.)



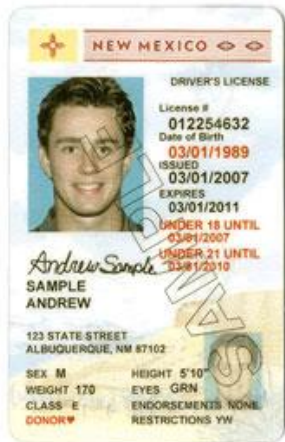
# Bicycle Safety

- ALWAYS wear a helmet
- Use lights at night!
- Be careful. Some areas are not bike friendly
- Buy U locks for your bike; bike theft is common on campus– available at UNM Bicycle Shop, East Entrance to Johnson Center
- Find bike map at [www.cabq.gov](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 legal identification (info on ISSS website)
- Read the handout before you go!

# Car Regulations and Safety

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







# Car Regulations And Safety



**NEVER drink and drive!**  
**USE ALTERNATIVE TRANSPORTATION**



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





# Consumer Related Issues

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



# Housing Regulations

- Renters Rights:

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



**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!

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

# Sexual Misconduct

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

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



# Legal and Criminal Issues

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

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

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

**BREAK**



# Can I Work in the USA?

## International Student Work Requirements

Photo by: Susann Kõomägi

# Work Eligibility Requirements

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

# 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 taking classes)  
(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**

**Work Study Jobs:** International students are **NOT ELIGIBLE**

# 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 any special permission 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 signed by the department and ISSS and apply at beginning of employment

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

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

# UNMJobs.unm.edu



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

## I would like to...

Search for a Job

Check on my Application

Sign my Offer Letter

Complete Onboarding Tasks

Need Help?



**Staff  
Careers**

**Faculty  
Careers**

**Student  
Jobs**

**Temp  
Assignments**

# Explore Career Opportunities

Q Enter a job title or keyword

Search

## Filters

Reset

### Date Posted

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

## Current Openings

Student x

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

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

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

## Campus

Q

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



# Afterschool Program Attendant

Albuquerque, NM, United States | req21396




Apply Now

Share

Save Job

[Back to Search](#)

## Student Intermediate Level

<b>Requisition ID</b>	req21396
<b>Working Title</b>	Afterschool Program Attendant
<b>Pay</b>	\$15.00 Hourly
<b>Campus</b>	Main - Albuquerque, NM
<b>Department</b>	Off Campus Work Study (454F) 
<b>Employment Type</b>	Student Employment 
<b>Student Type</b>	Work Study 
<b>Status</b>	Non-Exempt
<b>Background Check Required</b>	Yes
<b>For Best Consideration Date</b>	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:

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

**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 here or it is not legal**

# Off Campus Work J-1 STUDENTS

## J1 “off- campus” work

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

# J-1 Academic Training



U.S. Department of State

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

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

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

# Social Security Number

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



# Social Security Number

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

- Original passport
- I-20/DS-2019
- I-94
- UNM employment verification form signed by your supervisor and by ISSS advisor

# Need more information?

- **Attend *Working as an International Student, Friday, Aug 30<sup>th</sup>***
- **Ask an international advisor**
- **Check the info at [iss.unm.edu](http://iss.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!
- If it happens, you need to understand the US system, where to go, and how to use your insurance



# HEALTH INSURANCE AT UNM

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

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

# HEALTH INSURANCE AT UNM

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

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

OR

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





# International Student Plans

## International Plans DO NOT:

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

## International Plans DO

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

# US Marketplace Plans

## US Marketplace Plans DO NOT:

- Allow you to sign up at any time  
(You MUST have a qualifying life change like moving to the US)
- 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 subsidies to students according to income
- Cover an illness without a dollar limit
- Require you to file a tax return at which time you MAY have to pay back some of the subsidy

**MARRIED STUDENTS MUST PAY THE GOVERNMENT BACK SO IF YOU ARE MARRIED YOU NEED TO PICK DIFFERENT INSURANCE!!!**

# HEALTH INSURANCE

To Decide: Read the information on our website, THEN

Think about your personal situation:

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

**STAY FOR THE INSURANCE SESSION TODAY IF YOU DO NOT  
HAVE ASSISTANTSHIP INSURANCE!**

# HEALTH INSURANCE

## After you buy OR ENROLL:

1. Upload coverage info at *myGEO portal* – (PAGE WITH NAME AND DATES ONLY); if you sign up for Marketplace or Medicaid print a screen shot showing your enrollment portal even if you have not received final approval.
2. Print an insurance card when approved– 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
- 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?**

- **Read the Health Insurance Information**
- **Attend insurance sign-up TODAY if you don't have long-term insurance!**

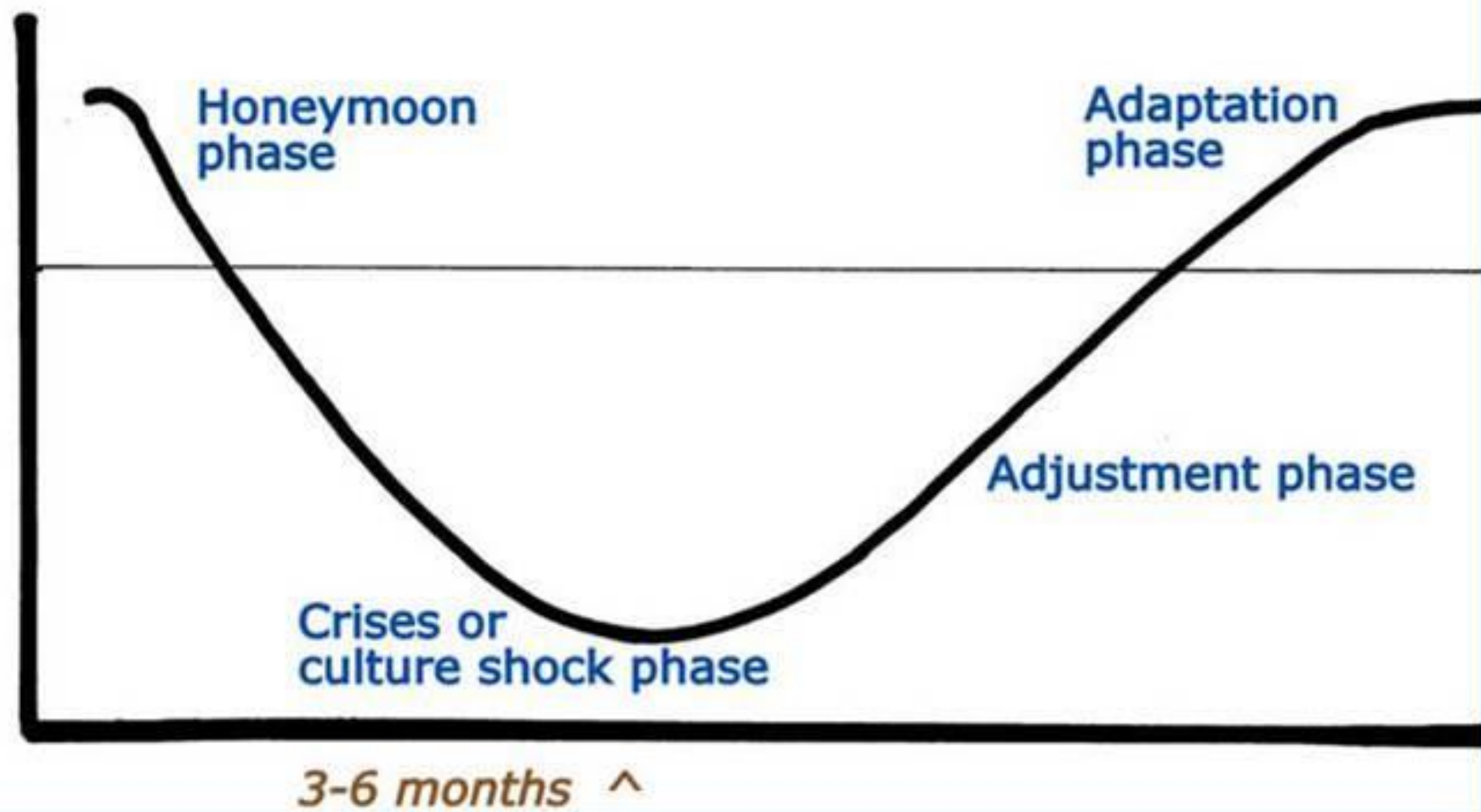


# Overcoming Culture Shock



# Culture Shock U curve

By Brian Hennessy





# A Word on Cultural Adjustment

IT HAPPENS TO EVERYONE!!!

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

# How to Overcome Culture Shock

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



# Life Outside of Class







# RECREATIONAL SERVICES

THE UNIVERSITY OF NEW MEXICO  
Recreational Services

**1102 Johnson Center, UNM, 505.277.0178**

**[recservices.unm.edu](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**



**CARDIO & WEIGHT  
ROOM**



**GYMNASIUM**





# RECREATIONAL SERVICES

## Intramural Sports



## FALL 2024 Fitness Classes:

# UNM RECREATIONAL SERVICES The WOW Fitness Schedule SUMMER 2024

## JUNE 3-AUGUST 2, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YOGA</b> Felisha M 6:50am-7:50am JC Fitness Room	<b>H.I.I.T</b> Markus B 6:50am-7:50am JC Dance Room	<b>YOGA</b> Felisha M 6:50am-7:50am JC Fitness Room	<b>H.I.I.T</b> Markus B 6:50am-7:50am JC Fitness Room	<b>CIRCUIT TRAINING</b> Heidi D 12:00pm-1:00pm JC Functional Training Room
<b>CIRCUIT TRAINING</b> Heidi D 12:00pm-1:00pm JC Functional Training Room	<b>PILATES</b> Alisha R 12:00pm-1:00pm JC Dance Room	<b>CIRCUIT TRAINING</b> Heidi D 12:00pm-1:00pm JC Functional Training Room	<b>PILATES</b> Alisha R 11:00am-12:00pm JC Dance Room	
<b>SOUL FUSION</b> Tiffany R 12:00pm-1:00pm UNM Dance Room	<b>CIRCUIT TRAINING</b> Max N 12:00pm-1:00pm JC Functional Training Room	<b>SOUL FUSION</b> Tiffany R 12:00pm-1:00pm UNM Dance Room	<b>YOGA</b> Felisha M 12:00pm-1:00pm JC Fitness Room	
<b>STEP AEROBICS</b> Markus B 6:00pm-6:50pm UNM Dance Room	<b>YOGA</b> Felisha M 12:00pm-1:00pm JC Fitness Room	<b>AQUA JOGGING</b> Marty M 12:00pm-1:00pm UNM Olympic Pool	<b>CIRCUIT TRAINING</b> Max N 12:00pm-1:00pm JC Functional Training Room	
<b>AQUA JOGGING</b> Marty M 6:30pm-7:30pm UNM Olympic Pool	<b>DEEP WATER AEROBICS</b> Marty M 12:00pm-1:00pm UNM Olympic Pool	<b>CORE FIT</b> Sharka O 12:00pm-1:00pm UNM Fitness Room	<b>DEEP WATER AEROBICS</b> Marty M 6:30pm-7:30pm UNM Olympic Pool	
		<b>STEP AEROBICS</b> Markus B 6:00pm-6:50pm UNM Dance Room		

## SUMMER 2024

# FREE!

### FITNESS SCHEDULE

# WOW

## World of Wellness

### FREE UNM Students

### \$75.00 UNM Faculty/Staff/Community

The "WOW" Pass is valid for all classes on the SUMMER 2024 "WOW" Schedule. NO CLASSES: JULY 4, 2024. ALL classes, times, names, dates, instructors, and locations are subject to change or cancellation at any time. Please check with the UNM Recreational Services office to register and/or for changes in the schedule prior to the beginning of class. These classes are not available for academic credit. Tuition remission benefits are now available for full time UNM Faculty and Staff.

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



# FREE to UNM Students!

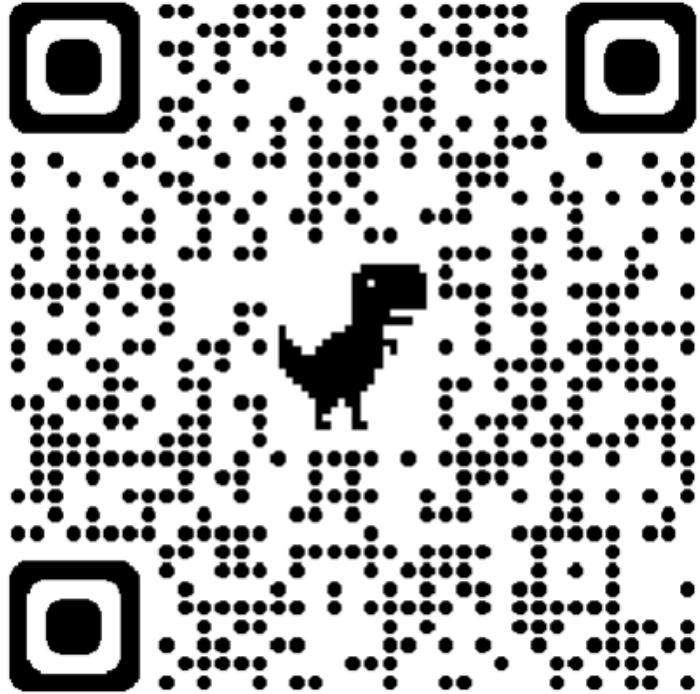
THE UNIVERSITY OF NEW MEXICO  
Recreational Services  
1102 Johnson Center, UNM, 505.277.0178  
[recservices.unm.edu](http://recservices.unm.edu)

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



RECREATIONAL SERVICES

# Getaway Adventures



**UNM RECREATIONAL SERVICES**

## FALL 2024 GETAWAY ADVENTURES



- SEPTEMBER 28**  
High 5 Zip Line Tour  
Glorieta Camps
- SEPTEMBER 28**  
Santa Fe Art Studio Tour
- OCTOBER 2**  
Balloon Ride with Rainbow Ryders
- OCTOBER 5**  
Harvest Festival  
El Rancho de las Golondrinas
- OCTOBER 10**  
Relaxation Day Ojo Santa Fe
- OCTOBER 19-20**  
White Sands  
Organ Mountains Overnight
- OCTOBER 26**  
Stand Up Paddle and  
OctHobie Fest at Elephant Butte
- NOVEMBER 2**  
Fall Colors Bosque Bike Ride
- NOVEMBER 9**  
Rock Climbing Socorro Box
- NOVEMBER 15**  
Supermoon Sandia Hike

REGISTER at the UNM Outdoor Adventure Center or  
online: [recservices.unm.edu](https://recservices.unm.edu)

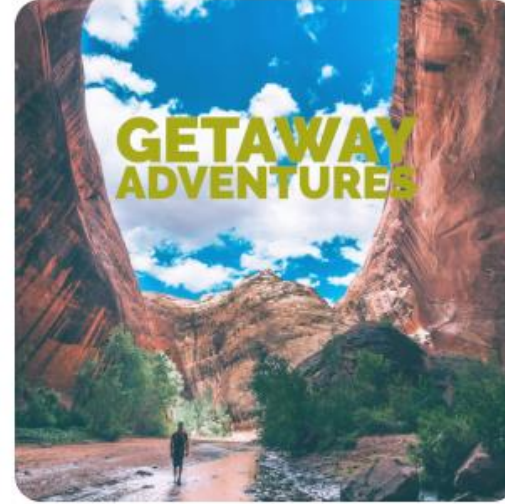


# Outdoor Adventure Center

## Latest News

No latest news

 [Reservations](#)







# Social Activities



# ABQ Tram: Friday, August 16<sup>th</sup>, 2024



- ABQ Tram
- 2:00-8:00PM
- Meet at Johnson Field
- Sign-up and pay online
- Prepare for hiking and wear layers



# Welcome Picnic: Saturday, August 17<sup>th</sup>, 2024

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



# Louie's Lounge: Wednesday, August 21, 2024

- Weekly gathering starting August 21st from 4:00-6:00PM for 6 weeks!
- Student Union Building
- Games, snacks, fun!
- Bring friends!





# Other Awesome Activities

- October 9<sup>th</sup> –Balloon Fiesta
- November 2<sup>nd</sup> Dia de Lost Muertos





# How to stay connected with UNM and ABQ community?

## LOBO FRIENDS PROGRAM



## INTERNATIONAL SERVICE CORPS



# INTERNATIONAL SERVICE CORPS



- **Forge Valuable Connections:** Build meaningful relationships for future career opportunities in your field.
- **Enhance Your Resume:** Join the International Service Corps to gain practical experience and strengthen your resume.
- **Earn a Certificate of Appreciation:** Receive recognition for your contributions at the end of the semester.
- **Promote Intercultural Interaction:** Contribute to enriching interactions between students and the Albuquerque community.

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



# CERTIFICATE OF APPRECIATION

- Participants who do 10 hrs. of volunteer work throughout the semester will be given a certificate of appreciation
- You will also be invited to join us for a certification ceremony and dinner celebration



# Our volunteer work

- Speakers at cultural presentations for schools
- Packing lunches and clothes for City shelters
- Serve as 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





**BE A VOLUNTEER!**



# LOBO FRIENDS PROGRAM

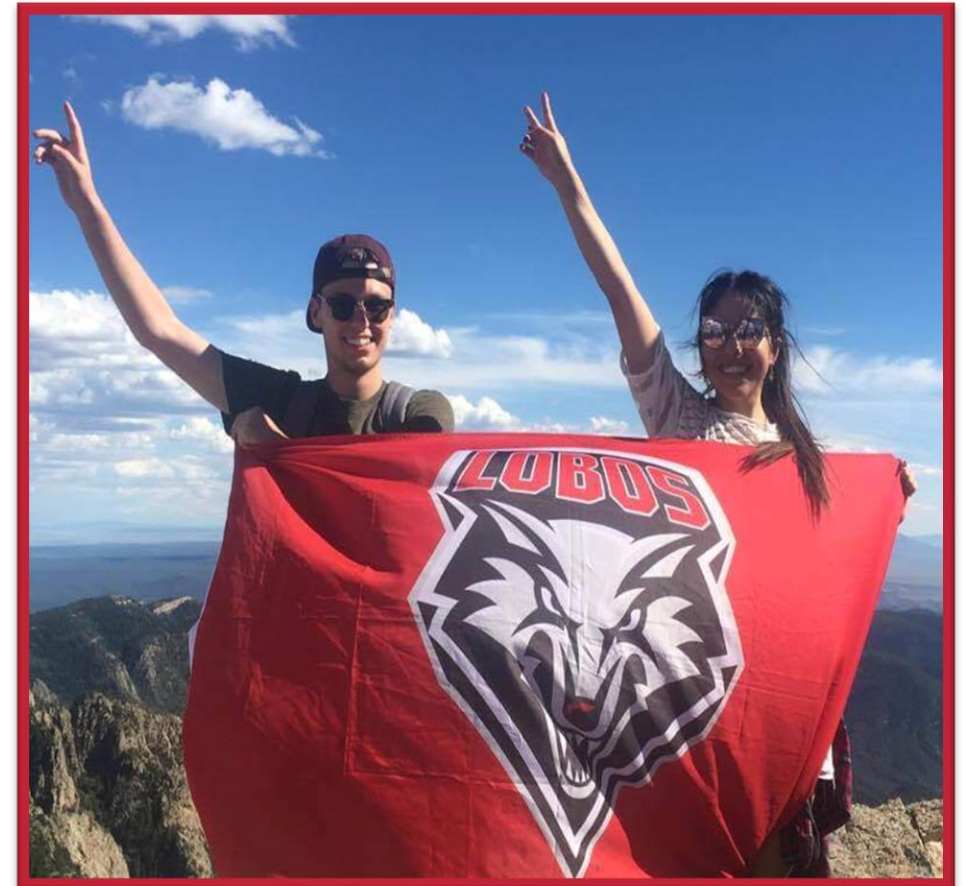


## Benefits for Mentors

- **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



# JOIN US





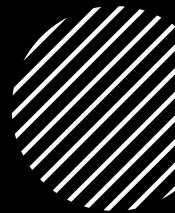


# Academic Expectations

*Shing Yee Bay, Doctoral Student in Counseling*



# Quick bullet points



Degree Roadmaps



Relationship with your advisor



Academic Responsibility



Resources @ UNM



Surviving Grad School 101



Academic Integrity



Case studies



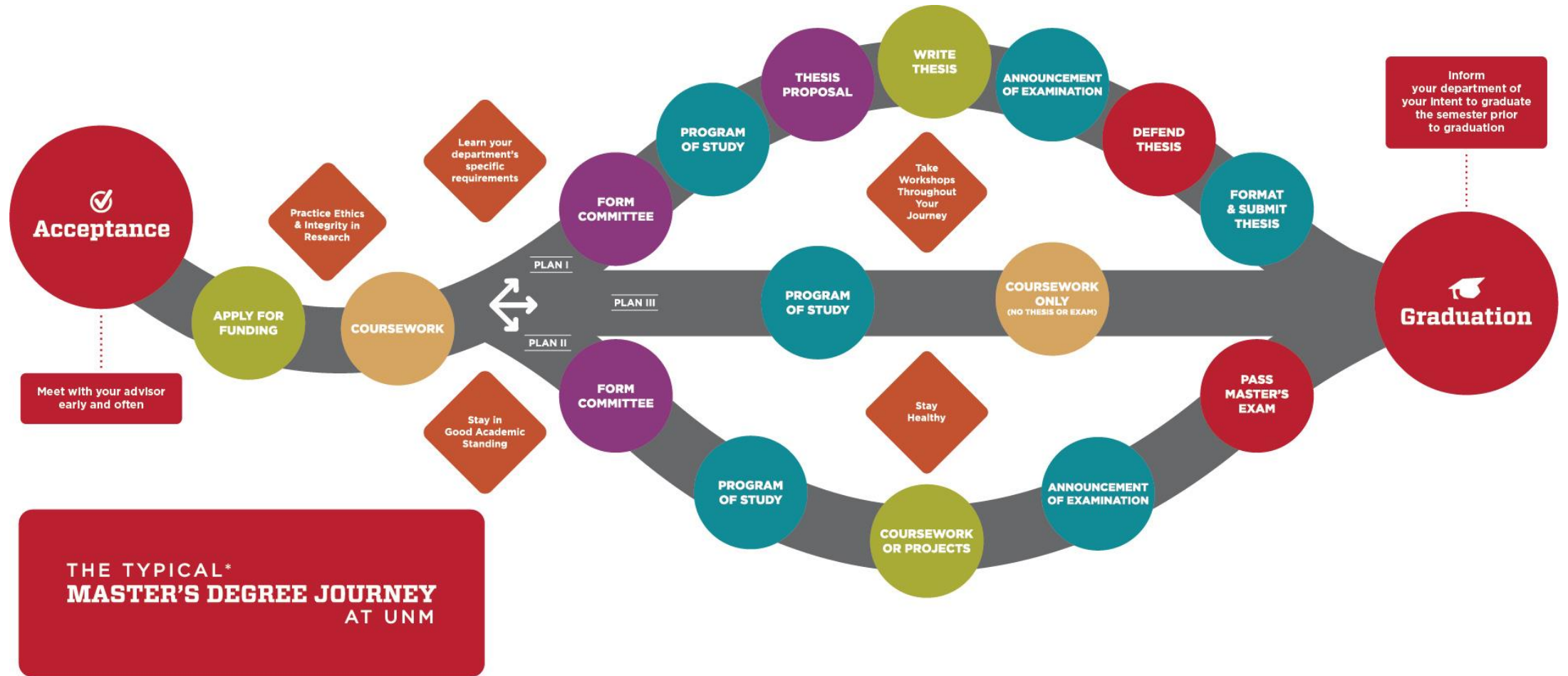
Wellbeing

# Degree planning





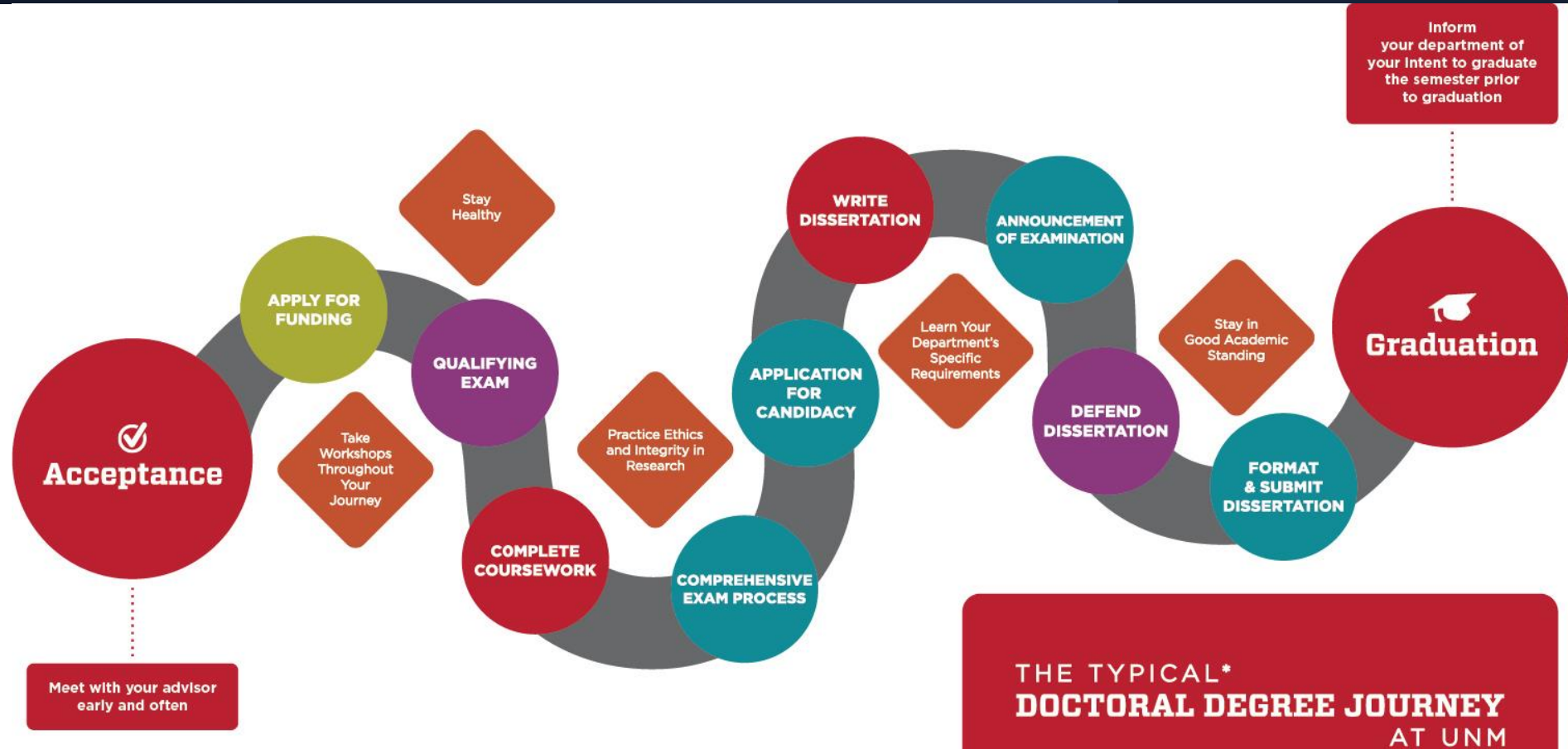
# Degree Roadmap for Masters



\* = 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 for all degree plans



# 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.

# Building a relationship with your advisor



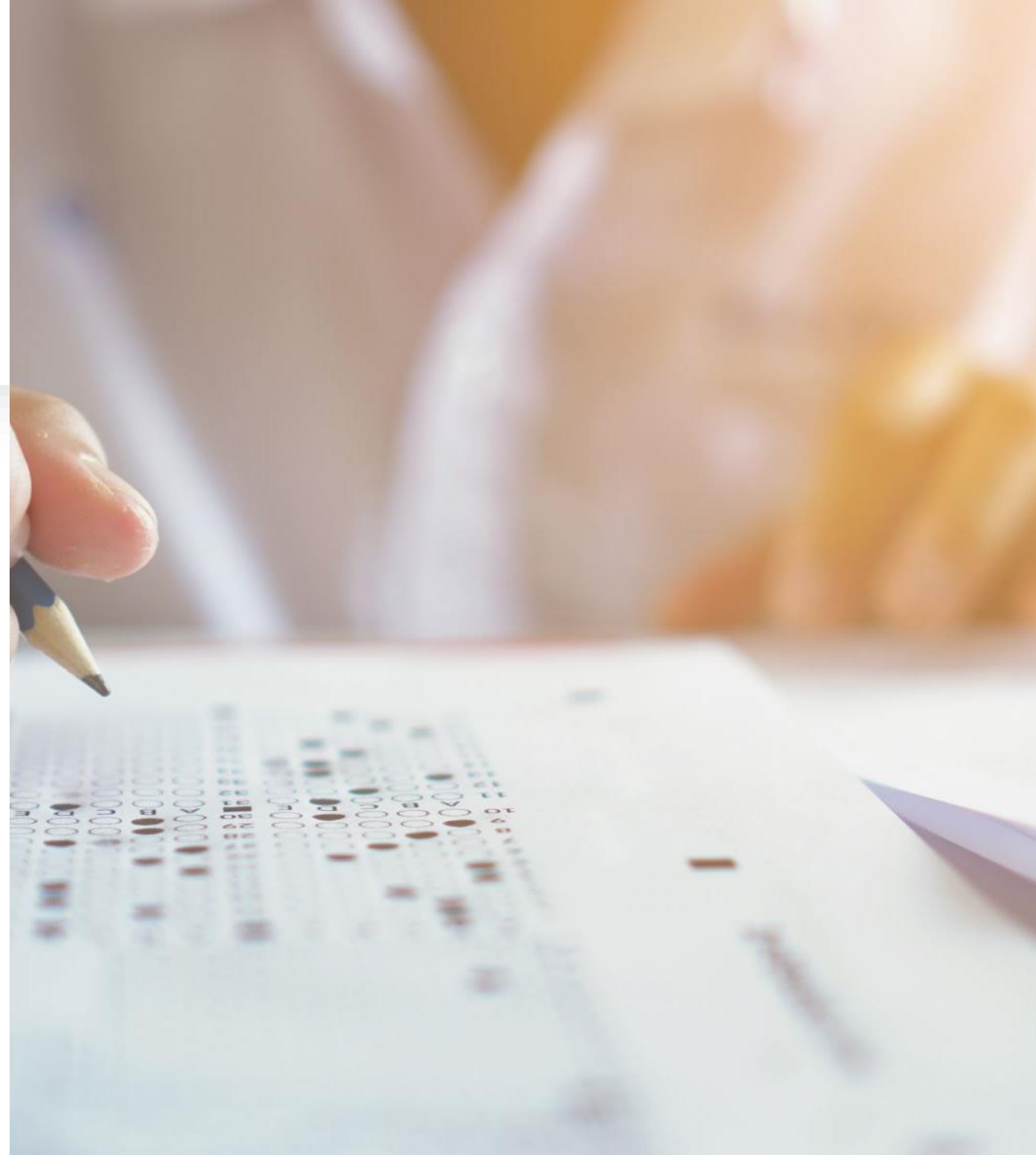
- Your advisor is your guide and can be a great resource
- Advisors can be helpful to ensure you complete on time
- They can provide professional development and networking opportunities that can be helpful for your career
- However, they may not be as helpful as you want
- Learn to understand what they mean as opposed to just what they say (i.e., learn about their style and expectations)

# Academic development is **YOUR RESPONSIBILITY**

You are the only one responsible for:

- ❖ Planning your degree
- ❖ Registering for classes
- ❖ 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!**



# 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**



# Surviving Graduate School 101

## Communicate, communicate, communicate!

- Sadly, we have not achieved mind-reading capabilities yet.
- When in doubt, ASK someone!

## Managing Deadlines – it is called a dead... line for a reason

- Assignments
- Exams
- Advisement
- Class Registration
- Dropping classes
- Enrollment
- Grants/Fellowship
- Conferences registration

# Surviving Graduate School 101

- Build a supportive network with other graduate students
  - Graduate school can be tough, but having some friends who understand it can make the journey more enjoyable.
- Create relationships with your faculty and network with people in your field.
- You are an adult!!
  - This means making sure you are doing all the adulty things (sad, I know)

# Academic Integrity

*Academic standards and scholastic rules vary from one country to another. It is your job to know the rules and meet expectations. Failure to comply can have severe consequences for your academic and immigration statuses in the U.S.*

Academic dishonesty definition at UNM includes: “... dishonesty in quizzes, tests, or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; misrepresenting academic or professional qualifications within or outside the University; and nondisclosure or misrepresentation in filling out applications or other University records.” (<https://pathfinder.unm.edu>).

## **Regulations and policies at UNM:**

- [The Pathfinder - UNM Student Handbook](https://pathfinder.unm.edu) - <https://pathfinder.unm.edu>
- [UNM Academic Catalog - Scholastic Regulations](https://catalog.unm.edu) – <https://catalog.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 **plagiarism**.
- Ways to utilize AI ethically and adhere to academic integrity standards:
  - Check with your instructors to ask what is allowed in each course
  - If using AI is allowed, use it only as permitted
  - Disclose all AI usage



# Issues with AI

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AI TOOLS ARE NOT INDEPENDENTLY INTELLIGENT. THEY CAN'T REPLICATE HUMAN CREATIVITY AND CRITICAL THINKING SKILLS WHEN WRITING AND ANALYZING INFORMATION.

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INFORMATION PROVIDED MAY BE DECONTEXTUALIZED, BIASED, FALSE, OR INACCURATE.

---

CONTENT GENERATED CAN BE LINGUISTICALLY CORRECT BUT SCIENTIFICALLY IMPOSSIBLE.

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THEY CAN GENERATE CITATIONS THAT DON'T EXIST, ATTRIBUTING CONTENT TO THE WRONG AUTHOR.

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PRIVACY CONSIDERATIONS

# How to talk about AI usage for class

- Before you ask any questions review the syllabus.
- If the use of AI isn't clear in the syllabus, here are some questions you can ask:
  - *I am wondering what the AI policy for the course is?*
  - *Can you share your perspective on using AI, like ChatGPT or other tools for our assignments?*
  - *If I can use AI, how would I disclose my use?*
  - *Can I use Grammarly\*\* or other tools that use AI for my paper? (\* Be ready to explain to your instructor what the tool does).*

\*\* Grammarly's premium version includes a generative AI feature; make sure to clarify which part of Grammarly you may be allowed to use!



# TLDR with AI



Check in about general policies on the use of AI in the course before using it



Understand the limitations of AI



NEVER submit AI's work as your own; ALWAYS disclose your usage of AI



When writing something, consider a platform that can track your history of editing (as a precaution)



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 reads a book and decides to use the information in their research paper. They paraphrase the ideas from the book, changing words and sentence structures, and incorporate them into their paper without citing the source.
- **Analysis:** This scenario is also considered plagiarism. Despite paraphrasing the original text, the student has failed to give credit to the author of the original ideas. Proper citation is required regardless of whether the material is quoted verbatim or paraphrased.

## Case 2

- **Scenario:** A student uses information from an online article in their essay. They paraphrase the content significantly, ensuring the wording and sentence structure are different from the original. They also include a citation that directs readers to the original article.
- **Analysis:** This is not considered plagiarism. The student has appropriately paraphrased the content and provided proper attribution to the original source. This respects intellectual property rights and adheres to academic integrity standards.

# Case 3

- **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:** This scenario is a form of academic dishonesty, like plagiarism. 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 4

- **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:** This is not considered 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.



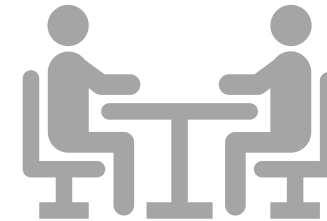
# Case 5

- **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:** 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.

# Case Studies



We will be reading 3 case studies.



After each, you will spend about 2 minutes chatting with the person next to you about it and brainstorming ways to address the situation.

# Case 1

- You are running late for your 9:00 am class and you are exhausted. You get to a class a few minutes late. During the class you fall asleep. Your professor does not say anything to you about your lateness or falling asleep. You decide the class is too early in the morning, so you stop going to class because the professor puts all the lectures online anyway. You receive a bad grade on your first assignment, which is worth 25% of your grade. When you approach your professor about improving your grade, they are unsympathetic. What has happened and how can you correct the situation?

# Case 2

- Midterms are here! All your classes have assignments or exams this week. You have a huge assignment due in two days but have not started because you were studying for an exam in another class. You find out your friend took the same class two semesters ago and they send you their assignment to help you understand what is required. You decide to use your friend's paper as a template, but you only moderately edit the paper (and some of it through using AI). The professor gives you a zero for your assignment and drops you from the course. Your friend gets accused of cheating by sharing the paper with you and they get kicked out of their research lab. Why did the professor do this? What are the lessons learned from this example? How can you prevent this from happening?

# Case 3

- Things seem to be going well in your classes. Then out of nowhere, you get the flu! Before you realize it, you have missed two weeks of class and an exam. You receive an email from the professor warning you will be dropped from the course because you have not attended and are failing. What steps should you take to make up for what you missed? What should you have done to prevent this situation?



# Your Wellbeing MATTERS!!



While your studies here are important, your health is just as important!



Make sure that you are making time for yourself and taking breaks as you need to.



Saying “no” is just as important as saying “yes”

# How to succeed in your program: 10 Tips

1. Ask questions
  2. Use academic resources (you are PAYING)
  3. Go to class
  4. Communicate
  5. Use professional communication
- 
6. Schedule assignments at the start of the semester and do them all!
  7. Schedule time to study
  8. Participate in class
  9. Use faculty office hours (introduce yourself right away)
  10. Be curious – you are here to LEARN!



## **How to succeed in your program: Main Issues**

- 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!

**WELCOME TO THE LOBO FAMILY!**







# LUNCH!!!

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

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