Welcome to the University of Wyoming Orientation 2017
UNDERGRADUATE STUDENT – A student who is seeking a bachelor’s degree.

FRESHMAN STUDENT – New First Time, First Year student who is seeking a bachelor’s degree. A university freshman student has never taken university or college courses before.

TRANSFER STUDENT – An undergraduate student (seeking a bachelor’s degree) who has attended another university or college. Transfer students are “transferring” credits from classes at the other university or college to the University of Wyoming.

EXCHANGE STUDENT – An exchange student is a student who is here for a short, pre-determined amount of time. Generally, the University of Wyoming has an exchange agreement with the student’s home university or UW participates in an exchange consortium.

SPONSORED STUDENT – A sponsored student is generally being funded by an organization or government entity. Sponsored students can be undergraduates, graduates or exchange students.

GRADUATE STUDENT – A graduate student is studying for a master’s or doctoral (PhD) program.
International Coffee Hours

Fridays, 4-6 PM

Skylight Lounge, Basement Student Union

Beginning January 27th, join us for coffee, cookies and conversation. Bring your friends and make new friends!

Hosted by ISS, ISA and ASUW
Cultural Differences
Culture Shock

The “Rollercoaster”

- Honeymoon
- Culture Shock
- Gradual Adjustment
- Unresolved Problems
- Feel at Home
Culture Shock

SOME SYMPTOMS OF CULTURE SHOCK

• You may feel generally disoriented and confused;
• You may feel nervous and unusually tired; want to sleep a lot or have trouble sleeping;
• Feel frustrated, hostile and angry towards the people in the new place;
• Become unusually angry over minor irritations; and
• Become dependent on others from your home country who live in a new place.
Culture Shock

COPING WITH CULTURE SHOCK

1. **Find people to interact with and ask them questions.** As you take an interest in them, your feelings will have a focal point outside of yourself.
2. **Surround yourself with familiar things.** Choose a favorite jacket, a photo album, music, etc. Make your environment pleasant and supportive.
3. **Slow down.** Simplify your daily tasks. Relax and let your emotions catch up with the new environment around you.
4. **Develop patterns.** Following the same routine every day will give you a sense of the familiar.
5. **Express your feelings.** Be artistic, sing, laugh, pray, cry, etc.
6. **Re-examine your expectations.** Don’t scold yourself for failures but rather accommodate the variables.
### Culture Shock

#### COPING WITH CULTURE SHOCK

7. **Keep working on language skills.** If you make mistakes, which everybody does, keep trying. Also, keep your sense of humor. Being able to laugh at your mistakes will enable you to learn from them.

8. **Acknowledge your feelings.** The support you will get from friends and family who know you are feeling sad will warm you.

9. **Make a few small decisions and carry them out.** Success in carrying out these small decisions will increase your confidence.

10. **Learn the local criteria for success.** Find out what is considered a good performance in studies, research, social relations, and other aspects of your life here. You can get information about this from teachers, native students, secretaries, neighbors and many others.

11. **Get involved:** Remember, the more you put into the experience, the more you will learn from it. Try to make an effort to meet people, form friendships, get involved in activities, i.e., sports, music, movies, clubs/organizations, etc., and learn about others and their culture.
Academics in the United States
Academics in the US

SOME POSSIBLE DIFFERENCES

The Basics

• The American system strives to provide a broad education for many people

• Students specialize later in their university career – beginning usually around the 3rd year (junior year) of their bachelor’s degree

Classroom Environment & Faculty-Student Interactions

• The classroom experience may feel very informal

• Professors often have a casual relationship with their students

• Professors expect active participation in class

• All students expect to be treated equally

• Competition is a driving force for students
Academics in the US

SOME POSSIBLE DIFFERENCES CONTINUED

Academic Expectations for Students

• U.S. professors value critical thinking above memorization
• Students are graded cumulatively on all assignments, quizzes, and exams. Some professors even grade students on their in-class participation
• Professors may assign individual or group projects that are based on “real-world” issues
• Students are expected to be responsible for themselves
• Faculty esteem independent thinking
• Students regularly present ideas in class and this is expected
• Professors value hard work and accomplishment
Academics in the US

TOOLS FOR SUCCESS

Classroom Environment & Faculty-Student Interactions

• Even though your professor may dress and act informally, address him/her as “professor” or “doctor” unless instructed otherwise

• Communicate with your teachers and ask questions when you have them

• Take advantage of your professor’s office hours if you have questions

• Show interest and participate in class discussions with thoughtful and useful contributions

Academic Expectations for Students

• Get support from your advisor when choosing your courses. Try not to enroll in all difficult courses – particularly your first semester

• Don’t get behind in your class assignments, you will likely have homework every day
Academics in the US

SOME TOOLS FOR SUCCESS, CONT’D.

Academic Expectations for Students

• Attend sessions that could help you to become a better student

• Recognize that your first semester here might not be your best semester

• Know that it is okay to ask your professors questions either in class or after class. You can also visit your professor or teacher during his or her office hours
ACADEMIC DISHONESTY

Cheating

• Getting unauthorized help from others on assignments, quizzes or exams
• Taking notes or books to exams when forbidden to do so
• Copying from other students’ assignments and/or answers to exam or quiz questions

Plagiarism

• A failure to do your own original work in written assignments
• Not acknowledging the author when using thoughts or words from a book or from a publication
ACADEMIC DISHONESTY

Consequences

• Could include failing the assignment or exam, failing the course or even expulsion from the University.

• See the University Regulation 802 form more information about this subject. On-line at http://www.uwyo.edu/dos/conduct/.

• When in doubt ask for help with this. The Writing Center, your advisor and/or your faculty member should be able to provide guidance.
STACK UP YOUR SKILLS
AND
TUNE IN FOR SUCCESS!

- BECOME THE BEST STUDENT THAT YOU CAN BE -
- DEVELOP EXISTING SKILLS AND LEARN NEW
  SKILLS AND HABITS -
- BOOST YOURSELF UP TO ACADEMIC SUCCESS -

Students are encouraged to attend as many sessions as possible!

Lunch provided!
Limited amounts
First-come, First served!

Questions?
Contact ISS
uwglobal@uwyo.edu
Or 766-5193

All sessions will be held in
the Union Senate Chambers
11:30am - 1:00pm

- FEBRUARY 22nd-
  NOTE TAKING/LEADING TEXTBOOKS
- MARCH 22nd-
  TIME MANAGEMENT
- APRIL 26th-
  EXAM PREP MANAGING FINALS
Employment
ON-CAMPUS EMPLOYMENT

- Does not require permission from USCIS
- Must be in a full course of study
- On-campus employment primarily means work performed on UW’s premises.
- Not for a different commercial firm on-campus that isn’t providing services for students.
- Limited to 20 hours/week while school is in session. Full-time (40 hours/week) during vacation periods.
- Not permitted after student has completed studies.
- Consult with ISS for more information.
Employment

CURRICULAR PRACTICAL TRAINING (CPT)

• Does not require authorization from USCIS but requires approval from ISS.
• Training program that is “an integral or required part of the establish curriculum.”
• Must be enrolled in a UW internship course and must receive academic credit in order to participate in CPT.
• Limited to 20 hours/week while school is in session. Full-time (40 hours/week) during vacation periods.
• Consult with ISS for more information.
ACADEMIC TRAINING FOR J-1 STUDENTS

- Post-doctoral Academic training is granted in 18 month increments with a maximum of 36 months.
- Undergraduate or pre-doctoral students have a maximum of 18 months of Academic Training. However, the full period of training is limited to the period of time in full-course of study. (IE a student in a program with a course of study of 9 months is eligible for 9 months of training.)
- Students not receiving a degree from UW are eligible for a training period of \( \frac{1}{2} \) of the total time spent enrolled full-time.
Employment

OPTIONAL PRACTICAL TRAINING (OPT)

a. Employment must be directly related to academic field of study.
b. Must have prior authorization from USCIS before beginning OPT.
c. USCIS authorization is based upon recommendation from the “designated school official”
d. Total practical training allotment of a maximum of 12 months.
   Students in STEM degrees can apply for an additional 17 months.
e. After completing all course requirements for the degree
f. Available after each degree level completion, e.g., bachelor’s, master’s, and Ph.D.
g. Consult with ISS for more information.
Employment

Off-Campus Employment Based on Unforeseen Severe Economic Hardship

a. Requires advance authorization from USCIS
b. May not begin working until AFTER they have received direct permission from USCIS through an Employment Authorization Document.
c. Limited to 20 hours/week while school is in session. Full-time (40 hours/week) during vacation periods.
d. Consult with ISS for more information.
Employment

Social Security

a. ISS will take busses to Social Security on Feb. 28th and March 1st.
b. Must have a job in order to get a social security number.
c. Graduate Assistants must have nomination forms.
d. Students must have an employment letter from their employer and they must provide the ISS verification letter.
e. ISS has copies of the Social Security application.
f. Consult with ISS for more information.
INTERNATIONAL STUDENTS AND SCHOLARS

UWGlobal@uwyo.edu, 766-5193
CIC, Suite 5 (Basement, Student Health Building)

Jane Grzybowski, International Admissions
Grzy@uwyo.edu

Maria Almendares, Immigration Coordinator
Wyoqtpi@uwyo.edu

Ryan Goeken, Assistant Director
RGoeken@uwyo.edu

Jill Johnson, Director
JillJ@uwyo.edu
Immigration 1010:
Your Immigration Documents and Travel While in the US

What are all of these pieces of paper that I have???
If you do not extend your I-20 with ISS before this date, you will be out of status!
You must bring your document to ISS to receive a signature BEFORE you travel outside of the US.
You must bring your document to ISS to receive a signature BEFORE you travel outside of the US.

**Program Start Date**

**Program End Date**

If you do not extend your DS-2019 with ISS before this date, you will be out of status!
Welcome (Back)!

Print this form when you return from every trip outside of the US and make sure that your visa type is correct every time. If not, contact ISS!

www.cbp.gov/i94

Admission (I-94) Number

Date of Arrival

Those who enter through a land or sea port (mainly Canadian students) will have this paper card stapled in the passport. DO NOT LOSE THIS!
Most Canadians will be F-1 status, even though they do not have an actual US visa foil in their passport.
Immigration 1020:
Maintaining Your Immigration Status

In Status

What does SEVIS stand for? It is the federal computer system used to issue documents and update student info.
International Student Responsibilities

1. Must be a full-time student for fall and spring semesters
   • Undergraduate = 12 credit hours
   • Graduate = 9 credit hours
   • Enrollment may include up to 3 hours by distance learning (online)
   • May take concurrent class at other school – Must have permission from ISS first!

2. A drop below full-time must be approved by ISS office first! ISS will update SEVIS prior to the student dropping a course. RCL may be approved for academic or medical/mental health reasons. Ask ISS if you have a concern!

3. Must remain in good academic standing (2.0 undergraduate, 3.0 graduate level).
   If a student is on academic suspension, they may apply for academic reinstatement if they have extenuating circumstances, go home for a semester, or transfer to a different school. This also means the student is no longer permitted to work at UW.

What YOU, the student, must do in order to remain in status in the US. These are YOUR responsibilities and you must be aware of these rules and follow them. ISS will help, but you are ultimately responsible!
4. Report any change in your local address, email, or phone number to ISS no more than 10 days after the change. Online forms available on ISS website! Also, update your address in WyoWeb.

5. Maintain your passport and do not let it expire while in the United States. Start the renewal process early!

6. Participate in UW’s mandatory student medical insurance program.

7. Report your physical presence to ISS at the beginning of each fall and spring semester by completing the online SEVIS survey. You will receive email reminders each semester. You have approximately one week from the beginning of classes to do this.

8. Keep all immigration documents in a safe place and never throw them away, even if you get a new I-20 or DS-2019.
9. Have an ISS representative sign I-20s or DS-2019s before leaving the US. Be sure you know if you have a valid re-entry visa or if you will need to apply for one while you are away.

10. Bring a copy of your new I-94 printout/card and visa to ISS upon your arrival back in the United States.

11. See ISS before a problem (no matter how simple it seems) gets too big.

12. Do not work illegally while in the U.S. or become involved in any illegal activity. Some activity can cause your visa to be revoked, or prevent you from renewing your visa or re-entering the US!

13. Continue to check the email account that you used when you applied for your student visa. This is how the US Consulate will contact you if there is a problem with your visa while you are in the US.
International Students and Scholars Staff Responsibilities

1. Keep the Student Exchange Visitor Information System (SEVIS) updated with information each semester, e.g., change of address, full-time enrollment, extension of stay, off-campus employment, OPT, CPT, Academic Training, etc.

2. Provide counsel and materials relevant to immigration matters.

3. Help students find appropriate resources when experiencing personal/academic challenges.

4. Assist students in “maintaining status”; including monitoring total semester hours and academic standing.
5. We are NOT the police or Immigration and Customs Enforcement! We do not report information to USCIS/ICE unless we are required to do so by law, as mentioned above. We will keep confidential discussions confidential unless the situation requires attention from another resource.

6. Act as a liaison between international students/scholars and UW campus departments. We cannot always solve the problem or get you the result that you want, but we will do our best to help when we can.

7. Encourage and support you as you participate in this exciting journey and celebrate your successes!
Why Maintain Student Status???

1. Employment eligibility on-campus.
2. Practical Training (F-1) or Academic Training (J-1) during and after completion of study.
3. Retain eligibility for extension of stay and transfer to other academic programs.
4. Retain eligibility to change to another non-immigrant status or adjust to Permanent Residency.
5. Travel abroad and return to the U.S.

You worked hard to get here. Make sure you can stay here!
How to maintain your student status at UW and in the US

• READ all emails from ISS staff
• READ the Talking Stick e-newsletter EVERY week, and “like” us on Facebook for instant updates from ISS staff
• ASK questions about registration and USCIS regulations before you act
• ASK ISS staff for guidance for small problems EARLY, before they become big problems
• SEEK out resources on campus that will help you be SUCCESSFUL

www.uwyo.edu/iss