

Steps to Success For International Student Undergraduates

4th Year

- Plan a [job search strategy](#) by doing the following:
 - Draft a [cover letter](#) that can be adapted for a variety of employers & have it critiqued
 - Go to job search [workshops](#) & [practice interviews](#)
 - Use [GOLDPASS](#) as part of your job search to develop a list of prospective employers & look for employers who have submitted [H-1B](#) applications
 - Access [your career office's](#) event calendar & register for or schedule on & off-campus interviews
 - Gather information on realistic [salary expectations](#)
 - Be able to communicate to employers regarding [how to hire an international student](#)
- Consider grad school & get [admissions test](#) information
- Complete OneStop's [student graduation checklist](#)
- [Invite family members](#) to [commencement](#)
- Prepare for [U.S. departure](#) & [reentry](#) to home country

ISSS Program Suggestions:

- Advance your [leadership](#) skills by mentoring new students through the [International Buddy Program](#)
- Learn about employment options at [Career Workshops](#)
- Attend the [ISSS End of Year & Graduation Celebration](#)

2nd and 3rd Years

- Become a more efficient & effective student with [SASS](#)
- Create a [positive online identity](#) via portals like [LinkedIn](#)
- Use the ISSS [Step-By-Step Job Search Guide](#)
- Gain experience with a [co-op](#), [internship](#), & [summer job](#)
- Attend [college career fairs](#) & the [U of MN Job Fair](#)
- Find & engage in a [professional association](#), taking [leadership](#) roles & building a [network](#) of colleagues
- Follow job search [advice](#) of other international students
- Participate in [volunteer positions](#) to build your résumé
- Discover the [Students Crossing Borders Community](#)

ISSS Program Suggestions:

- Impart knowledge of your culture with [Culture Corps](#)
- Share your U of MN experience through the [MATCH Program](#) or as an [International Student Ambassador](#)
- Develop skills at a [Cross-Cultural Leadership Retreat](#)

1st Year

- Attend the required [New International Student Seminar](#)
- Visit [CAPE](#) or [Career Services](#) to explore majors & gain [awareness](#) of your interests, abilities, & skills
- Enhance your first year with a [Freshman Seminar](#)

ISSS Program Suggestions:

- Make new friends at [Small World Coffee Hour](#)
- Exchange different views through participation in a [Cross-Cultural Discussion Group](#)
- Make a difference through [community engagement](#)

Every Year

Academics & Career

- Routinely read [official communication](#) via umn.edu email
- Meet with [academic adviser](#) to track your academic progress
- Find your [favorite study spot](#) & improve on [study skills](#)
- Receive extra assistance during [TA](#) or faculty [office hours](#)
- Use [Smart Learning Commons](#) for tutoring, test prep, etc.
- Engage in the [career exploration process](#) & have your résumé critiqued & proofread at your [career services office](#)
- Utilize [Graduation Planner](#) to [stay on track](#) for graduation
- Conduct research with a U of MN professor through [UROF](#)

Mental & Physical Health

- Join [student groups](#) to [engage](#) in activities & have fun
- Find [locations in the Twin Cities](#) that sell familiar foods
- Increase [English language ability](#) & [talk with U.S. Americans](#)
- Learn about overcoming [culture shock](#) & [managing stress](#)
- Stay [well](#): Read the [Healthy Life Student Self-Care Guide](#)
- [Eat well](#), [get regular exercise](#), & [set up good sleep habits](#)
- Check out services at [Boynton Health Service](#) & [UCCS](#)
- See a [counselor](#) if you are [extremely vulnerable to stress](#)
- Connect, share experiences, & ask questions at [OURspace](#)

Maintaining Legal Status

- Read your [MyU portal](#) & [ISSS Weekly Update](#) for helpful info
- Ensure [tuition](#) & [fees](#) are [paid](#) by [due dates](#)
- Submit an [F-1](#) or [J-1](#) ISSS Reduced Course Load Form before semester begins, if registered for [less than 12 credits](#)
- If you move, update your [OneStop Current Mailing address](#)
- Secure required [F-1](#) or [J-1](#) off-campus work authorization
- Verify that your [passport](#) & [driver's license](#) have not expired
- Before traveling outside the U.S., confirm that you have a valid [I-20](#) or [DS-2019](#) travel signature & are [well prepared](#)



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