Steps to Success
For International Student Undergraduates

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
- 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 UROP

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

3rd and 4th Years
- 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 GOLPASS 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

Academics & Career
- ISSS Program Suggestions:
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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 & UCSC
- 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 J-20 or DS-2019 travel signature & are well prepared

Download this poster containing hyperlinks at <http://www.isss.umn.edu/publications/StepstoSuccess.pdf> or by scanning the QR code to the left. A mobile device QR code reader can be downloaded at <reader.kaywa.com>.