

I have arrived, so now what?

Post-Arrival New Student Requirements



Hello and welcome to the University of Minnesota! ISSS staff are excited to welcome you to campus and be a part of your journey here at the U of M. We want you to consider us your home away from home and are here to help with your transition to student life here in Minnesota. Now that you're here, you have just a few more requirements to complete.

Undergraduate Guide

z.umn.edu/issugmap

Graduate Guide

z.umn.edu/issgradmap

I do not want to lose my visa status. What do I need to do now that I have arrived?



Update your home and mailing address

To comply with immigration regulations, you **MUST** inform the University of your phone number and new address within 10 days of arriving in Minnesota. ISSS will then report that information to the SEVIS immigration system. ISSS cannot activate your F-1/J-1 SEVIS record until you have entered your current mailing address.



Register for full time courses (if you haven't already)

- Undergraduate and Non-Degree: 12 credits
- Graduate: 6 credits
- Professional: 6 credits or may vary by program; ask your department

How can I ask ISSS questions?



Email us at iss@umn.edu

Or visit our website for options to meet with an ISSS adviser: z.umn.edu/isshours

Is there anything else I need to do?



Submit your immunization form

Don't forget to submit your immunization form before the start of classes or a registration hold will be placed on your record for the following semester. If you haven't already received your immunizations, you can do so at the Boynton Health Office for no cost if you have the Student Health Benefit Plan.

Who can help with....

Academics & Career

Center for Academic Planning and Exploration (CAPE)

Academic coaches help undergraduate students explore majors across all colleges by helping you develop a personalized, structured plan for exploration and deciding on your major.

cape.umn.edu
capeinternational.umn.edu

Health & Wellbeing

Boynton Health

Boynton Health is the on-campus health clinic that offers comprehensive health care services including a full-service pharmacy, and dental, eye, and mental health clinics.

boynton.umn.edu

Community Involvement

Center for Community Engaged Learning

Learn about opportunities to volunteer at one of more than 300 nonprofits/organizations, schools, and community centers that want UMN students like you working with them.

ccel.umn.edu

Support Needs

Technology Help (1- HELP)

Technology Help provides 24/7 support for all of your technology needs. They can help you reset your password, connect to the internet, fix MyU, and more.

z.umn.edu/1help

Student Academic Success Services

Meet with a SASS consultant or counselor to learn about U.S. classroom culture and expectations and the skills needed to be a successful student in the U.S.

sass.umn.edu

Student Mental Health

This website will connect you with mental health resources on campus. In addition to these offices, you can talk to a counselor at any time (24/7) by calling the Crisis Connection at 612-301-4673 or texting "UMN" to 61222.

mentalhealth.umn.edu

Office of Student Engagement

Go to the Office of Student Engagement to discover and find volunteer and involvement opportunities outside of the classroom.

engage.umn.edu

One Stop

One Stop provides expert advice regarding registration, financial aid, billing, payment, student records, and veterans benefits. They also offer free, financial wellness counseling on budgeting, loans & repayment, banking & savings basics, and more.

onestop.umn.edu

Student Writing Support

Student Writing Support is a service provided to all undergraduate and graduate students to help develop your writing and revision strategies.

writing.umn.edu/sws

Student Counseling

SCS provides counseling services for issues that may impact a student's success such as mental health and life concerns, learning and academic challenges, career uncertainty, and faculty/staff-student communication.

counseling.umn.edu

Multicultural Center for Academic Excellence (MCAE)

MCAE promotes an inclusive atmosphere to foster and enrich multicultural understanding.

mcae.umn.edu

Student Legal Services

SLS offers legal services and education to UMN students in a variety of areas such as tenancy, criminal, immigration, and personal and family issues.

sls.umn.edu

University Libraries

The University of Minnesota's 12 libraries provide a wide-range of collections and services to students. Meet virtually with subject librarians, media program consultants and peer research consultants.

www.lib.umn.edu
z.umn.edu/intlibrary

Student Conflict Resolution Center

SCRC provides free confidential services for resolving formal and informal UMN-based problems such as (but not limited to): course success, group projects, roommates, and stress.

www.sos.umn.edu

Student Unions and Activities (SUA)

SUA provides services and space for the student community to engage in social, cultural, and academic activities.

sua.umn.edu
gopherlink.umn.edu

SMART Learning Commons

Meet one-on-one or in a small group for support with writing and media projects. Peer Research Consultants are also available to assist fellow students with finding and evaluating academic information, creating thesis statements, and more.

www.lib.umn.edu/smart

Who can help with....

Academics & Career

Career Services

Career planning is an important part of your education, and career staff are here to help with many of your career-related needs. If you wish to work on-campus: Learn more and access available jobs at z.umn.edu/edustudentjobs.

If you wish to work off-campus: Consult with an ISSS adviser to discuss the regulations for your visa type.

career.umn.edu
z.umn.edu/intlcareer

Health & Wellbeing

University Rec Center

Stay active at the University Recreation and Wellness Center ("Rec Center") on the Minneapolis campus or the St. Paul Gym. Activities include intramurals and sports clubs, group fitness classes, an indoor climbing wall, and outdoor recreation trips.

recwell.umn.edu

Community Involvement

Learning Abroad Center (LAC)

The LAC is the UMN's comprehensive resource for study, service-learning, research, work, intern, volunteer, and travel experiences worldwide.

umabroad.umn.edu

Support Needs

Minnesota English Language Program (MELP)

MELP offers multilingual students free, one-on-one support with speaking, organization and grammar in writing, listening comprehension of class lectures, reading comprehension of academic texts, vocabulary development, interview techniques, presentation skills, and pronunciation. MELP also offers courses you can take for-credit including courses for specific majors and classes such as business and chemistry.

z.umn.edu/melp
z.umn.edu/eslstudents

Looking for more language practice? Try TandemPlus

TandemPlus organizes opportunities for language students to practice and improve their abilities by matching native speakers of two different languages so they can learn from each other and help one another to learn the other's language.

tandemplus.umn.edu

What can ISSS help me with?



Academic Counseling and Support

- Time management and study skills
- Classroom participation, research expectations, and group work
- U.S. education, testing, and teaching styles
- Student Conduct Code and academic integrity



Career Support

- Job search process in the U.S.
- Resume critiques
- Job interviews
- Work authorization and how to address your visa status with potential employers



Personal Counseling

- Family crisis at home
- Adjustment to U.S. culture
- Victim of crime
- Problems with landlords or roommates
- Identity questions



International Student Funding

- Limited need-based funding to international students experiencing financial challenges



Visa Advising

- ISSS advisers help international students and scholars understand the immigration regulations and how to stay in status.
- ISSS advisers are UMN staff, not immigration officers – our role is to help you.

For information about making appointments, go to z.umn.edu/issshours

Where can I go for advocacy?

Aurora Center for Advocacy & Education

The Aurora Center provides services and a safe and confidential space for victims/survivors/concerned people of sexual assault, relationship violence, or stalking. Their services are available to all UMN students and family members and friends affiliated with the UMN.

aurora.umn.edu

Bias Response and Referral Network

Bias incidents happen at the UMN, as they do across the country. The Bias Response and Referral Network (BRRN) works to respond to bias incidents on the Twin Cities campus in ways that support those most impacted, promote education and dialogue, and affirm the University's commitment to equity and diversity, free speech, and academic freedom.

bias-response.umn.edu

Disability Resource Center (DRC)

The DRC is a UMN resource for students with a disability, short/long-term injury, or other health condition. Access Consultants collaborate with students, instructors, and staff to remove/reduce barriers to a student's academic program.

disability.umn.edu

Gender and Sexuality Center for Queer and Trans Life (GSC)

The Gender and Sexuality Center for Queer and Trans Life provides resources for LGBTQIA+ students, faculty, staff, and allies including International Student Outreach, a Student Leadership Retreat, and a Mentor Program.

gsc.umn.edu

isss.umn.edu/resources/glblt

Equal Opportunity and Affirmative Action (EOAA)

EOAA responds to reports of discrimination, harassment, sexual misconduct, nepotism, and related retaliation through informal problem solving or formal investigation to ensure that all University community members uphold federal and state civil rights laws and regulations, as well as University equal opportunity policies.

eoaa.umn.edu

How can I get around campus?



Campus Buses

The University has five Campus Shuttle routes between the Minneapolis West Bank, East Bank, and the St. Paul campus. These free buses operate Monday through Friday during the day and early evening, and a circulator is available on the weekend.

www.pts.umn.edu/bus/campus-buses



Metro Transit

Metro Transit provides bus and train public transportation to the Twin Cities Metro and surrounding area. Students can pay per trip or purchase a U-Pass, which can be used for unlimited travel (Cost \$114 per semester)

www.metrotransit.org



Bike-Share (Nice Ride)

Nice Ride has bike stations all over the Twin Cities, including on campus. These bikes are designed for short rides, and they can be rented for one trip or by annual subscription.

www.niceridemn.com



Car

Review the Driver's License information on the ISSS website at z.umn.edu/intldlicense

Then visit the Driver and Vehicle Services website to find information on office locations and testing requirements

z.umn.edu/dvslocations