

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 UMN. 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 Timeline and Checklist

z.umn.edu/issugmap

Graduate, Professional, and Non-Degree Timeline and Checklist

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. Learn more: z.umn.edu/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

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. Learn more: z.umn.edu/immunizationreq

What can ISSS help me with?



Visa Advising

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



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



International Student Funding

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



Career Support

- Work authorization and how to address your visa status with employers
- Workshops about H-1B and other employment-based visas by local immigration attorneys

How can I ask ISSS questions?



Email us at iss@umn.edu

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

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/student-job.

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

career.umn.edu
z.umn.edu/intl-career

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

Public Safety

Safety resources include the UMN Police Department, walking security escorts, Gopher Chauffeur, free campus shuttles, and the Rave Guardian virtual escort app.

publicsafety.umn.edu

Community Involvement

Learning Abroad Center (LAC)

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

umabroad.umn.edu

Graduate Student Resources

The Graduate School has a variety of academic, career, and networking resources available to help students build a supportive community.

z.umn.edu/grad-support
z.umn.edu/grad-orgs

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/esl-students

Who can help with....

Academics & Career	Health & Wellbeing	Community Involvement	Support Needs
<p>Center for Academic Planning and Exploration</p> <p>CAPE's 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.</p> <p>cape.umn.edu capeinternational.umn.edu</p>	<p>Boynton Health</p> <p>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.</p> <p>boynton.umn.edu</p>	<p>Center for Community Engaged Learning</p> <p>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.</p> <p>ccel.umn.edu</p>	<p>Technology Help</p> <p>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.</p> <p>z.umn.edu/help</p>
<p>Tutoring and Academic Success Center</p> <p>Meet with a TASC 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.</p> <p>tasc.umn.edu</p>	<p>Student Mental Health</p> <p>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 Line at 612-301-4673 or texting "UMN" to 61222.</p> <p>mentalhealth.umn.edu</p>	<p>Student Engagement</p> <p>The Office for Student Affairs can help you discover volunteer and involvement opportunities outside the classroom, including leadership development, research, student-led activities, and internships.</p> <p>engage.umn.edu</p>	<p>One Stop</p> <p>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.</p> <p>onestop.umn.edu</p>
<p>Student Writing Support</p> <p>Student Writing Support is a service provided to all undergraduate and graduate students to help develop your writing and revision strategies.</p> <p>writing.umn.edu/sws</p>	<p>Student Counseling Services</p> <p>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.</p> <p>counseling.umn.edu</p>	<p>Multicultural Center for Academic Excellence</p> <p>MCAE promotes an inclusive atmosphere to foster and enrich multicultural understanding. MCAE also offers peer-to-peer academic support and tutoring.</p> <p>mcae.umn.edu</p>	<p>Student Legal Services</p> <p>SLS offers legal services and education to UMN students in a variety of areas such as tenancy, criminal, immigration, and personal and family issues.</p> <p>sls.umn.edu</p>
<p>University Libraries</p> <p>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.</p> <p>lib.umn.edu z.umn.edu/libintl</p>	<p>Student Conflict Resolution Center</p> <p>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.</p> <p>sos.umn.edu</p>	<p>Student Unions and Activities</p> <p>SUA provides services and space for the student community to engage in social, cultural, and academic activities.</p> <p>sua.umn.edu gopherlink.umn.edu</p>	<p>Student Parent Help Center</p> <p>All SPHC programs and services are tailored to meet the specific needs of undergraduate and graduate students who are parents. The SPHC connects students to resources, including child care and local schools, family housing, and lactation resources.</p> <p>sphc.umn.edu</p>

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 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 and programming for LGBTQIA+ students, faculty, staff, and allies including social opportunities, mentoring, lecture series, and a student lounge space in Appleby Hall.

gsc.umn.edu

z.umn.edu/issslgbtqiareources

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.

z.umn.edu/campus-bus



Metro Transit

Metro Transit provides bus and train public transportation to the Twin Cities Metro and surrounding area. Students who pay the Transportation and Safety Fee get unlimited access using their U Card.

metrotransit.org

z.umn.edu/universal-transit



Bikes and Scooters

The UMN campus includes numerous bike paths and an on-campus Bike Center. Shared bikes and scooters are available around campus through multiple vendors.

z.umn.edu/bike-scooter



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