INTERNATIONAL STUDENT ORIENTATION PROGRAM GUIDE
Greetings,

Congratulations you made it! The International Orientation Team is extremely excited to welcome you to campus and to the city of Rochester. The International Student Orientation Program (ISOP) has been designed to provide you with the information and tools necessary to navigate your new home as smoothly as possible. We ask you to be present, attentive, and engaged during all sessions and events as during these sessions you will meet and connect with many campus professionals and peers who will play an important role in your success.

Please share the International Parent Orientation schedule with your parents and family members in attendance. We have worked diligently to put together sessions and networking opportunities so that your parents and family members learn how to best support you when they return home. International Parent Orientation will be from 11am-3pm on Tuesday, August 23. A complete schedule is available in this program.

Also, make sure to connect with your ISM (International Student Mentor) and introduce yourself! Over the course of the semester you will have the opportunity to take advantage of all the events, activities and resources your ISM has planned for you.

Once again, we are excited to welcome you to Rochester! The International Orientation Team has been working very hard to create an interactive schedule to maximize your ability to connect with college professionals and students. We hope you take this time to collect all the information you need but most importantly to connect with your peers, staff members, and college professionals to begin making campus your new home.

Go Yellowjackets!

Molly Jolliff
Molly Jolliff
Director, International Student Engagement
Associate Director, College Center for Advising Services

Michael Dedes
Michael Dedes
International Student Counselor, College Center for Advising Services

Junior Ndlovu
Junior Ndlovu ‘17
Orientation Leader

Forrest Hangen
Forrest Hangen ‘19
Orientation Leader
INTERNATIONAL STUDENT ORIENTATION SCHEDULE
Monday, August 22, 2016

Arrive and Move In
9:00am – 5:00pm
Take the airport shuttle, hotel shuttle, car or taxi directly to your ResLife Area Office at the Quad, Susan B. Anthony Building, or your Area Upperclass Housing Office to move in to your room.
*If you are not living on campus meet us in Rettner Hall between 9-4pm.*

Immigration Check-In with International Services Office (ISO)
9:00am – 4:30pm • Rettner Hall
Go to Rettner hall to complete your immigration check with your:
☐ I-20/DS-2019 ☐ Passport
Check-in is REQUIRED for student visa holders.

International Student Mini Expo!
11:00am – 4:30pm • Rettner Hall
☐ Check-in for Orientation
☐ Get your University ID (Identification Card)
☐ Complete your forms for UHS (University Health Services)
☐ Purchase linens and other necessities from the Bookstore
☐ Meet with on- and off- campus offices
☐ Sign up for a cell phone service plan
☐ Open a bank account

Welcome Celebration of Nations Dinner
5:00pm – 7:00pm • Wilson Quad Tent
Enjoy American style picnic food as we celebrate your arrival!
Please wear traditional dress (if you brought it). Families and hosts welcome!

ISM Activity
7:00pm – 8:00pm • Ask Your ISM
Join your ISM group for a night of fun get-to-know-you games!

Good Night!
8:30pm
On Campus Students return to residence halls to meet with RAs. Off-campus students – see you tomorrow!
Breakfast in Danforth Dining
(Use your I.D. card to use your meal plans which are active)
9:00am – 10:00am

Groups
You will be divided into the following groups for the Orientation sessions:

**Group A:** 1st Floor Tiernan, Gilbert, Lovejoy, and Hoeing; 1st & 5th Floors of Susan B. Anthony
**Group A:** 2nd Floor Tiernan, Gilbert, Lovejoy, and Hoeing and Susan B. Anthony
**Group B:** 3rd Floor Tiernan, Gilbert, Lovejoy, and Hoeing; 3rd & 6th Floors of Susan B. Anthony
**Group B:** 4th Floor Tiernan, Gilbert, Lovejoy, and Hoeing and Susan B. Anthony
**Group B:** Upperclass housing and off-campus students

Orientation Sessions #1
10:00am – 12:00pm

Cultural Adjustment and Academic Expectations
Hoyt Auditorium
Group A

Immigration and Legal
May Room, Wilson Commons 4th floor
Group B

Lunch 12:00pm – 1:00pm

Orientation Sessions #2
1:00pm – 3:00pm

Cultural Adjustment and Academic Expectations
Hoyt Auditorium
Group B

Immigration and Legal
May Room, Wilson Commons 4th floor
Group A
Shopping Trips to Walmart and Target (Department Stores)

3:00pm – 8:00pm

Shuttles will run throughout the evening, please consider taking a later shuttle back to avoid overcrowding. Buses will depart from the back of Rush Rhees Library (ITS). If you miss the last bus from Target at 7:55pm and Walmart at 8:05pm you will need to call a taxi service.

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Cool Runnings: A discussion on Culture, Globalization and Competition

Come join as we watch a 1990s classic – Cool Runnings. The screening of the movie will be preceded and followed by discussions on culture, globalization and the spirit of healthy competition. The discussion will give you an opportunity to share your thoughts on the three themes in the context of American college life.

9:00PM in Hubbell
Wednesday, August 24, 2016

Breakfast
8:00am – 9:00am • Danforth

Group A
9:00 AM - 12:00 PM Social Security Number Information Session
Hoyt Auditorium
Please remember to bring your I-20, Passport, and I-94 Admissions Record

12:00 PM - 12:45PM Library Event, Carlson Library
The League of Librarians reveal their Secret Weapons and Superpower and Bingo game with prizes! Pick up materials outside the room before entering including league of librarian cards, Survival Tips for International Students and Scholars and bingo game sheet!

1:00 PM - 2:00 PM Visit the Expo
Goergen Athletic Center

Group B
9:00 AM-10:00 AM Visit the Orientation Expo
Goergen Athletic Center

10:00 AM - 10:45AM Library Event, Carlson Library
The League of Librarians reveal their Secret Weapons and Superpower and Bingo game with prizes! Pick up materials outside the room before entering including league of librarian cards, Survival Tips for International Students and Scholars and bingo game sheet!

11:00 AM - 2:00 PM Social Security Number Information Session
Hoyt Auditorium
Please remember to bring your I-20, Passport, and I-94 Admissions Record

Congratulations!
You have now completed the International Student Orientation Program. Please follow the schedule in the Student Orientation booklet that you were given.
Enjoy the rest of Orientation Week!
CHECKLIST

- GET YOUR UNIVERSITY ID CARD
- COMPLETE CHECK-IN WITH ISO
- CHECK IN WITH UHS (UNIVERSITY HEALTH SERVICES) AT MINI-EXPO
- GET KEY TO CAMPUS POST OFFICE BOX AT MINI-EXPO
- CHECK-IN FOR ORIENTATION
- GET A CELL PHONE
- MEET YOUR ISM
- JOIN US FOR THE WELCOME DINNER
- ATTEND MANDATORY INTERNATIONAL ORIENTATION SESSIONS
  - CULTURAL ADJUSTMENT, ACADEMICS AND RESOURCES
  - IMMIGRATION AND LEGAL
  - ISO-SSN INFORMATION SESSION
  - LIBRARY EVENT
- SHOP FOR NECESSITIES
Welcome Celebration of Nations Dinner  
5:00PM – 7:00PM  
Wilson Quad Tent  
Enjoy American Style picnic food as we celebrate your arrival! Wear traditional dress from your country and take a family photo courtesy of Alumni Relations.

Supporting Your Student from Abroad  
11:00AM – 12:00PM  
Morey Hall 321  
Join the Office of Parent and Family Relations Director, Dawn Bruner to learn how to support your student from abroad.

Lunch in Wilson Quad Tent  
12:00PM – 1:00PM

Campus Life Panel  
1:00PM – 2:00PM  
Morey Hall 321  
A student services panel led by Molly Jolliff, Director of International Student Engagement with members from the Gwen M. Greene Career Center, Fraternity and Sorority Affairs, and Wilson Commons Student Activities.

International Parent Orientation Deans and Directors Reception  
2:00PM – 3:00PM  
Rettner Gallery in Morey Hall  
Coffee/Tea reception with Deans and Directors

Check in at the Technology and Campus Expo for Parent Orientation in the Goergen Athletic Center Field House from 10:00AM – 4:00PM.
Please attend these sessions:

**International Student Leadership Panel**
*Gowen Room*
*6:00pm - 6:45pm*

Getting involved in clubs and organizations is a great way to meet people! Going the next step and becoming a leader in these clubs and organizations can provide you with the opportunities to develop professional skills like leading meetings, putting together events, and networking. Come out to the International Student Leadership in College Panel on Tuesday, August 30 at 6pm to hear from international students who have become leaders in their clubs and organizations and begin mapping out your way to the top.

**International Student Leadership Reception**
*Gowen Room*
*6:45pm - 7:15pm*

Join us after the panel for some refreshments and time to meet the student leaders and ask more questions!
CAS 170 is a course offered by the University of Rochester for international students. Through this course students will explore campus, community and American culture, enhance their intercultural competence, and build academic skills to improve their success in the American classroom. Students will compare cultures through a variety of readings, in class discussions, blogs and outside class activities. Topics include verbal and nonverbal communication, education systems, ethics, relationships, perception, beliefs, values and norms. Open to first semester and first year international students. All international students are expected to enroll in the Fall or Spring semester of their first year.
CETL supports undergraduate students in the college with services that promote success, including course-specific collaborative workshops and study groups, study skills support, a study skills course and disability support. **So if you ever need academic help, run to CETL sooner rather than later!**

Visit [www.rochester.edu/college/cetl/](http://www.rochester.edu/college/cetl/)

We are located in: 1-154 Dewey Hall.

CCAS is available to assist undergraduate students in the College with their academic needs. Whether you talk to a member of the support staff or a professional adviser, you will meet an individual committed to helping you access accurate information, solutions to your academic problems and or opportunities that may highlight your undergraduate years.

Visit [www.rochester.edu/college/CCAS/index.html](http://www.rochester.edu/college/CCAS/index.html)

We are located in: Lattimore 312.
Hello! My Name Is: Gwen M. Greene Career and Internship Center

The Gwen M. Greene Career and Internship Center is a great resource to help students explore careers and internships. The Hyman J. V. Goldberg Career Library contains online and published resources that can assist those seeking to set goals, explore career and internship options, and enhance job search skills. Counselors can address questions pertaining to careers, internships, or job searches.
Visit www.rochester.edu/careercenter/
We are located in: 4-200 Dewey Hall

Hello! My Name Is: The River Campus Libraries

The River Campus Libraries offer a world-class research collection, including books, journals, and databases, as well as a wide array of digital media, and a host of services designed to support the needs of students, faculty, and researchers. Rush Rhees Library primarily services academic departments in the humanities and social sciences, and is home to a number of special libraries and collections, including the Art and Music Library; Business and Government Information Library; Rare Books and Special Collections; and the Rossell Hope Robbins Library, which specializes in medieval studies. Carlson Science and Engineering Library, located in the heart of the science and technology quad, supports the needs of faculty and students in the science and engineering disciplines. A separate library in Bausch and Lomb Hall is dedicated to physics, optics, and astronomy. For more information, including hours of operation, please visit www.rochester.edu/libraries/.
Chase Bank provides full-service banking for students and all employees of the University community. Chase Bank is conveniently located in the lower level of Todd Union. Todd Union is open year-round Monday through Friday, 9:00 a.m. to 5:00 p.m.

Located in Todd Union, the Campus Post Office is a privately run station of the United States Postal Service. The USPS contracts the University to sell postage and money orders, as well as handle special service mail such as Express, Certified, Registered, and Insured. Your PO Box (mail box) is also located in this building.

How will I pay my bill to the University? The Office of the Bursar handles billing and tuition payment issues for all University students. They can help explain available payment plans, billing procedures, and methods of payment including e pay. Please note that if the necessary forms and information are not submitted to the Bursar’s Office, you may be prohibited from timely course registration, which can cause immigration complications. https://www.rochester.edu/adminfinance/bursar/
Hello!
My Name Is:
Transportation

**Busses**
The University bus service offers free rides to many locations in Rochester, including Eastman, College Town, Marketplace Mall, Wegmans, Target, etc.

Schedules can be found on [http://www.rochester.edu/parking/shuttles/](http://www.rochester.edu/parking/shuttles/)

You can also get updates and live information on the UR Mobile app for your smartphone.

**Zip Car Rental**
Get around town when you need to with ease with Zipcar. Rent a ride by the hour or for a day to get out and about, attend a meeting, or get to an appointment (Gas and insurance are included!). New renters will receive $35 in free-driving credit towards their rental. Vehicles are located at the Medical Center, River Campus and Eastman School. Learn more and sign up at [www.zipcar.com/rochester](http://www.zipcar.com/rochester)

**Bike Rental**
CityCycles is a bicycle lending library that allows full-time UR River Campus undergraduate students to borrow a bike for recreation, sightseeing, exercise, or shopping. Rentals last for a period of 24 hours or until next day close of business, whichever comes first.
Visit [citycycles.rochester.edu/](http://citycycles.rochester.edu/)
Wilson Commons Student Activities fosters a vibrant, inclusive campus community, where ideas and activities develop and thrive. Want to get involved in an activity, club sport, cultural organization or just attend a fun event? Then come to Wilson Commons Student Activities or visit ccc.rochester.edu

284
undergraduate student organizations and committees

90
percent of students are involved in at least one student organization


For Campus Clubs, Activities, Events, and Groups visit:
ccc.rochester.edu

For Intramurals (sports open to ALL skill levels) visit:
www.imleagues.com/rochester
Hello!
My Name Is:

University Health Services (UHS)

We know it can be difficult to be sick when you are here at school. You have many demands on your time and getting sick just does not fit the plan. The University Health Service (UHS) staff members are here to help you receive the care and attention you need to help you through your illness.

Feeling Sick? Come to the UHS Building (Next to Sue B)!
Phone: 585-275-2662

Hours during the academic year:
Monday, Wednesday, Thursday  8:00am-9:00 pm
Tuesday  9:00 am-9:00 pm
Friday  8:00 am-5:00 pm
Saturday  9:00 am-5:00 pm
Sunday  1:00 pm-6:00 pm
(Staffed by registered nurse on weekends.)
This office is open weekdays during breaks and summers.
Hello!
My Name Is:

Geoergen Athletic Center (GAC)

The Goergen Athletic Center includes a Fitness Center (treadmills, weights, elipticals, stationary bikes, etc.), Field House (indoor fields and running track), Gymnasium, Squash and Racquetball Center, Speegle-Aquatic Center, Recreation and Tennis Center, etc. All undergraduates are welcome to pursue their fitness goals in the GAC.

Hours (Fall 2016)
Mon - Friday: 6:30 AM–11 PM
Sat: 8 AM–8 PM
Sun: 8 AM–11 PM

Hello!
My Name Is:

Interfaith Chapel

The Interfaith Chapel is where people come to celebrate their faiths and beliefs. The Chapel is busy with study groups, prayer sessions, and services for a variety of communities. A schedule of events and services is available from the Chapel Office by visiting www.rochester.edu/chapel/.
Public Safety officers patrol University properties 24 hours a day, seven days a week. The University has an extensive network of over 500 interior and exterior public access telephones. **You can call Public Safety for assistance any time of the day or night from any of these phones.** Included are over 185 direct-dial Blue Light Emergency Phones, more than 165 elevator phones, and over 125 interior and exterior telephones.

In an emergency:

- Dial x13 from any University phone
- Pick up a Blue Light Emergency Phone
- Dial #413 from AT&T or Verizon cell phones.

An officer will be sent to your location right away. Local police, fire, or ambulance agencies will be notified as needed.

To request one of our non-emergency services, call **(585) 275-3333**; a dispatcher is on hand 24 hours a day to answer calls.
Student Life: Employment

There are many campus opportunities for students to work and earn money. On August 26th there will be a job fair open to all students. International students are permitted to engage in U.S. employment only with specific permission. It is extremely important to obtain appropriate and documented authorization BEFORE you begin any type of employment activity. Visit: https://www.iso.rochester.edu/employment/students/index.html for more information.

Frequently Asked Questions:

Employment
Am I allowed to work in the U.S?
The ISO will provide information on what types of work options are available in the U.S. while you are in student status and will assist you in applying for the authorizations you will need to work. Working without authorization is a severe violation of your status and is a deportable offense. As an international student under UR’s visa sponsorship, you are eligible to work on-campus up to 20 hours per week during the academic year and full-time during annual vacation periods. http://www.iso.rochester.edu/employment/index.html

Social Security Number
Can I apply for SSN?
Yes you can. A U.S. Social Security Number (SSN) is used to track an employee’s wages for benefits eligibility and tax reporting requirements. This number is assigned permanently, so you do not need to get a new SSN if you already have one. Employment is required for you to be eligible to apply for an SSN. The ISO will assist you with the SSN process on Wednesday, August 24th. Look back at the International Student Orientation schedule at the front of this booklet.

Taxes
Will I have to file U.S tax forms?
Yes, as an international student, you will be subject to several tax reporting obligations, even if you do not collect any U.S. earnings. However, to help you navigate the tax system and meet these requirements, the University offers a free software program called GLACIER. After your arrival, you will receive an email from “support@online-tax.net” with instructions to create your GLACIER account. This email is NOT spam! More information on the U.S. tax system and University resources are available at http://iso.rochester.edu/taxes/index.html
**Some Advice from Your ISMs**

**Cell phones**
It can be extremely cost effective to buy a prepaid phone plan. That way, you don’t have to worry about contracts and you can control the amount of money you spend on calling, text and data. Check out AT&T at the Mini Expo.

**Getting Involved**
The Activities Fair is a great place to see what clubs and activities are available. Sign up to be on the email list of all the clubs you’re interested in, and then narrow it down by attending the first couple of meetings for each. The Activities Fair is on September 2nd during YellowJacket Weekend.

**Making Friends**
Get to know as many people as possible during Orientation! Everyone will be at his or her friendliest. Definitely try to step out of your comfort zone! Meet people in your classes, join different clubs, etc. You can learn so much by making friends who aren’t from the same place.

**Buying Books**
Don’t always buy! Try to rent books from the bookstore, or other sites if possible. Chegg.com and slugbooks.com are great for that.

**Classes**
Take a step out of your comfort zone and take a class you would have never thought of taking.

**Food**
When craving for something close by, take a short walk to the Med Center. The food there is pretty great! You can use your declining there too.

**Places to Visit**
Rochester has so much to offer, although it doesn’t seem like it at first. There’s many museums and parks that there will always be something to do when you get bored of the campus.
10 Things To Do During Your First Year

1. Attend the University’s community weekends—YellowJacket Weekend, Meliora Weekend, Winterfest Weekend, and Springfest Weekend

2. Use the University’s motto “Meliora” properly

3. Cheer on a Yellowjackets sports team

4. Paint the tunnel underneath the Eastman Quad

5. Follow the saga of the student, the scholar, and the wild boar during the “Reading of the Boar” at the Boar’s Head Dinner

6. Put a scarf or hat on the George Eastman statue

7. Get really involved with a club, sport, fraternity, sorority, or student organization

8. Sled down the hill behind Susan B. Anthony Halls

9. Eat a garbage plate from Nick Tahou’s

10. Go to the top of Rush Rhees Library on Halloween or during Senior Week for the best view on campus