INTERNATIONAL 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 information and tools necessary to navigate your new home as smoothly as possible. We ask that you are present, attentive, and engaged during 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 invitation with your family to attend the special events on Monday, August 24th listed on pages 6-7.

Also, make sure to connect with your ISM 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 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

**Gaella Kabeya**
Gaella Kabeya ‘18  
Orientation Leader
INTERNATIONAL STUDENT ORIENTATION SCHEDULE

SUNDAY, AUGUST 23, 2015

Arrival Day
Arrive and Move In:
9:00 AM - 5:00 PM
Take the airport shuttle, hotel shuttle, car or taxi directly to your Area ResLife Office at the Quad or Susan B. Anthony Building 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)
9:00 AM - 4:30 PM - Rettner Hall
Make your way to Rettner Hall with your I-20/DS-2019 and passport to complete your immigration check. (Check-in required for student visa holders)

International Student Mini Expo!
11:00 AM - 4:30 PM
Check in for Orientation
Get your University Identification Card
Complete your forms with University Health Services
Get your post office box key
Purchase linens and other necessities from the Bookstore and pick up your dorm pack if you ordered one
Meet the Alumni Relations Office
Sign up for a cell phone service plan
Open a bank account

Welcome Celebration of Nations Dinner
5:00 PM -7:00 PM - Wilson Quad Tent
Enjoy American style picnic food as we celebrate your arrival! Wear traditional dress or bring something from home to share. Families and hosts welcome!
International Student Orientation Day 1 (mandatory for visa holders)
You will be divided into the following groups for orientation sessions.
*Students not on student visas (Americans Abroad, TCK’s, other visas) please see schedule.

Breakfast with International Student Mentors
9:00 AM - 10:00 AM - Danforth Dining Hall

Sessions: 10:00 AM - 12:00 PM

**Monsters & Penguins and non visa holders** *
*Cultural Adjustment and Academic Expectations*
*Hoyt Auditorium*

**Minions & Incredibles**
*Common Immigration Issues and Community Responsibilities*
*May Room, Wilson Commons 5th floor*

**Lunch**
12:00 PM - 1:00 PM - Douglass Dining Hall

Sessions: 1:00 PM - 3:00 PM

**Minions & Incredibles**
*Cultural Adjustment and Academic Expectations*
*Hoyt Auditorium*

**Monsters & Penguins**
*Common Immigration Issues and Community Responsibilities*
*May Room, Wilson Commons 5th floor*

Non visa holders* - *meet ISM’s in the Rush Rhees Library main entrance lobby*
Shopping trips to Walmart and Target department stores
3:00 PM - 8:00 PM
Shuttles will be running throughout the evening, please consider taking a later shuttle to avoid overcrowding. Buses will depart from the back of Rush Rhees library (ITS). If you miss the last bus from Target at 8:25pm and Wal Mart at 8:35pm you will need to call a taxi service such as Marketplace Taxi (585.274.2222).

<table>
<thead>
<tr>
<th>BUS #</th>
<th>BUS LEAVES RUSH RHEES</th>
<th>BUS LEAVES TARGET</th>
<th>BUS LEAVES WAL MART</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>3:00 p.m.</td>
<td>3:25 p.m.</td>
<td>3:35 p.m.</td>
</tr>
<tr>
<td>2</td>
<td>3:30 p.m.</td>
<td>3:55 p.m.</td>
<td>4:05 p.m.</td>
</tr>
<tr>
<td>1</td>
<td>4:00 p.m.</td>
<td>4:25 p.m.</td>
<td>4:35 p.m.</td>
</tr>
<tr>
<td>2</td>
<td>4:30 p.m.</td>
<td>4:55 p.m.</td>
<td>5:05 p.m.</td>
</tr>
<tr>
<td>1</td>
<td>5:00 p.m.</td>
<td>5:25 p.m.</td>
<td>5:35 p.m.</td>
</tr>
<tr>
<td>2</td>
<td>5:30 p.m.</td>
<td>5:55 p.m.</td>
<td>6:05 p.m.</td>
</tr>
<tr>
<td>1</td>
<td>6:00 p.m.</td>
<td>6:25 p.m.</td>
<td>6:35 p.m.</td>
</tr>
<tr>
<td>2</td>
<td>6:30 p.m.</td>
<td>6:55 p.m.</td>
<td>7:05 p.m.</td>
</tr>
<tr>
<td>1</td>
<td>7:00 p.m.</td>
<td>7:25 p.m.</td>
<td>7:35 p.m.</td>
</tr>
<tr>
<td>2</td>
<td>7:30 p.m.</td>
<td>7:55 p.m.</td>
<td>8:05 p.m.</td>
</tr>
<tr>
<td>1</td>
<td>8:00 p.m.</td>
<td>8:25 p.m.</td>
<td>8:35 p.m.</td>
</tr>
</tbody>
</table>

Movie Night!
9:00 PM - Hubbell Auditorium
Ferris Beuller’s Day Off - An American pop culture classic.
A high school wise guy is determined to have a day off from school, despite what the principal thinks of that.
UNIVERSITY HEALTH SERVICES OFFICE
Phone: 585-275-2662
1st Floor, UHS Building

Visits to the University Health Service are covered by the mandatory health fee. Visits to UHS are by appointment. To schedule an appointment, call 585-275-2662. During the week, appointments are available with UHS physicians, nurse practitioners, and registered nurses. On weekends, the office is staffed by a registered nurse. Appointments can be scheduled with the registered nurse.

Whenever UHS offices are closed, a UHS physician is on-call and available by phone for urgent concerns that cannot wait until the offices re-open.
Non-visa holders may attend either library session and visa expo in Goergen Athletic Center at any time.

**Breakfast**
8:00 AM - 9:00 AM - Danforth Dining Hall

**Schedules**

**Minons & Penguins**
9:00 AM - 12:00 PM SSN Information Session - Hoyt Auditorium

12:00 PM - 12:45PM Library Event, Hawkins-Carlson Room, Rush Rhees Library 1st floor

_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!_

Visit the Expo in Goergen Athletic Center.
International Orientation ends. Refer to your general orientation schedule.

**Monsters & Incredibles**
9:00 AM - 10:00 AM Expo - Goergen Athletic Center
10:00 AM - 10:45AM Library Event, Hawkins-Carlson Room, Rush Rhee Library 1st floor

_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 SSN Information Session - Hoyt Auditorium

International Orientation ends. Refer to your general orientation schedule.
Welcome to the University of Rochester International Parent Orientation! This is a unique opportunity for you to learn about ways that you can support your student from abroad. As a university, we are dedicated to providing resources and support to the success of our students. We encourage you to take advantage of this opportunity. Mandarin interpreters will be provided.
SUNDAY, AUGUST 23, 2015

Welcome Celebration Dinner
5:00 PM - 7:00 PM
Wilson Quad Tent
Enjoy American style picnic food as we celebrate your arrival! Wear traditional dress or bring something from home to share. Families and hosts welcome!

MONDAY, AUGUST 24, 2015

Student Panel with Assistant Dean and Director, Center for Study Abroad
Jackie Levine
11:00 AM - 12:00 PM
Room: Morey 321

Lunch in Danforth Dining Hall
12:00 PM - 1:00 PM

Supporting Your Student from Abroad with Parents and Families
Program Director Dawn Bruner
1:00 PM - 2:00 PM
Room: Morey 321

Coffee/Tea reception with Deans and Directors
2:00 PM - 3:00 PM
Room: Rettner Gallery in Morey Hall 3rd floor
Get to know the senior staff and deans from the college.

TUESDAY, AUGUST 25, 2015

Check in for more events with Parent Orientation at the Expo in Goergen Athletic Center.
CAMPUS OFFICES & RESOURCES
SAFETY
Public Safety officers patrol University properties 24 hours a day, seven days a week.
The University maintains an extensive network of over 500 interior and exterior public access telephones. You can call the Public Safety Communication Center 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, seven areas of rescue phones, and over 125 interior and exterior serve 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 send 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.

BURSAR
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/

CENTER FOR EXCELLENCE IN TEACHING AND LEARNING
CETL supports undergraduate students in college with services that promote success, including course-specific collaborative workshops and study groups, study skills support, a study skills course and disability supportive. So if you ever need academic help run to CETL sooner rather than later!
https://www.rochester.edu/college/cetl/
**College Center for Advising Services**

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 find access to accurate information, solutions to your academic problems and or opportunities that may highlight your undergraduate years. We are located in Lattimore 312. http://www.rochester.edu/college/CCAS/index.html

**Banking**

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.

**Career & Internship Services**

Currently, registered students may use varied resources available in the Gwen M. Greene Career and Internship Center. 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. To learn more about all the services available, visit the Gwen M. Greene Career and Internship Center online or in Dewey Hall.
**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/.

**POST OFFICE**
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.

**STUDENT LIFE & ACTIVITIES**
CAS 170: 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.

**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 is available from the Chapel Office by visiting www.rochester.edu/chapel/.
**CLUB SPORTS**
Individuals who are motivated by a common interest and desire to participate in a particular sports activity can form a club sport. All club sports are expected to generate income to support their activities through membership dues and/or fundraising. All full time undergraduate students attending the UoR are eligible for membership in a club sport. [https://rochester.edu/athletics/clubsports/index.html](https://rochester.edu/athletics/clubsports/index.html)

**EMPLOYMENT**
On August 28, there will be jobs fair on campus. At this many potential on campus employers will be looking for incoming students to hire. Some require experience, most do not. There are a ton of different types of jobs as well. You’ll have lots of opportunity to work on campus (and make money!) if you want to. [http://enrollment.rochester.edu/financial-aid/seo/](http://enrollment.rochester.edu/financial-aid/seo/)

**FITNESS CENTER**
The fitness center is open for use during Goergen Athletic Center hours of operation. All University of Rochester full time undergraduate/graduate students, R Club members and guests are welcome to pursue their personal fitness goals in the fitness center. [https://rochester.edu/athletics/fitness_center/index.html](https://rochester.edu/athletics/fitness_center/index.html)
INTRAMURALS
Intramural sports are organized programs that allow the students, faculty and staff of the university to participate in team, dual, and individual sport activities. Intramurals provide the opportunity for the physical activity, fellowship, promotes wellness and the use of leisure time. They are open to ALL skill levels! To get involved visit www.imleagues.com/rochester

STUDENT ACTIVITIES
Where does everyone come from and where do they choose to live during their time here? Students come from all 50 states and more than 70 countries. Most Undergraduates live on campus for all four years of their college experience and take full advantage of the more than 250 student clubs and organizations to choose from. http://www.rochester.edu/studentlife.html

TRANSPORTATION
How do I get around Rochester while living on campus? The University bus service offers rides to many locations in Rochester, such as Eastman and Pittsford Plaza. The University also hosts a number of Zipcars that students may purchase the right to use whenever they are available. You can also rent bicycles! While on-campus getting from class to class, nearly all students walk, as the walk across campus is less than 15 minutes. You can access the bus schedule using UR Mobile, Website, Blackboard and paper copies that can be collected from the Students Activities office located on the second floor of Wilson Commons. https://www.rochester.edu/parking/options/busesandshuttles.html
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](http://www.iso.rochester.edu/employment/index.html)

**SOCIAL SECURITY NUMBER**

Can I apply for SSN?
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 Admissions Office in collaboration with the International Services Office will be hiring you for a short-term focus group position so that you can apply for an SSN right away. The ISO will assist you with this entire process during the SSN session on Tuesday.

**TAXES**

Will I have to file U.S tax forms?
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](http://iso.rochester.edu/taxes/index.html)
SOME ADVICE FROM YOUR ISM’S
CELL PHONES
I find it 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. I use AT&T prepaid plan.

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.

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 so many museums and there’s Letchworth park, there will always be something to do when you get bored of the campus.
CHECKLIST

- University ID
- Complete check-in with ISO
- Get key to campus post office box
- Complete forms with UHS
- Check-in for orientation
- Cell phone
- Meet ISM
- Join us for the welcome dinner
- Attend mandatory international orientation sessions
- Shop for necessities
10 THINGS TO DO BEFORE YOU GRADUATE

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 the Yellowjackets

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 the Nick Tahou’s

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