



IMMIGRATION HEALTH & SAFETY

TOPICS

- Immigration Basics & Documents
- Maintaining Status
- Employment
- Travel
- Safety
- Injury & Illness
- Staying healthy

IMMIGRATION BASICS

- F-1 students' main purpose for being in the US is to be a student.
- **It is your responsibility to maintain your legal status while in the United States.**
- Immigration regulations may change. Keep in touch. See us in the international office (J46)
- Immigration information
 - International programs > Visa & Immigration

IMPORTANT IMMIGRATION DOCUMENTATION

- SEVIS Form I-20
- PASSPORT
- VISA
- Form I-94 available online:
<https://i94.cbp.dhs.gov/I94/request.html>

Please read instructions on Page 2
 This page must be completed and signed in the U.S. by a designated school official.

1. Family Name (surname): _____
 First (given) Name: _____ Middle Name: _____
 Country of birth: SPAIN Date of birth(month/day/year): 04/17/1990
 Country of citizenship: SPAIN Admission number: 46090401721

2. School (School district) name: Peninsula College
 School Official to be notified of student's arrival in U.S.(Name and Title):
 Ge-Yao Liu
 Director of International Programs
 School address (include zip code):
 1502 E. Lauridsen Blvd.
 Port Angeles, WA 98362
 School code (including 3-digit suffix, if any) and approval date:
 SEA21490008000 approved on 01/16/2003

3. This certificate is issued to the student named above for:
 Continued attendance at this school.

4. Level of education the student is pursuing or will pursue in the United States:
 ASSOCIATE

5. The student named above has been accepted for a full course of study at this school, majoring in General Studies
 The student is expected to report to the school no later than 09/21/2009 and complete studies not later than 09/21/2011. The normal length of study is 24 months.

6. English proficiency:
 This school requires English proficiency. The student is not yet proficient. English instructions will be given at the school.

7. The school estimates the student's average costs for an academic term of 9 (up to 12) months to be:
 a. Tuition and fees \$ 8,232.00
 b. Living expenses \$ 4,500.00
 c. Expenses of dependents () \$ 0.00
 d. Other (specify: Books/insurance) \$ 1,185.00
 Total \$ 13,917.00

8. This school has information showing the following as the student's means of support, estimated for an academic term of 9 months (Use the same number of months given in item 7).
 a. Student's personal funds \$ 0.00
 b. Funds from this school \$ 0.00
 Specify type: _____
 c. Funds from another source \$ 13,917.00
 Specify type: Family
 d. On-campus employment \$ 0.00
 Total \$ 13,917.00

9. Remarks: _____

10. School Certification: I certify under penalty of perjury that all information provided above in items 1 through 9 was completed before I signed this form and is true and correct; I executed this form in the United States after review and evaluation in the United States by me or other officials of the school of the student's application, transcripts, or other records of courses taken and proof of financial responsibility, which were received at the school prior to the execution of this form; the school has determined that the above named student's qualifications meet all standards for admission to the school; the student will be required to pursue a full course of study as defined by 8 CFR 214.2(f)(6); I am a designated official of the above named school and am authorized to issue this form.
 Ge-Yao Liu Director of International Programs
 Name of School Official Signature of Designated School Official Title Date Issued Place Issued (city and state) 09/05/2010 Port Angeles, WA

11. Student Certification: I have read and agreed to comply with the terms and conditions of my admission and those of any extension of stay as specified on page 2. I certify that all information provided on this form refers specifically to me and is true and correct to the best of my knowledge. I certify that I seek to enter or remain in the United States temporarily, and solely for the purpose of pursuing a full course of study at the school named on page 1 of this form. I also authorize the named school to release any information from my records which is needed by the INS pursuant to 8 CFR 214.3(g) to determine my nonimmigrant status.

Name of Student _____ Signature of Student _____ Date _____
 Name of parent or guardian _____ Signature of parent or guardian _____ Address (city) _____ (State or Province) _____ (Country) _____ (Date) _____
 If student under 18

Form I-20 A-B (Rev. 04-27-88)N For Official Use Only
 Microfilm Index Number _____

SEVIS
 Student's Copy
 N0006532827

For Immigration Official User

Visa issuing post _____ Date Visa Issued _____

Reinstated, extension granted to: _____



Certificate of Eligibility Form I-20 indicates:
 Page 1

- Section 1: Your Biographic Information (SEVIS ID Number)
- Section 2: Your University's Information
- Section 3: Reason I-20 was Created
- Section 4: Level of Education
- Section 5: Program/Report and Completion Dates
- Section 6: English Proficiency
- Section 7: Approximate Annual Expenses
- Section 8: Means of Financial Support

SEVIS Form I-20

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IF YOU NEED MORE INFORMATION CONCERNING YOUR I-1 NONIMMIGRANT STUDENT STATUS AND THE RELATING IMMIGRATION PROCEDURES, PLEASE CONTACT EITHER YOUR FOREIGN STUDENT ADVISOR ON CAMPUS OR A NEARBY IMMIGRATION AND NATURALIZATION SERVICE OFFICE.

FAMILY NAME: _____ FIRST NAME: _____

SEVIS
Student's Copy

Student Employment Authorization:
Employment Status: _____ Type: _____
Duration of Employment - From (Date): _____ To (Date): _____
Employer Name: _____
Employer Location: _____

Comments:

Event History (Past two years):
Event Name: _____ Event Date: _____ Name of Official: _____ Title of Official: _____

This page when properly endorsed, may be used for reentry of the student to attend the same school after a temporary absence from the United States. Each certification signature is valid for one year.

Name of School: _____

Name of School	Signature of Designated School Official	Title	Date Issued	Place Issued (city and state)
Yonkers State		Adviser to International Students and Scholars	08/11/2013	Stony Brook, NY
Name of School Official	Signature of Designated School Official	Title	Date Issued	Place Issued (city and state)
Name of School Official	Signature of Designated School Official	Title	Date Issued	Place Issued (city and state)
Name of School Official	Signature of Designated School Official	Title	Date Issued	Place Issued (city and state)
Name of School Official	Signature of Designated School Official	Title	Date Issued	Place Issued (city and state)

Form I-20 A-B (Rev. 04-27-89)

SEVIS Form I-20

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Employment Authorizations Reentry Endorsements (Travel Signatures)

Have I-20 signed by one of a
Designated School Official (DSO)
BEFORE you travel. PLAN AHEAD!!

DSO's at Peninsula College

Nicole Casares,
Sophia Iliakis Doherty
Val Conroy
Jack Huls

SEVIS FORM I-20

Your responsibility to keep your Form I-20 current

Retain all Forms I-20 ever issued to you forever!

Student and Exchange Visitor Information System, (SEVIS), is an internet-based system that collects, maintains, and tracks information on international students and scholars in F-1 and J-1 status.

US Embassies and other US Govt. Agencies can view this information.

MAINTAINING F-1 STATUS

- As nonimmigrant international students, you **must**:
 - Maintain full-time enrollment (12 credits or more)
 - Maintain satisfactory academic progress (2.0 GPA or higher)
 - Maintain a valid SEVIS Form I-20
 - Maintain a valid passport – note the 6 month rule
 - No unauthorized employment
 - **File timely applications for extension of program, changes in academic level, graduation, or for post-completion Practical Training**
 - **Report address changes within 10 days to ISFS (email Nicole Casares) AND on PC Student Center (address change)**

FULL-TIME ENROLLMENT

- If unable to maintain full-time enrollment, see your International Student Adviser immediately.
- Do not drop below full-time unless an International Adviser has authorized it in SEVIS.

PART-TIME ENROLLMENT MAY BE AUTHORIZED FOR:

- Severe difficulty adjusting to the US educational system/ difficulties with the English language in the first quarter
- Medical need for an underload (detailed documentation from physician required)
- Student is in his/her last semester and taking the necessary number of credits needed to complete all degree requirements

FAILURE TO MAINTAIN F-1 STATUS

- **Suspension of all F-1 benefits including employment**
- **Termination of your SEVIS record**
- SEE YOUR ADVISER EARLY IF YOU THINK YOU MAY HAVE AN ACADEMIC PROBLEM!

TRAVEL SIGNATURE

- A travel signature given by a Designated School Official (DSO) on Form I-20 is valid for one year. DSO's at Peninsula College:
 - Nicole Casares
 - Valerie Conroy
 - Sophia Iliakis Doherty
 - Jack Huls
- Travel Signature requests must be made at least 2 weeks in advance of travel. Please plan ahead!!



EMPLOYMENT OPTIONS

- On-Campus employment
- Off-Campus employment
(ONLY after you complete your degree)
Optional Practical Training (OPT)

ON-CAMPUS EMPLOYMENT

- Employment is limited to 20 hours per week while school is in session – **accumulated total of all jobs.**
- Full-time (21 hours or more per week) during school vacations-summer/winter break.

SOCIAL SECURITY

- Once you have a job offer, you need to apply for a Social Security Number (SSN) from the Social Security Administration (SSA)
- The purpose of a Social Security Number is to help the government keep track of an individual's earnings for tax purposes
- **Regulations require you must have valid employment offer to apply for a SSN**

SSN INFORMATION

- Once the SSA has accepted your application, most cards will be issued in 10 days to 3 weeks.
- Your SSN is very private information, and is only intended to be used for employment and taxation purposes. Many agencies will ask for an SSN, but will issue an alternate identification number if you object to sharing this private information.
- An SSN can be misused by people who steal or re-shape your information to commit frauds and incur debts. If you are a victim of *identity theft*, it is very difficult to repair the damage to your reputation and credit history.
- If your Social Security card is lost or stolen it will be difficult to replace. Memorize your Social Security Number and then leave it at home in a safe place!

MORE ABOUT SSN

- **You do **not** need a SSN to:**
 - Open a bank account
 - Rent an apartment
 - Open an utility account (gas electricity, etc)
 - Set up a cell phone account
 - Conduct business correspondences

OPTIONAL PRACTICAL TRAINING (OPT)

Are you eligible?

1. Are you an F-1 student?
 2. Are you a college level student?
 3. Are you pursuing an Associate's or Bachelor's degree?
 4. Are you graduating this quarter or next?
 5. Have you maintained F-1 status for the past 3 consecutive quarters?
- If you answered yes to all of the questions above, you are probably eligible to apply for OPT.

It may take up to 2-4 months for your application to be approved from USCIS. Please plan ahead.

APPLYING FOR A VISA

- Visas are only issued outside the US
- If you need to renew your visa it is best to apply in your home country
- Security checks made by the US government may delay visa processing
- For further information, check the website of the US consulate where you plan to apply

TRANSFERRING OUT

- If you would like to transfer to another university/college you must submit the following documents to International Student & Faculty Services:
- Transfer out form
- Transfer form from the other institution
- Photocopy of your admission letter,
- Receipt from Student Accounts showing that your bill has been paid in full

PLEASE REMEMBER TO:

- Make a separate copy of all of your immigration and identification documents (front and back) and keep them in a separate and safe place
- Retain any Forms I-20 ever issued to you forever
- Be aware of all deadlines and submit paperwork at least two weeks ahead of time
- Keep your address updated with the International Office and on the Peninsula College website (Student Center)



F-1 VISA HANDOUT & QUIZ

- How many credits minimum should you take per quarter?
- What is the minimum GPA?
- When should you have your I-20 signed (page 3)?
- Where do you renew your visa?
- When should you renew your passport?

SAFETY

- Underage Drinking and Drug Usage
- Moving in with other students
- Personal Safety; belongings, money, avoid strange people – use your best judgment.
- Driving; take a Driving Course
- Dial 911 for **EMERGENCY**



IN AN **EMERGENCY**,
DIAL 911...

Your closest hospital is:

Olympic Medical Center

939 Caroline Street

Port Angeles, WA 98362

(360) 417-7000

You should **ONLY** go to the emergency room if it is a serious and actual emergency.

What is an emergency??

Emergency Room Treatment

STOP?



GO?

A guide to help you know.

GO

- Loss of consciousness
- Intolerable, uncontrollable pain
- Severe shortage of breath
- Chest pain or pressure
- Poisoning
- Major injury, such as a head injury
- Severe or worsening reaction to insect bite, sting or medication especially if breathing is difficult
- Stupor, drowsiness or disorientation that cannot be explained

STOP

- Earache
- Minor cut where bleeding is controlled
- Minor dog bite where bleeding is controlled
- Broken bone (unless bone is showing or limb is deformed)
- Possible muscle or ligament strain
- Sunburn or minor cooking burn
- Bee or insect sting or delayed swelling (unless breathing is difficult)
- Rash
- Fever/Flu (unless severe dehydration occurs)
- Sexually transmitted disease
- Colds, cough, sore throat
- Urinary tract infection



The Lewer Agency, Inc.

www.lewermark.com

Note: It is not the intent of the Lewer Agency to dispense medical advice. This information is offered as a general guide for the use of a hospital emergency room. This list is not "all inclusive" and a situation may be exceptional - such as illness affecting pregnant students. Students and administrators should consult and rely on the direction of the student health center or physician.

IF IT IS NOT AN **EMERGENCY**, SEE A DOCTOR

- 1. For walk-in service, go to Clinicare

621 East Front St, Port Angeles, WA 98362 (360) 452-5000

- Clinicare is a walk-in clinic. NO APPOINTMENT REQUIRED, BUT Students **must pay at time of service**. They will not bill insurance. Students may be able to submit receipts and get reimbursement from their own insurance (for example, Marsh).
- Students who have LewerMark Insurance can take the Health Insurance Claim Form (HICF) to the International Office and we will help you get reimbursement.

IF IT IS NOT AN **EMERGENCY**, SEE A DOCTOR

2. To make an appointment with a doctor using LewerMark Insurance:

- Go to <http://www.lewermark.com/peninsulacollege/>:
 - Click on “Find a Doctor or Pharmacy
 - Select Open Access and GWH-CIGNA Network
- Call and make an appointment if provider is taking new patients
- Show your insurance card and pay the deductible or co-pay upon arrival at the office; bring your address and medical history information

QUESTIONS ABOUT HEALTH RELATED ISSUES

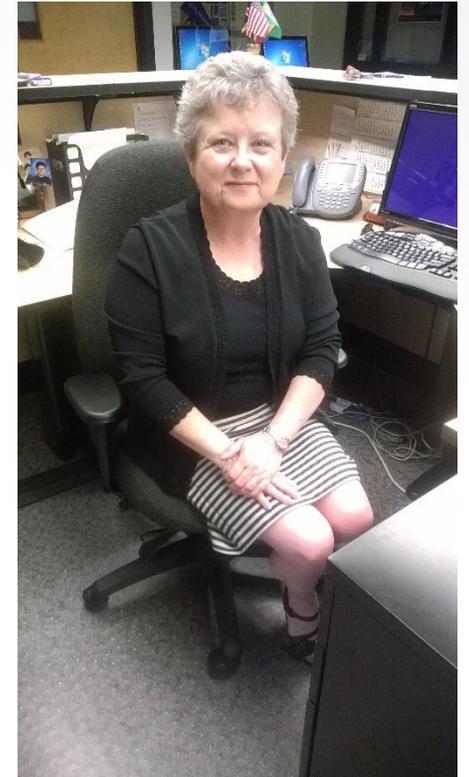
Lewer Insurance:

MyNurse 24/7 Nurseline ***1-866-549-5076***

- Offers services in over 200 languages
- Can answer questions about where to go for care, illness, medicines and any health related issue
- Confidential and free

QUESTIONS ABOUT HEALTH INSURANCE: SEE NICOLE !

- for your health insurance card AFTER you have paid tuition.
- to help find a doctor that Lewer insurance will cover
- to get reimbursement from Lewer insurance for a visit to Clinicare.
- Any other Lewermark health insurance questions.
- **YOU** are responsible for paying any medical costs that the insurance company does not pay



WE'VE TALKED ABOUT IF YOU ARE SICK OR INJURED, BUT WE WANT YOU TO STAY HEALTHY!

- Groups: Write down as many ideas you have about how to stay healthy. (5 minutes)
- Group leader share the list with the group.

SOME IDEAS

- **Drink water and eat healthy foods**
- **Try not to skip meals**
- **Get plenty of sleep**
- **Get some EXERCISE!**
- **Wash your hands**
- **Make friends and get involved!**
- **Ask for help if you're feeling homesick, stressed, or sad**

GS 103: FRESHMAN SEMINAR

- When you are a college level student, you will take this class (3 credits) and will learn more about jobs, academic success & planning, university transfer, and more.

THANK YOU FOR YOUR ATTENTION!

