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
• Your passport is your government’s proof of citizenship.

• You must keep this valid at all times. Immigration specifically says 6 months into the future.

• You need to contact your own embassy or consulate for renewal.

• Keep it safe! If lost or stolen, report it to the police and to your embassy immediately.

• When you extend your passport, provide a copy to your International Student Adviser right away.
Visa

- Stamped inside passport at a US Consulate or Embassy outside of the US
- Allows for travel into the US to undergo inspection by an immigration officer for admission to the US in F-1 status
- Must be valid on day of entry into US
- The visa stamp is not a relevant document once you have been admitted into the US and are granted F-1 IMMIGRATION STATUS
- May expire while in the US without affecting your immigration status
- A valid visa stamp is only required if you are outside of the US and are applying for re-entry to the US
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**
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
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

A guide to help you know.

**GO**
- Loss of consciousness
- Intractable, 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
- Slurred, drawl or disorientation that cannot be explained

**STOP**
- Enema
- 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
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!

We wish you a memorable and successful experience at Peninsula College!!!