Topics

• CGE Staff Introductions
• Living in Tallahassee
• Healthcare & Insurance in the U.S.
• F-1 Immigration Advising
• Academic Success
• Campus Resources
CGE Administration

Cindy Green, Ed.D.
Director

Mattie A Mitchell Adams
Business Manager

Jocelyn Vaughn, Ph.D.
Program Director
FSU International Initiatives

Rachel Keller
Office Administrator

Kevin Galutera
Information Technology
Manager

Rebecca Mahony
Communication Coordinator
CGE Programs & Exchanges

Leigh Ann Osborne
Program Director
Intercultural Prgs. & Exchanges

Robert Hughes, Ph.D.
Program Director,
Special Programs

Jesse O’Reilly
Scheduling Manager,
The Globe

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Amy DeBacker
Student Program Coordinator

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Intercultural Education & Training Specialist

Tanu Kohli, Ph.D.
Teaching Faculty,
Global Citizenship Certificate
International Student & Scholar Services

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Associate Director

Luciana X. Hornung, J.D.
Assistant General Counsel

Nathan Duddles
Int’l Student Services Coordinator

Tan Edgerton
International Student Advisor

Luca Lipparini
International Student Advisor

Tanya Schaad
Exchange Visitor Advisor J-1 Students and Scholars

Emily Leyava
International Student Services
Living in Tallahassee

Nathan Duddles
International Student Services Coordinator
SeminoleDining.com

Dining Halls

CGE

Krishna Lunch
Transportation.FSU.edu/Options

Buses
Call for a Ride
Rentals
Ride Sharing

Nite Nole
S.A.F.E.
644-SAFE
zipcar
COMMUTER
SERVICES
of north
florida
starmetro
gotcha ride
RezRide
NOLE CAB

enterprise
rent-a-car
zimride
by-enterprise
FLORIDA STATE UNIVERSITY
RECYCLE BIKE
Transportation Apps & Sites

Transloc Rider – Bus Tracker
starmetro.transloc.com

StarMetro Trip Planner
infoweb.talgov.com

FSU Tranz – Parking Garage Counter
Transportation.FSU.edu/Parking

**Cars:** One Free Virtual Parking Pass Online

**Bikes:** Bike Racks Only

**Motor Bikes/Scooters:** Spaces & Permits

White = Student

Red = Employee
Opening a Bank Account

- Ask about fees (ATM, monthly, transfers, etc.)
- Do **not** use your FSU-assigned international student number (899 / 999-XX-XXXX)
- Take two forms of ID, immigration documents, and initial amount to deposit

Nearby banks with ATMS at FSU that do not require SSN:

- Bank of America
- Wells Fargo
- SunTrust
Music.FSU.edu/concerts-and-events
Tallahassee Museums
Tallahassee Events
Healthcare & Insurance in the U.S.

Tanya Schaad
Exchange Visitor Advisor,
J-1 Students and Scholars
Health & Wellness Center

- [http://healthcenter.fsu.edu/](http://healthcenter.fsu.edu/)
- First stop for non-emergency, urgent or routine, healthcare – always cheapest option
- Health Promotion – FMC, Nutritionist, Smoking cessation
- Insurance questions
- Immunizations
- Clear Insurance & Immunization holds
What about EMERGENCIES?

• Life-threatening? **Dial 911** or drive to hospital

• Urgent (not sure if it's life-threatening)
  – Health Center - 8am to 4pm, Monday through Friday
  – TMH Urgent Care or walk-in clinics listed in brochure

Do not go to hospital for routine care or non-emergency! Seek care during normal clinic hours.
Healthcare To-Do List:

- Immunizations
- Review insurance policy
- Identify in-network hospitals and urgent care clinics now
- Update your local address in my.fsu.edu
- Print/Order insurance card
- Make wise choices to reduce costs
- Start saving a little for unexpected medical costs
- Register in FSU Guardian
- Dependents?
Have You Gotten All of Your Immunizations?

• If you have the FSU insurance, immunizations are free at the FSU Health Center! (non-FSU insurance may not cover immunizations at all)

• Schedule an appointment for any missing immunizations (including any you waived)
Review Your Insurance Policy

• For FSU plan – https://www.uhcsr.com/school-page


• Look at what you will pay when you use the insurance, eligibility (dependents, enrollment), coverage limits, exclusions, and the provider network for Tallahassee.
Insurance Terminology

• **Premium** – The amount the student pays up front in order to be included in the insured group. Premium is usually paid annually, but can be split for Fall and Spring/Summer. Premium will change each August.

• **Co-pay** – The amount you will pay for doctor’s visits, labs, prescriptions, and emergency room (ins. pays rest in most cases)

• **Deductible** – The first amount a student pays for medical bills before the insurer pays, for anything not covered by completely by co-pay.

• **Co-insurance** – The percentage you will pay, in addition to your deductible, after the insurance has paid their percentage.
In-Network vs. Out-of-Network

• No centralized control of costs for healthcare in the U.S.
• Most of what is paid in premiums is paid out in medical costs. Insurance companies try to reserve 20% for their costs.
• Insurance underwriters try to contract with providers for predictable costs. (Some providers do not contract)
• A network is an agreement between the group of insured, insurance provider, and healthcare providers to try to keep costs low.
• Out-of-network providers can charge anything.
Identify Your In-Network Providers

• For FSU plan – [https://www.uhcsr.com/school-page](https://www.uhcsr.com/school-page)

• Example, non-FSU – ISOA uses
  – [www.myfirsthealth.com](http://www.myfirsthealth.com)
  – [www.multiplan.com](http://www.multiplan.com)
Update Your Local Address!

• The insurance company will send your insurance card to your local address in www.my.fsu.edu

• Police needing to check on you in an emergency situation would look in my.fsu.edu for your address.
Insurance Card

- FSU plan instructions for obtaining your card are at http://www.studentinsurance.fsu.edu/all_about_health_plan.html

- Other plans usually email it or you can login to print.

- Carry your printed insurance card in purse, wallet, or pocket all the time, everywhere.

- Bring your photo ID with insurance card.
Real World Example

• Student collapses from overheating and is taken to the emergency room by ambulance.
• Costs:
  – Ambulance - $900 (bill from EMT)
  – Emergency Room Services - $500 (bill from hospital)
  – Doctor’s visit - $250 (bill from doctor’s office)
  – CT Scan/X-ray - $900 (bill from radiologist)
  – Blood Tests - $250 (bill from lab)

  – Total bill - $2,800
  – Student pays deductible - $500
  – Student pays emergency room co-pay - $350
  – Student pays 20% of $1,950 = $390
  – Total bill to student - $1,240
Same Case Out-of-Network

- Total Bill - $2,800
  - Student pays deductible - $1,000
  - Student pays co-pay - $350
  - Student pays 30% of remaining $1,450 - $435
  - Total bill to student - $1,785 (if all charges were deemed reasonable and customary)
Make Wise Choices

• Do not avoid healthcare in the U.S.
• Stay healthy – including drinking lots of water
• Get care early and use any routine care benefits
• Use emergency services only in an emergency
• Use the Health Center first for non-emergencies
• Use in-network doctors, labs, hospitals
Save for Healthcare Costs

• If you have your insurance card with you, most bills will go to the insurance and then remaining amounts are billed to you.

• If your provider doesn’t take your insurance or doesn’t have the information, you will be billed and then you must file claims within a certain timeframe (look at brochure/policy).

• If you cannot afford costs, you can usually negotiate anything above the deductible and co-pays – payment plan, reduction.

• Save a little every month for healthcare costs.
FSU Guardian

• [https://police.fsu.edu/Guardian](https://police.fsu.edu/Guardian)

• If you have a medical condition that could prevent you from communicating in an emergency (seizure, diabetic shock), you can include information in a profile only available to police dispatchers.
Dependents

• ACA or PPACA – Those filing U.S. taxes as residents for tax purposes (usually after being in the U.S. for 5 years) may face a tax penalty if anyone in their household is not in compliance with PPACA.

• www.healthcare.gov allows dependents to be covered separately from students, may provide government subsidies, and provides coverage for pregnancy, routine care, child wellness, immunizations. BUT, there are strict enrollment deadlines.
Insurance for Fall & Spring

• Enroll in Fall coverage before registering for Fall classes. Pay for current coverage before registering for classes, unless…

• Graduate students with assistantships and FSU insurance will receive subsidies applied toward insurance and the rest is deducted from paycheck – www.gradschool.fsu.edu
Student Conduct

- Expectations related to gender interactions, discrimination, sexual respect, substance abuse, etc.
- On and off campus
- Resources for information or help
  - KnowMore – What? Help?
  - Report.FSU.edu
  - FSU Student Conduct Code
    - Violations with descriptions (includes sexual misconduct, harassment, weapons, alcohol, controlled substances, illegal drugs, computers, gambling, property, computers, etc.)
Student Conduct

• Confidential Help:
  – FSU Victim Advocate Program
  – University Counseling Center
  – University Health Services
  – Tallahassee Refuge House
  – Legal Services of North Florida

• CGE advisors can refer students to resources but conversations related to abuse are NOT confidential
Student Conduct Expectations

• Students will learn and know what constitutes a sexual crime or misconduct
• Students will understand laws related to alcohol and drugs and know that off-campus violations can have consequences with FSU
• Students will assert their rights
• Students and/or friends will reach out to police or others in university (Report.FSU.edu or KnowMore.fsu.edu)
• Students and friends will not minimize an incident
• Victims are supported, not blamed

Inappropriate Behavior/Violations have consequences
- campus and legal -
Breakout Session Groups

Green ➔ 2400 (follow Laura)
Gold ➔ 2500 (follow Luca)
Red ➔ CGE Auditorium
F-1 Immigration Advising

Tan Edgerton
International Student Advisor (F Visa Status)

Luca Lipparini
International Student Advisor (F Visa Status)
International Student Advising

- Advise on F-1 regulations
  - Enrollment
  - Employment
  - Travel
  - SEVIS requirements

- I-20 Updates

- Workshops

- General Assistance

- Advocacy

- Walk-in Advising: 2:00-4:00 pm
- Advising by appointment and via Email and Phone

Tan Edgerton
F-1 graduate students with family names: A – O
tedgerton@fsu.edu
850-645-6879

Luca Lipparini
F-1 undergraduate students
F-1 graduate students with family names: P – Z
lipparini@fsu.edu
850-644-0662
# F-1 Full Course Load Requirements

<table>
<thead>
<tr>
<th></th>
<th>Undergraduate</th>
<th>Graduate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall &amp; Spring</strong></td>
<td>F-1 students: 12 hours (9 hours must be in-person)</td>
<td>F-1 students: 9 hours (6 hours must be in-person)</td>
</tr>
<tr>
<td></td>
<td>F-1 students that already completed 6 thesis / 24 dissertation hours: 3 hours</td>
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</tr>
<tr>
<td><strong>Final Semester</strong></td>
<td>Number of hours required to complete your degree</td>
<td>Thesis / Dissertation Students: 2 hours Non-Thesis Students: Number of hours required to complete your degree</td>
</tr>
</tbody>
</table>

**NOTE for graduate students:** Your academic department may require you to enroll for more credit hours than the minimums listed above.
Q: Which of the following documents can expire while you are in the U.S. without causing you to violate F-1 immigration regulations?

- Passport
- I-20
- F-1 Visa
Q: Which of the following documents can expire while you are in the U.S. without causing you to violate F-1 immigration regulations?

- Passport
- I-20
- F-1 Visa

A: A visa is a travel document. Period of validity is for entry, and not Duration of Status.
Q: What must you do with your I-20 before traveling outside of the U.S.?

- Get a new I-20
- Get a Travel Signature on your I-20
- Nothing, I can travel with my I-20 as-is
Q: What must you do with your I-20 before traveling outside of the U.S.?

- Get a new I-20
- Get a Travel Signature on your I-20
- Nothing, I can travel with my I-20 as-is

A: You must have a Travel Signature on the second page of your I-20, less than a year old on the day you re-enter the U.S. If you are on OPT, it should be less than 6 month old when re-entering.
Q: What is the maximum number of hours per week that you can work on-campus during the Fall and Spring Semesters?
- I can’t work if I don’t have authorization
- 20 hours
- As many as I want, there is no maximum
Q: What is the maximum number of hours per week that you can work on-campus during the Fall and Spring Semesters?

- I can’t work if I don’t have authorization
- 20 hours
- As many as I want, there is no maximum

A: You don’t need special authorization to work on-campus, but 20 hours is the maximum when classes are in session.
Q: Can you work off-campus without prior authorization?

- No
- Yes
- Only in some rare circumstances
Q: Can you work off-campus without prior authorization?
- No
- Yes
- Only in some rare circumstances

A: You need to apply for and receive authorization to work off-campus. Doing so without authorization is a serious violation of F-1 regulations.
Q: What type of off-campus work authorization is done for credit or required for graduation?

- Optional Practical Training (OPT)
- Curricular Practical Training (CPT)
Q: What type of off-campus work authorization is done for credit or required for graduation?
   - Optional Practical Training (OPT)
   - Curricular Practical Training (CPT)

A: CPT is off-campus training that done for a class or as part of your degree program’s curriculum. It is not optional, like OPT.
Q: How long must you be enrolled in classes (full-time) before you might be eligible for CPT or OPT?

- Two semesters (fall and spring)
- There is no such requirement
- 12 months
Q: How long must you be enrolled in classes (full-time) before you might be eligible for CPT or OPT?

- Two semesters (fall and spring)
- There is no such requirement
- 12 months

A: You will not be able to apply for a CPT or OPT period starting before you have completed two semesters (they may have been completed at a previous school or degree level).
Q: After moving to a new apartment/home, how many days do you have to submit the (online) Change of Address form?

- 60 days
- 0 days; submit on the day you move
- 10 days
Q: After moving to a new apartment/home, how many days do you have to submit the (online) Change of Address form?

- 60 days
- 0 days; submit on the day you move
- 10 days

A: F-1 regulations require students to update their school within 10 days of getting a new address. Find a link to the Change of Address form online at cge.fsu.edu/forms
Academic Integrity & Plagiarism

*FSU defines plagiarism as:*

“Presenting the work of another as one's own (i.e., without proper acknowledgement of the source)”

- Using another's work from print, web, or other sources without acknowledging the source
- Quoting from a source without citation
- Using facts, figures, graphs, charts or information without acknowledgement of the source
Academic Integrity & Plagiarism

*What does this mean for an international student?*

- Termination of your F-1 Status?
- Leave the country?
- Not being able to finish your degree?
- No OPT?
On-Campus Employment

• As an F-1 student, you are automatically authorized in advance to work on campus.
• Up to 20 hours per week total in Fall and Spring semesters
• More than 20 hours during university breaks or the summer (if summer is not your final semester)
• For several employers at once (all positions together must not total more than 20 hours per week)

To work on campus you will need:
• A social security number. See the section on Social Security.
• A Glacier account, (only for those paid through FSU). Glacier is an online program which is essential for tax purposes. After you are hired, you will receive an email from FSU Human Resources with more information.

NOTE: Authorization to work on-campus ends as of your graduation date. Any work done after graduation requires special authorization.
The Career Center

- Career Advising
  - How to look for a job, resources
- Review Resumes and Cover Letters
  - Give guidance on how to prepare a resume/cover letter
- Mock interviews
  - Prepare students for interviews by taping and giving advise during a mock interview
- Career Fairs/Events
  - Various career fairs tailored to FSU students to meet their needs

*Note: the Career Center will not be able to assist you with any immigration related questions such as CPT, OPT, or work authorization.*
The Career Center

Upcoming Career Fairs:

– Part-time Job Fair: August 31, 10am to 2pm, Union Ballrooms
– Engineering Day: September 26, 9am to 3pm, College of Engineering
– Seminole Futures: September 28, 9am to 4pm, Civic Center
– Graduate and Professional School Fair: October 10, 10am to 2pm, Union Courtyard
Academic Success

Classroom Culture in the U.S. & Academic Integrity in U.S. Education

Laura Dean
Intercultural Programs Coordinator
Course Registration

Registration Openings:
Undergrads: at your New Student Orientation

Late Registration/Drop-Add ($100 fee):
Monday, Aug. 28, 8:00 AM – Thursday, Aug. 31, 11:59 PM

You must attend the first meeting of each class or you may lose your place in the class
Registration Holds

• CGE Holds:
  – INT: CGE Int’l Student Check-in
  – INT: Online Orientation Session/s

• University Health Services Holds:
  – RSH: Student Health Insurance
  – RHH: Immunization Clearance

• Student Business Services Hold:
  – CFR: Student Financial Responsibility Agreement
Tuition & Fee Payments

E.g. campus housing, insurance, FSU card replacement, library fines, parking fines, etc.

Pay via wire transfer, online, at UCA1500:
http://studentbusiness.fsu.edu/payments/wire-transfers

Graduate Assistant Payment Plan / Traditional Installment Plan
http://studentbusiness.fsu.edu/payments/payment-plans

Agency Billing
Must complete and submit form to Student Business services by no later than Sept. 1

Regular Payment Deadline: Friday, Sept. 8, 11:59 PM
FSU defines plagiarism as:

“Presenting the work of another as one's own (i.e., without proper acknowledgement of the source)"

- Using another’s work from print, web, or other sources without acknowledging the source
- Quoting from a source without citation
- Using facts, figures, graphs, charts, or information without acknowledgement of the source
Academic Integrity

When in doubt, ask!

• Professors may use “SafeAssign”
  – Online tool to verify original content in student’s work

• Be familiar with citation styles for your field in the U.S.

• Serious consequences
  – Academic and visa status
Blackboard

A tool that allows faculty to add resources for students to access online

Located: My.fsu.edu

• FSU will switch to a different system called “CANVAS” this Spring or next Summer (Some classes may have already switched to Canvas, check with your professors if you’re not sure)

• Used by CGE for important announcements for international students
U.S. Classroom Environment

• Class size: from 10 to 200 students
• Course syllabus
• Learner-centered vs. Teacher-centered

• Professors and students may speak quickly
  - Record lectures to review later (ask for permission first!)
  - Ask the professor if it’s possible to receive the Powerpoint
Working with Professors

Voice your needs!
*Professors assume that students who need help ask for it directly*

Interactions may be informal

**Note: eye contact IS expected**
Ask the professor what they expect of you
Observe other motivated students’ interactions

Working with Teacher Assistants (TAs)
*Alternative to asking Professor*
Help from a student’s perspective
Can guide you on how to improve on assignments/tests
Presentations

Presentations are a common and important element of U.S. classes

Move beyond simply presenting information

Include your own ideas or opinions (if appropriate)

Practice your public speaking skills!

Global Ambassadors Program:
Info session, Fri. Aug. 25th @4pm (Globe Rm. 3500)
Participation & Classmates

Class discussions and participation are common
Share your own ideas and personal opinions about the topic being discussed

- Ask questions & participate
  - Be ready for “cold call” questions
  - Don’t just say anything – need to add value

- Voice your opinion respectfully
  - Debates/disagreements common

- Group work: communicate expectations and delegate tasks from beginning

Classmates may be good resources
Make at least one “class friend” per class and exchange contact info
Campus Resources

Kristen Hagen
Associate Director

Nathan Duddles
International Student Services Coordinator
Center for Global Engagement
International Coffee Hour

Every Friday
5pm
Globe Dining Room
Global Café

InternatioNole
September 22nd
11:30am
Globe Dining Room
Intercultural Program Series

Japanese Tea Ceremony
September 13th
6pm
Globe Auditorium
International Bazaar
Global Ambassadors Program

Info Session
August 25th, 2017
4pm to 5pm
Globe Rm. 3500
English Conversation Club

Monday – Friday
4pm to 5pm
Globe Lounge

Engage Your World

Look out for dates in our newsletter!
Dean of Students
Dean of Students

https://dos.fsu.edu

• Case Management Services
• Student Rights & Responsibilities
• Victim Advocate Program
• Student Disabilities Resource Center
• Food Pantry
Oglesby Student Union
Oglesby Student Union

https://union.fsu.edu

- UPS Store
- Crenshaw Lanes
- Art Center
- Club Downunder
- Restaurants
- Oglesby Gallery
- Computer Lab
- Lost and Found
Oglesby Student Union

- Student Activities – Peer Involvement Mentor, Seminole Sensation Week, Eclipse Viewing, Fall/Spring events
- Market Wednesday
- Homecoming/Pow Wow
- Flying High Circus
Career Center
Career Center
http://career.fsu.edu

• Walk-in advising: campus and College of Engineering
• Resumes and cover letters
• SeminoleLink
• Mock Interviews
• Employment Strategy
• Part-time job and career fairs
• Employment Workshop with CGE
Center for Leadership & Social Change
Center for Leadership & Social Change

http://thecenter.fsu.edu

- Community outreach
- Moellership Program
- Leadership LOGIC
- TEDxFSU
- Advising
- Weekly newsletter
Libraries and Academic Resources
Libraries and Academic Resources

https://www.lib.fsu.edu

- Strozier Library
- Dirac Science Library
- Engineering Library
- Aging, Music, Law, Medical
- Check out laptops, cameras, projectors, game systems
Libraries and Academic Resources

- Research support and study space
- Scholars Commons (graduate students)
- Reading/Writing Center
- Tutoring
- FSU Center for Intensive English Studies
- Leon County Public Libraries
- Literacy Volunteers of Leon County
- Adult and Community Education (ACE)
Library Workshops

Helping International Students Succeed: An Introduction to Library Services & Resources

- Friday, September 8, 4-5pm, Globe Classroom 2600
- In this workshop, students will learn to navigate the library website, use library tools to find different forms of information including books, articles, and more, as well as get help with their research. The ultimate goal is to learn how to make the most of what the Libraries have to offer to help students in their studies.

Helping International Students Succeed: Citation Management & Avoiding Plagiarism

- Friday, September 22, 4-5pm, Globe Classroom 2400
- This workshop will address how to avoid plagiarism and abide by the FSU Academic Honor Code. Topics will include: Defining types of plagiarism, an introduction to U.S. copyright, and how to avoid plagiarizing with direct and indirect citation. Students will also learn about citation management tools to help make citing easier.
University Health Services
University Health Services

http://uhs.fsu.edu

- Health care services
- Specialty clinics
- Physical therapy
- Health promotion
  - Nutrition Services
  - Cooking Classes
- MD LIVE – after hours
Campus Recreation
Campus Recreation
http://campusrec.fsu.edu/

• Leach Center and FMC
  – Fitness programs (coaching, personal training, assessments, small group training)
  – Group fitness (barre fusion, yoga, cardio, step, indoboard, pilates, spin, etc.)
  – Aquatic programs

• FSU Reservation (the REZ)
Campus Recreation

- Intramural sports
- Sport clubs
- Sport facilities: SportsPlex, campus fields, basketball, tennis, sand volleyball, indoor tennis
- Outdoor Pursuits
- Jobs
Askew Student Life Center
University Counseling Center

https://counseling.fsu.edu/

• Walk-in or appointment
  – Stress, anxiety
  – Relationships
  – Individual counseling
  – Couples
  – Alcohol & drug
  – Eating disorder treatment
  – Time management
  – Relaxation training with biofeedback
  – Grief
  – Referrals
Askew Student Life Center

https://movies.fsu.edu/

• Student Life Cinema
• The Grindhouse
• Games
• Film Committee, Game Committee