



FLORIDA STATE  
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# International Student Orientation Summer 2017

The Center For Global Engagement



DIVISION OF  
**STUDENT AFFAIRS**  
*at Florida State University*



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# Outline of Today's Sessions

- Introductions
- F-1 Advising, Enrollment & Deadlines
- F-1 Immigration Review
- Academic Success
- Healthcare and Insurance
- Living in Tallahassee
- Campus Mini-Tour
- Reception



# 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 Programs &  
Exchanges



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



**Lena Papadopoulos**  
Intercultural Programs  
Coordinator



**Jesse O'Reilly**  
Scheduling Manager,  
The Globe



**Elcin Haskollar, Ph.D.**  
Intercultural Education &  
Training Specialist



# International Student & Scholar Services



**Kristen Hagen**  
Associate Director



**Tan Edgerton**  
International Student Advisor  
F-1 graduate students with  
family names: A – O



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



**Luca Lipparini**  
International Student Advisor  
F-1 undergraduate students &  
F-1 graduate students with  
family names: P - Z



**Nathan Duddles**  
International Student Services  
Coordinator  
Incoming F-1 Students



**Tanya Schaad**  
Exchange Visitor Advisor  
J-1 Students and Scholars



# We want to learn about you!

- Name
- Field of study
- Degree level
- Where are you from?



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# F-1 Advising, Enrollment & Payments

Tan Edgerton,  
Luca Lipparini  
& Nathan Duddles





# International Student Advising

**Tan Edgerton**

F-1 graduate students  
with family names: A – O  
[tedgerton@fsu.edu](mailto:tedgerton@fsu.edu)  
850-645-6879

**Luca Lipparini**

F-1 undergraduate students  
F-1 graduate students  
with family names: P – Z  
[llipparini@fsu.edu](mailto:llipparini@fsu.edu)  
850-644-0662

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

- Advise on F-1 regulations
  - Enrollment
  - Employment
  - Travel
  - SEVIS requirements
- I-20 Updates
- Workshops
- General Assistance
- Advocacy





# F-1 Full Course Load Requirements

	Undergraduate	Graduate
<b>Fall &amp; Spring</b>	F-1 students: 12 hours (9 hours must be in-person)	F-1 students: 9 hours (6 hours must be in-person)
		F-1 students that already completed 6 thesis / 24 dissertation hours: 3 hours
<b>(First) Summer</b>	Only Session B: 6 hours (3 hours must be in-person) Combination of Sessions A, B, and/or C: 9 hours (6 in-person)	
<b>Final Semester</b>	Number of hours required to complete your degree	Thesis / Dissertation Students: 2 hours
		Non-Thesis Students: Number of hours required to complete your degree

**NOTE for graduate students:** Your academic department may require you to enroll for more credit hours than the minimums listed above.



# Course Registration

- **Registration openings:**
  - Grads: Wednesday, **5/10** @ 8:00 AM
  - Undergrads: at your New Student Orientation
- **Late Registration/Drop-Add (\$100 fee):**
  - Monday, **5/15**, 8:00 AM – Thursday, January 12, 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

- Includes campus housing, insurance, FSU card replacement, library fines, parking fines, etc.
- Pay via wire transfer, online, at UCA1500...  
[controller.vpfa.fsu.edu/student-business/payments](http://controller.vpfa.fsu.edu/student-business/payments)  
(p. 5 of your orientation brochure)
- Payment Deadline: Friday, **5/26**, 11:59 PM



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# F-1 Immigration Review



**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 is the minimum number of credit hours you need to be enrolled in if taking classes in Summer Session A (or B and C)?

- 9 credit hours
- 12 credit hours
- 6 credit hours



**Q:** What is the minimum number of credit hours you need to be enrolled in if taking classes in Summer Session A (or B and C)?

- 9 credit hours
- 12 credit hours
- 6 credit hours

**A:** 9 hours is considered full-time in you are taking classes all summer. If only enrolling in Summer B, then 6 hours is the minimum.



**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](http://cge.fsu.edu/forms)**





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# Academic Success

Classroom Culture in the USA &  
Academic Integrity in US education

Lena Papadopoulos

Intercultural Programs

Coordinator



# Blackboard

What is it? Blackboard is a tool that allows faculty to add resources for students to access online

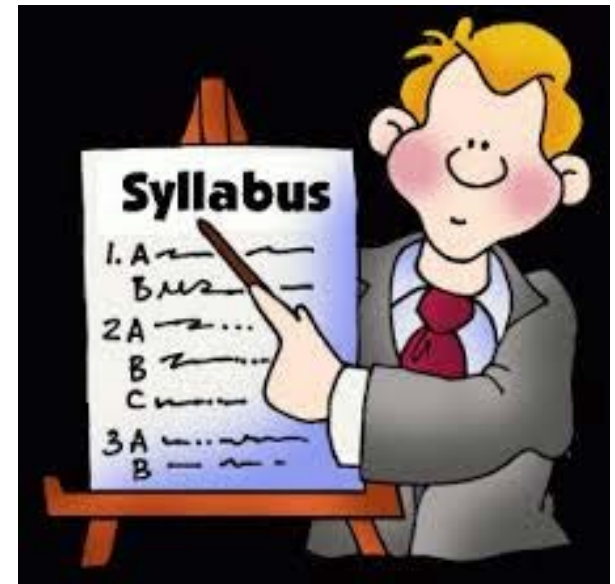
How do I access it? [My.fsu.edu](http://My.fsu.edu) → Bb button

- What is included/accessible will vary by professor/class
- Bb is also used by CGE for important announcements for international students



# The Foundation: Your Course Syllabus

- Will be given to you on the first day of class
- May be available in Blackboard course site
- Provides clear requirements and expectations:
  - Course content
  - Assignments and deadlines
  - Grading
  - Attendance
  - Timeliness





	<b>Teacher-Centered</b>	<b>Learner-Centered</b>
<b>Teaching Method</b>	- Lecture	- Lecture - Group discussions - Practical application
<b>Professor's Role</b>	- Direct learning - Serve as source of knowledge	- Share subject content - Lead dialogue - Model analytical skills
<b>Student's Role</b>	- Listen - Take notes - Read - Memorize - Show memorization through tests and papers	- Listen - Take notes - Read - Dialogue - Critically think about subject - Express personal analysis and show understanding
<b>Evaluation Methods</b>	- Written and oral exams	- Written and oral exams - Presentations - Class participation - Papers and quizzes - Group projects - Classmates' evaluations
<b>Desired Outcomes</b>	- Memorize texts - Gain knowledge	- Gain knowledge - Apply concepts to practical situations - Display critical analysis

Adapted from "U.S. Classroom Culture" (NAFSA, 2009).



# U.S. Classroom Environment

- Class size can range from 10 to 200 students
- Your grade may be linked to participation
  - Ask questions & participate (prepare in advance)
  - Be ready for “cold call” questions
- 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

- Professors assume that students who need help ask for it directly
  - Attend office hours with questions
  - Do your research before going to office hours to make a good impression
  - Can email professors with quick questions or to ask for clarification on specific details





# Working with Professors

- Interactions may be informal
  - If you are unsure of how formal to be, ask the professor what he or she expects of you
    - \*Note: eye contact IS expected \*\*
  - Observe how other motivated students interact with their professors; ask them what is/is not appropriate
  - Request a grade or assignment rubric to know how you will be graded





# Working with Teaching Assistants (TAs)

- Professors typically have TA's for large classes
- TA's also have office hours and can be reached via email
  - Can help you understand your questions from a student's perspective
- Interactions may be informal
  - Feel free to reach out to them if you want to know how you can improve on assignments/tests
  - TA's can answer questions related to assignments so that you don't need to visit the professor for clarification





# Presentations

- Presentations are a common and important element of US classes
- Requires you to practice public speaking skills
- Presentations are not only about presenting information, but also about presenting your ideas and opinions





# Communicating with Classmates

- Class discussions are common in US classes
  - It's expected that you share your own ideas and personal opinions about the topic being discussed
- Debates or disagreements with classmates will happen
  - Important to voice your opinion in a **respectful manner**.
  - Your perspective is valuable



\*Note: participation doesn't mean saying anything just to speak. You need to add value to the class discussion and connect to class readings (if applicable)



# Communicating with Classmates

- Group work can be challenging
  - Communicate expectations and delegate tasks from beginning
- Classmates may be good resources
  - Make at least one “class friend” per class and exchange contact info





# 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

- Professors may use “SafeAssign”
  - Online tool to verify original content in student’s work
- When in doubt, ask!
- Be familiar with citation styles for your field in the U.S.
- Serious consequences (academic and visa status)



**Refer to your  
Orientation Brochure  
for Valuable On-  
Campus Resources**



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# Healthcare & Insurance in the U.S.

Tanya Schaad

J-1 Exchange Visitor Advisor





# Health & Wellness Center

- <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](http://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>
- Example, Shield for FL System - [https://api.isoa.org/docs/plans/2018/Shield\\_2017\\_2018\\_FloridaSystem.pdf](https://api.isoa.org/docs/plans/2018/Shield_2017_2018_FloridaSystem.pdf)
- 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>
- Example, non-FSU –  
[https://api.isoa.org/docs/plans/2018/Shield\\_2017\\_2018\\_FloridaSystem.pdf](https://api.isoa.org/docs/plans/2018/Shield_2017_2018_FloridaSystem.pdf)





# Update your local address!!

- The insurance company will send your insurance card to your local address in [www.my.fsu.edu](http://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](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>
- 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](http://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](http://www.gradschool.fsu.edu)



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# Living in Tallahassee

Tanya Schaad

J-1 Exchange Visitor Advisor



# Banking

- Easy and usually free checking: ask about ATM and other fees
- Some nearby banks that do not require a U.S. social security number: Bank of America, SunTrust, Wells Fargo
- All have ATMs on campus
- Do NOT use your FSU-assigned international student number (899 or 999-XX-XXXX) to open a bank account (only for activating FSU ID)
- Take two forms of ID & immigration documents, plus initial amount to deposit





# Transportation



## FSU Seminole Express & Nite Nole

- Routes to and around campus
- [fsu.transloc.com](http://fsu.transloc.com) and FSU Tranz app
- 7 am – 8 pm (Express) Monday – Friday
- 8 pm – 3 am (Nite Nole): only Fall and Spring

## City of Tallahassee Star Metro bus

- Routes stop at many apartments
- [starmetro.transloc.com](http://starmetro.transloc.com) & TransLoc app



## FSU S.A.F.E Connection

- Rides on campus
- 10 pm – 2:30 am, 7 days a week
- Call 850-644-7233 (SAFE)

[transportation.fsu.edu/bus-service](http://transportation.fsu.edu/bus-service)



# FSU Parking

- All students pay transportation fee
- Get parking pass online at [transportation.fsu.edu](http://transportation.fsu.edu)
- Parking is limited - use [myFSU Mobile](#) app to see if a parking garage is full.
- Student parking spaces are WHITE
- Staff parking spaces are RED







# Enjoy Tallahassee!

## Some Places to Visit

- [VisitTallahassee.com](http://VisitTallahassee.com)
- [RailroadSquare.com](http://RailroadSquare.com)
- [TallahasseeDowntown.com](http://TallahasseeDowntown.com)
- [MissionSanLuis.org](http://MissionSanLuis.org)
- [TallahasseeMuseum.org](http://TallahasseeMuseum.org)
- [MuseumOfFloridahistory.com](http://MuseumOfFloridahistory.com)
- [flhistoriccapitol.gov](http://flhistoriccapitol.gov)
- [TallahasseeArts.org](http://TallahasseeArts.org)
- [Downtownmarket.com](http://Downtownmarket.com)
- [Floridastateparks.org](http://Floridastateparks.org)
- [Talgov.com](http://Talgov.com)

## Annual Events:

- Experience Asia Festival
- Tallahassee Winter Festival
- Arts in the Park
- Springtime Tallahassee
- ...and more!





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# Campus Mini-Tours

- Learn about services and opportunities at FSU
- See your location on the [myFSU Mobile app](#)
- Information is in your orientation brochure
- Feel free to ask questions!
- After the tours, we will have Cookies and Coffee downstairs in the CGE Dining Room.