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**HELLO!**

Albanian	Tungjatjeta	Kinyarwanda	Muraho
Arabic	Marhaba	Kiswahili	Jambo
Armenian	Parev	Korean	An yung
Azerbaijani	Salam	Lappish	Buaragh
Basque	Kaixo	Luxembourgisch	Moyen
Belarussian	Dobri Dzen'	Latvian	Sveiks
Bengalli	Namoshkar	Lithuanian	Sveikas
Catalan	Hola	Maa	Supa
Chamorro	Hafa Adai	Macedonian	Zdravo
Cherokee	O'Siyo	Malagasy	Salama tompoko
Chichewa	Moni	Malayalam	Namaskaram
Chinese (Mandarin)	Ni hao	Malaysian	Apa Khabar
Chisona (Zimbabwe)	Kwaziwai	Marshallese	Yokwe
Croatian	Zdravo	Nepal Bhasa	Bhasa Jojalapa
Czech	Ahoi	Norwegian	Hallo
Danish	Hej	Polish	Czesc
Dutch	Goeden dag	Portuguese (Brazil)	Oi
English	Hello	Portuguese (Portual)	Ola
Farsi	Asalam Aleykhum	Punjabi	Sat-siri-akal
Finnish	Paivaa	Romanian	Salut, buna, buna ziuu
French	Bonjour	Samoan	Talofa
Gaelic	Dia dhuit	Russian	Privet
Galician	Hola	Scots Gaelic	Madainn mhath
German	Guten Tag	Serbian	Zdravo
Greek	Yasou	Spanish	Hola
Gujarati	Kemocho	Strine (Australian)	G'day, mate!
Hawaiian	Aloha	Swedish	Hej
Hebrew	Shalom	Swiss-German (spoken)	Hoi
Hindi	Namaskar	Tagalog	Kamusta ka
Hmong	Nyob Zoo	Tamil	Vanakkam
Hungarian	Szia	Telugu	Namaskaram
Icelandic	Hallo	Thai	Sa wad dee
Indonesian	Halo	Turkish	Merhaba
Italian	Ciao	Ukranian	Privit
Japanese	Konnichiwa	Urdu	Assalaam-u-alaikum
Javanese	Halo	Vietnamese	Cha'o
KiKongo	Mbote	Yoruba	Bawo ni

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# INTRODUCTION

## Welcome to the ISO!

Congratulations on your admission to the University of Rochester! You have been chosen on the basis of your academic and professional excellence. The International Services Office (ISO) staff will help to ensure that your experience in the U.S. is satisfying and rewarding.

This book has been created to guide and help you in your adjustment to the University of Rochester campus and community. The ISO offers information on immigration regulations, passports, visas, insurance, employment, travel and taxes. If students have personal, social, academic, health, housing or financial problems, the ISO staff offers advice and counseling.

## Immigration Advising

The ISO staff administers the F-1, H-1b, O-1, TN and J-1 Exchange Visitor Program visas. The staff acts as the University's official liaison with the U.S. Department of State, foreign and American consulates, the U.S. Department of Homeland Security (DHS) (formerly the INS) including the Student and Exchange Visitor Information System (SEVIS), and many foundations and government agencies involved with international student and scholar issues.

The ISO is responsible for issuing all visa documents including the SEVIS I-20 and DS-2019, petitioning USCIS for H-1b, O-1 and TN non-immigrant statuses, and advising students and scholars on all immigration matters including:

- Issuance of initial SEVIS I-20/DS-2019 visa documents for initial entry to the U.S.
- H-1b, O-1 and TN petitions
- SEVIS tracking and reporting
- Revalidation of documents for re-entry to the U.S.
- Visa renewal
- Travel outside the U.S. including Canada and Canadian visa applications
- Extension of stay
- Change of visa status
- Replacement of lost or stolen visa documents
- Employment regulations both on and off campus
- Visa documents for spouse and dependents for all non-immigrant categories such as F-1, J-1, H-1b, O-1 and TN
- Authorization of school immigration transfer from U.S. colleges and universities
- Letters verifying status and finances
- Listing of foreign consulates and embassies in the U.S., and U.S. consulates and embassies abroad
- Maintenance of legal immigration status
- Routes to permanent residency
- Medical evacuation and repatriation insurance

## Cross-cultural Counseling and Advising

The ISO staff assists international students and scholars in adjusting to life at the University by providing information, assistance and referrals concerning:

- Cultural adjustment issues
- Legal rights/responsibilities
- Medical or other emergencies

- Personal, marital and family problems
- Academic advising related to immigration status
- Non-immigrant statuses such as F-1, J-1, H-1b, O-1, TN & dependents
- General information such as NY Driver license, health insurance and U.S. Social Security Numbers
- Support services for dependents
- Immigration, civil and criminal attorneys
- Tax information

## Student and Scholar Advocacy

The ISO staff members serve as liaisons with University departments and the Rochester community to advocate for and address the special needs of international students and scholars. The ISO serves as an information resource to assist internationals in adjusting to the United States, the University of Rochester, and the Rochester community.

## Orientation, Educational, Cultural and Social Programs

The ISO co-sponsors a number of programs each year to welcome new students and to promote cross-cultural sharing and understanding between international and American students and scholars. The ISO co-sponsors programs with various student and scholar groups on campus and with community groups such as the Rochester International Council (RIC) and Literacy Volunteers of Rochester. Programs include:

- International Student Orientation Program (ISOP) including U.S. Social Security Number sign up, introduction to the American classroom, health services, banking, understanding American culture, tax laws, immigration laws, shopping, and orientation to the campus and the greater Rochester area
- The International Ambassadors - a select group of undergraduate and graduate students whose mission is to: "strengthen, preserve and build the relationships of students, alumni, parents and friends within a University community that promotes cultural awareness and exchange" and assist in orientating new students.
- Immigration, employment and tax workshops
- International coffee hours and other co-sponsored events
- English language classes for spouses
- Staff development for department contacts and others working with international students and scholars

## ISO Publications

The ISO publishes written material to provide information for students and scholars. Publications include:

- **Pre-arrival booklet** - sent to all newly admitted students to assist in making preparations for departure from the home country and to facilitate travel to the U.S.
- **Immigration handouts** - materials covering a variety of topics including employment regulations for F-1, J-1, H-1b, O-1 and TN statuses, routes to permanent residency, travel advisories, how to buy a used car, how to apply for a U.S. Social Security number, how to get along with your landlord, and English classes for students and spouses in Rochester
- **ISO-News** - The ISO's bimonthly electronic newsletter distributed to all international students and departments via email to communicate information concerning regulations and upcoming programs. **If you haven't done so already, subscribe now to the ISO newsletter.**
  - To subscribe, send an e-mail message to: [questions@iso.rochester.edu](mailto:questions@iso.rochester.edu)
  - In the body of the message include: subscribe ISO-News, name, email address, major or department, and level (undergraduate, graduate, etc.)
- **ISO World Wide Web Page** - <http://www.iso.rochester.edu> contains information for current and prospective students and scholars. ISO forms, which may be downloaded, links to government agencies, consulates and other services, important news and current and previous issues of ISO Newsletter.

## ISO Office Hours – 209 Morey Hall

	<b>Morning</b>	<b>Afternoon</b>
Monday	9:00 a.m. - 12:00 p.m.	1:00 p.m. - 4:00 p.m.
Tuesday	9:00 a.m. - 12:00 p.m.	1:00 p.m. - 4:00 p.m.
Wednesday	Closed for document processing	1:00 p.m. - 4:00 p.m.
Thursday	9:00 a.m. - 12:00 p.m.	1:00 p.m. - 4:00 p.m.
Friday	9:00 a.m. - 12:00 p.m.	1:00 p.m. - 4:00 p.m.

Walk-in visits may be limited to 5 minutes. If you anticipate you will require more time, please call ahead and schedule an appointment with an international student advisor.

## ISO Staff

- Cary Jensen, Director
- Kathleen Strout, Associate Director and Senior International Scholar Advisor
- Sylvia H. Kless, Associate Director for Student Services
- Sumie Jacoby, Systems Administrator
- Joyce Ostberg, International Scholar Advisor
- Susan Palmer, Program Coordinator
- Stephanie Beetle, International Student Advisor
- Trish McGrath, Program Assistant
- Molly Morrison, Program Assistant
- John Boufford, Program Assistant

## ISO Office Hours at Eastman School of Music – 100 Gibbs Street, Room 506

<b>During the Academic Year</b>	
Monday	1:30 p.m. - 4:30 p.m.
Wednesday	1:30 p.m. - 4:30 p.m.

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# SECTION 1: IMMIGRATION PROCEDURES

## HOW TO MAINTAIN YOUR LEGAL STATUS IN THE U.S.

The consequences of failing to maintain legal status in the U.S. are becoming increasingly severe. It is relatively easy to stay in status if you observe the following rules:

- Keep your passport valid 6 months into the future
- Attend the school you are authorized to attend, as indicated on your SEVIS I-20 or DS-2019
- Pursue a full course of study (full-time course load) each semester/quarter
- Maintain registration each semester/quarter until graduation or transfer to a new school
- Follow required immigration procedures for moving from one educational level to another, transferring from one school to another, and extending immigration documents
- **Do not work off-campus without required authorization**
- Limit on-campus employment to 20 hours per week when classes are in session
- Provide proof of health and accident insurance for yourself and any dependents (J-1 students)
- Notify the ISO of address changes within 10 days, using the address change form located at: <http://www.iso.rochester.edu/addressform.htm>

If you have any questions about maintaining your status, come to the ISO to talk with an International Student Advisor.

## TRAVEL

### Basic Travel Documents

- A valid passport (except Canadians)
- Valid F-1 or F-2 visa or J-1 or J-2 visa
- Current SEVIS I-20 signed for travel by an ISO advisor during the current academic year (see I-20, page 3) or DS-2019 (page 1)
- I-94 Card
- Proof of financial support
- Transcript showing full-time enrollment and good academic standing

You should make photocopies of your travel documents and keep the copies and originals in a safe place.

### Traveling to Canada & How to Obtain a Canadian Visa in Buffalo

Before traveling to Canada, come to the ISO to check requirements. You may need a travel letter, travel signature or a Canadian visa. You can download a visa application from the Internet if a Canadian visa is required. If your visit is for less than 30 days, students from many countries may re-enter the U.S. on an expired U.S. visa.

Application for a Canadian Visitor Visa is available on the Internet at:

<http://www.cic.gc.ca/english/applications/visa.html>

*Applying for a Visitor Visa at the Canadian Consulate in Buffalo*

If you plan to apply for a Visitor Visa at the Canadian Consulate in Buffalo, please see the current information provided by the Canadian Consulate General on how to proceed. The offices of the Canadian Consulate General are located on the 30th Floor of the HSBC Center, at the intersection of Main and Seneca Streets in downtown Buffalo, New York. The mailing address is: Consulate General of Canada, Immigration Regional Program Centre, 3000 HSBC Center, Buffalo, New York 14203-2884 U.S.A. Their website can be accessed at <http://www.dfait-maeci.gc.ca/buffalo/>.

You may apply for a Temporary Resident Visa (Visitor Visa) by mail or in person. Applications submitted in person are processed on a first come first served basis. Applications submitted before 11:00 am will usually receive a decision the same day. Some applicants may be subject to background checks, which require waiting periods of up to 10 additional working days. Applicants must appear in person (you cannot send your friend with your documents).

If you have questions you can call (716) 858-9501 Monday through Friday 9:00 a.m. to 5:00, Eastern Standard Time. The Immigration fax number is: (716) 852-2477.

Historically, the Canadian Consulate has not required a valid U.S. visa but recent reports indicate that a valid U.S. visa may be required in certain circumstances. Please refer to the Canadian Consulate for the updated information.

Directions to the Consulate can be found by visiting the Consulate's website (see the web address above).

Please note that citizens of certain countries do not require a visitor visa to visit Canada. A list of countries whose citizens require visas in order to enter Canada as visitors is available at <http://www.cic.gc.ca/english/visit/visas.html>

For additional information on visiting Canada, please check <http://www.cic.gc.ca/english/visit/index.html>.

### **Types of Canadian Visitor Visas**

A temporary resident visa is an official document issued by a visa office abroad that is placed in your passport to show that you have met the requirements for admission to Canada as a temporary resident (either as a visitor, student, or worker).

A valid temporary resident visa is not a guarantee of entry into Canada; an officer at the port of entry will decide if you still meet the requirements for admission when you arrive. If there has been a change in circumstances between the date of your application and your arrival in Canada or if subsequent information is given which was not originally available to the visa office, you may be refused entry.

A visa may be for a single entry, for multiple entries, or for transit purposes.

A **single entry visa** allows you to enter Canada only once. This visa may also be used for repeated entries into Canada from the USA or St. Pierre and Miquelon provided you do not enter another country. Such entries must occur within the time validated for your stay in Canada. (e.g. You may be given six months from the date you enter Canada at the Port of Entry)

A **multiple entry visa** allows you to enter Canada from any country multiple times during the validity of the visa.

A **transit visa** is required for travel through Canada to another country by those persons who need a temporary resident visa and whose flight will stop in Canada for less than 48 hours. To obtain a transit visa you must provide specific evidence of your travel arrangements from your transportation company or travel agent. To apply for a transit visa, you may be asked to show your travel tickets as part of the evidence of your travel arrangements.

If you make a request and submit appropriate fees for a multiple entry visa, **the decision to issue a multiple or single entry visa rests with the Visa Officer**. No refunds will be issued. If you are applying for a multiple entry visa, please provide a detailed explanation as to why it is required.

You must show the officer that you meet the requirements of the *Immigration and Refugee Protection Act and Regulations* and that you will be in Canada for a **temporary** stay. You must also:

- satisfy an officer that you will leave Canada;
- show that you have enough money to maintain yourself and your family members in Canada and to return home;
- not intend to work or study in Canada unless authorized to do so;
- be law abiding and have no record of criminal activity (you may be asked to provide a Police Clearance Certificate);
- not be a risk to the security of Canada;
- produce any documents requested by the officer to establish your admissibility;
- be in good health (complete a medical examination, if required).

Note: Citizens and residents of certain countries require additional formalities, which could add three weeks or more to the normal processing period. The visa office will advise you further if such requirements apply to you.

## **VISAS AND PASSPORTS**

### **Visas**

The visa stamp in your passport was obtained at a U.S. embassy or consulate abroad. The visa shows the latest date on which you can enter the U.S. It does not show how long you can stay here. When arriving at a U.S. *port of entry* the immigration inspector examines your passport, your visa and your Certificate of Eligibility (I-20 or DS-2019), and determines whether you are admissible to the U.S. A visa functions only as a key to enter the U.S. Once you have opened the door and entered, you do not need to worry about whether your visa is valid or expired. However, you do need a valid visa to *reenter* the U.S. from abroad.

### **Automatic Revalidation**

U of R international students with an expired U.S. visa may rely on automatic revalidation to enter the U.S. after visiting Canada, Mexico, or contiguous territories if:

- their visit does not exceed 30 days
- they have maintained lawful F-1 or J-1 status and intend to continue doing so
- they present a valid passport containing I-94 marked D/S (duration of status)
- they present a Valid I-20, or valid DS-2019
- they present Proof of financial support

According to a new U.S. Department of State regulation, any F-1 or J-1 student who chooses to apply for a new visa while in contiguous territory **will not be eligible** for the "automatic revalidation" benefit during the course of that trip, but would rather have to wait until the visa is granted in order to re-enter the U.S. Students may encounter longer than usual delays when getting the visa. In addition, citizens of "state sponsors of terrorism" (currently Iraq, Iran, Syria, Libya, Sudan, North Korea, and Cuba) are no longer eligible for the automatic revalidation benefit in any circumstances. The benefit remains unchanged for individuals who are not citizens of a state sponsor of terrorism and who do not apply for a visa while in contiguous territory.

### **Canadian citizens**

Canadian citizens are not required to have a passport (if entering the U.S. from within the Western Hemisphere) or visa, but must present a DS-2019 or I-20, proof of Canadian Citizenship and proof of funding at the port of entry.

### **Immigration Status**

Immigration status is granted at the U.S. port of entry. Most of you have either F-1 or J-1 student status. In most situations your visa type and immigration status are the same, unless you have changed your immigration status after entering the U.S.

To maintain your legal status in the U.S., check your certificate of eligibility (I-20 or DS-2019, not the visa stamp in your passport). For F-1 students, check the ending date under item 5 on your I-20 form. For J-1 students check item 3 on your DS-2019 Form. These dates are valid as long as you are an enrolled full-time student. If you complete your program early or do not enroll your I-20 / S-2019 is no longer valid.

### **Renewing Your Visa**

If you and/or your dependents need to renew your visas in order to re-enter the U.S., you must apply in person at an U.S. embassy or consulate abroad. Applicants are normally required to submit the following documentation:

- Visa application and required fees
- Valid passport
- Current passport size photographs
- Valid Form I-20 or Form DS-2019
- Proof of financial support
- Transcript showing full time enrollment

### **Renewing Your Passport**

Consult your country's consulate or embassy in the U.S. to renew your passport. The ISO has links to embassy/consulate addresses and telephone numbers at our web site at <http://www.iso.rochester.edu/links.html>.

### **Re-entering the U.S. After a Temporary Absence of Less Than 5 Months**

To re-enter the U.S., you need to have the following documents:

- Valid passport (except Canadians)
- Valid F-1 or F-2 visa or J-1 or J-2 visa
- Current I-20 with a valid signature (see I-20 Endorsement) or DS-2019 to be eligible for revalidation. Each signature is valid for one academic year
- Proof of financial support
- Transcript showing full-time enrollment and good academic standing

### **F-1 STUDENT STATUS**

**F-1 students must maintain full-time status each semester/quarter, until they receive their degrees.** Full-time means you must register and complete at least 12 credits each semester or 9 credits each quarter or the equivalent as determined by your school or department.

There are some exceptions to this requirement, such as: documented health conditions, English language difficulties in the first semester/quarter which prevent a full-time course load, or during your last semester/quarter if you need less than 12/9 credits to finish your degree ~ as long as these are approved in advance by an advisor in the ISO. Please talk to the ISO about these or any other problems about your status. International students will lose their immigration status by taking a leave of absence while staying in the U.S. Information on reducing your course load is available at <http://www.iso.rochester.edu/immigration.htm#RCL>.

### **I-20 ENDORSEMENT**

You need to have a valid signature from ISO staff on your I-20 in order to re-enter the U.S. The signature is valid for 1 academic year.

## **F-1 PROGRAM EXTENSION**

The "completion of studies" date (item #5 on the I-20 form) is the date you are expected to complete your studies. If you are unable to complete your course of study by that date, you must apply for a program extension before the I-20 completion date expires. Pick up an F-1 Program extension packet from the ISO to begin the process or visit the ISO website at <http://www.iso.rochester.edu/immigration.htm#ProgExt>.

## **F-1 TRANSFER SCHOOLS OR CHANGE OF DEGREE PROGRAMS**

All students transferring from one school to another or advancing from one degree level to another must receive a new I-20 and complete an immigration transfer process to maintain their legal status in the U.S. You must complete the procedures at the ISO within 15 days after the start date on your I-20. The transfer procedure may also be completed by leaving and re-entering the U.S. on an I-20 form from the new school.

## **F-2 DEPENDENTS**

The spouse or child of an F-1 student enters the U.S. in F-2 status. Any student wishing to bring a spouse and/or child to the U.S. should visit the ISO to have the necessary documents prepared. Dependents in F-2 status are not eligible for employment, and cannot take classes full time (except children enrolled in elementary or secondary school). Students must document financial support for their dependents.

## **J-1 EXCHANGE VISITOR STUDENT STATUS AND VISA REGULATIONS**

A J-1 visa is issued to a participant in an Exchange Visitor Program approved by the U.S. Department of State. The entity issuing the DS-2019 is called the sponsor.

## **J-1 CHANGE OF STATUS OR CATEGORY**

Students in J-1 status who are subject to the two-year home country residency requirement may not change to any other immigrant status while in the U.S. unless they are granted a waiver of the requirement. Exchange visitors who enter the U.S. in one exchange visitor category, such as *researcher*, are rarely permitted to change to another category such as *student*.

## **J-1 EXTENSION OF STAY**

If you need additional time to complete your degree, you must file your program extension with the ISO or your own sponsor before your current DS-2019 expires. Check the ending date on item 3 of your DS-2019. There is no limit on your stay as long as you are a full-time student and making satisfactory progress towards your degree.

## **J-1 TRANSFER TO ANOTHER PROGRAM**

If you wish to transfer to another institution you must have your current program sponsor's permission. Permission to transfer is granted only if the transfer contributes to the realization of your original purpose in coming to the U.S. Application for permission to transfer is made with Form DS-2019 from the new sponsor.

## **J-2 DEPENDENTS**

Your spouse, children or other dependents that enter the U.S. in J-2 status may stay for as long as you are authorized to remain. J-2s may apply for work permission with DHS. The ISO has application forms and instructions at <http://www.iso.rochester.edu/depend.htm#Employment>.

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## SECTION 2: EMPLOYMENT IN THE UNITED STATES

### F-1 EMPLOYMENT

Employment opportunities for foreign students are restricted in the U.S. and must be processed through the ISO. In general there are two types of employment: on-campus employment and off-campus employment. ISO information sheets, complete instructions, and application forms for all types of employment can be downloaded at <http://www.iso.rochester.edu/employment.htm>.

#### F-1 On-Campus Employment

On-campus employment is permitted for full-time students without special authorization from the DHS so long as it is performed:

- On the University's premises and where the employer is either the University or a commercial firm which provides services to students on campus (such as the bookstore or cafeteria), or
- At an off-campus location that is educationally affiliated with the University (with authorization from ISO)

In either case, you must be pursuing a full course of study and may not work more than 20 hours/week during the academic year (employment that is required for an assistantship or fellowship counts toward the 20 hours/week maximum). During vacation or recess periods, students in F-1 status may work more than 20 hours/week as long as they are registered for the coming year. Also, any on-campus employment cannot displace a U.S. resident.

#### F-1 Off-Campus Employment

Off-campus *employment* is any type of work or services performed in exchange for money, tuition, fees, books, supplies, room, food or any other benefit. A work permit is required before any off-campus employment is allowed. See an advisor at ISO for advice and assistance.

ISO has handouts and application forms for the following:

- F-1 Optional Practical Training
- Curricular Practical Training
- Off-campus Employment Due to Severe Economic Need
- Employment with an International Organization

*It is your responsibility to comply with all immigration regulations which apply to F-1 students. If you fail to comply with your responsibilities, you may not be eligible for benefits granted to F-1 students or you may lose your valid student status.*

### J-1 EMPLOYMENT

#### J-1 On-Campus Employment

Enrolled J-1 students may work on campus up to 20 hours per week during the semester/quarter and full-time during breaks with the permission of their sponsor. See an advisor in the ISO to obtain this permission if the University of Rochester is your sponsor.

#### J-1 Off-Campus Employment Based on Economic Need

If a J-1 student needs employment during the academic year due to financial hardship arising from unforeseen circumstances, the program sponsor may authorize it. Such employment can not interfere with full-time pursuit of the exchange visitor's program objectives and is limited to 20 hours per week during the academic year and full-time during breaks.

## **Academic Training**

J-1 students in degree programs are permitted an overall limit of 18 months of academic training within their field of study. It may be used during or after the degree. Postdoctoral training is limited to 36 months.

## **J-2 WORK PERMISSION**

A spouse or other dependent in J-2 status may apply to the DHS for permission to accept employment. Permission will be granted only if the employment is designated to support the dependent(s), not the J-1 exchange visitor. Application forms and instructions are available at the ISO.

### ***Note to all students:***

*The International Services Office (ISO) administers the F-1 student visa program and J-1 exchange visitor student visa programs. The ISO issues all student visa documents and is your resource for immigration information on campus. If you have any questions about your immigration status, make an appointment to see an international student advisor in the ISO.*

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## SECTION 3: LEGAL ISSUES

### IMMIGRATION, YOUR RESPONSIBILITY

It is your responsibility to know and follow the laws and regulations under which you may study or stay in the U.S. on a temporary or permanent basis. If you do not follow these requirements, you could find yourself in serious difficulty with the U.S. Department of Homeland Security (DHS), even to the point of having to abandon your studies. If you have any questions about visa matters, call or come personally to the ISO, 209 Morey Hall, telephone number: (585) 275-2866. Friends, fellow students, faculty advisors and others may be well intentioned in their advising, but they are usually not dependable sources of information on such specialized regulatory matters which are crucial to your stay in the U.S.

#### SEVIS

##### **What international students should know about the Student and Exchange Visitor Information System**

*What is SEVIS?*

SEVIS is an internet-based system that allows schools and agencies of the U.S. government to exchange data on the visa status of international students. Accurate and current information is transmitted electronically throughout an F-1 or J-1 student's academic career in the United States. U.S. embassies and consulates also have access to SEVIS.

*Is SEVIS new?*

Yes and no. The requirement that schools provide the federal government with information about each student's status is not new. The U.S. Government for many years has required most of the information that is reported to SEVIS. But the existing paper-based system precluded widespread coordination amongst schools and governmental agencies. In 1996, Congress passed legislation directing the INS to move to an electronic data collection system. This program would come to be known as SEVIS-the Student and Exchange Visitor Information System. Technical challenges and lack of funding delayed the program for several years. However, in October 2001, Congress passed the USA Patriot Act that authorized additional funding and required nationwide compliance by January 30, 2003.

*How does SEVIS work?*

- After the University of Rochester admits an international student, SEVIS is notified and approves the University's request to issue an I-20 or DS-2019. The University sends the new bar-coded I-20/DS-2019 form to the student.
- The student visits the U.S. consulate abroad, and the consulate confirms through SEVIS that the I-20/DS-2019 the student is carrying is a valid document. If everything is in order, the consulate issues the visa.
- An Immigration officer at the port of entry reports to SEVIS the student's entry into the U.S.
- When the student arrives on campus, he/she reports to the International Services Office (ISO), and the school confirms through SEVIS the student's enrollment. The University continues to provide regular electronic reports to SEVIS throughout the student's academic career.
- Finally, SEVIS records the student's departure from the United States.

*What data does SEVIS collect?*

The University must report:

- Whether the student has enrolled at the school, or failed to enroll.
- A change of the student or dependent's legal name or address.
- Any student who graduates prior to the end date listed on the I-20/DS-2019.

- Academic or disciplinary actions taken due to criminal conviction.
- Whether the student drops below a full course of study without prior authorization from the ISO
- Termination date and reason for termination.
- Other data generated by standard procedures such as program extensions, school transfers, changes in level of study, employment authorizations, and reinstatement.
- Any student who fails to maintain status or complete his or her program.

*What does "fail to maintain status" mean?*

Some examples of failure to maintain status include dropping from full-time to part-time enrollment without prior approval from the ISO, attending a school other than the one a student is authorized to attend, failure to apply for a timely transfer or I-20/DS-2019 extension or change in level of study, unauthorized employment, and failure to report a change of address.

*What are the consequences if a student fails to maintain status?*

The student's record will be updated with SEVIS every semester or quarter. Students who fail to maintain status lose the privileges of their student visa and become subject to deportation. Specific consequences may include denial of re-entry to the U.S., inability to move from undergraduate to graduate status, denial of requests for F-1 Practical Training, denial of requests to change visa status, and possible denial of all future visa applications.

*Can a student who is "out of status" regain legal status?*

If a student drops below a full course of study without prior approval from the DSO, that "event" would be reported to the U.S. Department of Homeland Security (DHS), via SEVIS, and he or she would be out of status. The student may apply to USCIC (United States Citizenship and Immigration Services - one of the DHS departments) for reinstatement if the violation resulted from circumstances beyond his or her control. Reinstatement is intended to be a rare benefit for exceptional cases. The student may not apply for reinstatement under any circumstances if he or she is out of status longer than five months. If USCIS does not reinstate the student, he or she may not appeal that decision.

"Full-time" means 12 credits per semester and 9 per quarter. Acceptable reasons for reduced credit load include:

- Students who experience academic difficulties (for example, unfamiliarity with American teaching methods) may take a reduced credit load during their first term.
- Graduate students who have completed required coursework may register for thesis or dissertation credit.
- Students in their final term of study need only the credits required to complete the degree.
- Students who have a medical problem can reduce their credit load or take a semester/quarter off for a total of one year.

**Please note: all reduced course loads must be approved in advance by the DHS through the ISO!**

*What happens if the University fails to comply with the SEVIS regulations?*

The U.S. government is required to audit the University's compliance with these new requirements every two years. Failure to comply with the federal regulations could result in the loss of the University's ability to accept international students.

*What should students do?*

- Read any email updates from the University or the International Services Office (send an e-mail to [questions@iso.rochester.edu](mailto:questions@iso.rochester.edu) to subscribe to the ISO Newsletter) and periodically check for updates on the ISO web site (<http://www.iso.rochester.edu>). Changes in immigration or visa procedures sometimes happen quickly. Information is posted as soon as we have reliable facts.

- Understand the immigration regulations and learn how to maintain lawful status in the U.S., and refer any questions or problems immediately to the experts in the ISO. The four words we hate to hear are: "But my friend said..."
- Be proactive. Students should plan their course schedules carefully so that they maintain full-time enrollment. Make travel arrangements early, and anticipate delays at consulates and border crossings. Keep all documents up-to-date-changes in degree level, extensions, and travel validations must be done in a timely manner. Allow time for processing new forms.
- Please do not hesitate to stop by the ISO (209 Morey Hall), call (275-2866), or e-mail ([questions@iso.rochester.edu](mailto:questions@iso.rochester.edu)) if you have any questions or concerns.

### **UNATTENDED CHILDREN**

It is illegal in the United States to leave small children or babies unattended in a home, hotel or car by themselves. If you and your spouse must leave your child, you must arrange for someone else (not a young child) to care for your children. An adult or responsible older child (usually 12 years or older) should be supervising the children's activities. U.S. laws may subject a parent who leaves a child unattended to charges of negligence or "endangering the welfare of a child." Please leave your children with an adult friend or neighbor if you need to go out without your children. If you are concerned about the welfare of someone else's children, and you suspect the possibility of neglect or abuse, you may call the Child Abuse and Neglect Hotline: 1-800-342-3720. This is a 24-hour toll-free number.

### **DOMESTIC ABUSE**

Spouse/Partner/Child abuse is considered a felony and may be a deportable offense. No one has the right to frighten, hit, or injure any other person. It is against U.S. law. If you have any questions about these issues, you may contact an advisor in the ISO, who can direct you in to the appropriate assistance. All contacts with ISO will be treated with appropriate confidentiality.

### **CULTURAL ASPECTS OF SEXUAL HARASSMENT**

#### **WHAT IS SEXUAL HARASSMENT?**

Sexual harassment consists of unwelcome sexual advances, requests for sexual favors, or other physical or verbal behavior of a sexual nature which has the effect or intent of interfering with an individual's academic or work performance by creating an intimidating, hostile or offensive environment. Essentially, sexual harassment implies a power relationship between individuals, which can seriously undermine the teaching/learning environment. The following examples of sexual harassment are provided by the Project on the Status and Education of Women:

- Verbal harassment or abuse
- Subtle pressure for sexual activities
- Unnecessary touching, patting, or pinching
- Leering at a person's body
- Constant brushing against a person's body
- Demanding sexual favors accompanied by implied or overt threats concerning grades, employment, or evaluations
- Physical assault, including rape

Although most sexual harassment incidents involve a male staff member, male faculty member or male student harassing a female, there can be cases of women harassing men, women harassing women, and men harassing men.

#### **WHY DO I NEED TO KNOW ABOUT SEXUAL HARASSMENT?**

Based on your own cultural experiences, you may believe that sexual harassment is not a possible occurrence, or that it won't happen to you. In some cultures, for example, sexual harassment between a faculty member and a student could never occur because, unlike in the U.S., informal

relationships between faculty and students are just not possible. Some cultures may assume that a woman appearing in public alone is announcing her availability for sexual activity. Or, it may be assumed that relationships between men and women are primarily romantic or sexual. In the United States, however, women frequently appear alone in public with the expectation that they will be treated non-sexually, and men and women typically interact on a non-sexual basis as colleagues and friends. Consequently, it is important to be aware of the ways in which relationships between men and women in the United States may differ from relationships between men and women in your country.

#### WHAT ARE SOME OF THE SEXUAL HARASSMENT DILEMMAS I MAY FACE?

Sexual harassment can happen to anyone, and being aware of what kinds of behavior may constitute sexual harassment can help to minimize difficulties. The following descriptions of potentially harassing encounters are taken from the videotape “The Wrong Idea,” produced by the University of Minnesota.

It is the first day of class, and the instructor/teaching assistant is reviewing the course requirements. Because the assignments are difficult, he encourages the students to cooperate with each other in working on them. He then singles out the only woman in the class, noting that she might need extra help. He jokes about the fact that there will probably be a lot of volunteers to help her. The men in the class react by laughing and looking at each other. The woman looks uncomfortable and embarrassed.

A male student employee and his female supervisor are finishing up their work at the end of the day. The supervisor approaches the student and compliments him on his work and dedication. Then she tells him he is attractive and probes to see if he is available. When she finds out he is, she comments on their shared loneliness and pressures him to join her for dinner.

A group of students from a class are in the campus pub with their male professor. Everyone except one female student has to leave. As the last male student leaves, he makes innuendoes about leaving the professor alone with the female student. The professor asks the student if she has plans and she replies that she has plans to study. The professor suggests going out as a couple and she proposes inviting others from the class. He protests, and she realizes that the conversation is more than just friendly. She makes an excuse to leave, while he pressures her for an answer to his invitation.

A male student comes to his female teaching assistant’s office and, after closing the office door, asks for help with an assignment. As she begins to look over his work, he moves close to her and begins lightly brushing her leg with his fingers. She looks uncomfortable.

A female student comes to talk with her male advisor about her master’s thesis. As she enters, he inappropriately stares at her body and, shortly after she sits down, he pats her hand. She tries to keep the conversation on the topic of her research, while he tries to bring it to a personal level. He suggests that they could work together better if they get to know each other more. She tries again to get him to focus on her questions. He puts his arm around her and she looks uncomfortable. When he rests his hand on hers, she makes an excuse and leaves.

#### WHAT MAY HAPPEN TO SOMEONE CHARGED WITH COMMITTING SEXUAL HARASSMENT?

Sexual harassment is not only a violation of University policy; it is also a violation of state and federal law. While different cultures may permit varied behaviors between and among the sexes, certain behavior, which could be interpreted as harassment, will not be tolerated at this institution. Violators may be subject to university disciplinary action and/or arrest.

## WHAT ARE MY OPTIONS IF I THINK I HAVE BEEN SEXUALLY HARASSED?

If you believe that you have been sexually harassed, one of the most important things to realize is that the harassment was not **your** fault. There is nothing wrong with **you**. The blame for sexual harassment lies with the perpetrator, not with the recipient.

There are a number of things you can do. First, consult with the University Intercessor, a representative of the International Services Office, or the University Counseling and Mental Health Services, and consider the following steps:

- Tell the harasser to stop.
- Bring someone with you to support you and act as a witness.
- Write down what is happening to you. Include dates, times, locations, any witnesses, what was said or done, and what you did to try to stop it.
- Tell the harasser in writing that you object to this behavior, and describe what has upset you. Keep a copy of the letter.
- Tell someone else! Talk with a friend, or tell a trusted member of the faculty or staff.
- File a complaint with the University Intercessor, Kathy Sweetland, at 275-9125.
- If there has been a physical assault (including rape), it is a crime and should be reported to University Security at 275-3333.

The Sexual Assault Hotline at 275-7273 is available to support you and help you to connect to resources at the University and in the Rochester community.

## WHAT WILL HAPPEN IF I COMPLAIN ABOUT SEXUAL HARASSMENT?

Given the variety of factors involved in sexual harassment incidents, including your own wishes regarding actions to be taken, it is not possible to provide a uniform description of sexual harassment complaint processes. Complaints are handled on a case-by-case basis, and confidentiality will be maintained to the extent possible.

When you come forward with a sexual harassment complaint you are taking a very difficult but absolutely essential first step toward ending harassment behavior, both towards yourself and toward others (the harasser has probably victimized a number of other people over time and will continue to do so until stopped). The University has personnel who will work with you to explain complaint processes and explore options most suited to your own needs.

## HOW CAN I AVOID OTHER FORMS OF SEXUAL DISCRIMINATION?

Sexual harassment is a very damaging form of sex discrimination. It is demeaning, insulting, and embarrassing. It can destroy opportunities, threaten careers, and ruin lives. Publishing this information sheet may help stop sex discrimination in its most blatant and deliberate manifestation, but its more subtle forms will persist as long as demeaning attitudes towards individuals, especially women, remain unchanged. Unlike overt acts of sexual harassment, most gender-biased attitudes are unconscious, and the discriminatory behavior resulting from them is normally non-intentional. Intentional or not, however, such behavior – like sexual harassment itself – serves to belittle women and to deny their full participation in the rights and privileges of employment and education. While the following suggestions, provided by the Women’s Studies Program Committee at California State University, Northridge, are directed toward eliminating sex discrimination in the classroom, they may be modified to address the treatment of women in general:

- When making general statements about women – as with any other subject – be sure that what you say is accurately based on reliable information. Avoid using derogatory terms or stereotypic generalizations, such as “Older women don’t belong in college,” or “Women can’t think geographically.”

- Avoid “humor” or gratuitous remarks that demean or trivialize women, just as you would avoid remarks that demean or belittle people because of their race, religion, or physical characteristics.
- Avoid as much as possible using generic masculine terms to refer to people of both sexes. Continual use of the generic “he” or “man” evokes primarily masculine images and renders women peripheral or invisible.
- When giving examples, try to avoid sexist stereotypes, such as making all authority figures men and all subordinates women.
- Choose course material that does not ignore or deprecate women or use sexist language.
- Monitor your behavior toward men and women to ensure that you are treating them in the same manner.

\*\*This article was edited for use by University of Rochester students by Sylvia H. Kless, Senior International Student Advisor, and Kathy Sweetland, University Intercessor, with special thanks to the original editors and authors who graciously shared their article with others in the field of international student advising:  
 Ellen H. Badger, Director, International Student & Scholar Services  
 Francine Montemurro, Director of Affirmative Action and University Ombudsman, SUNY Binghamton  
 Original Version of this publication was co-authored by Ellen H. Badger and Marguerite Allington, formerly the Assistant to the President for Affirmative Action

#### WHERE CAN I GO FOR MORE INFORMATION, ADVICE, AND/OR ASSISTANCE?

To talk with someone about sexual harassment, you are encouraged to contact any of the following offices:

University Intercessor, Wallis 24, Tel. 275-9125  
 International Services Office, Morey 209, Tel. 275-2866  
 University Security, Towne House, Tel. 275-3333, emergency x13  
 University Counseling Center, Dewey Room 4-160, Tel. 275-2361  
 Town House, Suite 161-12, Tel. 275-3113

#### SUMMARY OF LEGAL ISSUES:

These are only a small sampling of the thousands of laws, which may affect your time in the U.S. Even as a visitor, you will be expected to know about and obey those laws. Ignorance of the law is no defense in the U.S.

If you have any questions or concerns, please schedule an appointment with an advisor in the ISO or stop by the Student Activities Office for an appointment with a designated student attorney. An initial visit with a designated student attorney is free of charge for undergraduate students only.

## SECTION 4: HELPFUL CONTACTS AND RESOURCES

### CONTACTS

ISSUE	Undergraduate students	Simon Graduate School of Business Admin. students	Eastman School of Music students
<ul style="list-style-type: none"> <li>• Academic Problems</li> <li>• Curriculum Requirements</li> <li>• Trouble with Professors</li> <li>• Trouble with English</li> <li>• Changing Majors</li> </ul>	<ul style="list-style-type: none"> <li>⇔ Academic Advisor, Center for Academic Support, Lattimore 312 Tel.: (585) 275-2354</li> </ul>	<ul style="list-style-type: none"> <li>⇔ M.B.A. Program: Admission and Financial Aid Tel.: (585) 275-3533</li> <li>⇔ Ph.D. Program: Tel.: (585) 275-2959</li> </ul>	<ul style="list-style-type: none"> <li>⇔ Undergraduate: Academic Affairs Tel.: (585) 274-1020</li> <li>⇔ Graduate: Office of Graduate Studies Tel.: (585) 274-1560</li> </ul>
<ul style="list-style-type: none"> <li>• Details about course</li> <li>• Late Assignments</li> <li>• Questions about lectures</li> </ul>	⇔ Individual Professor	⇔ Individual Professor	⇔ Individual Professor
<ul style="list-style-type: none"> <li>• Community Activities</li> </ul>	<ul style="list-style-type: none"> <li>⇔ The Buzz</li> <li>⇔ The Campus Times</li> </ul>	<ul style="list-style-type: none"> <li>⇔ WATS (World According to Simon)</li> <li>⇔ The Campus Times</li> <li>⇔ The Buzz</li> </ul>	<ul style="list-style-type: none"> <li>⇔ The Campus Times</li> <li>⇔ The Buzz</li> </ul>
<ul style="list-style-type: none"> <li>• Employment</li> </ul>	<ul style="list-style-type: none"> <li>⇔ International Services Office (for work authorization) 209 Morey Hall Tel.: (585) 275-2866</li> <li>⇔ Career Center (for job opportunities) Meliora Tel.: (585) 275-2366</li> </ul>	<ul style="list-style-type: none"> <li>⇔ International Services Office (for work authorization) 209 Morey Hall Tel.: (585) 275-2866</li> <li>⇔ Career Services (for job opportunities) Tel.: (585) 275-4881</li> </ul>	<ul style="list-style-type: none"> <li>⇔ International Services Office (for work authorization) ESM, Room 506 Tel.: (585) 274-1254</li> <li>⇔ Career Services Office (for job opportunities) Tel.: (585) 274-1210</li> </ul>
<ul style="list-style-type: none"> <li>• Federal Income Tax</li> </ul>	⇔ International Services Office 209 Morey Hall Tel.: (585) 275-2866	⇔ International Services Office 209 Morey Hall Tel.: (585) 275-2866	⇔ International Services Office 209 Morey Hall Tel.: (585) 275-2866
<ul style="list-style-type: none"> <li>• Financial Aid</li> </ul>	⇔ Financial Aid Office Tel.: (585) 275-3226	⇔ M.B.A. Programs, Admission and Financial Aid Tel.: (585) 275-3533	⇔ Financial Aid Office Tel.: (585) 274-1070
<ul style="list-style-type: none"> <li>• Housing</li> </ul>	⇔ Office of Residential Life Tel.: (585) 275-3166	<ul style="list-style-type: none"> <li>⇔ Graduate Student Housing Tel.: (585) 275-5824</li> <li>⇔ Off-Campus Living, Information Center Tel.: (585) 275-1081</li> </ul>	⇔ Residential Life Tel.: (585) 274-1251
<ul style="list-style-type: none"> <li>• No heat in dorm</li> <li>• Lost your room keys</li> <li>• Problem with roommate</li> </ul>	<ul style="list-style-type: none"> <li>⇔ Resident Advisor</li> <li>⇔ Security</li> </ul>	⇔ Landlord	<ul style="list-style-type: none"> <li>⇔ Residential Life (above), or</li> <li>⇔ Landlord</li> </ul>

• Medical Problems	↔ University Health Service (UHS) Tel.: (585) 275-2662	↔ University Health Service (UHS) Tel.: (585) 275-2662	↔ Eastman Health Services Tel.: (585) 274-1230
• Personal/Adjustment Problems	↔ University Counseling Center Tel.: (585) 275-3113 Tel.: (585) 275-2361	↔ University Counseling Center Tel.: (585) 275-3113 Tel.: (585) 275-2361	↔ University Counseling Center Tel.: (585) 275-3113 Tel.: (585) 275-2361
• Transfer to another school	↔ International Services Office 209 Morey Hall Tel.: (585) 275-2866	↔ International Services Office 209 Morey Hall Tel.: (585) 275-2866	↔ International Services Office 209 Morey Hall Tel.: (585) 275-2866
• Visa Problems	↔ International Services Office 209 Morey Hall Tel.: (585) 275-2866	↔ International Services Office 209 Morey Hall Tel.: 275-2866	↔ International Services Office 209 Morey Hall Tel.: 275-2866
• Schedule of courses	↔ Registrar's Office (University) Tel.: (585) 275-8131	↔ Registrar's Office (Simon School of Business) Tel.: (585) 275-3580	↔ Registrar's Office (Eastman School of Music) Tel.: (585) 274-1220
• Campus map • Bus schedules	↔ Wilson Commons Information Desk	↔ Wilson Commons Information Desk	↔ Admissions Tel.: (585) 274-1060
• Requirements for graduating	↔ Center for Academic Support Lattimore 312 Tel.: (585) 275-2354	↔ Registrar's Office (Simon School of Business) Tel.: (585) 275-3580 ↔ M.B.A. Programs, Admission and Financial Aid, Tel.: (585) 275-3533 ↔ Ph.D. Program, Tel.: (585) 275-2959	↔ Undergraduate: Academic Affairs Tel.: (585) 274-1020 ↔ Graduate: Office of Graduate Studies Tel.: (585) 274-1560
• Declaring your major	↔ Center for Academic Support Lattimore 312 Tel.: (585) 275-2354		↔ Academic Affairs Tel.: (585) 274-1020

**\* Note:**

- **Graduate Students** - For information see **Departments**

## TRANSPORTATION

The transportation system in the United States is quite different from that in most other countries. Our rail and bus systems are not as extensive as those of many other countries. Most Americans own cars, which are the most common form of transportation. But, it is quite possible to live in Rochester without owning a car. Rochester has a public transportation system making most places you would want or need to go easily accessible. For many students, especially those who live on or near campus, the most common means of transport is the bicycle.

### Bicycles

Bicycling is popular as a sport and as a means of transportation in the U.S. Therefore, many of the bicycles for sale here are very elaborate ten-speed racing models and rugged "all-terrain" bicycles. If you are using your bicycle for transportation only, you may not need such an expensive model. Used bicycles are advertised in all the Rochester newspapers. It is important to lock your bicycle securely whenever you leave it. The University's Security Office recommends a U shaped lock. These locks are sold at the

campus bookstore. You should lock your bicycle into a bicycle rack, not to light poles, trees or posts. Before riding a bicycle off campus, spend some time observing bicycle traffic patterns. Those patterns might not be the same as the ones you are accustomed to. Please be aware that cars do not usually yield to bicyclists. Always wear a helmet and drive defensively!

### **Taxicabs**

There are several taxicab companies in Rochester. You will find their names and telephone numbers in the Yellow Pages. You are charged according to the distance that you drive. It costs between 8 and 12 dollars to go from the University of Rochester to the airport. It is customary to pay an additional 15% of the fare as a tip.

### **Rochester Transportation System**

You can get to most of the places you need to go by using Rochester's public transportation system. RTS (Regional Transit Service) buses only accept exact change or transfers. You can ask the driver for a transfer when you enter the bus. The transfer allows you to continue to ride on a second bus for free. Bus schedules are available in Wilson Commons. You can also call RTS and ask for route and schedule information.

There are several bus routes that are free to UR students. You only need to show your UR ID to board. These buses run between the River Campus, Eastman School of Music, Goler House and Whipple Park. Additionally, the University runs a free shuttle service to Marketplace Mall on Saturdays. Schedules for these buses are also available at the Student Activities Office in Wilson Commons.

- **RTS**                      Tel.: (585) 288-1700
- **U of R Shuttle**        Tel.: (585) 275-7433

### **Cars**

Owning a car is expensive and can be very troublesome, because cars often need to be repaired and automobile repairs are costly and frequently unreliable. Other expenses include license plates, registration, insurance and fuel. The ISO has handouts with tips for buying a used car. These tips are helpful because buying a car, especially a used one, can be very tricky.

Any licensed driver who is at least 25 years of age may rent a car for the day, weekend, week or month. Prices vary so you should call a number of agencies and ask about their charges.

- **Avis**                      Tel.: 1-800-831-2847
- **Hertz**                     Tel.: (585) 328-3700
- **Enterprise**            Tel.: (585) 235-6700
- **Alamo, National**      Tel.: (585) 235-5400

## **NEW YORK STATE DRIVER LICENSE**

### **Driver License**

You may legally drive in New York if you have a current International Driver License and your home country Driver license in your possession while you drive. It is advisable, however, to obtain a New York license even if your international license is still valid. To get a New York license, you must go to the Department of Motor Vehicles Office located at one of the offices listed below. For more information contact the ISO.

- Tel.: 1-800-225-5368
- 2199 East Henrietta Road
- 1940 W. Ridge Rd.
- 349 West Commercial Street

- 545 Titus Avenue

Frequently asked questions:

- How long can a foreign student drive with an International Driver License?

The student may drive with the International Driver License as long as the International License is valid and the foreign license is valid. The international license is basically a translation of the foreign license and should be accompanied by the foreign license at all times. Students should be aware of the renewal dates of the International license and the foreign license in the home country.

- How long can a foreign student drive with a foreign license?

A student may drive with a foreign license as long as the foreign license is valid and the student is temporarily residing in the U.S. The foreign license should always be accompanied by the English translation. The translation may be the International License itself or it may be a translation done by a certified instructor in the foreign language.

- If the student has an International Driver License, can they automatically get a New York State Driver license?

No, they cannot. In order to obtain a New York State Driver license a student must go through the permit process. This involves taking a written test, a five-hour safety course, an eye test and a road test.

- Is it true that a foreign student has to hand over his foreign license to the DMV, if he applies for a New York State License?

Yes, the foreign license is surrendered after passing the New York State road test.

- Does the student have to get a New York State License if they have an International Driver license?

No. A person must obtain a New York State license upon becoming a resident of New York State.

- What is the procedure to obtain a New York State Driver License?

The person must:

- Present six points of ID from the DMV ID list
- Pass a vision test
- Pass a written test
- Pay the required fees (approximately \$45.00)
- Attend a five-hour safety course and receive a completion certificate
- Pass the road test

- If a student has a New York State Driver License, where can he/she obtain an International Driver License?

An International Driver License is obtained from the home country for use in a foreign country. For New York State drivers wishing to drive in a foreign country, the international Driver License can be obtained from the Automobile Club (AAA). Locations and phone numbers are in the book.

## HOW TO BUY A USED CAR

If you are buying a used car, the most important areas to check are:

- **Fluid levels and leaks:** Automatic-transmission fluid should be clear or pinkish and shouldn't look rusty, and there should be no green stains on the radiator (evidence of leaks). Low engine oil or transmission fluid is a sign of neglect.
- **Body integrity:** Look for rust, especially in the trunk, wheel wells, and rocker panels (under the doors). Bring along a small magnet and apply it to those areas. If it doesn't stick, suspect a hasty (and nonpermanent) patch-up job with body putty. Look for signs of an accident, i.e.: new welds, discolored surfaces, rippled body work, panels whose color doesn't quite match, doors that don't fit properly. A fresh paint job or fresh undercoating may be hiding something serious.
- **Tires:** If the car has less than 25,000 miles on the odometer, it should have its original tires, still with some useful tread. Bald or new tires could mean that the odometer has been turned back. Uneven tire wear could signal accident damage or poor wheel alignment. Make sure there's a usable spare tire and a jack.
- **Suspension:** Pull and push on the top of each front tire: Any play or clunks could mean bad wheel bearings or suspension joints. Push down and quickly release each corner of the car: More than one or two bounces could mean worn shocks or struts. Look at the car from the rear and side: A lopsided stance could mean sagging springs.
- **Interior:** Seats shouldn't sag like an old chair, smell musty, or have ripped upholstery. Pedal wear should be accurate with the odometer's reading. See that safety belts and controls work. Check the trunk for mildew or moisture.

You'll need about a half an hour for a thorough test drive; pick a clear, dry day. First, be sure the driving position is comfortable and that the controls are easy to see and reach. Then, check these points:

- **Steering:** With the engine off but the ignition on, there should be no more than two inches of play when you jiggle the steering wheel. Steering should be smooth and precise, with a minimum of vibration. A car that pulls to one side may need a simple alignment or proper tire inflation-or it may have been in an accident. "Crabbing", a sideways drift as the car moves forward, may mean the car was in an accident that twisted the body.
- **Engine:** Look for smooth acceleration and ample power on hills and when passing. Pinging or knocking is a sign of an out-of-tune engine, and blue smoke is a sign the car's burning oil. A bit of puffy white smoke on a cold day is all right, but a lot of smoke could mean a bad head gasket.
- **Transmission:** Shifting should be smooth. Signs of wear: in an automatic, a hesitation between the engine's acceleration and the car's; in a manual, a clutch that slips or doesn't engage smoothly.
- **Brakes:** On a straight, traffic-free road, try a series of stops from about 45 mph. Warning signs: strong pulling to one side, pedal vibration (except with antilock brakes), an abnormally long stopping distance. With the engine idling, step firmly on the brake pedal for 30 seconds. If it feels spongy or sinks, the brake system may have a leak.
- **Exhaust system:** Sputtering or rumbling could mean a leak that's costly to fix.
- **Comfort and quiet:** Drive at 30 to 40 mph over a bumpy road. Excessive bouncing may point to suspension problems. Rattles and squeaks are hard to trace; you may have to live with them.

Have a mechanic inspect the car before you buy! (Approximate cost: \$60 to \$100). Make sure the mechanic performs a compression test and assesses any flaws you've found. Ask the mechanic to give you a written estimate of repairs; you can use it in negotiating.

## CAR INSURANCE

There are many insurance companies to choose from. Many have competitive rates, especially for "good" drivers (no tickets or accidents).

Allstate Insurance	(585) 461-3680
GEICO Insurance	1-800-841-3000

Nationwide Insurance (585) 271-7683  
Progressive Insurance 1-800-288-6776  
State Farm Insurance (585) 359-4280

## SHOPPING IN ROCHESTER

When you go shopping in the U.S., you may find it is quite different from shopping at home. You will find a large selection of new goods and tremendous variation in price. The merchandise is generally served in a “self-serve” manner and clerks may not be readily available to assist you. Knowledgeable clerks are generally found only in more expensive specialty shops. In self-serve shops, you take the items to a checkout counter where you pay for them. Many stores provide baskets or carts to hold the items that shoppers want. Never put a piece of merchandise in a pocket, purse or backpack before paying for it. If you do, it may appear that you do not intend to pay for it. This may result in a charge of “shoplifting” which is a very serious offense. Many stores have video cameras to watch for shoplifters. Shoppers are advised to compare prices for the same item at different stores, as prices will frequently vary. In retail stores, the prices displayed are firm and generally not negotiable. Be aware that the sales tax on an item is not included in the displayed price but is added by the store clerk when you buy the item. To save money when shopping at the local grocery stores, Wegmans or Tops, you should get a Shopper’s Club or Bonus Card. Applications for cards can be filled out at the supermarket. You can also save money on some products by using coupons, which can be found in the Sunday newspaper.

### Grocery Shopping

An important part of staying healthy is eating a nutritious and balanced diet. Finding the right foods in a new country may be difficult. You can buy most of your groceries, paper products, cleaning supplies, and toiletries at the supermarket. They have fresh fruits, vegetables, meat, fish, poultry, canned, boxed, and frozen foods. Foods from your country may or may not be available in the supermarket, but they may be available from one of the specialty food stores in the area.

### Supermarkets

- **Wegmans**  
1885 Chili Avenue,  
Tel.: (585) 235-9071  
650 Hylan Drive (near Marketplace Mall),  
Tel.: (585) 424-7255
- **Wal-Mart Super Center**  
2150 Chili Avenue, Tel.: (585) 429-9640
- **Tops (Henrietta)**  
1100 Jefferson Rd., Tel.: (585) 427-9980
- **Tops International**  
3507 Mt. Read Blvd., Tel.: (585) 663-4400
- **Tops (Brighton)**  
1900 Clinton Ave., Tel.: (585) 442-2990

### Specialty Stores

- **Europa Deli (Russian, Ukranian, Polish & Jewish)**  
1694 Penfield Road, Tel.: (585) 385-2040
- **Pittsford Seafood (includes Russian and Jewish delicacies)**  
510 Monroe Ave., Tel.: (585) 271-1780
- **India House**  
998 South Clinton Ave., Tel.: (585) 461-0880
- **India Market**  
3259 Winton Rd., Tel.: (585) 427-8667
- **Lee’s Oriental Food**  
900 Jefferson Road, Tel.: (585) 272-7020
- **Nick’s Store (Greek)**  
40 Monroe Ave., Tel.: (585) 271-1390
- **Rochester Oriental Foods & Grocery**  
228 Monroe Ave.,  
Tel.: (585) 325-2354
- **Public Market**  
280 Public Market., Tel.: (585) 428-6907
- **Sindibad Import (Middle Eastern & Subs)**  
511 East Main, Tel.: (585) 423-9336
- **Hartmann’s Old World Sausage Shop (German delicacies)**  
1256 N.Clinton Ave., Tel.: (585) 266-4960

## Consumer Goods Stores

- **Wal-Mart**  
2150 Chili Avenue, Tel.: (585) 429-9640  
1200 Marketplace Dr., Tel.: (585) 292-6000
- **CVS Pharmacy**  
789 Elmwood Ave., Tel.: (585) 271-5032
- **Target**  
2325 Marketplace Dr., Tel.: (585) 424-3370
- **Linens and Things**  
Southtown Plaza, Tel.: (585) 424-3580
- **Marketplace Mall**  
W. Henrietta Rd., Tel.: (585) 475-0757
- **Best Buys**  
2345 Marketplace Dr., (585) 292-0250

## ENGLISH CLASSES

- **University of Rochester ESL Program**  
Tel: (585) 275-2344  
Full-time Summer Session or Part-time during the academic year leading to a certificate.
- **Rush-Henrietta Central School District**  
Tel.: (585) 359-7918  
Classes held in the morning:  
Mon. – Fri. 9:00 a.m. – 12:00 p.m.  
Vollmer Building, 150 Telephone Road, West Henrietta, check in with Susan or Judy  
It is not necessary to register in advance, unless the student is inquiring about childcare. In that case they should call Susan at 359-7918 to schedule an appointment. Space in the childcare rooms is limited, however.  
  
Classes held in the evening:  
Mon. & Wed. 6:30 p.m. – 9:30 p.m.  
1799 Lehigh Station road, room A108 on Monday, and room A-116 on Wednesday.  
Students **MUST** call Susan at 359-7918 BEFORE attending evening classes, for pre-registration and entry testing. Registration takes about 30-40 minutes and can be scheduled most mornings 9:00-11:30, and 1-2 evenings per month by appointment only. Students cannot attend the evening class without first registering at the Vollmer building.
- **ISO & Literacy Volunteers**  
Tel.: (585) 275-2866  
Call the ISO for information on FREE classes held on Thursdays throughout the academic year.
- **City School District**  
Classes held in the daytime:  
Family Learning Center, 30 Hart Street  
Monday through Friday 8:30 a.m. - 3:00 p.m.  
Tel.: (585) 262-8000  
Classes held in the evening:  
To be added at a later date. Contact (585) 262-8000
- **Literacy Volunteers of Rochester**  
Tel.: (585) 473-3030  
Literacy Volunteers meet with students on an individual and/or small group basis to help them with their English – FREE.
- **BOCES (Board of Cooperative Educational Services)**  
Tel.: (585) 383-2210  
41 O’Conner Road, Fairport  
Annual registration fee of \$25.00. Classes and transportation are free.

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## SECTION 5: LIVING ABROAD

### CULTURAL ADJUSTMENT

#### Culture Shock

A 'shock' is defined as an impact, a collision, a sudden disturbance or commotion, a momentary reaction to a strong physical or psychic stimulus. In that context 'Culture shock' may be a scary phrase when we first see it, but, in fact, it is a part of everyday life, especially as changes occur in our cultural surroundings. It is a very normal process that nearly everyone goes through.

Coming to the United States from a different culture, we carry with us important values, patterns of behavior that are customary in our cultures. The more we know about this, the better we'll see and understand the cultural differences we encounter abroad.

Culture has been defined as "shared behavior, which is important because it systematizes the way people do things, avoiding confusion and allowing co-operation so that groups of people can accomplish what no single individual could do alone." The individual and the culture in which she or he lives are a complex set of relationships. On the one side, the individual determines his or her culture, on the other, it is determined by the culture itself. By contributing to the culture around them, the individual becomes part of the cultural change. Since the social conditions influence the way human beings behave or engage in different activities, for a society to function effectively the individuals need to accept and adjust to its values and norms.

Therefore, students going abroad to obtain a degree, gain academic expertise, and learn a new culture must adapt to the new culture rapidly in order to operate effectively. International students face problems such as language barriers, racial discrimination, dietary restrictions, financial stress, loneliness and academic stress; they become emotionally independent and self-supporting. Some of these problems are shared by native students as well.

According to experts, the four stages of culture shock are:

- **Honeymoon stage:** An initial reaction of enchantment, fascination, enthusiasm, admiration and cordial, friendly, superficial relationships with hosts
- **Crisis:** Initial differences in language, concepts, values, familiar signs and symbols lead to feelings of inadequacy, frustration, anxiety and anger
- **Recovery:** The crisis is resolved by a number of methods such that the person ends up learning the language and the culture of the host country
- **Adjustment:** The sojourner begins to work in and enjoy the new culture, though there may be occasional instances of anxiety and strain.

Culture shock is often brought on by the anxiety of losing all familiar signs and symbols of social intercourse. These signs are ways in which we orient ourselves to different situations in life: when to shake hands and what to say when we meet people, when and how to give tips, how to give orders to servants, how to make purchases, when to accept or refuse invitations, etc.

These cues, which may be words, gestures, facial expressions, customs, or norms are acquired by all of us in the course of growing up and are as much a part of our culture as the language we speak or the beliefs we accept. When we enter a new culture, all or most of these familiar cues are removed. We experience frustration and anxiety.

When we enter a different culture, all or most of these familiar cues are removed. We are like a fish out of water. No matter how broad-minded or full of good will we may be, a series of props have been knocked

from under us. This is followed by a feeling of frustration and anxiety. People react to the frustration in much the same way. First they reject the environment which causes the discomfort: "the ways of the host country are bad because they make us feel bad." For example, if Americans who are in a different land get together to grouse about the host country and its people, you can be sure they are suffering from culture shock.

Another phase of culture shock is regression. The home environment suddenly assumes a tremendous importance, everything becomes irrationally glorified. All difficulties and problems are forgotten and only the good things back home are remembered. It usually takes a trip home to bring one back to reality.

Individuals differ greatly in the degree in which culture shock affects them. Although not common, there are individuals who cannot live in foreign countries. Those who have seen people go through a serious case of culture shock and on to a satisfactory adjustment can discern steps in the process.

Another stage is characterized by a hostile and aggressive attitude towards the host country. This hostility evidently grows out of the genuine difficulty which the visitor experiences in the process of adjustment. There is school trouble, language trouble, housing trouble, transportation trouble, shopping trouble, and the fact that people in the host country are largely indifferent to all these troubles. They help but they just don't understand your great concern over these difficulties. Therefore, they must be insensitive and unsympathetic to you and your worries. You become aggressive; you band together with your fellow countrymen and criticize the host country, its ways and its people.

This criticism is not an objective appraisal but a derogatory one. Instead of trying to account for conditions as they are through an honest analysis of the actual conditions and the historical circumstances which have created them, you talk as if the difficulties you experience are more or less created by the people of the host country for your special discomfort. You take refuge in the company of your countrymen and this cocktail circuit becomes the fountainhead of emotionally charged labels known as stereotypes. This is a peculiar kind of shorthand which caricatures the host country and its people in a negative manner.

Culture shock is lessened as the visitor succeeds in getting some knowledge of the language and begins to get around by himself/herself. This is the beginning of his or her adjustment to the new cultural environment. The visitor still has difficulties but he or she takes them with a more positive attitude. Usually in this stage the visitor's sense of humor begins to exert itself.

In the final stage of adjustment the visitor accepts the customs of the country as just another way of living. He/she can operate within the new milieu without a feeling of anxiety although there are moments of strain. Only with a complete grasp of all the cues of social intercourse will this strain disappear.

With a complete adjustment you not only accept the foods, drinks, habits, and customs but actually begin to enjoy them. When the visitor goes back home on leave he/she may even take things back and he/she might even miss the country and the people to whom they have become accustomed.

It is important for a student to adjust to the new culture rapidly in order to give good academic results. Although there are individual differences in how much and how quickly students adapt, the adjustment process can be viewed as a developmental process.

## **Community Life**

### **• Spouse Information**

#### **Employment**

Persons in F-2 status cannot work in the United States; but, if they have an opportunity to take a temporary professional job while in the United States, it may be possible to change status. Persons in J-2 status may accept employment in the United States only if the Immigration and Naturalization Service have granted them employment authorization. You can get more information from the International Services Office.

## Health Insurance

If you are a J-2 dependent, you must have health insurance for the full duration of your J program. Although in many countries the government bears the expense of health care for its citizens, individuals and families in the United States are responsible for these costs themselves. It is dangerous to be in the United States without adequate health insurance.

- F-2 spouses are not eligible for U.S. Social Security Numbers.
- J-2 spouses are only eligible after receiving work permission from BCIS.
- Spouses may obtain a University ID number at the ISO which will allow them to get a University ID card to use the on campus sports facilities for a fee, and free use of the library and shuttle buses.
- Spouses who have difficulty obtaining a NY driver's license without a Social Security Number may go to the Social Security Office and ask for a letter verifying that they are not eligible for a number; they may then take that letter to the Department of Motor Vehicles.
- Spouses (or students/scholars who are visiting the U.S. for less than 6 months and who are potentially ineligible to apply for an SSN) are encouraged to apply for a Non-taxpayer ID number (ITIN) at the Internal Revenue Service (IRS) at 225 East Avenue in Rochester. This number can be used in place of a Social Security Number.

## Travel

If you will be travelling outside the U.S., please contact the ISO to make certain that your immigration documents are in order. The Forms I-20 and DS-2019 must be signed on the back at least once an academic year to allow you to re-enter the United States. If you will be traveling separately from your spouse, you must obtain individual I-20s/DS-2019s. Please contact the ISO for more information.

## Children and Childcare

Telephone: (585) 273-3677 (Kindercare Learning Center- Angelica Sternowski)

Young children should never be left unsupervised. In fact, it is illegal in the United States to leave small children unattended in a home, hotel, or car by themselves. U.S. laws may subject a parent to charges of negligence if an unattended child is injured. If you and your spouse must leave your child, you should arrange for someone else to care for your children. An adult or responsible child over 12 years old should always supervise the children's activities. The University's Family Care Program can help you locate childcare services and assist you in the selection process. In the United States, children between the ages of 5 and 16 are required to attend school. You may enroll your children in public schools free of charge.

## Adjustment for Spouses and Children

Spouses and children of foreign students go through the same phases of cultural adjustment as the students themselves. During the initial period, you may feel a loss of self-confidence and independence. Spouses who have been in this position advise that the best way to overcome these difficulties is to go out and meet other people. Also, it is helpful to take English classes as soon as possible; your feelings of insecurity will decrease, as you are better able to communicate with people.

## RIC International Wives

Telephone: (585) 225-0688

This program, run by the Rochester International Council (RIC), provides social interaction for wives of international students. Meetings are held twice a month from September to May. Women have the opportunity to share their cultures with others from around the world, learn more about American life and participate in discussions about holidays and popular tourist locations. Demonstrations of crafts and cooking are also provided. Children and other family members are always welcome.

## Domestic Violence

Telephone: 1-800-799-7233 (National Domestic Violence Hotline)

Academic and family responsibilities in unfamiliar surroundings far from friends and family often cause strains within the families of foreign students. Sometimes that strain can lead to domestic violence, or spouse abuse. Domestic violence ranges from mildly abusive actions to severely violent, life threatening behavior. In the United States spouse/partner/child abuse is considered a felony and may be a deportable offense. To obtain immediate assistance or a referral to a local support agency call the National Domestic Violence Hotline number above or call the ISO at 275-2866 to speak confidentially with an International Student Advisor.

## 2004-2005 ACADEMIC CALENDARS

ACADEMIC YEAR	2004-2005	2005-2006	2006-2007	2007-2008	2008-2009	2009-2010
Fall Term	2004	2005	2006	2007	2008	2009
Labor Day	9/6/2004	9/5/2005	9/4/2006	9/3/2007	9/1/2008	9/7/2009
Classes Begin	9/1/2004	9/1/2005	9/5/2006	9/4/2007	9/2/2008	9/1/2009
Fall Break	<b>10/18/04*</b>	<b>10/17/05*</b>	<b>10/16/06*</b>	10/8/2007	10/6/2008**	10/5/2009**
Thanksgiving Recess Begins at Noon	11/24/2004	11/23/2005	11/22/2006	11/21/2007	11/26/2008	11/25/2009
Classes Resume	11/29/2004	11/28/2005	11/27/2006	11/26/2007	12/1/2008	11/30/2009
Last Day of Classes	12/10/2004	12/12/2005	12/13/2006	12/13/2007	12/11/2008	12/11/2009
Reading Period Begins	12/11/2004	12/13/2005	12/14/2006	12/14/2007	12/12/2008	12/12/2009
Reading Period Ends	12/14/2004	12/15/2005	12/15/2006	12/15/2007	12/14/2008	12/14/2009
Final Exams Begin	12/15/2004	12/16/2005	12/16/2006	12/16/2007	12/15/2008	12/15/2009
Final Exams End	12/21/2004	12/22/2005	12/22/2006	12/22/2007	12/21/2008	12/21/2009
Rosh Hashanah	9/16-9/17/04	10/4-10/5/05	9/23-9/24/06	9/12-9/13/07	9/30-10/1/08	9/19-9/20/09
Yom Kippur	9/25/2004	10/13/2005	10/2/2006	9/22/2007	10/9/2008	9/28/2009
Number of Class Days	70	70	70	70	70	70
Number of Reading Days	4	3	2	2	3	3
Number of Exam Days	7	7	7	7	7	7
Spring Term	2005	2006	2007	2008	2009	2010
Observation of Martin Luther King Day	1/17/2005	1/16/2006	1/15/2007	1/21/2008	1/19/2009	1/18/2010
Classes Begin	1/12/2005	1/18/2006	1/17/2007	1/16/2008	1/14/2009	1/13/2010
Spring Break Begins	3/5/2005	3/11/2006	<b>3/10/2007*</b>	3/8/2008	3/7/2009	3/6/2010
Classes Resume	3/14/2005	3/20/2006	<b>3/19/2007*</b>	3/17/2008	3/16/2009	3/15/2010
Last Day of Classes	4/27/2005	5/3/2006	5/2/2007	4/30/2008	4/29/2009	4/28/2010
Reading Period Begins	4/28/2005	5/4/2006	5/3/2007	5/1/2008	4/30/2009	4/29/2010
Reading Period Ends	5/1/2005	5/7/2006	5/6/2007	5/4/2008	5/3/2009	5/2/2010
Final Exams Begin	5/2/2005	5/8/2006	5/7/2007	5/5/2008	5/4/2009	5/3/2010
Final Exams End	5/9/2005	5/15/2006	5/14/2007	5/12/2008	5/11/2009	5/10/2010
Commencement Weekend	5/14-5/15/05	5/20-5/21/06	5/19-5/20/07	5/17-5/18/08	5/16-5/17/09	5/15-5/16/10
Good Friday	3/25/2005	4/14/2006	4/6/2007	3/21/2008	4/10/2009	4/2/2010
Easter Sunday	3/27/2005	4/16/2006	4/8/2007	3/23/2008	4/12/2009	4/4/2010
Number of Class Days	71	71	71	71	71	71
Number of Reading Days	4	4	4	4	4	4
Number of Exam Days	8	8	8	8	8	8

**\* NOTE: DATES IN BOLD TYPE HAVE BEEN CHANGED -- 1 WEEK LATER THAN ORIGINALLY SCHEDULED.**

**\*\* Dates subject to change depending on scheduling of Meliora Weekend.**

For the most current information please go [here](#).

## HOUSING

### **Residential Life (Undergraduate students)**

All first and second year undergraduate students are required to live on campus in University residence halls. International students needing housing during Winter and Spring breaks should request room assignments in Susan B. Anthony Hall (SBA Hall) if a first year student, or deKiewiet & Valentine Towers if an upperclass student. This residence hall remains open during breaks. On-campus housing will be available during the summer for students who remain in Rochester.

Rooms in the residence halls are furnished, each student receiving a single bed, a desk, a desk chair and wastebasket, and storage space for clothing and personal items. Students must provide sheets, blankets and pillows. Information regarding undergraduate housing can be found in the Enrolling Student Packet. If you need further information on housing please contact:

#### *Office of Residential Life*

020 Gates (SBA)  
University of Rochester  
P.O. Box 270468  
Rochester N.Y. 14627-0468  
(585) 275-3166 (phone)  
(585) 442-7941 (fax)

### **University Apartments and Off-Campus Living Opportunities (Graduate Students)**

Graduate student housing is limited and most often unfurnished. Your graduate department will mail housing information and a graduate student housing application to you. Complete and return your housing application as quickly as possible to:

#### *University Apartments Office*

University of Rochester  
020 Gates Wing, Susan B. Anthony Halls  
P.O. Box 270468  
Rochester, N.Y. 14627-0468  
(585) 275-5824 (phone)  
(585) 442-7941 (fax)  
uapts@reslife.rochester.edu

The Community Living Program can assist you in locating housing off campus. We encourage you to apply:

#### *Community Living Program*

University of Rochester  
020 Gates Wing, Susan B. Anthony Halls  
P.O. Box 270468  
Rochester, N.Y. 14627-0468  
(585) 275-1081 (phone)  
(585) 442-7941 (fax)  
offcampus@reslife.rochester.edu

Students who do not have a housing assignment should plan to arrive 2-4 weeks before classes begin to look for off-campus housing and purchase furniture and other items. To rent an apartment, you must be prepared to pay the first month's rent and a security deposit (equal to one month's rent) before you can move in. If there is no damage to the apartment, and it is satisfactorily clean the deposit will be returned to

you when you move out. Listings of housing vacancies in the Rochester community are available in the University Apartments Office.

The Assignments Coordinators for University Apartments and for the Community Living Program are available to answer your questions about graduate and off-campus housing. Brian Fleming, Assistant Director of Residential Life for Graduate/Family and Off-Campus Housing Programs, will be happy to do whatever is possible to help you get settled and feel comfortable in Rochester.

[Housing at Eastman School of Music](#)

The Admissions Office, upon receipt of the Enrollment Certification and the \$200 (US) deposit, will mail an Eastman Residence Hall contract to you. New undergraduate students should complete the contract and return it to the address below. Graduate students who would like to live in the Eastman Residence Hall should contact:

Eastman Residence Halls  
 100 Gibbs Street  
 Rochester, NY 14605 USA  
 Phone: (585) 274-1251  
 Fax: (585) 274-1047

**LONG DISTANCE TELEPHONE SERVICES**

There are many long distance telephone companies to choose from. Be sure to research them in detail to find out what the rates are for the country or countries you plan on calling. Remember that rates vary depending on the time of day you call. When signing up for a program, be specific about your needs and verify all the information about rates and services for calls within the United States and abroad.

Calling cards are available from most long distance companies and give you the convenience of calling from anywhere, at any time. Be careful, however, as calling card calls are much more expensive than regular calls (although they are cheaper than calling collect). Ask your long distance company for rates and other information.

Some areas in the country now offer prepaid telephone cards. They are usually sold at convenience stores. You can purchase these prepaid cards for \$5, \$10, or \$20, allowing you to make calls equaling these amounts by simply dialing the number provided on the back of the card.

For comparison purposes, ISTERRA (Tel. 1-888-737-9775) offers you the following prices for international phone calls:

<b>Alaska</b>	<b>0.16</b>	<b>Czech Republic</b>	<b>0.33</b>	<b>Lebanon</b>	<b>0.74</b>	<b>Singapore</b>	<b>0.30</b>
Argentina	0.50	Denmark	0.16	Luxembourg	0.22	Slovakia	0.35
<b>Australia</b>	<b>0.15</b>	<b>Egypt</b>	<b>0.75</b>	<b>Mexico</b>	<b>0.26</b>	<b>Slovenia</b>	<b>0.30</b>
Austria	0.18	Finland	0.16	Netherlands	0.13	Sweden	0.13
<b>Bahamas</b>	<b>0.31</b>	<b>France</b>	<b>0.15</b>	<b>New Zealand</b>	<b>0.17</b>	<b>Switzerland</b>	<b>0.18</b>
Belgium	0.16	Germany	0.14	Norway	0.16	Taiwan	0.29
<b>Brazil</b>	<b>0.41</b>	<b>Greece</b>	<b>0.31</b>	<b>Pakistan</b>	<b>0.90</b>	<b>Thailand</b>	<b>0.59</b>
Bulgaria	0.38	India	0.74	Philippines	0.39	Turkey	0.45
<b>Canada</b>	<b>0.15</b>	<b>Indonesia</b>	<b>0.62</b>	<b>Portugal</b>	<b>0.33</b>	<b>UK</b>	<b>0.12</b>
Chile	0.26	Italy	0.19	Puerto Rico	0.16	Yugoslavia	0.43
<b>China</b>	<b>0.46</b>	<b>Japan</b>	<b>0.18</b>	<b>Romania</b>	<b>0.46</b>	<b>Zambia</b>	<b>0.87</b>
Cyprus	0.38	Korea	0.29	Russia	0.43	Zimbabwe	0.46

## MONEY AND BANKING

### You're Money

It is a good idea to open a bank account when you first arrive in the United States. It is not a difficult task to open either a savings or checking account, but you may need a social security number or other tax ID number before doing so. There are several banks close to the U of R campus; here are a few:

- **JP Morgan Chase Bank**  
Todd Union, University of Rochester  
Tel.: (585) 275-4560  
(2 ATM machines on campus)
- **JP Morgan Chase Bank**  
Medical Center, 260 Crittenden Blvd.  
Tel.: (585) 275-5703
- **Eastman Savings and Loan**  
100 Canal View Blvd.  
Tel.: 1(800) 848-2265
- **HSBC Bank**  
1475 Mt. Hope Avenue  
Tel.: (800) 975-HSBC  
(ATM machine located in Wilson Commons)
- **Bank of America**  
1 East Avenue  
Tel.: 1(800) 841-4000
- **Citibank**  
1441 Monroe Avenue  
Tel.: 1(800) 934-1609

ATM stands for Automated Teller Machine. When you open a bank account, you will receive an ATM card. This card will allow you to withdraw or deposit money into or out of your account 24 hours a day at any ATM location. There are 3 machines on the River Campus. Almost all ATMs have bank names, and if you use one that is affiliated with a bank that is different from your own, you will usually be charged a fee (somewhere around \$1.50, depending on the bank).

### Direct Deposit

Direct Deposit means that your paycheck is deposited directly into your account. Students should check with their banks for more information, as it may help to reduce banking fees.

### Tipping

Tipping, or giving a small amount of money in appreciation for personal service, is a widespread custom throughout the U.S. It is customary to tip waiters and waitresses, taxi drivers, and people who deliver food you have ordered to your residence. Since most waiters and waitresses make a large part of their income from tips, it is suggested to tip 15% of your check total for service. If the server is especially good or bad, you can tip more or less, respectively.

## THE CLIMATE

New York is one of the most beautiful and environmentally diverse states in the country. From the Atlantic Ocean to the Great Lakes, from the Adirondack Mountains to the beaches of Long Island, from Niagara Falls to Lake Champlain, from the Finger Lakes to the St. Lawrence River, New York State is home to many rich natural resources.

The climate of New York State is representative of the humid continental type which prevails in the Northeastern United States, but its diversity is not usually encountered within an area of comparable size. The average annual temperature ranges from about 40°F in the Adirondacks to about 55°F in the New York City area. Activities are stimulated by an invigorating winter climate and a generally comfortable atmospheric environment during summer.

**WINTER** - New York State receives abundant snowfall. With the exception of the Coastal Division, the State receives an average seasonal amount of 40 inches or more. The average snowfall is greater than 70 inches over some 60% of New York's area. New York's winter can be mild, cool or very cold.

**SUMMER** - The summer is pleasantly cool (70°F - 85°F) in the Adirondacks, Catskills and higher elevations of the Southern Plateau. The New York City area and lower portions of the Hudson Valley have considerably warmer summers.

Rochester is a four-season community averaging 78°F in the summer and 32°F in the winter.

Here is the web side address of the table of average monthly climate in Rochester:

<http://www.facilities.rochester.edu/weather/monthavg.htm>

## U.S. HOLIDAYS

<b>January 1</b>	<b>New Year's Day</b> A celebration of the first of the year. Frequently, there are parties the night before to "see the New Year in."
<b>January 15</b>	<b>Martin Luther King, Jr. Day</b> A day to observe and honor the life and works of Dr. Martin Luther King, Jr., a famous African-American civil rights leader.
<b>Third Monday in February</b>	<b>Celebration of the birthdays</b> of two famous presidents of the United States, <b>George Washington (Feb. 22)</b> and <b>Abraham Lincoln (Feb. 12)</b>
<b>April 1</b>	<b>April Fools Day</b> A day for playing harmless jokes on others.
<b>Second Sunday in May</b>	<b>Mother's Day</b> A day to honor mothers and grandmothers. Cards and/or gifts are given to them.
<b>Last Monday in May</b>	<b>Memorial Day</b> A day to honor the memory of those killed in war.
<b>Third Sunday in June</b>	<b>Father's Day</b> A day to honor fathers and grandfathers. Cards and/or gifts are given to them.
<b>July 4</b>	<b>Independence Day</b> The birthday of the United States of America. The Declaration of Independence was adopted by the Continental Congress on July 4, 1776. Parades, picnics and fireworks displays are popular entertainment.
<b>First Monday in September</b>	<b>Labor Day</b> Labor organizations sponsor events such as parades to honor workers. It is the symbolic of the end of summer.
<b>October 31</b>	<b>Halloween</b> This is mostly a special day for children. They dress in costumes to be ghosts, witches, or characters from movies, TV, or books, and in the evening go "Trick or Treating." They ring doorbells of neighbors and say "Trick or Treat," and in return the neighbor will put candy or some treat in their bags.
<b>November 11</b>	<b>Veteran's Day</b> A special day to honor the courage and patriotism of the men and women who have served in the U.S. armed services.
<b>Fourth Thursday in November</b>	<b>Thanksgiving</b> A day for giving thanks by feasting and prayer for blessings received during the year. Turkey is traditionally the main course of the meal.
<b>December</b>	<b>Hanukkah – (date changes yearly)</b> An eight-day holiday celebrated by Jews to commemorate the rededication of their temple in ancient days. Gifts may be exchanged among family members.
<b>December 25</b>	<b>Christmas Day</b> A holiday celebrated by Christians to observe the birth of Jesus Christ. A spirit of good will pervades and gifts, cards, visits and entertainment are exchanged among family members and friends.

## **SOCIAL CUSTOMS IN THE U.S.**

Americans are generally friendly, and interested in the culture of their international guests. They are also casual and informal. We hope that the following outline of social customs will help you. Do not hesitate to ask questions about social customs that you may not understand.

### ***Gifts***

You do not have to bring a gift when you are invited to dinner, except on special occasions (for example birthdays or Christmas). If you are staying overnight, candy, wine, flowers or something from your country is recommended.

### ***Greetings***

Men usually shake hands when they first meet, unless they see each other often. A man does not usually shake hands with a woman unless she offers her hand. A man is expected to shake the hand of another man with a firm grip. Men and women who know each other well may sometimes kiss on the cheek when greeting or saying good-bye.

When you say "Hello" to someone he or she may answer "Hello, how are you?" or "Hello, how is it going?" You do not have to tell him or her how you really feel; it is only an expression. In the same manner, Americans often say farewell by saying "See you later," which does not mean that they are definitely planning to visit you or that you should show up at their house without calling first.

### ***Home Visits***

An invitation to an American home will give you a chance to see American family life. Most American households do not have domestic help, so it is courteous to offer your help to your hosts.

Unless the host or hostess says otherwise, do not begin eating until he or she is seated at the table. If you have any dietary restrictions, do not hesitate to say so beforehand.

### ***Invitations***

Written invitations should be answered in writing, unless a telephone number is given. When no answer is expected, the invitation will not have the letters "RSVP" written on it. If the invitation is made over the phone, be sure to understand the date, the day of the week, the time, and the place.

If your children are not mentioned when you are invited to dinner, they are not expected to come with you. If you wish to bring them, it is all right to ask. If the children are not invited you should arrange for a baby sitter or decline the invitation.

### ***Punctuality***

In general, Americans appreciate punctuality when you have arranged to meet an American on the street, for dinner or lunch, or medical and business appointments. If the hours are stated on an invitation, you can arrive anytime within those hours, and leave at any time after a reasonable stay. Arrive at least ten to fifteen minutes early for cultural or sporting events.

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## SECTION 6: ACADEMIC PROGRAM INFORMATION

### HIGHER EDUCATION IN THE UNITED STATES

#### Keys to Academic Success

The American academic system differs from all others in the world. Foreign students often comment that U.S. students are competitive but don't seem to study very hard, and that beyond the informality of the classroom, the professors are very demanding. Some of these apparent contradictions can be explained by the values inherent in the American education system. Creativity, tolerance and flexibility are, in general, valued above tradition and respect for authority in the United States.

#### More than Listening

Lectures are the primary form of undergraduate instruction in U.S. institutions. Although attendance may not be recorded, you are nevertheless expected to attend. Doing the reading before attending class is a sure way to improve your comprehension of the lecture. You may wish to record lectures on tape, especially if you are having trouble following spoken English during your first weeks of school; however, before doing so, you should confirm the individual professor's consent. Classroom discussion, recitations, reading assignments, and periodic written assignments supplement the lectures. Students are expected to contribute to the discussion in the classroom. American professors want students to respect their knowledge and opinions, but they generally prefer discussion and debate to respectful silence. In some societies, it is disrespectful for students to question or challenge the teacher. By contrast, in the U.S. questioning or challenging a teacher is viewed as a healthy sign of interest, attention and independent thinking. If you sit in silence, it is likely to be assumed that you are not interested in what is being said in class, or that you do not understand it. Although most faculty members encourage critical thinking from students, the manner in which criticism is expressed is important. Show respect by acknowledging your professor's point of view and then offering your own for consideration.

#### Homework

International students are sometimes dismayed by the amount of reading for their courses, especially if English is not their native language. It is crucial to understand the importance of reading assignments in any course. Research papers are another aspect of homework that may seem overwhelming. Some students are unable to express themselves clearly in written English; others may not be familiar with American academic writing styles and conventions. If you feel overwhelmed with the required coursework, you can find help at the Center for Academic support located in Lattimore 213 (Tel.: 275-2354) and the Learning Assistance Service located in Lattimore 107 (Tel.: 275-9049).

#### Professors

Most professors will have scheduled office hours during which you can meet with them to ask direct questions about the course material, inquire about your progress in the course and discuss your performance on exams and papers. In general, the relationship between professors and students is more familiar in the U.S. than in other countries. Professors and students can even establish relationships of friendship outside of the classroom. A professor's informal style of dress or speech must not be taken to mean that he or she has a relaxed attitude towards assignments, class attendance or the quality of your work. Informal attire and the omission of the titles on interpersonal communication are common in the American educational system.

## ACADEMIC HONESTY

International Students new to the University face tremendous cultural adjustment challenges and, in varying degrees experience culture shock. Even students, who are fluent in English, may not be familiar with the Americanized/colloquial speech used in the American classroom. Some students are also limited in their ability to express themselves in academic terms, participate fully in discussions or understand explanations which are provided during the early part of the semester.

Some students experiencing language difficulties may be more inclined to use the faculty member's words, rather than feel comfortable using their own. Plagiarism may also be an unfamiliar concept in some countries.

Understanding the University's academic honesty policy is crucial to your success here and may help you avoid academic discipline, which ranges from re-taking an exam or course to expulsion from the University. The University undergraduate academic honesty policy may be found at:

<http://www.rochester.edu/College/CCAS/AdviserHandbook/AcadHonesty.html>. Graduate students should contact their departments to determine the specific policies regarding Academic Honesty.

### EXPECTATIONS FOR GRADUATE STUDENTS

#### **A Summary of the Main Points from “What is Expected of Graduate Students in the United States”**

Foreign students have to make many adjustments when they begin graduate studies in the United States. In the U.S. graduate students:

- Must take a specified number of courses before beginning a dissertation;
- Have a large amount of work to do for the courses they take. This includes reading, written assignments, and, in many fields, laboratory or other practical work;
- Need to begin studying at the beginning of the term, rather than waiting until later and then studying for one final examination.

Students from other countries will notice that in graduate classes in the United States:

- Students are usually expected to speak up in class, offering their opinions or raising questions;
- Students and teachers usually treat each other informally. Students sometimes call teachers by the first name, and teachers may not dress differently from the way students dress;
- Students do not tend to help each other as much with their studies as much as they do in many other countries. They often seem to be competing with each other to get better grades.

To succeed in graduate studies in the United States, students need to learn how to:

- Read or skim a large amount of written material, looking for the main points;
- Analyze material from their courses and make their own judgments about what is right or wrong, more or less appropriate, or more or less helpful;
- Synthesize (bring together and combine) material from many sources and produce their own ideas or evaluations;
- Schedule their use of time in order to complete their assignments by the dates on which they are due;
- Determine which teachers expect students to raise questions or challenges in class;
- Handle laboratory equipment (in courses where laboratory work is required);
- Use computers (for most courses of study);
- Complete examinations in a limited amount of time;
- Go to the teacher with questions or problems about a course.

New graduate students from other countries will want to discuss these and other ideas with experienced graduate students in their own academic departments.

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## SECTION 7: HEALTH CARE IN THE UNITED STATES

Health care in the United States is modern and scientific. Physicians, clinics, and pharmaceutical companies seek the newest and most advanced treatments. Patients expect their doctors to use the most modern methods of diagnosis and treatment, so their symptoms can be identified and their illnesses treated quickly and effectively. Technology plays an important role in specialty care and in the diagnosis and treatment of illness.

Health care is very expensive in the United States. Health care costs, including hospital and clinic charges and doctors' fees, are determined by market conditions. Treatment is provided on a "fee for service" basis. Payment is due when the service is rendered, using personal funds or previously purchased health insurance.

There is no universal national health care insurance plan in the United States. Americans must arrange for their own health insurance; most do so through their employers or by purchasing private policies for themselves and their families. It is a violation of immigration law for non-immigrants (including F-1, F-2, J-1, J-2 students and dependents) to accept public assistance, even for medical care. In some cases, accepting such assistance could prevent you from securing a visa abroad or reentering the United States. You are responsible for payment of your health care costs, just like everyone else in the United States. The only exceptions are for certain very poor and elderly U.S. citizens and residents. In some cases, you may be refused medical care and services if you are unable to pay for them.

*At the University of Rochester:* It is important for you to learn about the health care resources on campus, so you will know where to go when you need help. Here at the University of Rochester, all full-time students must pay the mandatory health fee, which covers the cost of health care visits at the University Health Service (UHS) and time-limited psychotherapy for individuals, couples, and groups at the University Counseling Center (UCC). The charge for the mandatory health fee appears on your tuition bill.

In addition to the mandatory health fee, all full-time students must have health (medical) insurance. Students can enroll in the Blue Cross Blue Shield insurance offered through the University Health Service or remain on their own or their parent's insurance. (See "Paying for Health Care" for more information about health insurance.) If you are married and your spouse and/or children are here in Rochester with you, you should purchase health insurance for them, too. UHS offers health insurance for students with families.

Students should always call UHS before seeking care elsewhere (e.g., doctor's office outside UHS or the emergency room of a hospital). Visits to a hospital emergency room are very expensive. In most cases, this cost is not covered by your health insurance unless you have received a referral from your doctor at UHS before receiving care. Emergency rooms are reserved for critical medical emergencies. They are prepared to provide treatment for life-threatening and critical situations, such as uncontrolled bleeding, broken bones, high fevers, dehydration, unconsciousness, and seizures. If you seek care in a hospital emergency room for minor problems (even though it might seem major to you), you will probably have a long wait and a large bill that you must pay.

### UNIVERSITY HEALTH SERVICE (UHS)

*For more information, check the UHS Web site at <http://www.rochester.edu/uhs>*

The University Health Service (UHS) provides primary health care services for full-time University of Rochester students. Students pay the mandatory health fee, which covers the cost of visits to the University Health Service for the student from September 1 through August 31 as long as the student is enrolled on a full-time basis. Students graduating in May are covered through August 31. Spouses and dependent children over the age 16 of students are welcome to come to UHS for their health care; they will be charged for the cost of their visit.

## HEALTH CARE SERVICES

The University Health Service (UHS) provides a full range of health care services, including treatment for illnesses and injuries, management of ongoing medical problems, and care and advice for any health concern. For the convenience of students, UHS has offices in the Medical Center, on the River Campus, and at the Eastman School of Music. Students can schedule appointments at any UHS office.

The UHS medical staff includes physicians, who are specialists in internal medicine, nurse practitioners and registered nurses. All full-time students are assigned a UHS physician or nurse practitioner as their primary care provider. Students are encouraged to schedule appointments with their health care provider whenever possible. Having one provider for your health care needs provides you with greater continuity of care.

**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. When UHS is closed, call 275-2662. You will be asked to leave a message. The physician will call you back, usually within 15-20 minutes. In an emergency, call x13 (Security) for immediate assistance if you are on campus or 911 if you are off campus. Please **DO NOT** go to an emergency department of a Rochester hospital for care unless you have called UHS first or you are in a life-threatening situation.

## UHS OFFICE LOCATIONS

### [UHS Medical Center Office: Tel.: \(585\) 275-2662](#)

- Open 8:00 a.m.-5:00 p.m. weekdays, except Tues. 9:00-5:00 all year.
- Located in Room G-5050 in the Medical Center at 250 Crittenden Blvd.

### [UHS River Campus Office: Tel.: \(585\) 275-2161](#)

- Open 9:00 a.m.-9:00 p.m., Monday through Thursday and 9:00 a.m. – 5:00 p.m., Friday, Saturday, and Sunday during the academic year (Closed during school vacations)
- Located in Susan B. Anthony Residence Hall on first floor of Morgan Wing.

### [UHS Eastman School Office: Tel.: \(585\) 274-1230](#)

- Open 8:00 a.m. - 4:30 p.m. weekdays, except Tues. 9:30 a.m. - 4:30 p.m. during the academic year (Closed during school vacations)
- Located in Room 106 in the ESM Student Living Center.

**WHEN UHS IS CLOSED: Call UHS at (585) 275-2662** - even if you think the office is closed. The message on the phone will tell you when UHS is open and what to do if the office is closed and your situation is urgent. **DO NOT GO to an emergency department without calling UHS first.**

## Paying for Health Care at the University of Rochester:

All full-time students participate in the Student Health Program, which has two parts:

- **Mandatory Health Fee:** The mandatory health fee is paid by all full-time students through their tuition bill. This fee covers the cost of visits with physicians, nurse practitioners, and registered nurses at the University Health Service (UHS) and time-limited psychotherapy for individuals, couples, and groups at the University Counseling Center (UCC). The mandatory health fee does not cover the cost of diagnostic laboratory tests, medicines, and supplies you may receive during your visit to UHS. You will be responsible for these charges if your health insurance does not cover the cost.
- **Health Insurance:** In addition to the mandatory health fee, all full-time students must have health insurance. Health insurance is used for services such as hospitalization, surgical procedures, and diagnostic laboratory tests and x-rays. The specific benefits will depend on your insurance plan. You should be familiar with your insurance coverage, so you know what is covered and what is not covered. Students can purchase Blue Cross Blue Shield health insurance through the University Health Service or be covered by their own or their parent's insurance. If you have questions about health insurance, you can contact the UHS Insurance Advisor at [lstrang@uhs.rochester.edu](mailto:lstrang@uhs.rochester.edu) or (585) 275-

2637. Additional information about health insurance, including information about health insurance for families of students, appears on the UHS web site ([www.rochester.edu/uhs/](http://www.rochester.edu/uhs/))

### ACCIDENT INSURANCE

All University of Rochester international students are required to purchase medical evacuation and repatriation insurance in the case of a medical emergency. The university has established a group medical evacuation and repatriation policy with the Medex Company, which allows you to secure the broadest coverage at a significantly reduced price. All international students will be automatically enrolled in this program at the cost of \$20 per year (charged to your term bill). If you have a spouse or other dependants you are responsible for adding them to this coverage by completing an enrollment form and paying the additional premium directly to Medex. The ISO has brochures, enrollment forms, and other information about this program.

### MEDICAID AND OTHER PUBLIC BENEFITS

Do not accept public benefits, such as Medicaid. That has been a consistent message from the Immigration and Naturalization Service and the U.S. Department of State for many years. Now there are even tighter restrictions due to Congress' recent enactment of the Welfare-Reform and Illegal Immigration Reform and Immigrant Responsibility Acts.

All non-citizens, such as international students, scholars, and their dependents, are now barred from means-tested federal benefit programs such as Aid to Families with Dependent Children (AFDC), Medicaid, and food stamps. Virtually all public benefits are prohibited except for Emergency Medicaid -- but beware of that too! Despite the fact that well-meaning employees of medical and social service offices sometimes encourage students or their spouses to accept Emergency Medicaid funds to defray child-birth costs, the consequences of accepting public funds may be that these individuals are barred from returning to the U.S. after a trip abroad! For example, a graduate student in California was recently excluded from the United States as a "public charge" because two years earlier his wife paid for a hospital visit with Medicaid funds. He was only allowed back into the country after he repaid the money from Medicaid.

Students and their family members have always been required to show that they have the means to be self-supporting during their stay in this country. However, in the present political and legal environment, the issue of whether a non-citizen will become a public charge -- legally defined as a person dependent upon charity -- is applied today much more strictly than in years' past.

While for the vast majority of international students there is never any question of accepting public benefits, it is important that you are aware of the new and harsher environment surrounding these issues. Don't listen to others who encourage you to use these benefits, despite the economic advantages. The most obvious way to avoid the financial situation where you are tempted to apply for these funds is to maintain adequate health and accident insurance, as you are requested to do by the University. If you have any questions, please inquire at the ISO.

### UNIVERSITY COUNSELING CENTER (UCC)

#### Locations:

#### **River Campus, Dewey Hall, Room 4-160**

Phone: 275-2361

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday

#### **Towne House, Suite 161-12, Entrance E**

Corner of Mt. Hope & Elmwood Aves.

Phone: 275-3113

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday

**Eastman School of Music**  
Student Living Center – Room 107  
Phone: **274-1230**  
Hours: Limited

**Web site:** <http://www.rochester.edu/ucc>

The University Counseling Center (UCC) offers time-limited individual and couples therapy and year long group therapy to University of Rochester students, and their spouses, who pay the mandatory health fee. Therapists at UCC have experience in assisting students with a variety of concerns such as: anxiety, apprehension about major life decisions, depression, relationship difficulties, family problems, eating concerns, sexual functioning, sexual identity, roommate hassles, and general discomfort about what is happening in a student's life. UCC also offers a variety of therapy/support groups on topics such as: adult children of alcoholics, survivors of sexual abuse, eating disorders, bereavement, and general concerns. This year, UCC will be offering a group specifically for international students to aid in adjustment and transition to the University.

**Confidentiality:** *All contacts with a University Counseling Center therapist are confidential. The fact that a student is using UCC will not be disclosed to any University official or faculty member, or to family, friends or roommates without permission of the student except in very specific circumstances. Those circumstances are limited to instances when a student's life or that of another person is in danger. UCC will not release any clinical information about a student's visit, even with a student's written request, except to another therapist for purposes of further treatment. Because of the sensitive nature of visits, UCC records are separate from University Health Service medical charts and from Strong Memorial Hospital records.*

The UCC web site, located at <http://www.rochester.edu/ucc>, provides information about the university counseling services and links the reader to other online health care sites. In addition, mental health questions can be addressed to the UCC online resource "Dear Dr. Ana-lyze." Designed as a forum for discourse on mental health concerns, this site is to be used strictly as an educational tool and in no way attempts to replace formal therapy.

**Urgent Mental Health Situations and After Hours Care:** UCC offers *on-call emergency service 24 hours a day throughout the year* for students who are distressed themselves or who are concerned about someone else. Students should call the University Counseling Center at **275-3113** or **275-2361** to reach the professional on-call.

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## SECTION 8: TAX INFORMATION

### U.S. TAX INFORMATION

#### Income Tax Tips for International Students

International Students in the U.S. are required to file tax forms each year regardless of whether they earned any income in the U.S. The ISO provides tax workshops in the spring of each year with information on taxes. The ISO staff does not give tax advice but will give information and referrals.

Tax treaties often exempt international students from paying taxes. Students from tax treaty countries (list available on website <http://www.windstar-tech.com/public/treaties.html>) should file a Form 8233 each year with their employer so that taxes will not be deducted from their paychecks. Students who work on-campus are exempt from FICA (Social Security taxes).

The following information was designed for international students in F-1 or J-1 status who have been in the U.S. in F-1 or J-1 status for 5 years or less and are therefore eligible to file as non-residents for tax purposes. The material contained in this message comes from Internal Revenue Service publications, discussions with IRS staff, and other income tax publications and materials.

ISO staff members are sometimes asked what can happen if an F-1 or J-1 student fails to file their annual tax forms. There can be immigration consequences for failing to file tax forms. For example, applicants wishing to change from F-1 to H-1B (the professional worker visa) may be asked by the Immigration Service to submit copies of previous years' income tax forms as a part of their H-1B application. Applicants for permanent residency ("green cards") can be asked to show copies of tax forms filed for previous years.

The ISO has purchased software to assist international students in filing their federal tax forms. This software, called *NRAware*, is free for students and scholars and is available online at <http://www.nraware.com/nr-online/index.htm>. **Login names and passwords will be distributed as tax season (spring) approaches.**

Federal tax forms and publications are available by calling 1-800-829-3676, by fax-on-demand by calling 1-703-368-9694 from your fax machine, or from the web at <http://www.irs.ustreas.gov>. For assistance with Federal forms, call the Internal Revenue Service toll free at 1-800-829-1040 or visit their web site listed above. The Internal Revenue Service also offers free advice and answers to international questions. Contact the IRS national office Hotline at 1-202-847-1460 for assistance. This is not a toll free number. You may also visit the local IRS office at 255 East Avenue in Rochester.

You may also want to visit the web site of Windstar Technologies, Inc. at <http://www.windstar-tech.com> which features articles and reference information on a number of topics of interest to international students, including:

- U.S. taxation of foreign students and scholars: A road map to an individual's tax return
- U.S. Taxation of Foreign Students
- Tax Treaty Benefits for Foreign Students and Scholars: How Tax Treaties Work

New York State forms and publications are also available by calling 1-800-462-8100, by fax-on-demand by calling 1-800-748-3676 from your fax machine, or from the web at <http://www.tax.state.ny.us>. The local NYS tax office is at 259 Monroe Avenue, Rochester. For links to the tax authorities of other states, visit the web site of the Federation of Tax Administrators: <http://www.taxadmin.org/fta/FORMS.html>. Most states provide downloadable tax forms.

**Frequently Asked Questions** from past years maybe helpful in filling future tax forms (Reprinted from SUNY Binghamton instructions, compliments of Ellen Badger.)

**1. I'm an F-1 or J-1 student and I had no U.S. income last year, or my only U.S. income was bank interest. Do I need to file any tax forms?**

Yes. You need to file Form 8843. This is the only form you will need to complete, which is a change from previous rules, which used to require that students with no income file both Form 8843 and 1040NR or 1040NR-EZ. F-1 or J-1 students with U.S. income from other sources, such as dividend income, salary or wages, scholarships or fellowships, prizes or awards will need to file Form 1040NR or 1040NR-EZ.

**2. What about my F-2 and J-2 dependents?**

All F-2 and J-2 dependents, whether or not they are students, must file Form 8843 even if they had no U.S. income of any kind for last year, or if the only income they had was from bank interest. If there was any other U.S. income, they will also need to file a Form 1040NR or 1040NR-EZ.

**3. I'm a new student for this spring semester but arrived in the U.S. in late December. Do I need to file a tax form?**

Yes! If you are in F-1 or J-1 status, or an F-2 or J-2 dependent, and were in the U.S. for any part of last year, even if it was just a few days, you will need to file a tax form. If you had no U.S. income, you will still need to file Form 8843.

**4. If I have U.S. income other than bank interest, which form should I use, Form 1040NR or 1040NR-EZ?**

Most students will find that they can use the 1040NR-EZ, which is much simpler to complete than the 1040NR. Whichever form you use, you must also complete Form 8843. However, there are some rules and limits for the 1040NR-EZ. You may use the 1040NR-EZ if **all nine** of the following apply:

- You do not claim any dependents.
- You cannot be claimed as a dependent on another person's U.S. tax return (such as your parent's return).
- Your **only** U.S. source of income was from wages, salaries, tips, taxable refunds of state and local income taxes, and scholarship or fellowship grants.
- **Note:** If you had taxable interest or dividend income, you **cannot** use this form.
- Your taxable income (line 14 of form 1040NR-EZ) is less than \$50,000.
- The only adjustments to income you can claim are the student loan interest deduction or scholarship and fellowship grants excluded.
- You do not claim any tax credits.
- If you were married, you do not claim an exemption for your spouse.
- If you itemize deductions, the only deduction you claim is for state and local income taxes.
- The only taxes you owe are:
  1. The tax from the tax table on pages 8 through 12
  2. The social security and Medicare tax on tip and income not reported to your employer
  3. The household employment taxes

**5. What is the deadline for filing tax forms?**

If you are an employee and received wages subject to U.S. income tax withholding, you must file your tax forms by April 15. Otherwise you must file your tax forms by June 15. Individuals filing only Form 8843 must file by June 15.

**6. My bank (or credit union) mailed me a form in January called a Form 1099-INT, indicating the amount of interest I earned on my savings account/money market account/certificate of deposit. Do I need to include this amount on my income tax forms?**

It depends. Non-residents filing form 1040NR-EZ do not include U.S. bank or credit union interest as income. But non-residents filing Form 1040NR would include this interest on Item L (page 5).

**7. Both form 1040NR-EZ and 1040NR ask for social security numbers or taxpayer identification numbers. Is this the same as the number I was issued by the University when I was admitted? It has the same number of digits.**

NO! All F-1 and J-1 who have been authorized to work in the United States should have a Social Security Number (SSN), issued by the Social Security Administration. Students in F-1 and J-1 status (and their dependents in F-2 or J-2 status) who may not be eligible for a SSN yet need an identification number to file their income tax form and must obtain an Individual tax Identification Number (ITIN). An alien can apply for an ITIN by completing Form W-7 and bringing it in person, along with their passport and other identifying documents, to the local office of the Internal Revenue Service (IRS). Form W-7 is designed for individuals who are not eligible to apply for Social Security numbers. The IRS has recently announced that F and J visa holders who have no U.S. source income, and thus file only the Form 8843, need neither an SSN nor an ITIN to file Form 8843.

**8. I am a student from India, and I've heard that my country's tax treaty allows me to claim the standard deduction, but I can find no additional information about his benefit.**

Information on this benefit can be found in IRS Publication 519, p.22. Students from India have the choice of itemizing their deductions or taking the standard deduction amount. Since the standard deduction for last year was \$4150 if you are single, most will take this amount. On Form 1040NR-EZ, enter \$4150 (or whatever the standard deduction is for your tax year) on line 10 if you are single. If you are married, and your spouse also files a return, enter \$3450 on line 10. On page 2 of the 1040NR-EZ, question J, type an amount of income exempt from tax, write: Standard deduction allowed under U.S. India tax Treaty article 21(2). If you are married and your spouse has no U.S. source income, file form 1040NR, not form 1040NR-EZ. Enter the standard deduction on line 3 of schedule A of Form 1040NR. In the space to the left of line 3, write: standard deduction allowed under U.S. - India Tax Treaty article 21 (29). Also enter the amount on line 34 for Form 1040NR. By claiming the standard deduction, you cannot claim any itemized deductions, such as state and local taxes.

**9. If my country has a tax treaty with the U.S., does that mean that I don't have to file any forms?**

No! In order to claim tax treaty benefits, you must file federal income tax Forms 8843 and either 1040NR-EZ or 1040NR.

**10. I've received a Form 1042-S. How do I reflect this on my tax return?**

It all depends upon the TYPE of income being reported on the 1042-S. Look at the income code in column (a) of the form. An income code of 15 is for a scholarship or fellowship grant, and would be reported on line 5 of Form 1040NR-EZ or line 8 of Form 1040NR. An income code of 19 refers to a tax treaty amount withheld from wages, and would be reported on line 6 of Form 1040NR-EZ or line 22 of Form 1040NR. You would not include this amount as part of your wages on line 3 for Form 1040NR-EZ or line 8 of Form 1040NR.

**11. I am eligible to claim a tax treaty deduction, since my country has a tax treaty with the U.S., but I never received a form 1042-S. Instead, all of my earnings are reported on my Form W-2. How do I complete Form 1040NR-EZ to claim my tax treaty deduction?**

Let's assume, for the sake of this example, that you are permitted to claim \$2000 as your tax treaty amount to be deducted from wages. Subtract your tax treaty amount from your salary and wages as reported on your Form W-2. Write the difference on line 3 of Form 1040NR-EZ. If your tax treaty amount is more than your salary as reported on your W-2, put zero on line 3. Then indicate the tax treaty amount on line 6. (You can verify your country's tax treaty information by consulting IRS Publication 901, U.S. Tax Treaties. Be sure you are consulting the section which summarizes tax treaty benefits for students. Forty-

five countries have tax treaties with the U.S.) Be sure to answer question j page 2 completely. Students from India should follow the instructions provided in item 8.

***12. How do I complete Form 8843?***

All F-1 and J-1 students filing Form 1040NR-EZ or Form 1040NR must attach Form 8843 to it. F-1 and J-1 students and F-2 and J-2 dependents with no U.S. income, or for whom the only U.S. income is bank interest complete Form 8843 only. To complete Form 8843, print your name and Social Security number (or individual taxpayer identification number) across the top of the form. Complete Parts 1 and Part III (leave Part II blank).

***13. Where do I mail these forms?***

Before mailing anything, **MAKE COPIES FOR YOUR RECORDS!** Mail Forms 8843, 1040NR-EZ and 1040NR and the appropriate attachments to: Internal Revenue Service Center Philadelphia, PA 19255.

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## SECTION 9: ELECTRONIC COMMUNICATIONS

### THE INTERNET

The Internet is composed of a number of local computer networks, providing the capacity to send data between computers around the world. This inter-network is used to provide a great number of services and access to information. For university students, the most important services tend to be electronic mail and World Wide Web.

### ELECTRONIC MAIL

Electronic mail (or email) is a fast, versatile, convenient, and inexpensive way to exchange information and messages with people all over the world via computer. In order to send someone a message through email, you type the person's electronic address onto a computer connected to an electronic network. Anyone who knows your electronic address can send you messages the same way. In many cases, an email message can be delivered in seconds or minutes. Like phone calls or letters, email messages can be professional or personal. You can send emails to ask questions about any subject that interests you, or discuss them, to request information from universities or departments, or you can use email to chat with friends.

Sending an email message is like sending someone a letter through the post office. Once you address the message and send it, it will be delivered to the mailbox at the address you specify - in this case, a computer. If the address you specify is not found, the message will be returned to you so you can try again.

### THE WORLD WIDE WEB

The World Wide Web (WWW), or the web, provides public access to information in the form of 'web pages' that contain text, pictures, sound, and/or short video clips. Many individuals, institutions, and organizations have set up web pages. These are frequently updated and are a good source of information.

Glossary of Useful Web Terms

**Home Page:** The document that provides a starting point or organized center for any collection of documents. A home page usually provides an introduction to the site, along with hyperlinks to local resources.

**World Wide Web Browser:** The World Wide Web is an information retrieval system that allows you to access information located on computers connected to the Internet using an interactive user interface called a Web browser. Examples of Web browsers include Netscape, Microsoft Internet Explorer, and America Online.

**URL:** Uniform Resource Locator - the electronic address for documents on the internet. (i.e.: <http://www.iso.rochester.edu>)

**Hypertext:** A text link to other documents containing more information on the same or a related topic. Hypertext links are identified as different colored text with an underline. To retrieve the related document, click on the hypertext.

**Hyperlink:** A link between information (text or graphic) being displayed and related information in other documents or parts of the same document. To retrieve the related document, click on the link.

**Hypergraphic:** A graphic image link to the other documents containing more information on the same or related topic. To retrieve the related document, click on the hypergraphic.

**HTML:** Hypertext Markup Language - a language (or format) used for creating hypertext documents on the World Wide Web.

**HTTP:** Hypertext Transfer Protocol - an information retrieval mechanism for HTML documents.

**FTP:** File Transfer Protocol - the standard protocol for transferring files from one computer to another over the internet.

### USEFUL WEB SITES

<http://www.iso.rochester.edu/>

International Services Office (University of Rochester) site provides information on our services and links to university programs, departments, guides to the University and a variety of other sites of interest to international students

<http://www.embpage.org/>

The Embassy Page - a comprehensive listing of embassies and consulates in the U.S. and abroad

<http://www.immigration.gov/>

Bureau of Citizenship and Immigration Services (BCIS) - you will find here a listing of every BCIS form, including the fee and the date the form was last revised

[http://www.irs.ustreas.gov/prod/forms\\_pubs/index.html](http://www.irs.ustreas.gov/prod/forms_pubs/index.html)

Internal Revenue Service (IRS): Tax Forms and Publications

<http://www.rochester.edu/its/css/>

University Computer Sales

### LANGUAGE RESOURCES

#### *Learning English Online*

<http://www.cup.com/bm7/cribe.htm>

Chat Room in Broken English

<http://www.study.com/>

Free English School on the Net

<http://www.englishlearner.com/>

English tests and quizzes for learners of English as a second language

#### *Russian Language News and Newspapers*

<http://www.aif.ru/>

Argumenty i Fakty – one of Russia’s most well-known newspapers

<http://ropnet.ru/ogonyok/>

Ogonyok – one of Russia’s leading magazines

#### *Chinese Newspapers and Media On-line*

<http://web.mit.edu/fl/www/news/ChineseNewsMags.html>

The MIT List of Chinese Newspapers and Magazines

<http://www.rthk.org.hk/>

Radio Television Hong Kong – real audio broadcasts in Cantonese

<http://ww10.sinanet.com/news/0118news/index.html>

Taiwan Headline News – can be read without Chinese system software

*Indian Newspapers and Media On-line*

<http://www.indiaabroad.com/>

India Abroad

<http://www.timesofindia.com/today/pagehome.htm>

The Times of India

*Turkish Newspapers and Media On-line*

<http://www.hurriyetim.com.tr>

Hurriyetim Internetim – daily newspaper

<http://www.milliyet.com.tr>

Milliyet Internet – daily newspaper

*South American Newspapers and Media On-line*

<http://www.chilelindo.com/>

Chile Lindo Chat

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## SECTION 10: RETURNING HOME

### GRACE PERIODS

An F-1 student will be admitted to the United States for "duration of status", noted as "D/S" on both Form I-94 and Form I-20. Duration of status means the period during which the student is pursuing a full course of study at an approved educational institution or engaging in authorized practical training following completion of studies, plus a *60-day grace period* to prepare for departure from the United States.

J-1 students with a DS-2019 have a *30-day grace period*.

If for any reason you need to leave your program before completion, and you notify the ISO before withdrawing, you will have a *15-day grace period* to finish up your affairs.

If you withdraw without notice there is *no grace period*.

### GETTING READY FOR DEPARTURE

Before you leave the University of Rochester, make sure everything is settled and all your arrangements are made. The ISO has a checklist of things to do before you return home:

- Stop by the ISO and complete an *International Student Departure Information Form*; let the International Services Office, the alumni office, and members of your department at the university know that you are leaving. You have developed a new network of friends and colleagues during your academic program. Many of these individuals are anxious to stay in touch and may serve as important resources to you upon your return home
- Make arrangements for your return travel
- Make arrangements to transport your personal belongings home and investigate custom regulations
- Settle all of your university and personal accounts before leaving the United States. Remember to fill out a forwarding address form at the post office, so that bills or other mail may be sent to you after you return home. The post office can provide change-of-address cards
- Contact the phone company to disconnect your phone. Call the long distance carrier to be sure that all charges are paid before you leave
- Close your bank account
- File any pending medical claim forms before you go and pay any balance that you owe
- Your program advisor would also welcome a good-bye call or letter so that s/he can be sure you will stay in contact
- Make sure that all your academic responsibilities are completed
- Pay any outstanding library fines and parking fines, otherwise you will not receive your grades
- If you are on a University of Rochester payroll and do not have direct deposit, make arrangements with the appropriate payroll office to have your check(s) forwarded to you. Also leave an address for that office to mail you your W-2 form next January for Income Tax Filing Purposes

If you live off-campus:

- Give a 30-day written notice to your landlord with the date that you will be vacating your apartment
- Arrange for an apartment walk through inspection with your landlord
- Agree on a date to receive your security/damage deposit refund, request in writing

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## SECTION 11: USEFUL WORDS AND PHRASES

### GLOSSARY OF USEFUL TERMS

**Academic Advisor:** A faculty member assigned to a student to offer information, guidance, and advice throughout the student's academic program.

**Add or drop a course:** Add - to enroll in a course that you had not originally planned on taking.  
Drop - to withdraw from a course in which you were enrolled.

**Alumnus:** A graduate or former student of a school, college, or university.

**Assistantship (research or teaching):** A position provided by the university to teach or conduct research (usually for about 10 hours per week) in exchange for a salary and/or tuition waiver. Usually given as a form of financial assistance from the university.

**B.A.:** Bachelor of Arts degree.

**B.S.:** Bachelor of Science degree.

**Bureau of Citizenship and Immigration Services (BCIS)** - The newly-created bureau which handles most of the processing matters that belonged to the INS. BCIS handles all requests for immigrant and non-immigrant benefits such as work permission change of status, family-based and employment-based petitions, and naturalization.

**Bursar:** The university official who monitors and manages all students' financial accounts.

**Collect Call:** A telephone call in which the charges are paid by the recipient of the call rather than the person who makes the call.

**Cut:** To be purposely be absent from a class (as in "to cut a class").

**Department of Homeland Security (DHS):** Newly-created department of U.S. Federal Government that oversees the Bureau of Citizenship and Immigration Services (BCIS), and the Bureau of Immigration and Customs Enforcement (ICE), among others.

**Dormitory (or "dorm"):** Student housing.

**Elective:** A course that provides credits towards your degree but does not fulfill any specific degree requirement.

**Final:** The last exam given in a course.

**Graduate Management Aptitude Test (GMAT):** Standardized exam required for university admission for programs in the business fields.

**Graduate Record Examination (GRE):** Standardized exam required for university admission for many programs in non-business fields of study.

**Higher Education:** Formal education beyond the level of high school (secondary level), including master's and doctoral programs.

**Immigration and Naturalization Services (INS):** The former U.S. government department most commonly involved in immigration matters which are now handled mostly by the BCIS. The INS processed immigration documents, issued some types of work authorizations, and provided general assistance to immigrants and non-immigrants.

**Internal revenue Service (IRS):** The U.S. government office that oversees federal income taxes.

**International Student Advisor:** A designated school official who handles specific concerns of international students.

**J-1 Exchange Visitor Program:** A program administered by the U.S. Information Agency (USIA) to bring students, trainees, teachers, professors, researchers to the United States for a variety of educational and cultural exchange purposes. People in the Exchange Visitor Program are under the sponsorship of an agency or organization that has been designated as an exchange sponsor by USIA.

**J-1 Exchange Visitor/J-1 Student:** The immigration status of an international student who is in the United States under the auspices of the J-1 Exchange Visitor Program.

**J-2 Dependent/J-2 Visa Holder:** The immigration status of any immediate family members of a J-1 visa holder.

**M.A.:** Master of Arts degree.

**M.B.A.:** Master of Business Administration degree.

**Major:** A student's primary field of study.

**Mid-term:** A major exam in the middle of the semester; also can refer to the grade you receive at that time.

**Minor:** A secondary field of study (if the student chooses to have one).

**M.S.:** Master of Science degree.

**On- or Off- Campus:** On-campus - situated on the university campus. Off-campus - situated in the area surrounding the campus.

**Ph.D.:** Doctor of Philosophy; an advanced degree awarded for many fields in the humanities.

**Quarter:** A period of time that encompasses approximately 1/4 of the academic year.

**RA:** Resident Advisor in the dorms.

**Registrar:** The university official in charge of students' academic records, including registration, enrollment, transcripts and grades.

**Semester:** A period of time that encompasses approximately half of the academic year. Fall semester is approximately September through December; spring semester is approximately January through May/June.

**SEVIS (Student & Exchange Visitor Information System):** An Internet-based system that maintains accurate and current information on non-immigrant students, exchange visitors, and their dependents. SEVIS enables schools and program sponsors to transmit electronic information and event notifications, via the Internet, to the ICE and Department of State (DOS) throughout a student or exchange visitor's stay in the United States. The system will reflect international

student or exchange visitor status changes such as admission at Port of Entry (POE), change of address, change in program of study, and other details.

**Skim:** To quickly read something in order to get its general idea.

**Social Security Number:** A number assigned by the Social Security Administration that is frequently used as a personal identification number in the United States.

**Syllabus:** A summary of the contents of a course, including assignments and the dates of tests and assignments due.

**TA:** Teaching Assistant.

**Test of English As a Second Language:** A standardized test to measure English ability for non-native speakers, usually required for university admission in the United States.

**Transcript:** An official document produced by the university registrar's office that provides information on a student's courses, grades, and academic standing.

### U.S. SLANG AND PHRASES

**Airhead:** A person who is generally confused, disorganized, and/or who doesn't listen carefully

**Big deal:** Important event; may be used sarcastically to refer to something that is not important

**Blast or It's going to be a blast:** It's going to be a lot of fun

**Bling:** Jewelry

**Bogus:** 1) non-existent, fake 2) bad, awful, unsatisfactory

**Bombed:** Intoxicated from alcohol

**Booze:** Liquor

**Bounce a check:** to overdraw funds from a checking account

**Broke:** To have no money

**A buck:** One dollar

**Buddy:** A friend

**Bummed out:** Depressed

**Busted:** 1) to be caught by the police or anyone in authority while doing something wrong 2) to be "broke" or out of money

**Couch potato:** A lazy person who spends a large amount of time (perhaps on a couch) watching television

**Cut it out:** Stop it!

**Dork:** An unfashionable and awkward male

**Drop in:** To visit unexpectedly

**Drop me a line:** Write to me

**Fed up or sick of:** Disgusted with or tired of something

**Fool around:** 1) to spend time on a purposeless activity 2) to have sexual relations with someone, usually someone other than one's spouse or boyfriend or girlfriend

**Freak out:** To lose control of oneself

**Geek:** Unattractive, unstylish, socially inept person

**Get a clue:** Think sensibly

**Get a kick out of something or someone:** Find something or someone amusing or enjoyable

**Get out of here:** I don't believe you; you must be joking

**Give someone a buzz or give someone a ring:** To telephone someone

**Goofing off:** Acting silly; doing something that has no particular purpose

**Gross:** Something crude, usually unpleasant or disgusting

**Grungy:** Dirty, unclean

**Hang in there:** Keep trying, don't be discouraged

**Hang out:** 1) to waste time 2) a regular meeting place for friends

**Hassle:** 1) a problem or inconvenience 2) cause another person to have a problem or inconvenience

**Hit on or make a pass at:** To display interest and make sexual advances

**In a nutshell:** Very briefly and concisely

**Lighten up:** Relax, don't be so serious

**Loaded:** 1) extremely wealthy 2) under the influence of alcohol

**Mess with:** To interact with or get involved with, usually in a way that causes harm of some kind  
Don't mess with me! - leave me alone!

**Mooch:** To borrow frequently and/or take things from others, usually without the intention of returning or repaying

**Nerd:** A strange or socially inept person

**On the house:** Free, no cost

**Out of it:** Tired and not concentrating

**Pain in the neck:** An unpleasant person or experience

**Pal:** Friend

**Picky:** Hard to please

**Pinkie:** The smallest finger

**Pop, soda pop, soda, or soft drink:** Carbonated beverages (like Coca-Cola)

**Pull someone's leg:** To tease

**Put someone on:** To tease or try to fool

**Tip of my tongue:** Used when you can't quite remember what you want to say

**Rip off:** 1) steal 2) anything too expensive and not worth the price

**Rowdy:** Noisy, loud, and obnoxious

**See eye to eye:** Have the same opinion

**Stood up:** To be left waiting for a date that never arrives

**Sucker:** A person easily taken advantage of

**Tacky:** In poor taste

**Take a hike:** Go away and leave someone alone

**Uptight:** Worried, tense

**Way to go!:** That's very good

**What's up? Or What's happening? Or What's going on?** What event is taking place? What are you doing?

**Wimp:** Weakling

**Zero in on:** To focus or concentrate on

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## SECTION 12: ROCHESTER ENTERTAINMENT & ATTRACTIONS

### RESTAURANTS

- **Aladdin's Natural Eatery**  
646 Monroe Avenue  
Tel.: (585) 442-5000
- **Applebee's Neighborhood Grill & Bar**  
2120 Chili Avenue  
Tel.: (585) 426-7630
- **Charlie's Frog Pond**  
652 Park Avenue  
Tel.: (585) 271-1970
- **Dinosaur Bar-B-Que**  
99 Court Street  
Tel.: (585) 325-7090
- **The Distillery**  
1142 Mt. Hope Avenue  
Tel.: (585) 271-4105
- **Don Pablo's Mexican Kitchen**  
780 Jefferson Road  
Tel.: (585) 424-6860
- **Elmwood Inn**  
1256 Mt. Hope Avenue  
Tel.: (585) 271-5195
- **Friendly Restaurant**  
2425 West Henrietta Road  
Tel.: (585) 424-1370
- **Great Northern Pizza Kitchen**  
1918 Monroe Avenue  
Tel.: (585) 244-7437
- **Jack Astor's**  
869 East Henrietta Road  
Tel.: (585) 424-6616
- **Jay's Diner**  
2612 West Henrietta Road  
Tel.: (585) 424-3710
- **The King & I**  
1455 East Henrietta Road  
Tel.: (585) 427-8090
- **The Old Toad**  
277 Alexander  
Tel.: (585) 232-2626
- **The Olive Tree**  
165 Monroe Avenue  
Tel.: (585) 454-3510
- **Romano's Macaroni Grill**  
760 Jefferson Road  
Tel.: (585) 427-8230
- **Zebb's Deluxe Grill and Bar**  
1890 South Clinton Avenue  
Tel.: (585) 271-1440

### BARS / CLUBS

- **Centers at High Falls**  
60 Brown's Race  
Tel.: (585) 423-0000
- **Jeremiah's Tavern**  
1104 Monroe Avenue  
Tel.: (585) 461-1313
- **Jillian's**  
61 Commercial Street  
Tel.: (585) 454-6530
- **MacGregor's Grill & Tap Room**  
300 Jefferson Road  
Tel.: (585) 427-8410
- **Milestones**  
170 East Avenue  
Tel.: (585) 325-6490
- **Old Toad**  
277 Alexander Street  
Tel.: (585) 232-2626
- **Tapas**  
177 St. Paul  
Tel.: (585) 262-2090
- **Tonic**  
336 East Avenue  
Tel.: (585) 325-7720
- **Water Street Music Hall**  
204 North Water Street  
Tel.: (585) 325-5600

## MUSEUMS, GALLERIES AND ATTRACTIONS

- **George Eastman House**  
900 East Avenue  
Tel.: (585) 271-3361
- **Memorial Art Gallery**  
500 University Avenue  
Tel.: (585) 473-7720
- **National Railway Historical Society**  
49 Weiland Woods Lane  
Tel.: (585) 533-1431
- **Seneca Park Zoo**  
2222 St. Paul Blvd.  
Tel.: (585) 467-WILD
- **Geva Theatre**  
75 Woodbury Blvd.  
Tel.: (585) 232-GEVA
- **Museums of the Landmark Society of Western NY**  
133 South Fitzhugh Street  
Tel.: (585) 546-7029
- **Rochester Philharmonic Orchestra**  
100 East Avenue  
Tel.: (585) 545-2620
- **Strong Museum**  
One Manhattan Square  
Tel.: (585) 263-2700

For more information on attractions, please check <http://www.thebigguide.com/>

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Albanian	Mirupafshim	Kinyarwanda	Murabehe
Arabic	Ma-Assalamah	Kiswahili	Kwaheri
Armenian	Menak Parov	Korean	Anyong-i-kaeseyo
Azerbaijani	Allaha Tapsirdim	Lappish	Nonoh
Basque	Agur	Luxembourgeois	Aeddi
Belarussian	Da pabachennya	Latvian	Ar Dievu
Bengali	Dekha hobe	Lithuanian	Sudieu
Catalan	Adeu	Maa	Lesere
Chamorro	Adios	Macedonian	Doviduvanje
Cherokee	Do na da' go hv i	Malagasy	Veloma tompoko
Chichewa	Tionana	Malayalam	Pottei
Chinese (Mandarin)	Zai jian	Malaysian	Selamat Jalan
Chisona (Zimbabwe)	Sarai zvakana	Marshallese	Bar yokwe
Croatian	Dovidjienja	Nepal Bhasa	Buluhun jhasan
Czech	Cau	Norwegian	Ha det
Danish	Farvel	Polish	Do widzenia
Dutch	Daag	Portuguese (Brazil)	Ate logo
English	Good-bye	Portuguese (Portugal)	Adeus
Farsi	Koda Hafez	Punjabi	Sat-siri-akal
Finnish	Nakemiin	Romanian	La revedere, pa, ciao
French	Au revoir	Samoan	Tofa
Gaelic	Slan leat	Russian	Dosvidaniya
Galician	Adeus	Scots Gaelic	Slan leat
German	Auf wiedersehen	Serbian	Zbogom
Greek	Andio	Spanish	Adios
Gujarati	Awjo	Strine (Australian)	See ya, mate!
Hawaiian	Aloha	Swedish	Adjo
Hebrew	Shalom	Swiss-German (spoken)	Uf Widerluege
Hindi	Namaskar	Tagalog	Paalam
Hmong	Sib Nstib Dua	Tamil	Poittu Varain
Hungarian	Szia	Telugu	Veedkolu
Icelandic	Bless	Thai	La gone
Indonesian	Selamat tinggal	Turkish	Hosçakal
Italian	Arrivederci	Ukrainian	Do pobachennya
Japanese	Sayoonara	Urdu	Allah Hafiz
Javanese	Sugeng tindak	Vietnamese	Ta.m Bie^t
KiKongo	Kwenda mbote	Yoruba	Odabo

GOOD-BYE ☺ GOOD-BYE ☺ GOOD-BYE  
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