International Student Handbook

PRE-ARRIVAL GUIDE
Welcome

Dear Students,

We are very excited that you have chosen Alliant International University to pursue your academic endeavors. The International Student Services and Student Affairs staff is here to assist you with any questions or concerns you may have with international student matters.

Our objective is to make your transition to California and school as smooth as possible.

Our office will be able to assist you with the following:

- New Student Orientation
- Assistance with understanding the immigration rules and regulations that impacts you as an international student. We are here to assist you with all immigration paperwork for program extensions, travel endorsement, change of address, reinstatement, change of status, employment and moving to another education level or school.
- Help with understanding the work authorization process for obtaining on or off campus employment.
- Assistance with Disability related questions and process.

Since everyone has a unique experience abroad, we cannot begin to address all of the possible surprises ahead of you, however, we hope this orientation packet will answer many of the basic questions you may have and help you get started on your stay with us. I am certain you will find this packet to be a useful resource throughout your stay in the United States.

Again, feel free to let me know how my department can assist you during your years at Alliant International University.

I look forward to meeting you and working with you.

Lionel Remesha

Coordinator, International Student Services
Alliant International University
# Contents

1. Check in With your School .......................................................... 7
2. Some Important Definitions ......................................................... 7
   2.1. Passport ........................................................................ 7
   2.2. Visa ............................................................................ 7
   2.3. Form I-20 (Certificate of Eligibility for Non-Immigrant (F-1) Student Status) ................................. 7
   2.4. Form I-94 (Arrival-Departure Record) ........................................ 7
   2.5. Concurrent Enrollment ...................................................... 8
   2.6. Voluntary Departure and Deportation .......................................... 8
   2.7. Form DS-2019 (Certificate of Eligibility for Exchange Visitor (J-1) Status) ........................................... 8
   2.8. Two-Year Residency Requirement ............................................ 8
   2.9. General Guidelines .......................................................... 8
3. Obtaining Your Student Visa ........................................................ 9
   What exactly is a U.S. Visa? ..................................................... 9
   Beginning the U.S. Visa Process .................................................. 9
   3.1. Schedule Your Visa Interview ............................................. 9
   3.2. Pay your SEVIS Fee ..................................................... 10
   3.3. How to Prepare for the Visa Interview .................................... 10
4. Legal Status Information .............................................................. 10
   Required Documentation .......................................................... 10
5. Online Resources for International Students ..................................... 11
6. Alliant Campuses and nearest International Airport ................................ 12
7. Important matters to attend to once you arrive .................................... 12
8. My money has been delayed from home. What should I do? .................... 13
9. Accessibility ................................................................................ 13
   Hearing Impaired ................................................................. 13
   Physically Impaired .............................................................. 13
   Visually Impaired ................................................................. 13
   English for Speakers of Other Languages (ESL) ............................. 13
   Academic Listening & Speaking ............................................... 14
10. How do I register for classes? ....................................................... 14
11. Get Connected .............................................................. 14
   11.1. Health and Medical Care Insurance .................................... 14
   Medical: ........................................................................ 14
   11.2. Work: On/Off Campus .................................................. 14
   11.3. Safety ........................................................................ 14
   Sensible Safety Tips ............................................................ 15
12. Adapting to your new surroundings .............................................. 15
13. Contact information ................................................................. 17
1. Check in With your School

Once you have arrived to California, you must contact your Designated School Official as soon as possible and schedule an appointment. Here are the Designated School Officials by campus:

<table>
<thead>
<tr>
<th>CAMPUS</th>
<th>DESIGNATED SCHOOL OFFICIAL</th>
<th>PHONE</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Diego</td>
<td>Lionel Remesha</td>
<td>(858) 635-4564</td>
<td><a href="mailto:lremesha@alliant.edu">lremesha@alliant.edu</a></td>
</tr>
<tr>
<td>Los Angeles</td>
<td>Celia Lopez</td>
<td>(626) 270-3311</td>
<td><a href="mailto:clopez@alliant.edu">clopez@alliant.edu</a></td>
</tr>
<tr>
<td>San Francisco</td>
<td>Dr. Sureli Patel</td>
<td>(415) 955-2167</td>
<td><a href="mailto:skpatel@alliant.edu">skpatel@alliant.edu</a></td>
</tr>
<tr>
<td>Sacramento</td>
<td>Penny Schafer</td>
<td>(916) 561-3204</td>
<td><a href="mailto:pschafer@alliant.edu">pschafer@alliant.edu</a></td>
</tr>
<tr>
<td>Fresno</td>
<td>Lourie Rowe</td>
<td>(559) 253-2292</td>
<td><a href="mailto:lrowe@alliant.edu">lrowe@alliant.edu</a></td>
</tr>
<tr>
<td>Irvine</td>
<td>Nicole Camaras</td>
<td>(949) 812-7463</td>
<td><a href="mailto:ncamaras@alliant.edu">ncamaras@alliant.edu</a></td>
</tr>
</tbody>
</table>

2. Some Important Definitions

2.1. Passport

A document issued by your country of citizenship proving your citizenship status and identity. Immigration regulations require that your passport be valid for at least six months into the future at all times. You could be subject to deportation if your passport expires, so be mindful of its expiration date and the procedures to have it renewed.

2.2. Visa

A stamp that is put into your passport by a U.S. Embassy of Consulate visa officer authorizing you to apply for entrance into the U.S. Your visa indicates your entrance status, the number of times you may apply for entrance, and the expiration date of the visa. Some visas are for a single entry; others may be used until the visa’s expiration date. The visa may expire while you are in the U.S. with no negative consequences, but you need a new visa to re-enter after a trip outside the U.S. It is not possible to renew a visa inside the U.S.; it must be renewed at a U.S. Embassy or Consulate outside the U.S. It is sometimes difficult to renew a visa in a country other than your home country.

2.3. Form I-20 (Certificate of Eligibility for Non-Immigrant (F-1) Student Status)

A form issued by U.S. educational institutions, that certifies that the student named on it has been accepted for a full-time course of study and is eligible for an F-1 visa to enter the U.S., and to apply for F-2 visas for dependents of the F-1, and to re-enter the U.S. after a trip outside the country.

2.4. Form I-94 (Arrival-Departure Record)

A white card is issued to visitors at the port of entry to the U.S. and is stapled to your passport near the visa. It is a very important document. It indicates that you have authorization to be in the U.S. and the length of time you may remain. The ending date of your permission to remain in the U.S. is written on the front or back of the form. D/S notation on your I-94 card means Duration of Status and gives you permission to stay until the end of the current academic program. J-1 and visitors may have a specified ending date. Visitors may apply for an extension of stay if they want to remain longer.
2.5. Concurrent Enrollment
The USCIS permits F-1 visa students to enroll at another academic institution provided the student is enrolled in a degree program at one university; the combined enrollment must be equal to a full course of study; the course work at the other institution must be acceptable toward the degree; the other institution must be authorized by DHS to issue Form I-20. If you would like to enroll in another school while attending Alliant, you must contact the Registrar’s office and complete a request form.

2.6. Voluntary Departure and Deportation
In rare cases, the DHS decides that a visitor must leave the U.S. Visitors are usually given the option of voluntary departure, and have between 10 days and 2 weeks in which to leave. Voluntary departure orders may be appealed, or the visitor may ask for an extension. Deportation is more serious, usually following conviction for certain crimes or willful violation of some regulations. Those deported are forcibly removed and are not allowed to re-enter the U.S. for a period of years. While an ISSO advisor can help visitors who have been given Voluntary Departure, a visitor with a Deportation Order is well advised to consult an attorney unless the visitor is willing to leave the U.S.

2.7. Form DS-2019 (Certificate of Eligibility for Exchange Visitor (J-1) Status
A form, issued by the school of sponsoring agency, which certifies that the scholar or student is eligible for the J-1 visa. It specifies exactly what the scholar or student will be doing at the educational institution and is valid for a specified period of time. To transfer schools, for permission to work, and extension of stay, consult the ISSO for information.

2.8. Two-Year Residency Requirement
Certain Exchange Visitors must return to their country of legal permanent residence for two years before becoming eligible to change their visa status in the U.S. or to apply for permanent residency. This requirement applies to Exchange Visitors whose stay in the U.S. has been financed in whole or in part by the U.S. government or home government, or whose fields of study are indicated in the Exchange Visitors Skills List.

2.9. General Guidelines
- Print legibly when completing any DHS form. Illegible forms will not be processed.
- Make sure your current address is on the DHS forms. If you move, you must notify the DHS on Form AR-11 within 10 days of the move (You also must notify the Post Office, Alliant’s Registrar’s Office, and the ISSO about your change of address).

Always be completely truthful when completing DHS forms. Penalties for dishonesty are very serious. Also be honest when dealing with any DHS or other U.S. government official.
3. Obtaining Your Student Visa

All international students, except those who are U.S. citizens and green card holders, willing to study in the U.S. will need the following to obtain a visa:

1. Valid passport (issued by your government) and valid for at least three years
2. Certificate of Eligibility (I-20 form issued by Alliant International University)

What exactly is a U.S. Visa?

A visa is not permission to enter the U.S. A visa does not give you permission to stay in the U.S. A visa gives you permission to arrive at a U.S. border and ask for permission to enter the country. The person who makes the final decision allowing you to stay in the U.S. is the Customs Officer. The Customs Officer will record his/her decision on a small, paper form called an I-94. That is the form that actually gives you permission to be in U.S. territory.

Here is a quick summary:

1. Your passport allows you to leave your country and then return to it.
2. Your visa allows you to arrive at a U.S. port of entry and ask for permission to enter the U.S.
3. Your I-20 says you have a valid reason for being in the U.S. during the dates listed on it as long as you follow its limits and requirements.
4. Your I-94 says a customs officer saw your visa and decided to allow you to enter the U.S. It also says that he/she saw your I-20 and has agreed to let you stay in the U.S. The Customs Officer can use the I-94 add his/her own limits to the I-20.

Beginning the U.S. Visa Process

The process begins with obtaining an I-20 Certificate of Eligibility form. You must complete the Alliant International University Declaration of Finances Form in order to obtain your I-20 form. This demonstrates that you have the ability and the intent to support yourself financially for the entirety of the Alliant degree program. For each source of funds (including personal savings, family, friends, scholarships, loans, government agencies, employers, or other outside sponsors), you will need to submit proof of the exact amount available and committed to your education.

Attach an official, original document from each funding source specifying the exact amount of committed funds. For personal or family funds, this confirmation can be:

- A letter from a bank verifying your personal assets. All resources must be liquid; projected or potential earnings cannot be considered as financial resources.
- A certified bank statement with your current account information
- A commitment letter from a family member, supported by a certified letter from a bank or other third party verifying that the resources committed are available. If your degree is sponsored by your employer, you will need to provide a written statement of commitment from the sponsoring employer, supported by a certified letter from a bank or other third party verifying that the resources committed are available. Note: All financial documents must be in English.

3.1. Schedule Your Visa Interview

As soon as Alliant International University prepares your I-20 form, Student Services will inform you of your form’s SEVIS ID number. You can use this ID number to make an appointment with your local U.S. Consulate.

An interview at the U.S. Consulate or embassy is required in most countries as part of the visa process. We suggest that you make an appointment for the interview as soon as you receive your SEVIS ID number to avoid unnecessary delays in getting your visa. Please note that in some countries there is a one to two month interview appointment wait time.

The earliest possible interview date you can have is 120 days prior to Orientation. To find your local U.S. Embassy please visit: http://www.usembassy.gov

For estimated wait times at U.S. Embassies please visit: http://travel.state.gov
3.2. Pay your SEVIS Fee
A SEVIS I-901 fee of USD $200 is required of all students and exchange visitors. You will need proof that the I-901 fee was paid to be granted a visa, so be sure to bring your receipt to your interview. You can pay this fee via the USCIS website or by mail. Paying via the website is recommended as it will immediately generate the receipt required for the visa interview. Paying the fee via mail can take up to 4 weeks to receive the receipt. For more information visit: https://www.fmjfee.com/i901fee/students/student/help.htm

3.3. How to Prepare for the Visa Interview
Sign Section 11 of your I-20, and take it to the U.S. Embassy or Consulate in your country with copies of the documents that support your ability to pay your costs. Check with the U.S. Embassy or Consulate in your country to see how long it will take to process your visa. When you apply for a visa to enter the U.S. it is important that you have all the required documents when you present your application to the consular official. These documents include: Visa certificate of eligibility (I-20)

- Proof of funding
- SEVIS fee receipt
- Photographs

Consulates may have country-specific requirements, please be sure to visit the consulate’s website. You may find a list of US consulates at: http://usembassy.state.gov/

- Be ready to answer questions concerning the duration of your stay at the U.S
- How you will apply your academic experience when you will be back to your home country.
- Why you choose to study at Alliant International University.

4. Legal Status Information

Required Documentation
The I-20 form is the certificate of eligibility for an F-1 student. It is used to secure a visa and to enter the United States. The I-20 form is an indication to the consular officer that Alliant International University has found you to be academically admissible, financially capable, and linguistically prepared for your studies here. You should contact the nearest U.S. Consulate in your home country to obtain specific information on applying for the visa. Begin the process as early as possible. A visa cannot be issued more than 120 days before the program start date and you cannot enter the country more than 30 days before the program start date. You should think of the visa as a ticket to come inside the United States. Although visas have expiration dates, these dates are not relevant to how long you are permitted to remain in the country. The duration of your stay here is determined by the maintenance of your F-1 student status. See below for more on travel and visas. It is your responsibility to maintain your status: You must attend the school for which your I-20 was issued.

- You must maintain a full course of study, and complete each semester with a full course load. (Alliant requires a minimum of 8 units per term during Fall and Spring terms).
- You must keep your I-20 in a safe place. Do not lose it.
- You must have a valid passport. It is your responsibility to keep your passport valid and to renew it six months prior to its expiration date.
- You are required to carry documents regarding your nationality and immigration status at all times. To avoid loss of your originals, we recommend you always carry your passport, visa, I-20, and I-94 (departure record which will be stapled to your passport upon reaching the Passport Control at the airport)
- You must notify the school of any change in your address within 10 days of the change. Submit a Change of Address form to the Registrar’s Office and give a copy of the form to Student Services Coordinator. The address cannot be a post office box.
You must limit authorized employment to no more than 20 hours/week while school is in session.

You must not accept off campus employment without proper authorization.

If you become out of status for any of the above reasons, it is your responsibility to try to get reinstated. Please contact the Designated School Official at your campus for more information about the Reinstatement of your status. When you come into the U.S., it is a good idea to bring with you any important documents or copies of documents that relate to your identification, academic, medical and legal history. Below is an example of list of documents. Proof of admission to Alliant International University (offer letter, Certificate of Finance copy, bank letters, etc). Make sure to bring them with you every time you enter the U.S.

- Official transcripts from secondary schools, colleges, or universities
- Marriage certificate(s)
- Birth certificates for yourself, child(ren) and spouse
- International driver’s license or a driver’s license from your home country
- Medical and dental records, including certificates of immunizations and vaccinations
- Information about medical conditions or treatments, prescriptions for medication and eyeglasses
- Letters of reference which may be useful when renting a house/apartment

5. **Online Resources for International Students**

Education USA:  https://www.educationusa.info/
Study in USA: http://studyinthestates.dhs.gov/
6. Alliant Campuses and nearest International Airport

<table>
<thead>
<tr>
<th>CAMPUS</th>
<th>ADDRESS</th>
<th>NEAREST INTERNATIONAL AIRPORT</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Diego</td>
<td>10455 Pomerado Road, San Diego, CA 92131</td>
<td>San Diego International Airport</td>
</tr>
<tr>
<td>Los Angeles</td>
<td>1000 South Fremont, Unit 5, Alhambra, CA 91803</td>
<td>Los Angeles International Airport (LAX)</td>
</tr>
<tr>
<td>San Francisco</td>
<td>One Beach Street, Suite 100, San Francisco, CA 94133</td>
<td>San Francisco International Airport</td>
</tr>
<tr>
<td>Sacramento</td>
<td>2030 West El Camino Ave. Suite 200, Sacramento, CA 95833</td>
<td>Sacramento International Airport</td>
</tr>
<tr>
<td>Fresno</td>
<td>5130 E. Clinton Way, Fresno, CA 93727</td>
<td>Fresno International Airport</td>
</tr>
<tr>
<td>Irvine</td>
<td>2855 Michelle Drive, Suite 300, Irvine, CA 92606</td>
<td>Los Angeles International Airport (LAX)</td>
</tr>
</tbody>
</table>

7. Important matters to attend to once you arrive

Once you have arrived to California, you must contact your Designated School Official as soon as possible and schedule an appointment.

You must maintain full-time student status each academic term as specified by the U.S. Citizenship and Immigration Services (USCIS). For graduates, the load is eight or more required units.

On-campus employment is allowed; however, off-campus employment must be authorized by International Students Services or USCIS. Unauthorized employment is grounds for deportation.

If you leave and then re-enter the U.S., you must present a valid passport, visa and properly endorsed I-20 upon re-entry.

Keep your ISSO file complete and up to date. Notify the DSO when changes occur in your marital status, major, address, visa status, when you withdraw from school, and if you transfer to another school.

The United States, like all other nations, has laws to regulate the entrance and travel of citizens of other countries who come to visit. International students are subject to those laws. In this section we have tried to summarize most of the regulations that affect you. We strongly recommend that you read through this material and keep it for your reference. You will find that it
answers most of your questions about U.S. immigration regulations and procedures. Consult an advisor in the ISSO for more information.

Note that when applying for field placements in programs where internships are required, international students should be aware that they may be ineligible for stipends that are available to other students.

8. My money has been delayed from home. What should I do?

Many countries require official university certification of expenses before authorizing transfer of funds to the U.S. Upon request, the ISSO can issue all official certifications. Please request such documents in a timely manner to insure that adequate funding is available to you when bills are due.

9. Accessibility

Description of the on-campus facilities available to students with special needs:

Hearing Impaired
We have a variety of services for hearing impaired student. In class note takers is one of the most frequently used accommodation. We have American Sign Language translators that we can contract. We also have speech to text software at our disposal.

Physically Impaired
Buildings and bathrooms are handicap accessible. Also, handicapped parking spaces are available close to the many of the buildings that the student’s classes are located in. If need be, classes can be moved to a different location that is more accessible. Classrooms can be rearranged to accommodate students better. If need be, the use of a golf cart to transport students from one location to another is possible.

Visually Impaired
Besides accommodations that have already been listed above the visually impaired specific accommodations are; books in accessible format and text to speech software.

Please note that students are evaluated on a case by case basis, if other accommodations are needed, the university will try to accommodate the student as best as possible.

English for Speakers of Other Languages (ESL)
The International Language Education and Center (ILEC) at Alliant International University offers English language courses for non-native speakers of English.

The ILEC English language program assists students in developing the English skills that are necessary for the successful completion of university undergraduate and graduate course work. The courses in the ESL program have been designed to develop English language skills in reading, writing, listening and speaking, from intermediate to advanced proficiency levels. The length of study in the ESL program varies according to the student’s entrance level, with most students completing the English program within one year. Each competency level requires one semester of intensive study.

Taking the Alliant English Proficiency Test (EPT) is an admissions requirement for all international students who do not meet the TOEFL requirement listed for their specific academic program. The exam is taken prior to first-time registration and is offered on the San Diego campus during the orientation period each semester.

Based on EPT results, students will be: assigned to one or more ESL courses, or allowed to begin their degree program immediately. The English Proficiency Test measures a student’s abilities in reading, grammar, writing, listening and speaking skills. Each skill is evaluated separately; therefore, students may place at different levels in different skill areas.

All ESL courses are 3 non-credit units. ESL course units do not apply toward a student’s academic degree requirements. However, ESL course units satisfy international student visa requirements. A full-time ESL course load is four classes per semester. A student at the highest proficiency level who has less than a full ESL course load may take a combination of ESL and academic classes as follows:

- 3 ESL courses and 1 academic course
- 2 ESL courses and 2 academic courses
- 1 ESL course and 3 academic courses
Academic Listening & Speaking

This course prepares students for the listening and speaking demands of English medium academic courses. Students will strengthen their academic listening comprehension abilities, develop their lecture note-taking skills, and be able to engage in meaningful discussion on course topics. Students will also improve their ability to make themselves understood by listeners, use proper stress, rhythm and intonation patterns, and properly use both formal and informal language. At the discourse level, students will develop critical thinking skills as they analyze, summarize and synthesize information, engage in discussions and debates, and prepare and deliver oral presentations.

10. How do I register for classes?

Every student enrolling at Alliant is advised by an academic advisor. An advisor is located in your school or academic department. Your advisor will counsel you in your courses and will register you for your classes. Registration is not complete, however, until all fees and tuition are paid. Your registration may be canceled for the following reasons:

- Dishonored check.
- Non-payment of fees and tuition before classes begin.
- Non-payment of tuition installments.

11. Get Connected

11.1. Health and Medical Care Insurance

Anyone who does not have insurance from his or her home country will need to purchase insurance while in the United States.

There are several different types of insurance available. However, a general medical insurance is the most important to obtain. The other types of insurance are optional and depend on personal needs.

Medical:

Alliant requires all international students to carry medical insurance. International students are automatically charged for the policy available through Alliant and Kaiser Permanent. This HMO plan provides comprehensive and continuous coverage that lasts year round. The plan is not just for you but also for your dependents. For an additional cost you can cover a spouse, registered domestic partner, and/or your children.

If you have your own insurance, you have the option of waiving the school's insurance. In order to not be billed, you must complete the online waiver by the set deadline each semester. Detailed information is e-mailed to students' Alliant email account every semester.

11.2. Work: On/Off Campus

Immigration regulations are very strict with respect to working while carrying a student visa. F-1 status allows for part-time, on-campus employment ONLY (20 hours/week or less while school is in session). During school breaks you may work up to 40 hours per week provided such on-campus work is available). In order to apply for on campus employment, you must have a Social Security card.

Jobs on campus typically do not pay much ($12/hour), and certainly not enough to finance your education. Do not count on this kind of a job for anything more than a supplement to other funds. Also, do not assume you will be able to obtain a job on campus. Often there are more students than available jobs.

You do have the option of curricular practical training which allows you to receive stipends or pay for practicum or internship experiences required by the program. Be aware however, that paid practicum and internships are rare. Also, curricular training requires approval by the Designated School Officials (DSO). Please contact your Designated School Officials if you have any questions regarding this matter.

Working off campus must be approved by the Bureau of Citizenship and Immigration Services (BCIS). Such approval is only for highly unusual circumstances, and often takes months of paperwork. Most requests for off campus employment are denied.

11.3. Safety

International students and their families sometimes perceive life in the United States, especially at universities and colleges, as dangerous. This perception is heightened
by international media coverage of violent incidents, which fortunately occur very infrequently. Universities and colleges in the United States want to provide you with a safe and secure environment in which to pursue your academic and social goals.

*Better safe than sorry,* goes the American saying. Alliant International University is very safe; however you can never be too careful. You should adhere to the following safety precautions while attending classes and while on your own:

**Sensible Safety Tips**

- Ask fellow students or staff members about areas you should avoid at night.
- Know where emergency telephones and public telephone booths are located.
- Do not carry more money than necessary. If possible, use checks when large sums are needed. Do not display money or credit cards openly.
- Do not carry important documents with you such as your passport, unless it is absolutely necessary. (You are required to carry copies of your documents at all times.)
- Do not allow strangers to enter your apartment or building. Do not prop open entry doors to your building, as they may enable strangers to enter the building.
- Report broken locks, windows and doors, as well as lights that are burned out to your landlord.
- Keep emergency numbers near your phone at home (911 is the general emergency number to connect you with the police, fire department, or an ambulance)
- Identify the hospital Emergency Room nearest to your home and know what to do in case of an emergency.
- If you receive obscene or harassing phone calls, hang up immediately. If the calls persist, call the police.
- Make sure all fire and smoke alarms in your apartment are in working order. Test them on a regular basis. If you are not sure how to do this, ask your landlord.

## 12. Adapting to your new surroundings

Culture shock is not quite as shocking or as sudden as most people expect. It is part of the process of learning a new culture that is called cultural adaptation. Most people experience some discomfort before they are able to function well in a new setting. This discomfort is the culture shock stage of the adaptation process. The main thing to remember is that this is a very normal process that nearly everyone goes through.

Anticipating future events and possibilities makes it easier to deal with them when they happen. For example, it helps to anticipate your initial departure and plan ways to maintain relationships with people at home while you are away. Be sure to allow ample time to say goodbye to all the people who are important to you, and plan how to keep in touch. This assures people that you will continue to care about them.

Some surprises always await you when you arrive in a new place. People may walk and talk more quickly, traffic patterns may be confusing, and buildings may look different than expected. Such differences are easy to see and quickly learned.

Studying abroad means making big changes in your daily life. Generations of students have found that they go through a predictable series of stages as they adjust to living abroad.

At first, although the new situation is a bit confusing, most students also find it to be exhilarating, a time of new experiences, sights, sounds, and activities. With so much to learn and absorb in the new culture, the initial period of settling in often seems like an adventure. During this time you will tend to look for and identify similarities between your home culture and your host culture. You will find people really are friendly and helpful. The procedures are different, but there are patterns, things that you can learn and depend on.

Your cultural comfort level will vary over time as you move in and out of your home culture.

Gradually, as you become more involved in activities and get to know the people around you, differences—rather than similarities—will become increasingly apparent.
to you. Those differences may begin to seem more irritating than interesting or quaint. Small incidents and difficulties may make you anxious and concerned about how best to carry on with academic and social life. As these differences emerge, they can be troubling and sometimes shocking. But culture shock does not happen all at once. It is a feeling that grows little by little as you interact with other students, faculty and people in the community.

For many this gradual process culminates in an emotional state known as culture shock, although it is seldom as dramatic as the term applies. The common symptoms of culture shock are:

- Extreme homesickness
- Desire to avoid social settings that seem threatening or unpleasant
- Physical complaints and sleep disturbances
- Depression and feelings of helplessness
- Difficulty with course work and concentration
- Loss of your sense of humor
- Boredom or fatigue
- Hostility toward the host country

Students are sometimes unaware of the fact that they are experiencing culture shock when these symptoms occur. There are ways to deal with this period of culture shock, so it helps to recognize that culture shock may lie behind physical symptoms and irritability. The most effective way to combat culture shock is to step back from an event that has bothered you, assess it, and search for an appropriate explanation and response. Try the following:

- Observe how others are acting in the same situations
- Describe the situation, what it means to you, and your response to it
- Ask local residents how they would have handled the situation and what it means in the host culture
- Plan how you might act in this or similar situations in the future
- Test the new behavior and evaluate how well it works
- Decide how you can apply what you have learned the next time you find yourself in a similar situation.

Throughout the period of cultural adaptation, take good care of yourself. Read a book or rent a video in your home language, take a short trip if possible, exercise and get plenty of rest, write a letter, or telephone home, eat good food, and do things you enjoy with friends. Take special notice of things you enjoy about living in the host country.

Although it can be disconcerting and a little scary, the shock gradually eases as you begin to understand the new culture. It is useful to realize that often the reactions and perceptions of others toward you—and you toward them—are not personal evaluations but are based on a clash of cultural values. The more skilled you become in recognizing how and when cultural values and behaviors are likely to come in conflict, the easier it becomes to make adjustments that can help you avoid serious difficulties.

Students experiencing academic difficulties because of the above should feel free to see their academic advisor or Director. Also remember that there are other international students around you that may share some of these feelings, which may be helpful. And finally, many of the students on campus are happy to assist you in any way they can, and especially in answering questions about the United States in general.
13. Contact information

If you have any questions regarding international student matters please contact the **Designated School Officials** located at your campus:

<table>
<thead>
<tr>
<th>CAMPUS</th>
<th>DESIGNATED SCHOOL OFFICIAL</th>
<th>PHONE</th>
<th>EMAIL</th>
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<tbody>
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<td>San Diego</td>
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</tbody>
</table>

*Alliant International University is committed to the policy that all persons shall have equal access to its programs, facilities and employment without regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status, or sexual orientation.*