SPRING 2017
NEW GRADUATE STUDENT ORIENTATION

Rhonda Moraca, PhD  |  Assistant Dean
TODAY’S AGENDA

Graduate School Welcome
- Graduate School Administration
- 9:00-9:45

Graduate Student Organizations
- Graduate Student Council (GSC)
- Organization for Graduate Advancement and Professional Development (OGAP)
- 9:45 – 10:15

International Student Orientation
- Presented by the International Center and Counseling & Wellness
- 10:30-12:00
HOUSEKEEPING

Restrooms

Break at 10:15
STARTING YOUR GRADUATE EDUCATION

R. Paul Duncan, PhD   |  Senior Associate Dean
MORNING TOPICS

- Graduate Education at UF
- Being Informed as a Graduate Student
- Managing Your Data
- Maintaining Progress
# UF Graduate Education 2015-2016

<table>
<thead>
<tr>
<th>Category</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graduate Enrollment</td>
<td>12,117</td>
</tr>
<tr>
<td>Graduate Faculty</td>
<td>2,604</td>
</tr>
<tr>
<td>Departments</td>
<td>113</td>
</tr>
<tr>
<td>Majors</td>
<td>143</td>
</tr>
<tr>
<td>Doctoral Degrees</td>
<td>854</td>
</tr>
<tr>
<td>Master’s Degrees</td>
<td>3,697</td>
</tr>
<tr>
<td>Research Funding</td>
<td>$724 million</td>
</tr>
</tbody>
</table>
ORGANIZATION OF GRADUATE EDUCATION

Institutional Requirements for Degrees
- Board of Governors
- President
- Provost

Program-specific policies
- College
- Graduate Program

Campus-wide regulations
- Graduate School
SOURCE OF ACADEMIC REGULATIONS & POLICIES

**Provost's Office**
- Maintains academic standards for all degree programs
- Ensures accreditation of academic programs and practices

**Graduate School**
- Tracks and monitors academic progress
- Coordinates and upholds thesis and dissertation submission requirements
- Maintains review of final credentials for graduation

**College**
- Oversees general academic standards for all graduate programs in college
- Appeals
The UF Graduate School is committed to providing services to the campus community that maintain integrity and excellence in graduate education through clear and consistent policies, high standards, efficient procedures and direct student support. We seek to support all graduate students, faculty and staff by fostering relationships, increasing communications and collaborations, and delivering comprehensive research and data resources to inform graduate education.
GRADUATE SCHOOL UNITS

Graduate School

- Data Management
- Editorial Office
- Graduate Student Records
- International Outreach
- Minority Programs
- Professional Development

Division of Graduate Student Affairs
GRADUATE PROGRAM SUPPORT

Graduate Coordinator
Graduate Staff
Advisor
Supervisory Committee
Departmental Climate
Student Association
FACULTY GRADUATE PROGRAM COORDINATOR

- Advises students
- Ensures compliance with all university regulations
- Oversees all students’ progress in graduate program
GRADUATE PROGRAM STAFF

- Registers students
- Monitor your academic progress
- Administer assistantships & fellowships
- First contact for questions
- Can discuss graduate program climate
ADVISOR/MENTOR

- Advises students
- Ensures compliance with all university regulations
- Oversees all students’ progress in graduate program
Types of Degree Programs

- Master’s
- Doctoral
- Specialty
MASTER’S DEGREE PROGRAMS

Timeline: 1-2 years
DOCTORAL DEGREE PROGRAMS

Timeline: 4-7 years
EXPECTATIONS FOR A SUCCESSFUL GRADUATE EDUCATION

**Graduate School**
- Uphold standards of graduate work at UF
- Evaluate, oversee, and verify all degree requirements
- Provide funding, outreach, professional development opportunities

**Graduate Program**
- Provide clear guidelines for satisfactory progress
- Provide vital degree program information
- Provide opportunities to find post-degree employment

**Students**
- Take responsibility for own graduate program
- Become responsible producers of knowledge
- Actively pursue professional development
BE AN ACTIVE PARTICIPANT IN YOUR PROGRAM

Take responsibility for your own graduate program

• Monitor program and university requirements for satisfactory progress

• Seek guidance from program faculty on measurements of success in the program (e.g. publications, grant applications, research achievements, Individual Development Plans)

• If you are or expect to be hired as a graduate assistant, maintain close contact with departmental HR personnel.
BE AN ACTIVE PARTICIPANT IN YOUR PROGRAM (CONT’D.)

*Become responsible producers of knowledge*

- Follow university Honor Code and Student Code of Conduct
- Adhere to IRB requirements for research approval
- Develop independent research agenda, to add to existing research with proper acknowledgment
Actively pursue professional development

• Attend workshops and seminars from program, college and institution

• Develop tools to better conduct research, teaching, and service

• Present at field-specific conferences
YOUR PROGRAM OF STUDY
Key elements: all degrees

- Coursework
- Transfer of credit
- Appropriate registration
- Final examination, capstone course, culminating experience
- Additional requirements as specified by your program
DEVELOP A PROGRAM OF STUDY WITH YOUR ADVISOR/SUPERVISORY COMMITTEE

Choosing a committee
- Eligibility
- Composition

Plan and supervise a program of study
- Work to ensure compliance with all regulations governing the degree

Revisions
- Deadlines
  - For Committee
  - For Plan
BE INFORMED DURING YOUR DEGREE PROGRAM

Rhonda Moraca, PhD  |  Assistant Dean
TOOLS FOR MANAGING YOUR ENROLLMENT AND MILESTONES

Academic Unit Policies and Procedures
Graduate School Website
Graduate Catalog
Graduate Student Handbook
Academic Calendar
Facebook
Listservs
ACADEMIC UNITS POLICIES AND PROCEDURES

- Sample of Content
  - Introduction to your program
  - Registration
  - Supervisory Committee
  - Degree Requirements
  - Directory
  - Final Exams
  - Etc...

Agronomy

Graduate Student Handbook

http://agronomy.ifas.ufl.edu
GRADUATE SCHOOL WEBSITE

http://www.graduateschool.ufl.edu/
GRADUATE CATALOG
http://gradcatalog.ufl.edu

- Deadlines
- Listing of all degree types
- General policies
- Official document of record
GRADUATE STUDENT HANDBOOK

http://graduateschool.ufl.edu/media/graduate-school/pdf-files/handbook.pdf

- General Information
  - Academic Calendar
  - Change a Degree Program
  - Attendance Policies
  - Funding
  - Grading System
  - Etc.,
ACADEMIC CALENDAR

http://gradcatalog.ufl.edu

• Deadlines

• Very Important Dates
ELECTRONIC RESOURCES

https://www.facebook.com/UFGraduateSchool
Graduate Student Listserv

- Official listserv for Graduate School and other related communications
- Emails sent to your ufl.edu email address
- Primary way the UF Graduate School keeps in touch with graduate students
- Archive messages

http://graduateschool.ufl.edu/graduate-life/student-life/graduate-student-listserv/
MANAGING YOUR DATA AT UF

Jodi Slapcinsky | Interim Associate Director of Data Management
WHY YOU WANT TO MANAGE YOUR RECORDS AT UF

• UF is a very large institution
• Manage and track your academic progress
• Meet final requirements for your graduate degree
• Register for professional development events
INFORMATION SYSTEMS AT UF

Registrar
ONE.UF

Graduate School
GIMS

University
myUFL
DATES & DEADLINES SPECIFIC FOR GRADUATE STUDENTS

SPECIAL ANNOUNCEMENTS

- Summer B/C Graduation Marks: 2017 Graduates
  - Graduation Survey: All summer graduates can help fill in the Gator Story by completing the mandatory graduation survey. Compiling the survey provides valuable information to UF and provides access to your transcript.

- Protecting Yourself From Zika: The University of Florida continues to monitor the spread of the Zika virus, working closely with local and state Department of Health officials.

TurboVote

Need to register to vote or get an absentee ballot? TurboVote makes it easy. Every vote counts.

- Students needing transcripts without Summer B/C grades (degree remarks) marked on Friday, August 5th, should place their orders well before 7 p.m. on Thursday, August 4th. Transcripts ordered August 4th after 7 p.m. through August 9th, will be mailed August 10th with appropriate Summer B/C grades and remarks.
- Students needing transcripts with Summer B/C term grades/degree remarks should wait until August 11th to place their order so that appropriate Summer B/C degree remarks are on the transcript.
- Monday, August 8th & Tuesday, August 9th, transcript pick-up service for current student transcripts will not be available. Transcripts can be picked up on Wednesday, August 10th.

SUMMER 2016

- August 2: Summer B/C degree status available (Late night, on Student Self Service)
- August 10: Summer B/C final grades available (transcript view, on Student Self Service)
- August 11: Summer B/C faculty course evaluations available to instructors
- Dates and deadlines: Summer A/E and Summer B/Summer
- Information for veterans or other dependents

FALL 2016

- March 23 - August 9 and August 11 - 19: Advance Registration
- August 19: Regular registration (1:00 pm EST after 5:00 p.m. deadline)
- August 22: Classes begin
- August 22 - 26: Drop/Add, at or after assigned start time (1:19 p.m. of last day)
- August 22 - 26: Late registration (11:59 p.m. of last day)
- August 22 - 26: Employee EEP registration, at or after assigned start time (1:19 p.m. of last day)
WEB SITES FOR YOUR SPECIFIC INFORMATION

Graduate Information Management System (GIMS)
Access through ONE.UF or myUFL
GIMS (GRADUATE INFORMATION MANAGEMENT SYSTEM)

- Monitor Degree program/s
- Enter or update committee members
- Set final exam date, other milestones for certain degrees
- Thesis/Dissertation Submission steps
- Professional Development workshop registration
- Notifications on your record from Graduate School
NOTE – GIMS is active for new graduate students after drop/add has passed, and all new students are officially recognized by Registrar’s Office.

After approximately January 25th, you will be able to access GIMS.
<table>
<thead>
<tr>
<th>Quick Links</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NY Times</strong></td>
<td><strong>Student Admin</strong></td>
<td><strong>Enterprise Systems</strong></td>
</tr>
<tr>
<td>NY Times</td>
<td></td>
<td>UF Enterprise Systems homepage</td>
</tr>
<tr>
<td><strong>Schedule of Courses</strong></td>
<td><strong>Course Evaluations</strong></td>
<td><strong>Directory (People Finder)</strong></td>
</tr>
<tr>
<td>Course information, including instructor, classroom location, day and time, exam date. Updated daily, Mon-Fri.</td>
<td>UF Course Evaluations submitted by the students.</td>
<td>Search UF Directory</td>
</tr>
<tr>
<td><strong>GIMS</strong></td>
<td><strong>P-Card</strong></td>
<td><strong>Turnitin@UF</strong></td>
</tr>
<tr>
<td>Graduate Information Management System</td>
<td>Access to UF Purchasing card data for individuals</td>
<td>Turnitin is a Web-based service designed to help identify and prevent instances of plagiarism.</td>
</tr>
<tr>
<td><strong>Library Services</strong></td>
<td><strong>Gator 1 Central</strong></td>
<td><strong>myUFL Toolkits</strong></td>
</tr>
<tr>
<td>Links to UF Library Services</td>
<td>Links to Parking, Dining, Bookstore, Vending and Gator 1 Central Services</td>
<td>Training resources for the myUFL system, including online simulations, instruction guides, and other helpful information.</td>
</tr>
</tbody>
</table>
CHANGE IN INFORMATION SYSTEMS AT UF
REGISTERING FOR CLASSES

How to Register
• Follow program policy. Some programs will register their students; many programs ask students to register via ONE.UF

Which courses are appropriate
• Courses numbered 5000 or higher

Minimum registration requirements
• Total credits required may vary based on your program and personal circumstances (visa requirements, if you hold an assistantship, etc)

Changes to Registration Allowed
• Through the first week of classes (until 1/10)

Consequences after drop/add
• You may owe tuition & fees
# Registration Holds

<table>
<thead>
<tr>
<th>Hold</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Insurance Hold</td>
<td>Every student must have health insurance. There are several ways to meet this requirement. For more info: <a href="http://studentinsurance.shcc.ufl.edu/">http://studentinsurance.shcc.ufl.edu/</a>.</td>
</tr>
<tr>
<td>Immunization Hold</td>
<td>Provide up to date documentation to <a href="http://studentinsurance.shcc.ufl.edu/">Student Health Care Center</a>.</td>
</tr>
<tr>
<td>Credential Hold</td>
<td>Submit original documentation for international credentials to the Office of Admissions before Spring Break.</td>
</tr>
</tbody>
</table>
MAKING ACADEMIC PROGRESS

Regulations

• Meet requirements listed in Graduate Catalog and Unit Handbooks
• Minimum required overall GPA: 3.0
• Maintain required minimum registration
• Follow policy and procedures in meeting program milestones
• Transfer of credits
STUDENT HEALTH INSURANCE REQUIREMENT

The University of Florida requires all students to have a qualifying health insurance plan, which must provide sufficient access to healthcare resources while enrolled as a student. Student Healthcare Center (SHCC) administers the insurance regulation and manages insurance holds. You may qualify for an exemption, or your own insurance plan (e.g. as a graduate assistant). Consult [http://studentinsurance.shcc.ufl.edu/](http://studentinsurance.shcc.ufl.edu/) and your program HR staff for more details.

Enrollment deadline – January 30
The University of Florida requires that students and employees take appropriate sexual harassment prevention training, to maintain an open and inclusive academic and working environment.

UF Graduate Students are required to complete the Campus Clarity online tutorial.

https://www.dso.ufl.edu/nsfp/first-year-experience/campus-clarity-think-about-it-module/
HEALTH PRECAUTIONS - ZIKA

The University of Florida is providing regular updates about preventing the spread of the Zika Virus.

Faculty, staff and students are encouraged to follow the CDC guidelines which include:

• Use EPA-registered insect repellant when outdoors.
• Treat protective clothing — boots, pants, socks — with permethrin.
• Repair holes in screens.
• Empty containers with water such as tires, buckets, planters and toys.
CONGRATULATIONS ON STARTING YOUR JOURNEY!
GRADUATE STUDENT COUNCIL

KAREN VYVERBERG
President, Graduate Student Council
PhD Candidate, Geological Sciences
WHAT IS GSC?

- The elected representative body for all ~16,000 graduate and professional students

GRADUATE STUDENT ENROLLMENT

- Doctorate: 27%
- First Professional: 30%
- Master's Degree or Equivalent: 43%

http://ir.aa.ufl.edu/enrollment
WHAT IS GSC?

- The elected representative body for all ~16,000 graduate and professional students

- A source of information, advocacy, and travel funding

- A network for UF graduate students to share resources, build relationships, and enrich their graduate experience at UF
WHAT DO WE DO?

- Monthly meetings to disseminate information about upcoming graduate events
  e.g. Graduate Student Leader Summit, socials, workshops, etc.

- Host social events

- Fall Term Peer Mentoring

- Liaise with administrators and Student Government

- Represent the graduate student voice on campus-wide faculty committees including
  Faculty Senate, UF Libraries Committee, the UF Graduate Council, and the Faculty Graduate Council
WHAT DO WE DO?

Travel Grant Program

- Award over $100,000 annually to graduate students for conference and workshop travel
  - $350/student/year
  - Departmental eligibility required

- Conduct double-blind peer-review grant evaluation process each month
WHY GET INVOLVED?

- Be social and get to know your new community
- Participate in causes that are meaningful to you!
- Pursue your career goals
- Engage in the campus community or in life in Gainesville - we are family friendly!
- Be active in your departmental activities and events
HOW TO GET INVOLVED

- GSC Department Rep (through department)
- Join a GSC committee:
  Social, Grants, International, and Grad Affairs
- GSC representative in Faculty Senate, Libraries Committee, and Graduate Council
- March elections for an executive position
- Student Government (Graduate Student Senate Seats)

Next meeting: Wednesday, January 11 in Reitz Union Room 2335 at 6:00 PM
CONTACT INFORMATION

WEBSITE:
Main Site - http://gsc.sg.ufl.edu/
Grants Site - www.ufgsc.org

Facebook:
http://www.facebook.com/groups/UFGSC/

Gator Connect: https://ufl.collegiatelink.net/organization/gsc

General Questions:
Glendon Plumton, Secretary
gplumton@ufl.edu

Travel Grant Questions:
Julia Arroyo, Grant Committee Chair
gscgrants@gmail.com

Come meet us at the GSC Table!!

Pres. Karen Vyverberg’s Email:
kvyverberg@ufl.edu
VP Nathan Blinn’s Email:
nblinn617@ufl.edu
ORGANIZATION FOR GRADUATE ADVANCEMENT AND PROFESSIONAL DEVELOPMENT (OGAP)
Welcome to UF!

“NAVIGATING GRADUATE STUDENT LIFE”
Advice from your Peers

Presented by:

The Organization for Graduate student Advancement and Professional Development

Spring 2017
OGAP is a group of students dedicated to enhancing the graduate education experience at the University of Florida.
What Does OGAP Do?

Graduate Student Research Day (GSRD) - An annual event featuring research from graduate students in all disciplines. This includes posters from hundreds of students, a keynote speaker and workshops on topics of mentoring and leadership.

3-Minute Thesis Competition (3MT)

In collaboration with the Career Resource Center (CRC)

Professional Development Seminars

Graduate Student Mentoring Award
OGAP’s Top 10 Things to Know Before You Start Your Graduate Career

Graduate School can be challenging......
We want to share some lessons learned!
YOUR THESIS COMMITTEE

Also known as: an impossibly difficult group to get together in one room but who nevertheless hold your future in their hands depending on their ability to reach a civilized consensus.

Your Professor
Simultaneously your biggest ally and your worst enemy. Will be the first to suggest you do more work.

The Guru
Only here for the free cookies. Don’t forget to bring cookies.

Adversary
Has bitter rivalry with your Professor and will argue the exact opposite view. Work this to your advantage.

The Strawman/woman
Nice guy. No opinions.

The Assistant Professor
Still doesn’t believe just a few months ago they were on the other side just like you. Pretends to be an adult.

NONE OF THEM WILL ACTUALLY READ YOUR ENTIRE THESIS.
Attend Conferences

University of Florida Graduate Student Council

UF GSC Grants Website

Instructions
Travel to conferences, symposia, and special research opportunities is essential for the professional development of advanced research students. The University also benefits by being represented at such events. The Office of Research (OR) has therefore established a program to supplement student travel when other funding sources are insufficient.

In order to assure that discretionary funds from OR benefit the largest possible cross section of graduate students, the highest funding priority will be given to doctoral-level students and
Build Transferable Skills in your Tool Box
1. While graduate school will provide you with the opportunity to create a program distinct to you interests.

2. There are rules at every level (committee, department, college, and graduate school) that guide that creation process.

3. In addition to being familiar with the rules you should find people that support you (at every level and also outside academia).
5  Money, Money, and Money

YOU WANTED TO SEE ME, PROF. SMITH?

YES, I HAVE GOOD NEWS... I FOUND FUNDING FOR YOU...

...F- FUNDING...

F-F...

YES, NOW THE PROJECT SPONSORS WANT YOU TO WEAR THIS JUMPSUIT WITH THEIR LOGOS WHENEVER YOU'RE IN THE LAB. I TOLD THEM IT'D BE NO PROBLEM....

I ALSO TOOK THE LIBERTY OF SIGNING THIS CONTRACT FOR YOU. YOU DIDN'T REALLY WANT YOUR SOUL, RIGHT?
6 Develop Relationships with Advisors, Others Faculty.....etc.

![Comic Strip]

- Yes, raising a child is a lot of work.
- You feed them, you clothe them, you pay for their education...
- And then one day, they graduate.
- Did you say "graduate"?
- Then they won't even return your citations.

[Source: www.phdcomics.com]
Impact Factor (corrected) = 

# times your work is cited - # citations that actually trash your work

- # times you cited yourself (nice try) - # times you were cited just to pad the introduction section

- # citations the editor pressured the author to include to increase the journal's impact factor

# original articles you've written + # articles you were included in out of pity or politics

+ # not-so-original articles you've written copied and pasted

http://www.phdcomics.com/comics/archive/phd120808s.gif
Attend training workshops...

George A. Smathers Libraries
Marston Science Library

How Do I | Services

Home >> Services >> Instruction & Workshops

Instruction & Workshops
Current Workshops

Every semester, the Marston Science Library offers a series of workshops on library resources and research methodology.

Student Life & Support → Professional Development

UF Professional Development Workshops help graduate students gain information, insights, and skills they can use in academia and the job market. Each fall and spring semester, this series of mentoring workshops covers topics like effective time management and research strategies, preparing for examinations and final defenses, getting manuscripts published, and obtaining student grants. For a PDF flyer of this semester's Professional Development Workshop series, please click on this link.

Hey Stranger!

"Collaborating with Strangers" Workshops are designed to connect students, faculty, and researchers on campus during 3-minute speed-meetings. You'll walk away with more resources, solutions, and creative ideas than you could have ever imagined.
Consider Internships or Collaborations
Remember work/life balance is the most challenging part of the process:
http://www.recsports.ufl.edu/
Visit the UF Wellness site
http://www.counseling.ufl.edu/cwc/
5 tips for Master’s students

1. You are short on time. Make it count.
Higher work load compared to undergrad. Plan wisely!
3 Decide a career plan soon – academic, non-academic or to further pursue a phD.
4 Go above and beyond the curriculum
(Psst... You are going to be a Master!)
5 Make use of the on-campus resources. You are paying for most of them anyway!

Make use of the libraries, career resource center, recreation centers, wellness center. Take care of your mental and physical health and make the most of your student life.
Your Tasks

1. Make a list of things you want to accomplish while you are here at UF.
2. Identify who/what you want to become at the end of this process.
3. Start building your support networks.
4. Stay in touch with us!

HAVE FUN & ENJOY LIFE!!!!!!!
Stay in Touch!

- GatorConnect
- Facebook: UF OGAP (Previously GSAC)
- http://graduateschool.ufl.edu/ogap/
January 11th, 2017
Marston Science Library 136
4-5pm

WE INVITE YOU TO LEARN MORE ABOUT THE BENEFITS OF OGAP MEMBERSHIP

Meet new friends and learn how you can be a part of enhancing Graduate student education at UF!

Refreshments will be served
Thank You for Coming.
Welcome to the Gator Nation!!
Let’s Take a Break

10:15 – 10:30
International Student Orientation
10:30 – 12:00
Welcome to the University of Florida

Presented by
Lyn Straka
Debra Anderson

International Center
UNIVERSITY of FLORIDA
Introduction to the

UFIC = University of Florida International Center
ISS = International Student Services
EVS= Exchange Visitor Services
SAS = Study Abroad Services
OGRE = Office of Global Research Engagement
UAPIS = Undergrad Academic Programs and International Studies
Topics of Discussion

1. Immigration Information
   Address, Staying in status, Employment, Travel/Reentry, Culture Shock, CWC

2. Student life at UF

3. Important Websites
UF Insurance Policy

1. Mandatory for all UF students
2. A charge for the UF Plan will automatically go on your Bursar record, 30 days before the semester begins
3. You can waive the charge if you purchase other insurance that is ACA compliant
   [http://studentinsurance.shcc.ufl.edu/waiver-instructions/](http://studentinsurance.shcc.ufl.edu/waiver-instructions/)
4. ACA compliant insurance plans:
   [https://www.ufic.ufl.edu/ISS/insurance.html](https://www.ufic.ufl.edu/ISS/insurance.html)
5. It can take 3–5 days to know if any outside insurance will meet the ACA requirements.

6. If you log into https://my.shcc.ufl.edu/ you should see a status bar that will let you know where the waiver is in the process – see example below.

7. The website is https://my.shcc.ufl.edu/waiver/ and you log in using your Gatorlink credentials.

8. You have until January 13 to file a waiver. After that you will be responsible for the insurance charge.
ADDRESS

- Upon arrival and when you move
  - You have 10 days after you move
  - Change in UF Directory through Student.ufl.edu
    https://student.ufl.edu/
  - Attach all names to your apartment mailbox
  - Notify UFIC advisor by email whenever you move
Staying in Status

- It is your responsibility
- Have a valid, unexpired passport
- Attend school authorized;
- Be a full-time student:
  12 hrs. undergrad (fall/spring)
  9 hrs. graduate (fall/spring)
- Exceptions to full course load
- Drop/Add procedure
- Refrain from unlawful employment
Con’t of Status

- Make normal progress
  - Exam policy
- Have valid I–20/DS–2019 and apply for timely extensions
- Follow transfer procedures
- New I–20/DS–2019 required for change of degree program/major
Employment

• F-1 may work on campus without prior approval/J-1 needs prior approval

• Maximum of 20 hrs. per pay period week as full-time students during fall/spring; may work full-time during summer and official school breaks (on campus only, unless authorized by our office for CPT or Academic Training)

• Social Security Process—electronic I-94 process
Travel

• Preparation for International Travel
  – Verify accuracy of I–20/DS–2019
  – Have I–20 or DS–2019 endorsed
  – Check validity of US entry visa
  – Check visa requirement to enter another country

• Travel with passport valid for 6 months, appropriate visa(s), I–20/DS–2019

• Domestic travel will require you to carry your valid passport
Culture Shock

- **Common symptoms:**
  - homesickness;
  - avoidance of social settings;
  - physical complaints/sleep disturbed;
  - depression/helplessness;
  - poor concentration;
  - loss of humor;
  - boredom/fatigue;
  - hostility towards host culture.

- **Normal/Everyone experiences it**

- **Call the UFIC office/Come by and talk with someone**
In Case of an Emergency

• On Campus
  – Life/Death threatening situations, Call 911
  – Theft, assault, etc., Call UPD 392-1111

• Off Campus
  – All emergencies, Call 911

• After Hours Immigration Issues
  – Call (352)538-5558
Cross-cultural Adjustment to the UF

Chun-Chung Choi, Ph.D
UF International Initiative Team Coordinator
UF Counseling & Wellness Center
Agenda

- Common concerns
- Services at UF Counseling & Wellness Center
- Services for international students
Int’l Students’ Common concerns

Perceived language barriers
Int’l Students’ Common concerns

Financial difficulties
Int’l Students’ Common concerns

Academic challenges
(system/expectations/stress)
Int’l Students’ Common concerns

Interpersonal issues (hosted and intl. students)
Int’l Students’ Common concerns

Discrimination (language/ethnicity/social class etc)
Int’l Students’ Common concerns

Loss of social support, alienation, and homesickness
Int’l Students’ Common concerns

Anxiety & Depression
When to use Counseling & Wellness Center (CWC)

- Adapting to College Life
- Confusing & Distressing Feelings
- Low Self-Confidence
- Academic Performance
- Stress
- Relationship Problems
- Problems with eating & body image
- Substance Abuse
- Anxiety
- Depression
Crisis Services

Triage

Individual Counseling

Couples Counseling

Group Counseling

Crisis Services

Others:
- Biofeedback
- Consultation
- Workshop
Confidentiality

Not part of your education records

Only YOU can give consent for release of information

All records are strictly confidential, except in life threatening situations or in cases of suspected child or elder abuse.
International Students

1.5 hr weekly meeting

Wed. or Fri. 3-4:30pm

Deal with:
• Stress
• Acculturation
• Academics
• Loneliness
• Relationships…

Share resources and receive support

INTERNATIONAL STUDENT SUPPORT GROUP
Together we can Make it
CWC phone # 392-1575

Bus Routes
20, 21, 119, 401

Counseling & Wellness Center

Radio Road

Lakeside Residential Complex

Elerose Dr.

SW Recreation & Fitness Ctr.

Museum Road

Softball Stadium

Baughman Center

Lake Alice

Hull Road

SW 34th St.

Time By Foot From:
S.W. Rec: 5 Min.
Reitz Union: 20 Min.
Student Rec: 20 Min.
Library West: 25 Min.

Bike Time From:
S.W. Rec: 2 Min.
Reitz Union: 5 Min.
Library West: 10 Min
Student Rec: 7-10 Min.

Scooter Time From:
S.W. Rec: 5 Min.
Reitz Union: 8 Min.
Library West: 15 Min
Student Rec: 10 Min.
Questions?

Talk to us after this presentation

Attend our International Students Success workshop series

Sign up for the International Student Support Group and social event listserv
Student Life at UF

- Gator One Cards
- Join In
- Sports
- Around Town
“GATOR ONE” Card

Student Identification

• Use your Gator One card to:
  – Use library facilities
  – use the computer labs (CIRCA)
  – ride the RTS Buses for free
  – purchase athletic tickets
  – use recreation facilities
  – Lake Wauburg
Join In!

- GatorLink email account
- Check Off-Campus Life
- Reitz Union – Student Union
  - Gator Nights
  - Museum Nights
  - TRIP
  - Leisure Courses
- Student Organizations
  - VISA [http://grove.ufl.edu/~visa/clubs.html](http://grove.ufl.edu/~visa/clubs.html)
- The Alligator and Scene
- Volunteer Opportunities
Sports

- Athletic Tickets
- Recreation and Fitness Centers
  - Intramurals
  - Sports Clubs
Around Town

• Transportation
  – Bikes (Rent UF Bikes)
  – Regional Transit System
  – Cars and parking
  – WALK!

• Nightlife
  – 2 am Closing Time
  – Open Container Law
Important Websites

• University of Florida
  www.ufl.edu
  www.my.ufl.edu

• International Center
  www.ufic.ufl.edu
  International Student Handbook
  www.uscis.gov
Exchange Visitor Services

Responsible Officer (RO):
Susanne Hill, PhD
Email: shill@ufic.ufl.edu
Phone: (352) 273–1500

Alternate Responsible Officers (ARO):
Lyn Straka, lstraka@ufic.ufl.edu, (352) 273–1510
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