MEET THE INTERNATIONAL STUDENT & SCHOLAR SERVICES STAFF

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Student Conduct
Student Conduct Code

• The UO has a Code of Student Conduct and Community Standards
• This code sets out rules and expectations for proper behavior for all students
• Learn more about the code by going here:
  http://uodos.uoregon.edu/StudentConductandCommunityStandards/StudentConductCode.aspx
Avoid Misconduct

• The Student Conduct code protects you by outlining what kinds of behaviors are considered improper and unacceptable at the university

• Students who are found to have violated the code may face different penalties, including suspension from the UO
Examples of Misconduct:

Social Misconduct
- Disruptive behavior (e.g., fighting)
- Using your computer for illegal / improper activity
- False information to authorities
- Damage or destruction of University property
- Improper / illegal alcohol and drug use
- Carrying / using weapons

Academic Misconduct
- Cheating
- Plagiarism
- Unacceptable Collaboration
- Falsification of data
- Being dishonest
- Classroom Disturbance
Using Quotes

• When you are using ANY exact language from a source it MUST be in quotation marks AND cited!!

Example..

“I love my ducks,” (Weintraub 204)
Paraphrase

• You are using your own words, but you MUST cite.

• Example: In his paper, Weintraub said that Oregon students truly love their ducks. (Weintraub 204)
How is cheating defined in your country?

In USA:

• No talking during an exam.
• No using a cell phone.
• No sharing of information.
• No helping friends during an exam.
• Be careful of the perception of cheating.
Be Respectful

- Unwanted Physical contact
- Hazing
- Bullying
- Use of Weapons
- Harassment
- Unwanted Personal Contact
- Unauthorized use of Alcohol/Drugs
- Sexual Misconduct
- You MUST have consent
Sexual Misconduct

• Sexual misconduct
  – Sexual contact without consent
  – Sexual assault

• Resources about preventing sexual misconduct
  – SAFE: http://safe.uoregon.edu
  – SWAT: http://swat.uoregon.edu/
  – Sexual Violence Prevention & Education: http://svpe.uoregon.edu/
Healthy Relationships
Scenario #1: “No Means No”

- You are at a party and you witness your friend arguing with her boyfriend. You have all been drinking alcohol. When you ask her about the argument she says her boyfriend is pressuring her to have sex. Your friend told him “No” and she is not ready to have sex, but he gets mad at her when she says “No.” What can you do in this situation?
Scenario #2: “Proofreading”

- You are completing a final paper for a course during the winter term. You ask your roommate (who completed the same course the year before and got an A) to proofread.
- Your roommate, trying to be friendly, adds content from her own work to yours (to get you that “A” without your knowledge...
Scenario #3: “Self Plagiarism”

• As a first year business student you wrote a final paper on a topic that is then covered in one of your courses a second year student.

• During your second year, you write a paper and include sections from your own previously turned in and graded work...
Scenario #4: “Cheating”

• During your economics exam you sit next to your friend and he keeps looking onto your paper for the answers. When you quietly ask him to stop, the teacher asks both of you for your exam and says you were cheating. Teacher gives you both a 0 for the exam.
Academic Success!
Academic Success

- Electives
- General Education
- Major
Find Your Balance

• Think about balance between social life, extra-curricular activities and academic work.

• First term: 12-16 credit hours (typically three or four courses)

• 1 credit hour = apx. 30 hours of work during the entire term; So a 4-credit course = apx. 120 hours of work

• For each class, that’s about 12 hours of work a week (including time in class)

• Rule of thumb: Study two hours for every one hour you’re in class
What is class participation?

- Ask questions
- Raise your hand
- Prepare before class
- Don’t feel embarrassed
- Share your opinion
Know Your Academic Advisors... 
& Know Your Professors!

• Advisors
Before you declare a major field of study, you will meet with academic advisors in the Office of Academic Advising.

• The Teaching and Learning Center
The TLC offers tutoring and special courses and workshops on topics like study skills, public speaking, and speed reading. Check it out!
http://tlc.uoregon.edu
Office hour conversation starters:

“Hi! I’m Alex Abbas, from your Microeconomics 204 course. I just wanted to introduce myself and let you know I’m enjoying your lectures!”

“Hi Professor Kumar. I was very interested in the point you made in class about __________. I wonder if you have a moment to discuss it more?”

“Hello Professor Friedman. I’m in your Introduction to Sociology course, which I’m enjoying. But I’m finding it very difficult to get through the reading. Do you have any advice on issues to focus on?”

“Hi Professor Dunbar. I’ve started working on my paper for your World History course. I’ve drafted an opening paragraph, and wonder if you have a moment to look at my main argument?”
Grammar Workshops

These sessions are free and open to all UO students. Attend one or many; no registration is required.

Tuesdays 3-3:50pm in 51 PLC

April 7   Mastering Tricky Subject-Verb Agreement
April 14  Choosing the Right Verb Tense
April 21  Reducing Passive Voice
April 28  Eliminating Run-On Sentences
May 5    Creating Varied Sentence Structures
May 12   Conquering Comma Rules
May 19   Incorporating Outside Sources
May 26   De-cluttering Wordy Sentence
Tutors ask questions, offer feedback, explain rules, and recommend strategies so that you can take the next step in your writing process—and make long-term strides in your writing skills.

The Writing Lab is located in 72 PLC. Drop in or make an appointment Monday-Friday 9:00 am-4:00 pm.
# Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points used to calculate Grade Point Average (GPA)</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>4</td>
<td>Excellent</td>
</tr>
<tr>
<td>B</td>
<td>3</td>
<td>Good</td>
</tr>
<tr>
<td>C</td>
<td>2</td>
<td>Satisfactory</td>
</tr>
<tr>
<td>D</td>
<td>1</td>
<td>Inferior</td>
</tr>
<tr>
<td>F</td>
<td>0</td>
<td>Unsatisfactory performance, no credit awarded</td>
</tr>
<tr>
<td>+</td>
<td>+.30</td>
<td>Added to A, B, C, D</td>
</tr>
<tr>
<td>-</td>
<td>-.30</td>
<td>Subtracted from A, B, C, D</td>
</tr>
<tr>
<td>P</td>
<td></td>
<td>Pass: Satisfactory (C- or above)</td>
</tr>
<tr>
<td>NP</td>
<td></td>
<td>No Pass: Less than satisfactory performance, no credit awarded (D+ or lower for undergraduate work, C+ or lower for graduate work)</td>
</tr>
</tbody>
</table>
English 104: Introduction to Fiction
CRN 12621 • Tuesdays and Thursdays 2 to 3:20 p.m. • McKenzie 214
Lee Rumbarger • leona@uoregon.edu
Office Hours Wednesdays 11 a.m. to 2 p.m. and by appointment • PLC 529 • phone 6-3978

Coursework:
• Participation in class discussion and peer reviews of each other’s writing (10 percent of final grade)
• Quizzes (10 percent; I will drop your lowest quiz grade—quizzes cannot be made up.)
• Template mini paper (1-2 pages; 5 percent)
• Two argument-driven mini papers (2-3 pages; 15 percent each)
• Final paper (4-5 pages, 30 percent)
• Final portfolio, neatly arranged in a folder, that includes the final paper, rough drafts of the final paper, graded copies of all assignments, and an opening commentary (15 percent)
**Grades and Attendance Policies:**
Your overall grade in the course will reflect participation and attendance. You are permitted three absences; every subsequent absence lowers your final grade one notch (A to A-, B+ to B, etc.). Arriving late three times will count as an absence.

Hard copies of assignments are due at the beginning of the class periods of their due dates. Late papers lose one notch per day (A to A-), including weekends/holidays. After a week, late papers earn an F. Exceptions to these policies are rare and must be arranged between us early: email me as soon as you can if anything may prevent you from handing in your work as scheduled.

**Classroom Courtesy:**
Please turn off or silence cell phones when you enter the classroom. You’re welcome to take notes on your laptop provided it doesn’t become a barrier to your active listening and participation in discussion.
The Purdue Online Writing Lab (OWL)

Welcome to the Purdue OWL. We offer over 200 free resources including:

- Writing and Teaching Writing
- Research
- Grammar and Mechanics
- Style Guides
- ESL (English as a Second Language)
- Job Search and Professional Writing

Purdue University students, faculty, and staff at our West Lafayette, IN campus may access this area for information on the award-winning Purdue Writing Lab. This area includes Writing Lab hours, services, and contact information.

Most Popular Resources

- Purdue OWL Videocasts
- APA Formatting and Style Guide
- MLA 2009 Formatting and Style Guide
- Avoiding Plagiarism
- Writing the Basic Business Letter
- Developing a Résumé

Contact the Purdue OWL

Writing-related questions: OWL Mail
Site-related and technical questions: OWL Webmaster Caitlan Spronk
Content and copyright-related questions: OWL Coordinator Joshua Paiz
Peer Mentors Share & Give Advice
Living Safely in Eugene
Enjoying Eugene – Safely!
Some Major Awareness Issues

• Property safety – keep your personal property safe!
• Personal safety – especially when traveling alone or at night!
• Identity theft and scams
• Driving safety
• Student conduct issues
Did you know...

• The most common problem that students face while in Eugene is theft and burglary

• Eugene is a “college town,” which means that thieves know that there are many students around...carrying cash...and the latest phones, computers, bikes, bags, and other valuable items
Basic Tips

• Don’t leave your bags, computers, keys, cell phones, iPods / iPads, or other valuable possessions alone – even for a few minutes!
• Don’t “flash” your possessions in public
• If you own a bicycle, use a “U”-style bike lock to securely attach the bike to a bike rack.
Be Aware of your Surroundings

• More people have items stolen in their presence because they are not aware of their surroundings

• If you need to use your cell phone while in a public place, be aware of your surroundings at all times!

• If you use a backpack, make sure your back pocket is fully zipped and locked – and don’t put valuables such as your passport or cell phone in the back pocket

• Keep your wallet in your front pocket rather than the back
Cars and Homes

• If you have a car and drive to campus, make sure to lock your car at all times
• Do **not** keep valuables in your car, especially where they can be seen
• Keep your apartment door locked – even if stepping out for a few minutes
  – If you are gone from your apartment for an extended vacation, use a timer to turn your lights on at night
  – Report damaged locks, doors, windows to your landlord or building manager immediately
Contact Information

• Call **911** from any phone to report a police, medical, or fire emergency

• Call the **UO Police Department** at **541-346-2919** to report a crime or suspicious activity

• Call **541-346-2974** for anonymous tips – if you want to provide information but don’t want to leave your name

• [http://police.uoregon.edu](http://police.uoregon.edu) for more information
UO Police Dept. Services

- Bicycle registration and low-cost bike and car locks (through Parking & Transportation Department)
- Laptop registration
- Year-round presentations and workshops on
  - Personal safety
  - Property safety
  - Self-defense
Traveling Alone or at Night

• Go in groups and plan ahead
• Try to avoid walking alone at night – walk with friends or in crowded areas. Pay attention!
• Avoid deserted or poorly-lit areas; use one of the UO lighted pathways when walking on campus or a well-lit street if off-campus
• If followed by strangers at night, go into a store or restaurant and ask for assistance, or call 911 (if an emergency) or 541-346-2919 (to report suspicious activity)
• Text or email a friend or roommate
  – Where you are going?
  – What time you are going and what time you are coming back?
  – How you are getting to your destination and how you are returning?
• If you are going to a party or if alcohol is involved, don’t become incapacitated – or designate a “safe driver”
• Call a taxi if necessary – e.g., Oregon Taxi, 541-434-TAXI; Eugene Taxi, 541-782-8294
• Get on a Lane County District bus – your UO ID card lets you ride for free!
Emergency Phone

• Familiarize yourself with campus emergency phones
• Touching the red button will connect you to a 24-hour UO Dispatch Center which will be able to trace your location to the phone box
Safe Ride Shuttle

- [http://pages.uoregon.edu/saferide/](http://pages.uoregon.edu/saferide/)
- For UO students [http://pages.uoregon.edu/saferide/](http://pages.uoregon.edu/saferide/)
- For UO students (show ID); free shuttle service within an approximately 3-mile range of the UO
- Available during evening and night time hours for groups of up to three people
- Call (541) 346-RIDE, extension 2 for an operator or to leave a message
UO Safety Escorts

• If you are concerned about walking around campus alone late at night, you can call the UO Police Department at 541-346-2919 to see if a safety escort is available
• Safety escorts are on-duty UO police officers
• They will accompany you to your dormitory to make sure you get home safely
Identity Theft and ‘Phishing’

• Identity theft is when someone tries to steal your “identity” and pose as you to open a credit card or bank account in your name

• “Phishing” is when someone tries to get your personal information (bank account number, credit card number, etc.) by posing as a trusted source – whether over the phone or through “fake” emails.
How Identity Theft Happens

• Not using a secure password on web sites
• Stolen identity documents (e.g., passport, credit cards, Social Security card)
• Sending personal information through email
• Not destroying papers with your personal information before throwing them away
• Responding to emails that ask you for your password or other personal information
Scams and International Students

• Sometimes international students are victims of “scams”
• Example: A person may pretend (often over the phone or email, rather than in person) to be a police officer, a university official, or an immigration officer, and tell you that “you must pay” a certain amount of money, otherwise
  – You will be kicked out of “school” or even the “country”
  – You will “lose” your car, apartment, etc.
• Government agencies **NEVER** work this way! Always contact an international student advisor before doing anything.
Basic Tips to Protect Yourself

• **Never** give out personal information to unknown or untrusted sources, especially over the phone
  – Name and address
  – Date of birth
  – Social Security Number

• **Keep** documents like your passport, I-20 or DS-2019, Social Security card, bank statements, credit cards in a safe place

• **Report** lost documents immediately to the appropriate office.
Driving Safety Tips

• Don’t drive without a license! Go to the web site of the Oregon State Motor Vehicles division (DMV) for information about how to get a license

http://www.oregon.gov/ODOT/DMV

• Eugene DMV
  – 2870 W 10th Pl, Eugene, OR
  – (541) 686-7855
  – 8am – 5pm, Monday, Tuesday, Thursday, Friday
  – 9am – 5pm, Wednesday
Learn the Rules

• Learn the rules of the road
  – Traffic signs
  – Speed limits
  – Seatbelt laws
  – Driving in school or hospital zones

• Don’t text or use your cellphone when driving
  – Oregon is a “hands-free” state – you cannot use your cellphone in your car unless you have it connected to a Bluetooth device that does not require use of hands
Car Insurance

• If you get a car, you must have automobile insurance
• We recommend getting full or comprehensive insurance that protects you not only in case of accidents but auto theft, natural disasters, etc.
• When driving in your car carry:
  – Your driver’s license
  – Proof of auto registration
  – Automobile insurance information
Alcohol & Drugs – Know the Law

• 21 means 21
• Know the rules in student housing
• Don’t drive under the influence of alcohol
• If you are caught driving while intoxicated, there may be serious consequences for your legal and immigration status
• If you are going to a party or if you are drinking, have a ‘designated driver’ – someone who won’t be drinking that night
Immigration
Your F-1 Visa Status

- Visa/Passport/I-94
- Taxes
- Off-Campus Practical Training
- Scholarships
- Taking Term Off
- Leaving UO
- Academic Difficulties
- Medical Leave

- Relationship Problems
- Culture Shock
- Homesickness
- Domestic Violence
- Change of Status
- And more......
Visa vs. Status

F-1 VISA
• Entry document
• Like a key or movie ticket
• Only needed to get in
• Can expire while you are here—not required to be valid while in the U.S.
• Cannot be renewed in the U.S.

F-1 STATUS
• Legal relationship in U.S.
• Maintained by upholding rules specific to your “class of admission (F-1)”
• Must be maintained in order to remain in the United States legally
• Determines eligibility for benefits
Your Responsibilities for Maintaining Status

- Register full-time each term (12 cr UG; 9 cr GR)
- Make normal progress in your academic program
- Never let your passport expire
- Never let your I-20 expire
- Do not work off-campus without special authorization
- Do not work more hours than you are permitted to
- Update your local mailing address in DuckWeb
  - Permanent address is home country address
Office of International Affairs--ISSS

- **Office hours:** Monday – Friday, 8 am - 5 pm
  - Schedule personal appointment with an international student advisor, 541-346-3206, 3rd floor Oregon Hall

- **Drop-in Advising hours:** 3rd floor Oregon Hall
  - Monday, Thursday, Friday: 2 pm - 4 pm
  - Tuesday, Wednesday: 10 am - 12 pm

- **Check your uoregon.edu email account regularly**

- **Email:** [intl@uoregon.edu](mailto:intl@uoregon.edu)

- **Website:** [international.uoregon.edu](http://international.uoregon.edu)
Your Important Documents!

• Passport
• I-20
• I-94
Passport

– Don’t let it expire while you are here.
– It should always be valid for at least 6 months into the future.
– If it is expiring soon, contact the embassy of your home country to start renewal process.
– If it is stolen be sure to file a police report.
I-20

- Allows you to apply for your F-1 visa
- Enter and re-enter U.S. during academic program
- Receive other immigration benefits
  - Driver’s license
  - Social security number
- Must always be valid and up to date
  - You cannot keep studying on an expired document
  - Request extension if you need more time to complete program.
- Request reprint if any information changes
I-94

- I-94 (Arrival/Departure)
  - Very important document
    - I-94 and current I-20 are most essential documents for legal F-1 status
  - Official arrival & departure record. Proof of legal entry to the U.S. & how long you can remain in U.S.
    - F-1 D/S – “duration of status”
  - The paper form is no longer provided at CBP
  - Need your I-94 Admission Number? Go to http://www.cbp.gov/I94 to print an electronic copy
**I-94 Webpage**

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**U.S. Customs and Border Protection**

**Get I-94 Number**

**I-94 FAQ**

**Admission (I-94) Number Retrieval**

**Admission (I-94) Record Number:** 04134469230

**Admit Until Date:** D/S

**Details provided on Admission (I-94) form:**

- **Last/Surname:** Zhang
- **First (Given) Name:** CHI
- **Birth Date:** 1991 August 30
- **Passport Number:** G29675153
- **Passport Country of Issuance:** China
- **Class of Admission:** F1

**Effective April 26, 2013, DHS began automating the admission process. An alien lawfully admitted or paroled into the U.S. is no longer required to be in possession of a preprinted Form I-94. A record of admission printed from the CBP website constitutes a lawful record of admission. See 8 CFR § 1.4(d).**

**If an employer, local, state or federal agency requests admission information, present your admission (I-94) number along with any additional required documents requested by that employer or agency.**

**Note:** For security reasons, we recommend that you close your browser after you have finished retrieving your I-94 number.

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**For inquiries or questions regarding your I-94, please click here.**

**Accessibility**
Enrollment

- Full Course of Study
  - 12 credits for undergrads; 9 for graduates
- Reduced Course Load
  - Part-time enrollment is allowed if approved by ISSS.
    - Academic or medical reason
    - Vacation term other than summer
    - Concurrent enrollment
      - Do not apply for Dual Enrollment Program!
- Online or Distance Education Classes
  - Only one online class per term (up to 4 cr.) can count towards full-time enrollment
    - 12 cr – only allowed 4 online cr
    - 16 cr – can take 8 online cr
Add/Drop Classes

- **Academic Dates and Deadlines**
  - Last day to add classes – April 8
  - Last day to drop classes without ‘W’ – April 6
  - Last day to pay for tuition without late fee – April 1
  - Cannot drop below full-time (how many?) without ISSSSS approval
  - [https://registrar.uoregon.edu/calendars/refund-schedules?ts=Spring%202015](https://registrar.uoregon.edu/calendars/refund-schedules?ts=Spring%202015)
  - See an international student advisor.
Academic Calendar

Calendars & Schedules

Full Calendar (New!)

Now! Browse all academic dates and deadlines (including refund dates) by Month or Upcoming.

Academic Dates & Deadlines By Term

- Summer 2014
- Fall 2014
- Law Fall 2014
- Law Spring 2016

Registration Priority Schedules
Complete Withdrawal

- F-1 students are blocked from complete withdrawals
- Meet with an international student advisor prior to requesting a complete withdrawal
  - Step 1: DuckWeb
  - Step 2: ISSS approval
• Maintain 2.0 GPA or better
  – Academic warning - drop below 2.0 for term
  – Academic probation – drop below 2.0 more than one term
  – Disqualification – no longer making normal progress – F-1 status ends.
• Don’t wait to get academic advising from your major department (Office of Academic Advising for undeclared)
• Meet with an international student advisor to discuss academic problems or concerns
Travel Signatures

• Travel Signature verifies you have maintained F-1 status
  
  – You must get a travel signature on your I-20 if you plan to temporarily leave the U.S. and return to study.
  – You are not eligible for a travel signature if you do not maintain your status.
  – You should request travel signature 2 weeks in advance of your trip.
  – Each travel signature is valid for 6 months only.
Employment

• You can work on-campus up to 20 hours per week without special permission.

• You MUST see an international student advisor if you are interested in an internship off campus.
Scenario #1

It is week 5 of the spring term. I am struggling with classes and want to drop a class or two. Does my F-1 status allow this? Who do I talk to?
Scenario #2

After spring term, I want to stay in my home country and take summer term off. Does my F-1 status allow this? Who do I talk to?
Scenario #3

I don’t have a car to come to campus, so I am taking all internet courses.
Does my F-1 status allow this?
Who do I talk to?
Scenario #4

I need some cash. I will just take a part-time job at a restaurant or gas station.  
Does my F-1 status allow this?  
Who do I talk to?
Beware of “USCIS” Scams

• USCIS Scams – scams by people posing as USCIS representatives
• Resources for reporting scams:
  – www.ftc.complaintassistant.gov
  – www.uscis.gov/avoidscams
• Hang up if contacted; report to ISSS
Your Homework for Today:

1. Print out I-94 and place it with your passport & I-20.
   
   [https://www.cbp.gov/I94](https://www.cbp.gov/I94)

2. UO Immigration Document Check-In

   -- [https://international.uoregon.edu/isss/students/immigrationcheckin](https://international.uoregon.edu/isss/students/immigrationcheckin)
Cultural Integration
Life in the USA

Exciting opportunities and life-changing experiences await you, but there will be challenges.
Stages of Culture Shock

Stage 1: Honeymoon

• Everything new and exciting
• Fascinating new culture
• New friends
• Cultural differences seem fun
Stages of Culture Shock

Stage 2: Frustration

- Sadness
- Loneliness
- Frustration
- Anxiety
- Trouble concentrating
- Feeling left out & misunderstood
- Extreme homesickness
- Developing negative view of Americans
Stages of Culture Shock

Stage 3: Adjustment & Acceptance

- Make friends
- Feel less homesick
- Feel more comfortable with:
  - Food
  - Culture
  - Language
  - People
  - Etc.
American Phrases

• “How are you?” = “Hello” (not a question)
• “Let’s have lunch” = Politeness (not an invite)
• “That’s interesting” = I have nothing good to say
• “It’s not bad” = It is bad

These meanings do not apply in all situations
American Stereotypes – It’s Just Cultural

• Fake
• Insincere
• Superficial
• Distant
• Arrogant
• Unhealthy
• Loud
• Rude
• American handshakes
Getting Adjusted – Be Patient

• Be patient
• Remember your goals
• See the adventure in it
• Use your sense of humor
• Deal with stress
• Embrace the moment
• Ask for help
American Slang

• “What’s up?” = “How are you?”
• “That was sick!” = “That was cool!”
• “That was cray cray!” = “That was crazy!”
• “I’ll holler at you” = “I’ll call you”
Social Life

• Join clubs and student groups
  - uoregon.orgsync.com; asuo.uoregon.edu

• UO Calendar of Events
  - calendar.uoregon.edu

• Study abroad

• ExplOregon Trips
  - international.uoregon.edu/isss/exploregon
  - facebook.com/uoexploregon
Social Life

- Coffee Hour (Fridays from 4-6 pm in EMU Amphitheater)
- The Meet (Thursdays from 6-8 pm in LLC Performance Hall)
- Language Circles (different times and days in The Mills International Center)
- Love Your Accent
ASUO Women’s Center

On and off-campus referrals for:

- Sexual assault
- Stalking
- Abusive relationships
- Coming out
- Divorce
- Grocery Shopping Trips
- Free printing, coffee-tea, personal items
- Meeting and study space

http://blogs.uoregon.edu/women/
Common student concerns include:

- Academic stress
- Difficult life experiences
- Adjustments/Transitions
- Ongoing psychological issues
- Depression & anxiety
- Drug & alcohol issues
- Eating disorders
- Trauma & abuse

http://counseling.uoregon.edu
Accessible Education Center (AEC) makes academic accommodations including:

- Exam adjustments
- Sign language interpreting
- Classroom relocation & adaptive technology
- Assistance with time management

http://aec.uoregon.edu/
Additional Resources

- Career Center  (Hendricks Hall)
- Teaching and Learning Center  (PLC)
- Mills International Center  (EMU)
- Counseling and Testing Center  (Health Center)

- The Office of International Affairs  
  (3rd Floor Oregon Hall)  
  [https://www.facebook.com/UOISSS](https://www.facebook.com/UOISSS)
ACE Peer Mentorship Program

Mandatory for freshmen students (1 term only)

Your mentor will help you:

• Succeed as a student
• Make connections and get involved on campus
• Have fun at the UO!

http://international.uoregon.edu/peer-mentor
Summing Up

• Culture shock will happen & may last for 3-6 months

• Give yourself time to adjust to your new life

• Expect a new learning experience

• Things will slowly get better

Remember: Always ask for help if you need it!