



STATE UNIVERSITY OF NEW YORK AT OSWEGO

PRE-ARRIVAL GUIDE

For Undergraduate International Students

2018

Welcome!

Dear International Students,

Welcome to the State University of New York at Oswego! We are glad you will join us soon. We hope that your experience at SUNY Oswego will be a successful one, filled with exciting opportunities both personally and professionally as you earn your degree.

We want to invite you to take full advantage of our many resources and support services. We have compiled this guide to inform you of our campus and community. We highly encourage you to read this guide before arrival to campus to help you ease into your new life in Oswego. When you arrive on campus, we will provide you with a comprehensive orientation program that will prepare you for a successful stay at Oswego.

Our staff at the International Student Scholar Service (ISSS) takes great pride in supporting international students during their studies. The Oswego community is excited to meet YOU and welcome you to your new home!

Sincerely,

Office of International Student Scholar Service



The Office of ISSS

We are here to support your needs and interests in:

- Understanding your immigration responsibilities, especially in regards to class enrollment and employment.
- Learning how to navigate daily life in the United States, such as obtaining a license, phone, bank account, and other arrival matters.
- Creating educational and social activities that allow you to become active, engaged community members on- and off-campus.

The International Student and Scholar Services (ISSS) team is here to assist you in making a smooth transition to life as a student at SUNY Oswego. We welcome international students, scholars and their families in an effort to promote a culturally diverse learning environment and to enrich the quality of teaching and research at SUNY Oswego. Some of the services we provide are:

- SEVIS (Student and Exchange Visitor Information System) Administration
- Compliance with Federal Immigration Regulations
- International Student Orientation
- Cultural Adjustment Support
- Campus Programs and Events
- Advocacy for International Students

Applying for an F-1 Student Visa

Please review all the information on your I-20 to ensure it is correct. Especially check that the spelling of your name, date of birth, program of study, and finances are without error. Inform International Student Scholar Service at iss@oswego.edu if there are any problems.

SEVIS and your I-20

SEVIS (Student and Exchange Visitor Information System), an Internet-based system, provides tracking and monitoring of international student information. As an international student, you have a SEVIS record which contains information on what you are studying at State University of New York at Oswego, the expected dates of your study, and how you are paying for your studies.

SEVIS enables colleges and universities to issue you an I-20 ("Certificate of Eligibility for Nonimmigrant (F-1) Student Status-For Academic and Language Students"). It is important to always have an I-20 that is accurate. Should any information need changing now (whether due to error or updates) or in the future, it is your responsibility to contact the ISSS team for an updated I-20. You should keep all I-20s (even those from prior United States schools) as you may be asked to provide them during travel or applying for United States government benefits like employment.

Please check the expiration date of your I-20. If you do not expect to graduate on this date, you will need to request an extension within one month prior to expiration date. In other words, if your I-20 expires in August, you must make your extension request in July.

After you receive your I-20

Once you receive the I-20 and you have confirmed that all the information is correct, you should begin the process of applying for an F-1 visa at your nearest United States Embassy or Consulate. F-1 students are required to have a valid F-1 visa during the time of entry into the United States. The only exception is for Canadian citizens; Canadian citizens prove their F-1 status via their I-20 and do not need to have an F-1 visa.

If you are currently studying at another United States school and you will transfer your SEVIS record to the State University of New York at Oswego, you are not required to obtain a new visa unless you are traveling outside the United States AND you do not have a valid visa to reenter the United States.

Applying for an F-1 visa

There is helpful information on the website

<https://studyinthestates.dhs.gov/applying-for-a-visa-to-travel-to-the-united-states>.

Check your visa to ensure it is accurate and that it matches your passport. Make sure that your surname and given names are in the correct order. Errors will cause problems and cannot be corrected after you arrive in the United States.

Your visa

You should have an F-1 student visa in your passport that permits you to enter the United States (unless you are a Canadian citizen, in which case an F-1 visa is not required).

Students will have different visa lengths and end dates depending on reciprocity agreements between your home country and the United States. Regardless of your visa end date, your F-1 status is valid for as long as you meet certain obligations to maintain legal status. For this reason, it is not possible to extend or renew that visa stamp while you remain in the United States. If your visa stamp is expired, as long as you are maintaining F-1 status, it is not a problem to stay and study unless you want to travel outside the United States. If traveling outside the United States with an expired visa, you will need to request a new visa at your nearest United States Embassy or Consulate to return.

In order to maintain lawful F-1 status, you must enroll full time until you obtain your degree or change to another visa status. Full-time enrollment for undergraduate students is 12 credit hours during the fall and spring semesters; for graduate students full-time enrollment is nine credit hours during the same time period. Immigration regulations do not require summer enrollment unless it is your first term at SUNY Oswego.



Care, Wellness, and Health Requirement

Requirements prior to U.S. arrival

The following should be completed BEFORE arriving in Oswego. Please be sure that all information is translated into English, signed or stamped by a Medical Doctor and sent in PDF format if possible.

- ✓ Completed health history and immunization forms- these forms are located on our website: www.oswego.edu/walker-health-center, under “Required forms”. Health history can be completed online.
- ✓ Required immunizations: These must be submitted with a doctor’s or other health professional’s signature. Students are required to show proof of 2 MMR vaccines that were given after their 1st birthday or 1 MMR and 1 measles vaccine given after 1st birthday
- ✓ Required Tuberculosis screening Questionnaire needs to be completed and submitted.
- ✓ The following immunizations are recommended, but not required:
 - TDap (Tetanus, Diphtheria, Pertussis)
 - Hepatitis B
 - Meningitis vaccine for individuals aged 18-24
 - HPV

The following is mandatory depending on your length of attendance at SUNY Oswego:

One Semester or Summer Program:

Tuberculosis screening with either a chest x-ray report completed within 6 months of arrival to SUNY Oswego or lab testing by with Quantiferon Gold or T-Spot test.

One year or more:

Tuberculosis screening test is required; Quantiferon gold or T-spot is preferred. If there is a hardship or other valid reason why you cannot obtain the above requirements in your home country, we will coordinate a visit through the Office of International Education and Walker Health Center BEFORE your classes start and assist in meeting these requirements.

- If you have had a history of positive PPD, a chest x-ray is required within 6 months prior to attending SUNY Oswego.
- If you have received treatment for past exposure to tuberculosis, you will be required to show proof of treatment with start of therapy date and date of completion.

Remember to use your Oswego email account when possible.

Please fax information to 1-315- 312-5409 or mail required health forms, including immunization records to:

Walker Health Center
SUNY Oswego 1 Rudolph Road
Oswego, NY 13126



Medical concerns

The staff of Mary Walker Health Center is delighted to extend support to you in a non-judgmental and caring manner. Our nurse practitioners are board-certified and specialized providers in the area of college health. The staff is highly experienced in responding to the medical and health concerns of the college's diverse population of students. Walker Health Center was recently re-accredited by the Accreditation Association for Ambulatory Health Care, Inc. (AAAHC) for another three years.

Mary Walker Health Center encourages you to utilize our medical and educational services as you used your hometown physician's office. We are committed to providing you with the best student-oriented, outpatient health and medical care services as well as health/wellness educational and promotional opportunities.

Walk-in clinic begins at 8:30 am and we will accept as many patients as we can safely see before 10:30 am. An appointment is needed for a visit during the remainder of the day. Call (315) 312-4100 for an appointment.

Medical insurance and a completed SUNY Health Form are mandatory for international students and scholars attending SUNY Oswego.

- ✓ The State University of New York Medical Insurance Plan is mandatory for all F and J visa students and scholars attending SUNY Oswego. Exceptions apply only to those scholars and students officially sponsored, covered, and thoroughly documented by a national government or international agency.
- ✓ The SUNY medical plan offers comprehensive coverage. It also provides on-campus claims assistance through the International Student and Scholar Services Office.
- ✓ The cost for a month's coverage of medical insurance is \$US 92.75; a full semester of coverage is \$649.25; a calendar year's coverage is \$1113. Minimum coverage runs from the 15th of any given month to the 15th of the following month.
- ✓ As long as a student or scholar remains in the USA on SUNY Oswego's F or J visa, medical insurance will be required.
- ✓ All new international students will be expected to pay their medical insurance as part of their bill, at the Bursar's Office, within five business days after their arrival on campus. Major credit cards are accepted by the Bursar's Office. Neither the Office of International Education, nor the ISSS, can accept credit card payments.

Students who do not have appropriate medical insurance prior to the start of classes may have their course registration blocked or cancelled. Subsequent registrations may also be blocked or cancelled unless students can show the appropriate and necessary coverage for any continuing semesters. For more information on SUNY Oswego's required health insurance policy, plan, and the hard waiver process, please contact to our administrative assistant, Mrs. Jo Ann Richardson, at: jo.richardson@oswego.edu.

Climate: Average Seasonally Temperatures in Oswego

Oswego weather conditions are heavily influenced by Lake Ontario. For some international students, a winter in Oswego is the first time they experience snow. The temperature in Oswego varies from season to season. There is considerable "lake-effect" snow in Oswego.

Here are the average temperatures in Oswego for each month:

January	30°F	-1.1°C
February	33°F	0.4°C
March	41°F	4.8°C
April	53°F	11.8°C

May	65°F	18.2°C
June	74°F	23.6°C
July	79°F	26.2°C
August	78°F	25.6°C

September	70°F	21.3°C
October	58°F	14.6°C
November	47°F	8.2°C
December	35°F	1.8°C

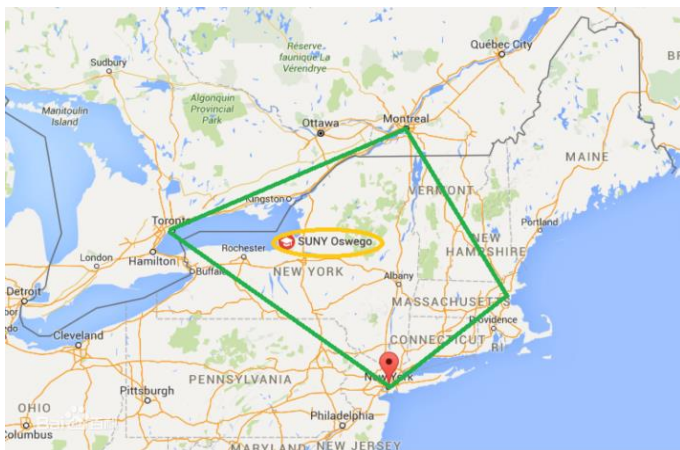
Packing

When considering what to pack, keep in mind that SUNY Oswego students generally adopt a casual style of dressing. Useful items to bring with you would include:

- ✓ Summer clothing (T-shirt, shorts, cotton dresses, hats, sandals, light jacket)
- ✓ Winter clothing (Sweaters, sweatshirts, pants, jeans, hat, scarf, gloves, socks, heavy coat, winter shoes, or tennis shoes, boots, umbrella)
- ✓ One or two nicer outfits with dress shoes for formal occasions

- ✓ Traditional clothing from your home country or area (very useful for international festivals and other international events)
- ✓ If you wear glasses and/or contact lenses, bring a spare pair of glasses and/or contact lenses and verification of your current optional prescription
- ✓ Medication and back-up prescriptions for this medication
- ✓ Any personal hygiene products from your home country that may not be available in the United States
- ✓ Towels and bedding (**unless you request a linen packet, see below**)

If you are living in a university residence hall, you can purchase linen packet (included sheets, blankets, towels/washcloths and pillow) from housing@oswego.edu. There is also another option. We provide transportation during orientation, so you can go to a local store to buy a bedding set. You may want to consider bringing these items from home to avoid a shopping trip immediately upon arrival to purchase them. The size is twin XL for a double room or full size for a single room.



Arrival in the United States

The Office of international Program will provide you with airport pick-up service.

- Please make your flight arrangement for arrival into **Syracuse airport (SYR)** New York.
- All students are required to attend the **orientation** session on the day after your designated arrival date on campus.

- When you have confirmed your reservation, please send an **e-mail** with your **detailed flight itinerary** to iss@oswego.edu.

Documents you will be asked to present to the United States Customs and Border Officers:

- Passport (including attached enveloped of immigration documents) with nonimmigrant visa
- SEVIS Form I-20AB, I-20MN, or DS-2019
- Name and Contact information
- Writing instrument (Pen)

🌐 Registering for Classes

For undergraduate students, most colleges and universities in the United States have general education degree requirements. This means that besides your major area of study (for example business administration or biology), you are also required to take classes in communication, arts, math, humanities, social sciences, and hard sciences-all subject areas that can help enrich your personal and professional lives. Because there are many classes needed for your degree and many options of classes which fulfill the general education requirements, you choose which classes are most interesting to you. You will have an academic advisor to help you choose suitable classes.

For more information on meeting with an academic advisor and registering for classes, please go to **My Oswego Degree Works**. We highly encourage you to remain in touch with your academic advisor every semester to let him or her know now you are doing and get recommendations for class enrollment in the future.

Transfer Credits

If you have attended a college or university within the United States, you must submit an official copy of your transcript for each college attended.

If you have attended a college or university outside the United States and you wish to transfer this credit to SUNY Oswego, you must submit a credential evaluation report from an authorized evaluation agency.



Payment to Attend SUNY Oswego

Students can view the bill by logging into **MyOswego**; to allow others access to the bill, students must set them up as authorized users. Once an authorized user is established, the authorized user will be able to access their **students account**. Billing notifications will be sent via email to the student and each authorized user if there is a balance due. All questions about payment should be directed to the Student Accounts Office in Culkin Hall, Room 408 (call 315.312.2225) or stuacct@oswego.edu

Payment options

Acceptable forms of payment are:

- ✓ Cash, check, credit card (MasterCard, Visa, Discover, and American Express). Please Note: Post dated checks will be processed when received! They will not be held.
- ✓ Payment can be made online or via the mail.
- ✓ **ONLINE**
- <https://commerce.cashnet.com/oswegoempay?it emcode=EM-acctpmt>
- ✓ **International wire transfer.** - <https://www.flywire.com/pay/oswego>

Please mail payments to:

SUNY Oswego
Student Accounts Office
408 Culkin Hall
Oswego, NY 13126
315.312.2225

Payment in full

Payment must be received by the Student Account Office by the due date (within 5 days after the start of a semester for Fall and Spring, winter and summer sessions refer to those specific pages for further information) stated on the invoice.

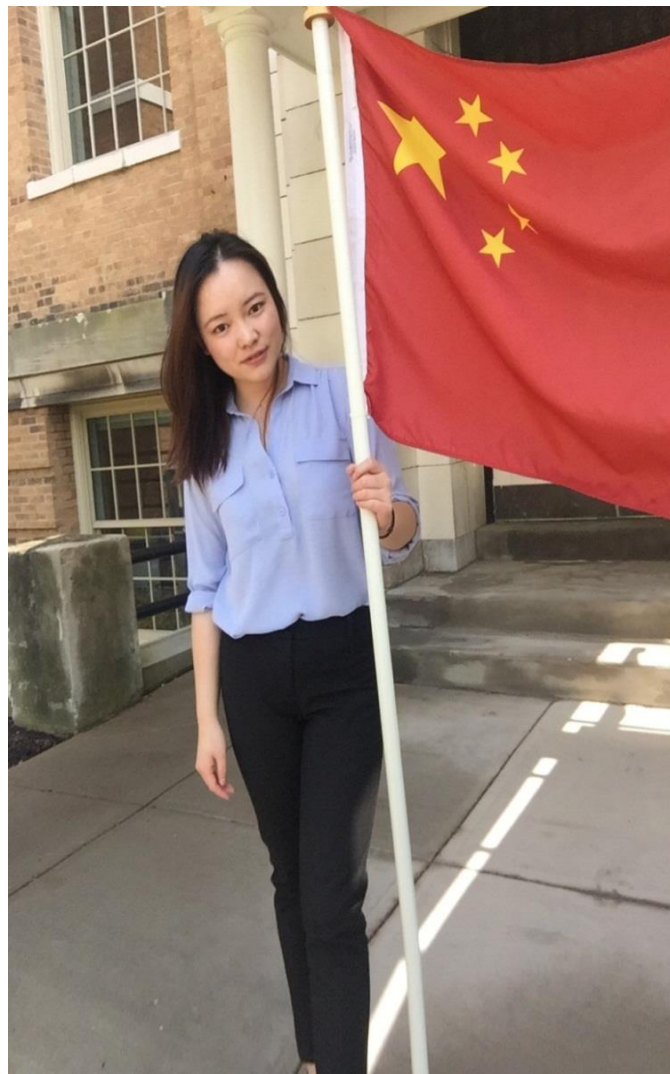
Time payment plan

(Available for fall and spring semesters only)

SUNY Oswego offers students the opportunity to pay each semester's tuition bill in installments. Students must apply for the plan each semester and a \$25 non-refundable application fee is charged for this payment option. The student will not be enrolled until the initial payment is made. The payment period for fall is August-December and for spring is January-May.

To calculate the payment amount, add a \$25 application fee to the balance due and divide by 5. (Ex.) Bal. \$2000+\$25 divided by five equals monthly payments of \$405.

The payment due date for the time payment plan is the 15th of each month. Reminder statements are sent. Any payment received after the monthly due date will incur a late payment fee of up to \$50. All returned checks are subject to SUNY Oswego's returned check policy.



Qiuting Gui

Master of Public Accounting '17
Hometown: Kunming, China

"SUNY Oswego provides me with the platform to challenge my abilities; Not only preparing me academically, but also guiding me to the business world."

Cell Phone Service in the United States

Cell phones facilitate communication and make information readily available almost instantaneously. Being aware of the cellular service norms in the United States is essential. Some countries offer international plans that travel with you and work in the United States; therefore make sure you explore this option as you prepare to depart your home country. The other option is to sign up for service once you arrive. A brief outline of popular service plans and cellular service providers is offered below for your reference.

Plan or pre-paid

There are two types of service plans (most of them monthly) for cell phone users in the United States, contract service plans and prepaid/ pay-as-you-go plans. The main difference between contract and prepaid plans is the commitment term.

Contract phone plans are usually signed for the duration of two years during which the signee agrees to pay for the service uninterrupted. The benefits of a contract plan include a lower monthly charge, lower prices on newer phones, better reliability features, and usually better nationwide service coverage. International students sometimes encounter problems enrolling in a contract plan because most providers require a social security number in order to conduct a credit history background check; the alternative accepted by some carriers is a large cash deposit. As with any contract, please ensure that you understand all requirements and charges before signing it. Defaulting or early termination of a mobile phone contract results in heavy cancellation fees.

On the contrary, prepaid service plans are usually cheaper and you pay as you go (in advance) and do not require a long-term commitment. Major American cell phone carriers offer their services in prepaid fashion and offer plans similar to contract plans but at higher rates. Enrolling in a prepaid plan can be as easy as requesting a compatible SIM card for your unlocked phone and can be done online or in-store. If you plan to bring your own cell phone from abroad and want to enable service for it in the United States, it is strongly recommended that you verify that your current phone is unlocked. Once unlocked it should accept a SIM card from any carrier that you choose.

Make sure you explore different options and conduct your own research before selecting a service that gives you what you want. Thanks to the various cell phone service providers

in the industry, options are numerous and there will certainly be a plan package that fits your budget and interests.

Cell phone stores located near campus are:



341 NY-104, Oswego NY13126
(315)342-6210

Offer:  Sprint  T-Mobile  boostmobile



437 NY-104, Oswego NY13126
(315)343-4200



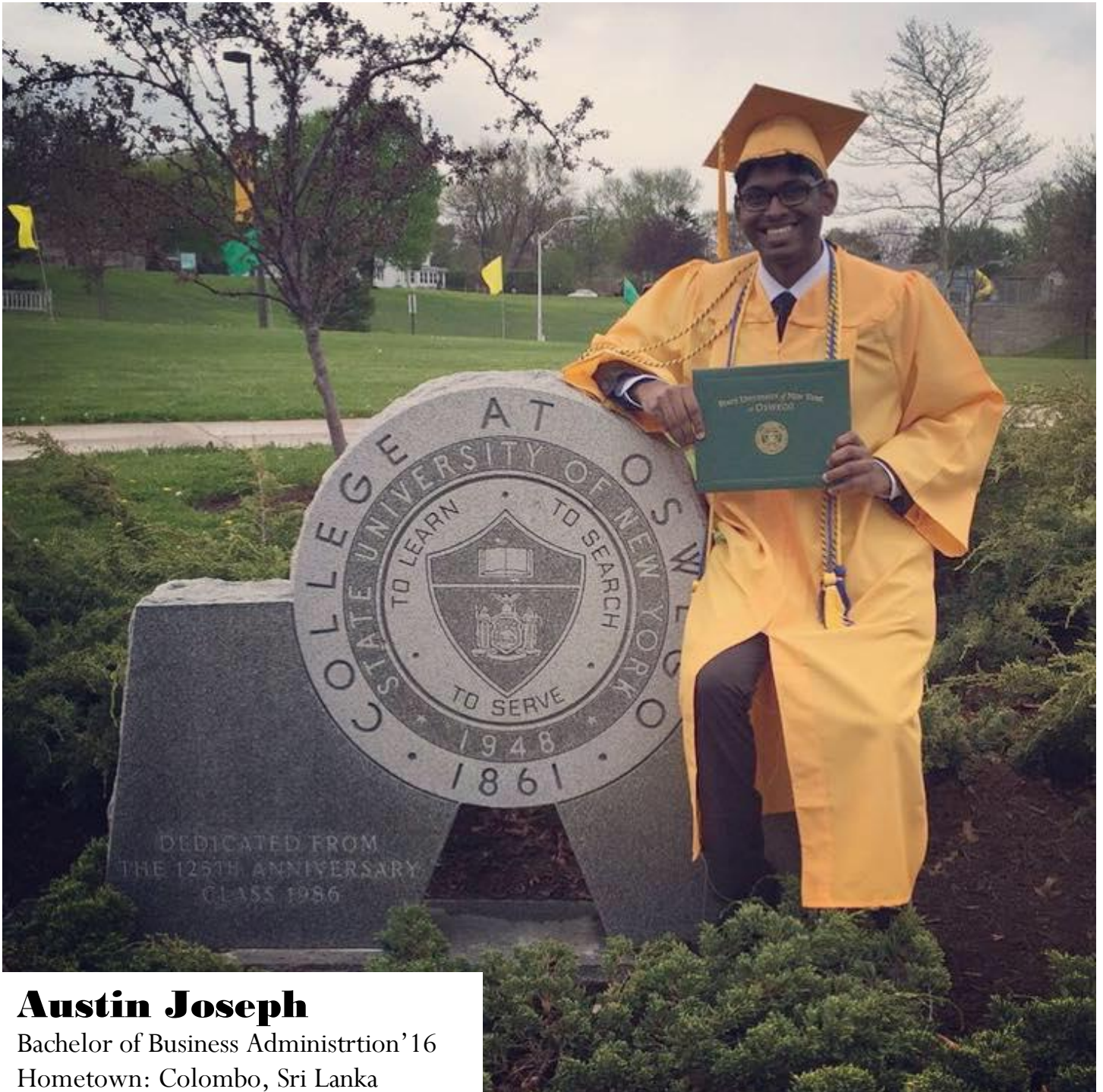
137 NY-104, Oswego NY13126
(315)216-4430

In addition to contract plans, all of the providers above offer prepaid plans. Note that several providers market their services exclusively online for international students.

During orientation, AT&T visits campus to help students activate their phones.



Oswego has a unique feeling of community. There are plenty of opportunities.
The professors really care and won't hesitate to offer a helping hand.
Having a stressful day? The lake is a peaceful place with beautiful sunsets.
I spent a lot of my time there and got to swim in it as well. I absolutely love Oswego.
Once a Laker, Always a Laker!



Austin Joseph

Bachelor of Business Administration '16
Hometown: Colombo, Sri Lanka

2018 SUNY Oswego Academic and Holiday Calendar

Spring 2018

* All dates subject to change

Orientation	Wed.-Fri., January 19
Semester Begins	Monday, January 22
Registration Changes (Add/Drop Period Begins)	Monday, January 22
Final Date to Add an Undergraduate or Graduate Semester Course	Wednesday, January 31
Final Date to Drop an Undergraduate or Graduate Semester Course	Friday, February 9
Course Withdrawal Period (WP, WF, WN) in Effect	February 12 – March 22
Spring Recess	Mon.-Fri., March 12-16
Documented Late Course Withdrawal Period (WP, WF, WN) in Effect	March 26-May 4
Easter Weekend (No Classes)	Fri.-Sun., Mar. 30-Apr. 1
Quest (No Classes, 8 am – 5 pm)	Wednesday, April 4
Honors Convocation 3:00 pm (Classes in session)	Friday, April 6
Last day of classes	Friday, May 4
Final Exams	Mon.-Fri., May 7-11
Torchlight Ceremony	Friday, May 11
All Non-break Residence Halls Close	Saturday, May 12 10am
Commencement	Saturday, May 12

Fall 2018

* All dates subject to change

Orientation	Wed.-Fri., August 22-24
Opening Picnic & Torchlight Ceremony	Friday, August 24
Semester Begins	Monday, August 27
Registration Changes (Add/Drop Period Begins)	Monday, August 27
Labor Day (No Classes/Residence Halls Remain Open)	Monday, September 3
Final Date to Add an Undergraduate or Graduate Semester Course	Thursday, September 6
Final Date to Drop an Undergraduate or Graduate Semester Course	Friday, September 14
Course Withdrawal Period (WP, WF, WN) in Effect	September 15-October 26
Rosh Hashanah (No Classes – Residence Halls remain open)	Monday-Tuesday, Sept. 10-11
Yom Kippur (No Classes)	Tuesday, September 18
Mid-term grades posted	Friday, October 19
Family & Friends Weekend	Friday-Sunday, Oct. 26-28
Documented Late Withdrawal Period (WP, WF, WN) in Effect	October 29-December 7
Thanksgiving Recess	Wednesday-Sunday, Nov. 21-25
Last day of classes	Friday, December 7
Final Exams	Monday-Friday, Dec. 10-14
Residence Halls Close	Saturday, December 15 10am
December Graduation	Saturday, December 15

Checklists before Arrival Summary

Step 1: REVIEW I-20 FORM

- ✓ Review your I-20 for accuracy as soon as you receive it from International Admissions. Confirm that your biographical information, program of study, and financial information are correct. Contact us immediately if there are errors.

Step 2: PAY I-901 FEE

- ✓ **F-1 visa applicants must pay a \$200 SEVIS fee.** If you are transferring to SUNY Oswego from another U.S. school as an F-1 student and have already paid this fee, you do not need to pay again.
- ✓ Pay online with credit card on the I-901 fee website: <https://www.fmjfee.com/> or by check, money order, or bank draft.
- ✓ Print your I-901 fee receipt and keep a copy for your records. You may need to present proof of payment at your visa appointment, when traveling to the U.S., or when applying for F-1 benefits such as off-campus work options.
- ✓ For information, review the SEVIS Fee Payment Tutorial: <https://www.ice.gov/sevis/i901>.

Step 3: APPLY FOR F-1 VISA

- ✓ After you have the SEVIS fee receipt, you can apply for an F-1 visa at your nearest U.S. Embassy or Consulate. Please note that Canadian citizens do not need an F-1 visa; instead they apply for F-1 status when crossing the U.S. border.

Step 4: FLIGHTS TO AND WITHIN THE U.S.

- ✓ Please make your flight arrangements for arrival into **Syracuse Airport** (SYR) New York.
- ✓ Make sure that you have **at least THREE** hours to go through immigration and customs from the time you land in the U.S. and before you take the next plane for your connecting flight to **Syracuse Airport**.
- ✓ When you have confirmed your reservation, please send an **e-mail** with your **detailed flight itinerary** to jo.richardson@oswego.edu including airline, flight number date and time of arrival at an international airport, connecting airline, and flight number date and time of arrival at Syracuse Airport.
- ✓ Staff in our Office of International Programs can meet students at Syracuse International Airport. Please review the travel information to submit your request.

Step 5: CLOTHING 43.46°N 76.50°W

- ✓ Oswego weather conditions are heavily influenced by Lake Ontario. April through October: Mid-day temperatures average from 11.5C in April to 26.5C in July. November to January mid-day temperatures may fall from 8.5C to -1C and then back to 5C by March. There is considerable “lake-effect” snow in Oswego. It might be best to purchase any serious winter clothing after your arrival, as those items will be bulky to pack, and prices in Oswego may be lower than at home for the most appropriate items.

Step 7: STUDENT ORIENTATION

- ✓ On day 1, please bring your **I-20 or SEVIS DS-2019, and your passport**. You can see the complete schedule on our website; www.oswego.edu/iss, so that you are acknowledged as having arrived in SUNY Oswego for US Immigration and Customs Enforcement (ICE) purposes.

Step 6: CHECK INTO RESIDENCE HALLS

- ✓ Each residence hall has a front desk and the staff will check you into your room
- ✓ Residence Life and Housing will provide on-campus students with a shared double room and bedding sets. All on-campus housing has double room (you and roommate).
- ✓ Explore our on-campus housing page for details. <https://www.oswego.edu/residence-life-and-housing/>

Step 6: ENROLL IN CLASSES

- ✓ All students must take a full course load of SUNY Oswego approved courses. For undergraduate students, the minimum is 12 credit hours and for graduate students, the minimum is 9 credit hours. You must fill out the information sheet with your course preference. The information sheet is part of the new student manual.

Step 7: BANK AND STUDENT ACCOUNT BILL

- ✓ **Chase Bank** (phone 1-315-343-9650) www.chase.com
- ✓ Bank accounts can be opened in about 15-20 minutes using a SUNY Oswego **ID card**, your **passport** and **DS-2019**, or **I-20**, **I-94** and **your letter of admission directed to your home address** from SUNY Oswego. Banks are open at 0900-1800hrs Monday through Friday and usually 0900-1400hrs on Saturday.
- ✓ Bills are payable by semester only, not for a full academic year. You may use a credit card, traveler's checks, a bank draft payable to SUNY Oswego or cash to settle your bill within the first five days of classes or you can make payment online through this site: <https://www.flywire.com/pay/oswego>

Step 8: HEALTH RECORDS AND INSURANCE

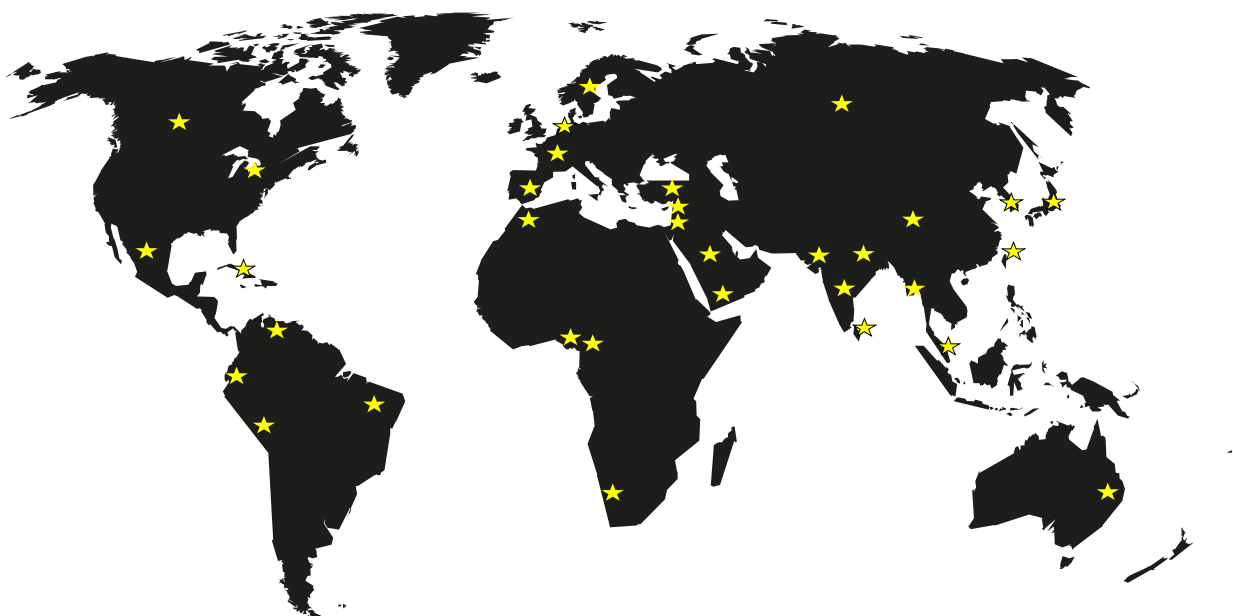
- ✓ All SUNY Oswego students should have health insurance and submit immunization record(s) upon arrival.
- ✓ **Fill out all the information completely** and **send** your SUNY Oswego **Health History Form** **directly** to SUNY Oswego's **Walker Health Center** address, printed on the front top right corner of the Health History Form. **Bring a photocopy of your completed Health History Form with you in case the original is lost in the mail.** For a blank copy of the Health History Form, see: http://www.oswego.edu/Documents/walker_health_center/Health%20History%20Form%201-11.pdf



“I have experienced this great campus. Now, it is your turn.”

Soyoung Moon

Bachelor of Global and International Studies'17
Minors in Political Science and Spanish
Hometown: Bucheon, Republic of Korea



We are globally connected.
Contact with SUNY Oswego on Social Networks!



Facebook



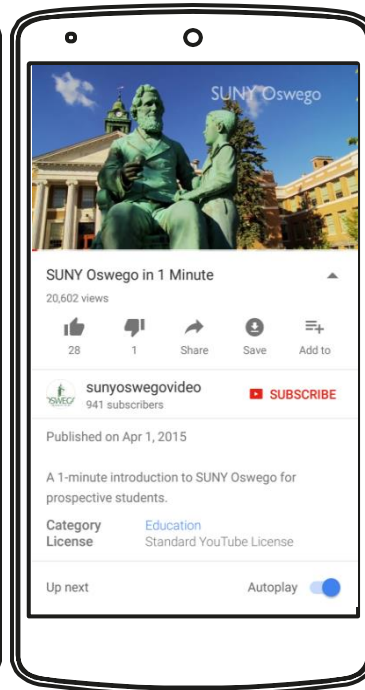
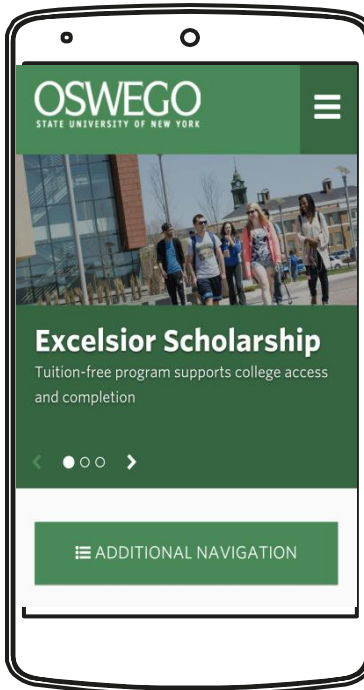
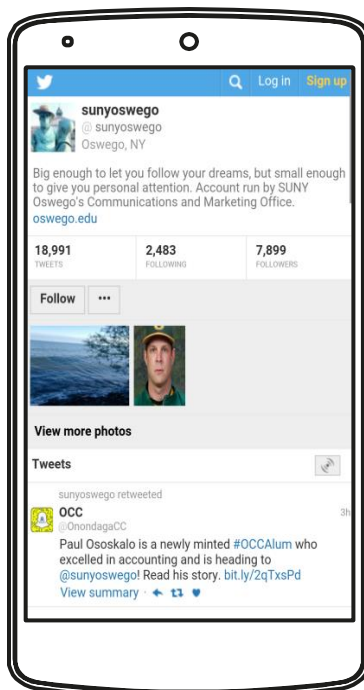
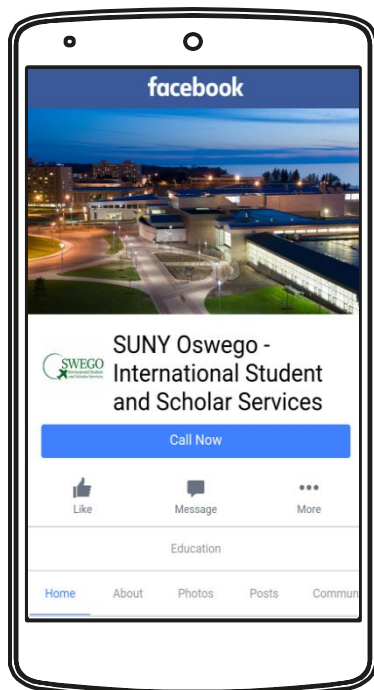
Twitter



Homepage



Youtube





State University of New York

— OSWEGO —

7060 New York 104, Oswego, NY 13126

<https://www.oswego.edu/iss>

