

NEW & TRANSFER INTERNATIONAL STUDENT 2014/15

ORIENTATION HANDBOOK
OFFICE OF INTERNATIONAL STUDENT SERVICES
LA SIERRA UNIVERSITY

OFFICE OF INTERNATIONAL STUDENT SERVICES

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Monday - Thursday,
8:00 AM - 12:00 PM & 1:00 - 5:00 PM
Friday, 8:00 AM - 12:00 PM



WELCOME TO LA SIERRA UNIVERSITY

The staff of the Office of International Student Services (OISS) would like to welcome you to La Sierra University (LSU). We hope that your stay at La Sierra will be rewarding and enjoyable.


The Office of International Student Services is responsible for providing support services and programs to the international students studying at La Sierra. Services include pre-arrival correspondence, orientation, newsletters, general immigration advising, counseling, resources, referrals, cultural programs and community outreach programs.

CONNECT WITH US

Visit our web site 24-hours-a-day, 7-days a week at <http://www.lasierra.edu/oiss/>

 [facebook.com/LaSierraInternationalStudents](https://www.facebook.com/LaSierraInternationalStudents)

 twitter.com/istudentsLSU

 [@istudentslsu](https://www.instagram.com/istudentslsu)

OISS GENERAL SERVICES

- ➕ Assist international students with their cultural adjustment, personal, financial, legal, academic, and health-related needs.
- ➕ Advise and assist international students on visa and immigration related matters, such as change of program, extension of stay, employment authorization, and change of immigration status.
- ➕ Plan and promote programs and activities that foster international and cross-cultural awareness in cooperation with other LSU departments, students groups, and community organizations.
- ➕ Organize informational seminars, workshops, and online courses on U.S. culture, immigration regulations, taxes, and other topics.
- ➕ Issue international student ID cards for students and faculty traveling abroad.

OISS ACTIVITIES

- International Education Week
- Festival of Nations
- International Club
- International Buddy Program
- Beach Vespers
- Monthly Worship
- Food Pantry
- Amusement Park & other trips

For more information about OISS services and events, join our [OISS Mailing List](mailto:oiss@lasierra.edu) by simply sending an e-mail message to oiss@lasierra.edu with "subscribe to Mailing List" in the subject header. Once you are signed up, you will receive announcements about upcoming OISS programs and events. OR add us on Facebook and Twitter.

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INTERNATIONAL STUDENT CHECK-IN



HOUSING

All single students under 22 years of age must live in the residence halls.

You must contact the Office of Residential Life to make sure you have paid the required room deposit and reserved a room in one of the dormitories. Their phone number is (951) 785-2050. You can also apply for a dorm room online at <http://www.lasierra.edu/residential/>

If you are a married student or over 22 years of age you may choose to live off-campus. You should plan on arriving a few weeks before classes begin in order to find a place to live. Married students bringing spouses or dependents cannot live in the residence halls. The university owns and manages a series of apartments and cottages that may be available for graduate or married students. Availability is limited.

The Director of Housing may be able to assist you in finding suitable housing. You can contact the Housing Office by calling (951) 785-2511. or visit www.lasierra.edu/housing

All new international students must report to the Office of International Student Services (OISS) before registering for classes. Within seven days of your arrival, you are to bring to the OISS the following documents for check-in (failure to bring these documents within the specified time could delay your registration and put you out of F-1 status):

PASSPORT

VISA

LOCAL EMERGENCY CONTACT

ARRIVAL ACCOMMODATIONS

If your housing is not available at the time of your arrival, you may choose to stay on campus in temporary housing (if available) or at a nearby hotel or motel. If you have difficulty finding accommodations or housing upon arrival, contact the OISS and we will make every effort to assist you. We cannot promise you housing, so it is important for you to make arrangements prior to leaving your home country.

ARRIVAL IN RIVERSIDE

You should arrange to arrive in Riverside about one week prior to your I-20 start date. This will give you time to meet with the foreign student advisor and advising staff, move into the residence hall, learn your way around campus and the town, and meet other students. If you are a freshman attending fall quarter, you will also attend a mandatory Ignite program during Freshman Orientation.

AIRPORT TRANSPORTATION

If you need transportation from local airports to La Sierra University, you should contact the OISS at least two weeks prior to your arrival date. La Sierra can arrange for someone to meet you at the airport if you send the OISS your complete travel information. There is a fee for this service.

The OISS suggests that, if you are coming into the United States for the first time, you try to make arrangements to fly into Los Angeles Airport (LAX). However, if you arrive in the United States through other airports in U.S. cities, the OISS requests that you make arrangements to fly into Ontario International Airport (ONT), since it is the closest one to the University. You can request an airport pick up online at www.lasierra.edu/airport or you fax your Airport Pick-Up form to: (951) 785-2919. There is a fee for this service.

CURRENT PICK-UP AND DROP-OFF RATES THRU CELSO EXPRESS:

LAX Exclusive \$95.00 US

ONT Exclusive \$60.00 US

SNA Exclusive \$75.00 US

LGB Exclusive \$85.00 US

For more info visit: www.lasierra.edu/airport



If you arrive before the new student check-in at the residence halls, you may wish to visit the OISS after you deposit your luggage at the place you will be staying.

Our regular office hours are:

Monday - Thursday:

8:30 AM - 12 PM & 1 - 5 PM

Friday: 8 AM - 12 PM

We will provide you with some check - in documentation before the orientation program begins, and if you have any questions, an appointment can be made for you to talk to us if we are not immediately available. The OISS is located in Room 206 in the Administration Building.





FRESHMAN ORIENTATION

If you are a freshman coming to LSU for the fall quarter, you will be required to attend the annual Freshman Orientation. The orientation is designed to aid in becoming acquainted with the University and its policies. IGNITE is a required freshman event filled with all kinds of opportunities to enhance and enrich your university experience. You will be meeting new friends, faculty, staff members and administrators. You'll be challenged by the speakers and mentored by student leaders. For more information, contact the Office of Student Life at (951) 785-2100.



INTERNATIONAL STUDENT ORIENTATION

The international student orientation occurs during the first month of classes each quarter. This orientation is designed just for you, and will give you an opportunity to ask questions and interact with fellow international students. During this required orientation, you will learn about the following topics:

- ▶ Registration procedures and information about the academic system
- ▶ Health care and health insurance policies and regulations
- ▶ Immigration regulations affecting your stay in the United States
- ▶ University and community resources
- ▶ How to establish a bank account, obtain a driver's license and social security number
- ▶ La Sierra University climate & culture



TOEFL & PLACEMENT TESTING

All students who have scored below 550 on the TOEFL (79 in the internet based & 213 in the computer based) or whose graduate departments require the test, must arrive in time for the English proficiency evaluation before registering for classes. Some students may also have to take a regular English and/or math placement test prior to registering for classes. For more information on dates and requirements, call the Learning Support & Testing Center at (951) 785-2453.



NOTE TO THE SPOUSES AND FAMILIES OF INTERNATIONAL STUDENTS

The OISS extends a warm welcome to the spouses and children of international students at La Sierra. It is our hope that your time at La Sierra University will be an enriching experience for every member of your family.

While the student will be facing academic challenges, each spouse or partner will be facing somewhat different, but also important, challenges in building and adjusting to a new life in the U.S. We ask that you support them in any way possible and if you need assistance, we will try our best to find you the right resources and opportunities.

THE OISS STAFF



Heidi Weiss-Krumm
Director, International
Student Services. PDSO



Jonathan Finau
Office Manager, Student
Advisor, DSO

STUDENT PARTICIPATION AT THE OISS

The OISS offers a place for international and American students, scholars and visitors to come together to discuss and participate in activities and opportunities in the La Sierra community. It allows students and faculty members the opportunity to broaden their horizons through intercultural exchange and friendships with people from diverse backgrounds and experiences.

During your stay here, you may wish to get involved on events that happens here on campus and in the community. Many of these events are run by your student association or student body. For more information, contact SALSU at (951) 785-2005 or OIS at (951) 785 2674

THE OFFICE OF INTERNATIONAL STUDENT SERVICE // OISS

La Sierra University's Office of International Student Services serves as a focal point for interaction among foreign and U.S. students and visiting scholars at the university. The OISS is a nonresidential facility, which operates as an administrative service and a program unit of the University.

The OISS is located in the Administration Building, Room 206. To contact us from an on-campus phone, just dial x2237; from an off-campus phone, dial (951) 785-2237; or just e-mail us at prei20@lasierra.edu. You can also visit us on the web at <http://www.lasierra.edu/oiss/>.

ORGANIZATIONS

Students come to La Sierra University from over 40 countries and many are involved in numerous clubs. These clubs can play an important role in social and cultural life on campus. Many of these organizations are active throughout the year hosting dinners, film series, seminars, and many other social activities. The following is a partial list of clubs and organization at LSU:

Accounting & Finance
Active Minds
Amnesty International
Asian Cultural Society
Black Student Association
Biology Association
Bio Physics
Business Club
Club Towers

Education Club
ENACTUS
Forensics Science Club
HES Club
Homebase Ministry
International Student
Association
Intricate Movement
Japanese Club

Korean Student Association
Math & Computing Club
Pre-Dent Club
Pre-Medical Society
Psychology Club
Student Association of La Sierra
University (SALSU)
The Social Work Club
Tri-Beta

If you do not find a group that you would like to join, there are many other clubs that may not be on this list. You could even think about forming your own club. The Office of Student Involvement (OSI) can assist you with this. OSI hosts an advisory meeting for club leaders at the beginning of each academic year to acquaint them with University resources. CAB (Club Advisory Board) which consists of representatives from various clubs on campus. CAB discusses and finds better ways to form unity and networking among clubs on campus. The OSI Director is extremely helpful to students who are interested in creating a new organization, and you can contact the OSI department at (951) 785-2674.

THE AMERICAN UNIVERSITY SYSTEM

In the United States there is no central ministry of education that oversees higher education. Universities exercise considerable autonomy in determining their academic procedures and policies. It is important to understand, when you arrive at a new university in the U.S., either from overseas or from another U.S. institution, that teaching methods, grading philosophies and mechanisms, evaluation of course work, length of the school terms and year, and other indicators of academic progress can vary from school to school.

It is also very important that you accept the new system and learn how to succeed in it.



ACADEMIC INTEGRITY

Academic integrity is expected of every La Sierra University student in all academic undertakings. These high standards of integrity apply to all areas of academic performance and students should avoid both dishonest practices and the appearance of dishonesty. Academic dishonesty includes: cheating, copying from others during an examination, communicating examination answers with another student during an examination or with another student who has yet to take the exam, offering another's work as one's own, taking an examination for another student or having someone take an examination for oneself, sharing answers for a take-home examination or homework unless specifically authorized by the instructor, tampering with an examination after it has been corrected, then returning in for more credit, using unauthorized materials, prepared answers, written notes or information concealed in a blue book or elsewhere during an examination, allowing others to do the research and/or writing of an assigned paper, stealing or attempting to steal an examination or answer key, changing or attempting to change academic records without proper authority,

submitting substantial portions of the same work for credit in more than one course without consulting all instructors involved, forging of signatures on any documents, providing data known to be false, plagiarism, stealing or passing off as one's own, the ideas or words of another person, using a creative production without crediting the source, failing to give credit for every direct quotation, and for paraphrasing or summarizing a work (in whole, or in part, in one's own words).

Resulting Actions for Academic Dishonesty and Plagiarism

Depending on the gravity of the academic dishonesty students could be issued a failing grade on the assignment, a failing grade in a course, without possibility of withdrawal, or suspension or dismissal as determined by the dean.

Please think carefully about committing any academic plagiarism or cheating, this decision could impact your college experience here at La Sierra University.

See the Student Handbook for further and more detailed information.

HINTS FOR MINIMIZING DIFFICULTIES

International students at La Sierra University generally do well academically. Those from overseas may be somewhat disadvantaged by not having previous experiences in coping with the U.S. educational system, but once you understand the system you will be able to organize your work more efficiently. The following suggestions will help you:

- 1 Learn the informal rules by getting to know other students. Their experiences are valuable in helping you learn about study methods and how your department functions.
- 2 Get to know the faculty. Do not be afraid to ask questions if you are unsure of the course requirements or homework assignments. Faculty will be glad to give you guidance, and asking questions can save you a lot of time later on!
- 3 Evaluate your expectations. Keep in mind that it may take some time for you to perform to the best of your ability.
- 4 Don't overload your schedule. Select courses wisely. Discuss course load with your advisor. You may be tempted to enroll in more courses than necessary to accelerate your date of graduation, but this may result in poor grades, particularly in the first year of study.
- 5 If you have not done a significant amount of your previous academic work in English you should plan on allowing extra time for writing assignments in English. The end of the academic quarter can be quite stressful, and giving yourself plenty of time to finish your assignments is one way to limit stress.

6 Be open to and tolerant of the values of this system. From past experience you may have developed assumptions about the purpose of your education and about the way your area of specialization should be studied. These assumptions might prevent you from listening to instructions from your teachers about what is required in the classroom. Keep an open mind to this different educational system.

7 Make sure you understand what the requirements are for the academic work that is performed outside the classroom. Different educational systems have different ideas concerning collaboration between students in completion of course requirements. It is very important that you understand what the teacher expects from you. Appropriate collaboration encourages the educational benefits of working with other students but also recognizes the teacher's need to evaluate the individual student's mastery of the course material. Within departments, and even within courses, faculty guidelines may vary. Take the responsibility to make sure you understand what is allowed. Inappropriate collaboration is likely to lead to an encounter with the University's judicial system, possibly resulting in academic suspension.



THE LEARNING SUPPORT & TESTING CENTER

The Learning Support and Testing Center is an office dedicated to help you succeed academically at La Sierra University. It provides students with tutors, academic support and testing services to help you meet all your academic requirements. It also has study rooms that you can use to prepare for your exams.



C-SAS

The Center for Student Academic Success actively supports students throughout their educational experience at La Sierra University. Efforts begin with matriculation, continue through the first-year experience, and persist through the attainment of the students' academic or professional goals.

C-SAS is dedicated to helping you be a successful student. You can contact C-SAS at (951)785-2452 or email them at advising@lasierra.edu. They are located at Sierra Vista Hall in room 114.



LSU LIBRARY

The Library has more than 206,000 volumes in its book collections, plus about 48,000 bound journal volumes representing more than 1200 currently received journal titles. Extensive microfilm and microfiche collections increase the printed resources of the Library and extend the total holdings to more than 650,000 volumes. The online databases and indexes provide full-text access to more than 17,400 full-text periodical titles.

As a student the library is a great place to go for research or to study.

To reserve a study room go to www.lasierra.edu/library//

Click on Services

Click on reserve a study room.



PHONE

CELL PHONES AND PRE-PAID PHONE CARDS

OISS knows that adjusting to a new life is very difficult, especially when an individual is far away from home. Within the Riverside area, there are many cell phone companies and prepaid calling cards that international students can access. However the OISS cautions that you be aware of program fees and stipulations in contracts that might bind you for a long period of time. Please read the contract carefully before you sign and do not let a sales person corner you into signing a contract you do not understand, or you might be required to pay cancellation fees and/or stay with that company of up to two years!

The three local phone companies for Riverside are:

- Charter- 1-877-304-2364 <http://www.charter.com>
- AT&T - 1-888-333-6651 • <http://www.att.com>
- Verizon - 1-800-483-4000 • <http://www.verizon.com>

INTERNET

If you are living off-campus you will probably need to order internet service for your residence.

Wireless services are easily installed and maintained. There are many internet service providers in Riverside.

Depending on the speed you wish and the number of devices you have connected to your wireless service will determine the cost of your monthly service. Usually you can expect between \$15 - \$60 for monthly service and devices.

Some of the more popular internet providers are:

- AT&T - www.att.com / 1.800.288.2020
- Charter - www.charter.com / 1.877.906.9121
- Verizon - www.verizon.com / 1.855.515.2676

HOUSING AND LIVING

UNIVERSITY HOUSING

RESIDENCE HALLS (DORMITORIES)

The department of Residential Life, (951) 785-2017, is in charge of all the residence halls (informally known as dorms) on campus. The dorms include Angwin Hall, South Hall, Calkins Hall, and Sierra Towers. Single international student are encouraged to seek accommodation early because space is limited and rooms fill up quickly. All students under the age of 22 except for graduate students are required to live in the residence halls or with a direct relative.

OTHER ON-CAMPUS HOUSING OPTIONS (APARTMENTS AND COTTAGES)

Registered, matriculated students are eligible for, but not guaranteed, on-campus housing. Space is limited. On-campus housing, a series of apartments and cottages owned and managed by the University, is reserved for graduate and older students who are married and who have families. To apply, contact the Housing Office at (951) 785-2511.

OFF-CAMPUS HOUSING

Students who do not live in university housing must find living accommodations off-campus. Housing within walking distance of La Sierra University is extremely limited, and transportation is an important consideration. Bulletin boards in Security, the Kiosk, and the *LSU Church bulletin* advertise available housing and apartments for students in the nearby area. Local newspapers also have renting lists. Also, you might want to check out the our website for postings, you can go to www.lasierra.edu/oiss and click on "rooms for rent".

TYPES OF OFF-CAMPUS HOUSING AND TYPICAL COSTS

These are simply estimates, and prices vary per month depending upon location, size, and amenities. Prices are quoted on a per month basis.

- 1** **Furnished Rooms in private homes:** Many have bath and kitchen facilities, either for private use or to be shared. They range from \$400-\$600, depending on the amenities provided.
- 2** **Apartments and Houses to Share:** Check bulletin boards on campus, security kiosk, or our OISS website under "Rooms for rent".
- 3** **Studios:** Studio apartments are the smallest complete units available. A studio is usually one room with cooking facilities and a bath. The average rent is \$900.
- 4** **Apartments, Houses:** Many rental apartments and houses can be found within a 5-mile radius of the University. Some require a one-year lease, first and last month's rent, and/or a security deposit. Unfurnished apartments run between \$850 (one bedroom) to \$1600 (two bedroom). Furnished apartments generally cost \$200 more. A two-bedroom, unfurnished house costs at the very minimum \$1,200 while a three-four bedroom home will be between \$1,500-\$2,500. Furnished houses run about \$300 to \$600 more. An unfurnished apartments a stove and a refrigerator are usually provided, but not always. Sometimes there is wall-to-wall carpeting. Web sites that offer apartment listings are <http://www.apartments.com> and <http://www.forrent.com>.
- 5** **Condominiums:** These are apartment-like units owned by individuals and rented out. A condo usually has many amenities, but is otherwise just like an apartment. The average rent for a one-bedroom condominium is \$1,300 and for a two bedroom \$1,900+.

RENTING IN THE U.S.

When an individual becomes a tenant (renter), he or she and the owner of the housing unit enter into a specific legal relationship. Many of the rights and responsibilities of landlords and tenants are specified in written or in oral agreements that the two parties make. Oral agreements, however, are not binding on the parties if they attempt to change the terms of the written agreement. All agreements between the landlord and tenant should be in writing and should clearly state the mutual obligations of both, the landlord and the renter, at both the beginning and the end of the rental period. You should keep a copy of the rental agreement and inventory of the property for your reference. If you are renting for a period longer than one year, a written lease is usually required.

The landlord may establish basic standards for accepting a tenant, including consideration of credit, job stability, family size, etc. These standards must be applied equally to all rental applicants and they must have a rational basis. Under the law no person may be denied the right to rent property because of age, race, color, religion, national ancestry, marital status, or disability.

Many landlords require some type of monetary deposit as a security that the terms of the agreement will be performed or for cleaning once the tenant moves out.

Cleaning and security deposits are usually refundable. Deposits cannot be used or invested by the landlord. A landlord may only keep that part of the deposit necessary to pay for the unpaid rent, to repair damages caused by the tenant, and to clean the apartment. You should receive the portion of the deposit owed to you within two weeks after you have moved out of the housing along with an itemized written statement explaining what the landlord did with the deposit. Normally if you rent an unfurnished place, you cannot be required to pay more than two months' rent for deposit. If you rent a furnished place, three months rent is usually the maximum for deposit.

Prospective renters often give deposits to hold an apartment until they are ready to move in. Make sure you really want the apartment or house before you make a deposit.

Normally, if you are renting on a monthly basis you must give your landlord a written notice that you intend to move out 30 days in advance. Oral notice is legally not enough. If you do not give proper notice you may have to pay additional rent. Leases give renters some protections that a periodic tenancy will not. With a lease you are assured that you can stay in the housing for a specified period of time and the rent cannot be raised during this time unless the lease says otherwise. However, with a lease you are legally responsible for the whole term of the lease.

Therefore, it is not advisable that you rent a housing unit with the long-term commitment of a lease if you are not prepared to stay the full duration of the lease. Theoretically; no mitigating circumstances will excuse your legal responsibility for the whole term of the lease. However, you may be able to move out early and terminate the lease if the landlord agrees to it. Moreover, if you do cancel the lease early, the landlord has a duty to mitigate the damages for which you are responsible by making a reasonable effort to secure new tenants. Nonetheless, terminating a lease early can result in a bitter and costly confrontation.

There could be traps during the process of one trying to rent an off-campus house, especially when due attention and caution are ignored. Be very careful before signing a lease or paying a deposit. Tracy Taylor, Manager of the Office of University Property suggests choosing an apartment complex rather than renting a whole house and selecting properties owned by credible management companies rather than random individuals. Tracy has kindly offered her help to our International Students. If you have a question or concerns you can contact her (951)785-2511.

CONTINUE..

UTILITIES

Gas and electricity bills are usually not included in the rent, and must be paid by the tenant each month. There is a deposit, which is refunded when notice is given that service is to be discontinued or after one year of continued service. Water usage and trash collection is usually included in your rent. For information or connection of services call:

ELECTRICITY

Riverside Public Utilities Department
3901 Orange ST. • Riverside, CA 92501
(951) 782-0330 • <http://www.riversidepublicutilities.com/>

G A S Southern California Gas Company
(800) 427-2200 • <http://www.socalgas.com/>
Different Languages: Cantonese (800) 427-1420;
Korean (800) 427-0471; Mandarin (800) 427-1429;
Vietnamese (800) 427-0478

Banking

There are banks located within walking and driving distance of the La Sierra University campus. They are:

LA LOMA FEDERAL CREDIT UNION (800) 279-4234 x831 (walking) Limited days and hours
BANK OF AMERICA (951) 6343-3060 (walking)
CHASE (951) 354-4260
WELLS FARGO (800) 869-3557
CITY BANK (951) 687-8751

All offer debit cards, checking and savings accounts. Call or visit their web sites to determine the variations in their services and charges. When comparing banks and services be sure to ask whether you must maintain a minimum balance to avoid service charges and whether you can have an interest earning checking account.

ATM machines, or automated teller machines, are computers used to let their customer deposit checks and money, withdraw cash, check balances and transfer funds from one account to another. The advantages of using ATM machines is that they are conveniently located at the front of most banks, shopping centers, airports, and tourist centers, and they are open 24 hours a day. You will be charged a fee (by the bank that owns the ATM and probably your bank too) for using ATMs that are not owned by your bank.

CAUTION: Please be careful when withdrawing money at an ATM alone or at night.

A word of advice: companies such as banks, gasoline companies, and retail stores issue credit cards, which can be used to facilitate purchases. Whether you use a credit card or sign a contract to buy on credit, you should be aware of the danger of "over-extending yourself." Many major credit cards frequently charge over 20% interest by banks

SOCIAL SECURITY NUMBER

Social security numbers are primarily intended to identify participants in the federal government's Social Security program, which provides retirement and disability benefits to workers and their families. However, they are now widely used for administrative and identification purposes. ALL persons seeking employment, of any kind, including assistantships must obtain a social security number before payment can be received. Having a social security number makes it easier for you to open a bank account, obtain a credit card, purchase an automobile, or get insurance.

However, you can apply for a Social Security number only if you have decided to work and have applied for a job on-campus. Once you have applied for a job and gotten a contract from the department you will be working for, the Human Resources office will provide you with a Social Security application and a letter of recommendation. Once you have the application and the letter, you are responsible for finding your own transportation to the Social Security Office.

If you are an F-1 student you will need the following documents:

- ① I-20 Certificate of Eligibility for F-1 Student
- ② Passport
- ③ I-94 card (also known as the arrival/ departure record) automated online form.. You can download from i94.cpb.dhs.gov
- ④ Letter of eligibility from Human Resources at La Sierra University
- ⑤ Social Security Application Form

Social Security applications take 2-3 weeks to process; so apply as soon as you have a job on-campus. However, it is recommended that you do not apply during your first 30 days in the country as your immigration data will not have been transmitted from the DHS databases to the SSA's yet and thus your application could be denied.

The closest Social Security Administration office to La Sierra is in

CORONA: 2191 Samson St., Suite 105, Corona, CA 92879. Their phone number is (800) 772-1213. We recommend, however, that you go to the Riverside branch located at 7880 Mission Grove Parkway St., Riverside, CA 92508. The Social Security Administration web site is <http://www.ssa.gov/>.

F-2 visa-holders are **NOT** eligible to apply for a social security number since they are not allowed to work in the U. S.

Remember: no matter what is or is not stamped on your social security card, you must have the approval of the Department of Homeland Security (DHS) or your visa sponsor before you may work off-campus or participate in an internship or practical training. Check with the OISS if you have questions or if you have difficulty obtaining your social security number.

If you are required to file a tax return and are not eligible for a U.S. social security number because you are not working, you may apply to the Internal Revenue Service (IRS) for a Tax Identification Number (ITIN) on form W-7. This form may be obtained from the OISS web site or the IRS's site at <http://www.irs.gov>.

For more information about US. Social Security Numbers call their toll-free number at 1-800-772-1213 or contact the La Sierra University Human Resources Office at (951) 785-2088.

TRANSPORTATION



RIVERSIDE TRANSIT AGENCY RTA (BUS). Maps and schedules are available at the Student Life Office, main lobby in administration building and in the Office of International Students Services. LSU students can ride the bus **FREE**. However, you must show your Student ID Card. For more information, call RTA at 1-800-800-7821 or visit their web site,



METRO LINK (TRAIN) provides train service between Riverside and Los Angeles and stops in between. Fares are higher than bus fares. Tram schedules can be obtained at the Metro Link Station downtown Riverside or at the La Sierra station. For further information call 1-800-3715465 or check the web site at <http://www.metrolinktrains.com>.



TAXIS can be found by looking in the yellow pages. Yellow Cab of Riverside is popular. For more information call (951) 684-1234.

DRIVER'S LICENSE



You must have a valid driver's license to operate a motor vehicle. Anyone classified as a California "resident" under the *California Motor Vehicle Code* must have a California Driver's License to drive in California. Having a California driver's license is also valuable for identification purposes when writing checks and renting an apartment.

To apply for a California driver's license, if you are over 18, you will need to do the following:

① Visit a Department of Motor Vehicle (DMV) office (you may make an appointment for faster service by visiting the DMV's web site <http://www.dmv.ca.gov>).

- ② Complete application form DL 44. (An original DL 44 form must be submitted. Copies will not be accepted.)
- ③ Give a thumbprint.
- ④ Have your picture taken.
- ⑤ Provide your social security number. If you do not have a SSN, the Social Security Administration will give you a denial letter to take with you to the DMV
- ⑥ Verify your birth date and legal presence (you will need your Passport, Visa, I-94, and I-20).
- ⑦ Pay the application fee.
- ⑧ Pass a vision exam (given at DMV).
- ⑨ Pass a traffic laws and sign test.

THE LOCAL DMV OFFICES ARE:

Norco: 3201 Horseless Carriage Drive, Norco, CA. (800) 777-0133.

Open Monday, Tuesday, & Friday 8-5; Wednesday 9-5.

Riverside: 6280 Brockton Avenue, Riverside, CA. (800) 777-0133.

Open Monday, Tuesday, Thursday, & Friday, 8-5; Wednesday 9-5.

East Riverside: 6235 River Crest Drive, # 10-R, Riverside, CA. (800) 777-0133.

Open Monday, Tuesday, & Friday 8-5; Wednesday 9-5.

Rancho Cucamonga: 8678 Archibald Avenue, Rancho Cucamonga, CA. (800) 777-0133.

Open Monday, Tuesday, & Friday 8-5; Wednesday 9-5.

Redlands: 1659 W Lugonia Avenue, Redlands, CA. (800) 777-0133.

Open Monday, Tuesday, & Friday 8-5; Wednesday 9-5.



➤ DRIVER'S LICENSE WRITTEN EXAM

There are currently 36 questions on the test. A passing score is at least 31 correct answers. You have three chances to pass. It is highly recommended to read the DMV's California Driver Handbook before taking the written test, since there are specific laws and regulations in California, which might be different to your country. You can obtain the handbook at any DMV office or by visiting their web site: <http://www.dmv.ca.gov/pubs/interactive/tdrive/exam>

Once you have successfully completed the above steps, you will then be required to take a driving test. If you have a license from another state within the U.S., the

driving test can be waived.

The driving test is given by appointment at the DMV offices. Try to get familiar with the roads and their specific traffic regulations close to the DMV office where you are going to take the test. The DMV's California Driver Handbook has detailed information on what is included in the test. To take your driving test, you will need to:

- ➊ Set up an appointment online. (Driving tests are not given without an appointment.)
- ➋ Show your passport with valid record of arrival and departure.
- ➌ Provide your own car
- ➍ Provide proof of financial responsibility in the form of automobile insurance.

After you pass your driving test you will be issued an interim license valid for 60 days until you receive your new photo license in the mail. Double-check your address before you leave the DMV and tell the DMV representative if you have moved or if your address is incorrect. Have your interim license with you to provide information when requested.

If you have not received your license after 60 days, you should write or fax the Sacramento DMV [(916) 657-7790, fax (916) 657-9030] and ask that they again solicit the verification from the DHS. Send the DMV headquarters another copy of your passport, I-94, and I-20 form, including your temporary driver's license and phone number. The DMV will renew your request for verification with the Los Angeles USCIS. In the meantime you should continue to update your temporary license until the permanent license arrives. Check the DMV's web site <http://www.dmv.ca.gov/> if you need further information.

36
questions

\$33
fee

3
chances
to pass

➤ IMPORTANT LAWS TO KEEP IN MIND WHEN DRIVING

- ➊ Drivers must have a valid driver's license, a valid vehicle registration and proof of insurance when driving a vehicle.
- ➋ Seat belts are mandatory for driver and all passengers. Failure to wear a seat belt is punishable by a traffic ticket.
- ➌ Children under four years of age or under 40 pounds must be put in an approved safety seat in the back seat of the car.
- ➍ **DRINKING AND DRIVING:** It is illegal to drive with a blood alcohol concentration of 0.08% or more. You may lose your driver's license for this violation. Refusal to take an alcohol test when requested to do so by a peace officer will result in a license suspension. If you are convicted of driving under the influence, the judge may give you 48 hours to six months in jail. You will also have to pay \$1,400 to \$2,600 in fines the first time you are convicted. **DO NOT DRINK AND DRIVE!** The law is very strict on carrying alcohol or drugs in a vehicle. You must not drink any alcoholic drink in any vehicle you are driving. Do not carry on you or in the car an opened bottle, can, or container with an alcoholic drink in it. A container of liquor, beer, or wine carried in a vehicle must be full, sealed, and unopened. Otherwise, it must be put in the trunk or a place where passengers do not sit. Keeping an opened container of an alcoholic drink in the glove compartment is specifically against the law.
- ➎ School buses: When you come upon a school bus stopped on either side of the road with flashing red lights, you must stop. The flashing red lights mean that school children will be crossing the road to or from the school bus. Failure to stop is a violation of the law, punishable by fine or suspension of your driving privilege.
- ➏ Emergency vehicles: You must yield the right-of-way to a police car, fire truck, ambulance, or other emergency vehicle using a siren and red lights. Pull as close to the right edge of the road as possible, and stop until the emergency vehicle has passed. However, do not stop in an intersection; continue through the intersection and then pull to the right as soon as you can.



PEDESTRIAN RIGHT-OF-WAY

Motor vehicles and bicycles are required to give the right-of-way to pedestrians. All vehicles **MUST STOP** or slow down to allow people who are walking to cross the street safely. This rule applies whether or not there are stop signs or pedestrian crosswalks. Pedestrians who cross streets at other than street intersections or marked crosswalks are "jaywalking" and although this is illegal and subject to fine, jaywalkers have the right-of-way over vehicles for safety reasons. However, remember to beware of other vehicles. Remain consistent to avoid traffic jams.



PURCHASING A CAR

NEW CARS

Students interested in buying a new automobile should plan to spend time looking at different cars and models and getting advice from experienced people who are not directly involved with selling automobiles. Consumer Reports (available at newsstands and public libraries) is a magazine that evaluates various consumer products, and it provides ratings for most American and foreign cars. Also the Kelly Blue Book is a great resource to check for appropriate prices. Their web site is <http://www.kbb.com/>

USED CARS

A used car is less expensive to buy than a new one, but the risks of car trouble and repair costs are greater. Offers for sale of used cars are posted on campus bulletin boards and in newspapers. Most automobile dealers sell used cars too. Kelly's Blue Book publishes the average prices of most years and models of used cars (<http://www.kbb.com>).

Salvage used vehicles are usually less expensive than regular used vehicles. Salvage vehicles usually were involved in some kind of accident and have been repaired.

➤ WHAT TO DO WHEN PURCHASING A CAR

Plan Your Purchase in Advance. Before you visit a car dealer, plan your purchase and determine the age and type of car, the price, down payment, and financing terms. Make a note of the *Blue Book* value of the car you hope to buy. Take a friend with you when you visit the car lot. Tell the salesman that you do not intend to buy a car at that time, and that you plan to shop around and compare prices. Do not permit the salesman to urge you to make a quick decision. Compare prices at three or four other lots before making your decision!

FINANCING When comparing prices, also compare the cost of different financing. Financing costs amount to an average of 20-30% of the total cost of a car purchased on credit. Financing through a bank or a credit union is usually preferable to financing through an automobile dealer.

CONTRACT DOCUMENTS Before signing ANY paper, make certain that you understand all the details of the sale. If the car has not had a mechanical checkup (see details below) you should write somewhere (preferably in red pencil) "sale subject to mechanical checkup."

PINK SLIPS The purchase of a new or used automobile involves a contractual arrangement. Any purchase must include proof of ownership. The dealer or previous owner must provide the certificate of ownership, called the "pink slip" and indicate on the slip that you are the new owner. You must have this pink slip to register the vehicle or sell it. Also it is very important that if it is a salvage vehicle (usually a vehicle that has been in an accident), that the owner also gives you the salvage pink slip. Make sure that the previous owner gives you the car registration document, which is valid for the current year.

ROAD TEST AND MECHANICAL CHECKUP We strongly recommend that you have any used car checked by a mechanic before you buy it. A mechanical checkup before you purchase a used car may save you hundreds of dollars later. Only have a skilled mechanic or car diagnostic center not associated with the seller check the car. The reason for this is that the test may reveal that the car might have had an accident and could be salvage. Be very careful when purchasing used vehicles and be sure to get a complete history on the vehicle before purchasing it. You can get a car history at <http://www.carfax.com> or 1-800-carfax for a fee.

THE LAW ON AUTO REPAIR California Bureau of Automotive Repair protects consumers against fraudulent automobile repairmen. The Bureau licenses all auto repair facilities in the state. Auto repair shops are required to post their licenses along with a sign showing the phone number and address of the California Bureau of Automotive Repair.

In addition, California law requires that:

① Customers be provided with a written estimate of labor and parts before any repair work is undertaken, and no charge be made without customer approval.

② An invoice describing all service work and parts be given to the customer.

③ A customer be given the replaced parts he or she is charged for, if he or she requests them before the work is undertaken.

④ The installation of used or rebuilt parts be noted on the invoice.

⑤ No repairs may be done by a firm other than the facility the customer is patronizing unless the customer is notified or unless every reasonable attempt to notify them was made.

➤ VEHICLE REGISTRATION

California requires that all motor vehicles be registered at the time of purchase or transfer of ownership. This applies to automobiles, trucks, motorcycles, motor scooters, and all other motor vehicles. When you purchase a vehicle from a licensed California dealer, the dealer will register the vehicle for you. If you purchase a vehicle from a private party, you are responsible for transferring the vehicle registration within five days. Call the Department of Motor Vehicles (DMV) office for an appointment, and bring to the appointment the certificate of ownership (called the "pink slip"), smog certification, and car registration documents. If the car is from out-of-state, in addition to the documents listed above, you must bring the car itself to the appointment. You must show proof of car insurance to register your car.

➤ CAR RENTALS

Cars can be rented for a day, a weekend, or longer. See "Automobile Renting and Leasing" in the yellow pages of the telephone directory. Some agencies offer reduced rates and "package deals" over long holiday weekends. Local agencies occasionally offer discounts for La Sierra University students, so be sure to ask about this when comparing rates. Most agencies will not rent to anyone under 25 years of age. To rent a car, you need a driver's license, proof of automobile insurance (or you must purchase liability insurance when you rent the car) and a major credit card.

Car Rentals Near La Sierra University

ENTERPRISE RENT-A-CAR: 3812 Pierce Street, Suite L, Riverside, CA. (951) 343-2690 (If you need to, they will come and pick you up!)

BUDGET RENT-A-CAR: 1521 University Avenue, Riverside, CA. (951) 787-0633.

America's X-press Rent A Car: 7173 Indiana Ave, Riverside CA 92504 (951) 684-7474 (They can drop you off)

AVIS: 1521 University Avenue, Riverside, CA 92507. (951) 787-0646 *You get a 15% discount with code: A6248000

➤ MOTORCYCLES AND MOPEDS

Motorcycles and mopeds must be registered with the California Department of Motor Vehicles. Anyone operating a motorcycle or a moped must know the *California Vehicle Code* (especially in regard to wearing helmets) and must have a license that specifically authorizes driving motorcycles (M class). You cannot drive a motorcycle/moped that is less than 250cc. on the freeway!



VEHICLE INSURANCE

In California, all cars and drivers must be insured. The minimum amount (liability) your vehicle insurance must cover according to the State of California is:

- Personal liability: \$15,000 for a single death or injury; \$30,000 for injury or death of more than one person in an accident
- Property damage: \$10,000 per accident

It is recommended that you obtain insurance in excess of the legal minimum requirements. If you have an accident resulting in damages in excess of your insurance coverage, you may be personally liable if a lawsuit is filed against you. Even if you do not own considerable assets at the time of your lawsuit, you may lose these assets as well as a portion of your future earnings. In addition, if you buy a car with a loan, you should expect to pay for comprehensive and collision insurance.

You can get higher coverage for personal liability and property damage with small additional payments. Other types of insurance coverage also include:

- 1 Collision coverage: pays for repair damage to your own car caused by a collision with another vehicle or object
- 2 Comprehensive coverage: pays for damage to your car caused by reasons other than collision, such as fire, theft, windstorm, and flood
- 4 Medical coverage: pays for injuries to yourself or your passengers
- 5 Uninsured motorists: a person who is not covered by insurance. Uninsured motorist coverage is strongly recommended

The cost of insurance coverage depends on: age and sex of the driver; driving record; place of residence; year, make and model of the vehicle to be insured; whether one is eligible for the "good student" discount (grade point average of 3.0 or higher and under age 24); and the different types and amounts of coverage of the insurance policy.

In order to qualify for most California auto insurance, applicants must have:

A VALID DRIVER'S LICENSE FROM THE U.S.

If you purchase a car older than five to seven years, you may get only liability insurance. Liability insurance costs considerably less than complete coverage. Ask your insurance agent.

COMPANIES:

- esurance - 1.877.596.8115 / esurance.com
- Geico Insurance - 1.800.861.8380 / www.geico.com
- Allstate Insurance - 1.888.389.6578 / www.allstate.com
- Progressive Insurance - 1.800.776.4737 / www.progressive.com

WHAT TO DO IN CASE OF AN ACCIDENT

If you are involved in an accident, **do not leave the scene of the accident. It is a crime to do so.** Ask someone not involved in the accident to telephone the Police Department. When the police arrive, they will obtain all the necessary information, arrange for an ambulance or towing truck, if necessary, and then give you permission to leave. If your camera is at hand, take photographs. Also exchange insurance information with the parties involved in the accident (Ask for: 1) the name of the person, 2) telephone number, 3) insurance company name, 4) policy number, 5) driver's license number, 6) car license plate number, and 7) write down the car make, model and color. Notify your insurance company right away.

➤ ADJUSTING TO A NEW CULTURE AND FEELING COMFORTABLE

Adjusting to a new country, culture, and academic environment is not easy and can be both exciting and frustrating. Many international students have gone through experiences similar to what you might face and have witnessed the various stages of adjusting to a new culture.

There appears to be a pattern of cultural adjustment, which occurs over a period of several weeks or months. New students feel excited and happy to be at La Sierra University and in the U.S., where everything is new, challenging, and exhilarating.

For some students the novelty can soon wear off and you may begin to experience difficulty adjusting to your new life in the U.S. Things may be more difficult than you first expected; you may begin to miss your accustomed ways of dealing with school or work, social relationships, and everyday life. Speaking and listening to English every day may require a very large effort for those of you whose native language is not English. You may start to feel homesick, miss your family and friends, and idealize your life back home while being highly critical of life in the U.S. Some call this a "culture shock," and it can include the following reactions: frustration, anxiety, anger, minor health problems, disruptions in your eating and sleeping habits, lack of motivation, difficulty in forming new friendships, and periods of feeling both good and bad about your new life. These are natural reactions to living in a new culture.

It is important, however, to recognize what is happening and to realize that your reactions are common. Instead of withdrawing, it is best to reach out to friends and ask for help. You may face problems unlike those you faced at home, and the support system upon which you relied at home is not in place here; therefore, it is important to build a new one.

Adjustment to another culture is often a long and difficult process, aggravated sometimes by the additional stress of being in a very different and demanding educational system. Struggles with thoughts of going home before completing a degree, frustration at language difficulties, and long study periods are common concerns among international students. Those students, who are accompanied by families, have the added problem of helping spouses and families adjust to life in the U.S.

Dealing with these feelings rather than ignoring them may be helpful in adjusting successfully to the U.S.

These are things you can do to get through this "culture shock" period:

- 1 Request an International Mentor. Contact oiss@lasierra.edu
- 2 Ask questions. Most U.S. students are very willing to answer questions.
- 3 Try not to evaluate or judge. Many international students express concern as to how far they should go in adapting to the U.S. Try to think of customs as different from your own rather than better or worse than your own customs.
- 4 Show openness and curiosity; be open to new experiences.
- 5 Show a sense of humor. If you can laugh at your mistakes it will ease your anxiety.
- 6 Plan your time well. Set aside time for relaxation, sightseeing, and social activities.
- 7 Involve yourself in the many social, cultural, and recreational activities provided at La Sierra and in the immediate area.
- 8 Develop new support groups: through student organizations, departmental friendships, religious or cultural organizations.
- 9 Be open to discussing your concerns with your faculty advisor, staff at the OISS, resident staff, or counselors at the Counseling Center. While it is often very difficult to discuss personal issues with others, there are many confidential counseling services available to you at La Sierra.

The OISS staff is here to offer advice and assistance in any way possible in order to help you settle into your life at La Sierra University. Please do not hesitate to come to talk with us. If e-mailing feels better for you, write to us at oiss@lasierra.edu.

“American” Values & Assumptions

Living in a foreign country and adjusting to a new culture can be a very rewarding experience but a hard one if you do not understand the values of the society. To help you adjust, we have compiled a brief explanation of why Americans behave the way they do. This adaptation comes from the first 17 pages of Gary Althen’s book, *American Ways: A Guide for Foreigners in the United States* (Intercultural Press).

As people grow up, they learn certain values and assumptions from their parents and other relatives, their teachers, books, newspapers, and television programs. “Values” are ideas about what is right and wrong, desirable and undesirable, normal and abnormal, proper and improper. In some cultures, for example, people are taught that men and women should inhabit separate social worlds with some activities in the men’s domain and others clearly in the women’s. In other cultures that value is not taught, or at least not widely. Men and women are considered to have equal access to most roles in the society.

“Assumptions,” as the term is used here, are the unquestioned given about people, life, and “the way things are.”

People who grow up in a particular culture share certain values and assumptions. That does not mean they share these values to exactly the same extent; it means that most of them, most of the time agree with each others’ ideas about what is right and wrong, desirable and undesirable, and so on. They also agree, mostly, with each other’s assumptions about human nature, social relationships, and so on.

Notice that these values and assumptions overlap with, and support, each other. They fit together. A culture can be viewed as a collection of values and assumptions that go together to shape the way a group of people perceive and relate to the world around them.

COPING WITH STRESS

University life produces pressures and conflicts that can affect your personal life or studies in a negative way. Sometimes family problems develop while you are a student. You may feel lonely, anxious, or depressed, have difficulty sleeping or studying, feel withdrawn from others, or under stress. You may experience an “emotional crisis” which does not disappear even after you have talked with a friend or your department advisor.

In times as these, the Counseling Center can offer you confidential and professional psychological help. There are counselors experienced in working with the problems of students in a university community. Talking to a professional counselor will help you deal with your problems, whether personal, academic, or emotional. The Counseling Center provides a safe, free, and confidential environment, which you can use as an outlet for your problems. This is a free service for all LSU students

The Counseling Center is located in The Convenience Center Their phone number is (951) 785-2011 or (951) 785 2222 (emergency) . 11498 Pierce St. Suite #B Riverside CA 92505. We suggest you bring your personal prescription with you. Bring 6-12 months of medication you take consistently.

INDIVIDUALISM AND PRIVACY

The most important thing to understand about Americans is probably their devotion to “individualism.” They have been trained since early in their lives to consider themselves as separate individuals who are responsible for their own situations in life and their own destinies. They have not been trained to see themselves as members of a close-knit, tightly interdependent family, religious group, tribe, nation, or other collectivity.

THE FUTURE, CHANGE, AND PROGRESS

Many people in America are generally less concerned about history and traditions than are people from older societies. “History doesn’t matter,” many of them will say, “It’s the future that counts.” They look ahead. They have the idea that what happens in the future is within their control, or at least subject to their influences. They believe that people, as individuals or working cooperatively together can change most aspects of the physical and social environment if they decide things to do and a schedule for doing them. The ideal person is punctual (that is, arrives at the scheduled time for a meeting or event) and is considerate of other people’s time (that is, does not “waste people’s time” with conversation or other activity that has no visible, beneficial outcome).

 **INFORMALITY**

Their notion of equality leads Americans to be quite informal in their behavior and in their relationships with other people. Store clerks and waiters, for example, may introduce themselves by their first (given) names and treat customers in a casual, friendly manner. This informal behavior can puzzle foreign visitors from countries where it is not assumed that "all people are created equal."

People from societies where general behavior is more formal than it is in America are struck by the informality of American speech, dress and postures.

Idiomatic, or improper, speech (commonly called "slang") is heavily used on most occasions, with formal speech reserved for public events, scholarly writings, and fairly formal situations. People of almost any station in life can be seen in public wearing jeans, sandals, or other informal attire. People slouch down in chairs or lean on walls or furniture when they talk, rather than maintaining an erect posture.

The superficial friendliness for which Americans are so well known is related to their informal, egalitarian approach to other people. "Hi!" they will say to just about anyone. "How ya doin'?" (That is "How are you doing?" or "How are you?") This behavior reflects less a special interest in the person addressed than a concern for showing that one is a "regular person."

\$ ACHIEVEMENT, ACTION, WORK, AND MATERIALISM

"He's a hard worker," one American might say in praise of another. Or "she gets the job done." These expressions convey the typical American's admiration for a person who approaches a task conscientiously and persistently and sees it through a successful conclusion. More than that, these expressions convey an admiration for achievers, people whose lives are centered on

 **EQUALITY**

Americans are also distinctive in the degree to which they believe in the idea, as stated in their *Declaration of Independence*, that "all men are created equal." Although they sometimes violate the ideal in their daily lives, particularly in matters of interracial relationships, Americans have a deep faith that in some fundamental way all people (at least all American people) are of equal value, that no one is born superior to anyone else. "One person, one vote," they say, conveying the idea that any person's opinion is as valid and worthy of attention as any other person's opinion. Americans are generally quite uncomfortable when someone treats them with obvious deference. They dislike being the subjects of open displays of respect, being bowed to, being deferred to, and being treated as though they could do no wrong.

It is not just males who are created equal in the American conception, but females too. While Americans often violate the idea in practice, they do generally assume that women are the equals of men, deserving the same level of respect.

This is not to say that Americans make no distinctions among themselves as a result of such factors as sex, age, wealth, or social position—they do. But the distinctions are acknowledged in subtle ways. Tone of voice, order of speaking, choice of words, and seating arrangements are some of the means by which Americans acknowledge status differences among themselves.



efforts to accomplish some physical, measurable thing. Social psychologists use the term "achievement motivation" to describe what appears to be the intention underlying American's behavior.

Foreign visitors commonly remark that, "Americans work harder than I expected them to." A hard worker is one who "gets right to work" on a task in a way that meets reasonably high standards of quality.

 **DIRECTNESS & ASSERTIVENESS**

Americans generally consider themselves to be frank, open, and direct in their dealings with other people. "Let's lay our cards out on the table," they say. Or, "let's stop playing games and get to the point." These and many other common phrases convey the Americans' idea that people should explicitly state what they think and what they want from other people.

Americans tend to assume that conflicts or disagreements are best settled by means of forthright discussions among the people involved. If I dislike something you are doing, I should tell you about it directly so you will know, clearly and from me personally, how I feel about it. Bringing another person to mediate a dispute is considered somewhat cowardly, or that the person does not have enough courage to speak directly to someone else.

Americans will often speak openly and directly to others about things they dislike. They will try to do so in a manner they call "constructive," that is, in a manner, which the other person will not find offensive or unacceptable. If they do not speak openly about what is on their minds, they will often convey their reactions in non-verbal ways (without words, but through facial expressions, body positions, and gestures). Americans are not taught, as people in many Asian countries are, that they should mask their emotional responses. Their words, the tone of their voices, or their facial expressions will usually reveal when they are feeling angry, unhappy, confused, or happy and content.

 **THE CONCEPT OF TIME**

For Americans, time is a "resource" that can be used well or poorly. "Time is money," they say. "You only get so much time in this life; you'd better use it wisely." The future will not be better than the past or the present, as Americans are trained to see things, unless people use their time for constructive, future oriented tasks. Thus, Americans admire a "well organized" person, one who has written lists of things to do and a schedule for doing them. The ideal person is punctual and is considerate of other people's time. The American attitude towards time is not necessarily shared by others, especially non-Europeans. They are more likely to conceive of time as something that is simply there around them, not something they can "use." One of the more difficult things many foreign business people and students must adjust to in the States is the notion that time must be saved whenever possible and used wisely every day.

In their efforts to use their time wisely, Americans are sometimes seen by foreign visitors as automatons, inhuman creatures that are so tied to their clocks and their schedules that they cannot participate in or enjoy the human interactions that are the truly important things in life. "They are like little machines running around," one foreign visitor said.

Members of the OISS staff are available to talk with you about the ways in which differences in cultural values may be affecting your life in this new environment. You can visit us, call us, or e-mail us!

If you would like to purchase the book *American Ways: A Guide for Foreigners in the United States* by Gary Althen to learn more about the American culture, visit the LSU Bookstore or go on-line to <http://www.amazon.com> and purchase it with your credit card.

One more thought ...

Beware of "get rich quick" offers that you might receive in the mail, over the telephone or via e-mail. Be very cautious about responding to offers that entice you to buy something or make a toll phone call in order to "claim your prize." Most likely, it is a scam! And DO NOT provide your financial information to anyone unless you are absolutely certain of who they are and what they need it for. Legitimate banking institutions will not ask you to provide your password, name, or account, for instance, information via e-mail. For more information about on-line scams and how to protect yourself, visit the OISS web site at <http://www.lasierra.edu/international>.



HEALTH & WELLNESS

➤ LA SIERRA UNIVERSITY HEALTH SERVICES

The La Sierra University Health Services is located on 11498 Pierce Street, Suite A, next to the La Sierra Market, and has a full-time medical director, medical assistant, and part-time physicians with a comprehensive program of medical care. Their phone number is (951) 785-2200.

The Student Health Service is open during the following hours:

Mondays	8:30am - 4:30 pm
Tuesdays	8:30am - 4:30 pm
Wednesdays	8:30am - 4:30 pm
Thursdays	8:30am - 4:30 pm
Friday	8:30am - 12:00pm
Saturdays	Closed
Sundays	Closed

And they are 24 hours on-call for Residence Hall Students.

A physician is on-call and other professionals are on duty for urgent care at all times. If you become ill or injure yourself between 8:30 a.m. and 5:00 p.m. on weekdays or between 8:30 a.m. and 12:00 p.m. on Fridays and need urgent medical care, go directly to Health Services. If you become ill or injure yourself at any other time, call campus security at (951) 785-2222, and ask for the nurse on-call. For life threatening emergencies, call 911 (9-911 if dialing from campus). Health Services provides services only to international students covered by HTH Worldwide Insurance.

➤ MEDICAL INSURANCE

La Sierra University requires all its international students to maintain adequate health insurance throughout the duration of their visa status.

Therefore, the OISS offers a comprehensive insurance plan just for international students through HTH Worldwide. Your insurance plan will be purchased for you at the time of registration and will be automatically renewed throughout your stay at La Sierra, including summer and vacation periods. The insurance fees will be automatically charged to your student account. For the current fees amounts, contact the OISS.

Only under extraordinary circumstances, the OISS will waive the required medical insurance coverage by HTH Worldwide. Petitions to waive the medical insurance must be submitted in writing with proof of comparable medical coverage to the Director of International Student Services.

NOTE ON MEDICATIONS:

*It is not possible in the United States to purchase antibiotics and most medications without a prescription from a U.S. doctor. **DO NOT GO TO MEXICO TO PURCHASE MEDICATION.** If you need help trying to find out what the name of a medication or illness is in English, you can just visit the Health Services web site and use their very useful translation guides or ask a staff member at the OISS to help you find the name. <http://www.lasierra.edu/health/>.*



EMERGENCY RESOURCES

Serious Emergency: dial 911 for immediate police, ambulance, or fire department service from any telephone. If on campus, dial 9-911.

Poisoning: dial 1-800-876-4766, TDD 1-800-972-3323 (for the hearing impaired).

Note: if you seek care at the emergency room of a hospital, you will be billed. Therefore, always carry your insurance card with you!

MEDICAL REFERRAL SERVICES

To find a doctor near you that is part of the HTH Worldwide network, visit Health Services or log on to <http://www.gghstudents.com> and select a doctor from the insurance network; otherwise, the insurance company may not cover your charges.

MEDICAL INSURANCE FOR FAMILY MEMBERS

You are urged to take measures for adequate insurance for family members who are with you at La Sierra University. Medical care and hospitalization are extraordinarily expensive in the U.S. and non-residents are not eligible for public welfare of any kind—including health care.

Insurance is one of the safest ways to protect yourself and your family members against high medical costs, should they become seriously ill while in the U.S.

The OISS suggests that, if you have family members with you and they do not have insurance coverage, you consider electing to take additional insurance with the HTH Worldwide plan. Inquiries can be made at the OISS Office or by visiting the HTH Worldwide web site at <http://www.gghstudents.com/>.

HOW TO USE YOUR GGH WORLD-WIDE HEALTH INSURANCE

In order to use your international insurance, you must have an insurance card. Please stop by OISS to print your card or go, if you know your certificate number, to <http://www.ggh-students.com/> to print your card. You will be required to log in. You will have to print your insurance card at the time of registration and then every January and July, as we renew the insurance in 6 months increments.

Our insurance plan is very comprehensive. However, you must start at our campus Health Services. If you have any problems, feel sick, or need medical attention, you must visit our Health Services prior to seeing a doctor outside the University. If necessary, our Health Services will refer you to an outside physician that is part of the insurance network.

Even though our insurance program is very comprehensive, it has its limitations. One of the most important limitations is that it will only cover your medical expenses if you visited a physician who is part of their network or PPO (preferred provider organization). It is for this reason that you must first consult with our campus Health Services before you see a doctor outside of the University.

For a complete list of the plan's limitations and exclusions, visit the OISS web site at <http://www.lasierra.edu/international/>.

If problems arise or if you have questions, please see or call the medical assistant in the Health Services, (951) 785-2200.

Immigration regulations for non-immigrant students

Please note that the information in this handbook is a quick summary of the regulations and procedures covering F-1 non-immigrants. Because rules and regulations are constantly changing, the information provided here should not be used as a legal reference but only as a guide.

For additional and up-to date information on these regulations and other immigration related topics, please visit the United States Citizenship and Immigration Services (USCIS) web site, <http://www.uscis.gov>, and the United States U.S. Visas Department of State at www.travel.state.gov

TO MAINTAIN YOUR LEGAL IMMIGRATION STATUS IN THE U.S., YOU MUST:

- 01 Register full-time at all times, and complete each term as a full-time student (undergraduate/ESL/Certificate students, 12 units; graduate students, 8 units). Students must be registered for three consecutive terms (quarters) before being allowed to take a quarter off as a break.
- 02 Keep your LSU I-20 (F-1 students) valid and correct at all times. This includes making sure that your I-20 has been activated in the new Student and Exchange Visitor Information System (SEVIS). In addition, you need to make sure that your I-20 does not expire and is current with your major. Letting your I-20 form expire will result in falling out of F-1 status.
- 03 Do not work without written authorization from the USCIS or the OISS as required by law.
- 04 Report all change to the USCIS through our OISS office within 10 days. Changes include: your address in the U.S., change of major/program, and change of academic level. To notify the USCIS of your new or changed address, Go to our OISS website www.lasierra.edu/oiss Click on "Change of Address" and fill out and submit the form. For more information, call our office directly at (951) 785-2237. or email us at prei20@lasierra.edu.
- 05 Keep your passport valid at all times.
- 06 Contact the OISS to discuss immigration procedures if you wish to transfer to another institution, change your status, or drop below full-time status. Dropping below full-time without proper authorization will result in losing your immigration status.
- 07 Submit required tax forms and pay any taxes due.
- 08 It is your responsibility to know and understand how immigration regulations affect a given situation. If you have any questions or concerns about your immigration status, arrange to meet with an OISS staff member. **DO NOT ASK YOUR FRIENDS FOR IMMIGRATION ADVICE.**

IMMIGRATION DOCUMENTS



PASSPORT

Your passport must be valid at all times while you are in the U.S. Anytime you need to interact with the USCIS or reenter the U.S., your passport must be valid for at least six (6) months into the future. If you need to renew your passport from within the U.S., contact your nearest consulate or embassy in Washington D.C. You can access the address and phone number of your nearest consulate office from the OISS web site. Your consulate may require a letter from LSU certifying your student status or other items in order to renew your passport. You may obtain a Certificate of Studies Letter from the OISS web site.



CERTIFICATE OF ELIGIBILITY, I-20

The I-20 that is issued to you by LSU is the primary record of your student status in the U.S. This document must be valid at all times. Therefore, if you change your degree program or your field of study (major), you must apply to the OISS for a new I-20. In addition, if your I-20 is about to expire, you must apply to the OISS for a replacement about one (1) month prior to the expiration of this document. The expiration date can be found in Section #5 of the I-20.

Important: Your I-20 will automatically expire if you complete your academic program or stop taking classes prior to the date printed on the form.



VISA

The United States government issues a number of different visas to immigrants from all over the world. The visa stamped in your passport allows you to enter the U.S., and must be valid any time you wish to enter the country.

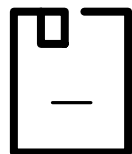
Most likely, you will have received either an F-1 visa (student). However, your dependents should have received an F-2, type visa. The OISS is prepared to assist those students with the F visas. If you have another type of visa, please alert the OISS immigration staff so we can be sure to give you the proper information and contacts.

Some visas are issued for "multiple entry" and others for a "single entry" into the U.S. If you have a "multiple entry" visa, you can use it to re-enter the U. S. a number of times during the period of validity as long as your passport and I-20 are also valid.

Once you have entered the U.S., your visa stamp may expire; you will remain "legal" in the U.S., if you maintain your status (i.e., have a valid I-20 and enroll full-time). If you plan on traveling outside of the U.S. but your visa has expired, you will need to apply for a new visa sticker at one of the U.S. Consulates abroad before you can re-enter the United States.

Prior to applying for a new visa abroad you should consult the U.S. Consulate's web site in that country for local application procedures To find out about U.S. Consulates abroad, visit the OISS web site. You are also encouraged to stop by the OISS to discuss renewing your visa abroad.

Re-entry into the U.S. from Canada or Mexico is possible with an expired visa stamp. Please stop by the OISS for further information prior to leaving!



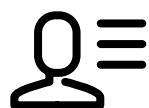
I-94 & "DURATION OF STATUS"

Each person entering the U.S. on a non-immigrant visa will receive an automated I-94 (Admission/Departure Record) on which your admission number, name, date of birth, country of citizenship, date and place of entry, visa status, and date until which you are permitted to stay are recorded. Instead of an actual date to which you are permitted to stay, most students should have

the written notation "D/S" on their I-94. This notation signifies that you have been admitted to the U.S. for "Duration of Status." Therefore, as long as you "maintain your student status" you can legally stay in the U.S.

F-1 Visa Holders: "Duration of Status" for an F-1 student includes the period of time it takes to complete a full-time academic program plus sixty days. If, however, the student violate his/her F-1 student status, there is no 60-day grace period.

IMMIGRATION BENEFITS AND PROCEDURES



SEVIS

SEVIS stands for Student and Exchange Visitor Information System. The Department of Homeland Security (DHS) created this internet-based system in order to maintain current information on non-immigrant students, exchange visitors, and their dependents (i.e. all those in the F, M, or J visa status). SEVIS tracks F, M, and J visa holders from the time they receive their documents (I-20, visa, etc.) until they complete their program. SEVIS links with colleges and universities, U.S. embassies and consulates abroad, U.S. ports of entry, the Department of State, and other government entities.



REGISTRATION

The U.S. government requires all students holding F-1 visas to register each quarter for a minimum amount of units to maintain their legal status in the U.S. All undergraduate students must take at least twelve (12) credit units per quarter. All graduate students must enroll for at least eight (8) units. The U.S. government will only allow three units per quarter of on-line/distance education course work to count toward your full-time units. Therefore, you must complete nine units of credit in the classroom (undergraduates) and six units (graduates) to maintain your status.

**MINIMUM
12 UNITS
PER QUARTER
3 QUARTERS
A YEAR**
UNDERGRADUATE PROGRAM

**MINIMUM
8 UNITS
PER QUARTER
3 QUARTERS
A YEAR**
GRADUATE PROGRAM

You are allowed to take a quarter off as your vacation if you have completed three consecutive previous quarters of full-time studies. For example, if you first registered for Fall Quarter and maintain full time status both Winter and Spring Quarters, you will be able to take the following Summer Quarter as your vacation period (if you have not violated your status in any other way). You would not be eligible to take the Spring Quarter as vacation since you would only have completed two quarters of studies. Students starting their programs in the Winter and/or Spring quarter will have to be registered during the Summer quarter to maintain their legal status.

Failure to enroll for classes during your non-vacation time may lead you to lose your F-1 status.

Note: If the US Immigration & Citizenship Enforcement (US ICE) contacts the OISS, we have a legal responsibility to inform them of your past registration record. In all other cases, the information in your file at the OISS is confidential and will not be made available. Therefore, it is essential that all F-1 students observe the registration dates and unit commitments.

WARNING: If you fail to register or complete the proper number of units, you will violate your legal status.

DROPPING BELOW FULL-TIME STATUS

By law, students are not allowed to "drop below full-time status" unless:

- 1 It is the first quarter you are here and you have been improperly placed in your level, have initial difficulty in reading or the english language, or you are unfamiliar with U.S. teaching methods.
- 2 You are ill and cannot attend classes due to medical reasons. A doctor's notice in official letterhead is required.
- 3 It is the last quarter prior to the completion of your program and there are no more classes you can take.

There are no exceptions to these rules. If you fail to consult the OISS and obtain the Designated School Official's (DSO) permission prior to dropping below full-time, you will be automatically "out-of-status" and must apply for reinstatement. Your academic advisor cannot approve the under enrollment for you.

REPORTING NEW ADDRESS/CHANGE OF ADDRESS

By law, you are required to report your new address to the OISS or the USCIS within 10 days of your moving to a new location. To report your new address, Complete the online form that is available on our website at <http://www.lasierra.edu/oiss/>. Once you arrive on our website, click "Change of Address". For more information, email us at prei20@lasierra.edu or call our office at 951.785.2237.

➤ PROGRAM EXTENSION

F-1 students are admitted to the United States for “duration of status” or “D/S,” and must complete their academic program by the completion date on the I-20 or they must apply for a program extension before their I-20 expires. Program extensions can be given to students who have continually maintained status and whose completion dates have been delayed due to academic or medical reasons ONLY. You must apply for a program extension 30 days before the completion date on the I-20; otherwise, you will be considered “out-of-status” and will need to apply for reinstatement.

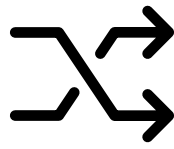
Acceptable academic delays include: (1) change in the major field of study, (2) change in research topic, (3) unexpected research problems, (4) lost credits upon transfer to school, or (5) insufficient time for average students to complete studies in the particular program. Delays caused by medical reasons require documentation. If the delay is for academic reasons, it is advisable to have documentation from the academic advisor confirming the reason and the expected date of completion. The DSO may request a letter from the academic advisor stating the reason for the delay and the expected date of completion.

Academic and/or school citizenship probation or suspension is not an acceptable reason for delay. Individuals who have not maintained status or who have delays due to academic and/or school citizenship probation or suspension must apply for reinstatement.

TO REQUEST A PROGRAM EXTENSION

To make an application for a program extension, you must submit the following documents to the OISS at least 30-days prior to the completion date:

- ➊ Completed “Program Extension” form signed by your academic advisor or department head stating the reasons for the delay and the expected date of completion (this form is available in the OISS web site). The Office of Student Financial Services must also sign the form.
- ➋ Current I-20 form.



CHANGE OF DEGREE OR MAJOR

When a student changes degree or major (BA to BS; MA to MBA; accounting to marketing, for instance) the DSO uses the “profile update” procedure in SEVIS to alert USCIS of the change and provides the student with a new I-20 form.

TO CHANGE YOUR MAJOR/DEGREE

- ➊ Complete a “Change of Major” form (available in the OISS web site). The Advising Office and the Student Financial Services Office must also sign this form.
- ➋ Return the form to the OISS to obtain an updated I-20 form.

CHANGE OF PROGRAM OR LEVEL

When a student changes programs or levels (from ESL to BA; BA to MBA for instance), but remains at the same school, the DSO uses the “program update” procedure in SEVIS to alert USCIS of the change and provides the student with a new I-20 form.

TO CHANGE PROGRAM/LEVEL

- ➊ Complete a “Change of Program” form (available in the OISS web site). The Office of Admissions and Student Financial Services must also sign this form and you must be accepted to the new program prior to changing your I-20 form.
- ➋ Return the form to the OISS to obtain the updated I-20 form.

TRANSFERRING TO A NEW SCHOOL

To transfer to a new school from LSU*, you must complete the following:

Inform the OISS of your intention to transfer to the new school.

You must apply and be accepted to the new school you would like to transfer to prior to transferring.

Once accepted to the new school, provide the OISS with a transfer-eligibility form from the new school and fill out an LSU Transfer Out form.

The OISS will transfer your record electronically to the new school via SEVIS.

Obtain and sign the new I-20 form from the new school.

*In order for LSU to release your I-20 to a different school, your financial balance must be paid in full. First-time in the country international students must complete a full quarter of enrollment at LSU prior to being allowed to requesting a transfer out.

➤ WHAT TO DO IF YOU ARE CONTACTED BY THE FBI OR OTHER GOVERNMENTAL AUTHORITY

In addition to keeping your immigration documents and status in good standing, you should familiarize yourself with your rights and responsibilities as a non-citizen of the United States so that you are able to respond appropriately to any contact initiated by a U.S. governmental authority.

If contacted or detained, at the very least, you should be allowed to contact your consulate for advice and assistance before entering into a formal interview or meeting with a representative of a United States governmental agency. To find the location of the nearest consulate, please visit the OISS web site. You should also keep with you the number of an immigration attorney. If you should need assistance in locating legal representation, please contact OISS at (951) 785-2237.

➤ SPECIAL REGISTRATION OF FOREIGN NATIONALS (NSEERS)

At present, the government has one special registration system called NSEERS (National Entry-Exit Registration System) for male individuals who enter the United States, and are from the following countries: Afghanistan, Algeria, Bahrain, Bangladesh, Egypt, Eritrea, Indonesia, Iran, Iraq, Jordan, Kuwait, Lebanon, Libya, Morocco, North Korea, Oman, Pakistan, Qatar, Saudi Arabia, Somalia, Sudan, Syria, Tunisia, United Arab Emirates, and Yemen. If you are a male F-1 student and fall under the NSEERS regulations, remember that you must register upon entry AND exit of the United States, and can only do so from designated Port of Entries (POE). For a complete list of NSEERS approved POEs, visit the OISS web site.



EMPLOYMENT

ON-CAMPUS EMPLOYMENT

F-1 students who are maintaining status may engage in on-campus employment. Employment is limited to no more than 20 hours per week while school is in session. Students may work full-time during vacation periods as long as they have maintained status and they intend to register the following term. The 20-hour limit applies to all types of employment including assistantships—the total hours per week must not exceed 20 hours.

International students will be approved to work full-time only during vacation periods as listed in the official academic calendar and their quarter off. Typically, this will include the summer break, Thanksgiving break, Christmas break, and spring break. Students finishing classes before these breaks officially start will be required to wait until the actual beginning of the vacation period to start full-time work.

Upon completion of your program of study, you may not work on-campus unless you have received an I-20 form for a new program or have received an Employment Authorization Document (EAD) for Optional Practical Training. (OPT). Students may not work during their 60-day grace period.

On-campus employment performed for the school is usually acceptable, whether the employment is in the library, the computer center, bookstore or the residence halls. Work required by a scholarship, fellowship, or assistantship is also considered employment by the school. To find an on-campus job, visit the Human Resources Office located in the Administration Building, or call them at (951) 785-2088; <http://www.lasierra.edu/hr/>.

OFF-CAMPUS EMPLOYMENT

Financial Hardship

An F-1 student who has maintained F-1 status for an academic year (9 months) and is in good immigration standing may apply for “off-campus employment based on economic hardship.” Economic hardship refers to financial problems as the result of a problem beyond the student’s control such as losing a graduate assistantship, the death of a financial sponsor, inflation in the home country causing the devaluation of currency or exchange rate, etc.

Documentation must demonstrate that part-time employment opportunities through on-campus employment are insufficient. Students are required to make a good faith effort in locating employment on-campus before applying for employment based on economic hardship. Students in English language programs are ineligible for economic hardship.

To apply for authorization to obtain employment based on economic hardship, you must make an appointment with an OISS staff and bring the following documents:

- 1 Completed EAD I-765 application form (available in the OISS web site)
- 2 Supporting materials documenting the unforeseen nature of the economic hardship and the unavailability of employment on campus (personal letter, bank statements, etc.)
- 3 Letter from the Human Resources Office stating that there are no on-campus jobs available to sustain your financial need
- 4 Passport (valid for at least six months) and I-94 automated card
- 5 Two pictures (see EAD application for format)
- 6 Processing fee
- 7 Other documents that the U.S. government may require at time of application

WARNING: Working off-campus without a work permit is a serious violation of your legal status, and could be grounds for deportation.

ON-CAMPUS EMPLOYMENT BEFORE TRANSFERRING TO ANOTHER CAMPUS

Generally, a student may not continue to work upon completion of a program of study. A student who has been in status and received an I-20 form from another school that he or she intends to attend the next regular term can only work for the institution that has his or her SEVIS record. Therefore, if you completed your studies at LSU and transfer to a new school, you will not be allowed to work on the La Sierra campus.

PRACTICAL/ACADEMIC TRAINING IN YOUR FIELD OF STUDY

CURRICULAR PRACTICAL TRAINING (CPT)

Curricular Practical Training (CPT), employment which is an integral part of an established curriculum, is available to F-1 students who have been lawfully enrolled on a full-time basis for at least nine (9) consecutive months. The nine-month in-status rule may be waived for graduate students whose programs require employment before nine months have passed. Undergraduate students must have completed nine months of full-time study to be eligible for any form of CPT. Students in English language programs are ineligible for curricular practical training.

To be considered for CPT, the work must not only be related to the major field of study, but must also be an integral or important part of the established curriculum.

CPT may be part time or full time. Employment for 20 hours or less per week is considered part-time CPT; employment for more than 20 hours per week is considered full-time CPT. Students should be aware that they will not be eligible for Post-completion Optional Practical Training (OPT) (see below) if they accumulate 12 months of full-time CPT. Currently, participation in part-time CPT does not affect eligibility for Optional Practical Training.

To apply for Curricular Practical Training, you must make an appointment with an OISS staff and bring the following documents:

- 1 Completed CPT application form (available in the OISS web site). The academic advisor must sign the form.
- 2 Letter from the department head, in letterhead, and a copy of the page in the La Sierra University Bulletin indicating that the employment (i.e. internship, volunteer work) is required of all students in this major to complete the program. The letter should include the number of hours per week you are expected to work and the name of the company.
- 3 Letter from employer, on letterhead, indicating job title, dates of employment, number of hours of work per week, place of employment (physical address), and brief description of work.
- 4 Valid I-20, passport and I-94 card.

You may not start work before you have been authorized to do so by the OISS and DSO, and you can only work for the company and the dates specified on the I-20 form.

OPTIONAL PRACTICAL TRAINING (OPT)

Students who have been a full-time student in good standing for at least 1 full academic year and who have completed their course of study may apply for post-completion OPT.

While on F-1 OPT, the work you perform must directly relate to your major area of study. This employment is to gain practical experience in your field of study. An F-1 student may be authorized up to a total of 12 months of full-time practical training at each educational level (e.g., undergraduate, graduate, doctorate). Students who graduate in an approved STEM degree program, may be eligible to apply for a 17-month STEM extension of their post-completion OPT. Applications for OPT at the earliest is 90 days before the program "completion date" and the latest that USCIS can receive your application is 60 days after the program completion date.

To apply for Optional Practical Training, you must make an appointment with an OISS staff and bring the following documents:

1. Completed EAD I-765 application form (available in the OISS web site)
2. Completed Verification of Completion of Studies form (available in the OISS web site), signed by your academic advisor (graduate students) or record evaluator (undergraduate students)
3. Valid passport and I-94 card
4. Valid I-20 form
5. All prior EAD Cards (economic hardship EAD's, previous OPT's).
6. Two pictures (see EAD application for proper format)
7. Processing fee

NOTES:

- One year of OPT is available after completing each higher-level degree program.
- A job offer is not required to apply for OPT
- More than 90 days of unemployment during OPT is a violation of F-1 status.
- Employment may occur anywhere in the U.S.
- During OPT; you will continue to be in a F-1 visa status.
- Once you complete your degree, you cannot work on-campus or off-campus until you have the EAD/OPT card in your possession and your selected start date has arrived.
- The average USCIS processing time to issue the EAD/OPT card is 90 days. You cannot expedite an application.
- OISS recommends F-1 students do not travel outside the U.S. while pending an OPT approval.
- OPT is available both before and after completing the degree program. (See the OISS for pre-OPT requirements)

➤ F-2 VISA HOLDERS

F-2 visa holders (the spouses and dependent children of F-1's) may not be employed while in the United States and F-2 visa category under any circumstance.

➤ SOCIAL SECURITY NUMBER

If you will be employed in the United States, including at La Sierra, you must obtain a U.S. social security number, which is used by the U.S. government to identify wage earners for tax purposes. For more information about obtaining a social security number, see page 12.

TAXES



NO INCOME

All international students, scholars, and their dependents present in the U.S. (30 days or more) during any part of the previous calendar year are responsible for filing annual tax forms (tax returns). Filing tax forms is required whether you or your dependents worked or not.

INCOME

All international students, scholars and dependents must file FORM 8843 "Statement for Exempt" individuals. It is an informational statement required by the U.S. Internal Revenue Service (IRS). Generally, you will not need a social security number to file Form 8843.

All international students who earned income the previous year and received a W-2, 1099-INT, 1099-MISC, 1042-S, etc. will file the 1040NR-EZ as well as the Form 8843. (Exceptions apply to those students who have lived five year or more in the U.S.

Speak with the OISS for clarification and watch for email during tax season between January-April.

Currently, La Sierra University Purchases Tax Software For Our International Students From Glacier Tax Prep. We Require A Fee For Form And Filing.

FOR FURTHER INFORMATION REGARDING TAXES CONTACT:

International Revenue Services www.irs.gov

California Franchise Tax Board www.ftb.ca.gov

HOW CAN I FIND OUT IF MY COUNTRY HAS A TAX TREATY WITH THE UNITED STATES?

The countries which have tax treaties with the U.S. covering scholarship/fellowship grants are listed below*:

Belgium	Kazakhstan	Spain
China	Korea (Rep of)	Thailand
Commonwealth of Independent States	Luxembourg	Trinidad and Tobago
Cyprus	Morocco	Tunisia
Czech Republic	Netherlands	Turkey
Egypt	Norway	
France	Pakistan	
Germany	Philippines	
Iceland	Poland	
Indonesia	Portugal	
Israel	Romania	
Japan	Russia	
	Slovak Republic	

*for up to date countries, visit the IRS web site.





TRAVEL

Always check with the OISS prior to traveling to assure that your immigration paperwork is current and that you have the required documents to re-enter the United States.

▶ TRAVELING ABROAD

TO ENTER ANOTHER COUNTRY (OTHER THAN CANADA AND MEXICO)

When you leave the U.S, depending on where you are traveling and from what country you are a citizen of, you may be required to obtain a visa to enter the country of destination. For details regarding visa requirements, contact the nearest consulate of each country you plan to visit. You can access the address and phone number of the nearest consulate office from the OISS web site.

TO RE-ENTER THE U.S. FROM ANOTHER COUNTRY (OTHER THAN CANADA AND MEXICO)

In order to re-enter the U.S., you need to present a valid passport and visa along with a properly endorsed I-20 to the United States Immigration and Customer Enforcement (US ICE) and/or U.S. Customs and Border Protection (CBP) official at the Port of Entry. To have your I-20 endorsed for travel, bring this document to the OISS at least seven (7) days prior to leaving on your trip.

If your visa has expired, you will need to apply for a new visa at a U.S. Embassy or Consulate. Prior to applying for a new visa abroad, you should consult the U.S. Embassy or Consulate web site in that country for local application procedures and time lines. Consulate and embassy time-lines are posted on the OISS web site.

When applying for a new visa, you should be prepared to present a valid passport, a properly endorsed I-20, and evidence of financial support to pay for your upcoming school year. In addition, you may need to convince the consular officer that you have a residence abroad to which you intend to return.

ENTRY TO CANADA

Citizens of certain countries who wish to visit Canada are required to obtain a visitor's visa from the Canadian Consulate General. Visit the Canadian web site at <http://www.losangeles.gc.ca> for more specific information about their office in Los Angeles. If you do need a visitor's visa, you must present a properly endorsed I-20 along with the additional application materials they require.

ENTRY TO MEXICO

Citizens of certain countries who wish to visit Mexico are required to obtain a tourist visa from the Consulate General of Mexico. Visit the Consulate web site at <http://www.consulmexny.org> for more specific information about their office in Los Angeles. If you do need a visitor's visa, you must present a properly endorsed I-20 along with the additional application materials.

TRAVELING WHILE WAITING FOR OPT TO BE APPROVED

It is recommended that you **DO NOT** travel outside the United States while your OPT petition is pending since you might not be allowed back in the country by the Port of Entry Officer when you try to re-enter the U.S. If you need to travel, please discuss your options with an OISS staff member.

If you are denied re-entry, we will not be able to help you get back in the United States and your OPT application may be cancelled by the USCIS.

TRAVEL WHILE ON OPT

USCIS regulations for F-1 students require that a student present an I-20 form endorsed for travel within the last six months and a valid EAD to reenter the United States along with an employment letter. You should consult with the OISS staff before traveling. **To enter the United States while on OPT, the following documents are required:**

1. Valid passport
2. Valid U.S. visa
3. Endorsed I-20 form
4. Current proof of financial support
5. Proof of employment (letter of employment)
6. EAD (OPT) card

TRANSPORTATION TO THE AIRPORT

Transportation to and from Ontario, Los Angeles, Long Beach, and Ontario airports may be arranged for a fee through the OISS. For more information, please visit <http://www.lasierra.edu/airport/>.

AIRLINE INFORMATION

For airlines information, please visit our web site.

LOCAL TRAVEL AGENTS

Canyon Crest Travel: 5225 Canyon Crest Dr., Suite 1
Riverside, California • (951) 788- 7611

European Travel: 6776 Magnolia Ave.
Riverside, California • (951) 684-4760 or 1-800-545-8653

BUS COMPANIES/SHUTTLE SERVICES

Greyhound: (951) 686-2345

Trailways: (800) 892-7979

Super Shuttle: (800) BLUE VAN (258-3827)

Xpress Shuttle: (800) I ARRIVE (427-7



AIRPORT DIRECTIONS

Los Angeles International Airport (LAX)
From LAX to LSU

Take Sepulveda Blvd. South Take 105 East
Take 605 South
Take 91 East

Exit Pierce St. Make a Left. Follow signs to
LSU

From LSU to LAX

Take 91 West

Take 605 North

Take 105 West

Exit Sepulveda Blvd. Make a Right. After
the tunnel, make a right.

Ontario International Airport (ONT)

From ONT to LSU

Take Airport Exit towards Haven Ave.
Make a right on Haven.

Take 60 East.

Take I-15 South

Take 91 East

Exit Pierce St. Make a Left. Follow signs to
LSU

From LSU to ONT

Take 91 West

Take I-15 North

Take I-10 West

Exit Archibald Ave.

Make a Left to airport entrance

HOUSEHOLD ITEMS

NEW ITEMS

You can buy inexpensive new household goods at variety stores, discount stores, discount drug stores, discount catalog stores, and department stores.

USED ITEMS

Garage and yard sales offer low prices on used household items. The sales are usually held on weekends. Although prices are marked, some bargaining is possible. The sales are advertised on Fridays and Saturdays in the classified section of local newspapers under "Garage Sales."

Household Items are listed in the classified section of local newspapers under "Household Furnishings," "Antiques," "Bargain Liners," and "Miscellaneous." Look for ads in bulletin boards, newspapers, or grocery stores.

Rummage sales and flea markets, similar to garage sales, but usually larger, are often held in churches and parking lots. They are also listed in the Classified, in regular ads, or on posters in store windows. They have bargains in used clothing, furniture, and house wares.

Used furniture stores are usually more expensive than garage sales and thrift shops. They are listed in the yellow pages of the phone directory under "Furniture, Dealers, and Used."

Adventist Community Service is a non-profit organization of the Seventh-day Adventist Church that helps people in need. They sell used furniture, clothes and provide food free of charge to people who qualify for it. They are open every Wednesday from 8-10 a.m. in the La Sierra University Church, Sierra Vista Chapel. You will need a verification form available in the Office of Student Financial Services to access their services.



SHOPPING



RENTALS

Furniture rental companies are listed in the yellow pages of the telephone directory under "Furniture Rental." They rent complete room sets and individual pieces.

TV rental companies are listed in the yellow pages under "Television Rental."

Washing machines and dryers may be rented from appliance rental firms. They are listed in the yellow pages under "Appliances - Household - Major Renting and Leasing." If you live in the Residence Halls or on-campus housing you do not need these!

The yellow pages of the phone book has information on restaurants in the area. Riverside and the surrounding areas have a great variety of restaurants to satisfy all tastes and wallets.

SHOPPING MALLS

The closest shopping malls are:

- Galleria at Tyler (5 minutes from LSU)
- Riverside Plaza (10 minutes from LSU)
- Corona Crossings (15 minutes from LSU)
- Dos Lagos at Corona (18 minutes from LSU)
- Ontario Mills Mall (25 minutes from LSU)
- Victoria Gardens (30 minutes from LSU)
- Lake Elsinore Outlets (30 minutes from LSU)
- New Coast Plaza (55 minutes from LSU)
- The Grove (60 minutes from LSU)
- Cabazon Outlet Mall (60 minutes from LSU)

BUYING EVERYDAY ITEMS

Food Stores are listed in the yellow pages of the phone directory under "Grocers Retail." In newspapers you will find advertised specials for grocery stores in the area. These advertised prices are usually good for one week and tend to be lower than normal. Chain supermarkets have low prices on regular items, particularly the stores' own brand. Small neighborhood grocery stores will have higher prices, but may be more convenient.

➤ EATING

On-Campus

Eagle's Nest is in the center of campus with a Christian coffee house atmosphere. It sells hot and cold beverages along with cakes, muffins, doughnuts and hot meals when the cafeteria is closed. Tuesday Tunes is a weekly event, which may feature folk, gospel, jazz, reggae, or brass by Christian artists from the campus or visiting musicians from the community.

LSU Cafeteria is where food is prepared and served. It is located in the Commons to the front of the campus near the Administration building. The cafeteria prepares vegetarian and other ethnic dishes.

Off-Campus

There are several nearby restaurants where you can get very good deals, including good prices, fast service, international cuisine, and more.

BRINGING FAMILY MEMBERS TO LA SIERRA UNIVERSITY

Several international students at La Sierra University are accompanied by their families. Often, family members will come to La Sierra University after the student has arrived and settled.

It is important that all international students who are requesting documents in order to bring family members to La Sierra University understand some of the challenges to be faced by dependents. We hope that this information will help you think through some of these issues. If you have further questions, the OISS staff will be pleased to assist you.

DEPENDENTS' MEDICAL EXPENSES

Medical care in the U.S. is very expensive. This is especially true when medical insurance is purchased for family members. However it is extremely important that you purchase adequate health insurance for your family members. It is also very important to understand the medical coverage that you purchase. For example, does it cover pre-existing conditions? What are the benefits available for pregnancy?

CHILD CARE

The cost for childcare is reasonable in the La Sierra area. It is estimated that the monthly cost for full-time day-care can range from \$480-\$600 per month, depending on the age of the child (this can mean anything from \$7.50 to \$12 per hour).

Children, age five and older, must attend school, as the law requires. Local public schools are free of charge and serve specific geographic areas. To register your child, you will need to take a copy of your lease (or some proof of your local address), your child's passport or birth certificate, and immunization records. You should make inquiries to local schools concerning the availability of programs in English as a Second Language and their starting dates.

CULTURAL ADJUSTMENT FOR FAMILY MEMBERS

Remember that while you are here to be a student, family members often spend a great deal of time alone until they establish friendships and a schedule of their own. Family members will also need attention and you will need to spend time with your family, sometimes when you feel that you should be studying.

Family members may also experience loneliness and depression, and the demands that your studies make on you can sometimes lead to conflict and tension.

FINANCIAL CONSIDERATIONS

It costs money to bring dependents to the United States. Before issuing any dependent documents, the University will need to see evidence of adequate financial support for family members. Estimates of expenses are available on the FSF.

Please be aware that all dependents are not eligible for work authorization in the U.S. and you cannot depend on future work as proof of adequate financial resources.

F-2 visa holders (dependents of F-1 visa holders) are NOT allowed to work in the U.S. under any circumstances.

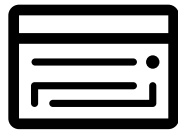
It is recommended that you complete, for yourself, a one page itemization of expenses for the last nine months (if a student) or for six months (if a scholar)—including tuition, books, medical expenses, automobile or transportation expenses, rent, food utilities, laundry, entertainment, clothes, and miscellaneous. You should then project additional expenses for the family and assess whether you have the necessary funds to cover these expenses.

If you receive financial support from a sponsor, either in the U.S. or overseas, does the sponsor understand that some of the funds will be used to bring your family to this country?





CAMPUS SERVICES AND INFORMATION



LA SIERRA UNIVERSITY STUDENT IDENTIFICATION CARD

To get your La Sierra University ID card, stop by the Office of Student Life in the Administration Building during orientation week. There you can have your picture taken for the ID card. If you live in the dormitories, you will utilize your ID card to open the doors after hours, the parking gate, and to eat in the cafeteria. If you lose your card, notify the Office of Student Life immediately. There is a replacement fee of \$20 for lost or stolen cards.



INTERNET ACCESS

All registered students at La Sierra University have access to wireless internet throughout campus. There are several computer labs including the Library, MICOL (located in Ambs Hall), the School of Business, Residential Halls (Dorms), and Price Science Complex where you can check your e-mail and do your homework. If you have a laptop, all the dormitories are wireless.



SETTING UP YOUR E-MAIL ACCOUNT

All students who have registered at La Sierra University have access to a free e-mail account provided by the University. To open your e-mail account, stop by Ambs Hall Room 119. To check your e-mail from anywhere in the world, log in to <http://webmail.lasierra.edu/>.

If you would like to e-mail a fellow student, their e-mail address will be the first letter of their first name, then the first three letters of their last name, and the last three digits of their ID number followed by @lasierra.edu. For example, Sample Student's e-mail address would be `sstud123@lasierra.edu`. If you would like to e-mail a staff or faculty member, their e-mail address is their first initial followed by the first seven letters of their last name followed by @lasierra.edu. For instance, your Favorite Professor's e-mail address will be `fprofess@lasierra.edu`.

POST OFFICE

The LSU Post Office is located next to the Physical Plant Department in the Physical Plant Building. Their hours are: 10 a.m. to 3 p.m., Monday through Thursday and 10 a.m. to 12 p.m. on Friday.

There are three basic means of sending mail in the U.S.:

Express Mail is the fastest USPS service. It offers guaranteed delivery service 365 days a year, including weekends and holidays.

Priority Mail can be used when the overnight speed is not needed but preferential handling is desired. Priority Mail offers expedited delivery at the least expensive rate in the industry.

First-Class Mail/Air Mail - International can be used for sending letters, postcards, stamped cards, greeting cards, personal notes, checks, and money orders. Must weigh less than 13 ounces. First-Class Mail is generally delivered overnight to locally designated cities and within two (2) days to locally designated states within the U.S. International Air Mail averages six to nine days delivery depending on destination.

SPECIAL MAILING SERVICES

A Certificate of Mailing is a receipt showing evidence of mailing. It does not provide insurance coverage for loss or damage, nor does it provide proof of delivery.

Certified Mail provides proof of mailing and delivery of mail. Certified mail service is available only for First-Class Mail or Priority Mail. Certified mail is not available for international mail, nor does it offer insurance protection.

Registered Mail is the most secure service option offered by the Postal Service. Registered articles are placed under tight security from the point of mailing to the point of delivery.

Return Receipt provides the sender with proof of delivery. The return receipt shows who signed for the item, the time and the date that it was delivered.

ADDRESSING YOUR MAIL FOR DELIVERY

For proper delivery of your mail, it is important to use complete address information in the destination address. It is also advisable to include a return address.

Destination Address. Be sure to include the following information in the destination address:

1. Recipient's name
2. Recipient's complete street address (include any apartment or suite number)
3. Post office box number (if applicable)
4. City, State, (use the correct state abbreviation!) and ZIP code (very important!)

Return Address. This has the same format as the destination address. Place the return address in the upper left corner of the letter or package.

International Mail. The format for international mail is very similar to that for domestic mail:

1. Recipient's name
2. Recipient's complete address (include apartment/suite number)
3. Post office box number (if applicable)
4. City, State/Province, (use the correct state abbreviation!) and foreign ZIP code (very important!)
5. Country in CAPITAL LETTERS

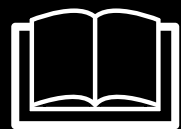
POSTAGE RATES

Please visit the United States Postal Service (USPS) web site for up-to-date rates. <http://www.usps.com/common/category/postage.htm>

OTHER MAILING OPTIONS

Federal Express is an express delivery service that you can use to send letters and packages in the U.S. or abroad overnight or with a 3-day service. It costs considerably more and you can also use our campus Post Office to send and receive FedEx packages. For more information on their services and rates, please visit them at <http://www.fedex.com>.

UPS is the preferred means of shipping bigger items in the U.S. To ship an item or package with UPS, visit Shipping and Delivery located in Physical Plant. For more information on their services and rates, please visit them at <http://www.ups.com>.



LIBRARY

The La Sierra University Library exists to serve the instructional and research needs of students and faculty. A student ID card is needed to check out books.

The library may seem, at first, challenging for students coming from a different country. While general orientations are held for most in the fall, international students should not hesitate to ask for individual assistance from the staff on how to use the collections. The librarians understand that periodical indexes, CD-ROMs, and other tools can be perplexing. For further information about these and other library resources, contact the Main desk of the Library at (951) 785-2044. Their web site is <http://www.lasierra.edu/library/>. Their business hours are 8 a.m.-10 p.m. Monday through Thursday, 8 a.m.-12 p.m. Friday.

(951) 785-2222 from off-campus. They are also in charge of parking, so if you own a vehicle that you plan to operate on campus, you must register it with them; otherwise, you will get a fine!



➤ CRIME PREVENTION, SAFETY & SECURITY

Despite the idyllic setting and the lack of a reputation for a high crime rate, the La Sierra University campus and surrounding areas have a surprisingly high rate of petty crimes and even felonies. For more information or to see the crime statistics, visit the La Sierra Security web site at <http://www.lasierra.edu/security/>.

e2Campus is a mass notification system that can alert students, faculty, and staff with text messages via their cell phones and/or email. With the widespread use of mobile phones, this method of communication can increase safety on the La Sierra University campus.

Time-sensitive messages can now go wherever you are. In addition to cell phones, e2Campus enables La Sierra to send important campus information to you via our Web site, RSS, PDA, Email, Text Pager. The choice is yours! This service is completely voluntary. .

Instructions on e2campus will take place during registration.

Suggestions for Protecting Yourself:

- Walk with confidence. Show that you are aware and in control.
- Trust your instincts. If someone or something makes you feel uneasy, get out or get away.
- If you are alone, consider requesting an escort from LSU Security by dialing x2222 from any on-campus phone.



LEAVING YOUR ROOM, APARTMENT, HOUSE FOR THE HOLIDAYS

Make sure to secure your valuables in a closet, locked trunk or storage locker.

Lock your doors and windows before you leave.

If you will be gone for a few days, ask a friend to watch your place.

For non-emergencies the Riverside Police Department phone number is (951) 787-7911; and the Fire Department's is (951) 826-5321.



AT YOUR OFFICE

Lock your belongings, such as a wallet or purse, in your desk or file cabinet.

Always lock your office or room when you leave even though you may only be away for a few minutes.

Never leave your backpack, briefcase, calculator, laptop, or other valuable items unattended. If you cannot take them with you, ask a friend to watch them until you get back.



YOUR BIKE

Always lock your bike to a secure object. This is important even if you are stopping for only a short time. When locking your bike, secure it through both the frame and the wheel.

The best security lock is the U-lock. Chains and cables can be cut with bolt cutters.

Register your bike with LSU Security. In addition, record the serial number of your bike and keep it in a safe place.



YOUR CAR

Always lock your car doors when leaving the car.

Park in a well-lit area. Avoid secluded parts of a parking lot.

Always lock your packages in the trunk of your car.

Always lock your doors when driving alone.



EARTHQUAKE PREPAREDNESS

Now that you live in an area where earthquakes are common, you need to think about what to do when the next quake occurs. You are much more likely to remain calm and react sensibly if you have thought about it in advance. If you are properly prepared,

you can minimize property damage or injury. If you are properly prepared you will be a resource for your fellow students, not a casualty requiring their help. Consult our Risk & Management Office at 951..785.2102

WHAT EMERGENCY SUPPLIES SHOULD I HAVE?

The following are the recommended items to obtain and have immediately available in case of an emergency:

1. First aid kit and instruction booklet
2. Flashlight and extra batteries/bulbs
3. Sturdy shoes
4. Portable AM/FM radio and extra batteries
5. Personal hygiene supplies
6. Extra change of clothes
7. Medication, prescriptions, glasses, medical history and immunization records
8. Phone number of out of state contact that all family members use (long distance calls may be possible even if local area service is not working)
9. One gallon of bottled water per person plus liquid chlorine bleach or water purification tablets for disinfecting
10. Extra nonperishable food (peanut butter, canned tuna, fruit, soups, crackers, nonfat dry milk, manual can opener, etc.)
11. Legal papers: driver's license, birth certificate, passport, insurance policies, and credit card information
12. Cash

If you live in the residence halls, the deans provide many of these items for you.

SPECIAL TIPS FOR DISABLED STUDENTS

1. Make a list of your special needs, medications, and/or special equipment. Keep one with you. Update your list as conditions change.
2. Ask people to be your "buddies" to help you in an emergency. Give them a copy of your self-assessment list. Practice with them what you all would do in an emergency.
3. Have any auxiliary devices you use, as well as extra batteries, medications, or other necessary items, nearby at all times.
4. If you are able, get under a table or into a doorway. If you are in a wheelchair, lock the wheels of the chair once you are in a protected spot.
5. If you cannot move safely and quickly; stay where you are and cover your head and body with your arms, pillows, etc.
6. Call for help if you need it. Use a whistle or flashlight. Bring attention to yourself any way you can.

DURING AN EARTHQUAKE

Stay calm. Do not panic or run! Quakes usually last about one minute.

1. Remain where you are—indoors, outdoors, or in a car.
2. If inside, IMMEDIATELY get under a table or desk, brace yourself in a doorway, or brace yourself in an inside corner away from windows, mirrors, or heavy objects. If possible, move to an inside hallway. Cover your head and upper torso. Remember: duck, cover, and hold.
3. Wait a few moments after the shaking stops

before leaving your cover. Aftershocks are common.

4. If you are outside, move away from the sides of buildings, power poles, lampposts, and walls.
5. If you are in a car, pull over, stop and park the car. Do not park under bridges, overpasses, or power lines. Do not get out of the car until shaking has stopped. Do not try to cross over structures that may have been damaged.
6. To help calm yourself, count the seconds of strong shaking, describe out loud how scared you feel, or reassure others around you.

HOW CAN I MAKE MY APARTMENT/ROOM SAFER?

1. Check to be sure nothing heavy or breakable is hanging over your bed or desk. Most injuries received are from falling objects, not from collapsing buildings
2. Place your bed or desk chair so it is not directly next to or under a window. If this isn't possible, sleep or sit with your head away from the window.
3. Lock the wheels on TV stands, utility carts, etc. Keep all breakables in secure low cabinets. Secure your computer to its table. You can use Velcro to attach computer parts to each other and to the table.
4. Locate the safe and dangerous spots in your room. Safe Spots: under heavy furniture like a sturdy table or desk, under interior door frames or braced in an interior corner away from shelves and windows. Danger Spots: windows, glass doors, mirrors, hanging objects, tall unsecured furniture, fireplaces, sky-lights, and kitchen area.
5. Keep cleaning products sealed and on lower shelves.
6. Cabinet doors should be latched to prevent opening during an earthquake.
7. Be prepared at all times; carry any necessary equipment or medicines in your backpack and/or car.
8. Keep exit routes clear. Do not block doors and hallways.
9. Know and practice at least two exit routes from your room and residence. Think about how you would evacuate your classrooms and dining halls.
10. Locate nearby fire extinguishers and be sure you know how to use them.
11. Familiarize yourself with the floor plan of your building and the buildings in your area. Know where the stairs and the closest exits are. Know where your Emergency Assembly Point is located.

AFTER AN EARTHQUAKE

1. Think through the consequences of any action you plan to take.
2. Be prepared for aftershocks. Do not run downstairs. Do not run outside. Wait until all motion has stopped before cautiously exiting.
3. Evacuate if there is immediate danger. Use stairs, not elevators.
4. Do not light a match or turn on a light switch. There may be leaking gas or electrical shorts. At night, use a flashlight.
5. Wear shoes for protection from debris or broken glass. Put on a jacket. Use extreme caution when entering and moving about damaged buildings.
6. Check immediate area for injured persons. Also check for fires, spills, or other hazards. Turn off all appliances.
7. If you are in class or another location on campus, report to the designated Emergency Assembly Point for your residence as soon as possible so that you may be accounted for.
8. Report serious injuries, fires, or other hazards to the staff member in charge at your designated Emergency Assembly Point. Help and cooperate with rescue and recovery efforts.
9. Do not use your telephones except for emergency calls. Do not use your vehicle unless there is an emergency. Do not flush toilets. Do not go sightseeing.

COUNSELING CENTER

The Counseling Center, located in La Sierra Hall 115, is a free service provided by the university for all its students, staff, and faculty. The Counseling Center provides free and confidential counseling by licensed counselors and psychiatrists. To make a confidential appointment, call them at (951) 785-2011.



FAMILY AND STRESS

Couples and families coming to La Sierra University are under intense pressure and stress. They suddenly have less time and energy for one another because of the huge demands of academic work. Most students and their families have had to relocate and leave behind their friends and families to come to La Sierra University. Often both students and spouses feel isolated, realizing they no longer have the support systems they used to have. As a result, there is more need and pressure to rely exclusively on each other, perhaps putting more demands on one another.

POSITIVE WAYS OF HANDLING STRESS

Despite the intensity of academic demands, it is important to set aside time to relax with family members on a regular basis. This can provide necessary balance to your life and give you fresh energy to tackle academic challenges.

To deal with the most pressing challenges, each person needs to develop his/her own positive ways of handling stress. Some options are:

Exercise daily or at least 3 times a week.

Develop friendships in which you can share your feelings of pressure and frustration (as well as enjoyment) with someone you trust

Learn techniques of stress management through workshops or private consultations with staff at La Sierra University Counseling Service

WHEN STRESS OVERFLOWS

Often the only place students and their spouses can release their tension and emotions is at home, where they know they are understood. If the stresses of academics, language difficulties, feelings of isolation, and missing home build up too much, just like steam in a pressure cooker, families can be at risk for losing tempers and becoming potentially violent. La Sierra University students are not immune to the kind of pressures that contribute to alarmingly high domestic violence statistics. If you need help managing your stress, contact our Counseling Center for a free and confidential session.

SPIRITUAL LIFE

La Sierra University is a Christian co-educational institution owned and operated by the Seventh-day Adventist Church. The Spiritual Life Office and the Campus Pastor coordinate the religious activities. Several worship activities are held during the week and students are required to attend University Worship, which is held every Tuesday. If you live in the dorms, you might be required to attend other worships. Please check your Residence Hall Handbook for more information.

The Spiritual Life Office is committed to mutual respect and opposes religious harassment and manipulation on campus. Consequently programs are designed in such a way that individuals from various religions can enjoy the services. Visit their web site at <http://www.lasierra.edu/spirituallife/> or call them at (951) 785-2090.

MISSIONS & OTHER MINISTRIES

Missions is the campus' center for missions and community services. Students at La Sierra can become vitally involved with short term (also known as STORM) and long-term service projects in mission outreach for the Seventh-day Adventist Church and a variety of other organizations. Students travel abroad for a year, a quarter or a week.. Missions office is located in Angwin Hall. For more information, contact (951) 785-2081.

In addition, other ministries include Home-base Ministry, RASKALS, Collegiate Sabbath School, Rendezvous, First Service, and many other ministries. For more information send them an email at spirituallife@lasierra.edu or contact them at 951.785.2090. .



ADDITIONAL RESOURCES

➤ USEFUL LA SIERRA UNIVERSITY PUBLICATIONS

(Available in the Admissions Office and the Office of Student Life)

Student Handbook
Undergraduate Bulletin
Graduate Bulletin

➤ USEFUL WEB RESOURCES FOR INTERNATIONAL STUDENTS

LA SIERRA UNIVERSITY
WEB PAGES

Office of International Student Services:
<http://www.lasierra.edu/international>

International Student Insurance: HTH Worldwide
<http://www.gghstudents.com/>

La Sierra University Health Services
<http://www.lasierra.edu/health>

La Sierra University Library
<http://www.lasierra.edu/library>

Office of the Registrar
<http://www.lasierra.edu/registrar/>

La Sierra University Bookstore
<http://www.lasierra.edu/bookstore>

La Sierra University
<http://www.lasierra.edu>

LOS ANGELES SITES

<http://la.yahoo.com>
An extensive directory of L.A. related sites

<http://www.latimes.com>
The Los Angeles Times newspaper online

<http://www.laweedy.com>
Pages and pages of events in L.A.

<http://www.at-la.com>
The guide to sites relating to Southern California and Greater Los Angeles

CALIFORNIA SITES

<http://www.gocalif.ca.gov>
Guidebook of California maps, activities, and events

<http://www.ftb.ca.gov>
California Franchise Tax Board

<http://www.dmv.ca.gov>
Car minded? Find all the details at the Department of Motor Vehicles web site

WEB SEARCH ENGINES AND RESOURCES

<http://www.google.com>
The best site for specific inquiries

<http://www.yahoo.com>
A powerful engine, especially for broad searches

<http://www.yellowpages.com> or
<http://local.google.com>
Locate all kinds of businesses and their addresses.

GENERAL INFORMATION

<http://www.cnn.com>
CNN news

<http://dailynews.yahoo.com/>
headlines
Reuters news

<http://espn.go.com>
ESPN sports

<http://www.cnnsi.com>
Sports Illustrated news

<http://www.cnn.com/WEATHER/worldtime>
Find the local time of any city/country

<http://www.mapquest.com>
Maps/directions to anywhere in the U.S

<http://www.xe.com/>
Currency converter

CONSUMER INFORMATION

<http://www.consumerworld.org>
Lots of general information for consumers.

<http://www.recycler.com>
Find almost any second hand item for sale, from tables to airplanes.

<http://www.irs.gov>
Forms and information on tax treaties and laws to help you (hopefully!) get a tax refund on April 15th.

<http://www.epinions.com>
User opinions on various items including computer accessories.

<http://www.pricegrabber.com>
Compare online prices for almost any kind of product.

<http://www.ebay.com>
Buy almost anything from this online auctioneer.

<http://www.amazon.com> |
<http://www.ihavethatbook.com>
Buy almost any book you're looking for!

TRAVEL SERVICES

<http://www.travelocity.com>
<http://www.priceline.com>
<http://www.orbitz.com>
<http://www.cheaptickets.com>
<http://www.expedia.com>
<http://www.kayak.com>
<http://www.sidestep.com>
<http://www.thestoremaker.com>

ENTERTAINMENT

<http://www.moviephone.com>
Theatre show times, movie information and ticket purchases.

<http://www.imdb.com>
The internet movie database - to find information on almost any movie.

<http://www.moviepooper.com>
Find the ending to almost any movie before you see the movie!

<http://www.towerrecords.com>
Lots of music information, song previews and shopping.

<http://www.apple.com/itunes>
Buy songs for only \$0.99 each!

<http://www.culturefinder.com>
Search the biggest U.S. cities for the most fabulous artistic performances.

<http://www.1acma.org/library/gensour/lacmus.htm>
Links to Los Angeles museum web sites.

<http://www.ticketmaster.com>
Get tickets for concerts, sporting events, shows, etc.

International News

<http://news.bbc.co.uk>
The BCC news network.

<http://world.cnn.com>
CNN world news.

MUST-SEE COOL SITES

<http://www.onion.com>
Tired of real news? Try something a bit surreal.

<http://maps.live.com>
Interactive satellite images.

<http://www.downloads.com>
Looking for a computer program? You'll sure find it here!

ALPHABETICAL LISTING OF GREATER LOS ANGELES INTERNATIONAL PAGES

Argentinean
<http://www.usargentina.com/lapage/>
Offers local markets, restaurants, professional organizations, and community news geared to the Argentine community.

Black in L.A.
<http://www.blacknla.com>
Online publication for African-Americans feature events, restaurants, businesses, and social organizations.

Chinese
<http://www.infola.com>
Provides all the needed living information for Chinese in Southern California.

Greek
<http://www.yasas.com>
Southern California Greek-American directory of bus business, churches, clubs, restaurants, and organizations.

Iranian
<http://www.persiansite.com>
Persian Heritage Foundation offers information on Iranian culture, history, arts, poetry, and more.

Irish
http://www.irishcenter.org/ic_links.html
 Provides California's Irish with informational resources and links, including listings of Irish news/events, businesses, and products.

Japanese
<http://www.jccsc.com>
 Japanese Chamber of Commerce of Southern California provides links to living information for Japanese in Los Angeles.

Korean
<http://www.lakorea.com>
 Information to address the needs of Koreans in L.A.

Russian
<http://la.baraban.com>
 Russian information network of L.A. Provides a guide to restaurants, churches, banyas video rentals in Los Angeles.

Southeast Asian
<http://www.seacaef.org>
 Offers educational and cultural information and materials for Southeast Asian students and families.

Swedish
<http://www.hollywoodwebworks.com/Swedlink.htm>
 Directory for Swedes living in the Los Angeles area.

Thai
<http://www.thai-la.com>
 Thai reference site for Los Angeles. Covers religion, food, activities, education, and more.

SELECTED FOREIGN LANGUAGE PROGRAMS TELEVISION

KSCI-TV (Channel 18)

KSCI-TV is the leading over-the-air Asian language television station in the United States and features programming in the following languages: Arabic, Armenian, Khmer, Cantonese-Chinese, English, Farsi, Hindi, Hebrew, Japanese, Korean, Mandarin-Chinese, Tagalog, Urdu, and Vietnamese.

You can view KSCI-TV for free via a UHF antenna placed on your television. If you subscribe to cable service, KSCI-TV will be provided as part of the basic programming tier.

For an updated list of programs offered in the languages listed above, visit <http://www.kscity.com/>.

KCRA-TV (Channel 62)

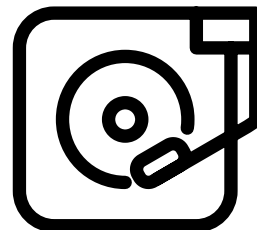
KCRA-TV offers news programming in the following languages: Korean, Mandarin-Chinese, and Vietnamese.

You can view KCRA-TV for free via a UHF antenna placed on your television. If you subscribe to cable service, KCRA-TV will be provided as part of the basic programming tier.

For other over the air international programming, visit <http://www.geocities.com/hollywood/bungalow/5014/latv.html>

SELECTED FOREIGN LANGUAGE PROGRAMS ON RADIO

For a list of radio stations broadcasting in the Los Angeles area, visit <http://www.radiowatch.com/finder.html>. You will be able to locate both FM and AM stations in the area that broadcasts in a number of different languages. If you are interested in finding out about additional radio stations in California and even some on-line, visit <http://www.radio-directory.com>.



WEIGHTS, MEASURES, & TIME ZONES

<http://www.convert-me.com/en/>

In your daily activities, you will notice that the U.S. uses its own system of measurements. Although the U.S. is gradually adopting the metric system, most measurements continue to be based on the English system.

LINEAR MEASURE

Personal height is expressed in feet and inches. To convert centimeters to inches, multiply the number of centimeters by 0.39. To convert inches to centimeters, multiply the number of inches by 2.54.

To convert kilometers to miles, multiply the number of kilometers by 0.621. To convert miles to kilometers, multiply the number of miles by 1.61.

Dry Measure

Americans use the Avoirdupois system, based on a pound (lb.) weighing 16 ounces (oz.). To convert grams to ounces, multiply the number of grams by .03527. To convert ounces to grams, multiply the number of ounces by 28.35. To convert kilos to pounds, multiply the number of kilos by 2.2046. To convert pound to kilo, multiply the number of pounds by 0.454. Avoirdupois weight is used in the U.S. for personal weight and for weighing many commodities including meats, vegetables, sugar, coffee, butter, etc.

Liquid Measure

Liquid measure usually applies to dry as well as liquid, if they are to be used in recipes. Recipes calling for "1 cup," "1 tablespoon," "1 teaspoon," etc., refer to special cooking utensils. If you use tableware, portions may not be correct.

Body Temperature

Normal body temperature (by mouth thermometer) is 98.6° F or 37.0° C. Normal body temperature can vary within 1° F above or below 98.6° F.

	Centigrade	Fahrenheit
Low fever	37.8° - 38.3°	100° - 101°
High fever	38.9° - 40.6°	102° - 104°

Abbreviations in Cookbooks American Equivalents

tbsp or T =	Tablespoon	3 tsp =
1 T		
tsp =	Teaspoon	8 oz = 1 c
c =	Cup	4 tbsp = 1/4 c
oz =	Ounce	4 c = 1 qt
lb =	Pound	1 qt = 32 oz
pt =	Pint	16 oz = 1 lb
qt =	Quart	2 T = 1oz
gal =	Gallon	

American to International Equivalents

Spoons & Cups	Liquid Ounces	Metric Measures
1 tsp =	1/6 fl. oz	= 5 ml (milliliters)
1 T =	1/2 fl. oz	= 15 ml
1 c =	8 fl. oz	= 227 ml
2 c =	16 fl. oz (1 dry lb)=	454 ml
4 c =	32 fl. oz	= 908 ml
62/3 T =	3 1/3 fl. oz	= 100 ml
1 c & 1 T =	8 1/2 fl. oz	= 250 ml
4 1/3 c =	2.2 dry lbs	= 1 kilogram

Temperature

In the U.S. we use the **Fahrenheit** system to read temperature.

To convert from Fahrenheit to Centigrade Subtract 32° from F° and divide by 1.8.

To convert from Centigrade to Fahrenheit Multiply C° by 1.8 and add 32°.

Water boils at 100° C or 212° F.

Water freezes at 0° C or 32° F.

C°-40-30-20-10 0 10 20 30 40 45 Degrees
F°-40-22 -4 14 32 50 68 86 104 113



Time Zones

The continental U.S. is divided into four time zones: Eastern, Central, Mountain, and Pacific. California is in the Pacific Time Zone. Traveling from the West Coast to the East Coast, you will set your watch ahead one hour for each time you enter a new time zone.

Local Resources



BANKS

BANK OF AMERICA - 4601 La Sierra Ave. (951) 343-3060

WELLS FARGO BANK - 3765 Tyler St. (951) 343-3860

CHASE - 360 N. McKinley, Corona (951) 279-2397

LA LOMA EFCU - 11498 Pierce St. Suite D, Riverside, CA

CITIBANK 3580 Tyler Street (951) 687-8751



COFFEE SHOPS

EAGLE'S NEST - Dining Commons (951) 785-2138

STARBUCKS - Riverwalk & 91 Freeway (951) 359-1453

STARBUCKS - Tyler and Magnolia (951) 688-1210

BACK TO THE GRIND - Downtown Riverside (951) 784-0800



DEPARTMENT STORES

JC PENNY CO.- Galleria at Tyler (951) 687-3060

MACY'S - Galleria at Tyler (951) 687-1021

NORDSTROM - Galleria at Tyler (951) 351-3170

SEARS - 5261 Arlington Ave., Riverside (951) 352-5223

TARGET - 3520 Tyler St. (951) 351-8271

WAL-MART - 479 N. McKinley St., Corona (951) 270-0707

KOHL'S DEPARTMENT STORES - 470 Hidden Valley Pkwy, Corona (951) 493-6607



HOSPITALS

PARKVIEW COMMUNITY HOSPITAL - 3865 Jackson St., Riverside

(951) 688-2211

RIVERSIDE COMMUNITY HOSPITAL- 4445 Magnolia Ave., Riverside

(951) 788-3000

URGENT CARE - 4444 Magnolia Ave., Riverside

(951) 682-5661

LOMA LINDA UNIVERSITY MEDICAL CENTER - Loma Linda

(909) 558-1000



PHARMACIES

LONG DRUGS - 3440 La Sierra Ave. (951) 352-0880

RITE AID - 4790 La Sierra Ave. (951) 688-4196

TARGET - 3520 Tyler St. (951) 351-8271

VONS - 3840 La Sierra Ave, (951) 359-1580

WALGREENS - 11110 Magnolia Ave. (951) 688-4154

WAL-MART - 479 N. McKinley St., Corona (951) 270-0707



SUPERMARKETS

LA SIERRA NATURAL FOODS - 11550 Pierce St. (951) 785-2181

STATER BROS MARKETS - 4680 La Sierra Ave. (951) 351-0125

VONS - 3840 La Sierra Ave, (951) 359-1580

FOOD 4 LESS - 109 N. McKinley St., Corona (951) 278-8020

TRADER JOE'S - 6225 Riverside Ave. (951) 682-4684

LUCKY SEAFOOD MARKET, 4529 La Sierra Ave, (951) 688-0199



MOVIE THEATERS

TYLER MALL, AMC- 3775 Tyler Ave. 1-888-262-4386

REGAL 16, RIVERSIDE - 3535 Central Ave. (951) 784-4600

VAN BUREN DRIVE-IN - 3035 Van Buren Blvd. (951) 688-2360

METROPOLITAN VILLAGE - 1201 University Ave. (951)-784-4342

CORONA CROSSINGS - 2650 Tuscany St. Corona (951) 582-0872

EDWARDS CORONA 11 - 351 W Rincon St., Corona (951) 279-1160



ARTS

BRANDSTATER ART GALLERY At La Sierra University (FREE) - LSU Art Department - (951) 785-2959

UC RIVERSIDE CALIFORNIA MUSEUM OF PHOTOGRAPHY (FREE WITH STUDENT ID) - 3824 Main St. Riverside, CA 92501- (951) 827-4787

RIVERSIDE FESTIVAL OF LIGHTS (SEASONAL & FREE) HAPPENS DURING HOLIDAYS - 3649 Mission Inn Ave Riverside, CA 92501

FOX PERFORMING ARTS CENTER - 3801 Mission Inn Avenue Riverside, CA 92501 - (951) 779-9800



ACTIVE LIFE

SKY ZONE (TRAMPOLINS) 4031 Flat Rock Dr. Riverside, CA 92505 - (951) 643-0099

2001 ROLLER CITY (ROLLER SKATING) - 10765 Magnolia Ave. Riverside, CA 92505 - (951) 688-4145

AMF RIVERSIDE LANES (BOWLING) 10781 Indiana Ave. Riverside, CA 92503 - (951) 353-2695

BRUNSWICK CLASSIC LANES (BOWLING) 1800 Hamner Ave. Norco, CA 92860 - (951) 734-8410

CASTLE PARK (AMUSEMENT PARK/MINI GOLF) 3500 Polk St. Riverside, CA 92505 - (951) 785-3000

HANGAR 18 (ROCK CLIMBING) 6935 Arlington Ave. Riverside, CA 92503 - (951) 359-5040

MOUNT RUBIDOUX TRAIL (HIKING) Mount Rubidoux Dr Riverside, CA 92501

TWO BIT TRAIL (HIKING) Trail starts behind LSU Physical Plant Building.



RESTAURANTS AND FAST-FOOD by near streets

RIVERWALK PKWY - Carl's Jr (Burger) Wing Stop (Chicken Wings) Big Tuna (Sushi) First Class Pizza (Pizza) Green Olive Grill (Mediterian) Wok and Grill (Japanese)

LA SIERRA AVE Jack in the box (Burger) Deltaco (Mexican) Panda Express (Chinese) Johnny's Burguer (Local Burger) Pizza Hut (Pizza and Wings) Taqueria Mi Ranchito (Mexican) US Donuts (Breakfast Sandwiches, Donuts) Subway (Sandwiches) Pupuseria La Sierra (El Salvadorean) Pho 99 (Vietnamese)

PIERCE ST Oasis (Vegetarian Burgers)

S PIERCE ST Farmer's boys (Burger) Chilitos (Mexican) Subway (Sandwiches) Rlverside Thai (Thai Cusine)

HOLE AVE Anchos (Mexican)

MAGNOLIA Gol (Brazilian) Nara (Sushi) Dragon House (Chinese) Koreana Grill BBQ Buffet (Korean BBQ) JOE'S SUSHI (Sushi) Korean Bbq House (Korean BBQ) Alberto's (Mexican) Cupcake place (Cupcakes) Ihop (Pancake's House) KFK (Chicken Fried) Mc Donald's (Burger) George's Drive-In (Local Burger) Bambino's Pizza & Italian Food (Italian)

GALLERIA AT TYLER Cheesecake Factory (American Traitional and Desert) TGI Friday's (American Traditional) Yard House (American Traditional) Red Robin (Burgers) Amaya (Japanese)

RIVERSIDE PLAZA Panera Bread (Soup and Bread) Islands (American Traditional) El Torito (Mexican) Daphne's (California Greek) El Pollo Loco (Mexican Chicken) Chipotle (Mexican)



SALONS & BARBERSHOPS

- SALON 3778** - 3778 9th St. Riverside, CA 92501 - (951) 683-6294
- MIMI'S HAIR SALON** - 4509 La Sierra Ave. Riverside, CA 92505 (951) 688-0888
- PIERCE BARBERSHOP** - 3812 Pierce St. Riverside, CA 92503 - (951) 688-0204
- ADORE NAIL SPA** - 11090 Magnolia Ave. Riverside, CA 92505 - (951) 343-7279



BEVERAGES AND SMOOTHIES

- JAMBA JUICE** - 9825 Magnolia Ave., Ste.. A Riverside, CA 92503 - (951) 358-0819
- GREEN CRUSH** 1299 Tyler St. Riverside, CA 92503 - (951) 688-8688
- US DONUTS** 4786 La Sierra Ave. Riverside, CA 92505 - (951) 352-1893
- FROSTBITES** 10347 Magnolia Ave Riverside, CA 92505 - (951) 352-4903
- TEA TIME EXPRESS** - 430 N Mckinley St. Corona, CA 92879 - (951) 808-4000



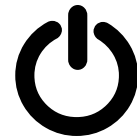
FROZEN YOGURT AND ICE CREAM

- FARRELL'S ICE CREAM PARLOUR RESTAURANT** - 3610 Park Sierra Riverside, CA 92505 - (951) 351-1200
- YOGURT PUFF** - 115 N Mckinley St. Corona, CA 92879 - (951) 272-2000
- TUTTI FRUTTI** - 2210 Griffin Way. Corona, CA 92879 - (951) 272-6585
- BASKIN-ROBBINS** - 3760 Tyler St. Riverside, CA 92503 - (951) 687-4222
- YOGURTLAND** - 420 N Mckinley St. Corona, CA 92879 - (951) 520-2682
- COLD STONE CREAMERY** - 9867 Magnolia Ave Riverside, CA 92503 - (951) 637-0920



FITNESS CENTER

- ANYTIME FITNESS** - 4270 Riverwalk Pkwy. Riverside, CA 92505 (951) 977-9607
- FITNESS 19** - 3480 La Sierra Ave. Riverside, CA 92503 (951) 785-1919
- FAMILY TAE KWON DO CENTER** - 4547 La Sierra Ave Riverside, CA 92505 (951) 354-6645
- YOGA DEN** 1035 Montecito Dr Corona, CA 92879 (951) 279-9642
- UFC GYM** - 470 N McKinley St. Corona, CA 92879 (951) 808-3850
- 24 HOUR FITNESS** - 275 Teller St. Corona, CA 92879 (951) 734-0121



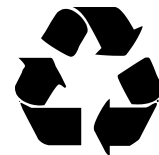
ELETRONIC DEVICES STORE

- BEST BUY** - 3900 Tyler St. Riverside, CA 92503 (951) 343-8960



BIKE SHOP

- RIVERSIDE CYCLERY USA** - 10000 Magnolia Ave. Riverside, CA 92503 (951) 354-8444
- PEDALS BICYCLE SHOP** 3765 Jurupa Ave. Riverside, CA 92506 (951) 683-5343



RECYCLE CENTER

- REPLANET RECYCLING** - 4680 La Sierra Ave. Riverside, CA 92505 (951) 343-2580



SDA CHURCH

- LA SIERRA UNIVERSITY CHURCH** - 4937 Sierra Vista Ave. La Sierra University, Riverside, CA 92505

- LA SIERRA SPANISH 7TH-DAY** 5885 La Sierra Ave. Riverside, CA 92505

AROUND LA SIERRA

- 01** Carl's Jr/ Wing Stop/ Big Tuna/ First Class Pizza/ Green Olive Grill/ Wok and Grill
- 02** Anytime Fitness
- 03** Starbucks
- 04** GAS STATION
- 05** Farmers Boys / Chillitos
- 06** Skizone
- 07** Oasis Cafe *Vegetarian / Natural Foods
- 08** Del Taco/ Pizza Hut/ US Donuts/ Taqueria/ Jack in the Box
- 09** Ride Aid/Goodwill
- 10** Stater Bros/ Replanet
- 11** Vons
- 12** Panda Express / Frozen Yougurt
- 13** Asian Market
- 14** Johnny's Burger
- 15** Walgreens
- 16** Gol / Nara
- 17** Frostbites
- 18** IHOP
- 19** Best Buy / Burlington
- 20** Ross/ Subway/ McDonalds
- 21** Starbucks / Baskin Robbins / Burguer King / Olive Garden
- 22** Target
- 23** TGI Friday / Barnes and Noble
- 24** Cheesecake Factory / Red Robin
- 25** AMC Theaters
- 26** Riverside Cyclery
- 27** Castle Park
- 28** Jamba Juice/ Cold Stone
- 29** DMV
- 30** TRADER JOE'S
- 31** RIVERSIDE PLAZA
- 32** DOWNTOWN

FOR MORE INFORMATION PLEASE REFER TO YOUR ORIENTATION HANDBOOK PG.62



GLOSSARY OF TERMS

Immigration Terms

CBP: Customs and Border Protection, the branch of the government that enforces the import and export laws and regulations of the U.S. federal government and conducts immigration policy and enforcement at the Port of Entries.

COS: Change of Status, usually from one visa category to another.

CPT: Curricular Practical Training, permission to work outside of the university through an internship or co-op opportunity.

CSC: California Service Center, where the OPT applications and other immigration forms are filed, if you are attending school in California.

DHS: Department of Homeland Security

INS: Immigration & Naturalization Services, now USCIS/USICE.

NSEERS: National Security Entry-Exit Registration System, a program that tracks certain foreign nationals.

OPT: Optional Practical Training, a 12-months work permit students can apply for when they complete their studies to work in a job related to their major.

Out of Status: a term that refers usually to a student who was in F-1 status but violated one or more of the F-1 regulations.

Reinstatement: process to reinstate a student back into F-1 status, usually after falling "out of status."

RFE: Request for Further Evidence (when filing a form with the CSC)

STEM: A 17-month extension on an OPT for students who are studying under particular majors in the STEM (science, technology, engineering, and mathematics) categories.

USCIS: United States Citizen and Immigration Services, the branch of the government that processes all the immigration paperwork.

USICE: United States Immigration and Customs Enforcement, the branch of the government that carries out the enforcement side of immigration

POE: Port of Entry, or any official place where an immigrant can enter the United States. Visas

F-1: Student Visa

F-2: Dependent (spouse/child) of an **F-1** visa

H-1: Work Visa

H-4: Dependent (spouse/child) of a work visa

J-1: Scholar/Exchange visitor visa

J-2: Dependent (spouse/child) of a J-1 visa

R-1: Religious worker visa

R-2: Dependent (spouse/child) of an **R-1** visa
Forms

DS-2019: Eligibility form that allows a scholar/exchange visitor to stay in the U.S.

IAP-66: now DS-2019

AR-11: Change of Address form

I-20: Eligibility form that allows a student to stay in the U.S.

I-94: Admissions form, usually given at the airport and stapled to the passport

I-102: Application to replace lost I-94

I-129: Application for non-immigrant worker

I-539: Application to change/extend non-immigrant status.

I-765: Application for Employment Authorization

I-797: Notice of Action

I-901: SEVIS payment fee

I-907: Application for premium processing fee
Other Terms

GPA: Grade Point Average, an average of grades earned, weighted by the number of credit hours earned.

OISS: Office of International Student Services

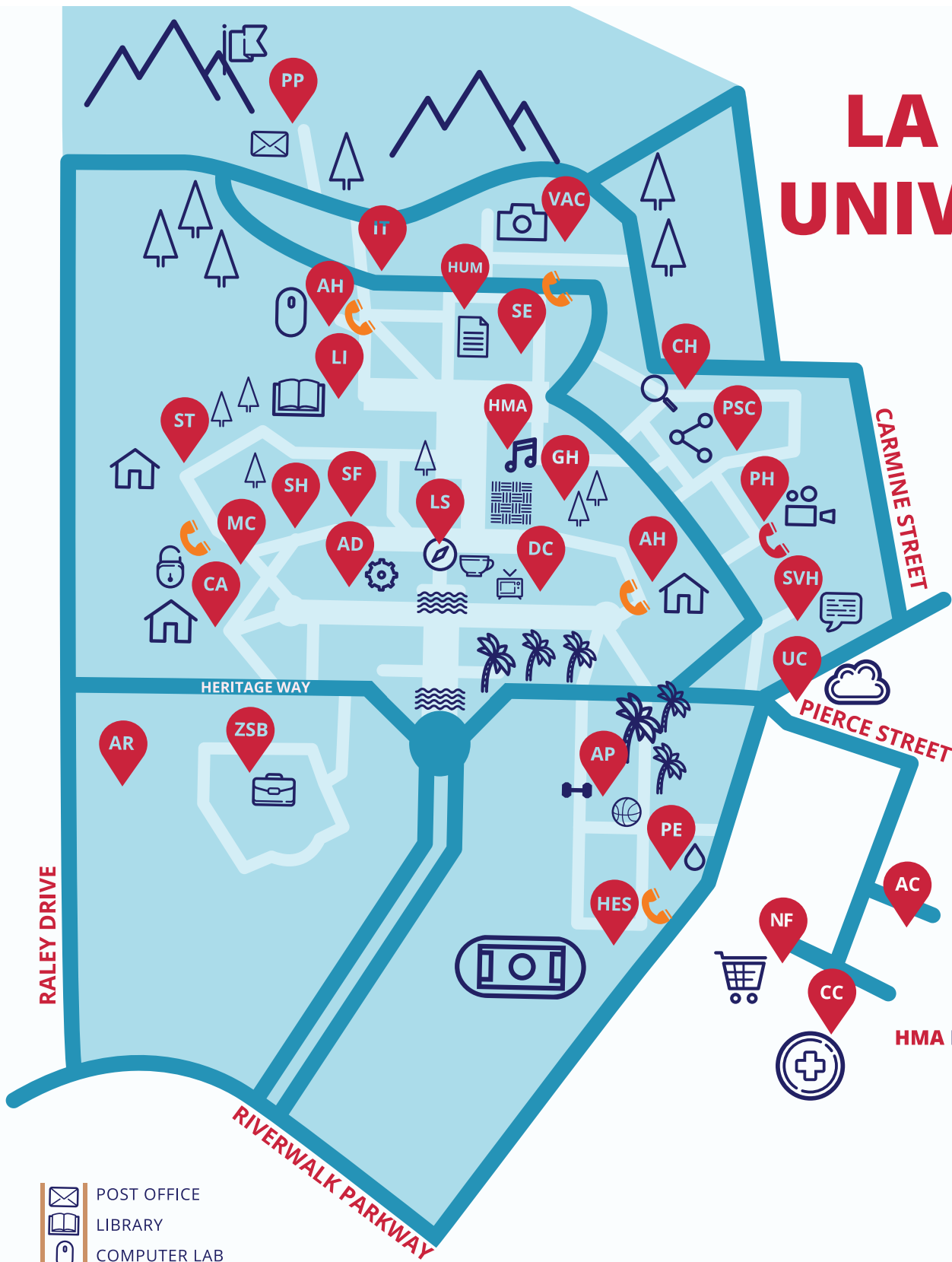
SSN: Social Security Number, a number assigned by the government to U.S. residents at birth and used by many universities and businesses as an identification number.

TOEFL: Test Of English as a Foreign Language; a test that measures the ability of nonnative speakers of English to use and understand North American English. Many university academic programs have a minimum TOEFL score for admission.

Undergraduate Student: a student working toward a bachelor's degree.

Graduate Student: a student working toward a master's or doctoral degree.

LA SIERRA UNIVERSITY MAP



- AC** Alumni Center
- AD** Administration
- AH** Ambbs Hall
- AN** Angwin Hall
- AP** Alumni Pavilion
- AR** Archaeology
- CA** Calkins Hall
- CC** Convenience Center
- CH** Cossentine Hall
- DC** Dining Commons
- GH** Gladwyn Hall
- HMA** Hole Memorial Auditorium
- HUM** Humanities Hall
- IT** Information Technology
- LI** Library
- LS** La Sierra Hall
- MC** Matheson Chapel
- NF** Natural Foods
- PE** Physical Education
- PH** Palmer Hall
- PP** Physical Plant/Grounds
- PSC** T. B. Price Science Complex
- SE** School of Education
- SH** South Hall
- SK** Security Kiosk
- ST** Sierra Towers
- SVH** Sierra Vista Hall
- SY** Security
- UC** University Church
- VAC** Visual Arts Center
- ZSB** Tom & Vi Zapara School of Business

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> POST OFFICE LIBRARY COMPUTER LAB MUSIC DEPT. TROESH CENTER EAGLE'S NEST MISSIONS ADMINISTRATION DORMITORY SCIENCE LABS FOUNDER'S GREEN | <ul style="list-style-type: none"> GYMNASIUM GYM POOL C-SAS BRANDSTATER GALLERY FILM DEPT SECURITY CHURCH MUSEUM WATERFALLS | <ul style="list-style-type: none"> WRITTING CENTER STUDENT CENTER LA SIERRA FOODS HEALTH CENTER TWO BIT |
|---|---|---|
- NEW & TRANSFER INTERNATIONAL STUDENT OF IDENTITY HANDLING EMERGENCY PHONES