



University of  
New Haven

# PRE-ARRIVAL GUIDE FOR INTERNATIONAL STUDENTS



UPDATED JUNE 9, 2021



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# Introduction

Welcome to the University of New Haven! We are looking forward to your arrival to the University community and helping you prepare for this experience. In addition to settling in and preparing to begin your studies, you will also be adjusting to and living in a culture that may be quite different from yours. This handbook is designed to answer some of the questions you may have prior to arriving at the University of New Haven.

We strongly recommend you read it carefully and keep it for future reference. The Office of University Immigration Services and the Office of Graduate and International Student Life are here to help with your questions. Please feel free to utilize all resources available to you. We wish you success as you begin this new adventure.

## Office of Graduate and International Student Life

The Office of Graduate and International Student Life (OGISL) handles questions regarding orientation, housing, academic success, adapting to U.S. culture and the education system, campus engagement, and graduation.

The Office of Graduate and International Student Life at the University of New Haven is the main hub for all graduate and international student needs, engagement, support, and services. We work to foster an inclusive and supportive environment to ensure every student has a positive and enriching experience during their time with us. Formally known as the Office of Graduate Student Services and the International Students Office, our new office structure as of Summer 2021 will only strengthen and expand the services and engagement opportunities for all graduate and international students.

### CONTACT INFORMATION:

#### Office of Graduate and International Student Life

Gatehouse 100

 203.479.4570

 [OGISL@newhaven.edu](mailto:OGISL@newhaven.edu)

### FIND US ON:

 @unewhaven\_ogisl

 @unewhaven\_ogisl

## University Immigration Services

The Office of University Immigration Services (UIS) provides document services and visa advising to the University's diverse international student and scholar population, which comprises undergraduate and graduate students from 60+ countries and 10% of the total enrolled students, graduated international students for up to three years of OPT and STEM OPT, J-1 exchange students, and J-1 visiting scholars. UIS services the visa and immigration needs of these F-1 and J-1 students and scholars, their dependents, as well as other non-immigrant visa-holders who seek advice.

The Office of University Immigration Services (UIS) handles international student advising related to the F-1 and J-1 visa status life cycle, including:

- Initial I-20/DS-2019 issuance
- Visa interviews
- Travel and arrival to the United States
- Maintenance of visa status
- Immigration regulations
- Change of visa status
- Change of education level
- SEVIS transfers
- All J-1 scholar needs
- Travel and visa renewal for students and visiting family members
- Paperwork (letters) required for banking, the DMV, SSN, or ITIN applications
- I-20/DS-2019 updates
- Extensions, shorten program dates, LOAs
- Reduced courseload authorizations
- F-2/J-2 dependent documents
- Employment authorizations (CPT, OPT, severe economic need, TPS, J-1 academic training)
- Post-completion and STEM OPT reporting

### CONTACT INFORMATION:

#### University Immigration Services

One Stop Shop, Bergami Hall

 203.932.7475

 [uis@newhaven.edu](mailto:uis@newhaven.edu)

 myCharger | [International Services](#)

### FIND US ON:

 @unewhaven\_uis

 @newhaven\_uis

 @newhaven\_uis

# Preparing for Your Arrival

Students are strongly encouraged to review and follow the Graduate or Undergraduate Roadmaps for Admitted Students linked on the website. [Admissions Information for International Students](#)

The checklist below summarizes the steps needed to make your transition to the University of New Haven as seamless as possible.

## Finalize Admissions Requirements

Submit any outstanding requirements, such as commitment deposits, final transcripts, or other documentation. Communicate with your respective admissions office to make sure you are well-informed about everything that must happen between getting your I-20 and arriving on campus.

## Login Username and Password

After you have paid your commitment deposit, you will be sent emails with your username and password. When you log in to your MyCharger portal, you will be able to do a number of things including registering for courses and submitting health forms, housing applications, and a photo for your campus ID card.

You will find a link to MyCharger at the top right corner of the [University website](#). If you think you may have missed the emails, contact the admissions office.

## Housing

Research and coordinate your on- or off-campus housing. Review the resources and links on the following pages in this Pre-Arrival Guide.

## Health Immunizations and Insurance

Make sure you have all the right vaccinations and have submitted the required health forms. International students must sign up for the University health insurance policy. Alternative policies are not accepted. Please communicate in advance if you have a spouse or children who will be accompanying you. Visit the [Health Insurance webpage](#) for more information.

## Pay Your Bill

On the [Bursar's Office webpage](#), you will find various options for paying your bill, including an international wire transfer service called Flywire. We recommend [Flywire](#) because it is a safe and effective way to send money.

Please note that scholarships and assistantships are awarded during the admissions process. If you wish to know more, talk with your admissions counselor.

## Complete the International Orientation Course on Canvas

Get a head start and complete all modules and quizzes in the New International Student Orientation course on Canvas. You can log in to MyCharger, click on the Canvas icon on the top toolbar, and view the Orientation course card on your dashboard. It is a self-paced orientation filled with helpful resources about your immigration status, life as a student at the University of New Haven, and more.

## Register for Orientation

You will be required to attend the graduate or undergraduate student orientation program. Review the information on the website and register in advance through your with your respective admissions office. Look for information from your admissions counselor. You are also strongly encouraged to attend the Welcome Luncheon and Visa Session to meet the University Immigration Services staff and other international students and receive important information regarding your visa and life as a student at the University of New Haven.

## Make Travel Arrangements

We advise international students to choose New York JFK as their arrival airport because it is the most convenient airport for international arrivals. Review the travel information page and make plans to arrive at the University of New Haven in time to attend required orientation sessions, as well as find your housing. If you have requested [on-campus housing or official graduate student housing](#), you will be told what day you can arrive. Contact your respective admissions or the Office of Graduate and International Student Life office to inquire if any airport pick-up services have been scheduled for the days immediately preceding the orientations.



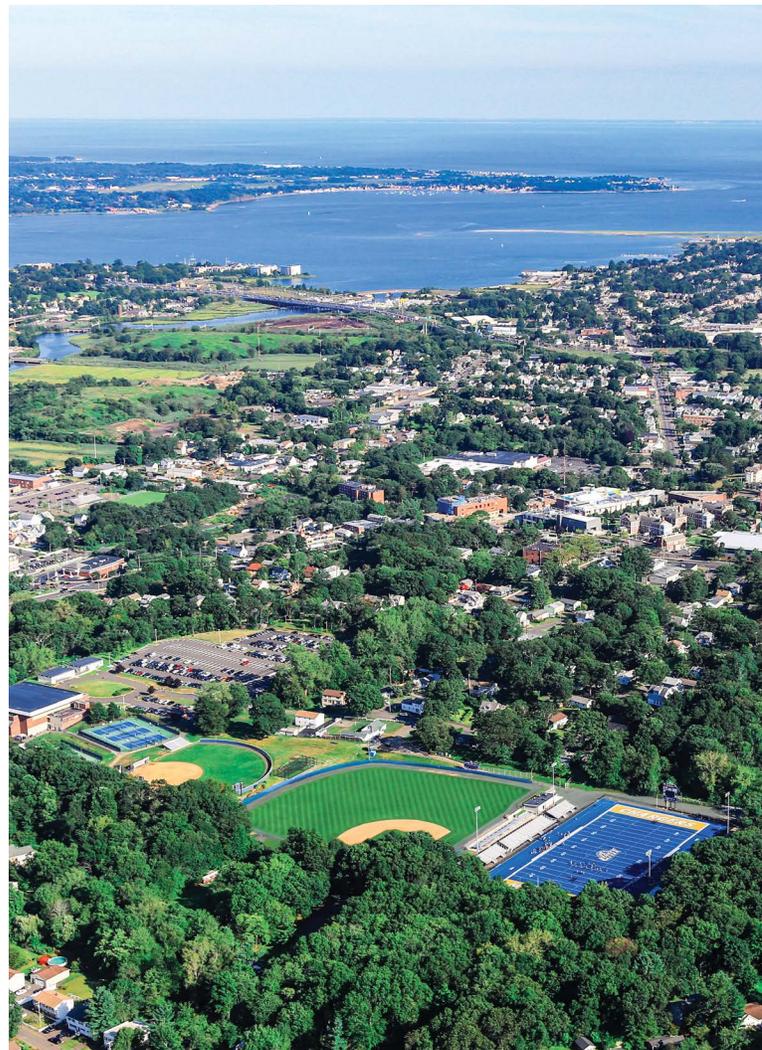
# Arrival in the United States and Check In

Upon arrival to the United States, no earlier than 30 days before the program of study begins and no later than the start of classes, all new F-1 and J-1 students must:

- Complete document check-in via the online form provided by University Immigration Services. ***Please don't do this before you arrive in the U.S. because a copy of your I-94 arrival record is required.***
- Complete the Canvas course entitled New International Student Orientation before the add-drop deadline.

To ensure proper processing of SEVIS Registration, all international students must upload the following documents to their check-in e-form:

- Form I-20 (F-1) or DS-2019 (J-1) with your signature on it
- Passport
- F-1 or J-1 visa
- Most recent I-94 arrival record (After arriving in the U.S., visit this [website](#) and print the most recent I-94 or email it to [uis@newhaven.edu](mailto:uis@newhaven.edu).)



# F-1/J-1 Visa Regulations

All non-immigrant international students at the University of New Haven must abide by both university policies and federal immigration regulations that govern their stay in the United States. When students sign the Form I-20 or DS-2019, they are agreeing to follow all the rules and regulations governing their F-1 or J-1 status.

The Office of University Immigration Services (UIS) assists and advises students on maintaining their status, but the Department of Homeland Security (DHS) considers it the sole responsibility of students to maintain the terms of their F-1/J-1 status. UIS will help you navigate the government regulations to avoid pitfalls. These guidelines can help you.

## 1. Reporting

DHS requires student visa-holders check in with their school within 15 days of the start of the semester. Failure to report could result in possible loss of legal status and possible termination of the SEVIS record. The UIS urges all international students to complete document check-in via the University Immigration Services online form. before the start of their academic program. The UIS will then report to the DHS on behalf of all our international students.

## 2. Contact Information

International students must report any changes to their address, name, or contact information within 10 days of the change. Students should report these changes to the UIS by submitting the Personal Information Update Online Form. University Immigration Services will report via SEVIS, and this satisfies the government requirement.

## 3. Academics

International students must register for and complete a full course of study each semester at the school that issued their I-20/DS-2019. The minimum courseload per semester is:

- **Undergraduates:** 12 credits
- **Graduates:** 9 credits

Summer terms are optional. Students who do not register for and maintain the minimum credit hours during subsequent fall or spring terms are considered out of status.

No more than one 3-credit online course per semester can count toward a student's full-time course load.

## 4. Enroll Full-time

All students must register during the registration period before the semester begins. Any changes must be done by the Registrar's add-drop deadline. Failure to enroll full-time violates student visa status. The Center for Student Success will assist undergraduates in their course registration. Graduate students should seek guidance from their academic advisor, program coordinator, or the Office of Graduate and International Student Life.

## 5. Authorization from the UIS

If a student cannot complete a full course of study due to extenuating medical or academic circumstances, the student must be authorized for a reduced courseload with approval from their academic advisor and authorization in SEVIS from the UIS. Students should inquire if they are eligible and submit the form to request Less Than Full-Time Enrollment.

## 6. I-20/DS-2019 Program End Date

If an international student plans to graduate early or cannot complete their program by the program end date listed on the I-20/DS-2019, they must request the UIS shorten or extend their program end date on their I-20/DS-2019. This must be completed at least two weeks before the I-20/DS-2019 program end date.

## 7. Changes to I-20/DS-2019 Information

International students must report any changes to their major, program level, or funding source within 10 days of the change. University Immigration Services will then update the student's SEVIS record, thus satisfying the DHS requirement.

## 8. SEVIS Transfers

If an international student wishes to transfer from the University of New Haven to another school, they need to have their SEVIS record transferred and must notify the UIS in advance. The student must submit a letter of acceptance from the transfer to school, and if still enrolled at the University of New Haven, complete the Registrar's withdrawal process. SEVIS transfers are also necessary for graduated or OPT/STEM students who wish to enroll in a new institution for a new degree, but they don't need to submit a withdrawal to the Registrar because they have already graduated.

## 9. Employment

There are strict limitations placed on the F-1/J-1 students' eligibility to work. Working without authorization is a serious violation of status and can lead to the termination of a student's SEVIS record.

- F-1/J-1 students may work part-time on-campus (less than 20 hours per week) while school is in session and full-time during school breaks.
- F-1 students can only work off-campus if they are eligible and authorized for Curricular Practical Training (CPT) or Optional Practical Training (OPT) in advance. J-1 students must be eligible and authorized for Academic Training (AT). All other work (whether paid or unpaid) is unauthorized and a violation of F-1/J-1 student status. Engaging in unauthorized off-campus work is grounds for termination of an F-1/J-1 student's visa status.
- Students working on-campus or authorized to work off-campus in a paid position must apply for a Social Security Number by filling out an application with the Social Security Administration. It may take a few weeks to obtain a Social Security Number and card.

If you have any questions about these guidelines or your immigration status, the University Immigration Services staff are available to help you.

Additional resources can be found on the DHS website:

[Department of Homeland Security, Study in the States](#)

## Getting Settled

As you prepare to begin your studies at the University of New Haven, you will likely have many questions about getting set up with the resources and accommodations that you need to live and be successful at the University of New Haven. In this section, we will provide you with some answers to frequently asked questions international students have before they arrive. If you can't find the answer to your question in this section, please be sure to contact the Office of Graduate and International Student Life.

### Topics Include:

- On-Campus Housing
- Off-Campus Housing
- Shopping
- Weather in Connecticut
- Setting up a Bank Account in the United States
- Getting a Cell Phone

## Housing

Once you have received your visa and confirmed your commitment deposit, it is time to decide where you will live. You can choose to live in University-sponsored housing or find your own housing. Information about [University-sponsored housing](#) for both undergraduate and graduate students can be found on the Office of Residential Life webpages.

While off-campus housing may seem more economical, there are many benefits of living in University-sponsored housing:

- **Convenience:** Location cuts down on travel time and transportation expenses. Residents in the University-sponsored apartments in downtown West Haven have access to a regular free shuttle service.
- **Simplicity of Payments:** Utilities including internet are included in the price, so you have one payment rather than multiple bills for rent, utilities (electricity, gas, water, trash removal), internet access, and meals.
- **Security:** Campus safety officers patrol the facilities daily and are available if needed.
- **Maintenance:** Campus facilities staff maintain the property in good shape and respond quickly to make repairs if needed. This includes snow removal in the winter.
- **Residential Life Staff:** Community supervisors are trained professionals who are always accessible to help you connect to support services and fun programming, help with roommate conflicts, and so on.

## Graduate On-Campus Apartments

The University of New Haven offers two options for graduate student housing sponsored by the University. The Atwood is located just across the street from the northeast end of our campus, approximately 0.2 miles from the entrance to campus. Savin Court apartments are located approximately 1.5 miles from campus, accessible by University shuttle.

Assistance in planning your budget for living expenses can be found by visiting the [Living Expenses for Graduate Students](#) webpage.

## Undergraduate On-Campus Housing

Living on campus and benefiting from all that campus has to offer is an integral part of the college experience. The University of New Haven has many residence halls, and the Office of Residential Life makes sure all residential students are not only safe but also having fun and enjoying themselves in a safe and healthy manner.

Resident Assistants (RA)s are involved and dedicated students on the Residential Life staff who work hard to bring the students within the building together, create new connections, and provide support with any questions or problems they may face.

Students can view the residence halls on the [Office of Residential Life](#) webpage. First-year undergraduate students may also choose to live in an [Enhanced Learning Community \(ELC\)](#) based on their academic program. ELCs take the learning outside the classroom as students participate in field trips, guest lectures, service-learning projects, barbecues, and much more.

International undergraduate students may choose to live off-campus, but it is not recommended because it can be more complex than expected. For example, commuting to campus can be a burden, and instead of paying one basic fee at the beginning of the year, you must keep up with monthly rent, utilities, and security deposits. Costs can add up quickly and actually be more expensive. Finally, there is a smaller community of peers. Instead of having a whole residence hall (or campus for that matter) full of people to meet and interact with, your off-campus community could consist of your roommate, existing friends, and your neighbors.

## Off-Campus Housing

If you prefer to live off-campus, we encourage you to begin researching as early as possible prior to your arrival in the United States. The University of New Haven does not offer temporary housing, so if you have not confirmed your housing before your arrival, you may need to stay in a local hotel or with friends until you secure off-campus housing.

When searching for off-campus housing, it is important to know that the average monthly rent for a one-bedroom apartment in this area of Connecticut ranges from \$850 to \$1,500 or more per month. Expect to pay more than \$1,000 for a 2-bedroom apartment and \$1,500 to \$2,000 for a luxury apartment. One-bedroom apartments usually house 1 to 2 people, and 2-bedroom apartments usually house 2 to 3 people.

Additional expenses to consider are transportation and meals. Students living off-campus can explore commuter meal plans to be able to eat meals on campus.

An [Off-Campus Housing Guide for International Students](#) can be found on the website. We strongly recommend that students planning to live off-campus review this resource, which includes information on finding housing, signing a lease, roommates, security deposits, and renters' legal rights.

## Local Apartment Search Engines

Please note that these search engines are not operated by the University of New Haven. You are responsible to inspect the property to determine whether it meets your needs. We also suggest you check online reviews on Google or Yelp. Use the town and zip code to search: West Haven, CT 06516.

- [Jump Off Campus](#)
- [Zillow](#)
- [Apartmentfinder.com](#)

# Shopping

The town of West Haven that surrounds the University of New Haven has a number of shops within walking distance from campus. The University of New Haven offers a variety of transportation options that allow students to explore the Greater New Haven and West Haven areas – most, free of charge. The CT Transit bus system also has several routes in West Haven, making it convenient to get to local stores. The map below lists some shopping options within a 2 mile radius of campus. Please refer to the CT Transit website for current information on public transportation options to these locations. Although it is quite detailed, this is not an exhaustive list of shops in the area. You can refer to the key below and the next page for more information.

## SUPERMARKETS

1. **Stop and Shop** | 460 Elm St.  
1.6 miles from campus  
West Haven Shuttle line
2. **ShopRite of Orange** | 259 Bull Hill Ln., Orange  
2.1 miles from campus  
Post Road/Mall Shuttle line (weekends)
3. **ALDI** | 535 Saw Mill Rd., Orange  
2.4 miles from campus

## SPECIALTY MARKETS

4. **Halal Market & Restaurant** | 715 Boston Post Rd.  
**Makkah Halal Market** | 702 Boston Post Rd.  
0.6 miles from campus  
Post Road/Mall Shuttle line (weekends)
5. **Hong Kong Market** | 1055 Boston Post Rd.  
1.2 miles from campus  
Post Road/Mall Shuttle line (weekends)
6. **India Farmer's Market** | 100 Boston Post Rd.  
**Bharat Bazaar Farmer's Market** | 81 Boston Post Rd.  
1.9 miles from campus  
Post Road/Mall Shuttle line (weekends)
7. **Krauszer's Food Store** | 911 Campbell Ave.  
0.6 miles from campus  
West Haven Shuttle line
8. **Istanbul Import Market** | 605 Campbell Ave.  
1.3 miles from campus  
West Haven Shuttle line
9. **African Queens Market** | 491 Campbell Ave.  
1.6 miles from campus  
West Haven Shuttle line

## SUPER STORES

10. **Target** | 25 Boston Post Rd., Orange  
1.9 miles from campus  
Post Road/Mall Shuttle line (weekends)
11. **Walmart** | 515 Saw Mill Rd.  
2.4 miles from campus

## PHARMACIES

12. **CVS** | 252 Orange Terrace  
0.4 miles from campus
13. **West Haven Pharmacy** | 764 Campbell Ave.  
1 mile from campus  
West Haven Shuttle line
14. **Rite Aid** | 70 Elm St.  
1.4 miles from campus
15. **Walgreens** | 54 Boston Post Rd, Orange  
1.9 miles from campus  
Post Road/Mall Shuttle line (weekends)
16. **CVS** | 25 Boston Post Rd, Orange  
1.9 miles from campus  
Post Road/Mall Shuttle line (weekends)

## CONVENIENCE STORES

17. **Family Dollar** | 1055 Old Orange Ave.  
0.3 miles from campus
18. **7-Eleven** | 1089 Campbell Ave.  
0.3 miles from campus
19. **Family Dollar** | 163 Boston Post Rd.  
0.5 miles from campus
20. **Dollar General** | 743 Boston Post Rd.  
0.6 miles from campus  
Post Road/Mall Shuttle line (weekends)



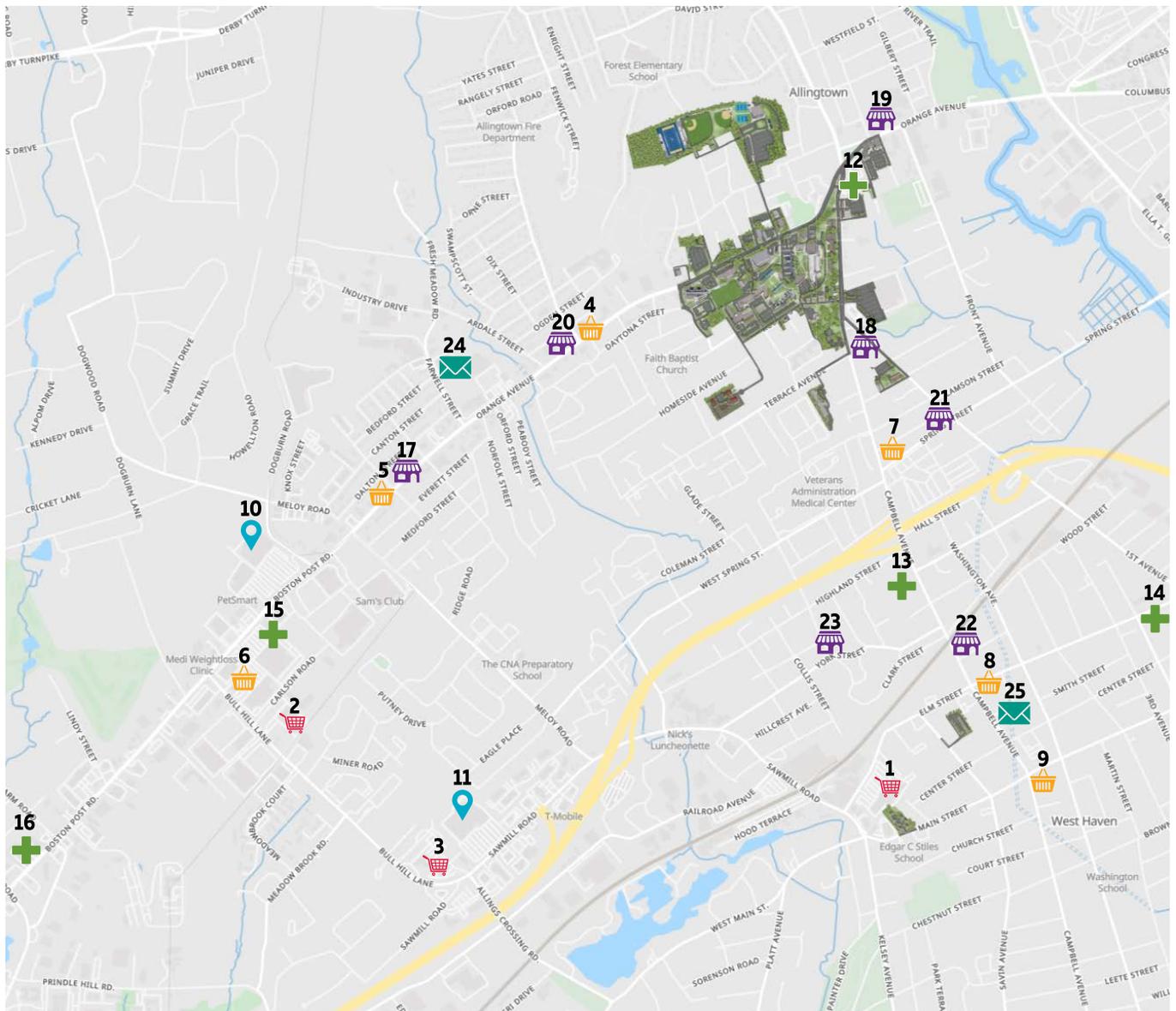
## CONVENIENCE STORES (continued)

- 21. Food Market** | 818 1st Ave.  
0.6 miles from campus  
West Haven Shuttle line
- 22. Sam's Food Stores** | 665 Campbell Ave.  
**Brito's Grocery**, 559 Campbell Ave.  
1.2 miles from campus  
West Haven Shuttle line
- 23. York Street Market** | 185 York St.  
1.3 miles from campus



## POST OFFICES

- 24. U.S. Postal Service** | 75 Farwell St.  
1.2 miles from campus  
Post Road/Mall Shuttle line (weekends)
- 25. U.S. Postal Service** | 589 Campbell Ave.  
1.4 miles from campus  
West Haven Shuttle line



# Transportation

The University of New Haven is conveniently located in the town of West Haven, Connecticut, where there are several transportation options available to students. We encourage you to review the summary below and explore the routes and websites linked to make sure you feel confident that you know how to get where you want to go once you arrive in the United States. If you are planning to get a U.S. driver's license, we will provide more information about the process during Orientation.

## Shuttles

The University of New Haven provides a robust system of [shuttles](#) to help students, faculty, staff, and visitors navigate travel quickly between University-sponsored parking lots, main campus, local railroad and bus stations, downtown New Haven, and points west of campus on Boston Post Road, including major shopping centers. The Shuttle Tracker allows you to track the shuttles enroute at any time from your devices.

## Buses

CT Transit | [cttransit.com](http://cttransit.com)

- Bus 261 runs east to New Haven and west along Boston Post Road out to the Connecticut Post Mall. Bus stops are just outside the University main gate on Boston Post Road.
- Bus 265 runs east to New Haven and south on Campbell Ave and over to Saw Mill Road and Bull Hill Lane. The bus stop is on Campbell Avenue just below Dodds Hall.

## Trains

- Metro North | [new.mta.info/agency/metro-north-railroad](http://new.mta.info/agency/metro-north-railroad) (New Haven south to New York City)
- Amtrak | [amtrak.com](http://amtrak.com) (East Coast corridor Washington, D.C. to Boston; stops in New Haven)
- Shoreline East | [shorelineeast.com](http://shorelineeast.com) (New Haven east to New London, Connecticut)
- Hartford Line | [hartfordline.com](http://hartfordline.com) (New Haven north to Springfield, Massachusetts)

## Ride-Share

- Uber
- Lyft

## Airport Shuttles

University of New Haven organizes an airport shuttle for newly arriving students. Please inquire with the Office of Graduate and International Student Life.

- Red Dot Airport Shuttle
- Go Airport Shuttle
- Connecticut Limousine

## Weather in Connecticut

West Haven's climate is variable throughout the year. [Linked here](#) is a chart that provides average temperatures and precipitation by month to give you an idea of what to expect. It is helpful to dress in layers or have a variety of clothes handy for unexpected heat, cold, rain, or snow. Connecticut's weather is classified into four seasons.

### Fall/Autumn (September–November)

Typically breezy and mild with some rain. Temperatures usually rise during the day and cool down at night.

### Winter (December–February)

Can be snowy and cold or mild. Your winter clothing should include warm sweaters, winter coats, hats, gloves, sturdy boots, and thick socks.

### Spring (March–May)

Can be quite rainy, though temperatures are starting to warm up to a milder range.

### Summer (June–August)

Temperatures really start to warm. The early part of the season is mild with sunny days. As the summer progresses, be prepared for hot and humid days.

## Clothing For New England

You will need appropriate clothing and shoes for a New England winter. It is best to purchase those items once you have arrived in West Haven. Winter can be notoriously cold, so we have compiled this list of essentials for you.

### Outerwear

- Gloves/mittens, scarf, knit cap, waterproof winter coat
- Warm, waterproof boots (with good traction for snow and ice)

### Innerwear

- Long-sleeved shirts
- Sweaters or fleece sweatshirts
- Warm socks (wool is a good choice)
- Thermal/long underwear, leggings (to wear under trousers)
- Flannel or fleece pajamas

# Setting up a Bank Account in the United States

Opening a bank account in the United States will be much easier to manage your finances and cheaper than withdrawing money from a foreign bank account. You can also pay your bills online and use credit cards without large international banking fees. The Office of Graduate and International Student Life will have a variety of banks for you to meet with as part of the resource and engagement fair during your orientation program. There are two types of bank accounts in the U.S.:

## Checking Account

Great for day-to-day expenses. A checking account lets you make numerous withdrawals and unlimited deposits. You can use your checking account for living expenses, daily transactions, and paying bills. Many banks will offer online and mobile banking, so you can manage your money 24 hours a day.

## Savings Account

Perfect if you want to save money. A savings account requires a minimum deposit and provides a modest interest rate of return. Savings accounts are generally for money you don't intend to use for daily expenses. A savings account is also likely to have a limited number of free transfers/transactions.

## How to Choose a Bank

Every bank in the United States offers different services to students. Make sure you read the account information carefully so you're fully aware of what service fees they charge.

Most students at the University of New Haven find it convenient to link their bank account electronically through their automatic teller machine (ATM) debit card. Usually banks will not charge extra fees when you use your bank's ATM. When you use an ATM in a store or at other banks, you may be charged an extra transaction fee. Online account management and bill payment is standard, so make sure you understand how to set up this important service.

### Important questions to consider when choosing a bank:

- What's the minimum balance required on the account?
- Are there extra fees if the balance goes below the minimum?
- What are the monthly service fees?
- Are there transaction limits?
- Does the bank offer online and mobile banking?
- Are there international transaction fees?

### Documents You Will Need

- Your Passport
- I-20 or DS-2019
- I-94 Form (Obtained at <https://i94.cbp.dhs.gov/I94>)
- Your University of New Haven student ID card
- Full-time status letter from the UIS requested from MyCharger.  
(Please allow 2-5 business days for the UIS to process your request.)

## Important Things to Know When Using Your Bank Account

- You may be asked for your Social Security Number (SSN). F-1 students are not eligible for an SSN unless they have been offered an on-campus job or are in a period of work authorization. An SSN is not required to open a bank account or for a debit card, but it is required for a U.S. credit card.
- If you wish to deposit money into your account, you can take cash or a check to the bank, mail a check to the bank, or use a mobile app or an authorized ATM. Never mail cash to your bank.
- Be sure to have adequate funds in your account when you write checks or use a debit card. Spending more money than you have available can be very expensive. There may be overdraft fees charged by both the bank and the vendor.
- You should watch your monthly online statement carefully to ensure all transactions are parallel to your deposits and withdrawals.
- Never sign a personal check before you are ready to use it and never give someone a check with just your signature on it.
- It is very unsafe to carry large amounts of cash at any time or to keep large sums of money in your apartment.

### Three banks with branches near the University of New Haven:

**Bank of America** | 420 Campbell Avenue, West Haven

**Wells Fargo** | 597 Campbell Avenue, West Haven

**TD Bank** | 636 Campbell Avenue, West Haven



# Cell Phone Options

To avoid expensive roaming fees, it is a good idea to purchase a U.S.-based cell-phone plan upon arrival in the United States. You have three choices for cell phone plans:

## 1. Using an unlocked cell phone from home and purchasing a new SIM card in the United States

If you have an unlocked phone, campusSIMS is a great option for purchasing a new SIM card. The University often has a supply of campusSIMS cards that you can pick up once you arrive and set up your plan via a downloaded app or online.

## 2. Buying a new phone and setting up a pre-paid plan to pay as you go

A pre-paid plan is a more expensive option in terms of overall value but can be good if you are in the United States for a limited time or do not expect to use your phone much. You purchase the phone, which is usually rather expensive (at least \$50-60 for the simplest models), then purchase minutes as you go. It does not require a contract.

## 3. Buying a new cell phone and setting up a contract plan to pay monthly

Contract phones require that you buy a phone from a specific company. You must also sign an agreement for a one- or two-year plan. This will mean that, once every month, you will receive a bill for the use of the service. Contract plans generally require either a Social Security Number or a credit check, which most international students cannot provide.

T-Mobile is one carrier that does not require a contract, deposits, or a credit check to set up a contract, which makes it a great option for international students.

There are several cell phone providers located near the University of New Haven campus. Shop around, compare rates and services, and consider several important factors before you decide on a provider. The Office of Graduate and International Student Life will have several cell phone providers on campus for you to meet with during the resource and engagement fair as part of your orientation program.

- **T-Mobile** | 577 Campbell Ave, West Haven
- **AT&T** | 91 Boston Post Rd, Orange
- **Sprint** | 125 Boston Post Rd, Orange
- **Verizon Wireless** | 16 Boston Post Rd, Bull Hill Plaza Center, Orange

### Important questions to consider when choosing a phone plan:

- Are pre-paid plans available and is this a good option for you?
- What are the rates for calls, text messages, data transfers, and so on? Keep in mind cell phones in the U.S. charge for both incoming and outgoing calls and texts. There is usually an additional fee if you want to include wireless internet on your phone plan. Is a deposit required to sign a contract? Will it be returned in full at the end of your contract?
- If you have to terminate a contract early, will you be charged a penalty or lose your deposit?
- Are you able to use your own phone or are you required to purchase a new phone? If you plan to use your own phone, be sure to obtain the code needed to "unlock" your phone for use abroad.

### How to Dial

For calls within parts of Connecticut and the New Haven area, simply dial the area code 203, then the seven-digit phone number. For calls outside the 203 area code, dial the area code and the seven-digit telephone number.

# Adjusting to Life at the University Of New Haven

The University of New Haven, founded on the Yale campus in 1920, is a private, coeducational university situated on the coast of southern New England. It's a diverse and vibrant community of more than 7,000 students, with campuses across the country and around the world.

Within our colleges and schools, students immerse themselves in a transformative, career-focused education across the liberal arts and sciences, fine arts, business, healthcare and health sciences, engineering, public safety, and public service. More than 100 academic programs are offered, all grounded in a long-standing commitment to collaborative, interdisciplinary, project-based learning.

At the University of New Haven, the experience of learning is both personal and pragmatic, guided by a distinguished faculty who care deeply about individual student success. As leaders in their fields, faculty provide the inspiration and recognition needed for students to fulfill their potential and succeed at whatever they choose to do.

**The University of New Haven is made up of five schools and colleges:**

- College of Arts and Sciences
- Henry C. Lee College of Criminal Justice & Forensic Sciences
- Pompea College of Business
- School of Health Sciences
- Tagliatela College of Engineering

## Academic Differences

All students are required to know the information in the [Student Handbook and Code of Conduct](#).

Here are some general differences to help you understand the American classroom. As an international student, studying in a U.S. classroom can be a life-changing experience. You will be able to express yourself freely, make friends, build your confidence, and challenge your friends and professors on topics in class. Many international students find very noticeable differences between classroom culture in the United States and in their home countries.

### 1. Academic Structure

An undergraduate student usually enrolls in four or more 3-credit courses a semester to maintain full-time (12 credits) standing. Graduate students usually enroll in three (3 credit) courses a semester to maintain full-time (9 credits) standing. You will be assigned a faculty advisor who will assist you with choosing your courses, discuss your overall academic plans, and answer any general academic questions.

### 2. Classroom Procedures

During the first week of classes, the instructor will hand out a syllabus that will outline the course objectives, required textbooks, chapters to be covered, due dates for assignments, attendance policy, and the grading policy. The syllabus will include the instructor's office location and contact information. One major difference students find is that grades are based on weekly assignments, papers, and projects rather than exams only.

### 3. Expect Diverse Teaching Styles

Professors may use lectures, class discussions, or both. Most classes meet on a regular schedule once, twice, or three times a week. The teaching style of the professor can determine the amount of student participation in each class. Some instructors prefer a more formal style of lecture, with a possible question and answer period at the end.

Others prefer a more conversational style and encourage interaction throughout the class. When expressing your views in class, be ready to share, explain, and possibly defend your ideas in a respectful manner.

### 4. Ask If You Don't Understand

If students are confused about something in class, it is expected that they will ask the professor before or after class. If the issue requires a longer conversation, students may make an appointment to see the professor during office hours. In U.S. academic culture, there is no shame associated with not understanding something in a course, even if it has been presented in a class lecture. Professors respect students who work hard toward fully understanding the material, so don't wait until just before the exam to seek clarification. Ask as soon as you realize you don't completely understand the material.

### 5. Attendance Matters

Your course instructor will inform you of the attendance policy at the beginning of the semester. Regular attendance is expected of all students. It is likely that attendance will affect your grade. Missing more than two classes or being excessively tardy could result in a lowering of your final course grade. If you must miss a class, email your professor before the class meets to let them know of your absence.

### 6. Class Participation

Many professors encourage class participation and often expect it. In some courses, it is part of the overall grade. If you feel hindered from participating because of your English proficiency, we strongly advise you to discuss this issue with the professor and the Office of Graduate and International Student Life.

### 7. Understand Academic Integrity

Academic integrity is one of the most important concepts to understand in U.S. academic culture. Even innocent violations can have serious effects on your academic career. The consequences for cheating, plagiarism, or other academic misconduct can range from being given a failing grade on a paper, exam, or course to being suspended from the university, or, worse yet, you could be asked to leave permanently. Keep in mind that failure to maintain your full-time student status affects your immigration status, too. More information about academic integrity and policies can be found in the [Academic Catalog](#).

You will likely encounter these academic differences and perhaps others, too. There are many offices and departments at the University of New Haven that are dedicated to helping students succeed. You will learn more about resources like the Center for Student Success, Writing Center, the Center for Learning Resources (CLR), and the Office of Graduate and International Student Life at Orientation. Their services are free, and students are strongly encouraged to take advantage.

# Student Life

## Campus Events

The Office of Graduate and International Student Life and Recognized Student Organizations host international cultural activities throughout the year, including Saudi National Day, Taste of Africa, Diwali, Lunar New Year, and Ramadan/Eid.

The International Festival, known as "I-Fest," occurs in the spring at the University of New Haven. The International Festival is a celebration of the diversity that exists on campus, with displays, food, and entertainment from many countries, clubs, and organizations. The International Student Association invites you to participate in this grand event in any way you can, whether it's dancing, setting up, serving food, or planning. You won't want to miss one of the biggest and best attended events on campus!

## Charger Connection

The University has more than 150 student clubs and organizations. The Office of Graduate and International Student Life (OGISL) and the Center for Student Engagement, Leadership and Orientation (CSELO) foster campus community through programs, resources, and opportunities for involvement that advance student learning and prepare students for success in the global community. Students can access [Charger Connection](#) on myCharger for a list of all student organizations and events happening on campus.

## David A. Beckerman Recreation Center

The David A. Beckerman Recreation Center is free for students with your University ID card and offers fitness equipment and classes, a racquetball court, a running/walking track, two full-size activity courts (basketball/volleyball/badminton), and intramural team sports. The Rec Center offers a juice bar and use of iMac computers. For more information and hours, visit [ChargerREC](#).



## On-Campus Employment

International students are permitted to work on-campus at the University of New Haven part-time while school is in session and full-time during the summer and official school breaks.

Employment is limited to 20 hours per week while school is in session. Employment can be more than 20 hours per week during the summer and official school breaks. On-campus employment may only occur between the program start and end dates on a Form I-20 or DS-2019.

If you obtain paid on-campus employment, you must apply for a Social Security Number. For instructions on how to apply, please review the information on the UIS MyCharger page or contact [uis@newhaven.edu](mailto:uis@newhaven.edu).

**J-1 students** must receive written authorization from the University Immigration Services or their program sponsor prior to beginning on-campus employment.

**F-1/J-1 students** hired for an on-campus position must complete the necessary hiring paperwork with the University of New Haven's Student Employment Office (SEO) prior to beginning work. The SEO will assist the hired student with acquiring a Social Security Number.

### Where to Find Available On-Campus Positions

On-campus positions are limited, so on-campus employment is not guaranteed. Most departments will require you to submit an application online, including your resume and cover letter. Some positions may also include an interview.

#### To view the available positions:

Go to MyCharger and click the icon on the main toolbar or the Career Development Center in Student Resources. Then click the Login to Charger Link on the right side of the page.

You will be prompted to create an account. You may also upload your resume/CV. Once you have created your profile, you can select the "Position Type" drop-down menu and select "On-Campus Employment." You can view the various open positions and apply within Charger Link.

Information about Curricular Practical Training (CPT) or Optional Practical Training (OPT) is available on the UIS myCharger pages or by emailing [uis@newhaven.edu](mailto:uis@newhaven.edu).

