2017 Pre-departure Series

Parent Session
International Student and Scholar Services (ISSS)

• Office dedicated to services for international students
• Advising on immigration, personal issues, cultural adjustment, financial questions
• Advising staff have graduate degrees and backgrounds in student services or counseling
• Pre-departure and orientation programs
• Workshops and activities for both international students and domestic students
• Training programs for campus staff and faculty to work with international students

issss@uiowa.edu

http://international.uiowa.edu/isss
Values of U.S. University

- **Information accuracy** – university will always encourage students to go to the information’s primary source in order to get the most accurate and up to date information.

- **Specialist but not generalist** – different departments on campus are working with different issues.

- **Individual responsibility** – staff and faculty who work with students will provide you with options, but not to make the decision for you.
Money Matters

- Tuition and fees
- Rent
- Cell phone
- Insurance
- Transportation/Car
- Books and other academic expense
- Other daily expense
Money Matters – Cost of Living

<table>
<thead>
<tr>
<th>Expenses</th>
<th>On-Campus</th>
<th>Off-Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition &amp; fees</td>
<td>$29,755.50*</td>
<td>$29,755.50</td>
</tr>
<tr>
<td>Housing &amp; meals</td>
<td>$10,450.00</td>
<td>$8,588</td>
</tr>
<tr>
<td><strong>Total: $40,205.50</strong></td>
<td><strong>Total: $38,343.50</strong></td>
<td></td>
</tr>
<tr>
<td>Books &amp; supplies</td>
<td>$950</td>
<td>$950</td>
</tr>
<tr>
<td>Personal expenses</td>
<td>$1,634</td>
<td>$2,356</td>
</tr>
<tr>
<td>Transportation</td>
<td>$608</td>
<td>$1,064</td>
</tr>
<tr>
<td><strong>$3,192</strong></td>
<td><strong>$4,370</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$43,397.50</strong></td>
<td><strong>$42,713.50</strong></td>
</tr>
</tbody>
</table>

*Different academic college has different tuition rate. Tuition also related to the number of credits students registered. Please see [https://registrar.uiowa.edu/ tuition-fees](https://registrar.uiowa.edu/tuition-fees) for more information about tuition.
Money Matters – U-bill

• U-bill
  • The Ubill is ready by the first day of each month
  • The bill should be paid by the 22\textsuperscript{nd}
  • \textit{First bill:} August 24, 2017 (Housing contract)

• Tuition
  • Twice a year
  • Tuition for 1\textsuperscript{st} semester will appear on the September bill

• Paying bills
  • Local banks
  • Flywire
Money Matters – Personal Expense

• Personal expense
  • Local credit/debit cards
  • International credit/debit cards

• Information you need for wiring
  • Routing number
  • Account number
  • Address
Money Matters – Health Insurance

• It’s mandatory

• Enroll in SHIP/UIGRADCare
  or
• Submit “Proof of other insurance”
Money Matters

University resources for students

- Success at Iowa: budgeting module
- Pre-departure Webinar: Money Matters
- Billing: Billing Office
- Health insurance: Benefits Office
- Healthy Living Style: Recreational Services, Student Health & Wellness, University Counseling Service
Safety

• Personal safety
  • Environment
  • Relationship
  • Alcohol
  • Traffic: driving, biking, pedestrian, etc.

• Severe weather & alert system
  • Flood
  • Winter weather
  • Tornado, and severe thunderstorms
University resources for students

- **Emergency**: 911 & campus police
- **Required**: eCheckup to Go (alcohol) & Every Choice (sexual harassment)
- **Hawk Alerts system**: emails & text message
- **Bus**: Nite ride
- **Other training opportunities**: Red Watch Band, other educational workshop from Student Health & Wellness, University Counseling Service
- **Classes**: Self-defense, etc.
Living and Housing – On Campus

• Personnel support
  • Resident Assistant (RA) and professional staff
  • Student success coaches

• Living-learning community (LLC)
  • Based on interest or themes
  • Educational programming

• Facilities and other
  • Free campus to campus
  • Printing on Campus in Computer Labs (ITCs)

• Policies
  • Roommate agreement
  • Residence hall policies
Living and Housing – On Campus

• Resources
  • Tutoring
  • Packing essentials ([https://housing.uiowa.edu/my-room/personalize-it](https://housing.uiowa.edu/my-room/personalize-it))
  • International student information ([https://housing.uiowa.edu/international-students](https://housing.uiowa.edu/international-students))

• Move-in and living option for break
  • Living option for break: talk to your RA ahead of time
  • Move-in Date: August 12, 12:00pm

• Contact information
  • [housing@uiowa.edu](mailto:housing@uiowa.edu)
Living and Housing - Meal Plans

• Gold Plan:
  - Market Place Meals: Unlimited
  - Flex Meals: 75/semester
  - Guest Meals: 8/semester

• Black Plan:
  - Market Place Meals: 145/semester
  - Flex Meals: 75/semester
  - Guest Meals: 8/semester

• Hawkeye Plan
  - University-supplied kitchen
  - 75 meals/semester
Living and Housing – Off Campus

• Off campus housing website (https://offcampushousing.uiowa.edu/)

• Legal support – Student Legal Services (https://legal.studentlife.uiowa.edu/)
  • Things to Know Before You Sign a Lease
  • Move-in Checklist
  • Sample Roommate Agreement

• City buses or Coralville buses at student discount rate
Living and Housing

University resources for students

- **Move-in:** move-in date planning
- **On campus:** residence education policy, RA, educational programs and resources
- **Off campus:** Student Legal Services Rental Guide, Iowa City/Coralville official websites
Laws and University Policies

• Federal laws
  • Immigration regulations
  • FERPA
  • HIPPA

• Iowa local laws
  • Alcohol laws
  • Driving laws
  • Smoking

• University policies
  • Academic misconduct
  • Deadlines and procedures
  • Student Code of Conduct
Laws and University Policies – Federal Laws

• **Immigration regulations**
  • International students have to maintain their legal status:
    • Report local address and phone number
    • Full-time study (12 s.h.)
    • Employment limitations
  • ISSS advisors are the only people who can give students advice on immigration regulations related issues
    • Please contact ISSS for any questions
Laws and University Policies – Federal Laws

• Family Educational Rights & Privacy Act (FERPA)
  • Student information like class schedule, grades, financial situation, admission profile, tuition/fees and university bill is protected by laws
  • Without students’ permission, we are not allowed to share with parents
Laws and University Policies – Federal Laws

- Laws on health Information privacy
  - Student health information like health status, medical record is also protected by privacy laws unless students give written permission to share
Laws and University Policies – Iowa Laws

- Alcohol laws
  - 21 is the legal age for drinking
  - No open container in public area or vehicle
  - No public intoxication
  - No driving after drinking
Laws and University Policies – Iowa Laws

• **Driving laws**
  • Driver’s license is required
  • Car insurance is required
  • After passing the theoretical knowledge driver’s exam, student will obtain the Driving Permit. Before passing the road test and obtaining the driver’s license, a Permit holder must drive accompanied by a driver’s license holder who is at least 25 years of age.

• **Smoking**
  • No smoking on-campus
Laws and University Policies – University Policies

• Major policies:
  • Health insurance & some immunizations are required
  • No alcohol in residence halls
  • Procedures and deadlines are published and are consistently adhered to
  • Student Code of Conduct
Laws and University Policies – University Policies

• Examples of types of misconduct that can get students in trouble:
  • Disruptions in class
  • Arguing with instructor
  • Threats to harm instructors or staff
  • Academic misconduct such as plagiarism or cheating
  • Threats to harm self
  • Not paying university bill
  • Not attending class
Laws and University Policies – Information Release

• Student records guest account
  • Student can set up a guest account on MyUI to release information to a third party, so can set this up for parents:
    • Class Schedule
    • Grades
    • Financial Aid
    • Admission Profile
    • Tuition/Fees and University Bill

• iHawk consent form
  • Student will also need to submit a consent form in iHawk for ISSS to release other information to parents
Laws and University Policies

University resources for students
- Immigration regulations: ISSS
- Other laws and policies:
  Student Legal Services, Dean of Students, Office of the Ombudsperson
- Other: EMAILS!!! University website, etc.

Student Voice
Physical & Mental Health

• Physical health:
  • Sleep
  • Exercise
  • Food
  • Injuries and other health issues

• Mental health:
  • Cultural adjustment stress
  • Academic stress
  • Other types of stress and mental health issues

• Be active and proactive
Physical and Mental Health

University resources for students

- **Physical health:** walkable distance, recreational services, classes, sports clubs, intramural, educational programs (Student Health & Wellness)

- **Mental health:** University Counseling Service, Crisis Center and other confidential resources

- **Other health related services:** health insurance, Student Health & Wellness, UI Quick Care, University of Iowa Hospital and Clinic
Cultural Adjustment - Students

• Some typical challenges of entering/adjusting to a new culture:
  • Language: discussion participation, small talk, etc.
  • Academics: proactive attitude
  • Food
  • Relationships: many “friends” but few close friendships
  • Individualist value
  • Emphasis on today or tomorrow, not the past: planning!
Cultural Adjustment - Parents

• Some changes you might encounter:
  • Changes in your children
    • Values, independence, etc.
  • Changes in your own daily life
  • When traveling to see your children
  • When communicating with university directly
Cultural Adjustment – What Students Can Do

• Participate in extra-curricular activities:
  • Involvement is an important way to make friends
  • Campus involvement will help students adjust to college life in the U.S.
  • Talk to staff and faculty members when encounter difficulties

• Anticipate the discomfort – this is when the student is stretching and growing
Cultural Adjustment – What Parents Can Do

- Anticipate the changes, and discomfort during the transition process
- Encourage the students to start the transition process early
- You can’t solve the challenges of cultural shock and other issues on behalf of your student – encourage them to learn how to solve these problems themselves
- Students are afraid of letting their parents know they have “failed” – say more encouraging words
- Encourage your student to develop a supporting network, and develop a supporting network for yourselves
- UI has many resources on campus and staff with experience working with cultural shock
- Please contact ISSS if you believe your student is facing serious issues
Cultural Adjustment

University resources for students

- **Language support**: ESL classes, language partners and friendship programs, Writing/Speaking centers & conversation center
- **Involvement opportunities**: pick one
- **Professional staff support**: ISSS, academic advisors, residence education staff, etc.
- **Websites**: ISSS international parents’ blog, parent & family network
- **Social media**: Facebook, WeChat, etc.
Being a Student at University of Iowa - Iowa Challenge

- **Excel**: Academic excellence means setting and meeting high standards for yourself as a student.

- **Stretch**: Step away from the familiar, try new ideas, experience new cultures, and learn from people different from yourself.

- **Engage**: You will be more successful student and enjoy yourself more if you spend your time and energy on activities that matter.

- **Choose**: Take your choices seriously and use your freedom wisely.

- **Serve**: You have the opportunity and the responsibility to be a good neighbor and citizen, and to serve the community.
• **Excel.** Academic excellence means setting and meeting high standards for yourself as a student. Faculty, staff, and other students will ask you to work hard and push yourself intellectually. We expect a lot from you; you should expect only the best from yourself and the university.
Iowa Challenge - Excel

• Degree requirement
  • General Education Program Requirements
  • Requirements for Majors
  • Electives
  • Grade Point Average (GPA)

• Academic resources
  • Tutoring & supplemental instructions
  • Teaching Assistants (TAs) & instructors

• Educational enrichment opportunities
  • Honors Program
  • Study Abroad
  • Research
  • Academic organizations
Iowa Challenge - Stretch

• **Stretch.** At Iowa, you will find a diversity of people, ideas, opportunities, and experiences. That diversity is one of the benefits of being an Iowa student. Step away from the familiar, try new ideas, experience new cultures, and learn from people different from yourself.
Iowa Challenge - Stretch

• Diversity in the U.S. and Around the World
  • Domestic students from all states and territories in the U.S.
  • International students from 114 countries and territories

• Diversity enhance learning
Iowa Challenge - Engage

• Engage. You will be a more successful student and enjoy yourself more if you spend your time and energy on activities that matter. The University of Iowa offers almost limitless opportunities and the resources to help you become a leader in and out of the classroom. Take advantage of them.
Iowa Challenge - Engage

- Involvement on campus will help students to make more successful transition
  - More successful academically
  - Connect to campus
  - Build friendship
  - Build a resume
  - Develop leadership skills
  - Meet people
  - Have fun!
• **Choose.** Every day you make decisions that affect your education and your future. Take your choices seriously and use your freedom wisely. Your Iowa education is what you make it. Make it something you and your university can be proud of.
Iowa Challenge - Choose

• Freedom & responsibilities
  • Academics
  • Time
  • Involvement
  • Life style
• Laws, regulations, and policy
  • Federal laws and regulations
  • Iowa state laws
  • University of Iowa policy
• Enrich experience
Iowa Challenge - Serve

- **Serve.** As an Iowa student, you are a member of many communities, on and off the campus. You have the opportunity and the responsibility to be a good neighbor and citizen, and to serve the community. Make your community a great place to live.
Iowa Challenge - Serve

- Develop a sense of belonging
  - Make connections
- Understand others and the world
  - Get to know others in the community
  - Have a deeper understanding of working in the community
Being a Student at the University of Iowa - Personal Development

• Learning and personal development outcomes
  • Cognitive complexity
  • Knowledge acquisition and academic skills
  • Humanitarianism
  • Interpersonal and intrapersonal competence
  • Practical competence

(Kuh, Kinzie, Buckley, Bridges, & Hayek, 2006)
Being a Student at the University of Iowa - Career Development

- Top 3 skills employers seek on an entry-level resume
  - Leadership skills
  - Problem-solving skills
  - Communication skills

- Developing the skills
  - Involvement
  - Reflection
  - Articulate
  - Practice
Being a Student at the University of Iowa

University resources for students

- Transition courses and programs: Success at Iowa, orientation
- Involvement opportunities: pick one
- Career Centers: Pomerantz Career Center, Engineering Professional Development, International Student and Scholar Services (ISSS)
- Other personnel support: faculty & staff, alumni
Support Network - Students

• Peer support
  • Involvement

• Professional support
  • Staff (academic advisor, ISSS advisors and staff, residence hall coordinator, etc.)
  • Faculty
  • Teaching assistants and other graduate students
Support Network - Parents

- Communicate with other parents
- Follow UI news on social media
  - Facebook
  - Parent & Family Network
  - International Parents’ Blog
  - WeChat
- Focus and understand emotional change in your children and yourself
Communication

• Reach agreement on how often to communicate
  • Less than twice a day

• Make every communication more positive:
  • Listen sympathetically
  • Ask about good things that are going on
  • Put yourself in the position of your children
  • Encourage students to solve problems
  • Say more encouraging words “I believe you!” “You can do this!”
  • Ask about recent progress
Support Network

University resources for parents


- Websites: ISSS international parents’ blog, parent & family network

- Social media: Facebook, WeChat

- Contact: isss@uiowa.edu; lee-Seedorff@uiowa.edu
Final Tips

• Students should complete the Pre-departure Checklist before coming to Iowa

• Encourage students to solve problems independently

• Focus and understand emotional change in your children and yourself

• Talk about family financial status with your children openly

• Don’t avoid sensitive topics, such as alcohol, dating etc.

• Plan for airport drop-off day
What makes a successful student?

- Active involvement on campus
- Proactive in asking for help
- Support from family and friends

International Student and Scholar Services
1111 University Capitol Centre
The University of Iowa
isson@uiowa.edu
Isss-orientation@uiowa.edu