

Cabrillo International Student Newsletter

FALL 2009

Welcome International Students!

Welcome back everyone! Cabrillo College welcomes 17 new international students from 10 countries, including China, United Kingdom, Denmark, Turkey, Austria, Australia, Ukraine, Japan, Brazil and Costa Rica this semester. We now have international students representing 23 countries in the world, which is pretty amazing!

Cabrillo College is pleased to welcome our new Vice President for Student Services, Dennis Bailey-Fougner. Dennis oversees all of Cabrillo's Student Services including International Student Programs. He has a wealth of experience working with international students and looks forward to meeting

many of you during your studies here.

If you are looking to get involved on campus, there are many opportunities to do so. Student clubs, government and the campus newspaper all welcome international students and your unique viewpoints. Stop by the Student Activities Centers for ideas on how to get involved and meet new friends.

Please look carefully through this semester's newsletter, you will find information about important deadlines and much information to help you through the semester. And, don't forget to contact Anna if you have any questions.

Here is Anna's contact information:

Anna Zagorska
Room 126 (Transfer Center)
Tel: 477-3375
Email: anzagors@cabrillo.edu

Appointments with Anna can be made at the Counseling Office or in the Transfer Center.

We are happy that you chose to study at Cabrillo College and hope that you have a wonderful semester.

Sincerely,

The International Student Program Office

**HAVE YOU
MOVED?**

**DON'T FORGET
TO CHANGE
YOUR ADDRESS
WITH ADMIS-
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WITH THE INFOR-
MATION.**

International Student Office Information

The International Student Program is here to support the success of students who are studying in the United States with visas as well as Permanent Residents and US Citizens who have studied abroad. The International Student Office offers the following services:

- Academic/Occupational/Transfer Counseling
- Immigration Advising
- Employment Authorization
- Personal and Cultural Adjustment Counseling
- Foreign transcript evaluation information

Counseling and Advising is provided by Anna Zagorska in the Transfer Center.

To set up a 30 minute appointment, please call 479-6274 or 479-6385.



Immigration Information

Announcements:

Scholarship Available!

Money is tight for everyone, but there are opportunities for scholarships.

Cabrillo College General Scholarships are awarded through private donations to the Cabrillo College Foundation. Cabrillo College students who complete a minimum of 9 units in the Fall semester and have a minimum cumulative GPA of 3.0 may apply. Funds are awarded to students who show academic promise, scholastic achievement, and/or community or campus involvement. Applications will be available each Fall semester and are awarded for the following school year. The application deadline is early December. Award: \$500 - \$2,500

Applications are available usually around mid October online or at the Financial Aid Office.

Last year, several international students received scholarships through the Cabrillo Foundation so consider applying! You will need to complete the application and receive a letter of recommendation from one of your instructors.

Students studying with F-1 visas are required by the United States Citizen and Immigration Service to maintain full-time enrollment each semester to be in status. Full-time enrollment is the completion of a minimum of 12 units each semester. Students with F-1 visas who are having trouble with classes must make an appointment to meet with the International Student Counselor. There are cases in which we can authorize F-1 students to drop below 12 units and still be in status. Students who drop below the 12 units without prior permission are considered out of status and will have to apply for reinstatement through USCIS. **Please contact us before you drop any classes.**

Check to see when your I-20 will expire. If your I-20 will expire at the end of this semester and you need more time at Cabrillo to complete your educational goals, make an appointment with the International Student Counselor to extend your I-20. We must file for an I-20 extension before your current I-20 expires, otherwise your record will be automatically terminated by SEVIS and you will be out of status!

Change of Address

You must inform Anna if you change your address. She can then update SEVIS with the new information. You have 10 days after you move to contact her.

Online Courses

Students with F-1 visas are only allowed to take one online course toward the 12 unit requirement each semester.

OPT

If you are graduating this semester and plan to apply for Optional Practical Training (OPT), you should submit your application no later than mid November 1 if you hope to begin working in January. See Anna in rm. 126 for an OPT application packet.

Reporting Current Name and Address

If you move or change your name, you must inform the International Student Counselor and file a change of information form with Admissions and Records within 10 days. This information is then reported to USCIS.

Travel information

If you will travel outside the United States for any reason, you must have your I-20 signed for travel authorization. This includes travel to Canada and Mexico. Please submit your I-20 at least two weeks before you leave the country or before the end of the semester. If you do not have your I-20 authorized you may not be allowed back into the country. Signatures are authorized from Anna Zagorska, Melissa Brilino, Sally Larter, Sandi Moore, and Dennis Bailey-Fougner.

Also, make sure the F-1 visa in your passport is valid. If your visa has expired, you must obtain a new visa in your passport before you will be permitted to re-enter the United States.

When travelling, have the following documents with you when re-entering the US:

- A passport that is valid for at least six more months
- A valid F-1 student visa
- Current I-20 with recent travel authorization signature (signature should have been received no more than 6 months ago)
- All your previous I-20s



Important Information

Academic Calendar 2009-2010

Fall 2009

Sep 26	Deadline to drop without a W appearing on your transcript
Oct 3	Deadline for pass/no pass option
Nov 13	Holiday—Veteran's Day
Nov 20	Deadline to apply for AA or AS degree
Nov 21	Deadline to withdraw
Nov 26-27	Holiday—Thanksgiving
Dec 15-19	Final Exams

Winter 2010

Oct 22	Schedule posted online
Oct 26	Registration begins
Jan 4	Winter Term begins
Jan 29	Winter Term ends

Spring 2010

Nov 10	Schedule posted online
Dec 7	Registration begins
Feb 8	Semester begins
Mar 29– Apr 3	Spring Break
June 1-5	Final Exams
June 5	Graduation

Graduating? Remember to file a Petition to Graduate with Counseling and don't forget to apply for OPT three months before you plan to begin working.

Transferring? If you plan to transfer to another college or university next semester, you need to ask Anna to transfer your I-20. You must do this before February 18, but remember that she won't be available at all times, so see her before winter break!

Social Security As an F-1 student, you are not eligible for a Social Security Number unless you have a job on campus. When you find a job on campus, Anna can write a letter to the Social Security Administration authorizing them to issue your Social Security Number. Remember, your Social Security Number does not give you permission to work off campus.

Ways to get involved on Campus:

- **Join a club**, a list of clubs at Cabrillo can be found at <http://www.cabrillo.edu/associations/icc/activeclubs.html>
- **See a sports game**, it's soccer, volleyball and football season and there are many opportunities to see great matches!
- **Attend the Grand Opening** of the VAPA Arts Complex, October 9-11
- **Visit the Art Gallery** to see the latest show
- Check out Cabrillo on **Facebook** and meet some other students

Your Health



Don't forget to take care of yourself! Cabrillo College Student Health Services is offering a series of workshops this semester, all are weekly and meet in the Health Center :

Anger Management

Mondays at 2:00PM
starting September 28
Facilitated by Alison Harre, MA

Anxiety and Stress Reduction

Tuesdays at Noon
starting September 29
Facilitated by Cindy Heier, MA

Improving Your Relationships

Mondays at 1:00PM
starting September 28
Facilitated by Marianne Gardner, LMFT

Queer and Questioning

Mondays at Noon
starting September 28
Facilitated by Diana Carpenter, MA

Wellness for your Mind, Body and Spirit

Wednesdays at Noon
starting September 30
Facilitated by Dianne Avelar, LMFT

H1N1 Flu (Swine Flu)

We've all heard a lot about H1N1 Flu, also known as the Swine Flu. The majority of confirmed cases of H1N1 Flu have caused mild illness. There is no reason for panic, but we do need to treat it seriously. So what can we do to **keep our campus healthy?**

1. Stay home if you are sick. This is the best way to stop the spread of infection.
2. Wash your hands frequently with soap and water, or use an alcohol based sanitizer. This is especially important before eating.
3. Avoid touching your face.
4. Cover those coughs and sneezes! It is best to cough or sneeze into a sleeve. This traps germs in the fabric, where they dry and die.
5. Avoid contact with people who are sick.

These precautions apply to the prevention of any illness, including Swine Flu.

The symptoms of Swine flu include fever above 100°F, cough and/or sore throat, and possibly nausea, vomiting and diarrhea. These symptoms can also represent other illnesses like seasonal flu and strep throat. Anyone with fever above 100°F lasting more than 24 hours, vomiting or diarrhea lasting more than 24 hours, or difficulty breathing should seek care from a doctor.

Did you know that you can get some free tutoring at Cabrillo? Check out these campus resources:

The Tutorial Center

The Cabrillo College tutorial Center is located in the Learning Resource Center behind the Library in room 1080A. It provides tutoring to all Cabrillo College students at no cost.

The Cabrillo College Writing Center

The Writing Center is open to all Cabrillo College students working on any writing project. The center provides drop-in services in both Writing and ESL. The Writing Center is located in room 1060W in the Learning Resource Center behind the Library.

MLC- Math Learning Center

The MLC is open to all Cabrillo College math students and offers free drop-in tutoring for all math classes. In addition to drop-in tutoring, students may check out calculators, textbooks, video tapes and various learning software packages. The MLC is located behind the Library in room 1074.

Q and A

Q: I am registered for 12 units, but hate one of my classes. All my American friends tell me to just drop it before I get a bad grade, but I remember hearing that I should not have less than 12 units. What should I do?

A: Don't drop that class!! As an international student, you are required to complete 12 units per semester or you will fall out of status. This means that you will not be able to transfer, apply for OPT, work on campus, or travel and re-enter the US. You will need to apply for reinstatement or leave the country and return with a new I-20. All this is not worth dropping that class, so get some extra help and remember to not risk falling out of status.

Q: I'm going home at the end of the semester and heard that I do not need to be registered in 12 units during my least term at Cabrillo. Is this true?

A: Maybe. If you are completing a program of study at Cabrillo, you may have less than 12 units during your last semester. If you are leaving before completing a full program, then you must be registered in 12 units. Always check with Anna before you make the decision to not enroll in full-time classes so that you do not get in trouble.

Q: My boyfriend and I just got married and I'm so excited that I no longer need to study full time. Also, I can't wait to start working and paying resident tuition at Cabrillo. What do I need to do?

A: Congratulations! However, just because you got married, it doesn't mean that your immigration status has changed. You will need to file paperwork to adjust your status. While that is being processed, you need to maintain your F-1 status by studying full-time and not accepting any off-campus employment. Once your new status is approved, you will need to wait for one year and one day before you can pay resident tuition. Don't forget to keep all of your paperwork and make sure that you establish residency by getting a California Driver's License or ID. More information can be found at <http://www.cabrillo.edu/services/ar/>

For F-1 students completing their studies this semester

USCIS allows F-1 students who have completed their course of study to remain in the United States for 60 days after the completion of the semester. This time can be used as you wish; to prepare to return home, transfer to another school, or travel within the United States. You may not exit the US in your 60 day grace period and return in F-1 status.

You do not have a 60 day grace period if you are not completing your program. If you finish the semester and don't plan to enroll next semester you must depart the US within 15 days.

Plan Early!!! If you need to travel, get your travel signature well before your scheduled vacation. International Student Programs will be closed for parts of December and January, be sure that you get all your questions answered before the end of the semester.

Non-Campus Announcements

- **New ESL Program in Santa Cruz.** If you have friends or relatives who want to study Intensive English in Santa Cruz, a new program will be opening in January. Students will be able to improve their English skills at ELS and transfer to Cabrillo once they complete the program or receive a 450 TOEFL score. More information will be available at www.els.edu soon!
- If you're interested in meeting some Americans, consider getting involved in ISI. **International Students Inc. Santa Cruz** offers friendship and activities to all Cabrillo and UCSC international students. ISI is a nationwide organization of Christian volunteers offering cross-cultural, cross-religious friendship. They can match you with ISI American Friendship Partners and Conversation Partners. For more information, contact:

Peggy Pollard, ISI Inc.
<http://www.isiwebnet.net/sites/PeggyPollard>
isi.santacruz@gmail.com Tel: (831) 423-2593

- Looking for a homestay family? Contact **ISP Homestays** and they can match you with a local family that lives close to Cabrillo! Their website is www.isphomestays.org.