

A photograph of the Berkeley Campanile tower at sunset. The sun is low on the horizon, creating a warm, golden glow. The tower is silhouetted against the bright sky. In the background, there are trees and a cityscape. In the top right corner, there is a decorative graphic of white geometric shapes (polygons) on a dark background.

Berkeley International Office Welcomes You!



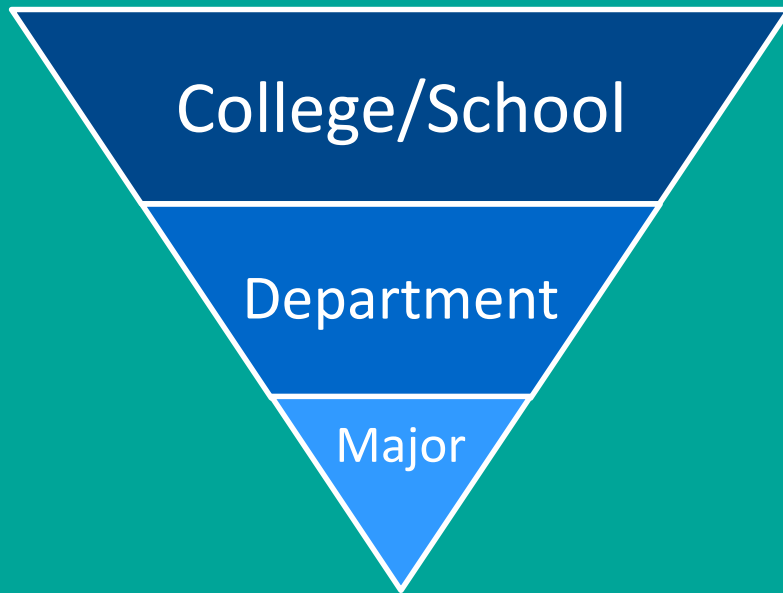
Presentation Overview

- University Structure & Culture
- Campus Resources
- Community Resources
- Health Services & Health Insurance
- Safety In and Around Berkeley
- F-1 and J-1 Employment Opportunities



University Structure & Culture

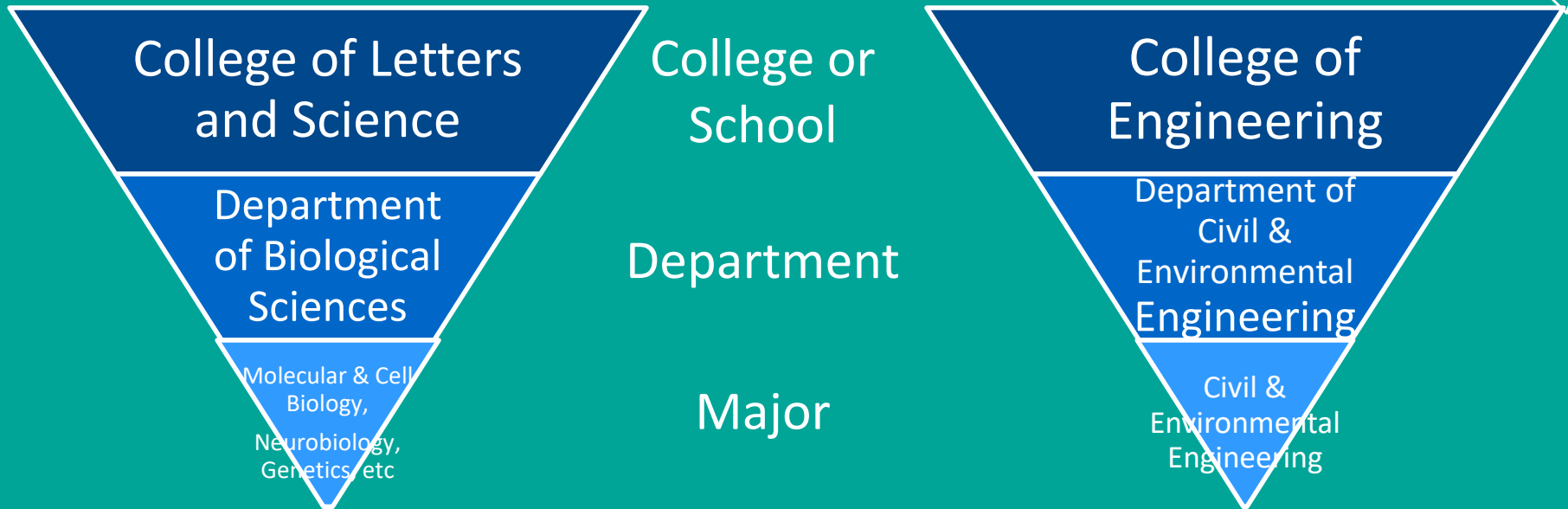
University Structure



- College of Chemistry
- School of Education
- College of Engineering
- College of Environmental Design
- Haas School of Business
- School of Information
- School of Journalism
- School of Law
- College of Letters & Science
- College of Natural Resources
- School of Optometry
- School of Public Health
- School of Public Policy
- School of Social Welfare

University Structure

Two examples:



Classroom Culture

- Lecture
- Laboratory / Studio / Workshop / Field Work
- Seminar
- Section



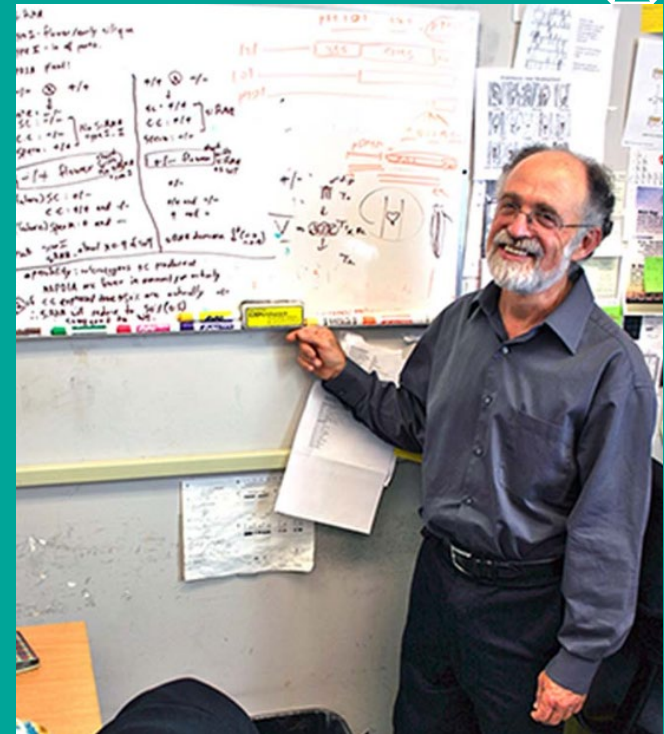
The Habits of Successful Students in the U.S.

Successful students...

- Attend class and study
- understand the units system and the requirements of their degree programs.
- know the syllabus.
- attend office hours.
- keep track of their Grade Point Average (GPA).
- seek academic support.
- look for research opportunities.
- seek guidance from academic and international advisors.

Academic Support: Office Hours

- Ask questions
- Clarify a point
- Delve deeper into an idea
- Ask about research opportunities



Academic Support: Academic Advisers

- Advice on selecting a major
- Help enrolling in courses
- Clarity on degree requirements
- Support with low grades
- Academic Advisers go by many titles:
 - College advisers
 - Department advisers
 - Major advisers
 - Faculty advisers
 - Peer advisers

Academic Advisers vs. International Student Advisers

Academic Advisers...

know the details of a student's academic plan and major requirements. They help with all academic issues. Academic advisers are located in a college or department.

International Advisors...

know the details of a student's F1 or J1 student visa and advise on immigration issues and the rights and responsibilities of that visa. International advisors are located in Berkeley International Office (BIO).

Many academic choices students make could have consequences for their immigration status, so they'll often need to see a BIO advisor after seeing an academic advisor.



FERPA: Federal Family Educational Rights and Privacy Act

Berkeley students have the right to...

- view their student records.
- keep personally identifiable information withheld from public view (unless they consent to viewing by particular individuals).
- review who has been authorized to view their records.
- request corrections to their records.
- file complaints about FERPA violations.

What does this mean for parents?



More about FERPA

<https://registrar.berkeley.edu/academic-policies-procedures/ferpa>



Campus Resources

Offices and departments that can provide you support,
whether you are here in person or abroad!

Student Learning Center (SLC)

The Student Learning Center supports a global community of learners as they navigate the cultural expectations and academic rigor of UC Berkeley.

- A variety of programs for different disciplines and majors
 - Writing Program
 - Language Exchange
 - Peer-led advising
- International Student Program:
<https://slc.berkeley.edu/international-student-program>
- Resources for Academic Support:
<https://slc.berkeley.edu/general-resources>



Transfer Student Center (TSC)

- Virtual Front Desk
- Academic Counseling
- Mentorship program: <https://transfers.berkeley.edu/transferinsights>
- Transition Course: <https://transfers.berkeley.edu/transitioncourses>



Transfers





LEADCenter

ASUC STUDENT UNION

Lead Center

- UC Berkeley's hub for student involvement, leadership development, and co-curricular advising
- Over 1,200 diverse student organizations, organized primarily for students and by students
- Find your student org using Cal Link: <https://callink.berkeley.edu/>
- Virtual Fall Calapalooza: <https://lead.berkeley.edu/calapalooza/>



Disabled Students' Program (DSP)

- Promotes an inclusive environment for students with disabilities and equips students with appropriate accommodations and services to achieve their individual academic goals.
- Apply for services: <https://dsp.berkeley.edu/students/new-students/application-process>
- Various support services:
 - Cal Trio DSP SSS
 - Autism Spectrum Services
 - Career Services
 - And more!



Career Center

The Career Center provides comprehensive resources, programs, and counseling on career development, internships, employment, and graduate school.

- Virtual career advising
- Handshake – online portal with access to 1000's of jobs/internships
- Career events and workshops:
<https://career.berkeley.edu/Info/Events>

The logo for the Career Center is a dark blue square containing the text "CAREER CENTER" in white, bold, uppercase letters. A small white star is positioned above the letter "A" in "CAREER". Below the main text, the website address "career.berkeley.edu" is written in a smaller, white, lowercase font.

**CAREER
CENTER**
career.berkeley.edu



Community Resources

Resources that will help your student adjust to life in the US, whenever they arrive!

Housing

- BIO Finding Housing Web Page:
<https://internationaloffice.berkeley.edu/living/housing>
- Cal Housing Office: On-campus housing
<http://www.housing.berkeley.edu/housing/>
- UC Berkeley Cal Rentals: Provides rental listings, roommate search tool, housing tips:
<http://calrentals.housing.berkeley.edu/>
- Housing scams & safety information:
<https://internationaloffice.berkeley.edu/living/scams-safety-old>

Money & Banking

- BIO Money and Banking web page:
<https://internationaloffice.berkeley.edu/living/money>
- BIO Financial Aid Web Page:
<https://internationaloffice.berkeley.edu/students/aid>
- Bears for Financial Success: a campus group focusing on financial literacy and helping students manage their expenses. <http://financialaid.berkeley.edu/bears-financial-success>

Transportation

- BIO Transportation Web Page: General transportation information for international students
<https://internationaloffice.berkeley.edu/living/transportation>
- BIO Driving in California Web Page: Information on driving and obtaining a driver's license for international students
<https://internationaloffice.berkeley.edu/living/driving>
- UC Berkeley Parking and Transportation office:
<http://pt.berkeley.edu/>
- Berkeley AC Transit bus system: <http://www.actransit.org/>
- Berkeley Bay Area Rapid Transit (BART) subway system:
<http://www.bart.gov/>



Health Services & Health Insurance

The Tang Center

Primary Care
Urgent Care
Specialists
Counseling
Pharmacy
Radiology
Laboratory

Physical Therapy
Allergy/Travel
Health Educators
Social Services
Insurance Specialists
Health Records



Accessing Care at the Tang Center



Phone scheduling
Advice Nurse



In-person scheduling
Drop-in urgent care
Urgent drop-in crisis support



Online scheduling
Secure messaging
Self-help resources
Virtual video visit



COVID Testing Information



PCR (swab) COVID-19 testing at our Durant site is available for UCB students who meet the following categories:

- close contact with a confirmed case (less than 15 minutes, less than 6 feet apart, and only if between 3-10 days since exposure)
- program requirements, per prior agreement
- symptoms concerning for COVID-19

Testing is performed Monday - Friday from 10am-4pm on the Durant Avenue side of the Tang Center either as a walk-up or drive-through. All testing and swabbing must be ordered in advance. Test results are typically known in 2-3 business, although on occasion it may take longer.

Counseling and Psychological Services (CAPS)

- Brief therapy
- Referrals to the community therapists for long-term counseling, evaluation and medication
- Crisis counseling
- Groups sessions
 - Structured skill building groups (health and wellness, social skills, procrastination)
 - Support groups (grief and loss, transitions, graduate students, students of color)
 - General therapy groups
- Phone consultation
- Career exploration and career library
- Let's Talk – informal one-time, drop-in consultation for students who are not ready to start counseling

If you are outside of US...

- Currently CAPS counselors are not able to provide counseling to individuals outside of US due to licensure restriction
- International students are welcome to contact CAPS for consultation
- CAPS counselors can work with you and identify your local resources

Contacting CAPS

During the pandemic, all appointments are conducted virtually (via Zoom or phone).

To start services, schedule a phone appointment: Call 510-642-9494 or use your eTang patient portal

CAPS Hours:

M, Tu, W, F. 8:00- 5:30; Th 9 – 5:30

Urgent Drop-ins: M-F 10-5

Let's Talk virtual drop-in consultation hours updated regularly for one-time consultation:

<https://uhs.berkeley.edu/coronavirus/mental-health-resources/virtual-lets-talk-drop-consultations>



Tang Center at 2222 Bancroft Way

Any registered UC Berkeley is eligible for services regardless of insurance coverage

Student Health Insurance Plan (SHIP)

All Cal students must have health insurance. Most students purchase the Student Health Insurance Plan (SHIP).

SHIP uses these health insurance companies:

- Anthem/Blue Cross – physical and mental health
- VSP – eye health
- MetLife – dental health

SHIP Benefits

How do students find get information about SHIP benefits?

- Visit My SHIP Online to...
- access insurance ID Card
- find a medical provider
- connect with Member Services

WELLFLEET STUDENT **Berkeley SHIP**

MySHIP Online

Accessing your plan online

<http://berkeley.wellfleetinsurance.com/ship>

Introducing **MySHIP Online** which allows customized access to your Berkeley SHIP ID card and managing your health benefits online.

How to Access MySHIP Online

1. Navigate either by mobile phone or computer to <http://berkeley.wellfleetinsurance.com/ship>
2. In the upper right hand corner click the icon.
3. Then select **member** and create an account.
4. You will need to register your account using your student ID # and your date of birth.

Use MySHIP Online to:

- Access your Insurance ID card
- Find a medical or behavioral health provider across the country.
- Review claims for medical and behavioral health benefits.
- File claims for medical, Rx and behavioral health visits.
- Connect with Member Services for assistance.

A Seamless Mobile Experience
You can access your plan by web or mobile device anytime, anywhere.

Questions?
Our Member Services team is ready to assist you.
Call 1-833-302-9785

SHIP Waiver

- International students studying in their home country were eligible to apply for a waiver of SHIP insurance if they had national healthcare
- Deadline has passed (July 31)
- For questions, call (510) 642-5700, email your questions to ship@berkeley.edu (link sends e-mail), or currently enrolled students can send a secure message to the SHIP office via the [eTang patient portal](#)

Getting Medical Attention

It's extremely urgent.

EMERGENCY

**For immediate help
with life or death
situations**

It's urgent.

URGENT CARE / DROP-IN CLINIC

**For same-day help with
colds, flus, bones,
nausea, etc.**

It's not urgent.

PRIMARY CARE

**For check ups, long-
term issues, physical
therapy, counseling,
etc.**

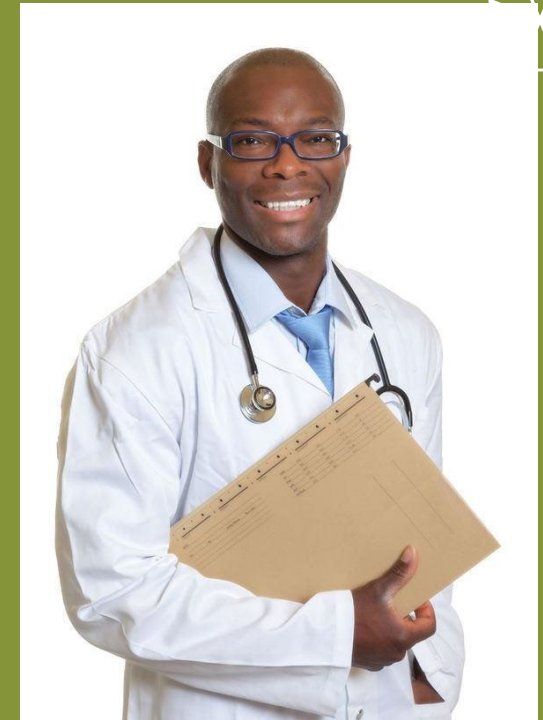
Don't Lose Money!

For non-emergencies, go to the Tang Center first.

If doctors think students need further treatment from a specialist outside of the Tang Center, they will give write an authorization or referral to that specialist.

Can students go directly to a specialist without going to the Tang Center first?

Yes, but they will probably have to pay full price.
SHIP will probably not cover these visits.





Safety In and Around Berkeley

Safety Off and On Campus

Berkeley Police Department (BPD) and UC Police Department (UCPD) are here to help you.

	On Campus	Off Campus
Emergency	UCPD 510-642-3333 / blue light phone <i>(Dialing 911 will go through dispatcher to UCPD.)</i>	BPD 911
Non-emergency	UCPD 510-642-3333	BPD 510-981-5900


Dialing 911 anywhere in the US will always connect you to the police department nearest you.




Safety in Berkeley

Berkeley Night Safety Services

Home BearWalk Escort Night Safety Shuttle Door to Door Service Links




Bearwalk
Dusk – 3:00AM
Walking a short distance? [Book](#) your BearWalk escort online or call (510) 642-9255, no earlier than 15min before your pick-up time. Last call is 2:30 am.

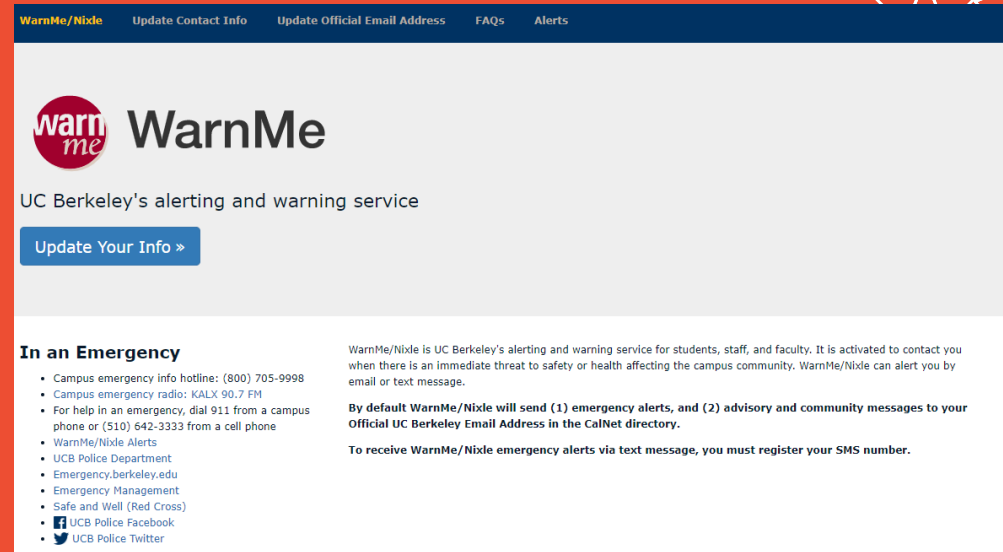


Night safety shuttle
7:30pm – 3:00am
[Football Update](#)
See where the [night shuttle](#) is in real time.

To see the next pick up time just hover over your closest bus stop.



Door-to-door service
3:00am – 6:00am
View a [map](#) of our service area. [Book](#) your pick up online or call (510) 642 9255 no earlier than 15 minutes before your pick up time



WarnMe/Nixle Update Contact Info Update Official Email Address FAQs Alerts

WarnMe

UC Berkeley's alerting and warning service

[Update Your Info >](#)

In an Emergency

- Campus emergency info hotline: (800) 705-9998
- Campus emergency radio: KALX 90.7 FM
- For help in an emergency, dial 911 from a campus phone or (510) 642-3333 from a cell phone
- WarnMe/Nixle Alerts
- UCB Police Department
- [Emergency.berkeley.edu](#)
- Emergency Management
- Safe and Well (Red Cross)
- [UCB Police Facebook](#)
- [UCB Police Twitter](#)

WarnMe/Nixle is UC Berkeley's alerting and warning service for students, staff, and faculty. It is activated to contact you when there is an immediate threat to safety or health affecting the campus community. WarnMe/Nixle can alert you by email or text message.

By default WarnMe/Nixle will send (1) emergency alerts, and (2) advisory and community messages to your Official UC Berkeley Email Address in the CalNet directory.

To receive WarnMe/Nixle emergency alerts via text message, you must register your SMS number.

Berkeley Night Safety Services
<https://nightsafety.berkeley.edu/home>

Berkeley Warn Me / Nixle
<https://warnme.berkeley.edu>

Center for Support and Intervention

Goal: To prevent violence and harm in the UC Berkeley community

CSI is...

- a central point for campus faculty and staff to report concerns about student safety
- a case management group that speaks with troubled students and connects them to the appropriate services on campus



The screenshot shows the website for the Center for Support and Intervention at the University of California, Berkeley. The page is titled "Center for Support and Intervention" and is part of the "Division of Student Affairs". The header includes a search bar and the text "ACCESS · SERVICE · ENGAGEMENT". The main content area features a navigation menu on the left with options like "Submit CARE Report", "Center for Support and Intervention", "Bears That CARE", "Violence Prevention Collaborative", "Campus & Community Resources", and "Contact Us". The main text describes the center's mission and provides information about "Violence and Harm Prevention" and "Case Management". The footer includes the copyright notice "Copyright 2019 UC Regents. All Rights Reserved. Privacy Statement" and the Berkeley University of California logo.

search this site

Division of Student Affairs ACCESS · SERVICE · ENGAGEMENT

Associate Vice Chancellor & Dean of Students

Submit CARE Report

Berkeley UNIVERSITY OF CALIFORNIA Center for Support and Intervention

Center for Support and Intervention

The **Center for Support and Intervention** addresses prevention and intervention for harm and violence on campus, and provides support to students experiencing or causing distress in the campus community.

Our **Violence and Harm Prevention** work provides direct training to students and staff on bystander intervention strategies. Our **Case Management** team provides limited threat assessment, consultation, collaboration, and intervention with and for students, faculty, staff, and other campus and community colleagues in order to prevent students and the campus community from experiencing harm and violence.

Violence and Harm Prevention

- Provide training directly to students and staff on bystander intervention, with a specific focus on recognizing and intervening in circumstances likely to result in harm or violence.
- Develop and implement harm prevention strategies for the broader campus in collaboration with other campus units.

Case Management

- Assess and provide direct support to students experiencing or causing distress with the potential for harm or violence (either directed towards self or others).
- Collaborate with campus colleagues regularly through the Students of Concern Committee, and as needed through our daily work on assessing potential harm and threat.
- Craft intervention strategies to mitigate harmful behavior and ensure the safety of the campus community.

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Berkeley UNIVERSITY OF CALIFORNIA

Recognize Identity Theft, Phishing & Scams



- Define terms: Identity theft, phishing, scam
- What do identity thieves look for?
 - Personal information and passwords
 - Social security numbers and bank account information
- Phishing emails and texts often...
 - claim to have noticed unusual activity in your bank account or immigration record.
 - ask you to confirm personal information, download software or make a payment.
 - offer money – discounts, refunds, and coupons.
- Scammers and identity thieves often...
 - claim to represent government agencies, banks, credit card companies, insurance agents.
 - make unexpected, urgent demands for information or payment.
 - threaten severe, immediate consequences.

Avoid Scams & Identity Theft

- Keep your computer anti-virus software up to date.
- Do NOT log into sensitive websites via a public Wi-Fi connections. (For example, do not check your bank account at a café or at the library.)
- If someone calls you, do NOT offer or confirm any information about yourself. Try to get the phone number and name of the caller.
- Do NOT send payments in any form – through a wire transfer, through cash or through gift cards.
- Notify banks, Berkeley International Office and police as necessary.
- The BIO website has details on several types of scams:
<https://internationaloffice.berkeley.edu/living/scams-safety>

Safety in Berkeley and the Bay Area

- Lock doors and windows.
- Do not leave valuables visible in cars or in public places such as restaurants or libraries.
- Stay aware at ATMs. Do not count money in public.
- Do not routinely carry immigration documents. Leave passports, I-20s, DS-2019s and SSN cards at home in a secure spot.
- Hold electronics, wallets and purses tightly, especially on public transit.
- Be aware of your surroundings, especially at night and especially when using electronics. Walk in groups or use a UC Berkeley night service to get home safely.
- Use a high-quality U-lock and cable on your bike.





F-1 and J-1 Employment Opportunities

Part-time & Full-time Work

US government definitions for employment:

Part-time employment 1-20 hours per week

Full-time employment 20+ hours per week

During required terms of study,

Study = full-time

Employment = part-time

During non-required terms of study,

Study = optional (FT, PT or not at all)

Employment = optional (FT, PT or not at all)



F-1 and J-1 Employment Opportunities

	F-1 Visa Holders	J-1 Visa Holders
Before graduation	On-campus employment	On-campus employment
	Curricular Practical Training (CPT)	Pre-completion Academic Training (AT)
After graduation	Optional Practical Training (OPT) STEM OPT Extension	Post-completion Academic Training (AT)

Most of these opportunities require authorization before students begin working.
Each opportunity has specific requirements for eligibility.
Students should always consult BIO resources before working.

Further Employment Information

Berkeley International Office

Home • Students • Professors & Researchers • UCD Departments • Living in Berkeley • Statistics • About • Contact

Home • Students • Employment

Employment Authorization

Interested in working in the U.S. during or after your program?

There are multiple types of work authorizations available to F-1 and J-1 international students. Each type of work authorization has different rules, application processes, and sometimes, some are authorized by Berkeley International Office (BIO) in just a few days and others must be approved by the Department of Homeland Security (DHS) and take a few months. Please click on the links below to learn more about each type of employment.

OTHER EMPLOYMENT AND CAREER LINKS

- [Social Security Numbers](#)
- [Career Center's Int'l Student Website](#)
- [Employer Guide for Int'l Students](#)
- [Internships & Advice](#)
- [U.S. Tax Support & Requirements](#)

OTHER WORK TYPES

- [Special Employment Authorizations](#)
- [J-2 Employment Authorization](#)
- [F-1 OPT Capable Extension & I-10](#)
- [I-10 & Research-Related Questions](#)

Employment Workshops & Webinars

Join us at these events for job advice and resources about your job and career search in the U.S.

On-Campus Employment for F/J Students

Students may wish to take advantage of the numerous student jobs available on campus. Click here for details.

F-1 Curricular Practical Training (CPT)

On-campus work permission for current F-1 students seeking experience in their field of study.

F-1 Optional Practical Training (OPT)

Post-graduation work permission for F-1 students who plan to seek employment in their field of study within the U.S.

J-1 On-Campus Fellowship Authorization

J-1 students need to apply for authorization before receiving any on-campus payments, scholarships, or fellowships.

J-1 Academic Training (AT)

On-campus work authorization for J-1 students seeking employment in their field of study, can be used before or after graduation/completion of program.

F-1 OPT 24-Month STEM Extension

An extension of F-1 12-Month OPT work permission. For students in designated STEM fields only.

Berkeley International Office
<https://internationaloffice.berkeley.edu/students/employment>

Berkeley Career Center

UNDERGRADS GRAD STUDENTS, PHDS & POSTDOCS ALUMNI EMPLOYERS

Search

On-Campus Job S
Work Study Positi
On-Campus Empls
Social Security Num
Taxes in the US

On-Campus Employment

- Career Center's platform for UC Berkeley cutting edge technology employers and source opportunities.
- Campus departments
 - Residential & opportunities
 - International
 - Cal Dining
 - Recreational
 - Libraries
- Campus Interns
- Undergraduate listserv to recruit
 - Undergraduate

Employers can use positions and manage

Career Fairs

Attention Employers: This page is intended for students. [View employer fairs page >>](#)

Career Fairs and Forums - Meet with employers in an informal setting and learn more about job and internship opportunities offered by companies, government agencies, and non-profit organizations where you might like to work.

Some employers and fairs are focused on students from specific colleges or majors, but many are interested in Cal students from any major.

Law and Graduate School Fair - Meet representatives from programs across the nation and in a wide variety of disciplines, who can provide the latest on admission requirements, fellowship opportunities, and other key information.

Eligibility - Only registered UC Berkeley students and [eligible alumni](#) are able to use the services of the Career Center, including participating in Career Fairs/Forums. UC Berkeley Extension students are NOT permitted. The Law & Graduate School fair is the one exception and is open to the public. **Be sure to bring your UC Berkeley Student ID to the fairforum.**

For full details, including the online directory of this year's attendees, [login to Handshake](#) approximately 3 weeks before the date of the fair. This information is updated up to the day of the fair - be sure to check frequently. You can also [view past directories](#) to see who came to previous fairs.

Fall Semester 2019

UC Berkeley Career Center
<https://career.berkeley.edu/>



Go Bears!

Berkeley
UNIVERSITY OF CALIFORNIA