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

- 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:

College of Letters and Science
- Department of Biological Sciences
  - Molecular & Cell Biology, Neurobiology, Genetics, etc

College of Engineering
- Department of Civil & Environmental Engineering
  - Civil & Environmental Engineering

College or School
Department
Major
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 Advisors…
know the details of a student’s academic plan and major requirements. They help with all academic issues. Academic advisors 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!
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](https://slc.berkeley.edu/international-student-program)
- Resources for Academic Support: [https://slc.berkeley.edu/general-resources](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
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](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
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
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

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
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, or currently enrolled students can send a secure message to the SHIP office via the eTang patient portal
Getting Medical Attention

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

**URGENT CARE / DROP-IN CLINIC**
For same-day help with colds, flus, bones, nausea, etc.

**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.

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<tr>
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<th>On Campus</th>
<th>Off Campus</th>
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<tbody>
<tr>
<td>Emergency</td>
<td>UCPD 510-642-3333 / blue light phone</td>
<td>BPD 911</td>
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<tr>
<td></td>
<td><em>(Dialing 911 will go through dispatcher to UCPD.)</em></td>
<td></td>
</tr>
<tr>
<td>Non-emergency</td>
<td>UCPD 510-642-3333</td>
<td>BPD 510-981-5900</td>
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Dialing 911 anywhere in the US will always connect you to the police department nearest you.
Safety in Berkeley

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
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

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<tr>
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<th>F-1 Visa Holders</th>
<th>J-1 Visa Holders</th>
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<tbody>
<tr>
<td><strong>Before graduation</strong></td>
<td>On-campus employment</td>
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<tr>
<td></td>
<td>Curricular Practical Training (CPT)</td>
<td>Pre-completion Academic Training (AT)</td>
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<tr>
<td><strong>After graduation</strong></td>
<td>Optional Practical Training (OPT)</td>
<td>Post-completion Academic Training (AT)</td>
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<td></td>
<td>STEM OPT Extension</td>
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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
https://internationaloffice.berkeley.edu/students/employment

UC Berkeley Career Center
https://career.berkeley.edu/
Go Bears!