Berkeley International Office Welcomes You!

Presentation Overview

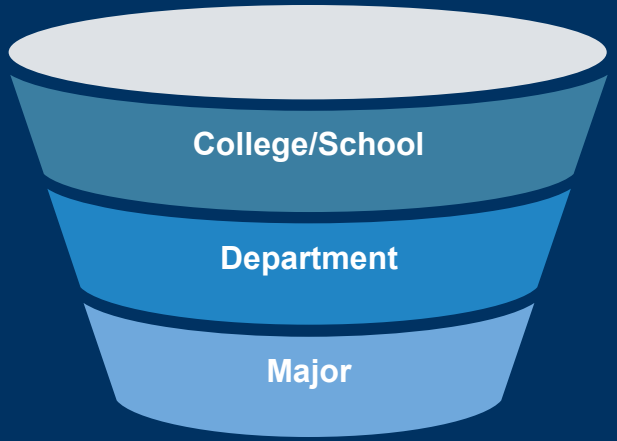
- University Structure & Culture
- Campus Resources
- Community Resources
- Health Services & Health Insurance
- Safety In and Around Berkeley
- F-1 and J-1 Employment Opportunities

1.

University Structure & Culture

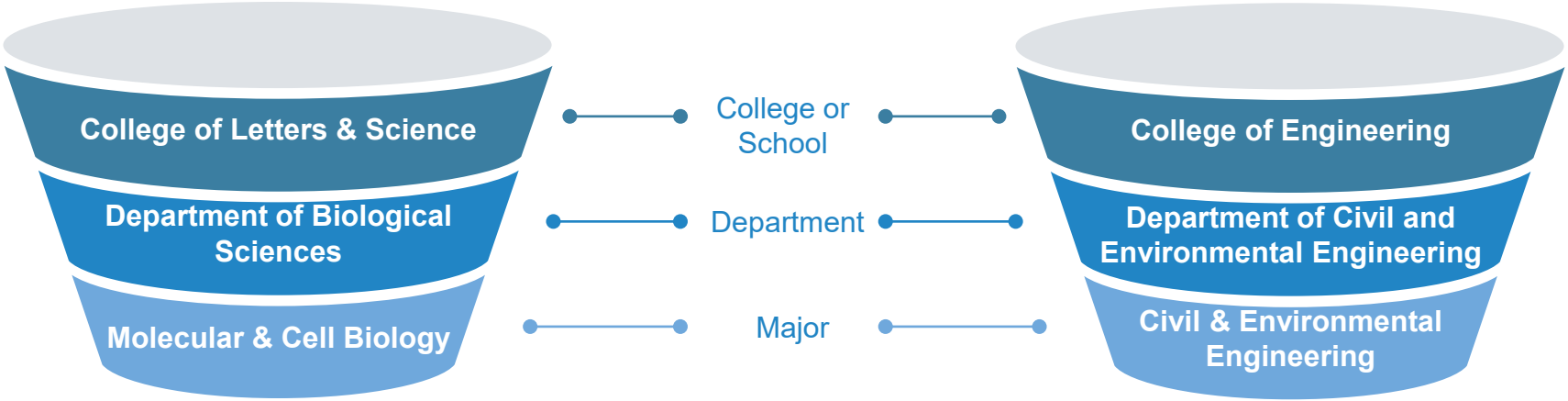
University Structure

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

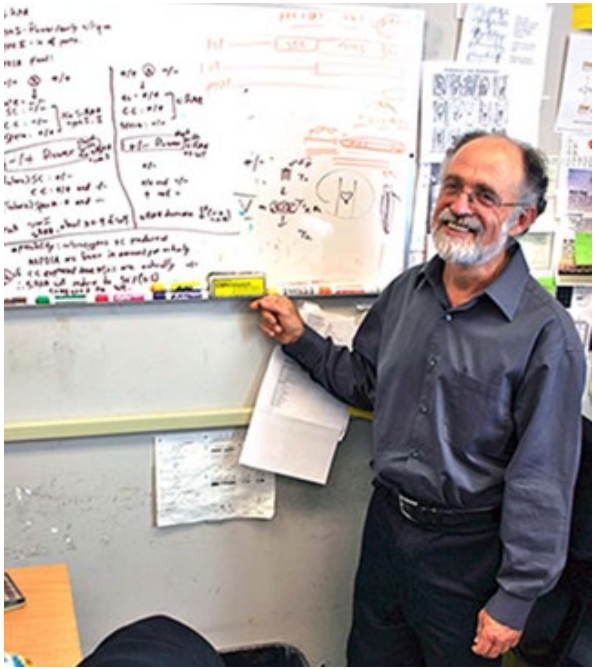
The Habits of Successful Students in the US

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

2.

Campus Resources

Learn about the many offices and resources that will be available to support your student's success

Student Learning Center

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

It has a variety of programs for different disciplines and majors

- Writing Program
- Language Exchange
- Peer-led advising

https://slc.berkeley.edu

Transfer Student Center

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

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

Basic Needs Center

Provides support with all the essential resources to survive and thrive at UC Berkeley. These “basic needs” include:

- Nutritious food
- Stable housing
- Transportation
- Healthcare
- Mental wellness
- Financial stability

And much more! Visit their website for information on available services and resources: https://basicneeds.berkeley.edu/

...and many more!

If your student does not know where to go…

encourage them to check with BIO! We can direct them to the correct office or resource for their question.

3.
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

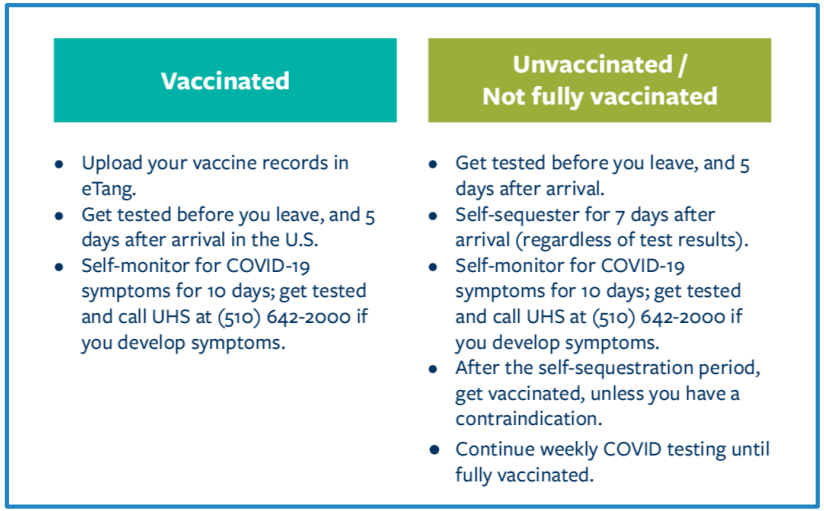
- In-person scheduling
- Drop-in urgent care
- Urgent drop-in crisis support

- Online scheduling
- Secure messaging
- Self-help resources
- Virtual video visit

Fall 2021 COVID Guidelines

The university has developed COVID-19 testing, vaccination, and self-sequester arrival guidelines for students, including specific guidelines for international students: https://uhs.berkeley.edu/coronavirus/guidelines

See the UHS COVID-19 vaccine webpage for details about upcoming vaccine clinics: https://uhs.berkeley.edu/coronavirus/vaccines-covid-19



Vaccinated	Unvaccinated / Not fully vaccinated
• Upload your vaccine records in eTang. • Get tested before you leave, and 5 days after arrival in the U.S. • Self-monitor for COVID-19 symptoms for 10 days; get tested and call UHS at (510) 642-2000 if you develop symptoms.	• Get tested before you leave, and 5 days after arrival. • Self-sequester for 7 days after arrival (regardless of test results). • Self-monitor for COVID-19 symptoms for 10 days; get tested and call UHS at (510) 642-2000 if you develop symptoms. • After the self-sequestration period, get vaccinated, unless you have a contraindication. • Continue weekly COVID testing until fully vaccinated.

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 your student is outside of US...

- All UC Berkeley students, regardless of location and insurance status, can take advantage of CAPS weekly Support Connecting to an Off-Campus Mental Health Provider workshops and TAO (Therapy Assistance Online)
- If you are outside of the US and you have SHIP, you can see any medical provider in the country where you are physically present
- CAPS counselors can work with you and identify your local resources

Contacting CAPS

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

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:

- Wellfleet – 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

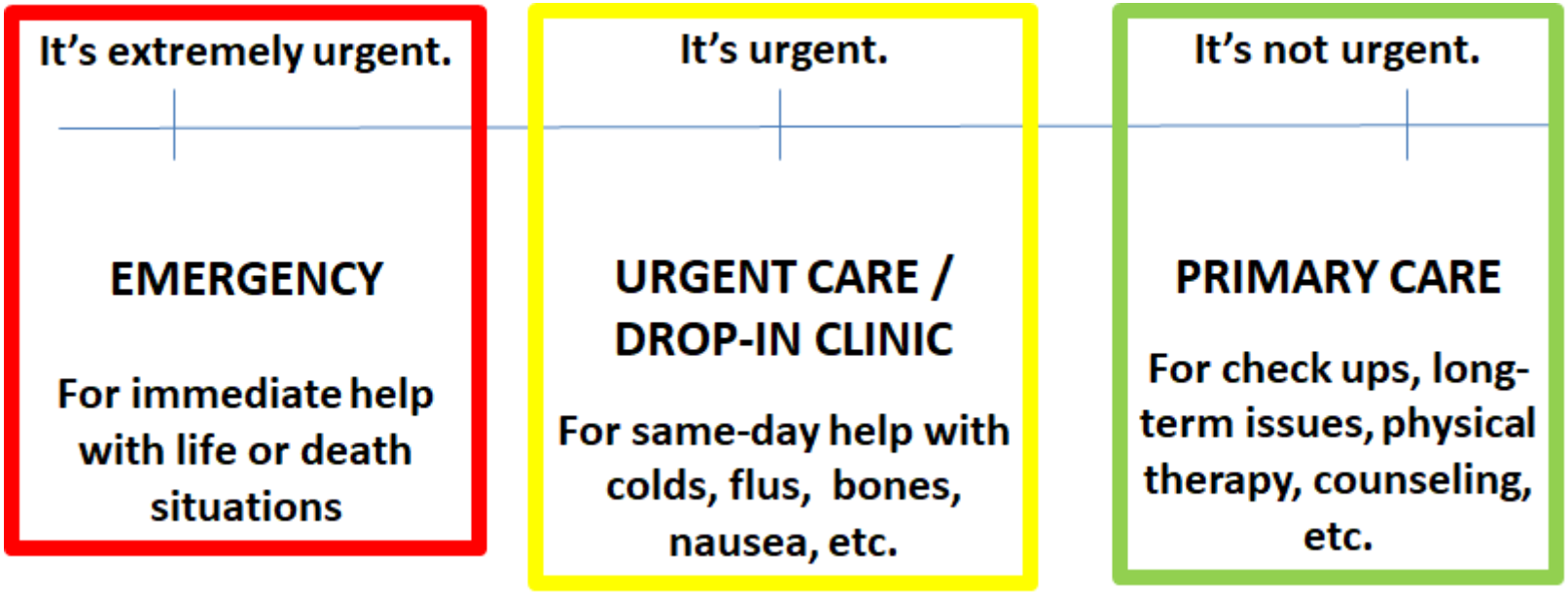
SHIP Waiver

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 15)

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



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.

4.

Safety In and Around Berkeley

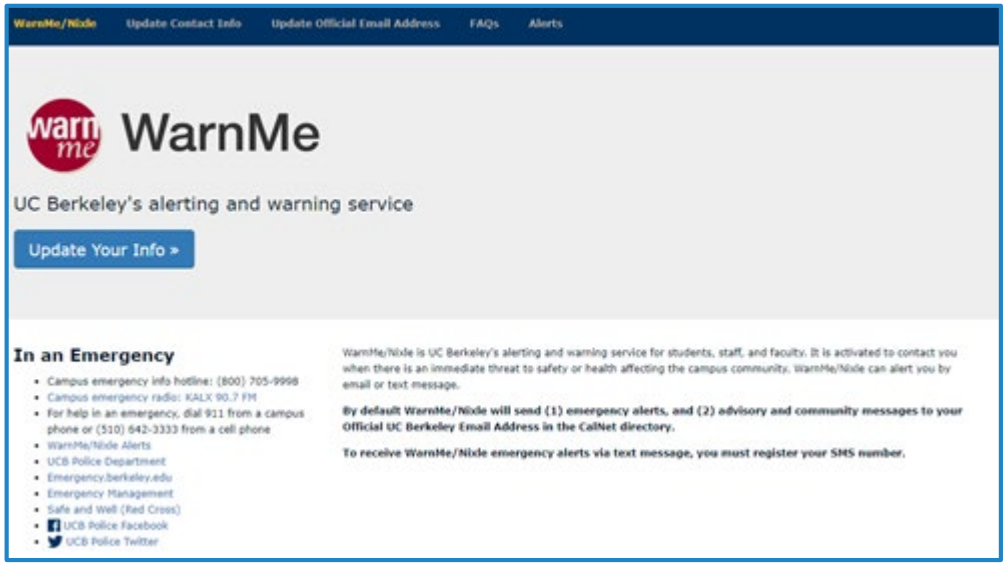
Safety Off and On Campus

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 (Dialing 911 will go through dispatcher to UCPD.)	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
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.

5.

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

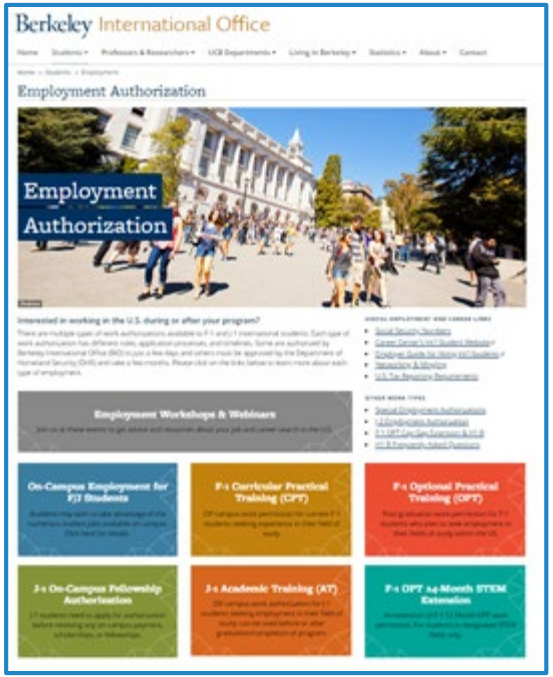
	F-1 Visa Holders	J-1 Visa Holders
Before Graduation	On-Campus employment	On-campus employment
	Curricular Practical Training (CPT)	Pre-completion Academic Training (AT)
After Graduation	Optional Practical Training (OPT) STEM OPT Extension	Post-completion Academic Training (AT)

Most of these opportunities require authorization before students begin working.

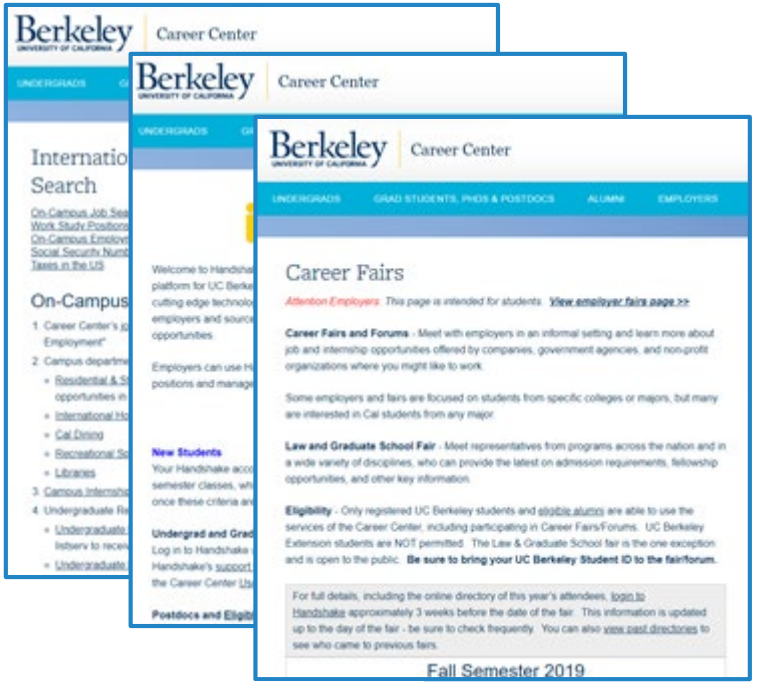
Each opportunity has specific requirements for eligibility.

Students should always consult BIO resources before working.

Further Employment Information



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



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

Go Bears!