Berkeley International Office Welcomes You!
STUDENT ADVISORS

internationaloffice.berkeley.edu/studentadvisors
We have been in your shoes!

BIO staff has lived and studied in 33 different countries!
WHAT CAN BIO DO FOR YOU?
Answer questions about your visa status
Guide you through adversity
Endorse campus forms as appropriate
Advise you on travel & provide travel signatures
Inform you about employment options
Connect you with on & off campus resources
Provide social and leadership opportunities
BIO Events

- BIO Bears Meetups
- Coffee Breaks
- iMix Socials
- Hike to the Big C
- Career Workshops
International House (2nd Floor)
Mon, Tues, Thurs, Fri
10am – 12pm & 1 – 4pm
internationaloffice@berkeley.edu
510-642-2818
International Graduate Student Orientation

International House   Wednesday, August 21st, 8 a.m.-12 p.m.

8:00 a.m. Breakfast & check in
8:30 a.m. Welcome & Introductions
   An introduction from BIO staff who are here to help you.
8:45 a.m. Who is BIO & Overview
   Succeed academically, build community, and stay healthy while at Cal by using resources introduced in this session.
9:15 a.m. Academic Success Panel
   Student and staff panelists will offer perspectives on the U.S. classroom, accessing advising services on campus, and how to make the most of your graduate program.
10:00 a.m. Coffee & Tea Break

10:30 a.m. Immigration Essentials
   Introduction to essential topics to help you learn how to properly maintain your visa status, understand immigration issues at each stage of your academic life, and know your student employment options.
11:00 a.m. Wellness & Safety
   Learn about UC Berkeley health services and safety on campus and in the Bay Area.
11:45 a.m. Overview of Taxes and GLACIER
   Learn about the campus-based GLACIER tax compliance system required for all students with academic appointments and stipends.
Navigating Campus
Learning is supported holistically.
Use resources
CAPS
(Counseling & Psychological Services)

- academic success
- life management (relationships, coping w/ personal crisis, etc.)
- career & life planning
- personal growth & development
CAPS Satellite Offices

Graduate Student Wellness Counselor,
Dr. Amy Honigman

Contact info:
Schedule initial consultation by phone, (510) 664-5117

Location:
444D Eshelman Hall, Graduate Assembly Suite

Other Satellite offices:
• Boalt Law School
• College of Chemistry
• College of Engineering
• College of Environmental Design
• Haas School of Business

For hours and appointment information:
https://uhs.berkeley.edu/counseling/satellite
CAPS Skills & Support Groups

Skills Groups

• Managing Stress, Anxiety & Depression
• Mindfulness for Stress Reduction & Resilience
• Career Planning
• ...and more

Support

• Graduate Students Support
• Graduate Women’s Support
• Queer Womxn of Color Support
• ...and more
This is a BIG university

Create small communities

40,000 students

6,000+ International Students
“Berkeley can be isolating. Join a graduate student association in your area of study and attend events. For example, MEGSCo, Mechanical Engineering Graduate Student Council.”
Our decentralized campus requires Persistence + Politeness
Graduate academic advising

Department
• Course selection
• Degree requirements
• GSR/GSI positions

Graduate Division
• Graduate Writing Center
• Financial Support
• Petition Processing
• GSI Teaching & Resource Center
Interdisciplinary Research Opportunities

Explore your interests.

170 Academic departments & interdisciplinary programs
“You are allowed to take classes outside the department, but scheduling is difficult – especially with studio time. Plan ahead, anticipate deadlines, research scheduling conflicts, explore your interests while using your time wisely.”
You will be challenged
Persist
Be an active learner
Freedom of Expression

- One of the norms of a university environment is the freedom to express oneself in open dialogue and discussion.

- Students should be able to express themselves without fear of any intimidation from others and that any views that they share in classroom discussions or public forums will not be used in an adverse or negative way that could lead to their harm.

Intellectual Property

- Students should be aware that there are certain rights that go along with discoveries or inventions by faculty or other students. You should exercise caution in how you use the discoveries of others.

- For additional information about Intellectual Property you are encouraged to review this presentation: https://ipira.berkeley.edu/ip-protection
Utilizing Advising
Actively engage with faculty and classmates

Balance academic work with GSR/GSI responsibilities

Offer something new to the field through critical thinking
Want more tips?

- Read your email from BIO
- Follow BIO on FB and Instagram
- Read Berkeley Academic Guide