International Student Orientation Program, Fall 2019

1. When does the International Student Orientation Program begin?
   The official arrival days are Monday-Tuesday, 19-20 August 2019.
   • All international students are expected to arrive to campus on either of these dates. Please make every effort to arrive on campus Monday or Tuesday morning.
   • Students arriving earlier than 19 August will be responsible for finding their own (off-campus) accommodations until the program officially begins on Monday, 19 August 2019.

2. How do I register for orientation?
   Please register for the Orientation Program in BearPAWS. You will need to log in and click on the "New Student Services" link then "Orientation Registration." NOTE: If you are an Exchange Student, you do not need to register for orientation. You will automatically be registered for the International Student Orientation by staff in the International Education & Programs office.

3. How much does Orientation cost?
   There will be an orientation fee (Student fee = $50.00) and it will automatically appear on your student account. This is payable upon arrival to campus. Please note: Orientation fees are subject to change. The fee covers a portion of the cost of the orientation materials & programming provided during the program. Also, please note that the cost of meals is not included in the orientation fee; students and families will be expected to pay for their own meals during orientation until the meal plans begin on Friday, 23 August 2019.

4. Where does Orientation take place?
   Please go to the Lougheed Center for Applied Learning located in the Lougheed Learning Commons to check in for orientation.
   • Once you arrive on campus International Education Staff will check you in, give you your dorm assignment and keys, and your orientation packet.
   • If you arrive very late at night or earlier than 8am, please go to University Police, staff there will be able to direct you to your dorm room.
   • Please report to the International Education offices (Lougheed Center for Applied Learning, Lougheed Learning Commons) the following day to officially check in for orientation and receive your orientation packet.

5. Why should I attend International Student Orientation?
   Although you may feel comfortable in the United States and familiar with its customs it is essential that you become familiar with SUNY Potsdam, its administrative practices, F-1 Student Status Regulations, the SUNY Health Insurance and the many services available to you on campus. Learning about these matters early will help you to be successful in your studies, alleviate stress, and save time. We want to make sure that you have the right tools to succeed at SUNY Potsdam! Registering for international orientation is the first step toward gaining comprehensive and useful knowledge to help you navigate life at SUNY Potsdam!
6. **What should I expect from International Student Orientation?**

SUNY Potsdam’s International Student Orientation should address the majority of your concerns. It will include information on the following topics and questions:

- **Introduction to campus services**
  - Student Health Services – Is there a doctor on campus? What do I do if I become ill?
  - Student Accounts – How can I pay my student account, including tuition & fees?
  - Residence Life – Can I change my roommate? Can I change my room? How can I live off-campus?
  - Extracurricular Campus Activities – Are there sports clubs? Where can I work out? Can I use the pool?

- **Immigration Status**
  - What is “F-1 Student Status”?
  - How can I work in the US?
  - How can I maintain student status?
  - What happens if I “fall” out of status?
  - How can I renew my visa?
  - What is a Form I-20? What is a Form I-94?

- **Health Insurance**
  - How do I pay medical bills?
  - Do I need to purchase SUNY Health Insurance?
  - Where can I use SUNY Health Insurance?
  - Why is the doctor charging me so much?
  - What is a co-pay? What is a deductible?
  - Where can I get my insurance card?

- **Transitions to the United States**
  - How do I contact my professors?
  - How can I improve my English?
  - How should I interact with my professors or persons of authority?
  - What is a liberal arts education?
  - How can I be better understood in American culture?
  - Where can I shop?
  - Where can I eat? Can I find foods from my home country in Potsdam?

Please note, there is **NO AIRPORT PICKUP**, students must either take a car or bus to Potsdam, NY. For travel information, please visit the Make Travel Arrangements section of our website.

**We look forward to meeting you very soon!**