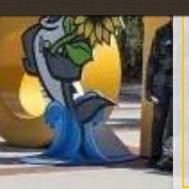
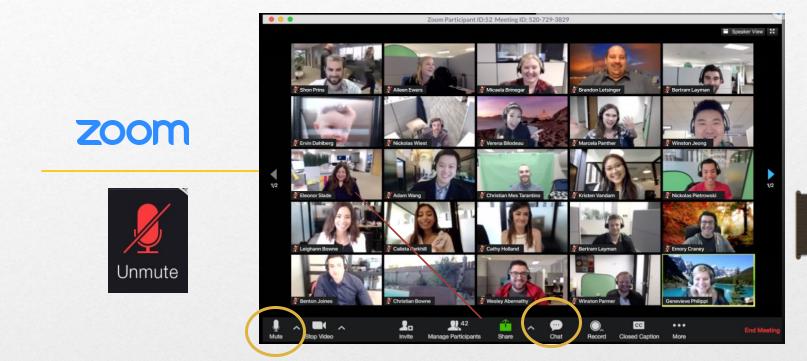


International Student Pre-Departure Orientation



CALIFORNIA STATE UNIVERSITY LONG BEACH Center for International Education (CIE) International Students and Scholars

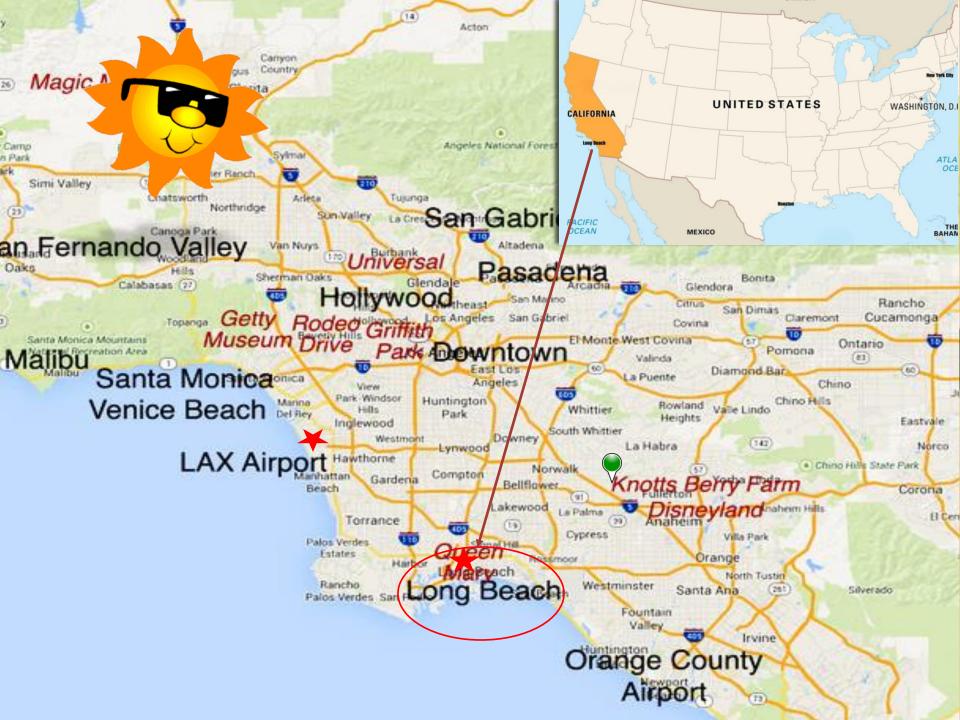
Webinar Expectations

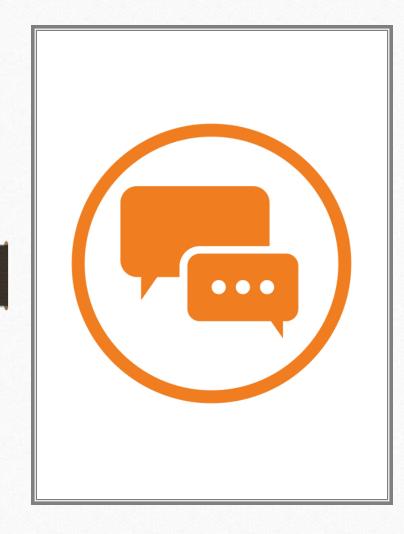


- Make sure your mic is muted.
- Unmute your mic only when the host gives permission.
- You will be able to use the participants chat box to type questions <u>during our</u> <u>designated Q & A time.</u>

Overview

- Welcome & Introductions
- CANVAS overview for new International Students
- Before coming to the U.S.
- Arriving in the U.S.
- After arriving at CSULB
- Course Registration and Fee Payment
- Questions and Answers (Q&A)





Tells us about yourself! Add your answer in the chat

- What country are from?
- What major and academic level will you be starting in Spring 2025?
 - Example: Master's in Psychology
- As you prepare for your arrival to the CSU, Long Beach, what are you most excited about?



JOIN YOUR FELLOW INTERNATIONAL STUDENTS IN CANVAS!

- In the coming days, you will be invited to join the CIE Canvas Course.
- Accept the invitation and use your CSULB <u>Single Sign On</u> (SSO) credentials to access the course thereafter:
 - Click on CANVAS
 - Select the course: Center for International Education

CALIFORNIA STATE UNIVERSITY





Before Leaving Home

Confirm Enrollment in CSULB

Visa & Immigration

Estimated Expenses

Health & Immunizations

Housing



- Go to the <u>New Student</u> <u>Requirements</u> page. Complete action described
- Complete action described in "Admissions and Enrollment Requirements" including:
 - "Next Steps" (for all students)
 - Purchase insurance (CIE students only)
 - International Admission documents (CIE students only)

New Student Requirements

Congratulations on your admission for Spring 2025! Please complete the requirements listed below to ensure a smooth transition to CSULB.

To attend CSULB for the Spring 2025 semester you are required to be attend Orientation in person on January 15th 2025. The earliest an F-1 student can enter the US for Spring 2025 is December 22nd, 2024.

Admissions and Enrollment Requirements	•
Obtain Your CSULB I-20	•
Apply for an F-1 Visa	•
Immigration Check-In	•
Mandatory New International Student Orientation	•

- Request an I-20 from CSULB.
- Pay <u>SEVIS I-901 fee</u> (\$350) and obtain your <u>F-1 visa</u>.
 - You will be expected to be in the U.S. to attend the International Student orientation Scheduled for January 15th, 2025.

Visa & Immigration

International Student Life Cycle (F-1/M-1)

Apply to a Student and Exchange Visitor Program (SEVP)-Certified School

Student applies and is accepted to an SEVP-certified school.



Receive a Form I-20, "Certificate of Eligibility for Nonimmigrant Student Status"

A student's Student and Exchange Visitor Information System (SEVIS) record is created and the student is then issued a Form I-20 by the designated school official (DSO) at the SEVP-certified school they have chosen to attend.

Maintain Status During Program Study

Student must take a full course of study, not work without prior authorization and speak with their DSO if they cannot finish classes before their program end date, or have any other concerns about maintaining lawful status.



Arrive in the United States

Student arrives no more than 30 days before their program start date and presents their Form I-20 and valid student visa to U.S. Customs and Border Protection at the port of entry.

Apply for Student Visa

Pay the I-901

Student must pay the I-901 SEVIS Fee at FMJFee.com.

SEVIS Fee

U.S. Immigration and Customs Enforcement

Student brings their Form I-20 and other required documents to apply for a student visa from the U.S. Department of State.

Estimated Cost of Attendance

Estimated Expenses for a regular semester (Fall/Spring) – living alone Undergraduate enrolled in 12 units / Graduate enrolled in 9 units

- Your Final Cost of Attendance will be influenced by the total number of units you take, and your individual lifestyle choices.
- <u>View Cost ofAttendance</u> | <u>California State University</u> <u>Long Beach (csulb.edu)</u> for more details
- Refer to the <u>CSULB</u>
 <u>Financial Affidavit Form</u>
 For a full breakdown of the expected cost.

General Estimated Expenses in U.S. Dollars per semester and living alone

Expenses	Undergraduate	Graduate
Tuition & fees	\$8,715	\$8,217
Insurance (Spring/summer)	\$1,037	\$1,037
*Estimated Living Expenses (includes supplies & personal expenses)	\$12,123	\$13,875



Budgeting Resources

Proving that you can pay for tuition and living expenses in the U.S. *doesn't always prepare you* for the financial decisions and potential challenges that can occur when you get here.

This is why you need to make a budget.

Do not rely on expecting to get a part-time job on campus.

- Video: How to Build a Budget
- <u>CSULB Cost of Attendance Breakdown</u>
- <u>CSULB Day 1 Textbook Access</u> (D1TA)(youtube.com)
- <u>How to Save Money on Groceries</u> Cheaper grocery stores:
 - Grocery Outlet
 - Food4Less
- Cheaper stores for apartment furnishings and home goods:
 - Walmart
 - Target
 - Goodwill
 - Big Lots
 - Amazon.com

Monthly Student Budget

Your monthly student budget may include additional expenses not listed in the I-20/Financial Affidavit. These expenses depend on your *individual choices and personal lifestyle*.

- Make sure to include <u>summer</u> <u>expenses</u> in your financial planning for the academic year.
- Review the overall cost of living in the U.S. <u>Cost of Living in United States</u> <u>- 2024 prices (expatistan.com)</u> to avoid sticker shock.

Do not rely on expecting to get a job on campus as this is not guaranteed.

GRADUATE INTERNATIONAL STUDENT LIVING OFF CAMPUS (WITH ROOMMATES) Rent Inclu Utility Bills Phone Bill Car Insurance Gas for Car Public Transport Groceries Restaurants/Bars Clothes/Items Entertainment Subscriptions Total Spend: Hours Worked on Campus: Total Earned: \$108

MONTHLY EXPENSES:

MONTHLY EXPENSES: UNDERGRAD INTERNATIONAL STUDENT LIVING ON CAMPUS (DORMS)

\$850	Rent \$1,700
uded in rent	Utility Bills Included in Rent
\$37	Phone Bill \$55
\$261	Car Insurance \$110
\$200	Gas for Car \$120
\$0	Public Transport \$20
\$250	Groceries Dining Hall Included w/ Ren
\$200	Restaurants/Bars\$400
\$300	Clothes/Items\$100
\$30	Entertainment\$70
\$25	Subscriptions\$20
\$2,153	Total Spend: \$2,595
	Hours Worked on
8 (17 per week)	Campus: 80 (20 per week)
88 (Before Taxes)	Total Earned: \$1280 (Before Taxes)

Total Earned: \$1088 (Before Taxes)

otal Earned

51280 (Before Taxes)



CANVAS The Center for International Education

- The Financial Literacy section within CANVAS will offer you information on:
 - Estimated Cost to attend CSULB
 - Overview of the cost of living in the U.S.
 - Budgeting tools.
 - Access to Financial Literacy 101.
 - Scholarship information.



Medical/Health

Health Care Preparation

- Purchase Insurance
- Gather your immunization documents
- Complete any medical and dental check-ups
- Prepare any extra personal medications

Health Insurance

CSULB Health Insurance Requirement

Insurance Costs

- Spring/Summer 2025 Policy Cost: \$1,037
- Dental Work and Vision care are NOT covered.

Waivers only permitted for:

- Certain government sponsored plans (e.g. SACM, Oman, Lanekassen, Fulbright, etc.)
- Plan under a parent or spouse employed by a U.S. company

Insurance Policy Details (including your policy ID number) will be emailed to you directly from GeoBlue around <u>January 10th 2025</u>



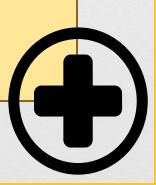
Where and When To Purchase Health Insurance

Purchase Insurance at www.jcbins.com

Video instructions on how to purchase insurance: <u>https://www.youtube.com/watch?v=eTa9MAQyyQo</u>

Insurance should be purchased <u>NOW</u>

You <u>cannot register</u> for Spring courses until insurance is purchased Undergrad Students: You must purchase insurance well <u>in</u> <u>advance</u> of participating in SOAR.



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Immunizations/Vaccinations

Review Immunization requirements in full at <u>CSULB Student</u> <u>Immunizations</u>

Upload your Immunizations in your Student Portal (<u>https://sso.csulb.edu</u>) or via Student Health Services chiclet:

- Measles/Rubella (MMR)
- Tuberculosis (TB) test within the past year
 - QuantiFERON TB test is highly recommended
 - Offered on campus appointment required
- If you are 18 or younger: Hepatitis B
- If you'll live on-campus: Meningitis

Questions about Vaccine Requirements?

Email: shs-vaccine@csulb.edu

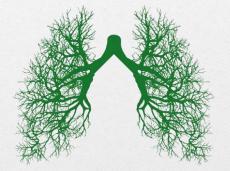




Did you know?

CSULB is a NON-SMOKING CAMPUS

BREATHE



CSULB students have decided to commit to clean and healthy educational living and working environment for all members of the campus community. Everyone has a right to breathe fresh air, therefore, CSULB is now a 100% smoke, vapor, and tobacco-free campus.

csulb.edu/livewell/breathe

Did you know?

CSULB has Accessibility & Support

CSULB offers a variety of Accessibility Services & Initiatives

Student Wellness Resources

CSULB Accessible Technology Initiative (ATI)

Accessible Instructional Materials (AIM) Center

Bob Murphy Access Center (BMAC) Supporting students with disabilities



<u>Rachelle.Ang@csulb.edu</u> @ Counseling and Psychological Services <u>bmac@csulb.edu</u> @ Bob Murphy Access Center

Direct contacts:

wellness@csulb.edu @ Student Health Center





Housing On-Campus Housing

For students who have been accepted to on-campus housing

Spring 2025 Move In Date: January 14 at 11:00am

Website	www.csulb.edu/housing	
E-mail address	housing@csulb.edu	
Phone number	+1 (562) 985-4187	

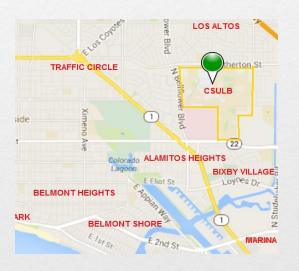




Off Campus Housing

Off-Campus Housing

- Off-Campus Housing (temporary stay, apartments, homestays, etc.):
 https://calstatelongbeach.rentcollegepads.com/
- Off-Campus Resources: Off-Campus Resources | California State University Long Beach (csulb.edu)
- Facebook Groups:
 - <u>CSULB Roommate Finder | Facebook</u>
 - Facebook- CSU Long Beach Housing/ Roommates
 - Facebook- Cal State Long Beach Housing Sublets
 <u>& Roommates</u>



The above website is for reference.

CSULB does not endorse any particular off-campus website or accommodation.

*Scams unfortunately happen. To protect yourself from rental scams please read this helpful guide. When purchasing second-hand items from sellers on platforms like Facebook Marketplace or Craigslist please only use payment methods like Paypal Goods and Services or Venmo Goods and Services.



Packing

On-Campus Housing

What you Need:

- Blankets, Bedspreads, and Sheets
- Sheet size: Twin extra long 203.2cm x 86.36cm
- Pillowcases
- Towels
- Study lamps (non halogen)

Room Furniture Included:

- Bed
- Dresser
- Desk
- Chair
- Bookshelf
- Trash can
- Closet
- Mirror for each resident

- 1. Bring these items with you, or
- 2. Purchase before arriving at campus for delivery at <u>Amazon@theBeach</u>, or
- 3. Purchase after arriving at campus at a store nearby



CANVAS The Center for International Education

- The Housing section in CANVAS provides information on:
 - On-Campus Housing
 - Off-Campus Housing
 - Finding roommates
 - Furnishing your home
 - Preventing housing Scams



When am I allowed to enter?

What happens at the port of entry?

How to get to CSULB?

Cellphone services



Arriving in the U.S.



When am I allowed to enter?

You can only enter the U.S. up to 30 days before your program start date on your I-20.

Expect to be in the U.S. on or before January 15, 2025

Look at "Earliest Admission Date" on your I-20.

PROGRAM OF STUDY

EDUCATION LEVEL BACHELOR'S

PROGRAM ENGLISH PROFICIENCY Required

START OF CLASSES 21 JANUARY 2025 MAJOR1 Physics, General 40.0801

ENGLISH PROFICIENCY NOTES Student is proficient

PROGRAM START/END DATE 21 JANUARY 2025 - 21 JANUARY 2029 MAJOR 2 None 00.0000

EARLIEST ADMISSION DATE 22 DECEMBER 2024

Arriving in the U.S. What happens at the port of entry?

Prepare to show these documents to the Customs and Border Protection Officer:

- I-20 Form
- Acceptance letter
- Evidence of financial support
- Passport valid for at least 6 months
- Valid F-1 visa (except Canadian citizens)

*Keep these documents in your carry-on bag for immediate access. **Have hard copies and electronic copies of your documents in an alternative place

Arriving in the U.S. Questions the border officer might ask

- What is the purpose of your visit?
- How long is your stay?
- Where will you be staying?
- How will you support yourself financially?



The CBP officer will check to see if your documents match the **purpose** of your visit. Watch this Video: You've Arrived | U.S. Customs and Border Protection(cbp.gov)

Arriving at LAX Getting to Long Beach, CA



There is no pickup service from the school, but it is easy to find transportation from LAX to Long Beach:

- 39 km from LAX to CSULB
- Taxi: \$80-\$90 (prices may change)
- Uber and Lyft : \$40 \$50 (prices may change)

Uber Use LAXit bus to get to rideshare area.



 Watch this video of getting transportation at LAX Intl Arrivals: https://www.youtube.com/watch?v=hyc-8HEefWo



CANVAS The Center for International Education

- The Transportation & Arrival sections in CANVAS provides information on:
 - Transportation options from the airport to CSULB
 - Commonly used transportation options for your day-to-day activities.



After Arriving at CSULB

Immigration Check-in

Mandatory International Student Orientation

Course Registration

Tuition & Fee Payment



MANDATORY CIE IMMIGRATION CHECK-IN

You must be physically present in the U.S.!

- Validate your F-1 immigration record in the U.S.
- Complete the CIE Immigration Check-in in the CIE Canvas Course upon arriving to the U.S.
- The online Immigration Check-in will open on **December 23rd, 2024.**
- Your <u>recent I-94</u>, copy of F1 Visa, passport and CSULB I-20 will be required.



A <u>Check-in hold</u> will be placed on your student record if you fail to do Check-In for immigration



Mobile Phone Services

- A <u>valid U.S. phone number is required</u> for international students. <u>You are responsible</u> for being able to receive important information.
- CSULB is partnering with two SIM Card providers. Both services offer initial complementary free services from 3-4 weeks, a month-to month fee for service will be available thereafter with easy cancelation. For more information visit their websites below.



Pre-order a FREE SIM card and receive a U.S. phone number before departure.

<u>Order Free SIM - Long Beach University -</u> <u>StudentSIMS</u> <u>OR https://studentsims.com/csulb/</u>

Pick up your FREE SIM CARD upon arrival in our office FND 185B or at the Resource Fair on Orientation Day.

<u>campusSIMS</u>



Monitor your Student Email

Regularly check this email account: Your.Name@student.csulb.edu Tell your friends too!

All immigration and school-related mail will be sent there



MANDATORY INTERNATIONAL STUDENT ORIENTATION

Topics

- Maintain valid F-1 Visa Status
- Employment & Internship rules
- Campus Life & Academic expectations
- Living in the United States
- Light refreshments provided

Transfer & Freshman Student Orientation

- January 15, 2025
- Location: TBD
- Time: 9:00 AM -11:30 AM

Graduate Student Orientation

- January 15, 2025
- Location: TBD
- Time: 9:00 AM 11:30 AM



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International Student Week Events

Wednesday	Thursday	Friday
January 15	January 16	January 17
<u>9:00 am – 11:30 am</u> International Student Orientation Location: TBD (In Person) Curricular Practical Training (CPT) Information Session COE session afterwards Location: TBD	Time: TBD On-Campus Work Information Session Online <u>Time: TBD</u> Academic & Cultural Success Location: TBD	<u>Time: 10 AM – 12 PM</u> International Student Safety & Title IX Webinar Zoom Online

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Course Registration Advising

UNDERGRADUATE STUDENTS

- **SOAR Orientation:** A registration hold is placed on CSULB record if you don't attend and sign up.
- All Spring 2025 course registration will take place during with your academic advisor.

GRADUATE STUDENTS

• All course registration advising for will be available through your graduate advisor.

Review Key Dates and Deadlines | California State University Long Beach (csulb.edu)



F1 Regulations for Enrollment

www.csulb.edu/international/current-students

Undergraduates

- Full time enrollment at least 12 units every semester (at least 9 units **in person/hybrid**).
- Part time enrollment requires <u>approval</u> from International Student Advisor.
- Only 1 online course per semester counts toward full time enrollment.

Graduates

- Full time enrollment at least 8 units every semester (at least 6 units in person/hybrid).
- Part time enrollment requires <u>approval</u> from International Student Advisor.

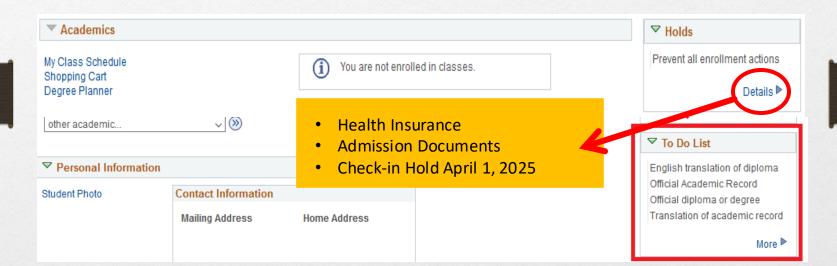
• Only 1 online course per semester counts toward full time enrollment.

Hybrid courses = Combination of In person & Online instruction Online courses = No In person meeting times



MyCSULB – Holds

Registration Holds & To Do List



CIE Admissions holds: <u>cie-admission@csulb.edu</u> Health Insurance & Check-In holds: <u>cie-student@csulb.edu</u> Admissions, Financial, Enrollment, etc: Find "<u>Beach Central</u>" (Google search)

CALIFORNIA STATE UNIVERSITY LONG BEACH

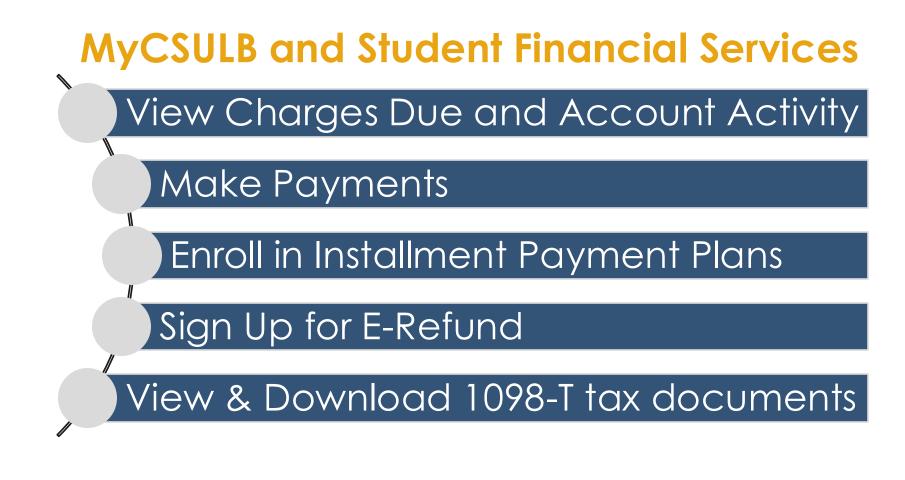
Student Financial Services

Cashiering & Student Account Services

A California State University Campus

Student Financial Services

- We manage tuition and fee calculation
- We receive & apply payments
 - ✓ Individual Payments
 - ✓ Installment Plans
 - ✓ Financial Aid
 - ✓ Third-Party Sponsor Payments
 - ✓ College Savings Plan Payments
- We issue refunds and financial aid disbursements
- We issue tuition tax document 1098-T



B LONG BEACH STATE UNIVERSITY

A California State University Campus

Tuition and Fees

Tuition at a CSU

- Basic tuition is not charged per-Unit
- Based on enrollment status
 - Half-Time or Less (0 6 units)
 - Greater than Half-Time (7 units or more)
- "Resident" refers to CA residents
- Non-Resident tuition is in addition to the basic Tuition Fee and is charged on a per-unit basis (\$396 per unit). (Out-ofstate or International Students)

Payment Options

- When paying at the Cashier's Office
 - ✓ Cash
 - ✓ Check or Money
 Order
 - ✓ Debit ATM Card

- When paying online

 ✓ Credit Card (2.65% fee)
 ✓ E-Check
 - ✓ Foreign Currency Convera

How to Pay

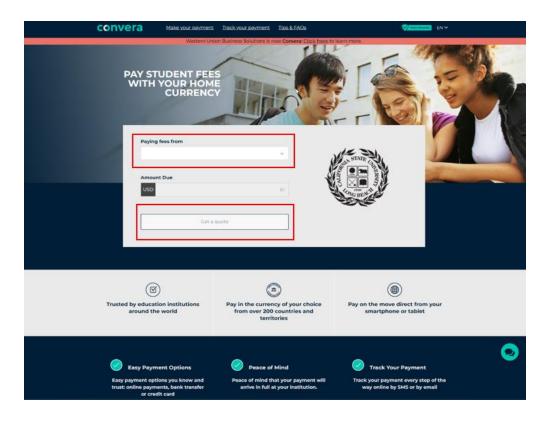
 Select the "Make a Payment" link below the "Finances" section of the Student Center

Student Center			Î
Academics		=	Q Search for Classes
DEADLINE S	URL URL	Search >	View My Messages
This Week's Schedule		Degree Planner >	Holds
Enroll			
CLASS	SCHEDULE DEADLINES	My Academics >	No Holds.
JOUR 240-04 LEC (12259)	m	My Textbooks >	To Do List
JOUR 311-04 LEC (10635)	m	Enrollment Adjustments >	No To Do's.
JOUR 411-01 LEC (7274)	m		Enrollment Dates
JOUR 418-01 LEC (10597)	m		Enrollment Appointment
			You may begin enrolling for the Spring 2024
Weekly Schedule	Enrollment Shopping Cart		Regular Academic Session session on November 8, 2023.
			Details >
Finances			
Finances			Advisor
Account Summary (See * link b	below)	My Account	
• Due Now 0.00		Account Inquiry >	Program Advisor
Future Due 3,518.00 E-Refund Signup			
You owe 3,518.00. Currency used is US Dollar.		Make a Payment	
Make a Payment		Financial Aid	Details
		View Financial Aid >	Campus Links
*Important Student Fee Inform	mation	Accept/Decline Awards >	C Campus Housing

Paying with Foreign Currency - Convera

After selecting "**Foreign Currency**" as the payment method, you will be taken to the Convera website to complete your transaction.

Start the process **early** to give time for Convera to make the payment



A California State University Campus

Payment Plans

What if I can't pay my balance all at once, do you have payment options?

- Yes, we offer installment plans.
- You can sign up online through MyCSULB. Installment plans for basic and non-resident tuition are available through the 4th week of the semester, BUT students must enroll before their assigned payment deadline and adhere to their assigned due dates.

When is the Spring 2025 Payment Due?

- The payment deadline is
 January 8th full payment or
 enroll & be current in a
 payment plan
- If you register after January 8th, fees will be due the **next day**

Our Office is Open! Brotman Hall

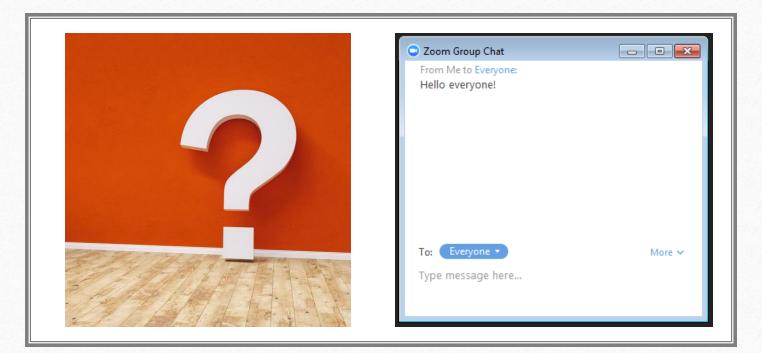
Student Financial Services:

Staff available Mon-Fri from 8am-5pm via:

- **Phones** (562) 985-5471 Option 3
- Windows 1st floor Brotman Hall courtyard; open 9:00am-5:00pm

Payments

- Account Questions
- Resolving Financial Holds
- Online: csulb.edu/financial-management/student-financial-services for information and Ask Elbee chat bot



Questions and Answers

Contact CIE-ISS

Main Office

International Students & Scholars (ISS) Foundation Building, Room 185

Office hours: Monday – Friday 9:00 am to 12:00 pm 12:00- 1:00 pm - closed for lunch 1:00pm - 4:00 pm

Website

csulb.edu/international

E-mail

cie-student@csulb.edu

Phone Number

+1 562-985-5555

Social f

Facebook.com/csulbiss Instagram/csulb iss

Have your CSULB ID number ready when you contact any office in the university

