INTERNATIONAL STUDENTS OFFICE (ISO)
GRADUATE ORIENTATION 2020

F and J Visa Status

https://tinyurl.com/y6q8sfja
Welcome to MIT!

- We are excited to welcome you to MIT and to the International Community.
- One role of ISO is to assist students in understanding how to maintain their legal immigration status while in the US.
- We do not wish to set extra obstacles for you; rather we are here to advise on the expectations that the US government has mandated.
- ISO does not work for the US government. We are here to be an advocate for you and help you comply with regulatory responsibilities.
- We are also partners in your adjustment to the US and MIT, to facilitate getting to know fellow international students through our programs and events.
Beyond visas and immigration

- The ISO wishes to get to know you as an individual, not just as an international student with visa requirements.
- We send out weekly e-newsletters to keep you informed not only of immigration requirements but also upcoming ISO and MIT events & programs.
- Check our [website](#) regularly for immigration updates (or use our [Knowledge Base](#) for frequently asked questions).
Overview

- Immigration Documents & Travel
- Student Responsibilities
- What You Need to Know – Practical Matters
- Adjustment & Resources
Online Check-In with ISO

2 Step Process  (in iMIT, under “Upon Arrival” menu)

(1) Eforms to confirm Fall 2020 Plan (Section 1 & 2)

- Enter U.S. to pursue in-person/hybrid program
- Pursue Fall 2020 full-time remote/online from abroad
- Defer program start date to Spring 2021 or Fall 2021

(2) Eforms after arrival to U.S.  (Section 3)

- Provide copies of I-94 arrival record, entry visa issued by U.S. Consulate, U.S. residential address
Immigration Documents

F-1 Students & F-2 Dependents

- Passport
- F-1 visa & F-2 visa issued by US Embassy/Consulate (except citizens of Canada)
- Form I-94 ([www.cbp.gov/i94](http://www.cbp.gov/i94))
- Form I-20 for F-1 students & F-2 Form I-20 for spouses and children (*never throw any documents away*)
- *Always keep a copy of ALL documents for your records* (in addition to the original documents)
- Always carry all your documents with you when traveling outside the Cambridge/Boston area
Immigration Documents
J-1 Students & J-2 Dependents

- Passport
- J-1 visa & J-2 visa issued by US Embassy/Consulate (except citizens of Canada)
- Form I-94 (www.cbp.gov/i94)
- Form DS-2019 for J-1 students & Form DS-2019 for J-2 spouses and children (*never throw any documents away)
  - J-1 Fulbright, Other Sponsored Students - Form DS-2019, travel signature, and work authorization issued by Fulbright Office or your visa sponsoring organization
- *Always keep a copy of ALL documents for your records (in addition to the original documents)
- Always carry all your documents with you when traveling outside the Cambridge/Boston area
Passport

- Must be valid at all times.
- Renew at your consulate/embassy in the US, or abroad, 6 months before expiration.
- For J entry visa in expired passport - carry both old and new passports.
- Lost (& Found) passport
  - File a police report.
  - Contact your consulate/embassy to request new passport.
  - If passport found, call the above to let them know.
Student Visa F-1, J-1
Dependent Visa F-2, J-2

- **Visa Class**: F1 or J1
- **Expiration Date**: 12SEP2014
- **Multiple Entries**: Yes
- **Annotation**: Different notes, SEVIS number, name of school (transfer student)
- **Picture**: Image of the visa card
I-94 retrieval (www.cbp.gov/i94)
*Tip – best retrieved with Chrome Browser
Electronic I-94 form/card

I-94 number
F-1, F-2, J-1, J-2
Duration of Status (D/S)

Important! - Review I-94 upon every entry into US. Make sure “Admit Until Date” says “D/S”
Questions about I-515A form? - Contact ISO
**New Form I-20**

**Unique SEVIS ID**

**Program End Date**

**Travel Signature**

Keep ALL original I-20s ever issued to you!!
**Form DS-2019**

J Students

Unique SEVIS Number

Program Sponsor

Program Number

Program End Date

Travel

Signature

Keep ALL original DS-2019s ever issued to you!!
212(e) – J Two-Year Home Residence Requirement

☐ How is a J visa holder subject?
  ○ Government Funding
    • US Government or foreign government funding towards stay in US in J status)

  ○ Exchange Visitor Skills List
    • Depending on country of citizenship/last permanent residence and field of study. You can look up your country to see if your discipline is on the skills list

  ○ Participant in graduate medical training or education program (PL 94-484)
If I am subject to 212(e), what does that mean?

- You may **not** do any of the following until you return to your country of permanent residence or citizenship for at least 2 years after completion of your J visa stay in the US or get a waiver of the two-year requirement:
  - Change visa status in the US (except to A, G, U status)
  - Obtain H, L, or K visa status
  - Obtain U.S. Lawful Permanent Residency (Green Card) status
Valid passport

Valid visa (F-1, F-2, J-1, J-2) -- except citizens of Canada

Form I-20 or Form DS-2019 with ISO travel signature (on page 2 of the I-20; or page 1 of the DS-2019).

J-1 Fulbright/Sponsored students get travel signatures from their J visa program sponsor

Admission Letter/Proof of student status/Status letter from your department

Documentation of financial support

Form I-901 (SEVIS Fee) receipt
Travel Reminders

https://iso.mit.edu/visas-and-travel/

- **Travel Signatures**
  - In Fall 2020, request a replacement Form I-20/DS-2019 on iMIT to obtain a travel signature
  - Available only after enrollment. Your advisor will mail you the Form I-20/DS-2019 within 10 business days

- Review your Form I-94 upon every re-entry to the U.S. to make sure it indicates D/S (Duration of Status)

- **Do not** ever enter the U.S. in another visa status (including B1/B2/Visa Waiver tourist) while studying at MIT — causes a break in your student visa status

- Travel within the U.S. (outside Boston/Cambridge area): carry all your original visa documents
Important Q&As: Documents

1. **Q:** How long does it take to get a travel signature from the ISO?
   **A:** 10 business days

2. **Q:** What expiration date should you have on your I-94?
   **A:** None! Your Form I-94 should state “D/S”

3. **Q:** Can you stay in the U.S. with an expired visa?
   **A:** Yes! You can remain in the U.S. with an expired visa, but if your visa has expired and you travel outside the U.S., you must apply for new visa at U.S. Consulate abroad in order to re-enter the U.S.
It is your responsibility to read the emails and newsletters the ISO sends you, especially regarding immigration regulations and your status, because the consequences of being out of status are very severe. Immigration regulations are being examined and changed by the current US administration, and some changes may drastically affect international students and immigrants.

Even if you are very busy, and have academic and other pressures, you must read the notices we send you.
Specific Student Responsibilities

- Maintain immigration status
  - 5 Requirements
- Required to have health insurance
- File a U.S. income tax return each year (during Spring semester)
Maintaining Immigration Status
*5 requirements!*

1. Register with a full-time course load each Fall and Spring semester (enrollment not required during Institute vacation periods – IAP, Summer)
2. Form I-20/DS-2019 must always be valid. Always check that the program end date is valid.
3. Report any changes to ISO (US Address, major, funding, level, end date, early departures, and withdrawals)
4. Do NOT work on-campus more than 20 hours per week while school in session (An RA or TA is counted toward 20 hrs. per week limit)
5. Do NOT work off-campus without authorization
6. Health Insurance for all students (required by US law for J)
1. Status - Register Full-time

- Register as a full-time student every required semester within **30 days of Registration Day** (30 days from August 31, 2020)
  - Undergraduates and most Graduate students must enroll in at least 36 total units/credits to be full-time student in Fall 2020
  - At least 2 subjects (24 units/credits) of in-person/hybrid coursework (with in-person components)
  - Additional subjects (at least 12 units/credits) could be in-person, hybrid, or fully online
  - For Graduate Programs with a required RA/TA, students must also be enrolled in at least 24 units/credits plus the RA/TA
    - If the RA/TA has in-person components, then at least 12 of the 24 units must have in-person components

- If you cannot register, or plan to take a Leave of Absence from MIT, please notify the ISO immediately
2. Status — Valid I-20 / DS-2019

- I-20: Verify expiration date in “Program of Study” start and end date
  - Grace period at end of program, after degree
    - F-1 students: 60 days after completion of program: no work or study during that time

- DS-2019: Verify expiration date in Section 3
  - Grace period at end of program, after degree
    - J-1 students: 30 days after completion of program: no work or study during that time

- “Prepare to depart”, apply Change of visa status, Apply for post-degree employment authorization
3. Reporting for F-1 / J-1

Student **must** report on iMIT any of the following changes:

- Biographical Info (name changes, dual citizenship, corrections)
- Phone/Email/Address Information
- Program Information (Early completion, extended graduation or completion date, change of major, Change of academic level, Early departure, Leave of Absence)
- Change of funding source
- Withdrawal or Leave of Absence/Medical Leave of Absence
- J-1 / J-2 Final departure date (not returning to the U.S.)
- Report information to ISO **within 10 days of any change!**
How to Report Addresses in WEBSIS

- Update U.S. Address **within 10 days of any change** via WebSIS (http://student.mit.edu/)

- Go to “For Students” → “Biographic and Emergency Records” → “Addresses and Phone Numbers”; scroll down and update the following addresses:
  - “SEVIS U.S. Address” (Residential address, not office)
  - “SEVIS International Address”
  - **Immigration regulations require you to update address for SEVIS reporting**
Biographic and Emergency Records

Please review and update your information:

- Addresses and Phone Numbers
- Personal Emergency Contact(s), Campus Notification (MIT Alert)
- Name(s), Last School Attended, Birthdate, SSN, Citizenship
- Optional Religious Affiliation
- Request to Suppress Directory Information
# Address Information

Please review your address information below. You are responsible for keeping your address information current at all times.

To make changes, choose the appropriate option at the bottom of the page.

<table>
<thead>
<tr>
<th>Term Address</th>
<th>Parent(s)/Home Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Please Provide This Address.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Temporary Address</th>
<th>Office Address</th>
</tr>
</thead>
</table>

**SEVIS U.S. Address**

**SEVIS International Address**

**Update address:** Term | Parent(s)/Home | Temporary | Office | Parent(s)/Home 2 | SEVIS U.S. | SEVIS International

**Information on:** Summer Address | IAP Address | SEVIS Addresses
4. On-Campus Work during Program

https://iso.mit.edu/on-campus-employment/

- **Limits**
  - 20 hours per week during any official semesters
  - Full-time during annual vacation (summer vacation, IAP – if coursework is not required during that period)
  - Work must for MIT, at MIT, and paid by MIT source

- **Permission**
  - MIT F-1 students are automatically granted permission after registration
  - MIT J-1 students must request permission from ISO
  - J-1 Fulbright/Sponsored students must obtain permission letter from their Fulbright/Program Sponsor

- **Special notes**
  - Research/teaching assistantship is employment = maximum 20 hours/week TOTAL. This is the on-campus employment limit
  - Fellowship (no service component) is not employment. Contact ISO Advisor.
5. Off-campus Employment Summary

https://iso.mit.edu/employment/

- **NO work off-campus** without ISO/USCIS authorization
- Eligible to apply after **one academic year** in status
- All work must be **directly related** to your field of study
- **Paid or unpaid** Internships, Publishing, Experiential learning, non-MIT fellowships, consulting, entrepreneurship activities are all considered off-campus employment and **likely require** authorization
- Any activity that is **not at, for, or paid by MIT** is considered off-campus employment that needs authorization
  - Consult with the ISO Advisor **PRIOR** to committing to and starting activity
Volunteering

https://iso.mit.edu/employment/

- With a civic or charitable organization
- No participant receives any benefit in return for the activity
- Volunteering Examples:
  - service to a soup kitchen
  - homeless shelter
  - being a registered in an established volunteer program at a hospital
  - giving your time to religious entity
- Any activity or service, if normally provides any payment or benefit, would not be considered volunteering
- Any activity, paid or unpaid, that does not meet the definition of volunteering (as described above) is considered employment and needs appropriate authorization
Off-campus Work — F-1 Students

https://iso.mit.edu/employment/

☐ To work off-campus

☐ Attend/watch required “ISO Employment Information Session” — read ISO website for details

☐ Plan 4-5 months ahead

☐ Off-Campus Work has 2 primary authorization options:

☐ Curricular Practical Training — during program only, earning academic credit towards degree requirements

☐ Optional Practical Training
  - Pre-Completion OPT (during program)
  - Post-Completion OPT (after program)
<table>
<thead>
<tr>
<th></th>
<th>Curricular Practical Training (CPT)</th>
<th>Optional Practical Training (OPT)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time to Authorize</td>
<td>2 weeks</td>
<td>3 – 5 months</td>
</tr>
<tr>
<td>Cost</td>
<td>$0*</td>
<td>$410 per application (subject to increase)</td>
</tr>
<tr>
<td>Authorizers</td>
<td>ISO Advisors</td>
<td>US Citizenship and Immigration Services (USCIS) Officers</td>
</tr>
<tr>
<td>Time limit</td>
<td>Unlimited up to 12 months, but lose OPT privilege if 12 months full-time per academic program**</td>
<td>12 months per academic level to be used either during or after academic program.</td>
</tr>
<tr>
<td>Employment Offer Required?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Requirements with regards to academic program</td>
<td>Internship must be an “integral part of an established curriculum” and “directly related to the student’s major area of study” (Internships must be either required for all students in a program, or students will be given academic credit toward their degree requirement.)</td>
<td>Employment must be “directly related to student’s major field of study”</td>
</tr>
</tbody>
</table>

*Students who need to enroll in subjects for academic credit will need to pay the associated cost for registration of that course.

**Student who engage in an aggregate of more than 12 months of full-time Curricular Practical Training become ineligible for Optional Practical Training at that degree level.
J1 Academic Training (AT)

https://iso.mit.edu/employment/j-1-academic-training/

- Eligible after **one full academic year** in J-1 status
- Available during or after degree program

**Application**
- Authorization from ISO before you begin work
  (J-1 Fulbright/Sponsored students – contact J visa Program Sponsor)
- Job/internship offer required
- MIT Academic advisor’s recommendation with specific goals

- Directly related to the student’s major field of study and must be an integral part of the program of study

- Time limit = 18 months or length of academic program, whichever is shorter
  - Additional Academic Training time available after completion of PhD
Spouses and Children of F-1 Students

- F-2 Spouse work: NOT ELIGIBLE
- F-2 Spouse may study: May NOT engage in full-time study; part-time study is permitted in avocational, certificate and degree programs
- F-2 Children may study: May ONLY engage in full-time study at the kindergarten through twelfth grade (K-12) level
- MIT Spouses & Partners Connect (http://spouses.mit.edu/) - social and professional network, orientation events
Spouses and Children of J-1 Students

- J-2 Spouse are allowed to work: only eligible with J-2 work permit from USCIS
- J-2 Spouse may study, full-time or part-time study
- J-2 Children may study: May engage in full-time study at the kindergarten through twelfth grade (Kindergarten-12) level
- MIT Spouses & Partners Connect (http://spouses.mit.edu/) – social and professional network, orientation events
Important Q&As—What are the 5 Immigration-related requirements?

1. Register Full time (except during vacations, leave of absence)
2. Valid I-20/DS-2019 at all times
3. Report any changes (US Address, major, funding, level, end date, early departures, and withdrawals)
4. Do not work on-campus more than 20 hours per week when school in session
5. Do NOT work off-campus without authorization
6. (Health Insurance for J visa holders)
Other Student Responsibilities – Health Insurance

- Health insurance is required for you, your spouse, and children under MA State Law for all students; J students required by J Visa Regulations.
- MIT Extended Student Health Insurance Plan fulfills requirements.
- Full-Time Students, and students registered for more than 27 units per term, are automatically enrolled in and billed for Extended Health Plan.
- Questions regarding MIT Health Plans:
  - Contact 617-253-4371 or e-mail stuplan@med.mit.edu (Email Subject: MIT Health Plan for Internationals)
- https://medical.mit.edu/mit-health-plans/student-health-plans
Other Responsibilities-
Filing Income Tax Return Forms

- Income Tax Returns must be filed by April 15 each year
- Glacier Tax Prep (GTP) software available in February on ISO website
- Who needs to file?
  - ALL F-1/J-1 students, and certain dependents, regardless of income
- MIT offers tax workshops to students in February/March
- **Must** have a U.S. Social Security Number (SSN) or an U.S. Individual Taxpayer ID Number (ITIN) to file
- [https://iso.mit.edu/maintaining-status/taxes/](https://iso.mit.edu/maintaining-status/taxes/)
What you need to know:

PRACTICAL MATTERS
Social Security Number (SSN)

- Social Security Administration is currently closed because of COVID, but will open sometime in September.

- Who MUST apply?
  - Anyone employed in the US (example: Assistantships, Fellowships)

- May NOT Apply if:
  - F-1 with no employment*
  - F-2 dependents (not eligible* for SSN)
  - J-2 dependents (only eligible with J-2 work permit)

*If ineligible, you can apply for a “Denial Letter” (used for driver’s license application)
How to Apply for the SSN

https://iso.mit.edu/employment/for-dependents/social-security-number-ssn/

- ISO will notify students of updated application procedures once confirmed by the Social Security Administration Office.

- Must apply in person (during COVID-19, may be able to apply by mail):
  - after MIT full-time registration
  - after at least 10 days physically inside the U.S.
  - within 30 days of employment start date, or when it will be possible thereafter
  - proof of employment required

- Students with RA/TA and/or on-campus work need:
  - Recommendation letter from ISO
  - Letter from department confirming award/employment
  - ISO will direct you further on how to apply with Social Security Administration

INTERNATIONAL STUDENTS OFFICE
Massachusetts Institute of Technology
Driving in the U.S.A.

[https://iso.mit.edu/getting-started/id-cards-2/](https://iso.mit.edu/getting-started/id-cards-2/)

- **Driver’s License:**
  - See Massachusetts Registry of Motor Vehicles (RMV) website for details [http://www.massrmv.com/](http://www.massrmv.com/) (It is currently closed because of COVID-19 but you may be able to set up an appointment)
  - Can obtain a license if will be in US for at least one year (365 days) as indicated on Form I-20/DS-2019

- Driving in Massachusetts on a Foreign Driver’s License ([https://www.mass.gov/service-details/driving-in-massachusetts-on-a-foreign-drivers-license](https://www.mass.gov/service-details/driving-in-massachusetts-on-a-foreign-drivers-license))

- Students should wait at least 30 days after entry to U.S. to apply for a MA driver’s license
- Recommended – when renting a car, purchase personal liability/accident insurance
Driver’s License / MA State ID

Apply in person at Registry of Motor Vehicles
– Read website!! (new procedures during COVID-19)

Some documents you need to apply:
- Social Security Number or Denial Letter
- Passport
- I-20 Form
- Evidence of current U.S. address (lease/rent agreement, utilities bill etc.)
- Current driver’s license (if applicable)
- Payment

You may instead apply for a Massachusetts Liquor ID card at RMV

https://iso.mit.edu/getting-started/id-cards-2/
Alternatives to Driving a Car

- **MIT Parking and Transportation**
  
  (http://web.mit.edu/facilities/transportation/parking/)

  - Student discounts – sign up at http://atlas.mit.edu

- **Some MIT Subsidized programs**

  - Massachusetts Bay Transportation Authority (MBTA)
    (https://mbta.com)

  - Zipcar (http://zipcar.com/mit)

  - Bicycle (https://www.bluebikes.com/)

- **Ride Share (Uber, Lyft, etc.) and taxi**
VERY IMPORTANT: BEWARE OF SCAMS (phone and email)

- **NEVER** give your personal information (such as SSN, bank account info) over the phone.
- **Contact ISO immediately** when someone unknown to you asks for money or personal information, threatens arrest, or threatens deportation.
- If it is NOT a scam, the person on the phone will give you time to respond and call back. If they demand immediate response/information, then it is 99.9% likely it is a scam.
- If you get an email or phone call claiming to be a government official – **ask for their name and contact information** to return their call AFTER speaking with your ISO Advisor.
  - If the caller is from a U.S. Government agency, they will allow you to contact the ISO.
- **Government agencies** contact by paper mail, not by phone.
- **Phone companies, scholarship agencies** (not appropriate contact by phone).
Example of Scams – “Phishing”

http://ist.mit.edu/news/phishing_warning

From: IRS Online <ahr@irxt.com>
Reply-To: "noreply@irxt.com" <noreply@irxt.com>
Date: Thursday, April 11, 2013 12:15 PM
Subject: Final reminder: Notice of Tax Return. ID: I3H583326/13

04/11/2013
Reference: I3H583326/13

Claim Your Tax Refund Online

Dear Taxpayer,

We identified an error in the calculation of your tax from the last payment, amounting to $319.95.

In order for us to return the excess payment, you need to create a e-Refund account after which the funds will be credited to your specified bank account.

Please click "Get Started" below to claim your refund:

Get Started
Important Q&As: Practical Matters

1. Q: Do you have to apply for an SSN in person?
   
   **A:** Normally Yes, at the SSA office (SSA may apply by mail during COVID-19)

2. Q: Are you required to have an MA Liquor ID or Driver’s License?
   
   **A:** NO, but it is recommended if you don’t want to carry around your passport all the time.

3. Q: What do you do if you receive a threatening phone call or email from someone claiming to be from the government or police?
   
   **A:** Remain Calm. Do NOT give out any personal or bank information **no matter what**. Ask for their name and phone number and say you will get back to them after you talk to the ISO. Please consult the ISO immediately!
Resources for Campus Safety


  - In an emergency on MIT campus, call 617-953-1212.
  - Do NOT call 911 since will be re-routed to MIT Police and take longer

- MIT Mind and Hand Book - [https://handbook.mit.edu/](https://handbook.mit.edu/)
  - Alcohol/Drugs, Domestic violence, & Harassment policies

- MIT Medical - Violence Prevention & Response (VPR) [https://studentlife.mit.edu/vpr](https://studentlife.mit.edu/vpr)
  - For partner violence or stalking: 24/7 MIT hotline: 617-253-2300
Graduate Academic Integrity

- MIT’s Academic Integrity policy for all Graduate Students
  - Office for Graduate Education publication - “Academic Integrity”: [https://oge.mit.edu/gpp/roles/integrity/](https://oge.mit.edu/gpp/roles/integrity/)
  - MIT academic culture may be different from your previous experiences
- If you are confused about an assignment – Ask your Professor, Teaching Assistant, etc. for help!
  - When must you work on an assignment individually?
  - When can it be done together as a group?
Culture Shock

Culture Shock Curve

Honeymoon period

Adjustment

Adaption

Culture shock

Happiness or Satisfaction

Months in a foreign country

1  2  3  4  5  6  7  8  9  10  11  12
Cultural Adjustment

- “Honeymoon Period”
- **Culture Shock**: homesickness, frustration, loneliness, withdrawal, depression. This is *normal* and should eventually pass in a few days or weeks, sometimes months.

- Recovery/Adjustment
- Adaption/Integration

* Be mindful that your classmate, friend, spouse and/or children may be in a different stage in the adjustment phase than you!
Reverse Culture Shock
Resources @ MIT: Start here!

http://resources.mit.edu/
- a wonderful place to start for any information about academics or personal concerns

- Academic department staff (your Grad Admin)
- International Student Office – Your ISO Advisor
- Office of Graduate Education (OGE) @ 3-138
  - Graduate Policies and Practice
  - Graduate Support
- Mental Health & Counseling at MIT Medical
- REFS- (dREFS and iREFS)- Resources for Easing Friction & Stress – peer grad students
- MIT Spouses & Partners Connect
What to do @
the Atlas Center (E17-106)

- [ ] https://atlas.mit.edu/atlascenter/
- [ ] Complete the following tasks, if necessary:
  - ▪ I-9 Employment Verification, if employed by MIT
    - Bring your Passport, I-94 record, and your Form I-20 or Form DS-2019
  - ▪ Parking and Transportation
  - ▪ Request MIT ID card
MIT ID Card

- You must complete your ISO Online Check-In Forms
- **Wait** until ISO has reviewed online forms. You will receive a confirmation email from the ISO.

Other Issues

- Legal name on student.mit.edu MUST match the Visa or Passport name (with exception to middle name)
- NO early Lab Access; Contact Head of House if you need early housing access
Graduate Orientation – Fall 2020


- **Grad Student Council (GSC) Orientation events**: [https://grad-orientation.mit.edu/](https://grad-orientation.mit.edu/)

- **ISO Grad Speed-Friending event**: August 25 and 28 ([https://tinyurl.com/y686ypx2](https://tinyurl.com/y686ypx2))

- **ISO Virtual Welcome event**: Monday, August 31, 10:00am via Zoom
Upcoming ISO Events

- Weekly ISO newsletter will include upcoming ISO & MIT events
- Like us on Facebook: facebook.com/ISOatMIT/
- Zoom Noon Breaks – every other Thursday, 12noonm- 1pm. Play online icebreakers/games (next sessions August 13 & 27)
- Global Perspectives: presentations by fellow international students on topics they are passionate about
- “Navigating MIT” Series for International Students
- Language Conversation Exchange (LCE) Conversation cafes; co-sponsored with LCE and ISO
- “How to Adult: spring series; co-sponsored with Office of Student Organizations & Leadership Engagement (SOLE), ISO, & other departments
Other MIT Programming Resources

- Community Wellness: free and discounted classes
- Cheating Sleep resources (Call 253-CALM)
- Find an MIT club or organization you are interested in joining, including cultural groups:
  https://engage.mit.edu/organizations
ISO Resources

- **ISO Website** ([https://iso.mit.edu/](https://iso.mit.edu/))
  - Employment, Travel, Immigration, Resources, etc.
  - Knowledge Base for Frequently Asked Questions (FAQs)

- **Know your ISO Advisor** – Assigned by academic program
Questions?

- ISO Contact Information
  - Tel: 617-253-3795
  - Email: iso-help@mit.edu
  - https://iso.mit.edu

- Office Hours: Monday- Friday, 9:00am–4:00pm, Closed Wednesdays, 10:00am-11:30am

- Office Location: 50 Ames Street, Second Floor, E18-219 (Physical office currently CLOSED; Operating Remotely)

- Slides of this Orientation
  - Will be available shortly so you can review some of the information in this presentation

[MIT International Students Office Logo]