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; we 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 Spring 2021 Plan (Section 1 & 2)
   ■ Enter U.S. to pursue in-person/hybrid program
   ■ Pursue Spring 2021 full-time remote/online from abroad
   ■ Defer program start date to 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 (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](http://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*)
  - 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
- F/J entry visa in expired passport - carry both old and new passports
- Lost (& Found) passport
  - File a police report
  - Contact your 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
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
**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!!

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**Massachusetts Institute of Technology**

INTERNATIONAL STUDENTS OFFICE

CERTIFICATE OF ELIGIBILITY FOR EXCHANGE VISITOR STATUS (J-NONIMMIGRANT)

**U.S. Department of State**

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visa Class</td>
<td>J-1</td>
</tr>
<tr>
<td>Program Sponsor</td>
<td>Massachusetts Institute of Technology</td>
</tr>
<tr>
<td>Program Number</td>
<td>P-1-00039</td>
</tr>
<tr>
<td>Program Category</td>
<td>Exchange Visitor Category: STUDENT</td>
</tr>
<tr>
<td>Duration</td>
<td>From 09-01-2022 to 06-30-2025</td>
</tr>
</tbody>
</table>

**Alternate Responsible Officer**

- **Title**: Vice Consul
- **Address**: 77 Massachusetts Ave
- **Telephone Number**: 617-253-3795
- **Date**: 05-11-2022

**Preliminary Requirement of Consular/Immigration Officer Regarding Section 212(a) of the Immigration and Nationality Act and P.L. 94-66, as Amended**

1. Subject to two-year residence requirement:
   - Government financing
   - The Exchange Visitor is in the above program
   - The Exchange Visitor is not subject to the two-year residence requirement
   - The Exchange Visitor is in the above program and is not subject to the two-year residence requirement

**Travel Validation by Responsible Officer**

- **Signature of Responsible Officer or Alternate Responsible Officer**: 09-18

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**Jodi the Bear**

**United States of America SEP 25, 2021**

**EXCHANGE VISITOR CERTIFICATION**: I have read and agree with the statement in item 2 on page 2 of this document.

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**Signature of Applicant**: [Signature]

---

**Date**: 07-31-2021
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)
212(e) – J Two-Year Home Residence Requirement

- 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
Travel – What to Carry

https://iso.mit.edu/visas-and-travel/entering-the-u-s/

- Valid passport
- Valid visa (F-1, F-2, J-1, J-2) -- except citizens of Canada
- Form I-20 with ISO travel signature on Page 2; or Form DS-2019 with ISO travel signature on Page 1.
- J-1 Fulbright/Sponsored students get travel signatures from 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 Spring 2021, request a replacement Form I-20/DS-2019 in iMIT to obtain a travel signature
  - Available only after enrollment. Your advisor will mail you the new Form I-20/Form 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 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 (A 100% RA or TA award is equivalent to the maximum 20 hours 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 February 12, 2021)
  - Undergraduates and most Graduate students must enroll in at least 36 total units/credits to be full-time student in Spring, 2021
  - 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 and policy for a maximum of 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 formal 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 formal study during that time

- If you leave the U.S. during the Grace Period, you cannot re-enter the U.S. to continue in the Grace Period (Grace Period only allows you to remain in the U.S. up to period allowed to “prepare to depart” or apply for a change of visa status).
3. Reporting for F-1 / J-1

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

- Biographical Info
- Phone/Email/Address Information
- Program Information (Early or extended graduation or completion date, Change of major, Change of academic level, Early departures)
- Change of funding source
- Withdrawal or medical leave
- J-1 / J-2 Final departure date
- 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 **within 10 days of any move**
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
student.mit.edu (MIT WebSIS)
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 not required)
  - 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 Fulbright/Program Sponsor

- **Special notes**
  - Research/teaching assistantship (or fellowship with service requirement) 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, or would normally receive a 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><strong>Time to Authorize</strong></td>
<td>2 weeks</td>
<td>3 – 5 months</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>$0*</td>
<td>$410 per application (subject to increase)</td>
</tr>
<tr>
<td><strong>Authorizers</strong></td>
<td>ISO Advisors</td>
<td>US Citizenship and Immigration Services (USCIS) Officers</td>
</tr>
<tr>
<td><strong>Time limit</strong></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><strong>Employment Offer Required?</strong></td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td><strong>Requirements with regards to academic program</strong></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 1 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
  - 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 in J-1 status, 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, leaves)
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)
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](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
  - Can apply for an ITIN with the income tax return filing
- [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 schedule appointments to apply for SSN after receiving SSN support letter from ISO (confirming employment)

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

- May NOT Apply if:
  - F-1 with no employment/non-paid position*
  - 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/

- Students with RA/TA and/or on-campus work need:
  - Letter from department confirming award/employment
  - Request, in iMIT, an SSN Eligibility letter from ISO

- After ISO issues the SSN/employment confirmation letter, the ISO will notify the Social Security Administration Office (SSA) in Cambridge of your name and phone number

- SSA-Cambridge will call the student to set up appointment to submit SSN application in person

- To apply for the SSN, the student must:
  - Completed registration for full-time coursework at MIT
  - Be after the start date of their first semester at MIT
  - after at least 12 days physically inside the U.S.
  - within 30 days of employment start date, or when it will be possible thereafter
  - proof of employment (department letter confirming RA/TA/Fellowship or letter from employing office)
  - SSN eligibility letter from ISO
Driving in the U.S.A.

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 when driving
Driver’s License / MA State ID

https://iso.mit.edu/getting-started/id-cards-2/

- Apply in person at Registry of Motor Vehicles
  - Read the RMV website for details (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)
  - Application fee payment
- You may instead apply for a Massachusetts Liquor ID card at RMV if you want an ID but do not plan to drive
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.

- Government agencies contact by paper mail, not by phone.

- Phone companies, scholarship agencies (not appropriate to contact you by phone).
Example of Scams – “Phishing”
http://ist.mit.edu/news/phishing_warning

From: IRS Online <ahr@irx.com>
Reply-To: "noreply@irx.com" <noreply@irx.com>
Date: Thursday, April 11, 2013 12:15 PM
Subject: Final reminder: Notice of Tax Return. ID: 13H583326/13

IRS will not ask for information by e-mail

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, but there are procedures to schedule an appointment to apply in person)

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!
ADJUSTMENT & RESOURCES
Resources for Campus Safety

- MIT Police - [http://police.mit.edu/](http://police.mit.edu/): In an emergency on MIT campus, call 617-253-1212. Do NOT call 911 since call will be re-routed to MIT Police and will take longer.
- MIT Mind and Hand Book - [https://handbook.mit.edu/](https://handbook.mit.edu/)
  - Alcohol, 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/
  - MIT academic culture may be different from your previous experiences
  - Be careful about Plagiarism (not crediting someone else for their work)

- If you are confused about an assignment – Ask your Professor, Teaching Assistant, etc. for help!
  - Syllabus will have details of subject requirements/assignments
  - When must you work on an assignment individually, or when can it be done together as a group?
Culture Shock

The Culture Shock Curve illustrates the typical experience of adjusting to a new culture over time. It shows a three-stage process:

1. **Honeymoon period**: Initially, immigrants experience a high level of happiness or satisfaction as they are excited and eager to explore their new environment.
2. **Adjustment**: As time progresses, they encounter challenges and begin to feel stress, leading to a decrease in happiness or satisfaction. This is the adjustment phase where they experience culture shock.
3. **Adoption**: After a period of adjustment, they start to adapt and feel more comfortable in their new environment, leading to a return to a higher level of happiness or satisfaction.

This curve is a general representation and individual experiences can vary significantly.
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! TALK TO SOMEONE if you are struggling.
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
  - GradSupport (meet with staff members for advice)
  - Graduate Policies and Practice
- Mental Health & Counseling at MIT Medical
- REFS- (dREFS and iREFS)- Resources for Easing Friction & Stress – meet with 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
  - Parking and Transportation
  - Request MIT ID card
- [ ] Bring your Passport, I-94 record, and your Form I-20/Form DS-2019
MIT ID Card

- You must complete your ISO Online Check-In Forms
- If there are issues or problems in obtaining your MIT ID card, please contact the Atlas Center
- Other Issues
  - Legal name @ 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 – Spring 2021


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

- **ISO Virtual events**: Events planned after February 12, 2021 will be announced in ISO newsletters
Upcoming ISO Events

- **Weekly ISO newsletter** will include upcoming ISO & MIT events
- Like the ISO on [Facebook](https://www.facebook.com); Follow the ISO on [Instagram](https://www.instagram.com)
- **Zoom Breaks** – twice every month; online icebreakers/games
- **Navigating MIT Series** for International Students
- **Language Conversation Exchange (LCE)** Conversation cafes; co-sponsored with LCE and ISO
- **Personal Empowerment** 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
- “Hacking Sleep” resources; (Call 617-253-CALM)
- Find an MIT club or organization you are interested in joining, including student cultural groups: [https://engage.mit.edu/organizations](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

- **“Life at MIT” section on ISO website**: [https://iso.mit.edu/life-at-mit/](https://iso.mit.edu/life-at-mit/)
  - Learn how to tip, connect with student cultural groups, learn more about cultural adjustment, understand Americanisms/Idioms, & more!
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