

UC SANTA CRUZ

International Student  
Services & Programs

Division of Global Engagement

# International Graduate Student Orientation



[issp.ucsc.edu](https://issp.ucsc.edu)

# INTERNATIONAL STUDENT SERVICES AND PROGRAMS

## About

ISSP provides **visa and immigration advising** to F-1 and J-1 international students at UCSC. The team also designs and provides **orientation programs, events, and activities** to foster intercultural learning, build community, and support cultural adjustment.

## Programming Staff



**Andy Ng**  
Assistant Director of  
International  
Programming



**Sarah Janet  
Goldberg**  
International  
Programming  
Specialist



**Lacey Long Vejar**  
Associate Director of  
International Student &  
Scholar Services



**Vanessa Jane  
Orey**  
Assistant Director of  
International Student  
Services



**Gabriele  
Schmiegel**  
Assistant Director for  
Sponsored Student  
Programs



**Catherine Murphy**  
International Student  
Advisor



**Chunling Hu**  
International Student  
Advisor

# Wait... is it ISSP or Global Engagement, or both?

## **We are part of International Student Services and Programs (ISSP)**

- We oversee the programs, student advising, and general support for our students on an international student visa

## **We are one of four units within Global Engagement which includes:**

- **International Student Services & Programs** (that's us!)
- International Faculty & Scholar Services
- Global Learning (i.e. Study Abroad or Away)
- Global Initiatives

## **So, what do we call ourselves?**

- Feel free to say either ISSP or GE! Both are okay.

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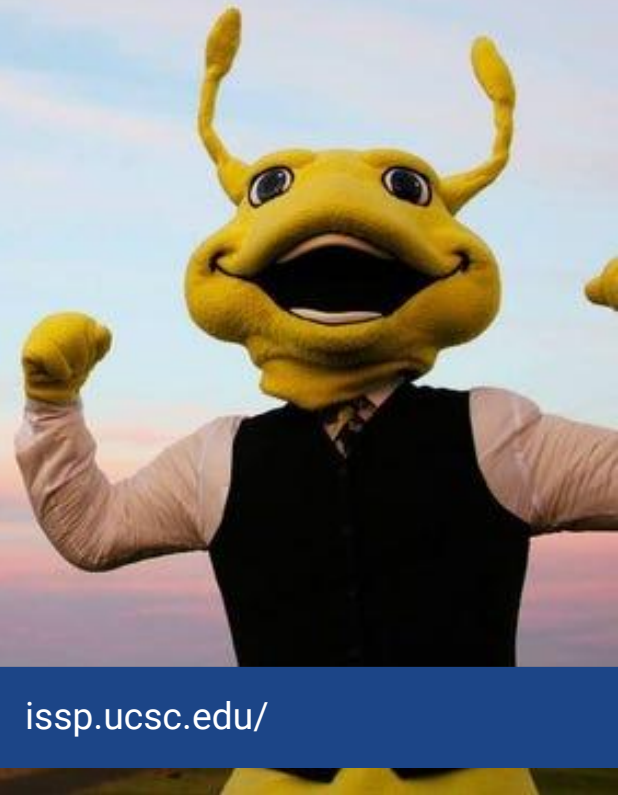
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# MAINTAINING YOUR F-1/J-1 STATUS

**Lacey Long-Vejar**

Associate Director of International Student & Scholar Services



**We will be offering two virtual sessions going over how to be an F-1 or J-1 Banana Slug:**

- Tuesday, October 1 from 10:30 - 11:30
- Friday, October 11 from 11:00 - 12:00

A reminder from istudent will be sent out with more information on how to register for one of these sessions.





# GLOBAL CAFE



**ISSP  
GLOBAL  
CAFÉ**

**JOIN  
US!**

Share international experiences. Speak  
with ISSP staff. Enjoy a cup of tea.  
Meet new people.

**FALL 2024 DATES:**  
**OCTOBER 23**  
**NOVEMBER 20**  
**DECEMBER 4**

**LOCATION & TIME**  
**CLASSROOM UNIT, 101**  
**14:00-16:00**

Open to international students &  
scholars, and anyone interested in  
international opportunities!

**CONTACT US FOR MORE INFORMATION**

**ISTUDENT@UCSC.EDU**

**ISSP.UCSC.EDU**

**UC SANTA CRUZ**  
**International  
Student Services  
& Programs**

[issp.ucsc.edu](https://issp.ucsc.edu)

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# COPING WITH CULTURAL TRANSITIONS

**Sarah Goldberg**

International Programming Specialist



[issp.ucsc.edu/](https://issp.ucsc.edu/)

# WHAT IS CULTURE?





## POLL

What do you think of when you consider U.S. American culture?

Submit your answers in the chat box

# ICEBERG MODEL OF CULTURE

Patterns of Behavior

**Visible**

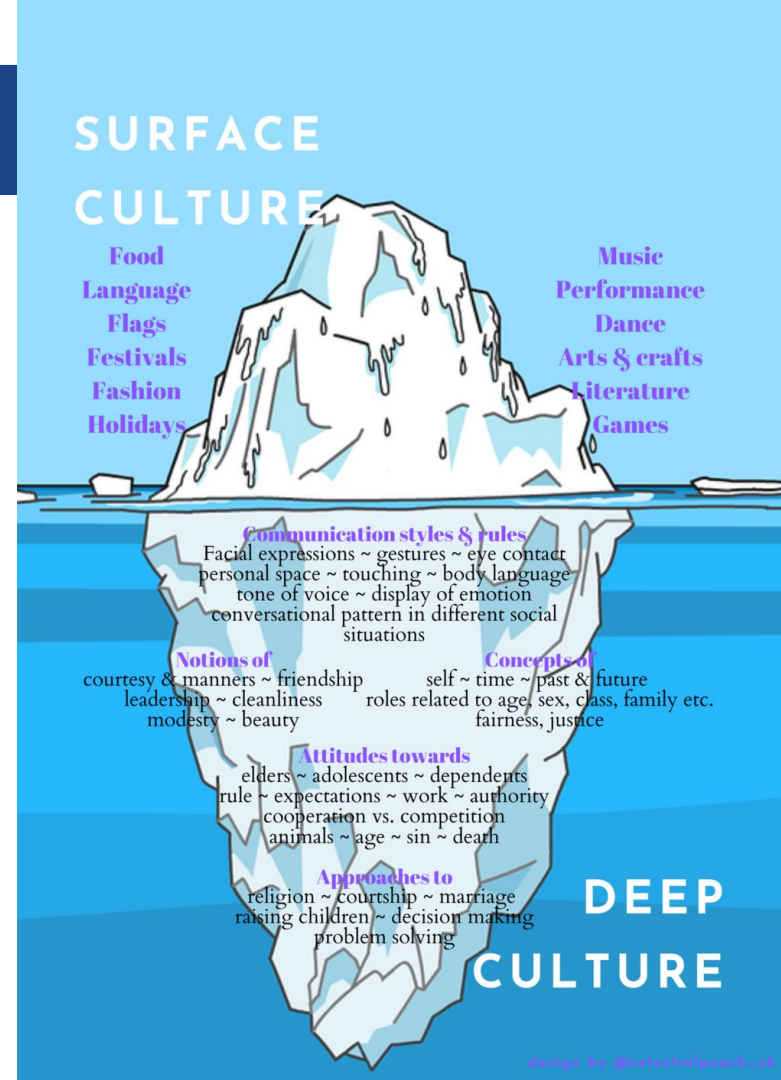
Values

Beliefs

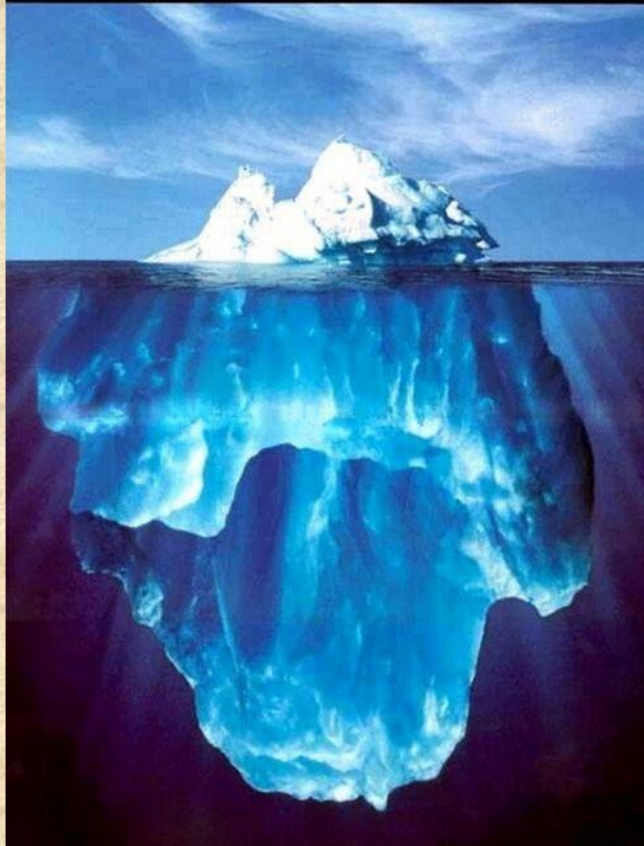
Attitudes

Patterns of Thought

**Invisible**



# ICEBERG MODEL OF CULTURE



← Surface Culture

Above the Surface

Emotional Load: Relatively Low

*Deep Culture*

← Unspoken Rules

Just Below the Surface

Behavior-Based

Emotional Load: High

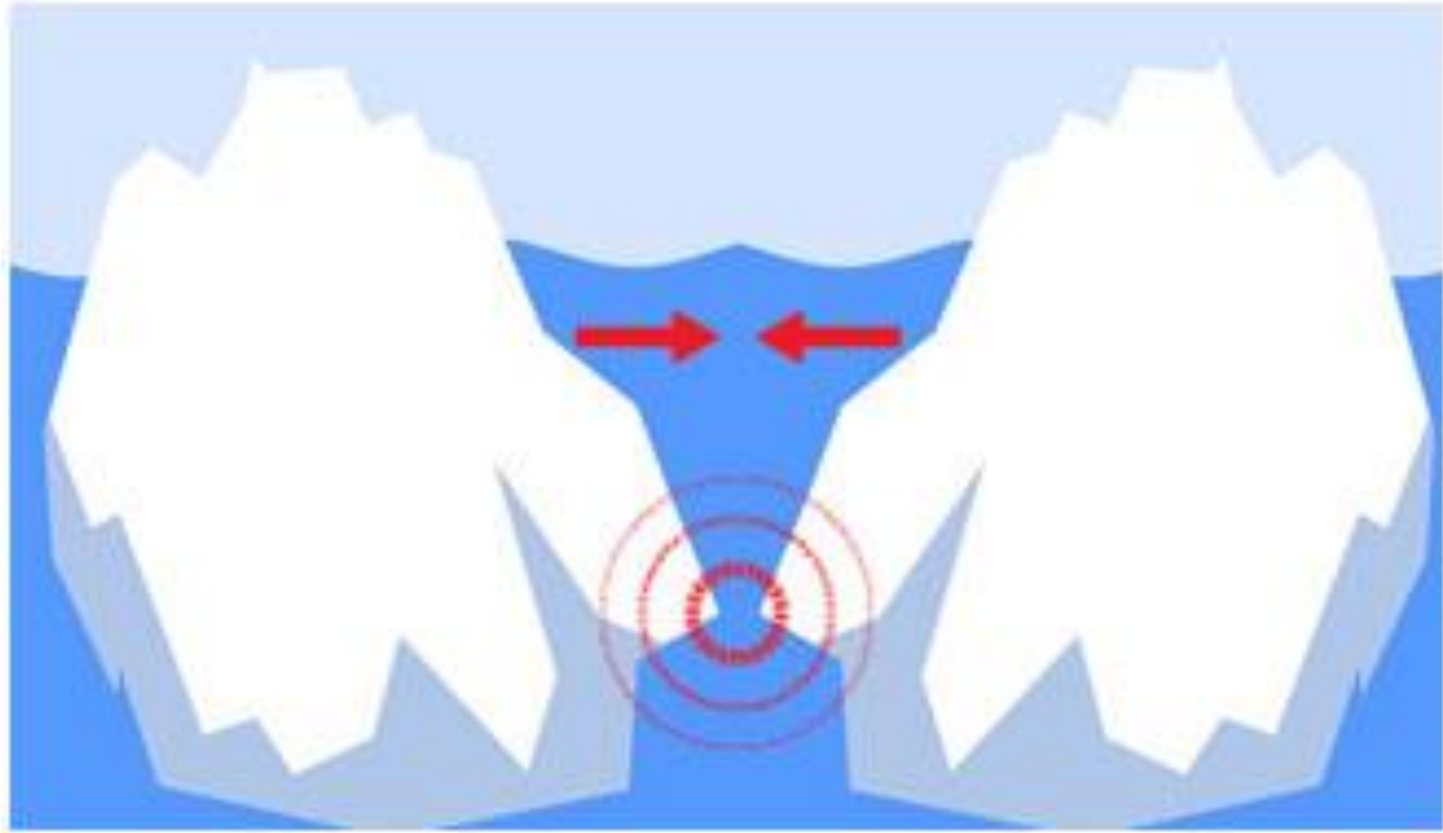
← Unconscious Rules

Far Below Surface

Value-Based

Emotional Load: INTENSE

# ICEBERG MODEL OF CULTURE



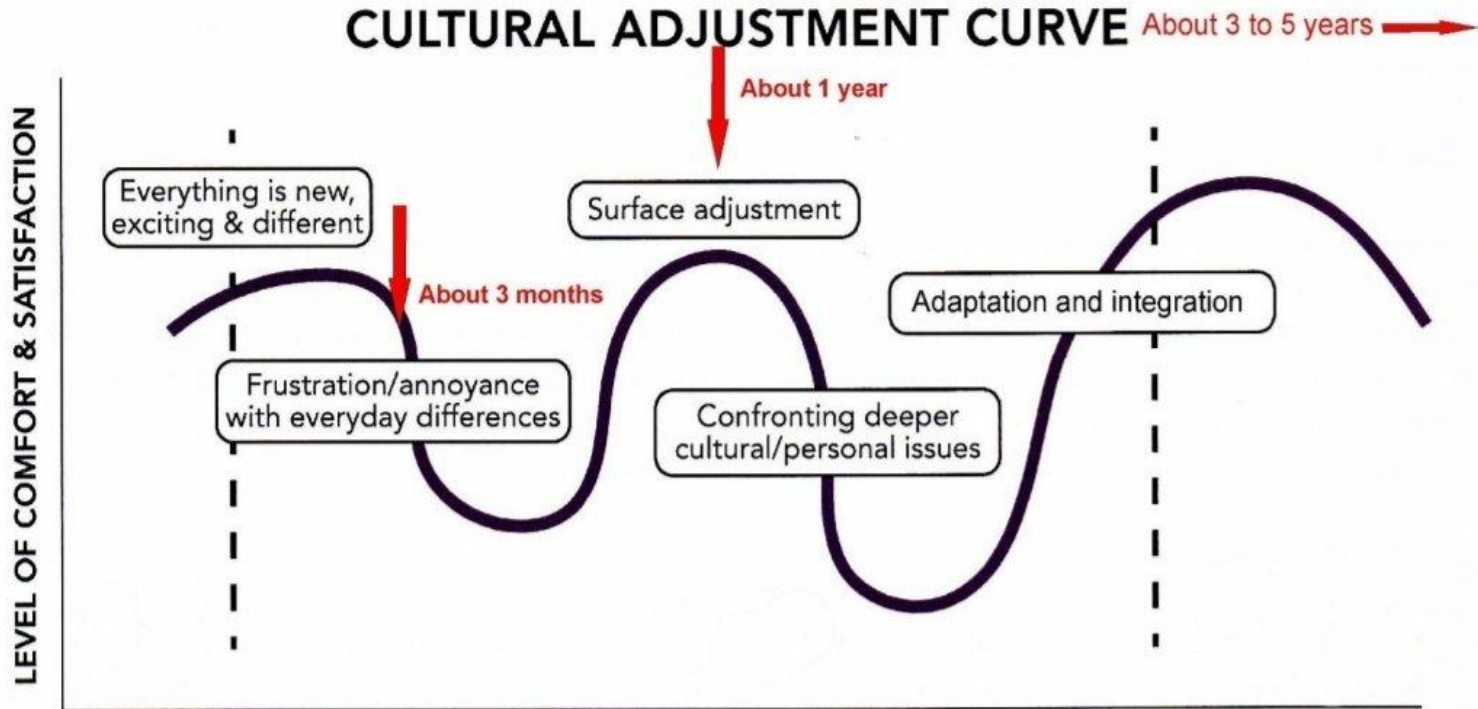
# POSSIBLE IMPACT OF CHANGE

- **Sadness**
- **Sense of Loss**
- **Stress**
- **Anxiety**
- **Tendency to judge: “My way is better than theirs”**
- **Homesickness**

- **Excitement**
- **Sense of Adventure**
- **New beginnings**
- **New world view**
- **Better understanding of self**



# W-CURVE





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# INTERNATIONAL GRADUATE PEER MENTORING CIRCLE

**Andy Ng**

Assistant Director of International Programming



[issp.ucsc.edu/programs/](https://issp.ucsc.edu/programs/)

# INTERNATIONAL GRAD MENTORS



**Laura**  
*she/her*

International Grad  
Peer Mentor,  
2nd year

Chemistry &  
Biochemistry  
Department



**Mayang**  
*she/her*

International Grad  
Peer Mentor,  
5th year

Molecular Cell &  
Developmental  
Biology



**Sasha**  
*they/them*

International Grad  
Peer Mentor,  
2nd year

Education  
Department

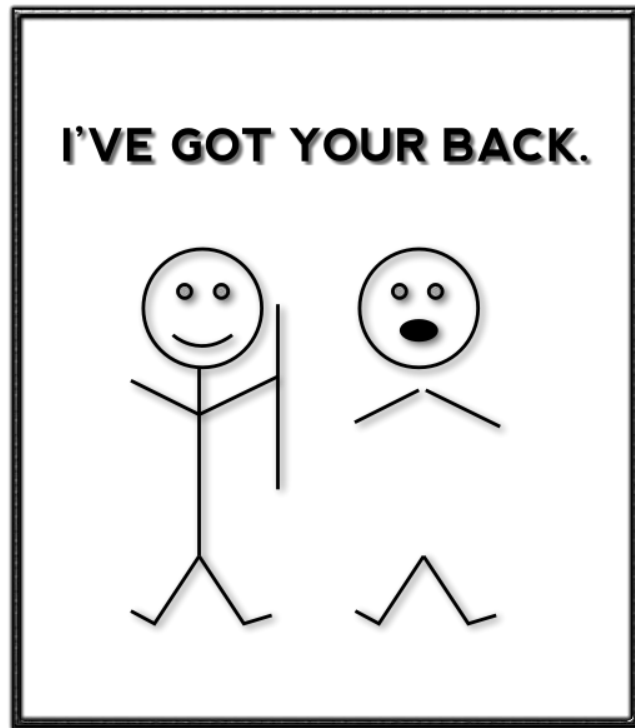
# We are here for you!

As international graduate students also, we went through the process of coming to the US and becoming familiar with the culture, the social dynamics, and the environment. All while living the experience of graduate students too...

So, as a part of the International Student Services & Programs (ISSP), our main objective is to offer additional support for international grad students, giving advice, tips, and a safe space for you all...

Don't forget to check the resources in the website!!!!

<https://issp.ucsc.edu>



# International Grad Mentorship Kickoff!

Don't miss this amazing opportunity to network with international grad students!

**When?** Tue Oct 29, 2024  
15:30-17:00

**Where?** The Grad Commons

**Why?** Because we want to hang out :)



# UPCOMING EVENTS & RESOURCES

**Andy Ng**

Assistant Director of International Programming



[issp.ucsc.edu/programs/](https://issp.ucsc.edu/programs/)



# STUDENT HANDBOOK



## TABLE OF CONTENTS

<b>WELCOME</b> .....	3
<b>INTERNATIONAL STUDENT SERVICES</b> .....	4
<b>YOUR NEW COMMUNITY</b>	
Map of UC Santa Cruz .....	7
Santa Cruz Neighborhoods .....	8
<b>THINGS TO KNOW</b>	
Weather .....	10
Money Matters .....	10
Paying Tuition & Other Bills .....	11
Banking .....	12
Telephone Services .....	12
Housing .....	13
<b>TRANSPORTATION</b>	
Getting to Santa Cruz .....	15
Getting Around UCSC .....	16
Getting Around Santa Cruz .....	16
California & Beyond .....	17
<b>GETTING SETTLED</b>	
Driver's License .....	19
Food & Grocery .....	19
Shopping .....	20
Making Phone Calls .....	20
Mail Services .....	21
<b>STUDENT SERVICES</b>	
Academic Advising .....	23
University Services .....	24
Academic Support .....	25
<b>THINGS TO DO</b>	
Recreation & Sports .....	27
Local Events & Activities .....	27
Get Involved at UCSC .....	28
Global Programming .....	29



# GRAD STUDENT RESOURCES

Visit the [ISSP Events & Workshops](#) page to access our summer workshop series, hosted by our Grad Mentors.

We've included the slides as well as recordings, going over topics such as basic needs such as phone plans and banks.

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## International Graduate Student Support Workshops

Join our International Grad Peer Mentors for a summer series dedicated to answering your questions about what it's like to be an international graduate student at UC Santa Cruz. [Click here to send us your questions/topics](#) you'd like covered by our grad mentors.

### ▼ Fall 2024 Schedule

#### Workshop 1 – Moving to Santa Cruz

- Date: Friday, August 9
- Time: 10 a.m. – 11 a.m. Pacific Time
- [Zoom Link](#) | Meeting ID: 934 7549 2145 | Passcode: 340288
- Topics covered:
  - Pre-arrival necessities (what to pack, finding housing)
  - Finances
  - Worries before coming
  - Social networks back home

#### Workshop 2 – Life as an International Graduate Student

# FUTURE ISSP EVENTS

The **International Programs Team** hosts events for you all throughout the year including:

- International Student Socials
  - Monthly Global Cafes
  - Santa Cruz Excursions
  - Grad student networking events
  - Day-trips through county and Bay Area
- Cultural Celebrations
  - Lunar New Year
  - Diwali
- Intercultural Workshops
- International Education Week in November

Everyone will be automatically added to the **ISSP Newsletter**.

Check out our [events page](#) and on the [UCSC Events Calendar](#).



# CONTACT US

## OFFICE HOURS

Monday - Friday | 9:00 - 12:00 and 13:00 - 16:00

## CONTACT US

**Website:** [issp.ucsc.edu](http://issp.ucsc.edu)

**Phone:** (831) 459-2858

**Email:**

- Advising/Immigration Support: [istudent@ucsc.edu](mailto:istudent@ucsc.edu)
- Programming/Orientation/Events: [iprograms@ucsc.edu](mailto:iprograms@ucsc.edu)

## LOCATION

Classroom Unit Building, Room 103

1156 High Street

Santa Cruz, CA 95064, USA

## FOLLOW US ON INSTAGRAM

@ucsc\_isp

