



UNIVERSITY OF  
OREGON

Division of  
Global Engagement

# Orientation Session 1

*ISO*  
*2023*



# The UO Community

# Facts & Figures

Total enrollment: 23,202

Undergraduate students: 19, 568

Graduate students: 3,634

**International students: 1,000**

Only 140 out of 1,583 classes have more than 100 students

Median class size is 20 students, and student to teacher ratio is 18 to 1

Check out more at <https://viewbook.uoregon.edu/excellence>

# U.S. Higher Education

The UO is a liberal arts institution. What does this mean?

- Balance **depth** (your major field of study) and **breadth** (a range of general education courses)
- Undergraduate degree:
  - Fulfill all required coursework for your major
  - Fulfill all coursework for [general education requirements](#)
  - Meet bachelor of arts/science requirements
  - Minimum 180 credits, upper division, second language requirement (waived for international students), etc.

# Grading Scale

Grade	Points Used to Calculate GPA	Explanation
A	4	Excellent
B	3	Good
C	2	Satisfactory
D	1	Inferior
F	0	Unsatisfactory performance, no credit awarded
P		Pass: Satisfactory (C- or above)
NP		No Pass: no credit awarded (D+ or lower for undergraduate work, C+ or lower for graduate work)

# Course Syllabus

Syllabus: The professor's outline and objectives for the course, grading structure, and other important information

Syllabus is linked to each course in Duckweb (CRN link)

Refer to your syllabus regularly!

- TIP: keep a calendar of coursework and project deadlines for each class

Let's look at a syllabus together as an example...

## **English 104: Introduction to Fiction**

CRN 12621 • Tuesdays and Thursdays 2 to 3:20 p.m. • McKenzie 214

Lee Rumbarger • leona@uoregon.edu

Office Hours Wednesdays 11 a.m. to 2 p.m. and by appointment • PLC 529 • phone 6-3978

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### **Coursework:**

- Participation in class discussion and peer reviews of each other's writing (10 percent of final grade)
- Quizzes (10 percent; I will drop your lowest quiz grade—quizzes cannot be made up.)
- Template mini paper (1-2 pages; 5 percent)
- Two argument-driven mini papers (2-3 pages; 15 percent each)
- Final paper (4-5 pages, 30 percent)
- Final portfolio, neatly arranged in a folder, that includes the final paper, rough drafts of the final paper, graded copies of all assignments, and an opening commentary (15 percent)

### *Policies*

#### **Grades and Attendance Policies:**

Your overall grade in the course will reflect participation and attendance. You are permitted three absences; every subsequent absence lowers your final grade one notch (A to A-, B+ to B, etc.). Arriving late three times will count as an absence.

Hard copies of assignments are due at the beginning of the class periods of their due dates. Late papers lose one notch per day (A to A-), including weekends/holidays. After a week, late papers earn an F. Exceptions to these policies are rare and must be arranged between us early: email me as soon as you can if anything may prevent you from handing in your work as scheduled.

#### **Classroom Courtesy:**

Please turn off or silence cell phones when you enter the classroom. You're welcome to take notes on your laptop provided it doesn't become a barrier to your active listening and participation in discussion.

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# Course Credit Hours: Find your Balance

Undergraduate Students: 12-16 credits (three to four courses)

- 1 credit = 30 hours of class time and homework
  - 4-credit course should engage students for 120 hours over the course of the term, or 12 hours per week.
- RULE OF THUMB: Study two hours for every one hour you're in class

Graduate Students: 9-16 credits (3+ courses)

- 1 credit = 40 hours of class time and homework

TIP: Balance between social life and homework.

<b>Educational Activity for 4-credit Class</b>	<b>Hours student is expected to engage</b>
<b>Course Attendance</b>	
<b>Lecture</b>	30
<b>Assigned Readings</b>	40
<b>Writing Assignments</b>	30
<b>Projects</b>	10
<b>Lab or discussion sessions</b>	10
<b>Total Hours:</b>	120

# Academic Success

## What is academic success (the basics)?

- Staying in “good standing” (term GPA of 2.0 | 3.0 for grads)
- Completing your degree on time

## What else determines academic success?

- **Belief in yourself** to reach your goals
- **Small efforts have a big impact**
- **Attend every class.** Arrive early. Take notes. Ask for help.
- **Personal meaning.** What are you passionate about?
- **Explore subjects until you settle on a major.**

# Active Study Strategies

**Transform your notes**

**Engage with the material**

**Self Test**

**Engage with peers and resources**

# College Success: Skills for Thriving

**UO Libraries – excellent resource!**

**We highly recommend you take some time to review the UO Libraries website guide:**

**<https://researchguides.uoregon.edu/student-success/welcome>**

# Academic Advisors

<https://advising.uoregon.edu>

**Academic Advisors** - Help you plan your classes, explore majors, stay on track to graduate.

**AEIS Advisor** – [aeisinfo@uoregon.edu](mailto:aeisinfo@uoregon.edu) – connect with the AEIS advisor if you have questions about AEIS classes and requirements.

**Navigate** – app used to schedule appointments with advisors  
<https://advising.uoregon.edu/navigate-student>

**Degree Guide** - <https://registrar.uoregon.edu/current-students/degree-guide/>

# Learning Specialists

<https://engage.uoregon.edu>

**Peer Academic Coaches** - discuss strategies to enhance your academic well-being.

**Learning Specialists** - Help you find a new study approach, method or perspective to keep you moving forward.

**The Hub** - Access tutoring and academic resources

<https://engage.uoregon.edu/thehub/>

# First Year Support

<https://iss.uoregon.edu/first-year-support>

There are lots of people here at UO to support you. All you have to do is ask for help.

In ISSS, consider us your “first place to go” when you have questions or need help. We know how to get you the help or resources you need!

# Culture Shock

Culture shock is a natural, emotional, and physical reaction when we move someplace new, especially when it's another country

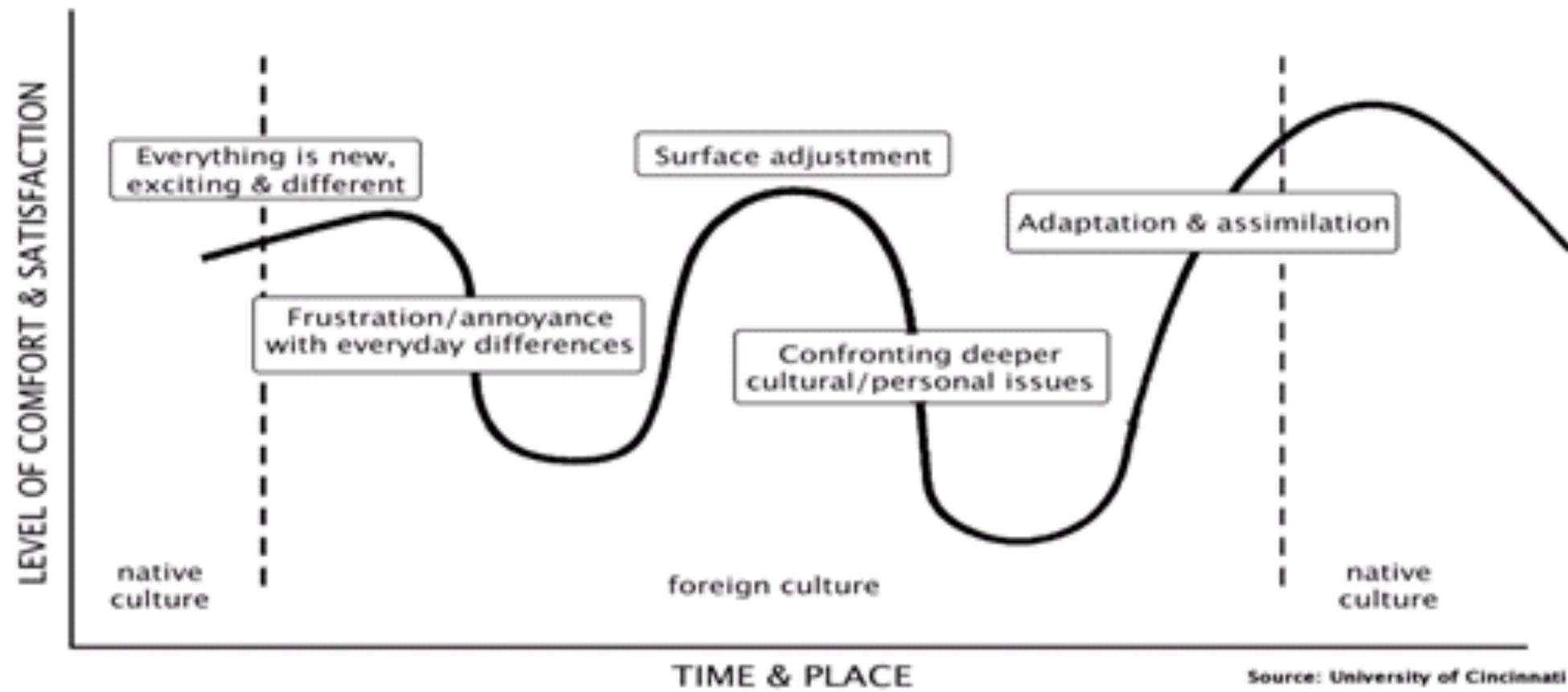
Culture shock is normal and happens to everyone, to one degree or another

Stages of culture shock:

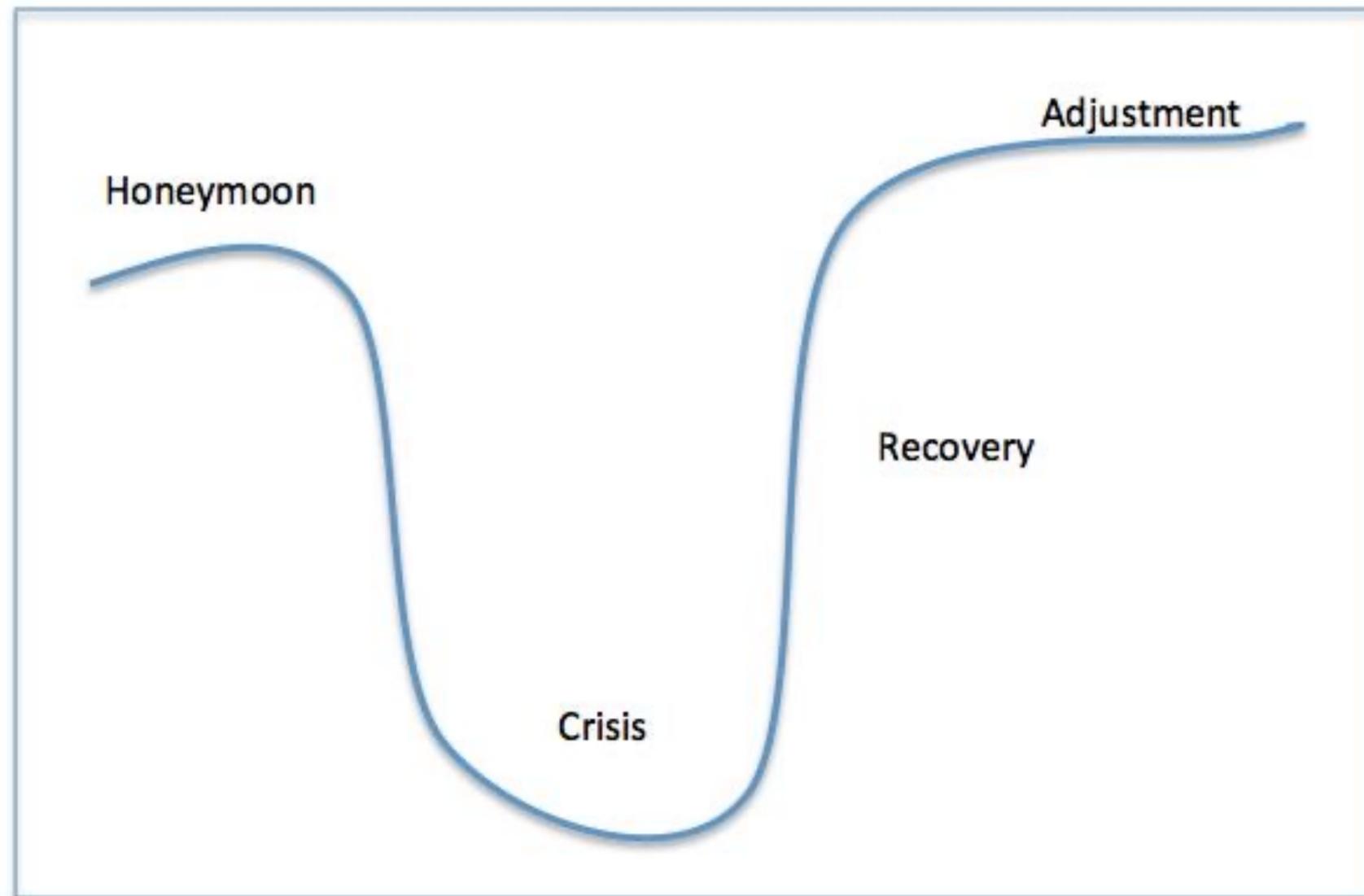
- Honeymoon period
- Hostility and depression period
- Recovery and adjustment

Reverse culture shock – can happen when you return home after living abroad for a long time.

## CULTURAL ADJUSTMENT CURVE



# Cultural Adjustment



- Honeymoon Phase
- Crisis phase
- Recovery and adjustment phase
  - ✓ Stay connected with your home country
  - ✓ Take care of yourself
  - ✓ Talk to someone
  - ✓ Improve your English skills
  - ✓ Have fun!

# Social Integration

Student groups - <https://uoregon.campuslabs.com/engage>

Conversation Friend Program - <https://ffisoregon.org>

Mills International Center - <https://mills.uoregon.edu/events/>

eSports Program - <https://emu.uoregon.edu/esports>

Holden Center - <https://holden.uoregon.edu>

Outdoor Program - <https://outdoorprogram.uoregon.edu>

Bike Program - <https://outdoorprogram.uoregon.edu/bikeprogram>

Events Calendar - <https://calendar.uoregon.edu/>



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# ISSS Office

Oregon Hall, 3<sup>rd</sup> Floor

541-346-3206

[intl@uoregon.edu](mailto:intl@uoregon.edu)

[issss.uoregon.edu](http://issss.uoregon.edu)



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# Orientation Session 2

*ISO*  
*2023*



# What To Do in Eugene

# F-1 Visa Regulations

<https://iss.uoregon.edu/maintaining-legal-status-while-us>

## Top 8 Rules to maintain legal F-1 status:

### 1. Enroll full-time each term:

- Undergrad students - 12+ credits
- Grad students - 9+ credits

### 2. Exceptions to full-time enrollment - requires ISSS approval

- Medical leave
- Concurrent enrollment
- Vacation term
- Final term of study
- Dissertation/thesis period after completion of coursework

# F-1 Visa Regulations continued...

3. Don't let your I-20 or passport expire

4. Make normal progress in your degree program

5. Update U.S. address and phone in Duckweb within 10 days

- Use "mailing" address type for U.S. address
- Use "permanent" address type for home country address

6. Complete withdrawal from a term requires ISSS approval

# F-1 Visa Regulations continued . . .

7. Off-campus employment is strictly prohibited – unauthorized work will result in termination of F-1 status

- Practical Training allowed off-campus – internships, externships, part-time jobs related to major, etc.

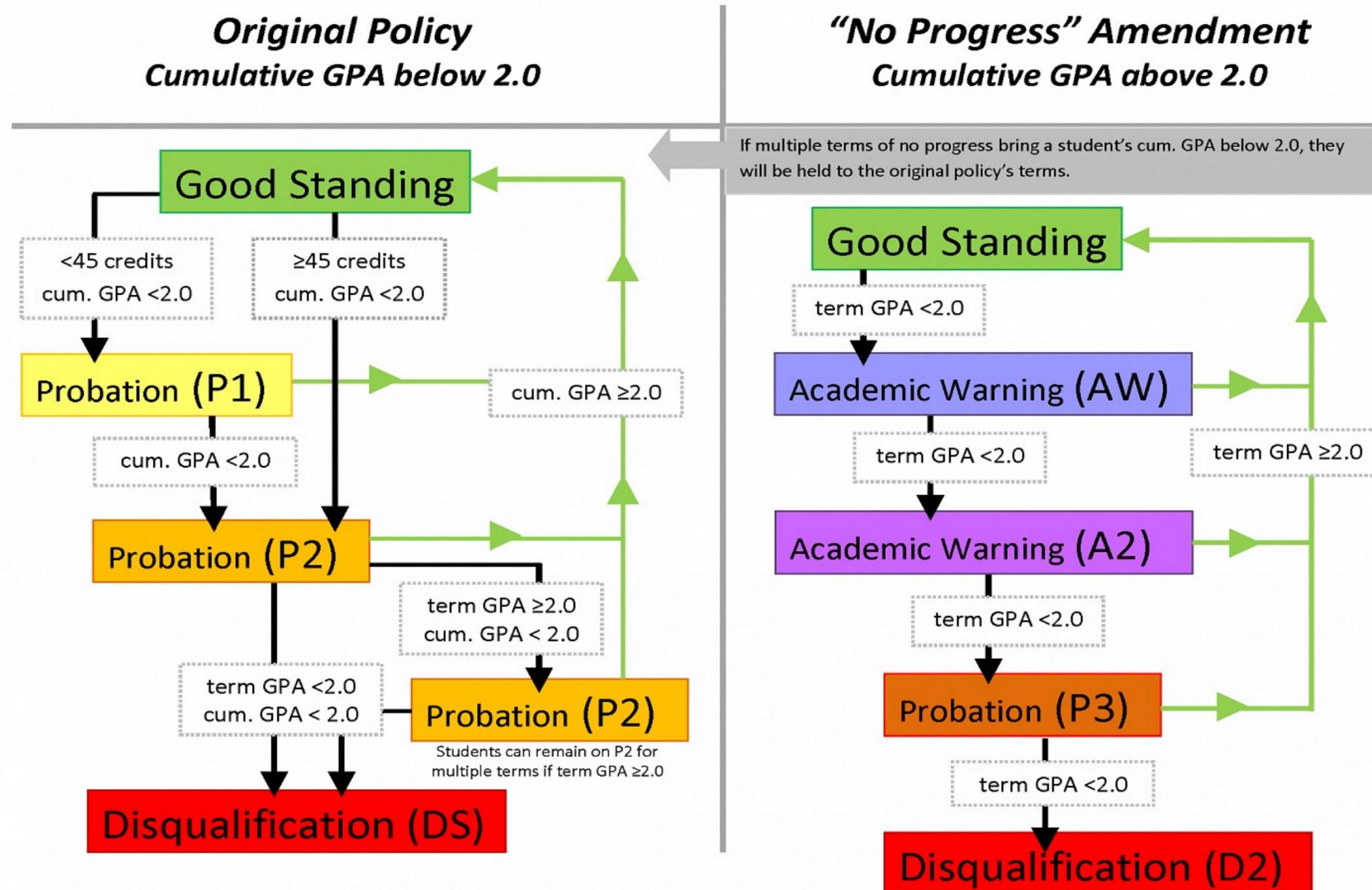
8. On-campus work is allowed

- 20 hrs/week while school is in session
- 40 hrs/week during breaks & vacation

Always check your UOmail for important reminders from ISSS!

# What does “make normal progress” mean for Undergraduate Students?

Keep GPA above 2.0



\* Admissions can admit students on P2 status.

## What does “make normal progress” mean for Graduate Students?

Keep GPA at or above 3.0

Follow all requirements of your graduate program

# Academic Calendar for Winter Term

<https://registrar.uoregon.edu/calendars>

## January 11

- Waitlisting ends at 9:00 a.m.

## January 16

- Martin Luther King Jr. Day; classes not in session

## Last day for students to:

- Add a class via DuckWeb/process initial registration. Petition required after this date.

## February 10

- Course offerings for Spring 2023 available

## February 26 Last day for students to:

- Change variable credits and grade option
- Reduce credits/withdraw from a class

# Social Security Number

<https://iss.uoregon.edu/social-security-number>

A SSN is for tax purposes

You are not eligible to get a SSN unless you have on-campus employment (GE, student job), or you are approved for practical training employment off-campus (CPT, OPT)

Steps to apply for a SSN on ISSS website (link above)

# Individual Taxpayer ID Number

<https://iss.uoregon.edu/individual-taxpayer-identification-number-itin>

An ITIN is also for tax purposes and required if you are receiving a scholarship, fellowship or grant but do not plan to work on-campus your first year

You must apply for an ITIN within first term - takes 6-8 weeks

# Oregon Driver's License

You are not required to get an OR driver's license if you are attending school in Oregon, paying non-resident tuition, and your permanent residence is outside Oregon. The state considers you a "visitor."

As a "visitor" you can legally drive in Oregon if you have a valid driver's license from any U.S. state, including DC, or any country.

You can apply for an Oregon Driver's License if you choose or do not meet the criteria of a "visitor."

<https://www.oregon.gov/odot/DMV/driverlicenseforall/Pages/English.aspx>

# Travel

First time you leave the U.S. you will need to get a travel signature from an ISSS advisor on your I-20 or DS-2019.

Travel signature is for re-entry to the U.S. and verifies that you have been enrolled full-time as a UO student and maintained legal F1 or J1 status.

Other travel topics can be found on our website here:  
<https://iss.uoregon.edu/travelreturning-students>

# Student Conduct Code

The student conduct code ensures your rights as a student are protected, but you also have responsibilities to the campus community.

Prohibited conduct includes **academic misconduct, substance use misconduct, general misconduct and discriminatory misconduct.**

<https://dos.uoregon.edu/code-procedures>

Academic Misconduct	Substance Use Misconduct	General Misconduct	Discriminatory Misconduct
<p><b>Assisting in the commission</b></p> <p><b>Cheating</b></p> <p><b>Fabrication</b></p> <p><b>Multiple submissions</b></p> <p><b>Plagiarism</b></p> <p><b>Unauthorized recording/use</b></p>	<p>Alcohol</p> <p>Cannabis</p> <p>Other controlled substances</p> <p>Smoking and tobacco</p>	<p>Attempts/threats/inciting</p> <p>Damage/destruction</p> <p>Disruptive behavior</p> <p>Failure to comply</p> <p>Falsification</p> <p>Gambling</p> <p>Harassment</p> <p>Physical contact</p> <p>Public urination or defecation</p> <p>Retaliation/obstruction</p> <p>Safety hazard</p> <p>Theft</p> <p>Threatening behavior</p> <p>Unauthorized access/use</p> <p>Unwanted contact</p> <p>Misuse of computing resources</p> <p>Violation of law</p>	<p>Violation of discrimination policy</p> <p>Sexual misconduct</p> <p>Sexual exploitation</p>

# Cheating

During tests, do not talk to your classmates for any reason

Do not use your phone during a test

Do not refer to course material unless the professor has specifically said this is OK

Group work and share assignments will require some “individual” work and some “group” work like a powerpoint.

- Be careful not to add content from your friend’s paper or turn in the same identical papers

Do not ask or hire someone to write your paper for you. If you get caught, you could be expelled from UO.

# Citation and Plagiarism

Plagiarism is taking someone else's work or idea and passing them off as your own without proper "citing."

Always properly cite your sources of data and information in your work.

Professors know when you've copied someone else's work – there are websites that catch plagiarism!

The UO Libraries is an excellent resource for help with research, writing and learning how to properly cite sources:

<https://researchguides.uoregon.edu/citing-plagiarism>

# Organizing Your Research

## How to Avoid Plagiarism

Give proper credit to those whose ideas you are borrowing in your own work through **citation**.

One great way to track where you get your ideas is to **take good notes** during your research process.

### Ways to Take Notes During the Research Process



 Highlight useful search words and subject headings

 Keep track of where you found your sources  
In case you or another researcher needs to go back to verify the information you cite. This can also help you be efficient by avoiding repeating the same searches.

Some popular ones are **Zotero**, **Mendeley**, and **EndNote**.

**TIP:** Use free citation management tools:  
<https://researchguide.s.uoregon.edu/citing-plagiarism/citationtools>

# Technology

Duckweb - [https://duckweb.uoregon.edu/duckweb/twbkwbis.P\\_WWWLogin](https://duckweb.uoregon.edu/duckweb/twbkwbis.P_WWWLogin)

- Registrar Portal for registration and personal record. Login with DuckID.

iConnect - <https://iconnect.uoregon.edu/istart/controllers/start/StartEngine.cfm>

- ISSS portal for international students. Login with DuckID.

myUOHealth - <https://health.uoregon.edu/myUOHealth>

- Health Center portal for health requirements. Login with DuckID.

Canvas - <https://service.uoregon.edu/TDClient/2030/Portal/KB/ArticleDet?ID=86662>

- Course management system. Login with DuckID.

Navigate - <https://advising.uoregon.edu/navigate-student>

- App to schedule appointment with an academic advisor, view class schedule & holds.

Microsoft Teams - <https://service.uoregon.edu/TDClient/2030/Portal/KB/ArticleDet?ID=70164>

- Chat platform.

# Technology

Zoom - <https://service.uoregon.edu/TDClient/2030/Portal/KB/ArticleDet?ID=101392>

- Videoconferencing tool for remote learning.

UO Software - <https://software.uoregon.edu/>

Tech Help for Students - <https://service.uoregon.edu/TDClient/2030/Portal/Home/?ID=bf51cccd-fd92-4083-b8a3-b47d8a0edb6c>

GPA Calculator - <https://registrar.uoregon.edu/current-students/grading-system>

Registering for Classes FAQs - <https://advising.uoregon.edu/registration>

# Career Readiness Program -

<https://iss.uoregon.edu/career-exploration-program-international-students>

Open to all international students

Early professional career preparation

Workshops and career expo every term



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# Orientation Session 3

*ISO*  
*2023*



**Rain, Sun, Coffee, Leaves | First Week of Fall**  
**Term 2021**

# Health and Safety

Staying Healthy

Campus and Personal Safety

Substance Abuse and Night Life Safety

Scams

Health Care Resources

Emergency Resources

# Staying Healthy

## Health Center - <https://health.uoregon.edu>

- Doctors, dentists, pharmacy, physical therapy, counseling, immunizations, insurance – complete service center!

## Recreation Center - <https://rec.uoregon.edu/>

- Swimming, climbing, weights and cardio, basketball, tennis, indoor sports, etc.

## DuckNest Wellness Center - <https://health.uoregon.edu/ducknest>

- Stress relief, quiet space, meditation
- Feeling Lonely and Isolated? Try the Nod App

# Campus Safety

<https://admissions.uoregon.edu/safety>

**Emergency call boxes** – immediate connection with UOPD. Police will respond within minutes to an activated call box location.

<https://www.uoregon.edu/maps>

**UO Alerts** – notification system to make students aware of emergencies and what action to take. Sign up in Duckweb.

**Emergency procedures posters** – in classrooms and other public space

# Theft and Burglary

Thieves know students have cash, computers, bikes & bags

Never leave your laptop, phone, bag unattended

For bikes, use a U-style bike lock to secure bike

For cars, never leave anything overnight in your car

Lock doors and close windows when you are not home

Call UOPD to report a crime or suspicious activity, 541-346-2919

UOPD offers laptop registration: <https://police.uoregon.edu/services>

# Beware of Scams

Beware of phone calls from people posing as police, immigration (ICE), internal revenue service (IRS), or other gov't agency.

- *No government agency will call and threaten you with a violation, then ask for personal information or money.*

Never give personal information or payment to someone over the phone who is threatening you with something, even if it seems real.

Hang up and notify ISSS immediately.

# Personal Safety

<https://safe.uoregon.edu/>

**24-hour hotline – 541-346-SAFE**

If you experience sexual assault, dating or domestic violence, gender or identity-based harassment, stalking, or feel unsafe, you can report it and receive help.

**Don't know where to start?** Know your options here:

<https://safe.uoregon.edu/help>

**How to get support:** <https://investigations.uoregon.edu/how-get-support>

# Sexual Violence Prevention

[Office of the Dean of Students Website: https://dos.uoregon.edu/svpe](https://dos.uoregon.edu/svpe)

Referral source for survivors of sexual violence and concerned others.

**Get Explicit 101** is a mandatory program for all incoming undergraduate students

- [Reporting Form](#) for Discrimination or Harassment

# Alcohol

Office of the Dean of Students Website: <https://dos.uoregon.edu/alcohol>

**Drinking age is 21; not allowed on campus**

## **How do you stay safe while drinking?**

- Eat before you drink and drink water between alcoholic drinks
- Consume no more than one drink per hour
- Don't mix alcohol and other drugs

## **What should you do if your friend drinks too much?**

- Don't leave them alone. Don't give them food or beverages; they could choke
- Only time will sober them up
- If your friend is unconscious, call 9-1-1

# Cannabis

**Office of the Dean of Students Website: <https://dos.uoregon.edu/cannabis>**

Consumption age is 21; 8 ounces is the limit

Not allowed on campus

**Stay inside the house** – can only use at home (if landlord allows it)

**Stay inside the state** – you cannot transport cannabis across any border

**Do not drive while using cannabis**

# Night Life Safety

Office of the Dean of Students Website: <https://dos.uoregon.edu/party-safe>

Ducks look out for each other, use the buddy system, be a good friend

Designate sober monitor and designated driver when going out

Use Duck Rides to get home safely

- <https://duckrides.uoregon.edu/>

# Gambling support

Office of the Dean of Students Website: <https://dos.uoregon.edu/gambling-support>

Remember it's only a game and not a way to make money

Only use money that you can afford to lose

Set limits on time and money

Don't gamble when you are depressed or under the influence of alcohol or other drugs

Get help sooner than later

# UO Police Department

<https://police.uoregon.edu/services>

University Police: 541-346-2919

## UOPD offers several resources including:

- Incident Response Support
- Duck Ride program – provides an alternative to walking alone at night. <https://police.uoregon.edu/duck-rides>
- Safety Escorts
- Self-Defense Training
- Fingerprinting

# Urgent Care Centers

**For non-life threatening illness/injury use urgent care centers**

**Less expensive and quicker service**

**BestMed Urgent Care – walk in services**

- 598 E. 13th Ave
- 1800 Coburg Road
- 2710 Willamette Street
- 4040 W. 11<sup>th</sup> Ave, Suite B

**Peace Health Urgent Care**

- 3321 W. 11<sup>th</sup> Ave

# Emergency Hospitals

## PeaceHealth Sacred Heart – University District

- 1255 Hilyard Street

## PeaceHealth Sacred Heart - Springfield

- 3333 Riverbend Drive

## McKenzie-Willamette – Springfield

- 1460 G Street

# Emergency Numbers

Call 9-1-1 for serious emergencies, life and death

University Police: 541-346-2919

University Counseling Services: 541-346-3227

University Mental Health Support: 541-346-3227

SAFE Hotline: 541-346-7233



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# Orientation Session 4

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# Student Panel