J-1 Students

Maintaining Status

- Important Information about J-1 Exchange Visitor Status [1]
- Two-Year Foreign Residency Requirement and Waiver [2]
- Department of Homeland Security Address Notification Requirement [3]

Change of Status

- Change of Status to F-1 [4]
- Change of Status to F-2 Dependent [5]
- Change of Status to J-1 [6]
- Change of Status to J-2 Dependent [7]

Enrollment Requirements

- Full-Time Equivalency for Graduate Students [8]
- Reduced Course Load [8]
- Guest Student Information [9]
- Rackam Grace Period (Ph.D. Students) [10]

Employment Options

- Academic Training for J-1 Students [11]
- On-Campus Employment for F-1/J-1 Students [12]
- Off-Campus Employment Based on Economic Hardship [13]
- Employment and Volunteering [14]

Transfer, Travel, Departure

- Transferring to Another U.S. Higher Education Institution [15]
- Travel Outside the U.S. and Re-entry [16]
  - Travel Advisory [17]
  - Visa Information [18]
  - What to Expect When Traveling [19]
  - Re-entry to the U.S. [20]
- Departing the U.S. [21]
  - Departing/Transfer-Out Checklist [22]
Dependents & Family Visitors

- **J-2 Dependents**
- **Other Family Visitors to the U.S. (B-1/B-2 Visitors)**

Resources

- [Forms for J-1 Students](https://internationalcenter.umich.edu/resources/forms/j1-students)