J-1 Students

Maintaining Status

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

Change of Status

- Change of Status to F-1
- Change of Status to F-2 Dependent
- Change of Status to J-1
- Change of Status to J-2 Dependent

Enrollment Requirements

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

Employment Options

- Academic Training for J-1 Students
- On-Campus Employment for F-1/J-1 Students
- Off-Campus Employment Based on Economic Hardship
- Employment and Volunteering

Transfer, Travel, Departure

- Transferring to Another U.S. Higher Education Institution
- Travel Outside the U.S. and Re-entry
  - Travel Advisory
  - Visa Information
  - What to Expect When Traveling
  - Re-entry to the U.S.
- Departing the U.S.
  - Departing/Transfer-Out Checklist
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)