





Meet the IC Staff:



Scott Manley
(He/Him)
Assistant Director, ISSS



Katherine Flanner (She/Her) Advisor, ISSS



Kelly Wagner
(She/Her)
Senior Program Manager, GEEA



Rachel Zhang
(She/Her)
Career Coordinator, UCC

Today's Student Leaders:



Ceilia Chen (She/Her) Biochemistry & Music, Junior Wenzhou



Guoxin Ding (She/Her) Statistics/Economics Sophomore Nantong



Yuchen Huang
(He/Him)
Computer Science
& Mathematics,
Sophomore
Xiamen, Fujian



Jiayu (Abby) Liu (She/Her) Higher Education Master's Hu Nan

Today's Student Leaders:



Xixiao Pan (She/Her) Data Science, Engineering, Junior Shanghai



Ruoshi (Rose) Wang (She/Her) Mathematics & Data Science, 2024 Graduate Beijing



Yuanzhi Wu (She/Her) Psychology Sophomore Shanghai

Today's Student Leaders: (Parent Room)



Anqi Dai (She/Her) Math & Data Science, Sophomore Zhangjiagang



Yiwei Yang (He/Him) Mechanical Engineering, Ph.D. Shanghai



Xiuwen Zheng (She/Her) IOE + ECE, Junior Shanghai

Today's Student Leaders:



Keyi Feng (She/Her) Ecology & Evolutionary Biology, Ph.D. Beijing



Fiona (Yufei) Han (She/Her) Appied Mathematics, Masters Beijing



Ziang He
(He/Him)
Material Science &
Mechanical
Engineering,
Freshman
Jiaozuo, Henan



Changle Liu (She/Her) Actuarial Mathematics, Senior Shanghai

Today's Student Leaders:



Cheops Stellar (He/Him) Math, Complex Systems, Sophomore Beijing



Annie Zhang (She/Her) Architecture, Freshman Beijing



Yuxuan Zhang (She/Her) Masters Business Administration, Recent Graduate Beijing

Today's Student Leaders: (Parent Room)



Junru (Tim) Hao Economics, Senior Beijing



Shay ZhangAnthropolgy,
Junior *Beijing*

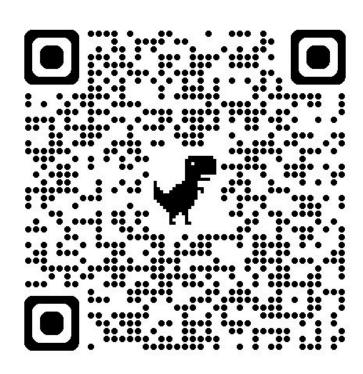


Agenda

5 To-Dos Before Departure 5 To-Dos After Arrival

Q & A

Download Today's Slides!





Top 5: Things To Do Before Leaving



Register and Prepare For Classes



U.S. Academic Expectations:

- Active Learning (discussion/debate, sharing ideas, team-work)
- Assignments (presentations, papers, case studies)
- Critical Thinking
- Relaxed Atmosphere
- Student-Centered & Students Freely Express Opinions

Check in with Your Academic/Program Advisor:

- <u>Undergraduate Students:</u> You should be led through the registration process through the Office of New Student Programs (ONSP). Read their communications.
- Graduate Students: Your program should reach out to you directly regarding class registration.

Preparing Your Course Schedule:

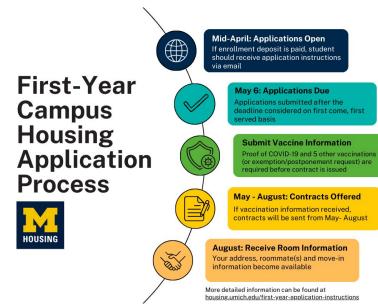
- Backpack Feature
- Atlas Schedule Builder

Undergraduate Students



First-year Undergraduate Students

Michigan Housing serves as a home on campus for nearly 11,000 students in a typical year. Far more than just places for resting or studying, residence halls function as small, accessible communities, helping new students transition from high school to college.



Returning and Transfer Undergraduate Students

Housing for Returning and transfer students is **very limited**.

They are assigned on a first-come, first-served basis if spots remain vacant after first-year students are accommodated.

Graduate Students



On-campus Housing Options for Graduate Students:

- Munger Graduate Residences (suites)
- Northwood I, II, IV & V: Graduate and Family Apartments/Townhomes
- Lawyer's Club (Only students enrolled in Law School)
- Martha Cook Residence Hall (Women Only)
- Henderson House (Women Only)

Applications Timeline:

- Mid-April: information emails going out in to students who have paid their deposit
- **Early-May:** assignments made on a rolling basis
- Note: Applicants must have all materials/vaccine information submitted to get their contract.
- Contact: graduatehousing@umich.edu (use U-M email account and include your UMID in the email)

All Students



Off-Campus Housing

- Most students at U-M live in off-campus housing
- Beyond the Diag Office
- Off-Campus Living Guide
- Off-Campus Housing Q&A (2023 Recording and Slides Available)

Meal Plans

Managed by <u>M|Dining</u>. Available for off-campus housing too!!

Lease Review: Student Legal Services

- Student Legal Services (SLS) can review your leases and help you look out for problems before you sign!
- Visit https://studentlegalservices.umich.edu/ and click "Housing" to set up an appointment with a lawyer for advice before you sign or send a security deposit.



Avoiding Scams

Every year, students get scammed by replying to fake apartment advertisements. If a listing seems too good to be true - it probably is!

Common Red Flags:

- Rent offered at rate well below market value.
- Can't or won't meet in-person or show you the unit over video call.
- Request to wire money to an account not located in the USA. Or, lists unit on legitimate site (Zillow, Apartments.com, AirBnB, etc) but won't go through their payment system.
- Request for a deposit in bitcoin, money wire (Western Union) or other service that isn't traceable to a person.
- Dramatic story trying to pressure you to say yes quickly or give money before you've signed a contract. Landlords may charge small application fee (\$25-\$100) to run background check, but never send security deposit before you have signed a lease.





Applying for Your U.S. Visa:

- Pay the <u>I-901 SEVIS fee</u>
- Complete the <u>DS-160 form</u> online
- Pay the visa application fee
- Make an appointment with the nearest <u>Consulate</u>
- U.S. Visa Application Website



Documents To Bring to Interview:

- Passport valid for 6 months beyond your period of stay in the United States (unless exempt by <u>country-specific agreements</u>)
- Form DS-160 confirmation page
- Application fee payment receipt, if you are required to pay before your interview
- Photo If the <u>photo upload fails</u> on the DS-160, you must bring one printed photo in the format explained in the <u>Photograph Requirements</u>.
- Form I-20 (F-1 students) or DS-2019 (J-1 students)
- Proof of funding for all educational and living expenses

Consular Officer May Request Additional Documents:

Evidence of your academic preparation, such as:

- Transcripts, diplomas, degrees, or certificates from schools you attended
- Standardized test scores required by U-M
- Evidence of intent to depart the United States upon completion of the course of study

^{*}Documentation requirements vary by country, so be sure to check the specific website/guidance of your consulate/embassy.



Quick Tips/Advice:

- Apply for your visa as soon as possible after receiving your Form I-20/DS-2019 and follow expedited appointment procedure if needed
- The following links contain more detailed information regarding the required documentation for your visa application:
 - → U.S. Department of State F-1 visa application information
 - → U.S. Department of State J-1 visa application information
- Be prepared to demonstrate your intent to return home after you complete your academic program
- Visit our website for <u>additional tips on the visa appointment</u> and our <u>U.S. Immigration and Visas</u> page
- If you need visa assistance, submit the 'Visa Assistance' form under the Requests section of <u>M-Passport</u>



Preparing for Your Arrival:

- If you will be living in U-M Housing, please ensure that you have all the necessary vaccinations, including COVID-19 vaccine, by visiting the Michigan Housing website here.
- Make arrangements to transfer money to the U.S. after you arrive and open a bank account.
- Any amount/combination of money (cash, money order, travelers' checks) over \$10,000 must be declared in advance on a U.S. Customs and Border Protection Declaration Form 6059B and FinCEN 105 when you arrive in the US.
- Please notify your U-M admissions unit if you are unable to arrive by the start of the term.

4. What to Pack and Booking Your Flight



Nearest International Airport:

Detroit Metropolitan Airport (DTW)

- Approximately 25 miles (40km) from campus
- Delta Hub = many direct international flights

Transportation Options from DTW to Ann Arbor:

- Michigan Flyer (\$15) *reservation required
- <u>Lyft</u> & <u>Uber</u> (around \$50+ to Central Campus)
- Taxi (stations at airport)
- Your own networks!
 - For example: international student-focused student organizations

4. What to Pack and Booking Your Flight



What to Pack:

- Passport, Visa, I-20, and other immigration documents
 - Copies of each!
- Clothing you can layer for varying temperatures
- School supplies (computer, calculator)
- Packaged snacks (in case of flight delays/late arrival)
- Extra clothing (carry-on) in case of lost luggage
- Personal supplies: glasses, contact lenses, medications
 - UHS: <u>Prescription medication guidelines and</u> recommendations

What **NOT** to Pack:

- Bulky winter clothing (can buy in U.S.)
- Spices, cooking utensils, dishes
- "Don't Pack a Pest"
- U.S. DHS Prohibited & Restricted Items

5. Prepare for Culture Shock!





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Weather in Ann Arbor

Average High Temperatures:

- Summer: 26-28°C / 80-83°F
- Fall: 9-23°C / 48-70°F
- Winter: -1-1.6°C / 30-35°F
- Spring: 7-22°C / 45-70°F



- 33-40.6 cm per month
- 13-16 inches per month













A&D

O1 Register & Prepare for Classes

O2 Secure Housing

O3 Prepare for Your Visa Interview

O4 What to Pack & Booking Your Flight

O5 Prepare for Culture Shock





Break! Please Return in 10 Minutes



Top 5: Things To Do After Arrival





Immigration Check-In Process:

 Check your <u>Most Recent I-94</u> online after you have arrived in the U.S. to be sure you were admitted in the correct immigration status



- Enroll in and complete our mandatory online immigration check-in course as soon as possible upon arrival in the U.S.
 - Instructions will be sent via email closer to the start of the term



Maintaining Status While in the United States:

- Maintain good academic standing and make progress towards degree program requirements
- Enroll **full-time** during academic year (Fall & Winter terms):
 - Undergraduate = 12+ credits per term
 - Graduate = 8+ credits per term
 - Graduate students with GSI/GSRA appointments =
 6+ credits per term
- Students are expected to be physically present on-campus.
 - Only 3 online credits may be counted towards the full-time enrollment requirement. The remaining courses must be in-person or hybrid to protect your immigration status.
- Maintain valid passport and I-20 or DS-2019
- Maintain <u>health insurance</u> coverage (automatic enrollment/ coverage begins with start date of I-20/DS-2019)
 - Students with an assistantship or fellowship that includes GradCare for health insurance should reach out to the <u>U-M</u> <u>Benefits Office</u> or their department for support.



Employment in the USA On-campus:

- May work <u>on-campus</u> up to 20 hours each week during academic year.
 - On-campus work authorization for F-1 students is automatic.
 - J-1 students must apply in advance through the International Center.
- May work more than 20 hours each week during breaks/vacation period.

Off-campus:

- May not work off campus without proper work authorization such as <u>Curricular Practical Training (CPT)</u> for F-1 students or <u>Academic</u> <u>Training</u> for J-1 students.
 - All off-campus employment activities must be directly related to the major field of study
 - F-1 degree seeking students must be enrolled for one academic year (i.e. two full terms) before they are eligible for CPT, unless academic program requires immediate participation for all students in the program.



Immigration Advising Services:

Virtual Drop-In Advising

- Advising for students who have quick questions
- Two hours every weekday
- Recommended first step for speaking to an advisor

Appointments

- For students who have many questions or complicated situations
- Various times during business hours

Email

- Any questions
- Emails are distributed among our advisors and answered in a timely manner

More Information



Photo: International Center Staff (December 2023)

2. Getting Around Ann Arbor & Shopping



U-M Blue Buses

- Free
- Map available on <u>MBus Tracker app</u>
- Connects Central, North, Medical, and South campuses

The Ride (Ann Arbor public bus system)

- Free when using Mcard
- Operates public transportation services in the greater Ann Arbor-Ypsilanti area

Cycling

Protected bike lanes and trails available throughout campus

Spin Scooters & Electric Bikes

 Spin scooters are available around downtown area and campus, for a fee

Rideshare: Lyft & Uber

Hourly Car Rental: ZipCar

2. Getting Around Ann Arbor & Shopping



Asian Grocery Stores:

- Kanbu Asian Mart: 249 East Liberty Street
- Galleria Asian Market: 3111 Packard St
- Hua Xing Asia Market: 2867 Washtenaw Ave, Ypsilanti
- Way 1 Supermarket: 2789 Plymouth Road

Downtown Shopping (Central Campus):

- Maize & Blue Cupboard (Free groceries and personal supplies)
- Pharmacy: <u>Walgreens</u> and <u>CVS</u>
- <u>Target</u> (groceries, personal care, household supplies, etc.)
- Groceries:
 - Kerrytown Market & Shops
 - Ann Arbor Farmers Market
 - Argus Farm Stop
 - People's Food Co-op

Online Shopping:

- Amazon (student membership available)
- <u>Weee!</u>: Asian groceries
- Most major retailers, including grocery delivery

3. Paying Your Bills and Banking



Fall 2024 Due Date: August 31, 2024

Setting Up a US Bank Account

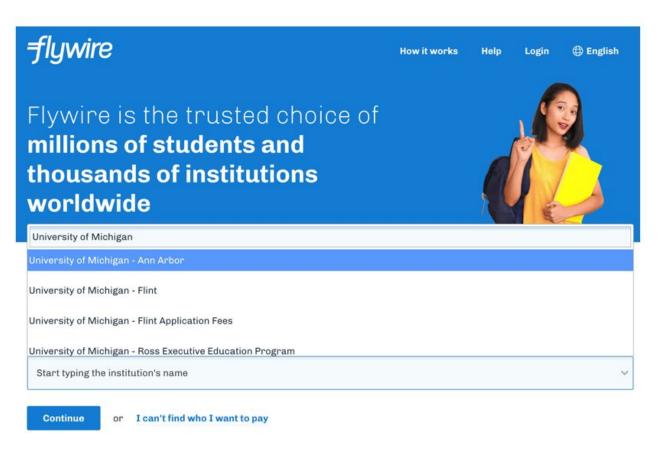
- The selection of bank is your personal choice.
 - Regional banks, credit unions, national banks, and international banks
 - Find banks that have ATM machines close to where you live
 - Set-up online & mobile banking
- It is okay to switch banks
- <u>Click here</u> for more info and a local bank comparison

Parents and Family Authorization

Students may authorize up to four other individuals access to their student account information (eBill, 1098T form, etc.) electronically as well as authorize the University of Michigan to discuss this information via phone, email or in-person.

U-M Payment Plan

Enrollment period April 15 - June 30. Final deadline: September 1. Enroll early to get the most benefit! \$30 fee/semester to participate.



View slide deck about paying using Flywire here

How to Pay Tuition with Flywire

- 1. Find your institution
- 2. Enter your payment amount
- 3. Select payment method
- 4. Enter the payer's information
- 5. Enter the student's information
- 6. Review and submit!
- Track your payment via SMS text or online through your account.
- Can also be used to process refunds from U-M.
- 24/7 multilingual customer service via phone, WeChat, live chat, and email.
- More information

4. Discover Student Orgs and Get Involved



Maize Pages

- Find any registered student organization!
 - Search by type of organization
 - Search by name
- Discover events happening nearby
- Track your involvement in clubs

Student Organization Fairs: Festifall

- Festifall-North Campus
 - o Monday, August 26th, 2024
 - 5 PM 8 PM
 - Location: Gerstacker Grove
- Festifall-Central Campus
 - Wednesday, August 28th, 2024
 - 2:30 PM 5:00 PM, 6:00 PM 8:30 PM
 - Different organizations at each time slot
 - Location: Diag and Ingalls Mall

UMCSSA

The Chinese Students and Scholars Association 密西根大学中国学生学者 联合会



01

Who are we? 我们是谁?

02

Subteams 部门介绍

03

Events 活动介绍

04

How to join us? 如何加入

05

Summer Orientation 暑期新见 Who are we? 我们是谁

UMCSSA

Chinese Students and Scholars Association 密西根大学中国学生学者联合会



2023-2024 UMCSSA Members 2023-2024 UMCSSA全体成员

First established by the group of exchange students supported the government century ago.
密大中国学 联由第一批庚款留学生于百年前 创立。

We collaborate with International Center, Admission Team, Alumni Resource etc.

我们与密西根大学国际中心,招生办,校友会等多个学校办公室合作

We are the only Chinese student organization recognized by Consulate-General of the People's Republic of China in Chicago.

我们是唯一受驻芝加哥中国总领事馆认可并支持的密西根大学华人组织,与使馆保持着长期且紧密的联系。

ABOUT US 关于我们





The 110 members in CSSA joined together, coming from different places, studying different majors, and sharing different backgrounds, to serve more than 3000 of Chinese students at U of M as well as Chinese community in Michigan.

UMCSSA现有超过110位成员,他们来自不同省市和地区,研究学习不同的专业领域,拥有不同的海外背景;他们为了服务在校3000位中国留学生和整个密西根州的 华人华侨这一宗旨而走到了一起。

Subteams 部门介绍



宣传部

想运营公众号?会排版?想做自己的原则专栏?

会讲故事, 想做策划, 输出自己的好点子?

会摄影?会剪辑?想导演?

会用Adobe全家桶?会画画?会做海服?有独特的审美?

会表演?想成为社团视频中的演员?

想做b站、ins、小红书主页君?想把你的创意和奇思妙想变成现实?

想获取第一手信息?想发掘周围有意思的新鲜事,成为校园一手资讯的发布人?

如果你对上述任何一项感兴趣, 宣传部就是你的第一选择!

感兴趣但是不熟练,也不要错过,这里有前辈包教包会!! We Need You!!!

招新意向

对内容的宣传、推广有兴趣,并愿意学习或已经掌握工具将内容呈现:

了解、擅长运营不同社交媒体: 有责任心和团队协作能力。我们欢迎有天马行空想法的大家, 在这里, 你能拥有广阔的平台和志同道合的小伙伴. 一起将一个个创意变为现实~

还等什么, 赶快加入我们吧!



活动部

新生见面会,万圣节之夜,中秋游园会,春晚,接机办卡...

这些活动有没有吸引到你呢?

我们不只做观众,

加入我们来一起参与策划,推广和现场举办吧!

想要获得第一手的超强体验以及超宝贵的实操经验吗?

活动部就是你最好的家!!!!

作为UMCSSA最大的部门,我们旨在策划,组织举办CSSA大大小小的一切活动,我们也无比欢迎大家提出新的活动提案!希望可以让我们的安村生活更加丰富多彩!

活动部不只是工作哦!我们将举办多次bonding活动!部门内的部员们都有很强的connection,他们会成为你在安村超好的朋友们。

招新意向

对活动策划/流程设计/宣发推广 有想法的你对现场组织/团队协作/外联沟通 有准备的你以及对给所有伙伴带来关心和帮助 有热情的你无论是什么样的你,我们都欢迎你加入活动部的大家庭,让我们给安村带来更多快乐和精彩吧~



财政外联部

财政外联部,俗称"CSSA的金主爸爸",是一个专业性极强的部门。我们代表着CSSA,直接与各个合作赞助商洽谈活动赞助意向与合同细节,维护长期合作关系,尽力为CSSA未来更广阔的发展提供强大的资金支持。我们通过与赞助商的合作来支持CSSA各项大型活动(春晚,接机,新生见面会等),并合理、严谨规划CSSA的每一项收入与支出。

在财外,虽然充满挑战,但通过这些磨练,你不仅可以掌握出色的谈判技巧,学习游刃有余、谈笑风声地与赞助商们在谈判桌上争取到最理想的条件!同时,你还可以学习到理财管理技巧,收获与各大国内外知名企业Networking建立长期联系的机会,得到部内各位学长学姐们的帮助与耐心指导。

想成为像学长学姐们一样的商业精英/谈判大佬/理财能手, 或是被 尊称为金主爸爸吗?那就快来加入财外这个看似高冷又实则有爱 无比的大家庭吧!

招新意向

热爱挑战,有责任感,气场强大/亲切友好,积极主动与人交流,谈判能力出众/想要锻炼谈判能力的同学们



职业部

想要打入大厂内部, 与名企hr面对面聊天?

职业部, 顾名思义, 在这里你将有机会与各个国内外知名企业进行合作沟通对接。作为职业部的一员, 你将亲身体验与名企HR的近距离交流和合作, 承担百人规模招聘会的策划与运营, 并获取第一手的求职信息!

此外,我们还积极组织企业在Umich校园内的各类线上线下活动,为同学们创造更多交流和展示自己的机会。在职业部,你将结识一群充满上进心和趣味的同学和朋友。我们期待你的加入!

招新意向

我们欢迎对企业对接和线上线下活动策划有浓厚兴趣的小伙伴加入到门!需要大家积极阳光、乐观开朗、有强烈责任心,能够与企业保持持续良好的沟通合作,并且有能力应对和解决与企业对接间的突发状况。我们正在寻找:

- 2~3位外向的企业对接人员(需要跑线下企业, 有车优先)
- 2~3位求职分享和企业线下招聘活动策划人员
- 1~2位小红书账户运营人员(具备小红书或其他社交媒体运营经历优先)
- 2~3位摄影师及公众号推文文案写手

期待你们的加入, 共同创造精彩!

校友

校友部是由所有wolverines超越时空的聚集地,在这里,你可以遇见Umich校园里最有趣的一群人!我们都向着同一个目标:建立一个链接在校生与毕业校友们的交流平台,而努力。

在这里,你将有机会和一众校友部的家人们建立"Michigan校友会",打造高质量的资源分享平台。借助这个校友平台,你不仅可以和高净值校友探讨未来,也可以找到志同道合好友一同奋斗,在无论是学业还是职业道路方面都能给你提供更多的选择,为未来发展打下坚实人脉基础。

同时,在校友部也有许多的活动等着你来探索与创造。校友茶话会,毕业酒会等等活动都可以帮助你提高策划能力和沟通能力,提供给你一个尽情创新和思维碰撞的舞台。我们会让所有参与其中的家人尽可能的提升自己的能力,让所有家人人尽其才。

当然,在校友部,你可以遇到有趣的我们!社交恐怖分子,E人玩具,技术大佬应有尽有。校友部有一般有趣的团建,但是有不一般有趣的成员!加入我们和我们一起去疯一起去探索远方的未知吧!

招新意向

招新意向

- 1.热爱尝试新事物, 对新事物有快速学习能力的时间管理大师们! ✓
- 2.在推文文稿撰写, 排版;活动策划;后端运营等 方面有一技之长的UU们! ✓
- 3.想拓展交际圈, 认识更多有趣灵魂的UU们! ✓



文体

近几年来,文体部作为新兴的重要部门,在延续其前身"体育部"的基础职能的同时,还承担了一部分活动部的职责。

除了继续举办校园华人体育活动,例如UM室内4人制足球杯赛、3v3校内篮球对抗赛和趣味运动会,我们还计划在新的学年中陆续举办各类文娱休闲活动,以丰富大家的校园生活,帮助更多的wolverines结交志同道合的伙伴。

招新意向

今年的文体部依旧是求贤若渴, 如果你对体育赛事和文娱活动充满热情, 同时具备不错的活动策划和执行能力, 并愿意为校园文娱体育活动贡献一份力量, 那么我们非常欢迎你加入文体部的大家庭!在文体部, 你不仅可以结交到同样对文体事业抱有一腔热血的朋友们, 还能够充分施展在文体活动方面的一切奇思妙想和远大抱负。还犹豫什么?快来加入我们吧!



秘书处

秘书处在CSSA各部门中体量最小,活跃度最高。我们负责CSSA小助手的日常运营,从找房卖车到选课拼车,无所不能!在CSSA内部我们直接参与所有大型活动的筹备,不论final week图书馆送奶茶还是春晚的前场后台,都有秘书处小伙伴的身影。来秘书处,你将享受轻松活泼的部门氛围。

招新意向

如果你乐于助人,责任心强,希望用自己的努力来提升密大学生中最有影响力的信息平台,那么秘书处欢迎你的加入!秘书处与各部门紧密合作,互通有无,也有机会参与各部门的团建活动~

Events 活动介绍



2023-2024 CSSA大会





万圣节活动



趣味运动会









部门团建









How to join us? 如何加入我们

了解更多资讯 & 加入信息群

Scan for More Info & Join Group Chat





群聊: 新见信息群



CSSA Orientation暑 期新生见面会

来获取更多衣食住行的tips吧

01

校内外住宿建议&总结

02

安娜堡美食推荐

03

选课Tips(来自学长与学姐的经验)

04

留学生海外安全

上海

7月6日 July 6th



地点:上海市静安区恒丰路500号 剩余名额:待公布

北京

7月20日 July 20th



地点:北京市东城区王府井金鱼胡同8号

剩余名额:待公布

了解更多资讯 Scan for More Info



报名二维码 Scan to Register



开卷小问题, 答对有惊喜小礼品哦~

最快说出三个UMCSSA举办的大型活动

UMCSSA新生见面会分别是在哪两天举办

UMCSSA新生见面会分别在哪两个酒店举办



5. Attend Other Orientation Events



Scan to reach the IC Orientation Page!

IC Orientation Overview

- Peer-To-Peer Workshops: (July 29 August 9 VIRTUAL)
 - Led by Summer Orientation Peer Advisors on academic, social, cultural, and living resources.
- IC Welcome Desk: A great place to drop-in and ask Peer Advisors questions about U-M and Ann Arbor
- In-Person <u>Social Events</u> in August!
- Undergraduate Students: <u>International Undergraduate Student and Family Welcome Day</u> (Wed, August 21) (RSVP by July 10!)

ONSP Orientation Overview (undergraduate students)

Orientation for first-year and transfer undergraduate international students is hybrid and involves both virtual and in-person components for all students. International students will be scheduled for their in-person orientation program Aug 21-24. All steps of orientation are required for new students.

Graduate Program Orientation Details

 This varies by school/college/department. You will receive more information about this from your academic unit directly.

Health & Safety Resources for Students

Division of Public Safety and Security (DPSS)

- <u>U-M Emergency Alert</u>: Emergency text/email alerts (bad weather, power outages, school closings, safety concerns)
- Save this phone number: (734)763-1131
- Blue Light Phones
- DPSS Mobile App to easily access services (Apple & Android)
- In an emergency: DIAL 911 (physical health or safety) or 988 (Suicide Hotline)

Late Night Transportation including SafeRide

University Health Services (UHS)

- Appointments and 24-hour Nurse Advice Line are available
- Most services are free or have low fees
- Can request interpretation when scheduling
- Wolverine Wellness: promotes holistic well-being

Counseling and Psychological Services (CAPS)

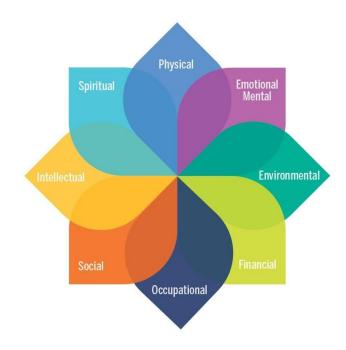
- Free counseling services
- Counselors speak a variety of languages
- Offers events and group support
- Virtual mental health tools: Togetherall

Services for Students with Disabilities (SSD)

Help get accommodations for students with disabilities.

Recreational Sports

• There are gym facilities, group fitness classes, and personal training, intramural and club sports available. North Campus Recreation Building (NCRB) and Intramural Sports Building (ISB) remain open for 2024-25 academic year. Central Campus Recreation Building (CCRB) is currently being rebuilt (Will reopen in Fall 2025) and a temporary facility is currently available.



Additional Resources

Life in Ann Arbor

Curated collection of resources available on the IC website



Guide for Family Members

Guide to key resources related to a student's experience at U-M



密歇根大学国 学生行前 知

本行前须知旨在为密歇根大学(U-M)国际学生的家庭成员提供有关其学生在学校内学习,生活时可使用的资源和相关资源的简要概述。这个概述并不全面。请访问密歇根大学国际中心 四站了解更多信息。

学术支持 - 密歇根大学设立了多种的学术部门,以辅助学生的学术学习。然而,学生应该对自己的教育负责。 如果您的学生在学业上遇到困难。他们必须主动的寻求可用的资源来帮助自己。

- 学术咨询: 密歇根大学的各个学院,各个专业都配备了专属的学术顾问。学生与他们专业的学术顾问进行一 对一的交流,讨论个人兴趣和课程选择。顾问还可以帮助学生设定学术目标,并向学生介绍校园和社区资 题
- 学术辅导: 密歇根大学根据学生的学术课程和个人需要,提供各种服务,包括写作支持和辅导。这些是为新 生提供的一些服务。



U-M International Center Information

The University of Michigan has more than 8,800 international students from 124 countries!

Location:

1500 Student Activities Building (SAB) 515 E. Jefferson Street, Ann Arbor, MI 48109

Contact:

+1(734)764-9310 icenter@umich.edu





International Center Communications



- Social Media
 - Instagram
 - Facebook
- Orientation Program Announcements (summer)
- Weekly Newsletter (Fall/Winter)

A&D

O1 Maintaining Immigration Status

O2 Getting Around Ann Arbor & Shopping

O3 Paying Your Bills & Banking

O4 Student Orgs and Getting Involved

05 International Center & Other Orientations

