



California State University
MONTEREY BAY
International Programs



International Student
Orientation Handbook



Welcome to CSUMB!

To our valued students,

It is my pleasure to welcome you to California State University, Monterey Bay. Whether you will be with us for a few weeks or for several years, the experiences you will have here – the things you will learn, the memories you will make, and the people you will meet – will have a profound impact on your life.

The choice to leave your comfort zone and study away is not always easy, and I applaud your courage. Likewise, your time at CSUMB will not always be easy either, but it is my sincere hope that it is meaningful, enlightening, and will help you to grow in important ways. This is the gift of education, and you are wise to pursue it.

The International Programs team is here to help throughout your academic career at CSUMB, and we hope that you will use us as a resource when needed. Feel free to call, email, or visit our website to schedule an appointment. There are also many other resources available on campus – many of which you will find in this handbook – and you should feel comfortable reaching out to anyone at CSUMB for assistance. Our campus is a very open and inviting environment, and we hope that you will feel welcome here.

Our students have always had the best experience when they chose to get involved early on. I encourage you to have an open mind and take advantage of the extraordinary opportunities available to you here. Don't be afraid to try new things, join organizations, and speak to different kinds of people. It will not only enrich your life, but you will also be lending your unique experiences and perspectives to our campus community, which is invaluable to a healthy university culture.

On behalf of the International Programs team, we thank you in advance for what you will bring to our community, and we wish you success in your academic, social, and personal ambitions. I look forward to meeting you and seeing you around campus!

Sincerely,

Ida Mansourian
Associate Dean
College of Extended Education
and International Programs



International Programs Office Contact Information



Hours:

Monday-Friday 8:00am-5:00pm
The office is closed during CSUMB Holidays;
open during Winter and Summer breaks.

Mailing Address:

International Programs Office
Building 201 Room 207
100 Campus Center
Seaside, CA 93955 USA

Email Address:

international@csumb.edu

Telephone Number:

+1 831-582-4778

Website:

csumb.edu/international

Social:



facebook.com/
CSUMBInternational
(Click the profile picture
and follow the link to
join the student group!)



@csumbIP



@CSUMBInternational

#abroadatMB





Maintaining Immigration Status

During your time at CSUMB, it is essential that you maintain valid F-1/J-1 status. Falling out of status can result in deportation and jeopardize your ability to receive employment authorization or obtain permission to enter the United States in the future. The International Programs staff is here to advise and assist you, but ultimately **it is your responsibility to maintain valid F-1/J-1 status.**

Immigration Requirements

Failure to maintain valid F-1 or J-1 status can result in the termination of your visa and jeopardize your ability to stay or re-enter the United States in the future.

In order to maintain your status, you must meet the following requirements:

Maintain full-time enrollment



Maintain full-time enrollment during each term you are at CSUMB. You are not required to be enrolled during the summer or winter term unless you are beginning your career at CSUMB during one of those terms, or if your specific academic program requires it.

Full-time enrollment is specific to your program and degree level:
Undergraduate = 12 or more units
Graduate and Certificate Programs = 8 or more units

Do not work without authorization from the International Programs DSO/ARO

Authorized Work & Internships - On Campus:

- On-campus work can be authorized up to 20 hours per week
- 40 hours per week during school breaks
- Social Security Number is required



Authorized Work & Internships - Off Campus:

- Students may be eligible to work or participate in an internship off campus while attending CSUMB if it relates to area of study
- Eligibility varies by visa and program type. All off-campus work must be authorized by the CSUMB Designated School Official (DSO) or Alternate Responsible Officer (ARO)
- If you would like to work off campus, we highly recommend attending an OPT/CPT or Academic Training workshop provided by International Programs, or make an appointment with a DSO/ARO by visiting csumb.edu/international

It is recommended that students keep paper and scanned copies of all travel documents after entry into the United States for safe keeping. These include the I-20 or DS-2019, printed I-94, visa and passport.

Maintain an accurate and up-to-date passport and Forms I-20 or DS-2019



VALID PASSPORT: Your passport must be valid for at least six months beyond your period of stay in the United States (unless exempt by country-specific agreements).

VALID Forms I-20 or DS-2019: International students must be aware of the expiration date on their I-20 or DS-2019. If you cannot complete your degree by the expiration date on your I-20 or DS-2019, you must request a program extension before the expiration date on your I-20 or DS-2019. Students who do not file a program extension in a timely manner will be considered out of status.

Notify International Programs of any changes to personal or program information

LOCAL ADDRESS: Notify us about any change to your local address within 10 days of moving.

LEGAL NAME: Notify us about any change in your legal name or the legal name of any of your dependents.

ACADEMIC PROGRAM: Notify us about any changes to your academic program or course of study.

NUMBER OF DEPENDENTS: Notify us if you will be claiming a different number of dependents on your visa status than originally planned.

PROGRAM END DATE: Notify us if your program end date is anticipated to be earlier or later than expected.

Follow all travel regulations

- Visit the International Programs office to get a travel signature at least 3 weeks before traveling outside of the U.S.
- There is no travel and re-entry during the grace periods prior to program start dates and after program end dates.
- When traveling outside of the U.S. you must have:
 1. Your valid and signed I-20 or DS-2019
 2. A valid passport with at least six months expiration date when planning to return to the United States.
 3. A valid F-1 or J-1 visa upon your return to the U.S.
- It is advised that you also travel with proof of enrollment (financial documentation, admission letter, or any other supportive documentation to prove that you are an active student at CSUMB).



Transportation & Travel



Biking

Biking is the easiest way to get around campus, get to the beach, or even to downtown Monterey if you're up for a long ride! To get downtown, follow the Monterey Bay Sanctuary Scenic Trail, an amazing 50 mile (80.5 km) protected bike/pedestrian path that hugs the ocean for a stunning view. To reach the trail, head west on Divarty Street and go under Highway 1.

The Otter Cycle Center (located in the Student Center) has mountain and road bikes available for rent. They will also pump air in your tires for free and provide inexpensive repairs and tune-ups. Outdoor Fix-It stations and air pumps are also available in North Quad and outside the Otter Cycle Center.

How to Get a California Driver's License

There are written and driving tests that you must pass. The written test is based on the California Driver's Handbook, which you can get at the Department of Motor Vehicles (DMV). The written test is offered in many languages. After you pass the written test, you will make an appointment to take the driving test. You will have to provide a car for the test.

You need to provide the following documents at the Department of Motor Vehicles (1180 Canyon Del Rey Blvd Seaside) to take the test and obtain a license:

- Your passport
- CSUMB I-20
- I-94 (available online)
- Social Security Number (SSN) or a letter from Social Security Administration Office that you are not eligible for a SSN
- If you have a driver's license from your country, bring and show it to DMV (it has to be valid)
- Proof of residency



Don't forget to buy a parking permit if you'll be parking on campus or in East Campus!
csumb.edu/parking

Taxis/Ride Sharing



Yellow Cab (831) 646-1234

Central Coast Cab Co. (831) 626-3333

Monterey Yellow Cab (831) 333-1234

Or download the Uber or Lyft apps! These services are like a taxi but you use your smartphone to request rides and pay.

Air Travel

There are 4 airports students typically choose to fly from: Monterey (MRY), San Jose (SJC), San Francisco (SFO), and Oakland (OAK). MRY is the closest airport, but has somewhat limited options relative to the others. Students can travel to SJC and SFO via the Monterey Shuttle (typically called the "Airbus"). Visit montereyairbus.com for schedules and costs. OAK is about 2 hours away, but it is recommended to drive there or use public transportation from San Francisco. Visit sites like kayak.com, flights.google.com, or priceline.com to compare and shop for flights.



Car Rentals

To rent a car in the U.S., you must have a valid driver's license. Also, be aware that most car rental companies will charge extra for drivers under age 25.

ZipCar

ZipCar provides affordable on-campus car rental easily accessible through an app! Here's how it works:

- Sign up at zipcar.com/csumb
- Reserve a car in advance of your trip
- Use your ZipCard + the ZipCar app to unlock the car and drive!
- Return vehicle to pick up location at the end of your trip.

Location: Alumni & Visitor Center and the Student Center
Rental Cost: \$6-10/hr, no charge for gas or insurance!

Rental Car Locations

Enterprise Rent-A-Car

1191 Echo Ave (Seaside)
(831) 394-3333



Hertz Rent-A-Car

1231 Del Monte Ave (Monterey)
(831) 375-2499

National Car Rental

200 Fred Kane Dr., Suite 108
Monterey Peninsula Airport (Monterey)
(888) 826-6890

Avis Car Rental

200 Fred Kane Drive, Suite 106
Monterey Peninsula Airport (Monterey)

Popular MST Bus Lines



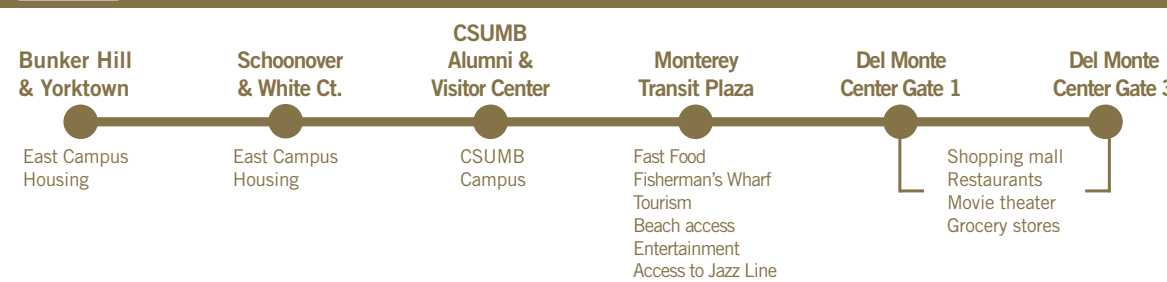
LINE 26 Monday – Friday



LINE 25 7 days/week



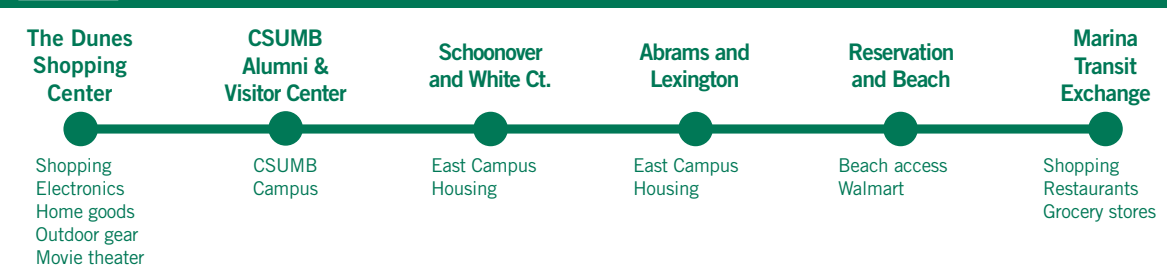
LINE 19 Friday – Sunday



Line 18 7 days/week



LINE 16 7 days/week



MST (Monterey-Salinas Transit Local Bus System)

Free with your OtterID card, MST goes as far north as San Jose (65mi/105km), as far south as Paso Robles (108mi/174km), and everywhere in between.

For route planning, stop locations, and schedules:

- Download the **Transit** app (track your bus in real time!)
- Visit **mst.org**
- Visit **transit.google.com**



Long Distance Bus & Train

There are several popular bus and train lines running in California and throughout the U.S. Check out **amtrak.com**, **greyhound.com**, **Caltrain.com**, **bart.gov**, **vta.org**, and **us.megabus.com**.

Popular Travel Destinations

Traveling is one of the best parts of any study away experience. Take this chance to explore the best of the western U.S. Former international/NSE students highly recommend these destinations for weekend (or longer!) getaways:

- San Francisco
- Los Angeles
- Las Vegas
- Grand Canyon
- Napa Valley
- San José
- San Diego
- Yosemite
- Pinnacles
- Lake Tahoe

Local Grocery Stores

Target

133 General Stillwell Dr (Marina)

Steve's Filipino Indian Market

3056 Del Monte Blvd (Marina)

El Rancho Meat Market

346 Reservation Rd (Marina)

Asian Filipino Market

330 Reservation Rd (Marina)

Lucky

270 Reservation Rd (Marina)

Grocery Outlet

215 Reservation Rd (Marina)

Chon's Market

265 Carmel Ave (Marina)

Walmart Supercenter

150 Beach Rd (Marina)

Kim's Oriental Market

777 Broadway Ave (Seaside)

Trader Joe's

570 Munras Ave (Monterey)

Whole Foods

800 Del Monte Center (Monterey)

Farmer's Markets

Monterey Farmer's Market

Alvarado St between Pearl & Del Monte
Tuesdays 4-8PM (Summer); 4-7PM (Winter)

Monterey Peninsula College (MPC)

Lower Parking Lot
Fridays 10AM-2PM Year-Round

Del Monte Center

Whole Foods Upper Parking Lot
Sundays 8AM-12PM (May – October)

Marina

Marina Village Shopping Center
Sundays 10AM-2PM Year-Round

Salinas

Oldtown Salinas Marketplace
Saturdays 9AM-2PM

Carmel

The Barnyard Shopping Village Parking Lot
Tuesdays 9AM-1PM (May – September)

Pacific Grove

Lighthouse Ave between Forest Ave & 17th St
Mondays 3-7PM (Summer); 3-6PM (Winter)

Shopping Centers

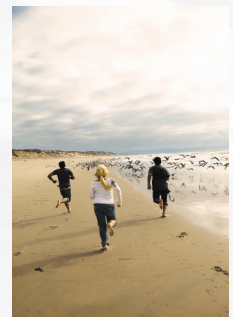
The Dunes – Target; Starbucks (inside Target); Kohl's; Bed, Bath & Beyond; Party City; Michaels; Old Navy; REI; Famous Footwear; Dockers; Cinemark Movie Theater; Best Buy

Del Monte Shopping Center – 80 shops, restaurants, pharmacies, grocery stores, and a movie theater.

Gilroy Premium Outlets – Around 140 shops, restaurants, and more. "Outlets" means premium brands at discount prices.

Edgewater Shopping Center - Costco, ROSS, Lucky, HomeGoods, Marshall's, and more.

TIP! Amazon.com sells electronics, books, household items, and much more, often at a discount!





Important Information



CSUMB Dashboard

csumb.edu/dashboard is your one-stop destination for campus news, events, and quick links to your most important tools.

Email: CSUMB uses Google's gmail service as its @csumb.edu email platform. Familiarize yourself with your CSUMB email and check it very regularly, as all official information will be sent there.

Google Drive: Google Drive contains other widely used tools, including Calendar, Slides, Spreadsheets, Docs, Forms, Maps, etc. which are free and helpful for collaborating with professors and other students.



iLearn

iLearn is the CSUMB Learning Management System (LMS). Professors will use this to post your syllabus, class schedule, assignments, study guides, and more. It can be accessed through csumb.edu/dashboard. It is very important that you get comfortable with iLearn! **Check it out before classes start** to read all messages from your professors and download important documents.



Student Fees

You can access your OASIS Student Center through csumb.edu/dashboard. OASIS is your portal for seeing the tuition/fees you owe, and managing housing, meal plans, and more.

Visit flywire.com/school/csumb for instructions on how to make online payments. If you use flywire, you will avoid the 3% charge you would have to pay using OASIS, and you will receive any owed refunds (like your housing security deposit) online, rather than by paper check. To make payments in person, visit the Campus Service Center in the Student Services Building (Bldg. 47).

Financial holds can delay or prevent you from registering for class, ordering transcripts, etc. so be sure to check that you are clear!



Parking Permits

If you have a car on campus, you are required to have a parking permit, or you will get a parking ticket. Permits can be purchased at csumb.edu/parking. Be sure to never park in Handicap, Pedestrian, or No Parking zones.



Banking

You are encouraged to keep funds in a bank and not to store large sums of money in university housing. A savings and/or a checking account with a debit card will make purchases easier and safer. To open a bank account, you will need to bring your passport, I-20 or DS-2019, OtterID card, and your address in your home country and in the U.S.

Nearby Banks & ATMs (money machines):

Central Coast Federal Credit Union ATM: Student Center

Chase Bank ATM: 264 Reservation Rd (Marina)

Wells Fargo: 3160 Vista Del Camino Cir (Marina)

Central Coast Federal Credit Union: 4242 Gigling Rd (Seaside)



Sim Cards

If you want to use your phone from home, you can avoid expensive roaming fees by purchasing a U.S. SIM card. You must have an "unlocked phone" in order to activate your phone using a SIM card. Usually, SIM card users have a prepaid plan. Cell phones & SIM cards can be purchased at Best Buy, or at various stores at the Del Monte Shopping Center.



Internet Access

If you live on main campus, North Quad, or The Promontory, you can access wifi and cable television in your dorm, included in the cost of your tuition, by logging in with your OtterID and password.

If you live off campus or in East Campus apartments, you will need to purchase a modem and router to access the internet. These can be bought at Best Buy or online.

Visit csumb.edu/it/networks-and-internet-access for information and a list of recommended modems. Please do not buy an all-in-one modem/router combination as these do not work well with our systems. Call the CSUMB Help Desk for more information – 831-582-4357.



Postal Information

US Post Office: 3100 De Forest Rd (Marina)
Mon-Fri 9am-5pm; Sat 9am-12pm; Closed Sun

Main Campus, North Quad, & The Promontory: You can send and receive mail from your mailbox located on the first floor of your building. Packages that are larger than the mailbox will be delivered to the Student Housing & Residential office. You will receive an email notification from the office to pick up your package.

East Campus: You will receive a mailbox key that opens a corresponding box located on each street. Packages will be delivered to your door, or you will receive a key in your mailbox to open the larger lock-boxes at the end of the mailbox grouping. The grouping also contains a slot for outgoing mail.

Learn more at csumb.edu/housing/mail-packages



OtterID Card

Your OtterID card is very important! It is the key to your residence hall, holds your meal plan blocks & flex dollars, serves as your free MST bus pass, and can even get you discounts at local restaurants and shops! If you lose or damage your OtterID card, visit the Student Services Building (Bldg. 47) for a replacement. You will be charged a small fee.

STUDENT LIFE AND ACTIVITIES

College isn't just an education – it's an experience. And all the things that happen outside the classroom are as important as what happens inside it. How you spend your free time, what you eat, where you sleep.

In and out of the classroom, Cal State Monterey Bay has its own vibe: outdoorsy, energetic, adventurous, caring, and connected. It's a small, yet very diverse community, and we're glad to have you in the mix!



get Involved

If you arrive in the fall, we strongly encourage you to participate in **Otter Days**, a campus-wide fair for all student clubs, organizations, sports teams, and campus leaders to get together to recruit and inform. csumb.edu/otterdays

You can also learn about campus events through your csumb.edu/dashboard and eNewsletters that you have been automatically signed up for:
the globe trOtter – Regular email sent to international students about news, events, and important reminders
Otter Be Involved – Weekly email sent to all students about on- and off-campus news and events.

csumb.edu/life is another great place to look for upcoming events, activities & organizations, and much more.

MEAL PLANS

eat

CSUMB offers a wide variety of meal plans for all types of students, appetites, and housing arrangements. Learn about all of your dining options at csumb.edu/dining

If you'd like to purchase or make changes to a plan, or if you have questions, please visit the Campus Service Center at the Student Services Bldg (47), First Floor or email onestop@csumb.edu

WHERE TO EAT ON CAMPUS

Dining Commons (All-You-Care-to-Eat)

Mon-Fri 7am-2pm & 5pm-8pm (Food service stops at 8PM, but students can stay longer!)
Sat-Sun 10am-2pm & 5pm-7pm

Otter Express (Made-to-Order and Grab-and-Go meals and snacks)

Mon-Fri 11am-12am
Sat-Sun 2pm-12am

Always check csumb.edu/dining for the most current operating hours!

Monte's (Restaurant)

Mon-Fri 11:30am-2pm & 4pm-9pm
Sunset Specials: 4pm-5:30pm
Closed weekends

Starbucks (Coffee, tea, and snacks)

Mon-Thur 7am-12am • Fri 7am-10pm
Sat 10am-10pm • Sun 12pm-10pm

The Library Café (Coffee, tea, and snacks)

Mon-Thur 7:30am-10pm • Fri 7:30am-5pm
Sat Closed • Sun 4pm-10pm



study

Tanimura and Antle Memorial Library

Mon-Thu 8am-12am
Fri 8am-5pm
Sat 10am-5pm
Sun 2pm-12am
Open 24 hours during finals

Group Study Rooms

Reserve at csumb.edu/library
(visit "Quick Links" >
"Group Study Rooms")

Library Resource Webpage

Webpage link here



Located in the Library

Cooperative Learning Center (CLC)

Second Floor, Room 2125

Provides academic tutoring. Non-native English speakers benefit from ESL tutors who can help to explain assignments, assist with grammar, and will even work with you to proofread your papers.

csumb.edu/clc

IT Help Desk

First floor, across from the computer lab

Provides technology assistance for university and personal computers (not a repair service), and will install antivirus/antispyware protection for you. Learn more at csumb.edu/it or call 831-582-4357 (HELP)

Center for Advising, Career, & Student Success

Third Floor

The Center for Advising, Career & Student Success offers academic counseling to help you create an academic plan. Career counselors can help you find an internship, choose a major, and develop job-seeking skills like résumé writing and interviewing.

Student Success Advisors support your college experience by offering advice on time management, note-taking, study skills, reducing test anxiety and more.

You can schedule an appointment on your csumb.edu/dashboard through "Advising Appointments" or call at (831) 582-3937. Learn more at csumb.edu/advising

Walk-In Appointments: Wednesdays 8:30-11:30 AM & 1-4 PM

explore

International Programs organizes cultural events and excursions for international & NSE students to explore the best of California. Past excursions have included trips to San Francisco, Carmel-By-the-Sea, Santa Cruz, Yosemite National Park and more!

Learn more and sign up at csumb.edu/international/cultural-events



Student Clubs and Organizations

CSUMB proudly recognizes 80+ student clubs and organizations representing interests from anime to men's volleyball. There are clubs devoted to culture, politics, art, sports, leadership, academics, religion, and more. **There's even a thriving international club!**

Plus, new clubs form every year, so if you don't see a group you want to join, you can always start your own. csumb.edu/clubs



LGBTQ Community

CSUMB is committed to providing a safe and welcoming environment for our gay, lesbian, bisexual, transgender, queer, questioning, intersex, asexual, pansexual, fluid, and ally communities. csumb.edu/safezone



The Otter Cycle Center is a complete cycle center, which includes bike rental and affordable bike repairs, conveniently located in the Student Center. The Otter Cycle Center also organizes local bike trips, so you can meet new people, explore the area, and enjoy some fresh air!

ride

Monday-Friday 10am-5pm
csumb.edu/occ



play

Intramural Sports

Join existing on-campus teams or create and register teams for tournaments in:

- Basketball
- Flag football
- Indoor soccer
- Outdoor soccer
- Indoor volleyball
- Sand volleyball
- Bowling
- Disc golf
- Kickball
- Dodgeball
- Handball
- Softball

csumb.edu/intramurals

work out

The Otter Sports Center is located on the corner of Inter-Garrison and 2nd Avenue. Open fitness training and recreation, intramural sports, health and wellness classes, intercollegiate athletics competitions, and special events hosted at the Otter Sports Center enrich the opportunity for on-campus activity at CSUMB.

Monday – Friday: 6am-12am

Saturday: 8am-10pm

Sunday: 10am-12am

**The Otter Sports Center may be closed for school breaks and university events.*

csumb.edu/facilities/otter-sports-center

The **Aquatics Center** hours are:

Monday – Friday: 12pm-2pm, 4:30pm-6pm

Saturday: 1pm-4pm

cheer

Athletics

What better way to get the full American college experience than by sitting in the student section for some intense games? With 13 official men's and women's teams, there are year-round opportunities to cheer on your Otters!

otterathletics.com



enjoy



World Theater

Located on 6th Avenue, the World Theater is a 446-seat performing arts facility. The venue hosts campus events, student productions, concerts, speakers, and special events.

csumb.edu/worldtheater



Black Box Cabaret

Located on 4th Ave (behind the Health & Wellness Center), the “BBC” is open for student events like concerts, dances, and movie nights.

csumb.edu/osu/bbc

make a difference

Student Government

Become a member of The Associated Students of California State University, Monterey Bay. This student-run organization is one that seeks to serve, empower, and represent students in all areas of student concern.

csumb.edu/as/student-government



Otter Cross Cultural Center (OC3)

OC3 is an organization committed to advancing the University vision of diversity, cross-culturalism, and social justice. We highly recommend that international and NSE students attend their events, use their services, and even apply to become student coordinators!

csumb.edu/oc3

Service Learning & Volunteer Opportunities

CSUMB is nationally recognized for its commitment to service learning. The **Service Learning Institute** provides ample opportunities to volunteer in practically any type of project that interests you. You can participate in these programs for credit or just for fun.

csumb.edu/service



If you're especially interested in nature conservation, we encourage you to look into the **Return of the Natives Project**, a CSUMB initiative dedicated to native habitat restoration.

csumb.edu/ron

The Catalyst Center also connects students with community engagement, civic engagement, volunteering, and philanthropy projects in the area.

csumb.edu/catalystcenter

go outside

Outdoor Recreation

With Outdoor Recreation, you are able to sign up for kayaking, hiking, skiing/snow boarding, rock climbing, stand up paddling, backpacking, challenge courses, and camping trips for a very low cost. This is an excellent opportunity to explore California and make lots of friends quickly!

csumb.edu/outdoor





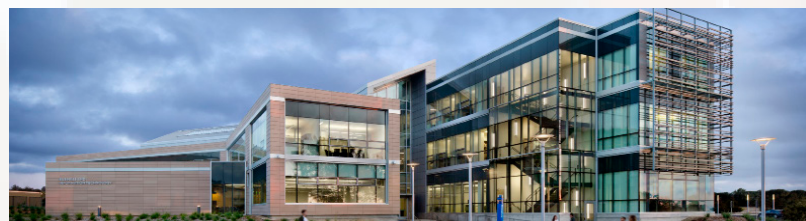
Academic Expectations

- **Ask questions in class:** Most professors expect students to ask questions during class when they do not understand something. Raise your hand and wait to be called on by the instructor. Many other students may have the same question, and the instructor needs to know what information is not clear.
- **Go to your professor's office during office hours and introduce yourself:** Your professors are interested in you – who you are, where you are from, and why you are here. Most international students are surprised at how friendly their professors are. Introduce yourself at the beginning of the semester so your teachers know you.
- **Participate in class discussions and learning activities:** All students are expected to add information and participate in classroom discussions and activities. Working in groups is very common, both inside and outside of class. It is fine to ask your classmates for help, but it is considered rude or lazy to be quiet or to do very little. Students are often expected to help teach each other by giving feedback and suggestions for improvement.
- **Show up to class:** You never know what kind of important information your professor might have, or what homework he/she may assign for the next class, so it's important to show up. Some professors will have attendance policies, while others may simply take a mental note of who shows up or not; either way, it will reflect better on you – and you'll have a more fulfilling experience – if you make it to all of your scheduled classes.
- **Do your homework and study for exams:** International students are often surprised at the amount of homework American professors assign. While, yes, it can be frustrating to have your free time taken by writing papers and completing assignments, you will find that homework prepares you well for exams (in addition to good old fashioned studying), and that homework offers a chance to help – or hurt! – your course grades.

• **Don't plagiarize:** You are not allowed to take someone else's work and call it your own. If you copy words from someone else's writing or speech, and paste them into your own paper, you must use quotation marks and a citation to show where the words are from. You can summarize or put information into your own words, and give a citation. Then, the reader knows where the information is from. Always ask your instructor or a professional writing tutor if you are unsure about citations. Plagiarism is a serious offense on this campus with serious consequences.

• **Ask for help:** University students are expected to take responsibility for their own learning. You must get help if you need it. Go to your professors, the Cooperative Learning Center (library second floor), the Center for Advising, Career & Student Success (library third floor), the reference librarians, or your classmates and explain what you need. There are many people who can help you to be more successful in school, but it is your responsibility to find them in enough time to make a difference.

• **Don't isolate yourself from others:** Americans like to talk, and they want to talk to you. American students and faculty may be very interested in your country and your individual cultural perspective. Share your knowledge of the world, your opinions and your talents with others. They will appreciate it.



Student Behavior Codes

Public Safety



Boundary Observance

CSUMB is surrounded by federal land and is located within a former U.S. Army facility. Federal police have complete jurisdiction on federal property and persons entering onto federal lands are subject to all attendant laws and regulations. Trespassing in posted federal areas is strictly prohibited. Unexploded ordinance is a serious hazard in the wilderness areas on federal land. These areas are off limits.

Firearms

Possession of a loaded or unloaded firearm by a student on university property is a felony and a violation of university policy. Violators are subject to criminal prosecution and disciplinary action.

Bicycles

Every person riding a bicycle on university grounds is afforded all the rights and is subject to all the responsibilities of a driver of a motor vehicle. The riding of bicycles inside any university building is prohibited. Bicycle riding is prohibited within the campus quad and on any landscaped or lawn areas.

Skateboards, Roller-skates, and Rollerblades

Roller blading, skating, and skateboarding are permitted on university grounds only for use as transportation and only during designated hours in designated areas.

Wildlife

University property and the surrounding area are home to an abundance of wildlife including mountain lions, deer, foxes, skunks, opossums, raccoons, squirrels, birds, and reptiles. Wildlife should not be approached or fed. Wild animals are unpredictable and can be dangerous. Hunting or intentionally harming wildlife is illegal and may result in criminal prosecution.

Smoke & Tobacco Free Environment



The California State University has implemented a system-wide Executive Order prohibiting the use of tobacco in any form (including cigarettes, pipes, cigars, e-cigarettes, vapor devices, chewing tobacco, snuff, etc.) on campus property. This includes residence halls and outdoor spaces. Also included are vehicles owned, leased or rented by the university or one of the university's auxiliaries. Private vehicles on university-owned, leased, or rented land or in university-owned, leased, or rented parking structures will also be subject to compliance.

Sexual Harassment/Nondiscrimination

CSUMB and its auxiliary organizations strive to maintain a working and learning environment free from sexual harassment. Sexual harassment may range from sexual innuendos made at inappropriate times, perhaps in the guise of humor, to coerced sexual relations.

To report sexual harassment, contact: Wendy Smith, Title IX Coordinator at wensmith@csumb.edu or 831-582-3510

Race, Color, Ethnicity, National Origin, Age, Genetic Information, Religion & Veteran Status

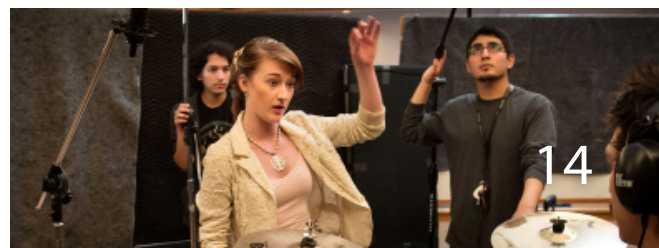
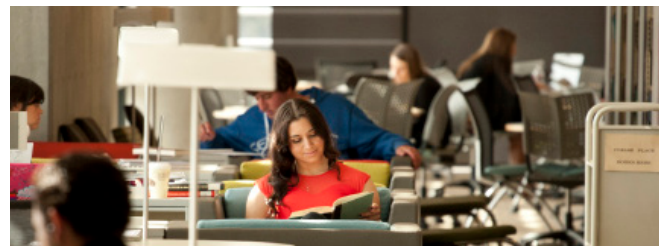
The California State University does not discriminate on the basis of race, color, ethnicity, national origin, age, genetic information, religion or veteran status in its programs and activities, including admission and access.

Sex/Gender/Gender Identity/Gender Expression/Sexual Orientation



The California State University does not discriminate on the basis of sex, gender, gender identity, gender expression or sexual orientation in its programs and activities, including admission and access.

Learn more about CSUMB behavior codes at csumb.edu/catalog/behavior-codes





Health and Wellness

About the Campus Health Center (CHC)

A department within Health & Wellness Services, the Campus Health Center (CHC) provides urgent, primary, and ancillary care, as well as referral services to students through a partnership with Doctors on Duty (DOD). The staff of medical professionals is dedicated to meeting patient needs and promoting wellness and independence.

Location: Building 80 • Hours: Mon-Fri 8am-5pm
csumb.edu/health • +1 831.582.3965

Appointments and Services

Students are strongly encouraged to make an appointment whenever possible. Walk-ins are accepted during the morning and afternoon walk-in hours on a first-come, first-served basis, with priority given to previously scheduled appointments. There is no charge for the following services:

- Office visits
- General exams
- Ear cleaning
- Sexually Transmitted Infection tests (Chlamydia & Gonorrhea)
- Lung capacity tests
- Pregnancy tests
- Throat culture
- PAP smear
- Urine analysis tests
- Complete blood count tests
- Strep tests
- Hemoglobin tests

HIV/AIDS tests, TB tests, flu shots, immunizations, and Hepatitis A, B, and AB shots are also available at discounted rates.

Students must present a current OtterID card. Students will be charged for missed appointments. Discounted pricing is available for other services. Please note that fees for service are due and payable at time of service. The CHC accepts cash, check, Money Order, Visa, Master Card, Discover, and ATM/Debit cards.

Personal Growth & Counseling Center (PGCC)

The PGCC's mission is to promote the mental health of CSUMB students in order to improve the quality of their lives and aid them in achieving academic success. The PGCC is committed to the development of the whole person: academically, personally, socially, spiritually, and physically. Offering the following services free of charge:

- Crisis Counseling
- Individual Counseling
- Group Counseling
- Drop-in Counseling: Let's Talk Program
- Training Opportunities
- Campus Chaplaincy & Spiritual Support
- Mental Health Screenings

Visit csumb.edu/pgcc for more information.

Student Disability Resources

Student Disability Resources provides support services for students with disabilities so that they can be successful at CSUMB.

If any of the following apply to you, you MUST contact student_disability_resources@csumb.edu:

- A physical condition for which accessible, on-campus housing or classroom accommodation might be needed
- A documented disability which may require academic accommodation (e.g. note takers, taped texts)
- A medical condition which might require immediate attention during your stay at CSUMB
- A condition which might affect emotional or mental well-being during your stay at CSUMB

Visit csumb.edu/sdr for more information.

Prescriptions

CHC staff require a minimum of 48 hours notice for prescription refills. The CHC does not sell over-the-counter medications or devices (other than standard condoms and dental dams). The CHC does have a limited in-house pharmacy with some medications on-site.

If the CHC is closed and you have a medical emergency:

- Use any one of the emergency call boxes (with the blue light on top) located throughout campus.
- **Call 911.** Remember to dial 9-911 IF using a wired phone located within a building on campus.

If the CHC is closed and you do NOT have a medical emergency:

- Students may contact any healthcare facility of their choice.
- Students may go to one of the following **Doctors on Duty (DOD) clinics** for discounted medical care (discounts available only when the CHC is closed or you are referred by the CHC; you must bring your OtterID Card):

1212 South Main St (Salinas): 831-422-7777
8am-8pm, 7 days a week

501 Lighthouse Ave (Monterey): 831-649-0770
Mon-Fri 8am-8pm; Sat-Sun 8am-6pm

1513 Fremont Blvd, Suite E-1 (Seaside): 831-899-1910
Mon-Fri 8am-6pm, Closed Sat and Sun

3130 Del Monte Ave (Marina): 831-883-3330
Mon-Fri 8am-6pm; Closed Sat and Sun

Please check doctorsonduty.com for more information.

Area Hospitals:

Community Hospital of the Monterey Peninsula (CHOMP)

23625 W. R. Holman Highway (Monterey)

Salinas Valley Memorial Hospital (SVMH)

450 East Romie Lane (Salinas)

Natividad Medical Center

1441 Constitution Blvd (Salinas)

Health Insurance

All international students will be automatically enrolled for CSUMB Health Insurance each semester you are attending CSUMB. Learn more at

Always carry your health insurance card with you!

csumb.edu/international/health

Your premium will be billed to your student account. You can view and pay your bill through OASIS (or flywire.com/school/csumb) from your csumb.edu/dashboard. **The insurance fee must be paid by the tuition due date or a HOLD will be placed on your account.**

Coverage Dates

Fall: August 1 – December 31

Spring: January 1 – May 31

Summer: June 1 – July 31



U.S. Citizens: You are not required to purchase CSUMB Health Insurance but it is a legal requirement that you have full health coverage while studying at CSUMB.



Safety

**IN CASE OF A TRUE EMERGENCY
DIAL 911 or GO TO A BLUE LIGHT
PHONE and push the red button**

Tell them what the emergency is, where you are, and your name, clearly and calmly. Stay on the phone until the operator tells you to hang up.

What is a “true emergency”?

A true emergency is a situation in which there is a high probability of death or serious injury or significant property loss if intervention by trained first responders is not provided immediately. Examples include a medical emergency, violence, criminal activity, fire, etc.

Examples of problems that are not true emergencies, but may be reported to the University Police (UPD) non-emergency number, include but are not limited to:

Lockout from your building or room; past criminal activity (i.e. stolen vehicle/bicycle, lost/stolen property, past assaults); extinguished minor fires; minor medical issues, and requests for assistance.

**UPD Non-Emergency Number:
(831) 655-0268**

What do you do if there is a problem that is NOT a true emergency?

1. Contact your RA. Follow her/his instructions
2. If warranted, call the non-emergency number, 831-655-0268, and tell them the situation
3. Talk to the International Programs office if it is something that remains unresolved

Construction Areas

The campus is constantly growing and constructing new buildings and infrastructure, which can be loud and dangerous. Remain safe around these areas by following all posted signs, detours, and safety instructions. Construction impact and safety information can be found online at csumb.edu/growing.



How to avoid/prepare for an emergency...

- **Become familiar with the locations of the Emergency blue light phone**
- Keep the “Important Phone Numbers” card with you all the time
- **Ask** fellow students, faculty, police officers, or CSUMB staff questions **about local safety issues**; ask about specific areas that you should avoid.
- Make sure you give your **current and correct contact information to CSUMB International Programs**.
- Know where the **central meeting point is for your housing area** in case of emergencies.
- **Use the “buddy system” when walking or riding the bus at night**. If that’s not possible, do not hesitate to use the **Night Walk service** by calling 831-655-0268. Through this service, the CSUMB police department provides walking escorts 24 hours a day, 7 days a week on Main Campus.
- **Become familiar with the local wildlife**. Skunks, raccoons, squirrels, wild turkeys, snakes, deer, and the occasional bobcats, coyotes, or cougars should be avoided.

Register your phone to receive OTTERalert Emergency Text Message Alerts:

- Visit csumb.edu/otteralert
- Log in or register
- Provide your information



At any time you may stop OTTERalert SMS messages from being sent to your phone by simply texting STOP to 67283 from your registered

