A Heartfelt Global Rhody Welcome to URI!

The International Center is thrilled to welcome you to the University of Rhode Island (URI). Studying here at URI, away from your country, is a journey that will prepare you for working, solving problems, and thriving in an increasingly interconnected and interdependent world. We are here to support you. This informational booklet offers important immigration and acculturation information to help you settle into your new life and explore the many resources URI offers to support your success.

We look forward to meeting you and assisting you throughout your stay here in Rhode Island. Welcome from all of us at the International Center!

Dr. Gifty Ako-Adounvo
Mayerlis Bouvier
Addison Chau
Amanda Alfano

Melissa Dejesus
Michael Foster
Nicole Girard
Dr. Tom Hospod
Dan Lannon

Shelley O’Connor
Cherie Rowe
Itza serrano
Dr. Kelly Watts
Spring 2019 Welcome Week Schedule
Thursday, January 17 - Tuesday, January 22, 2019

HOUSING NOTICE: Students moving into URI Housing & Residential Life accommodations prior to January 19, 2019, Saturday will be charged an early move-in fee of $13.25 USD. Fees are subject to change.

<table>
<thead>
<tr>
<th>Welcome Week Contacts</th>
<th>Name(s)</th>
<th>Email(s)</th>
<th>Office Phone(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>International &amp; National Exchange Students</td>
<td>Michael Foster</td>
<td><a href="mailto:mwfoster@uri.edu">mwfoster@uri.edu</a></td>
<td>(401) 874-2958</td>
</tr>
<tr>
<td>Office of International Students and Scholars (OISS)</td>
<td>Melissa DeJesus</td>
<td><a href="mailto:mdejesus@uri.edu">mdejesus@uri.edu</a></td>
<td>(401) 874-2395</td>
</tr>
<tr>
<td>Degree Undergraduates</td>
<td>Richard Bowen Gillie</td>
<td><a href="mailto:rgillie@uri.edu">rgillie@uri.edu</a></td>
<td>(401) 874-2354</td>
</tr>
<tr>
<td>Transfer Students</td>
<td>Melissa DeJesus</td>
<td><a href="mailto:mdejesus@uri.edu">mdejesus@uri.edu</a></td>
<td>(401) 874-2395</td>
</tr>
<tr>
<td>On-Campus RI</td>
<td>Linda Foley-Vinay</td>
<td><a href="mailto:lfoleyvinay@oncampus.global">lfoleyvinay@oncampus.global</a></td>
<td>(617) 763-7041</td>
</tr>
<tr>
<td>Cambridge Education Group (CEG)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Graduate College</td>
<td>Main Office</td>
<td><a href="mailto:urigrad@etal.uri.edu">urigrad@etal.uri.edu</a></td>
<td>(401) 874-2262</td>
</tr>
<tr>
<td>Cross-Cultural Coordinator</td>
<td>Shelley O'Connor</td>
<td><a href="mailto:swoconnor@uri.edu">swoconnor@uri.edu</a></td>
<td>(401) 874-5546</td>
</tr>
</tbody>
</table>

Emergency Contacts

<table>
<thead>
<tr>
<th>Name(s)</th>
<th>Email(s)</th>
<th>Phone(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Students</td>
<td>Michael Foster</td>
<td>(401) 996-9303</td>
</tr>
<tr>
<td></td>
<td>Shelley O'Connor</td>
<td>(401) 280-0637</td>
</tr>
</tbody>
</table>

CAMPUS POLICE

HOUSING CUSTOMER SERVICE

Rachel's Big City Taxi Service
Transportation – pickups from T.F. Green Airport and Kingston Train Station

(401) 219-9187
Spring 2019 Welcome Week Schedule

Thursday, January 17

Arrival & Dormitory Move-In
9:00am - 5:00pm
International Center open 9am - 3pm
Pick-up Service Available between 9am - 2pm
Proceed to your assigned Residence Hall

Students who cannot arrange a flight to arrive to campus on January 17 between 9am - 3pm should stay at a hotel overnight on January 16, 2019 and arrive on campus between 9am - 3pm on January 17, 2019. Accommodations need to be booked independently. See Arrival Services Form for list of hotels.

Please sign up for pick up services in advance on the Arrival Services Form / Deadline Sunday, December 23, 2018.

Campus Tour
3:30pm - 4:30pm
Meet at the International Center, 37 Lower College Road (Dress for weather)

Open a Bank Account with Bank of America
3:30pm - 5:00pm
International Center, 37 Lower College Road

Representatives from Bank of America are available for anyone who wishes to open a bank account. **BRING YOUR PASSPORT!**

AT&T Offering SIM Cards
3:30pm - 5:00pm
International Center, 37 Lower College Road

Representatives from AT&T will be available.

Friday, January 18

Check-In *(MANDATORY)*
9:00am - 10:00am
International Center, 37 Lower College Road

**Mandatory for ALL new International Students.**
For all NSE and international exchange, undergraduate degrees, On-Campus and graduate students.
International students, bring the following with you:
- Passport,
- Proof of medical insurance
- I-20 or DS-2019

**Complimentary breakfast served.**

Immigration Orientation *(MANDATORY)*
10:00am - 12:00pm
International Center, 37 Lower College Road

**Mandatory for ALL International Students.**
For all international exchange, undergraduate degrees, On-Campus and graduate students.

Snow date: Tuesday, January 22 at 5pm

Lunch
12:00pm - 1:00pm
Ram's Den (open 7:30am - 2:00pm)

**Complimentary lunch served.**

Health Services Orientation *(MANDATORY)*
1:30pm - 3:30pm
Health Services, Potter Building

**Mandatory for ALL International Students.**
For all international exchange, undergraduate degree, On-Campus, and graduate students.
Bring proof of insurance or URI insurance enrollment form and immunization records.
Spring 2019 Welcome Week Schedule

Friday, January 18 cont.

URI Campus Scavenger Hunt Registration
2:00pm - 5:00pm
International Center, 37 Lower College Road

Come by the International Center to learn about, register and pick up scavenger hunt item list!

Open a Bank Account with Bank of America
2:00pm - 5:00pm
International Center, 37 Lower College Road

Representatives from Bank of America are available for anyone who wishes to open a bank account. BRING YOUR PASSPORT!

AT&T Offering SIM Cards
2:00pm - 5:00pm
International Center, 37 Lower College Road

Representatives from AT&T are available.

Campus Tour
3:30pm - 4:30pm
Meet at the International Center, 37 Lower College Road (dress for weather)

Saturday, January 19

Shopping Trip - Newport
1:00pm - 4:00pm
Transportation departs from the International Center, 37 Lower College Road

Shopping trip to Walmart, TJ Maxx, Old Navy, Stop & Shop, and AT&T. Please sign up in advance on the Welcome Week Events form. Deadline: Sunday, December 23, 2018

Note: Mainfare Dining Hall (Butterfield Rd.) will be open.

Sunday, January 20

Ice Skating
1:00pm - 2:50pm
12:45 meet us at Boss Arena, One Keeney Road

Please sign up in advance on the Welcome Week Events Form.

Note: Mainfare Dining Hall (Butterfield Rd.) will be open.

Monday, January 21

*** Holiday ***

Martin Luther King Day
Note: Mainfare Dining Hall (Butterfield Rd.) will be open.

Tuesday, January 22

Lunch
11:30am - 12:30pm
International Center, 37 Lower College Road
Complimentary lunch will be served.

Exchange Student Orientation (MANDATORY)
1:00pm - 2:30pm
International Center, 37 Lower College Road

Mandatory for ALL International & National Exchange students.

Undergraduate Degree Student Orientation (MANDATORY)
1:00pm - 2:30pm
Roosevelt Hall, Room 221

Mandatory for ALL International Undergraduate Degree Freshmen and Transfer students.
Spring 2019 Welcome Week Schedule

Tuesday, January 22 cont.

Academic Spring Advising Day (Optional)
1:00pm - 4:00pm
Roosevelt Hall, Front Desk Check-In

Only for International Undergraduate Degree Freshmen and Transfer students.
Visit with academic advisors to discuss course schedules and registration issues.

Academic Spring Advising Day (Optional)
1:00pm - 4:00pm
International Center, 37 Lower College Road

Only for International & National Exchange Students.
Visit the International Center to discuss course schedules and registration issues.

International Center Staff available for International Students' needs and advising (Optional)
1:00pm - 3:30pm
International Center Lounge, 37 Lower College Road

Speak with an advisor regarding course registration, housing or other concerns.

Wednesday, January 23

Classes Begin
10:00am - 1:00pm

Please visit the International Center with any questions or issues throughout the week.
No appointment necessary.

Friday, February 1

Meet & Greet Social
4:00pm - 7:00pm
International Center Lounge, 37 Lower College Road

All new international students are welcome to join this social event to meet each other as well as current URI international students and friends.
Connecting to the Network

Laptops, Phones, and Tablets
1. Connect to the “URI_Open” network
2. Open a browser
3. Go to “rhodywifi.uri.edu”
4. Select the “Student | Staff | Faculty” button
5. Follow the instruction and install the needed certificates as indicated
6. Connect to “URI_Secure”
7. Use your eCampus username as your username and your Sakai password for the network password

Gaming and Media Devices
1. Connect to the “URI_Open” network
2. Open a browser
3. Go to “rhodywifi.uri.edu”
4. Select the “Register a Device” button
5. Use your eCampus username as your username and your Sakai password for the network password to log in
6. Click on “Create Device” and fill out the form
   • The MAC address of the device will be needed. See your device manual to find the MAC address location

If you need additional help please call (401) 874-HELP (4357) Option 1
Frequently Asked Questions

1. When do classes begin?
   Visit: [https://web.uri.edu/enrollment/academic-calendars/](https://web.uri.edu/enrollment/academic-calendars/) for detailed academic calendar.

2. How and when can I register for courses?
   a. Visit [https://web.uri.edu/enrollment/](https://web.uri.edu/enrollment/)
   b. Using the E-campus username and password, all students (graduates and undergraduates) may register for courses.
   c. Graduate Students, before registering, must go directly to their department to confirm their courses and requirements expected of them as well as notify the Graduate School of their arrival.
   d. First year and second year undergraduates: If you have not registered prior to arriving at URI, go to the University College on Advising Day (see Advising Day on the Welcome Week Schedule).
   e. Exchange & Visiting Students: check with an advisor in the Office of International Education & NSE as well as the Advising Day on the Welcome Week Schedule for more information.

3. Where can I get my student ID card?
   a. At the Housing, Dining & ID Office located across the information booth in the Memorial Union. You MUST be registered for classes in order to obtain an ID!

4. Where can I find the cost of tuition?
   a. Visit Enrollment Services at [https://web.uri.edu/enrollment/](https://web.uri.edu/enrollment/) for up to date information.

5. How and where do I pay for tuition?
   a. Go to Enrollment Services located in the second floor of Green Hall.

6. Where can I find health forms for Health Services?
   a. Visit [https://health.uri.edu/forms/](https://health.uri.edu/forms/) to find the correct forms for Health Services, located in the Potter Building in Butterfield Road. You will need to fill out a waiver if you plan not to use URI Health Insurance.

7. I just arrived on campus and looking for a job, where should I look?
   a. If you are looking for an assistantship, the best place to start is with your academic department. Also, be sure to check the Career Services website for upcoming career fairs.
   b. If you are looking for on-campus employment, go to RhodyNet at [https://web.uri.edu/career/rhodynetpoweredbyhandshake/](https://web.uri.edu/career/rhodynetpoweredbyhandshake/) to find more opportunities.

8. Do I have to fill out an IRS Form 8843 form even if I did not work?
   a. All international students must file the IRS Form 8843 if they were a Nonresident Alien present in the U.S. on F or J immigration status, even if they did not receive U.S.-sourced income. Form 8843 is not a tax return, but an informational statement required by the U.S. government.

9. Do I have to pay US Taxes?
Form 8843

Statement for Exempt Individuals and Individuals With a Medical Condition
For use by alien individuals only.

Go to www.irs.gov/Form8843 for the latest information.
For the year January 1—December 31, 2018, or other tax year

Your first name and initial | Last name | Your U.S. taxpayer identification number, if any
--- | --- | ---

Fill in your addresses only if you are filing this form by itself and not with your tax return

<table>
<thead>
<tr>
<th>Address in country of residence</th>
<th>Address in the United States</th>
</tr>
</thead>
</table>

**Part I** General Information

1a Type of U.S. visa (for example, F, J, M, Q, etc.) and date you entered the United States ▶

b Current nonimmigrant status. If your status has changed, also enter date of change and previous status. See instructions.

2 Of what country or countries were you a citizen during the tax year?

3a What country or countries issued you a passport?

b Enter your passport number(s) ▶

4a Enter the actual number of days you were present in the United States during:

<table>
<thead>
<tr>
<th>2018</th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
</table>

b Enter the number of days in 2018 you claim you can exclude for purposes of the substantial presence test ▶

**Part II** Teachers and Trainees

5 For teachers, enter the name, address, and telephone number of the academic institution where you taught in 2018 ▶

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6 For trainees, enter the name, address, and telephone number of the director of the academic or other specialized program you participated in during 2018 ▶

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7 Enter the type of U.S. visa (J or Q) you held during:

<table>
<thead>
<tr>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>2015</td>
</tr>
</tbody>
</table>

If the type of visa you held during any of these years changed, attach a statement showing the new visa type and the date it was acquired.

8 Were you present in the United States as a teacher, trainee, or student for any part of 2 of the 6 prior calendar years (2012 through 2017)? □ Yes □ No

If you checked the "Yes" box on line 8, you cannot exclude days of presence as a teacher or trainee unless you meet the Exception explained in the instructions.

**Part III** Students

9 Enter the name, address, and telephone number of the academic institution you attended during 2018 ▶

---

10 Enter the name, address, and telephone number of the director of the academic or other specialized program you participated in during 2018 ▶

---

11 Enter the type of U.S. visa (F, J, M, or Q) you held during:

<table>
<thead>
<tr>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>2015</td>
</tr>
</tbody>
</table>

If the type of visa you held during any of these years changed, attach a statement showing the new visa type and the date it was acquired.

12 Were you present in the United States as a teacher, trainee, or student for any part of more than 5 calendar years? □ Yes □ No

If you checked the "Yes" box on line 12, you must provide sufficient facts on an attached statement to establish that you do not intend to reside permanently in the United States.

13 During 2018, did you apply for, or take other affirmative steps to apply for, lawful permanent resident status in the United States or have an application pending to change your status to that of a lawful permanent resident of the United States? □ Yes □ No

14 If you checked the "Yes" box on line 13, explain ▶

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For Paperwork Reduction Act Notice, see instructions.
Important!

Physical Address

You need to report any changes in your name or address within 10 days to the International Student Center.

E-Campus Updates

Keep your E-Campus “Personal Information” section updated with changes of physical address or email address.

Library Help for International Students

The library webpage for international students can be reached at:

- [http://uri.libguides.com/internationalstudents](http://uri.libguides.com/internationalstudents)

Phone Numbers
Reference Desk: (401) 874-2653
Circulation Desk: (401) 874-2672
PROBLEM AREAS

LEAVE OF ABSENCE (LOA)

Students must report to OISS in advance when requesting a leave of absence. USCIS requires documentation in the students' files. It is not enough to receive approval from the academic advisor and/or the graduate school.

OISS must report this action to DHS through the student and exchange visitor information system (SEVIS).

REDUCED COURSE LOAD

As indicated in the Power Point handout, students must show evidence of a full course of study, except in the following circumstances:

- Illness (official documentation by an appropriate licensed professional is required in the students files.)
- Initial difficulty with the English language (it does not matter that they submitted the appropriate TOEFL scores)
- Initial difficulty with reading requirements (official documentation from academic advisor or Dean)
- Unfamiliarity with American teaching methods (official documentation from the academic advisor or dean, only usable at the beginning of the students' programs)
- Improper course level placement (official documentation from the academic advisor or dean, only usable at the beginning of the students' programs)
- To complete course of study in current term (limited usage, requires documentation from the graduate school)

More than likely, other circumstances will not be acceptable. However, the director of OISS will review each case on an individual basis.

WITHDRAWALS

Students must report to OISS in advance when requesting to withdraw. USCIS requires documentation in the students' files. The student must leave the country 15 days after abandoning their studies.

REPORTABLE EVENTS THROUGH SEVIS

- Change of address
- Change of degree or major
- Financial certification
- Employment
- Extension of program
- Changes to biographical data
- Graduation Date

10
Obtaining a Driver’s License

Step 1: Collect All Required Documents

If You **HAVE** a Social Security Number, You Need:

- A letter from OISS addressed to the Rhode Island DMV to serve as proof of residency
- I-94 number
- Passport
- Most recent I-20/DS-2019 Form

If You **DON’T HAVE** a Social Security Number, You Need:

- A letter of non-eligibility of Social Security requested from OISS
- A letter from OISS addressed to the Rhode Island DMV to serve as proof of residency
- I-94 number
- Passport
- Most recent I-20/DS-2019 Form

Step 2: Take Required Documents to the Rhode Island DMV

**Address:**
600 New London Avenue
Cranston, RI 02920

**Phone:**
(401) 462-4368

**Hours:**
8:30 am to 3:15 pm
Monday - Friday
Obtaining a Social Security Number

Step 1: Collect All Required Documents

- Letter for the International Center
- Official Job Offer Letter
- I-94 Number
- Passport
- Most Recent I-20/DS-2019 Form
- Completed SSN Application

Step 2: Take Required Documents to a Social Security Office

Locations

Address:
1st Floor
30 Quaker Lane
Warwick, RI 02886

Phone:
1-866-964-2038 or
TTY: 1-800-325-0778

Hours
Monday 9:00am - 4:00pm
Tuesday 9:00am - 4:00pm
Wednesday 9:00am - 12:00pm
Thursday 9:00am - 4:00pm
Friday 9:00am - 4:00pm
Saturday Closed
Sunday Closed
Except On Federal Holidays

Address:
6th floor
One Empire Plaza
Providence, RI 02903

Phone:
1-877-402-0808

Hours
Monday 9:00am - 4:00pm
Tuesday 9:00am - 4:00pm
Wednesday 9:00am - 12:00pm
Thursday 9:00am - 4:00pm
Friday 9:00am - 4:00pm
Saturday Closed
Sunday Closed
Except On Federal Holidays
I-94 NUMBER

• CBP has automated the I-94 and I-94W process for all travelers applying for admission at U.S. ports of entry. Air and sea travelers no longer need to complete paper Form I-94 or I-94W.
• The I-94 number is needed for entries and departures and to receive various services in the United States, such as,
  • Employment
  • Driver’s License
  • Social Security Card
• To retrieve your I-94 number, go to: https://i94.cbp.dhs.gov
Dear New Student,

Welcome to the University of Rhode Island and URI Health Services! We know this is an exciting time with much to do, but we want to inform you of some actions you must take to fulfill URI Health Services requirements. All new international students must complete these requirements by January 31, 2019. Please obtain your immunization records from your medical provider and follow the steps below. Please note, you will not be able to register for the patient portal until you have registered for classes. If you are not registering for classes before arriving at URI, please bring your immunization records with you so that we can assist you with any missing requirements during your orientation.

Once you have registered for classes for the Spring 2019 semester, please visit our website at health.uri.edu and select the New Student Information menu. Detailed instructions on our website will guide you through the requirements. Below is a checklist of actions that need to be completed. Again, complete the items that you can complete prior to arrival and we will assist you with any missing requirements upon your arrival.

**URI Health Services To Do List for New Incoming Students:**

- □ Register for the URI Health Services Patient Portal
- □ Enter your Vaccination Dates (mm/dd/yyyy)
- □ Complete the Required Online Forms in the Patient Portal
  - TB Screening Form (if you answer Yes to any of the questions, you must take the TB Risk Assessment form to your medical provider, have it completed and upload it under the Upload section)
  - Health History for Newly Matriculating Students
  - Student and Emergency Contact Form
- □ Upload Completed Documents to the Patient Portal
  - Immunization Record (you can use records from your doctor or have your doctor complete the URI Immunization Record)
  - Consent To Treat a Minor Form (ONLY if under 18 years of age)
  - Physical Exam form (not required, but recommended if dated within the last 18 months)
  - TB/Tuberculosis Risk Assessment Form (If required based on answers to the TB Screening Form)
- □ Waive the URI Student Health Insurance if you have comparable health coverage. You may choose to discuss health insurance options during your orientation at Health Services. Please bring documentation of coverage with you.
  - Log into your e-Campus account (uri.edu/ecampus) Note: this is different than the patient portal.
  - Go to Menu in the top left corner and select URI Student Services, then select Insurance Waiver.

- □ Complete the online Behavioral Health Survey at https://www.surveymonkey.com/r/URHISFALL2018

We welcome you and look forward to helping you with your healthcare needs throughout your academic career!

Sincerely yours,

URI Health Services
URI Dining Halls Hours of Operation

Mainfare
Opens on Sunday, January 20 - Normal Academic hours
Monday, January 21 - Martin Luther King Day - sign up
Brunch 10 AM - 3 PM
Dinner 4 PM - 8:30 PM
Tuesday, January 22 - Normal Academic Hour

Mon-Thurs:
(L) 11:30am-3:30pm
(D) 4:30pm-8:30pm
Friday:
(L) 11:30am-3:30pm
(D) 4:30pm-8pm

Saturday:
(B) 10am-3pm
(D) 4pm-7:30pm

Sunday:
(B) 10am-3pm
(D) 4pm-8:30pm

Butterfield
Opens on Tuesday, January 22 - Normal Academic Hours

Mon-Thurs:
(B) 7am-10:30am
(L) 11am-3pm
(D) 4pm-8:30pm

Friday:
(B) 7am-10:30am
(L) 11am-4pm
(D) Closed
Saturday & Sunday:
Closed

Ram's Den
Closed on Saturday, Sunday and Monday, January 19, 20 and 21
Reopens on Tuesday, January 22 - Normal Academic Hours
food court:
Mon- Tue: 7:30am - 5pm
Wed: 7:30am - 11pm (Carnival Night Menu starts at 5pm)
Thurs-Fri: 7:30am - 5pm
Sat: Closed
Sun: 5pm - 11pm Burger Night!
Disability Services for Students

302 Memorial Union
401-874-2098
dss@etal.uri.edu
web.uri.edu/disability

Contact us for an appointment to:

Set up academic accommodations in courses

Early registration for classes

Learn about self-advocacy and decision-making

Trouble-shoot difficulty in classes
The URI Counseling Center provides services to enhance students' personal, academic, emotional, social, and life-planning effectiveness. These services may include crisis intervention, individual counseling, group counseling, referrals for psychiatric assessment, and mental health screening. The Center also assists the University community in creating and maintaining a learning environment conducive to psychological and educational development. Students may seek counseling for a variety of reasons including but not limited to:

- Anxiety and stress
- Test anxiety
- Relationships
- Acute crises, including trauma
- Depression and suicidal thoughts
- Eating and/or body image
- Alcohol and other drug abuse
- Self-esteem
- Sexuality
- Improving academic performance
- Referrals

Confidentiality
We regard attending counseling as a sign of strength and courage. We realize some students hesitate to take advantage of counseling services because of concerns about privacy. However, information shared in counseling sessions is strictly confidential and cannot be shared with anyone, including University faculty, staff, parents, or concerned others, without the client's written consent. There are exceptions to confidentiality, but they are rare. These exceptions, designed to preserve the health, safety, and well-being of our clients in accordance with state and federal laws, include:

- Disclosure that is necessary to protect the client or someone else from imminent danger
- Cases of suspected child or elder abuse
- Rare instances when courts subpoena counseling records

Staff
Our professional staff members provide a range of theoretical and therapeutic approaches. The URI Counseling Center is staffed by psychologists, counselors, social workers, and advanced graduate students under supervision.

Clientele
Counseling services are free to URI students. Services for the personal needs of faculty and staff are limited to consultation for the purpose of referral to an off-campus provider.

Group Programs
The Counseling Center offers support groups as well as structured skill-building groups to help students cope successfully with life challenges. Group counseling provides an opportunity to share experiences, gain support, explore new perspectives, and find new ways to reduce mental or emotional stress.

Outreach, Teaching, and Training
The Counseling Center provides outreach and educational programming in various settings. Educational programming may include issues such as identifying mental health concerns, listening and communication skills, substance abuse, eating disorders, and effective anxiety management. The Center also provides practicum training for advanced graduate students in psychology, social work, and other mental health programs. In addition, Counseling Center staff may also serve as instructors for credit-bearing courses.

Consultation
Often students, parents, faculty, and staff have questions about how to help a student in distress. We are happy to consult with you to determine the best ways to assist the person. Unless the situation poses a significant danger, the information you give to a counselor will remain confidential. A specific staff member is on duty during all operating hours to respond to your concerns and questions.
The Writing Center
helping you become a better writer

The Writing Center provides individual and group support for undergraduate & graduate students in all disciplines, at all stages of the writing process.

**Undergraduate Writing Center:** Roosevelt Hall, room 009 (on the lower level, at the end closest to Memorial Union).

- Identify your audience and purpose
- Brainstorm topics
- Develop your argument
- Organize and refine your ideas
- Strengthen language and tone
- Revise a draft
- Learn effective proofreading strategies

**Graduate Writing Center:** Roosevelt Hall, room 003 (on the lower level, at the end closest to Memorial Union).

We provide writing support to all URI doctoral and master's students to foster continuing development of academic and professional writing skills necessary to succeed in graduate programs and academic or professional careers.

- One-on-one tutoring
- Writing-focused workshops and programs
- Writing groups
- Support for English Language Learners (ELL)
Community English Classes for All International Students, Grads, Interns, Scholars, Family & Friends

SPRING 2019

This class supports the language and orientation needs of international students, interns, scholars, family and friends. Content focuses on expanding cultural awareness as well as enhancing fluency in conversational English through vocabulary development, interactive dialogs, presentations, readings and fun activities. We will also support ways for students to further enrich their lives, while at the URI campus, by participating in local outings and events.

DATES
Wednesdays, 5pm-7pm
January 30-April 24, 2019
Quinn Hall, Room 104

CONTACT
Shelley O’Connor
swoconnor@uri.edu
**What is Culture Shock?**

**Culture Shock** is the personal disorientation a person may feel when experiencing an unfamiliar way of life due to immigration or a visit to a new country, or to a move between social environments. This term expresses the lack of direction, the feeling of not knowing what to do or how to do things in a new environment, and not knowing what is appropriate or inappropriate. The feeling of culture shock generally sets in after the first few weeks of coming to a new place. Typically, international students from the same culture or country stick together when first arriving until they are acquainted with the new culture. They are careful who to say what to and who to trust. Some experts even suggest that everything from home becomes wonderful and only the good things are remembered and desired from home until one returns.

**STAGES of Culture Shock**

![Depiction of the stages of culture shock](chart)

- **Honeymoon** - Initial euphoria and excitement, you feel you are able to handle anything!
- **Anxiety** - Frustration and hostility towards differences, the novelty of the American culture has worn off!
- **Adjustment** - Finding humor and perspective! In this stage, you decide to make the most of your experience.
- **Acceptance** - "Feeling at Home" - You now exhibit a new-found appreciate towards certain aspects of the new culture, and critique others!

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Symptoms of Culture Shock:
- Being concerned about everything being dirty or over concern about cleanliness
- Feeling helpless and feeling dependent on residents from one's own nationality
- The feeling of being irritated over minor delays or frustrations
- Feeling frustrated over language and dialogue differences of the host country
- Fear of being alone, cheated, robbed, and/or minor irritations in skin
- Feeling terrible longing to be back home

Not knowing or Recognizing:
- Words, facial expressions, norms, and customs used every day to relate to others
- When to "shake hands" or what to say when meeting someone
- How to gesture or speak to others
- When, where, how to be polite and direct with others
- When to take statements seriously or not
- How and when to give tips

Without these familiar clues, a person can feel out of his/her own element, even frustrated or angry. Without even intending to do so, the members of the host culture may in fact make the visitor/international person reject the new culture because they may feel unwelcome.

Successful Intercultural Adjustment

*The most important fact to remember is that frustration from lack of understanding on both sides is a normal experience with a new culture. Keeping an open mind and realizing that you will become more comfortable with the host culture will come with time.

Open Mindedness... The ability to keep one's opinions flexible and receptive to new stimuli seems to be important to intercultural adjustment.

Sense of Humor... A sense of humor is important because in another culture there are many things, which lead one to weep, get angry, be annoyed, embarrassed, or discouraged. The ability to laugh off things will help guard against despair.

Ability to Cope with Failure... The ability to tolerate failure is critical because everyone fails at something overseas. Persons who go overseas are often those who have been the most successful in their home environments and have rarely experienced failure, thus, may have never developed ways of coping with failure.

Communicativeness... The ability and willingness to communicate one's feelings and thoughts to others, verbally or non-verbally, has been suggested as an important skill for successful intercultural communicators.

Flexibility and Adaptability... The ability to respond to or tolerate the ambiguity of new situations is very important to intercultural success. Keeping options open and judgmental behavior to a minimum describes an adaptable or flexible person.
Curiosity... Curiosity is the demonstrated desire to know about other people, places, ideas, etc. This skill or personality trait is important for intercultural travelers because they need to learn many things in order to adapt to their new environment.

Positive and Realistic Expectations... It has been shown frequently that there are strong correlations between positive expectations for an intercultural experience and successful adjustment overseas.

Tolerance for Differences and Ambiguities... A sympathetic understanding for beliefs or practices differing from one's own is important to successful intercultural adjustment.

Positive Regard for Others... The ability to express warmth, empathy, respect, and positive regard for other persons has been suggested as an important component of effective intercultural relation.

A Strong Sense of Self... A clear, secure feeling about oneself results in individuals who are neither weak nor overbearing in their relations with others. Persons with a strong sense of themselves stand up for what they believe but do not cling to those beliefs regardless of new information, perspectives, or understandings which they may encounter.

You Are NOT Alone!

- Everyone goes through some form of culture shock and most persons overcome it and gain some practical understanding of the host culture. It is important to keep an open mind.
- Those who do become adjusted to the host country's culture will learn the different customs, language, dialogue, slang, and just how to get around.
- Persistent feelings of not belonging may/can lead them to return home without truly acquainting themselves with the new culture; or will experience more severe symptoms of culture shock.
Get Involved!

Student Clubs and Organizations

Academics
- Aerospace and Piloting Club
- American Sign Language Club
- Animal Veterinary Science Club
- College of Pharmacy (APHA-NY, ASCP, BPS, Kappa Phi, Lambda Kappa Sigma)
- College of Engineering (ASME, NSBE, GWS)
- Geology Club
- Marine Science Society
- Mu Alpha Club
- Phi Beta Lambda (Business Society)
- Pre-Physicians Assistant Club
- Pre-Physical Therapy Club
- Psychology Club
- Public Relations Student Society of America (PRSSA)
- Sports Medicine Club
- Student Nurse Association of URI
- Talent Development and Student Advisory Council

Cultural, Religious & Social
- Brokers On A New Direction (BOND)
- Gay-Straight Alliance
- Generation Students
- Hillel
- Interchurch Christian Fellowship
- Multicultural Unity Student Involvement Council
- Multicultural Student Associations (Asian, Cape Verdean, Honduran, Indian, Korean, Latin American, Muslim, Native American, Persian, Polish)
- NAACP
- Peace Society
- PIMP Warriors
- Rhode Christian Fellowship
- Sacred Christian Ministry
- Southern Mediterranean Group
- Student Alliance for the Welfare of Africa (SAWA)
- Utah, Sa Sa

Leadership
- Debate Union
- Delta Omicron
- College Democrats
- College Republicans
- Metropolitan Union Board of Directors
- Student Alumni Association (SAA)
- Student Athletic Advisory Council
- Student Organization Leadership Consultants (SOLC)
- Student Senate
- Student Veterans
- URI Army ROTC

We're Offering Women Wisdom (WOWW)

Athletics
- All NCAA Division 1 except football (IAA)
- Intercollegiate Varsity Sports
- GoRhody.com
- Baseball (M)
- Basketball (M&W)
- Cross Country (M&W)
- Field Hockey (W)
- Golf (M)
- Rowing (W)
- Soccer (M&W)
- Softball (W)
- Swimming & Diving (W)
- Tennis (W)
- Track & Field (M&W)
- Volleyball (W)

Community Service & Activism
- Best Buddies
- Cereal Rain Awareness for Tomorrow
- Colleges Against Cancer
- Habitat for Humanity
- Random Acts of Kindness (RAK)
- Shor Freq
- Student Actions for Sustainability (SAS)
- Student Alliance for Nonviolent Gender Equity
- Student for Sensible Drug Policy (SSDP)
- Student Philanthropy Club
- Thrive
- URI Reserve Club
- URI S.A.V.E.S.
- Wildlife Society

Creative Outlet
- 103 Degree Student Coffee House
- Anime (Japanese Animation)
- Choir
- Dance Organizations (Allie International, Ballroom Dancing, Dance Company, Open, Irish Dance Club)
- Electronic Music Association
- Fashion Merchandising Society
- Film Collaborative
- Good 5 Coast Cigar (Newspaper)
- Music Organizations (Musically inclined, Musician's Guild, Rode Rehearsals, Strike a Chord)
- Photography Club
- Rasa Haque
- Renaissance Yearbook
- Student Entertainment Committee (SEC)
- Students Poetry Club
- TV Network
- WRU 90.3 FM Radio

Just For Fun
- Chess Club
- Gaming Club
- Humans vs. Zombies (HvZ)
- Dying Club
- Puppy Rompers
- Rhode Rides
- Rhode Hooligans
- Rocket Club
- Sports Clubs (Alpine Racing, Billiards, Cricket, Cricket, Cycling, Demo, Fencing, Fitness, League of Legends, Pong, Rail, Ultimate Frisbee, Table Tennis)
- URI Capoeira Club

Greek Life
- web.uri.edu/greek
- InterFraternity Council - Fraternity
- Panhellenic Association - Sorority

Club Sports
- web.uri.edu/teamports
- Comprive at the intercollegiate level
- Ice Hockey (M&W)
- Field Hockey (W)
- Men's Hockey (M)
- Women's Soccer (W)
- Women's Swimming & Diving (W)
- Men's Swimming (M)
- Ultimate Frisbee (M&W)
- Men's Volleyball (M)
- Women's Volleyball (F)

Interscholastic Sports
- Men's, Women's and co-ed based on demand
- Basketball
- Ice Hockey
- Ice Hockey
- Ice Hockey
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- Ice Hockey
- Ice Hockey

The University of Rhode Island Division of Student Affairs
URI
International Center
37 Lower College Road

Spring 2019 Coffee Hours

Celebrate the Year of the Pig
Date: Friday, February 1st
Time: 4:00-7:00 PM

Spring Celebration
Date: Friday, March 22nd
Time: 5:00-7:00 PM

End of Semester Potluck Party
Date: Friday, April 26th
Time: 5:00-7:00 PM
RHODY ADVENTURES SPRING 2019, UPCOMING TRIPS....

Rhody Adventures: Bus Trip; URI Rams @ UMASS...
Free bus and ticket to the UMASS basketball game. Only 75 tickets available. Claim your voucher for this event with your URI student ID from the MU Box...

1/27 11am

Rhody Adventures - Mystic Aquarium
Journey into the aquatic world at this combination tourist attraction and research facility, where every underwater creature is more amazing than the last. ...

2/2 10am

Rhody Adventures: Boston Celtics vs. Detroit...
$50. The game begins at 7:30pm at TD Garden. Bus leaves from the MU bus circle at 4:30pm to head to Boston. URI Students only. All tickets must be...

2/13 4:30pm

Rhody Adventures - PAT'S...
Spend the day skiing, snowboarding and tubing. The price includes lift ticket, rentals, lesson tips, $15 food voucher and tubing (after 5pm). The bus...

2/23 10am

Rhody Adventures - Boston Day Trip
The bus leaves the MU bus circle at 8:30am and we will be dropped off at Quincy Market upon arrival. Spend the day on your own to explore, shop, or dine in...

3/23 8:30am
**WELCOME!**
to Campus Recreation
we’re glad you’re here.

**GENERAL INFORMATION**
**ANNA FASCITELLI**
Fitness & Wellness Center
18 Butterfield Dr, Kingston RI
401-874-2000

**MACKAL-TOOTELL COMPLEX**
75 Keaney Rd, Kingston RI
401-874-5926

Rec Hotline: 401-874-4343
website: uri.edu/campusrec
email: campusrec@etal.uri.edu

**DETAILS:** Tootell Aquatic Center opens after Mackal-Tootell stated times, and closes before, refer to the weekly-schedule on our website. All hours are subject to change. Indoor Track (Mid-Oct - April) closed to members in the afternoon for varsity track practices. Mackal-Fitness Center will be closed for all indoor track meets.

**FOLLOW US & GET THE INFO**
Weather updates, closures, new programs will be updated on our social media and website. @uricampusrec #uricampusrec

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**JANUARY 23-MARCH 7**
**Anna Fascitelli**
Monday-Thursday 6:30am-11:00pm
Friday 6:30am-10:00pm
Saturday 8:00am-8:00pm
Sunday 11:00am-11:00pm

**Mackal-Tootell Complex**
Monday-Thursday 6:00am-11:00pm
Friday 8:00am-10:00pm
Saturday 11:00am-5:00pm
Sunday 12:00-11:00pm

**REVISED HOURS for holidays**
Sunday, Feb 3: all facilities CLOSE at 8:00pm
Friday, Mar 8: all facilities CLOSE at 7:00pm

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**MARCH 9-17 Spring Break**
**Anna Fascitelli**
Monday-Friday 8:00am-8:00pm
Sat & Sun CLOSED

**Mackal-Tootell Complex** CLOSED

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**MARCH 18-MAY 10**
**Anna Fascitelli**
Monday-Thursday 6:30am-11:00pm
Friday 6:30am-10:00pm
Saturday 8:00am-8:00pm
Sunday 11:00am-11:00pm

**Mackal-Tootell Complex**
Monday-Thursday 6:00am-11:00pm
Friday 6:00am-10:00pm
Saturday 11:00am-5:00pm
Sunday 12:00-11:00pm

**REVISED HOURS for holidays**
Sunday Apr 21: all facilities, OPEN at 3pm
Wed. May 1: all facilities CLOSE 2:00-4:00pm

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**MAY 2 - MAY 10 Finals Week**
**Anna Fascitelli**
Monday-Thursday 8:00am-10:00pm
Friday & Saturday 8:00am-8:00pm
Sunday 11:00am-8:00pm

**Mackal-Tootell Complex**
Monday-Friday 8:00am-8:00pm
Saturday 11:00am-5:00pm
Sunday 12:00-8:00pm
Kingston Emporium Restaurants

International Pocket Cafe
Mediterranean, 99 Fortin Rd

Simply Thai
99 Fortin Rd

Peking Tokyo
120 Fortin Rd

The Rhode House
American, 99 Fortin Rd

Krazy Fusion Cafe
Korean, 99 Fortin Rd #104

Mia's Kitchen
Breakfast, 99 Fortin Rd

Subway Restaurants
Sandwich, 99 Fortin Rd

Caliente Mexican Grill
Mexican, 99 Fortin Rd

Albie's Place
Fast Food, 99 Fortin Rd

International Slice Pizza & Wings
Pizza, 99 Fortin Rd #3a
Kingston Pizza
Restaurant, 63 Briar Ln

I-Zone URI
Pizza, 100 Fortin Rd

Uncle Larry's Snack Shack
Restaurant, 99 Fortin Rd Unit 133

TLC Coffee Roasters
Restaurant, 3362 Kingstown
SPECIALTY FOOD MARKETS: Finding foods from home...

Asiana Market - Japanese, Korean, Chinese, Vietnamese and other foods
92 Warren Avenue, East Providence, RI; 401-438-9992

Chinese American Mini-Market - Thai, Korean, Japanese, Filipino
834 Park Avenue, Cranston, RI; 401-467-4690

Davis Dairy Products - Dairy and Kosher products
721 Hope Street, Providence, RI; 401-331-4239

European Food Market - Specializing in food items from Russian, Ukraine, Poland, Hungary and Germany
102 Rolfe Street, Cranston, RI; 401-461-1097

Mi Rae Market - Japanese and Korean foods
602 Reservoir Avenue, Cranston, RI; 401-781-9002

International Meat Grocery - African, Spanish and Asian foods
676 Cranston Street; Providence, RI; 401-941-7337

Jerusalem Meat Market - All Kinds of Halal Meat Available. Middle Eastern, and Indian, Pakistani foods
88 Rolfe Street, Cranston, RI; 401-467-8903

Mekong Market - Asian market
316 Broad Street, Providence, RI; 401-272-5769

Not Just Spices - Indian
863 Hope Street, Providence, RI; 401-351-6555

Ristorante Roma - Italian deli, bakery and market
310 Atwells Avenue, Providence, RI; 401-331-8620

Sanchez Mexican Market - Mexican
676 Broad Street, Providence, RI; 401-831-5470
Storage options

Storage: New England Student Services

FREE On Campus Pickup & Delivery
Going home for the summer or studying abroad for a semester or longer?

Don't know what to do with all of your things?

New England Student Services has the answer!
We will provide supplies, pickup, ship or store and redeliver your items all for one all inclusive price. You never even have to leave your ROOM!

Directly to and from your room! We will come to your room on Campus to pickup or deliver your storage or shipping items on the scheduled pickup and delivery dates. Your items will then be safely stored with us or shipped home depending on which service you have selected. You can also ship your items to us for delivery.

directly to your room.

Self-Storage: CubSmart

A self-administered and self-managed real estate company focused on the ownership, operation, acquisition and development of self-storage facilities in the United States. Our self-storage facilities are designed to offer affordable, easily accessible storage space for residential and commercial customers. As a national owner and operator, we continually enhance our business by applying our management expertise and best practices to each facility.

CubeSmart Self Storage of Wakefield
210 Church Street
Wakefield, RI 02879
(855) 622-6468

CubeSmart Self Storage of Exeter
525 South County Trail
Exeter, RI 02822
(855) 622-6468