



Welcome to Hampton University!

International Office 757-728-6914
Armstrong-Slater Building, First Floor
Hampton, Virginia

Step ONE: Upon arrival



- ❖ Effective communication with the International Office is **essential** to your success as an F-1 student.
- ❖ Check-in with the International Office at the beginning of every semester. Make sure that your International Student data sheet is up-to-date.
- ❖ Please provide us a copy of your Passport + Visa, I-20, I-94, proof of health insurance and copy of your detailed class schedule for the upcoming semester.
- ❖ In order to access the I-94, enter: <https://i94.cbp.dhs.gov/I94>



The HU Campus Principal Designated School Officials (P/DSO)

- ❖ Ms. Kara Krebs: Inbound Immigration Specialist
- ❖ Please contact us for any F-1 student requests, including work authorizations, travel endorsements etc. Please allow 5 days notice to the International Office to process your request.
- ❖ The PDSO/DSOs are the persons who make changes to your student record in the SEVIS system.
- ❖ Currently, the PDSO is Ms. Angela Boyd, Dean of Admission.

Direct: 757-637-2081

Office: 757-728-6914

Email: kara.krebs@hamptonu.edu (please cc: internationaloffice@hamptonu.edu).

Step TWO: Enrollment

- ❖ It is your responsibility to be enrolled in a full course of study at the beginning of every semester (excluding authorized break periods and exceptions with prior authorization).
- ❖ Full course of study means:
 - 12 credit hours for undergraduates
 - 9 credit hours for graduates
- ❖ Failure to stay in compliance with academic requirements may violate I-20 rules and impose strict penalties.



Termination of Your Student Record

- ❖ Absent from country for five months
- ❖ Exceeding time allowed for an authorized reduced course load
- ❖ Expulsion or suspension
- ❖ Failure to enroll
- ❖ Unauthorized employment
- ❖ Failure to report while on OPT
- ❖ No show (i.e., missing the mandatory check-in)
- ❖ Violating nonimmigrant status



Changes in CONTACT INFORMATION



- ❖ You must report address changes to the International Office within 10 days of the change; as well as update your address with USCIS online:
<https://egov.uscis.gov/coa/displayCOAInitForm.do>
- ❖ You must maintain a valid phone number and email address; notify us of any change within 10 days.

Financial Support

- ❖ Report changes in financial support to the International Office.
- ❖ Financial support includes scholarships, grant funding, government funding, adding a dependent, etc.
- ❖ For specific questions regarding your financial support, please contact the Office of Financial Aid.



Employment

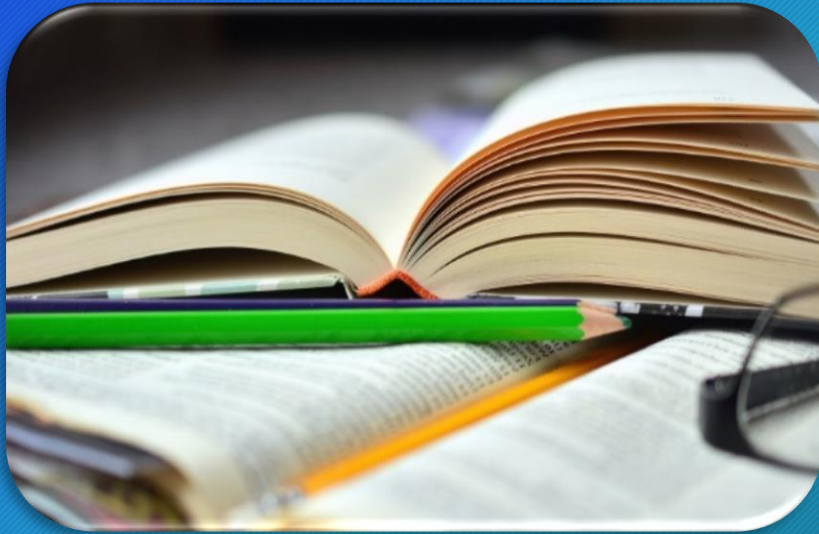


- ❖ It is imperative that you seek approval from the HUIO before engaging in employment or practical training.

Work Authorization

- ❖ F-1 students may not work off-campus during their first academic year (with some exceptions for certain graduates or internships), but may accept **on-campus employment** subject to certain conditions and restrictions. After the first academic year, F-1 students may engage in five types of off-campus employment:
 - Off-Campus Employment for Severe Economic Hardship
 - Off-Campus Internship with an International Organization
 - Curricular Practical Training (CPT)
 - Optional Practical Training (OPT) (pre-completion or post-completion)
 - Science, Technology, Engineering, and Mathematics (STEM) Optional Practical Training Extension (OPT)

Changes in Study



- ❖ Report changes in your program of study to the International Office within 10 days.
- ❖ These changes include but are not limited to: changes in your major, expected program end date, and level of study.

Dropping Below a Full Course of Study

- ❖ You must notify the HUIO **before** dropping below a full course of study. You may be authorized a reduced course load under certain specific conditions without losing your F-1 status.

Part Time
Vs.
Full time

Program Extension

- ❖ Consult with your academic advisor and the HUIO to change your program end date.





Traveling

- ❖ Notify the HUIO before traveling outside of the United States.
- ❖ Always make sure to take your original I-20 with you. You must wait to have your most recent I-20 issued and in your hands before leaving the country! You will incur in shipping expenses if HUIO has to mail your I-20 to you while abroad. It is your responsibility to have all proper immigration documents before leaving the U.S. to avoid problems at re-entry.
- ❖ Your I-20 Travel Endorsement line must be signed by the PDSO or DSO.
- ❖ You must notify the International Office of spring break, summer, and winter travel plans as soon as possible, but no later than 10 days prior to departure.

Changes to IMMIGRATION STATUS

- ❖ You must notify the HUIO before changing from a non-immigrant category to another (e.g. from F-1 to J-1 or H-1B) or change to immigrant status (Green Card).
- ❖ Notify us upon approval of an adjustment of status application (receipt of Form I-797)
- ❖ Please note that the International Office is not authorized to provide you with legal advice.



Transferring from Hampton University to Another Institution

- ❖ Please notify the HUIO if you intend to transfer to another school prior to leaving campus.
- ❖ The PDSO/DSO is only allowed to transfer your HU student SEVIS record to **one** school; you must provide an acceptance letter from that school to HUIO before we transfer your record.
- ❖ If you transferred in to our school from another institution please make sure we are aware of this.



Dependency Status

- ❖ Notify the HUIO about changes in dependent status.
- ❖ This includes spouse and children.
- ❖ To add an F-2 dependent, complete our application and submit certification of documents and financial support.

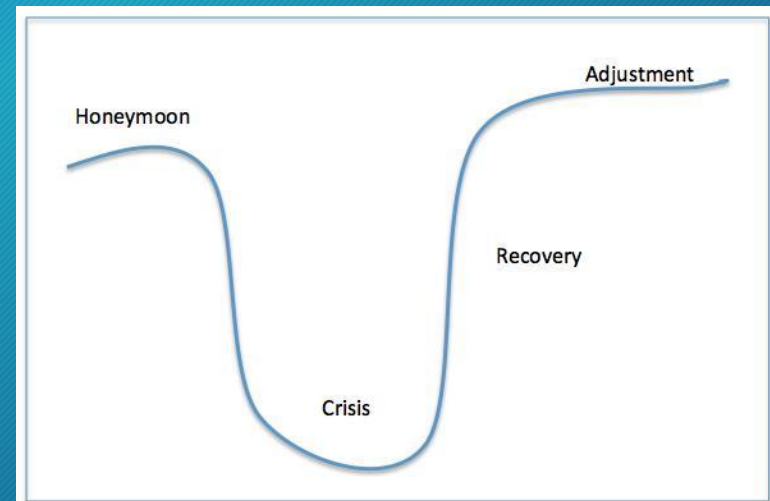


Additional Information

- ❖ The HUIO is only providing information involving F-1 international students, J-1 scholars, and H-1B visas for HU faculty members. For any other visa concerns please contact an immigration lawyer.
- ❖ Know that it is your responsibility to keep the original versions of each and every one of your I-20s, as these will be necessary for future work/study authorizations or change of immigration status.
- ❖ You are required to set-up an university email address.
- ❖ You must check your university email address regularly, as this is our primary form of communication.
- ❖ We will create social events and notify you via email and social media.
- ❖ Please add the Hampton University International Office on Facebook and Instagram @HU_International

Stages of Cross Cultural Adaptation

1. Honeymoon- At this point everything is new and exciting!
2. Crisis (Culture Shock)- The differences in culture feel overwhelming.
3. Recovery- Beginning to accept the differences and getting more comfortable.
4. Adjustment- Interacting with ease in your new environment.



Culture Shock

Symptoms:

- Changes in eating/sleeping
- Acute homesickness
- Feeling increasingly irritable, sad or frustrated
- Depression
- Doubting yourself
- Withdrawing from friends or social interests

Student Counseling: 757-727-5617



Tips for Adjusting

- Realize this is normal.
- Stay close to your home country, friends and family.
- Practice good self care.
- Make new friends.
- Talk to someone.
- Get involved on campus and in our community.
- Work on your English language skills.

Remember we are always here for you in the International Office!



Local Attractions

- Virginia Air and Space Center
- Fort Monroe
- Peninsula Town Center
- Beaches: Fort Monroe, Buckroe, Grandview Nature Preserve
- Langley Speedway
- Miss Hampton II Harbor Cruises
- Sandy Bottom Nature Park

Thank you!

