**Chapter I – Life at SNC**

Introduction

As an international student coming to St. Norbert College, you will find a welcoming campus and a quintessentially American experience – whether you are a degree-seeking student or participate in a student exchange program. Located on the Fox River in De Pere, a small community just minutes away from Green Bay, life at St. Norbert College will not only allow you to immerse yourself in American culture, but will provide you with an excellent academic environment and the opportunity to get involved with more than 70 student clubs and organizations and make new friends. In this way, your time at St. Norbert College will prove to be an enrichment both on an academic and a personal level as you will learn to think deeply, encounter new perspectives, and gain a better understanding of our increasingly globalized world. With our ideal of hospitality, the whole St. Norbert community is committed to helping you feel comfortable and make the most of your study abroad experience.

 At St. Norbert College, students can choose between 40 different programs of study and are sure to receive individual attention by our highly qualified and committed faculty members due to the generally small size of our classes. Our liberal arts approach will allow you to develop various skills and explore problems from multiple perspectives, and faculty members as well as students will take a great interest in the perspectives you bring to the classroom, thus turning the classroom into a place for mutual learning opportunities. The quality of our academic programs is also recognized by others as St. Norbert College is consistently ranked among the top liberal arts colleges in the United States by The Princeton Review, U.S. News and World Report, and Forbes Magazine. And yet, new building projects such as the Mulva Library and the Gehl-Mulva Science Center as well as smart classrooms that make use of today’s technological possibilities to improve students’ learning experiences show that the college still continues to move forward to prepare its students for making a difference.

 This handbook was designed to help you get acquainted with St. Norbert College, the Green Bay area, and certain aspects of American culture in order to support your adjustment to your new environment. Moreover, the handbook provides you with an overview of the less exciting matters of immigration rights and more general rights and responsibilities you have as a student at St. Norbert College so that you can have a quick glance at this handbook for some general information on these issues. We hope that this book will help you during your time at St. Norbert College and give you lots of ideas that contribute to making your time as a student in the United States a positive and enriching one.

Norbertine Background and College Mission

St. Norbert College was founded in 1898 by Abbot Pennings, a Dutch immigrant and Norbertine priest, and the college’s ideals and mission are still strongly rooted in its Norbertine foundation. Just as Norbert from Xanten, who founded the Norbertine order in the 12th century, invited others to join him in the pursuits of mutual esteem, trust, sincerity, faith and responsibility, we invite you to join us. St. Norbert College embraces the idea of *communio* to direct its members towards dialogue, consultation, and collaboration and build a true sense of community. At St. Norbert College, you will hear the word “communio” quite often, but it is our greater hope that you will experience it every day.

 The three core traditions that form our mission are the Catholic intellectual tradition, the liberal arts tradition, and the Norbertine tradition. Our understanding of the Catholic intellectual tradition calls us to seek truth through an ongoing dialogue between faith and reason, recognize the dignity of all people, and affirm the goodness of creation and culture. Our liberal arts background calls us to cultivate a love of lifelong learning, provide excellent teaching, and foster understanding of diverse cultures, perspectives, and beliefs through collaboration and communication. Moreover, the Norbertine tradition calls us to fulfill our vocation by embodying Christ’s example of loving service, practice hospitality, seek peace, and pray and reflect communally and individually. We want to invite you to embrace those ideals together with us.

Housing on Campus

A true college experience is not limited to the classroom. The time you spend studying, talking, and having fun with your roommates and friends in between classes, at lunch, and in the evenings is equally valuable, which is why St. Norbert is a residential college. This means that most students live either directly on campus or in one of the college-owned buildings in its immediate surroundings throughout their whole college career. As an international student, living on campus places you at the heart of American college life and enables you to stay in touch with your new American peers and makes sure that you won’t miss any exciting events.

 There are seven different residence halls, all of which except for Sensenbrenner Hall, which is exclusively for female students, are coeducational. Each residence hall has resident assistants – students who build community within their hall and will gladly help you with any questions and concerns you might have in your new living environment. Many of the residence halls have study lounges and recreational areas with pool tables, table tennis tables, dart boards and other opportunities for you to get to know the people living in your building while hanging out and having fun together. Students in their junior or senior year may live in one of the numerous apartment-style buildings or college-owned houses located either on campus or in its vicinity.

Dining Services and Meal Plans

Several dining options are available to you at St. Norbert College, the most central one being Ruth’s Marketplace, which students usually refer to by its nickname, “The Caf.” Here you can meet and have breakfast, lunch, or dinner and with one swipe of your student I.D. card, you can eat as much of the several options the varied buffet has to offer as you want to. At Dale’s Sports Lounge, which is located next to Ruth’s Marketplace (#26) and opens in the evenings, you can choose between appetizer-style entrees including chicken wings, chips and queso, potato skins, toasted ravioli and more. Phil’s Grill and C-Store in the Ray Van Den Heuvel Family Campus Center (#27) is not only a convenience store where you can buy snacks, drinks, and basic items, but also a restaurant offering sandwiches and burgers, the soup of the day, and a salad bar. Finally, Ed’s Coffee Shop in the Mulva Library (#23) provides you with fresh coffee, smoothies, and other drinks as well as sandwiches, wraps, soups, and pizza whenever you feel hungry or just need a break from studying.

 If you are a degree-seeking first-year student living on campus you will be enrolled in the platinum meal plan which gives you unlimited access to Ruth’s Marketplace, about $400 in meal dollars and 10 guest or take-out passes per semester. You can use the meal dollars placed on your student I.D. card for purchases at Dale’s, Phil’s and Ed’s as well as for the vending machines located in buildings all over the campus.

 If you are at St. Norbert as an exchange student, you will be enrolled in the silver meal plan which provides you with approximately $1,440 in meal dollars that you can use at Ruth’s Marketplace and all other dining places on campus alike. This amount of meal dollars will not allow you to go to Ruth’s Marketplace three times a day throughout your whole stay here, but if you have one or two meals there everyday and have an eye on your meal plan balance, you will not run out of meal dollars by the end of the semester. If you are at St. Norbert for two semesters, the meal dollars you might have left over at the end of your first semester will not transfer over to the second semester so you also shouldn’t be too economical.

The Mulva Library

The Miriam B. & James J. Mulva Library is not only a rich resource for your research but also an excellent location to work on collaborative as well as individual study projects. In addition to its core collection of more than 247,000 books, journals, and audio-visual materials and its access to various online resources and databases, the Mulva library also houses different study areas designed for different purposes and makes state-of-the-art technology available to you. If your professor asks you to work on a group project together with your classmates, you should probably check out the collaborative workstations of the Mulva Studio in the basement of the library where new technologies enable you to efficiently work together on your project. If you are interested in a quiet space for studying where nobody distracts you, you should have a look at the study areas and the reflection lounge on the third floor of the library where no talking will disrupt your thinking.

 The library also provides you with various other resources to assist you with your learning and your research such as computer stations and multifunctional printers that allow you to print, copy, and scan documents. You can also use cables, headphones, and boxes with whiteboards and markers that are available at the reception desk where you can also find resources for organizing your paperwork such as staplers and hole punchers. In addition to the devices available in the library itself, you can also check out laptops, MacBooks, eReaders, and an iPad for use outside of the library for up to seven days. And if you should ever end up wondering what to do in the evening, you could simply check out one of the various DVDs available at the library and have a movie night with your friends.

The Writing Center

The Writing Center, which is located on the third floor of the Mulva Library, is another great resource open to all students at St. Norbert College to help them with any of their written work, regardless of whether it is academic, creative, or part of an application. It also does not matter whether you are a beginner or an experienced writer since the Writing Center can help everyone become a stronger writer, critical thinker and researcher. The Writing Center is of course aware that writing academic papers in English is likely to be a huge challenge for international students who are not native speakers of English and therefore also welcomes you to help you feel more confident with writing papers in English.

 The Writing Center has specifically trained consultants with whom you can schedule an individual appointment during which you receive feedback on your paper and get ideas on how to improve the clarity of your thesis and your writing, the organization of your ideas, and learn about using evidence to support your arguments more effectively.

Academic Support Services

Academic Support Services at St. Norbert College provides all students with services that are supposed to help students succeed in their academic work and, in addition to this, also assists students with disabilities with appropriate accommodations. Whenever you feel that you are struggling with one of your classes or your transition to an American college in general, you are welcome to seek out the help of this service which will support you in feeling more confident that you can manage your classes. Academic Support Services has various resources available for you and will assist you with finding the one that appears to be the most promising one to help you in your specific situation. Among the services offered to help students achieve academic success are the following ones:

* Academic strategies assistance: Academic Support Services can help you figure out what kind of learning styles and study strategies seem to be most suitable for you personally and help you with resources to develop those further. Moreover, they can assist you in improving your reading skills with regard to academic texts and can help you with strategies to manage your time more efficiently if this seems to be the crucial factor that keeps you from succeeding.
* Academic coaching: Academic Support Services can also provide you with a trained peer mentor who will meet with you on a regular basis throughout the semester to help you identify and improve in those areas you would like to gain more skills in. These can include, but are not limited to, developing time management strategies, improving strategies for note-taking in class, and working out better strategies to prepare for exams.
* Tutoring: If you struggle with a particular class, Academic Support Services can assign you a qualified peer who will help you grasp those contents of the class that you need further assistance with. Tutoring is available at no cost to all enrolled students at St. Norbert College and can be provided for every class for which a competent tutor is at hand.

Academic Support Services is also responsible for providing students with disabilities with supportive services that help them develop their full potential. Students who possess recent medical documentation of a disability that also includes recommendations concerning necessary academic and other accommodations are eligible for services.

Finances

St. Norbert College now uses e-billing to make your bill available for you online, which is not only more flexible and makes sure that you get your bill as quickly as possible so that you have enough time to pay for it, but is also more environment-friendly as it saves lots of paper. This means that instead of waiting for St. Norbert to send you a hardcopy of your bill for the semester by post, you should frequently check your SNC e-mail account through which the Bursar Office will contact you as soon as your billing statement has been finalized and is available in KnightLine. You can then access your bill in KnightLine, under Student Services, Bursar Office where you can also make an online payment to your student account. Late payments are subject to a 1% fee penalty for every month that the payment is overdue.

 Since we know that as an international student, you may not be able to pay in cash, with check or through an American checking or savings account, we also have other payment options available for you. Firstly, you may settle your bill through a credit card payment through your Knightline account, but you should be aware that credit card payments are subject to a 2-3% convenience fee, a service charge that you have to pay to cover the cost of credit card processing. In order to provide international students with an easy option to pay their bills through a bank account in their home country, St. Norbert has partnered with **peerTransfer**. This service allows you to pay from any country and any bank in the currency of your home country. They offer excellent foreign exchange rates, have 24/7 customer service, and allow you to track the progress of your payment so that you can always feel in control of the process. Their service is available at snc.peertransfer.com.

 The Bursar Office also offers to place Custom Cash on your student I.D. card, which is an optional prepaid balance account that you can use at all of the dining places on campus, the SNC Book Store, the Box Office, the vending machines on campus, the Copy Center, and the laundry machines in the residence halls. In order to add money to your Custom Cash account, you just have to go to the Bursar Office located on the first floor of Todd Wehr Hall (#15) and pay the money you want to place on your card either in cash or as a check.

Health and Wellness Services

All international students at St. Norbert College need to have health insurance and are automatically enrolled in the College’s WPS Student Health Insurance Plan, which costs roughly $1,500 per year. Due to requirements connected to the J-visa, exchange students cannot waive out of the College’s plan. Degree-seeking international students, however, might be able to waive out of this health insurance if their health insurance carrier has a claims office in the United States, which largely depends on their country of origin. If you are a degree-seeking student and plan to waive out of the College’s health insurance plan, you may contact Sarah Griffiths (sarah.griffiths@snc.edu) for further information.

 Health and Wellness Services at SNC are located on the lower level of Main Hall (#20). Whenever you feel ill or are injured to a point where you want to seek out medical care, this should be your first place to go. Basic health care such as nurse assessments, lab screening tests and sample medication is entirely covered by the health fee that every student pays for each semester and more advanced medical care, testing procedures and medication are billed to your health insurance. If your condition makes it necessary for you to see a specialist, Health and Wellness Services will be able to refer you to a suitable medical practice or clinic and help you get there. Specialized health care might require you to supply a co-payment for the cost of your treatment.

 In order to shorten the time students in need of health care have to wait and make sure that a practitioner who meets your needs is available, you should make an appointment with Health and Wellness Services. For this, you can either call (920) 403-2366 or go online to www.stnorbert.medicatconnect.com.

Counseling and Psychological Services (CAPS)

Counseling and Psychological Services at St. Norbert College is open to all international students to help with the challenges and transitions they have to face as part of their college experience. As an international student, you do not only have to deal with challenges like academic stress and conflicts with roommates or other people, but also have to cope with transitioning into a whole new culture which might be very different from what you are used to at home. It is quite normal for international students to experience culture shock at some point during their stay abroad and Counseling and Psychological Services are a valuable resource to help you through this time.

 You can either schedule an appointment or walk in on the office in Main Hall between 3 and 4:30 pm from Monday to Friday and in the case of an immediate crisis, you can call (920) 403-3045 anytime. The costs for all counseling sessions are covered by the student health fee. Whatever information you share during counseling is treated confidentially and will not be reported except if somebody’s safety is immediately at risk.

Campus Safety

Campus Safety is a service which operates 24/7 and partners with other college departments, the De Pere Police Department, and the De Pere Fire Department in order to keep the St. Norbert campus a safe place for you to live and learn. Even though De Pere is a relatively safe area, you should always be aware of your surroundings and take responsibility for your own safety. So if you have to get back alone to your residence hall or house at night and feel uncomfortable, you may call Campus Safety for an escort or a ride back home and they will make sure that you will safely arrive where you want to go. In the case of an emergency, you can always use one of the “Blue Phones” located on campus or in the immediate surroundings of the campus. These are easily identifiable by their blue illumination and will directly connect you to Campus Safety without your having to dial a number first. But Campus Safety is also the right service to call when you have accidentally locked yourself out of your room, urgently need to enter a building on campus after hours or notice a suspicious situation in your surroundings that you think might be a safety risk. In any case, it is always better to call Campus Safety for assistance once more than strictly necessary than shying away from calling them and thus putting yourself into a dangerous situation.

 In order to help keep the campus community stay safe, you can now also download the free **LiveSafe Mobile App** for smartphones via iTunes or Google Play. This app enables you to immediately contact Campus Safety anytime and receive safety tips and emergency information shared by St. Norbert College. You can send text messages, videos, and pictures to officers, engage in live chat, and report information either anonymously or send your caller I.D. and location to Campus Safety. One of the greatest features is a GPS-tagged monitoring system that users can activate to let friends and family see their location, making sure users stay safe as they travel from one location to another.

Student Organizations and Greek Life

To get the most out of your American college experience, you probably want to make American friends and this is much easier if you get involved in various student activities through which you meet a lot of new people. There are more than 70 student clubs and organizations at St. Norbert College so that there are numerous opportunities for you to get involved in campus activities outside the classroom. Student clubs and organizations are a great way to meet students with whom you share some kind of interest and who you might never have met in class. Some organizations aim at gathering people with a specific major, others are dedicated to service and religion, and some clubs are all about sports or creativity. With so many different clubs to get involved with, there is surely at least one that’s right for you. As an international student, you might also want to check out those clubs and organizations that focus on diversity and culture, such as Beyond Borders, Discoveries International, French Club, Japan Club, or Spanish Club. If you are from a culture that fits to one of the language clubs, the American students who are members of those clubs would certainly be very excited to have you there and learn first-hand about your culture. Have a look at our website at www.snc.edu/campuslife/getinvolved/orgs.html for a complete overview of all currently active student clubs and organizations.

 The term “Greek Life” refers to the social organizations called fraternities (those for men) and sororities (for women), which are so typically associated with undergraduate student life at North American colleges and universities. Greek letter organizations are national in scope and have smaller “chapters” at different colleges and universities and there are currently four sorority chapters and four fraternity chapters represented on campus. Being a member of a fraternity or sorority is about making lasting friendships and developing your personality by committing yourself to the organization’s ideals. Values such as honor, truth, service, brotherhood and sisterhood, academic excellence, ethical conduct and citizenship are among the core values that fraternities and sororities hold. While membership to student organizations and clubs is open to all international students, only degree-seeking international students can join a fraternity or sorority.

Diversity

Our student body includes students from all across the United States and about thirty different countries around the world so that the members of our community have diverse socioeconomic, ethnic, and religious backgrounds and bring different cultural and sexual identities to the campus. However, due to our strong interest in fostering and celebrating diversity and gaining a deeper understanding of our differences, we will be glad about your contribution as an international student to make our campus an even more diverse place to live and learn.

 Even though St. Norbert is a Catholic college, we welcome students of all religious traditions as well as those without a faith home. Here we hope to help all students develop their own individual conception of faith and service. At Sacred Hour, a campus-wide weekly time for reflection, you can share your spiritual experiences and thoughts, hear about those of others, and participate in the ecumenical Common Prayer.

 In addition to social clubs and organizations celebrating ethnic and cultural diversity and various opportunities to explore your faith, there is also Rainbow Alliance, an official St. Norbert College student organization which is dedicated to the support and acceptance of LGBTQ (lesbian, gay, bisexual, transgender, and questioning) individuals within the campus community and beyond it. All students are welcome to participate in Rainbow Alliance regardless of their sexual orientation or gender identity to show their support for diversity and equality and make a statement against discrimination.

First Year Experience (FYE)

FYE is a peer-led program originally designed to help freshmen with their transition to college but since fall 2014, the program has been expanded to not only include international degree-seeking students, but also exchange students. After all, exchange students similarly need to adjust to their new environment, the demands of American college which might differ from what they are used to in their home countries, and engage in bonding activities with their American as well as fellow international peers to make new friendships.

 FYE starts with the Week of Welcome (WOW) which helps new students get to know their FYE groups and mentors and introduces them to the social aspects of college life. You will meet with your FYE group periodically throughout the first weeks of the semester and your student mentor is someone whom you can always contact about questions you might have about life on campus and beyond.

Fitness and Intramural Sports

When entering U.S culture, you might find that the food and climate are very different from home and staying active is a great way to keep healthy and help your body manage these challenges. At St. Norbert College, you can maintain a healthy lifestyle and participate in a group wellness class, sign up for an intramural sports team, or work out at one of our gyms. There are several fitness and wellness classes on offer, ranging from Yoga to Zumba and Kickboxing, and participation in all of them is free. Both the Campus Center (#27) and the Schuldes Sports Center (#31) have exercise rooms where you can use treadmills, stationary bikes, and stair steppers, lift weights, or engage in other activities to keep yourself in good shape.

 Another great option which combines working out with a great opportunity for making new friends and developing leadership skills is the intramural sports program. In this program, you can join a team or sign up as a free agent and participate in a league in which the different teams will play against each other in a competitive, yet mainly recreational setting. All intramural sports seasons end with a playoff tournament and the winning teams receive intramural champion T-shirts. Among the different sports which might be offered during fall or spring semesters are basketball, dodgeball, soccer, sand volleyball, and flag football. Depending on the sport and the season, the matches will be played either indoors or outdoors. To find out which sports are offered during a particular semester and get more information about registration, go to http://www.snc.edu/cc/intramurals/.

Conclusion

When you leave your home country to study abroad and enter a new culture and educational system, this is a huge transition. At St. Norbert College, we know that this transition can be challenging at first and do not leave you alone with this. Therefore, we offer you various resources to help you integrate into your new environment, but it is still your own responsibility to get involved and reach out to other people who can help you turn your study abroad experience into a success. The resources and opportunities are there – you just have to make us of them.

**Chapter II – U.S. Culture**

This chapter will provide you with some information on American culture that should help you adjust to your new environment and help you feel more confident about the demands of everyday life both within the college community and outside of it. Our focus is on some American values and habits, as well as the common phenomenon of ‘culture shock’ which many people encounter when they try to settle into a new culture. This is not supposed to be an exhaustive guide to American life – after all, culture is a very dynamic and diverse set of values and practices that cannot easily be captured in broad generalizations. But this section should help you recognize and understand some widespread values and their effects on everyday life and thus make it easier for you to navigate your encounters with Americans and avoid misunderstandings or embarrassments.[[1]](#endnote-1)

Assumptions about Work and Time

America is, first and foremost, an individualistic society, which means that people are responsible for their own lives and it is assumed that whether they are successful or not depends entirely on the choices they make. Americans value people who work hard and are highly motivated to achieve the aims they set for themselves since these people show an awareness of this responsibility they have for their own lives and want to make the best of it. This means that students who are prepared for class, work hard on their papers, and do not lose track of their learning goals are considered good students.

 Furthermore, Americans view time as an important resource that must not be wasted. Since Americans are focused on ‘getting things done,’ they expect people to be on time for appointments and if you are on time, this is seen as a signal that you respect the other person and the fact that they chose to reserve some of their precious time to meet with you. While it is acceptable to be slightly late in other cultures in which the attitude prevails that a few minutes don’t matter, Americans will perceive unpunctuality as rude and disrespectful. So whether you have an appointment with a professor or your peers, you should always attempt to be on time and in a similar way, professors will always expect you to meet the deadlines they give you to hand in assignments. Many professors won’t accept late papers or will mark your grade down significantly for handing a paper in late. Therefore, you should always keep track of your schedule and make sure that you allow yourself enough time for finishing assignments before these are due.

Communication

Learning a new language is not only about learning new words and grammar rules, but also entails getting to know what kind of language use is considered appropriate in specific situations in the target culture. After all, the conventions of communication can vary greatly across cultures. As a result of their focus on efficiency, Americans prefer a clear and direct communicative style and in order to prevent misunderstandings from arising out of your encounters with Americans, you should be aware of certain aspects of the way Americans communicate with each other.

 It is important for you to note that when Americans are more direct in rejecting a request you made or when it comes to expressing an opinion that differs from your own than it might be considered appropriate in your culture, you should not understand this as an attack on your feelings. Because Americans are accustomed to communicate their thoughts directly, they might not be aware that their way of phrasing things could be hurtful for a person whose culture prescribes a more subtle and indirect communicative style. Similarly, the customs concerning non-verbal communication such as eye-contact, the distance between people engaged in conversation, and gesturing may vary significantly between people of your own culture and Americans.

When you feel uncomfortable in your encounters with Americans in the beginning because of some underlying differences in communicative style, you should not see this as a fault on your part – it is simply the result of cultural differences that people are not always aware of and, even if they are, cannot always easily adjust to. In order to overcome these difficulties you might experience in the beginning, you might want to observe how Americans interact among themselves to see what is considered appropriate so that you can bring these new observations to your future exchanges with Americans to gradually adapt to their way of communication. You might also want to talk to other international students – either from your own or a third culture – about your experiences or embrace the openness of the American style and talk to the Americans you engage with about your culture to help them understand how their way of communicating differs from what you are used to.

If you are unsure whether you understood another person correctly or whether he or she received the point you wanted to make in the intended way, you should check for understanding by telling them what you understood and asking whether this is what they wanted to say. If you feel uncomfortable when professors casually talk to you after class in the hallway where there are a lot of other people and noises that distract you, you may suggest sitting down in a quieter environment where you can concentrate better on what they want to tell you. You could, for example, simply tell them something like this: “May we sit down somewhere? In my country, we don’t usually talk in the hallway and I want to understand you fully.” In this way, you show that you are very interested in hearing what they have to say and want to be able to really concentrate on the conversation, and a professor would not reject such a request.

The College Experience in the U.S.

Educational systems always reflect the values of a culture so that the demands and interactions within American colleges and universities are informed by numerous American values such as individuality, the attitude towards work, and equality. For this reason, many international students who come from cultures that have different values and emphasize different skills and approaches in their educational system find it difficult to adjust to American classroom culture.

 When entering an American classroom, you should not expect professors to simply provide you with all the necessary answers. Instead, you will be required to think critically yourself and try to come up with solutions to a specific problem introduced in class, which means that professors expect you to actively participate during classroom discussions and put your ideas ‘out there’ to enrich the debate. In this way, students should be prepared to develop individual ideas and because of the American idea of equality, you also do not have to agree with everything a professor says but professors might even expect you to challenge them when appropriate. But while professors would usually be open to different perspectives on the course topic and would be willing to discuss a new thought that you bring to the class material with you, they do not react positively to students who attempt to negotiate for better grades with them. Since class participation is expected of you and might even influence your final grade for some classes, you should not shy away from speaking in class out of fear that others might laugh at your English skills. Even if you do make some language mistakes, this is not something you should be ashamed of and it also doesn’t diminish the quality of your ideas.

 Another aspect of the American educational system that might be unusual for students from other cultures and therefore need some time getting used to is the continuous assessment of students’ learning progress. Whereas the completion of a class at an institution of higher education in other countries sometimes depends solely on passing a final exam or writing a single research paper that is due at the end of the semester, the classes you will take at St. Norbert College will include various forms of assessment throughout the whole semester. Depending on the class and the professor, you might write several exams or shorter papers and, in addition, you might be asked to give a presentation or lead the class discussion on a specific day. In any case, you will have to work on several assignments during the semester and the grades you receive for these will count for your final grade to a degree that is specified by the professor at the beginning of the semester. Furthermore, it is obligatory to attend class and if you miss class more often than the professor announced to be acceptable at the beginning of the semester, your grade will either be marked down or you will fail the class completely.

Many international students perceive the communication and general relationships between professors and students as less formal in the United States than would be considered normal in their home country. However, even if some professors – and also other people working at the college in various capacities – prefer to be addressed by their first names, this does not mean that professors and students are not aware of their status differences and that their less formal way of approaching each other is a sign of disrespect. But since people have different preferences concerning the way they would like to be addressed by others, you should always use formal titles like “Professor Smith” or “Ms. Johnson” when dealing with professors or other staff members unless they tell you otherwise. After all, being more formal than you are expected to will certainly cause less harm for you than being perceived as disrespectful. If people think that you are too formal, they are likely to tell you and if you want to make sure from the beginning that there won’t be any uncomfortable situations for you and those you work with, you may simply ask people for their preferences.

Personal Hygiene

Issues concerning the body or bodily odors are a very delicate topic in the United States since people have strong feelings about these things, but usually shy away from addressing them openly because it is considered too personal. Therefore, Americans would typically try to stay away from people whose body smells they perceive as offensive rather than seeking to talk to the person about the American standards regarding these matters. This means that it is important for you to know what Americans consider proper standards of hygiene and what they find offensive so that you can use this knowledge to steer clear of conflicts in this area.

 From the environment they grow up in and the commercials they see on television, Americans are taught that natural body odors such as perspiration and breath are offensive and need to be controlled by the regular use of hygiene products. As a result, Americans are used to taking a shower or having a bath once a day and washing their hair at least every other day. Furthermore, they use deodorant daily, which is especially important for them when it is warm or they play sports and perspire more than they are likely to do under different circumstances. Americans generally brush their teeth at least twice a day and use breath sprays, mouthwash, or chewing gum to keep their breath fresh. While it is also widespread to use perfume that is supposed to endow its wearer with an attractive smell, it is regarded as unpleasant if a person uses too much perfume which can be smelled from several feet away. Strong perfumes are not accepted as a replacement for showering or the use of deodorant.

 Doing the laundry is something that nobody really enjoys but since clothes are also expected to not carry any body odors in American culture, people think that it is important that you wash your clothes after wearing them once or twice. Clothes might still look clean after you have worn them a couple of times, but they take on the smell of your body and this is seen as highly undesirable. There are washers and dryers located in every residence hall where you can take care of your laundry using either custom cash or quarter dollars.

 You should always keep in mind that just because Americans might disagree with people from your home country about some aspects of personal hygiene, this does not mean that their ideas are somehow better or more correct. When it comes to cultural differences, there is no ‘winner.’ But the important thing is that since you will live and interact with many Americans throughout your studies here, you should try to adjust to their ideas about personal hygiene as much as you are comfortable with in order to diminish the potential for conflicts arising from this issue.

Culture Shock

When students come from other countries to the United States, they are at first euphoric – after all, they spent considerable time planning their stay abroad – and are excited about the new things they encounter in the foreign culture. However, this period of excitement is later followed by ‘shock,’ a feeling of confusion and lack of orientation that comes with the awareness that the language, customs, and environment of the new culture differ markedly from one’s home. Being surrounded by unfamiliar people, places and situations will often lead to some difficulties in one’s daily life where the international student might experience feelings of not being understood, of not fitting in with the environment, and of anger or sadness.

More specific symptoms of culture shock are:

* Sadness, loneliness, melancholy
* Skyping with your friends at home more than once a week and at nighttime and spending a lot of time on Facebook to follow what your friends at home are doing
* Preoccupation with health or cleanliness
* Aches, pains, and allergies
* Insomnia, tendency to sleep too little or too much
* Changes in temperament, depression, feelings of vulnerability and powerlessness
* Anger, irritability, unwillingness to interact with others
* Idealizing one’s home country while developing negative stereotypes about the US
* Lack of confidence
* Longing for family; homesickness
* Trying too hard to absorb everything in the new culture
* Feelings of insecurity, and of being lost, overlooked, exploited or abused

 If you identify some of these symptoms in yourself, you should not in any way feel ashamed of this, think that something is wrong with you, or that you have failed. Most people go through a phase of ‘culture shock’ when they arrive in a new country and try to adjust to the new circumstances. Those who claim that they are complete strangers to this kind of experience are very likely only reluctant to acknowledge their experiences of difficulty in adapting to the new culture as they mistakenly perceive them as a sign of weakness. Secondly, you should not despair once you realize that you are experiencing ‘culture shock’ since this state is usually a transitory one and most people are able to overcome this difficulty and manage to learn and grow as persons during this challenging time. The strategies of coping with cultural differences and feelings of homesickness that you develop during this stage help you feel more comfortable with American culture and you begin to find it easier to make new friends. You will begin to feel more familiar with your surroundings, come to accept and embrace cultural differences, and develop a desire to ‘belong’ to the new culture.

Towards the end of their study abroad experience, international students have usually become so adjusted to the United States where they have found a new home and made new friends that they find it difficult to leave for their home country again. And the phenomenon of ‘culture shock’ and cultural adjustment is not limited to your experience in the United States, but continues as you go back to your home country. After an initial excitement about returning home and meeting old friends and family, you might realize that things are no longer the same there and that people can’t relate to the experiences you’ve been through and don’t understand how your study abroad experience has changed you. Even though this might again lead to feelings of frustration, you will gradually adjust to life at home again and find ways to use your experiences from the United States in meaningful ways for your life in your home country.

Being aware of these different stages in the experience of intercultural encounters should help you make sense of your feelings and put them into context. Even though the time that is needed to overcome the stage of frustration and difficulty might vary from person to person, it should be reassuring to know that you are not the only one who has these experiences and that there is nothing wrong with them. If you find yourself in a situation where your feeling of ‘culture shock’ seems so overwhelming that you can’t imagine how you will ever get through it, you should not despair but make an appointment with Counseling and Psychological Services (CAPS) at St. Norbert College who can help you feel less alone and assist you in developing strategies to cope with cultural differences.

**Conversion Tables**

Temperature

When talking about temperatures, people in the United States use the Fahrenheit scale, which can be confusing for international students since most cultures use the Celsius scale. In order to convert a temperature from Fahrenheit to Celsius, you have to subtract 30 from the Fahrenheit temperature and divide the result by 2. This will not give you the exact temperature in Celsius, but it is the easiest formula to get a result that is very close to the actual temperature.

The following table should give you an overview of some important temperatures and their equivalent in the other temperature scale:

|  |  |
| --- | --- |
| Celsius | Fahrenheit |
| -30 | -22 |
| -20 | - 4 |
| -18 | 0 |
| -10 | 14 |
| 0 | 32 |
| 5 | 41 |
| 10 | 50 |
| 15 | 59 |
| 20 | 68 |
| 25 | 77 |
| 30 | 86 |
| 35 | 95 |
| 100 | 212 |

Measurements of Weight, Fluid Volume, Length, and Distance

The measurements Americans use in all areas of life might be confusing for international students since some of them are not very widely used in other parts of the world or, if they are, might refer to a different amount of something. These are some explanations of how some of the measurements you will encounter in the United States transfer to the metric system and some of their typical uses:

|  |  |
| --- | --- |
| Ounce (oz) | An ounce roughly equals 28.35 grams; 16 oz are the same as one American pound |
| Fluid Ounce (fl oz) | A fluid ounce comprises 29.57 milliliters and you will encounter this measurement on water bottles or bottles of soft drinks |
| Pound (lb) | An American pound roughly equals 454 grams; when you for example buy fresh fruit or vegetables in a supermarket, the prices are likely to refer to one pound of the product |
| Pint (pt) | The pint is a measurement for fluids and corresponds to 0.47 liters |
| Gallon (gal) | A gallon is the same as 3.78 liters and you will encounter this measurement at gas stations as the prices for gasoline refer to the amount of one gallon  |
| Inch (in) | Inch is a measure of length and converts to 2.54 centimeters |
| Foot (ft) | Another measurement of length that equals 30.48 centimeters; people’s height is usually measured in a combination of feet and inches |
| Yard (yd) | A yard equals 91.44 centimeter and is an essential measurement to understand if you want to watch a game of American football as the field is divided into units measured in yards  |
| Mile  | One mile corresponds to about 1.6 kilometers and is the standard measurement for distances |

This table should help you get an idea of how the measurements you might be used to convert into the corresponding American one:

|  |  |
| --- | --- |
| 0.5 liter | 16.9 fl. oz. |
| 1 liter | 33.81 fl. oz. |
| 1 liter | 0.26 gal. |
| 100 grams | 0.22 lb. |
| 500 grams / 0.5 kilograms | 1.1 lb. |
| 1000 grams / 1 kilogram | 2.2 lb. |
| 1 centimeter  | 0.39 inch |
| 1 meter | 3.28 ft. |
| 1 kilometer | 0.62 miles |

Federal Holidays

Some of these holidays have an effect on the college schedule while others do not. In order to find out about this, you should always check the current academic calendar at http://www.snc.edu/registrar/calendars.htm.

|  |  |
| --- | --- |
| 1 January | New Year’s Day |
| Third Monday in January | Birthday of Martin Luther King, Jr. |
| Third Monday in February | Washington’s Birthday (no state holiday in WI) |
| Last Monday in May | Memorial Day |
| 4 July | Independence Day |
| First Monday in September | Labor Day |
| Second Monday in October | Columbus Day (not observed in WI) |
| 11 November | Veterans Day |
| Fourth Thursday in November | Thanksgiving Day |
| 25 December  | Christmas Day |

**Chapter III – Rights and Responsibilities**

Academic Honor Code

St. Norbert College emphasizes the values of mutual esteem, trust, sincerity, faith, and responsibility. Since academic misconduct stands in stark contrast to all of these values, it is considered the most serious academic offense a student can commit. Academic misconduct can take a great variety of forms, but these are all characterized by a student’s attempt to unfairly advance his or her academic performance. This means that a student takes advantage of resources and practices that are not available to his or her peers in order to improve his or her grade. The most prominent examples of academic misconduct are the submission of another person’s paper, e.g. one downloaded from the Internet, as one’s own work, handing in papers in which passages are copied from other sources without properly citing them, and cheating during exams.

Any written work you hand in to earn credit has to be an original work written by yourself. While you are, if there is no explicit indication to the contrary in the assignment, allowed to look at what other people have written on a subject, you always have to give credit for others’ thoughts in your paper and cite the source. Whenever you borrow thoughts from another author to support your argument in a paper without acknowledging this, you plagiarize that person’s work, which is a very serious offense within the academic community. Plagiarizing is not limited to copying the exact words another author used into your paper, but also includes cases where you paraphrase a person’s thoughts without making clear where these thoughts are taken from.

There are also several other forms of academic dishonesty in addition to plagiarism which St. Norbert College’s Academic Honor Code prohibits. Cheating during exams includes bringing a ‘cheat sheet’ on which you noted down possible answers along and using it during the exam, copying from your peers, and communicating with someone else via a technological device to obtain answers from them during the exam. It is also forbidden to steal course materials such as resources provided by the library and thus preventing your peers from having access to these materials. Furthermore, you must not submit work that you have previously submitted for another class, falsify records or lab reports, collaborate with others when the professor explicitly stated that this is against the rules of an assignment, or knowingly assist somebody else in violating any aspect of the Academic Honor Code.

 If you are accused of violating the Academic Honor Code, your case will be heard by members of the Academic Honor Board which is comprised of both students and faculty members who were elected to serve on this board. If the Academic Honor Board comes to the conclusion that the evidence against you is insufficient to justify the accusations brought up against you, there will be no sanction. However, if the hearing results in the decision that you are guilty of academic misconduct, the Academic Honor Board will determine an individual sanction that they consider appropriate for your case. Possible sanctions include, but are not limited to, completing a remedial tutorial about Academic Integrity, being denied credit for the assignment, failing the course, and being suspended for at least one semester or permanently dismissed from the college. You are encouraged to contact the Center for International Education in the case of getting accused of academic misconduct as the CIE can assist you with the process and can also provide a translator if this is necessary.

 Due to the potentially very serious consequences of academic dishonesty, you should never give in to the temptation of using any of the means prohibited by the Academic Honor Code and the rules of good academic work in general if you find yourself struggling with an assignment. Instead, you should talk to your professors about the specific difficulties you have with the assignment or the class, contact Academic Support Services or seek out the help of the Writing Center since of all these helpful resources are available to you and do not interfere with the Academic Honor Code.

Discrimination Policy

All members of the St. Norbert College community have the right to be free from discrimination based on actual or perceived gender, race, color, ethnicity, nationality, class, religion, disability or sexual orientation and are required to also respect everyone else’s right not to be discriminated against. International students enrolled at St. Norbert College have the same rights and the same claim to legal protection as American students, regardless of whether they are enrolled in a degree program, participants in a one- or two-semester exchange program, or ESL students.

 If you feel that other students, faculty or staff members behave inappropriately towards you and that their conduct might be the result of a biased attitude towards your race, nationality or culture, you do not have to silently accept this since this kind of discrimination is a violation of college policies. Not every instance of rudeness or unfriendliness with which a person might approach you should be interpreted within this larger framework of your origin – they might not even have to do anything with you as a person at all. But if people explicitly make negative comments on any aspect of your origin or you notice patterns in their behavior towards you and how it differs from their behavior towards Americans, you should seriously ask yourself whether your experience might be one of discrimination and should be aware that you do not have to silently accept this. Since bias incidents like these are incompatible with St. Norbert College’s values and ideals and negatively affect the learning and living environment on campus, the college takes incidents like these seriously and has established a Bias Incident Response Group.

 If you feel that you are in a position where someone within the college community behaves in a discriminatory and hostile way towards you because of your racial or cultural background, you should not hesitate to contact Marcy O’Malley (marcy.omalley@snc.edu, Bemis 319) or another member of the Bias Incident Response Group to talk about your experience. St. Norbert College is thereby notified of this incident and can intervene and take appropriate measures against the person discriminating against you in order to improve your situation.

Gender-Based Misconduct and Sexual Harassment

St. Norbert College believes in a zero-tolerance policy when it comes to gender-based misconduct and sexual harassment because any act of this nature is a violation of the rights and dignity of the person that the act is committed against. In order to avoid being accused of mistreating a person based on gender or sexually harassing another person, or becoming assaulted yourself, it is important for you to know how these offenses are defined by Wisconsin law and what measures you can take to protect yourself.

 Wisconsin Law defines sexual assault as any sexual contact or intercourse with another person without that person’s consent. In Wisconsin, you have to be at least 18 years old in order to be able to give effective consent to sexual activities and consent generally involves that the person knows what he or she is doing, does this voluntarily, and communicates this clearly. Consent can be given by words or actions, but silence or the absence of resistance must never be interpreted as consent. Consent can be withdrawn at any time and just because a person consented to an activity once, this does not mean that he or she consented to always engage in this kind of activity. Most cases of sexual assault involve alcohol or drug use that make a person unable to express his or her unwillingness to engage in sexual activities with another person. But even if you get into a situation where you are assaulted while under the influence of alcohol or drugs, the assault is not your fault and you still have rights.

 Another form of gender-based misconduct is gender-based harassment which is not necessarily sexual in nature and involves acts of verbal, non-verbal, or physical aggression, intimidation, stalking, or hostility that are based on a person’s gender or gender stereotypes. People might be harassed for showing a certain behavior or characteristic that is perceived to be stereotypical of their gender or for their lack of conformity to stereotypical gender roles and characteristics. If somebody shows this kind of behavior towards you and this has the effect of compromising your academic work or making you feel uncomfortable or unsafe in your living or working environment, you should report this kind of behavior.

 St. Norbert College has several representatives who are specifically trained on the college’s policies on gender-based misconduct and sexual harassment, the relevant laws and the procedures that should be initiated in these cases. If you have to report an incident on gender-based misconduct or sexual harassment, this is a very personal and uncomfortable situation for you and the representatives understand that it is important to protect your privacy as much as reasonably possible in the situation. If you contact one of the persons listed below, you provide formal notice of the incident to the college and the college will then start to investigate the case. You should not refrain from reporting an instance of gender-based misconduct or sexual harassment out of fear that this might endanger your visa status or your right to continue your studies at St. Norbert College because it does not in any way affect your status and you have the same right to protection as American students.

Title IX Officials Designated to Receive Complaints of Violence

|  |  |
| --- | --- |
| Amanda Kim, Sr. Advisor to the President on Equity, Diversity & Inclusion | 920-403-3039 |
| Connie Tilley, Head Coach for Women’s Basketball | 920-403-3033 |
| Gary Umhoefer, Director of Human Resources | 920-403-3210 |
| Melissa Vergara, Director of Prevention Education & Student Judicial Affairs | 920-403-3373 |

 Even though St. Norbert College hopes that people who either experienced some form of misconduct or harassment or witnessed an instance of these will report this to the college so that an official investigation can be started and measures can be taken to end the situation, a person might prefer to first confidentially discuss his or her situation before filing a formal complaint. However, only certain individuals are allowed to treat information like these confidentially and protect the privacy of the person who talked to them. The college provides some of these confidential reporting options so that if you choose to talk to one of the people listed below about your experience, these treat your conversation confidentially except if they have good reason to believe that the safety of either you or another person involved in the situation is in imminent danger. These are the only circumstances under which they are required to inform the police of the situation.

Confidential Reporting Options

|  |  |  |
| --- | --- | --- |
| SNC Health & Wellness Service | Main Hall – Garden Level | 920-403-3266 |
| SNC Counseling & Psychological Service | Main Hall – Garden Level | 920-403-3045 |
| SNC Ordained Ministry Staff | Todd Wehr Hall | 920-403-3526 |
| Sexual Assault Center Hotline | 300 Crooks Street, Green Bay | 920-436-8899 |

 For more detailed and the most up-to-date information on St. Norbert College’s policies on gender-based misconduct and sexual harassment, your rights, and the procedure of filing an official complaint, go online to www.snc.edu/titleix.

Student Standards of Conduct

In addition to academic dishonesty, discrimination, and gender-based misconduct, there are various other forms of misconduct which violate the standards of conduct St. Norbert College expects its students to respect in order to ensure the safety of the community and protect the rights of all of its members. The following forms of misconduct are prohibited and will be sanctioned by the college after an appropriate investigation has been conducted:

* Physical or verbal abuse, intimidation, or harassment of another person or putting another person’s welfare at risk
* Showing indecent or lewd behavior that constitutes a breach of peace
* Possessing devices that promote the irresponsible use of alcohol such as beer bongs or beer pong tables
* Possessing, consuming, or distributing alcohol if you are under the legal drinking age of 21 or supplying people under 21 with alcoholic beverages
* Use or possession of marijuana, heroin, narcotics or other controlled substances as well as the sale, manufacture, or delivery of a controlled substance
* Illegal or unauthorized possession of firearms, explosives, other weapons, or dangerous chemicals on college premises or use of any such item, even if legally possessed, in a manner that harms, threatens or causes fear to others
* Theft or abuse of the computer facilities provided by St. Norbert College
* Forgery, alteration, destruction, or misuse of college documents such as student I.D. cards or records
* Setting off a fire alarm or using a fire extinguisher even though there is no emergency, and removing smoke detectors are federal offenses
* Failure to obey a reasonable request from a college official
* Violation of any federal, state, or local law and the violation of any college policy, rule, or regulation published in hard-copy or made available electronically on the college website

This list is not exhaustive and for a complete and more detailed overview of the college’s rules concerning student conduct, you should refer to the most recent edition of *The Citizen: The Code of Student Life for St. Norbert College* available through the college’s website.

Conclusion

While it is relatively easy to avoid being accused of academic misconduct – if you make yourself familiar with the rules of the academic community and follow them, it is unlikely that you will be charged with having violated the academic honor code – you can never entirely protect yourself from discrimination or assaults. However, there are some measures you can take in order to make you feel safer on campus and in the U.S. in general. You should always trust your instincts and steer clear of situations that make you feel uncomfortable, clearly communicate to others what you want and don’t want, and drink responsibly. If you have further questions or get into a problematic situation that you would like to have assistance with, you can always contact the Center for International Education for help.

**Chapter IV – Immigration**

If you are a degree-seeking or ESL student, you had to obtain an F1-visa before coming to the United States and if you are an exchange student, you hold a J1-visa. But even after entering the U. S. on a valid student visa, there are a few important rules and regulations that you have to follow because having a visa does not necessarily mean that you will be allowed to stay in the country for the duration of your program. Instead, the immigration law of the United States requires international students to take responsibility for maintaining a legal status, which depends on your observance of certain rules and regulations. If you fail to follow only one of those rules, you will lose your permit to stay and study here and will have to return to your home country immediately. Therefore, you should familiarize yourself with the rules and regulations and assure that you understand all of them. If you have any doubts about one of them or any other question or concern about the requirements for maintaining your status or your ability to comply with them, you should contact the Director of International Student and Scholar Services.[[2]](#endnote-2)

The Difference between Visa and Status

There is a difference between your visa expiration date and the period of time you are allowed to stay in the United States and this distinction is especially relevant for students who leave the country to go home during breaks or to travel abroad. A visa is basically nothing more than a permit to travel to a U.S. port-of-entry, for example an airport or a land border crossing, to have your documents reviewed by a U.S. immigration officer of the Department of Homeland Security. This immigration officer will then decide whether you are allowed to enter the United States and how long you are allowed to stay depending on the documents you present. Thus, having a visa does not necessarily mean that you will be permitted to enter the country and the final decision rests solely with the responsible immigration officer at your port-of-entry.

 Since the visa is therefore only relevant for your entry into the United States, the expiration date of your visa only tells you when the time period during which you are allowed to travel to a port-of-entry and have your documents reviewed for admittance into the country ends. But the visa expiration date does not provide any information about how long you are allowed to stay in the United States. The length of your authorized stay within the U.S. is determined by the immigration officer when you enter the country. A visa can be either issued for a single entry, which is indicated on the visa with the number “1” under “Entries” or it can be issued for multiple entries, which is either denoted with an “M” for an unlimited number of entries or a “2,” “3,” etc. for up to that exact number of entries. This means that a visa that is issued for a specific number of entries is only valid for this number of entries and if you plan to travel outside the country and return to the United States to continue your studies after you have used up these entries, you might need to apply for a new visa (cf. “Traveling ”).

 The duration of your authorized stay that the immigration official at your port-of-entry decided on can be found on the admission stamp on your passport and will either be a date by which you would then have to leave the United States or “D/S” (duration of status). If your admission stamp says “D/S,” this means that you are allowed to stay in the country as long as you continue to be enrolled in your specific degree or exchange program and maintain your legal status. In order to ensure that you will be allowed to remain in the United States for the time of your program of study, you therefore have to comply with the rules and regulations that apply to your visa category, which are explained in the following section.

Maintaining a Legal Status

1. Having Valid Immigration Documents

You need to have a valid passport, an unexpired I-20 (for F1-students) or DS-2019 (for J1-students), and a valid I-94 (this document is no longer given to you as a hard copy upon immigration – you now have to retrieve it online and print it yourself).

2. Maintaining Status as a Full-Time Student

In order to maintain your legal status as an international student, you always have to be enrolled in enough courses to qualify as a full-time student. At St. Norbert College, you have to take at least 12 credits per semester to be considered a full-time student so that you must take at least three regular four-credit courses to maintain your legal status. If you for some reason struggle with the workload of three courses and want to drop a class, you must never do so without first talking to the Director of International Student and Scholar Services because unauthorized underenrollment puts your legal status into danger.

3. Being in Good Standing

In order to fulfil your duties as a student, it is of course not enough to merely enroll in classes worth 12 credits per semester: you also have to attend your classes, hand in and pass your assignments, and work towards not failing the class. If you do not put enough energy into your study program to at least pass your classes, you apparently spend more time doing things that you did not get your student visa for and you can lose the right to stay in the country.

4. Not Working Without Authorization

For some J-1 students, working on campus as teaching assistants is part of their exchange program while others only come to St. Norbert College to study. Employment for J-1 Students is only authorized if this is part of their exchange program and then they are only allowed to work in the specific on-campus job that is part of their program.

As an F1-student, you have more options to work while studying in the United States, but you always need to talk to your designated school official first. All F-1 students are generally allowed to work on-campus, but you need to have a letter of approval from your designated school official before you can apply for a Social Security number and start working. After completing a full year of study at St. Norbert College, you might be eligible to request permission to work in an off-campus job, but you need an authorization by U.S. Citizenship and Immigration Services (USCIS) before starting to work. In order to obtain this kind of permit, you need a recommendation by your designated school official and have to file a Form I-765, “Application for Employment Authorization” with USCIS. You must not start working prior to having received your Form I-766, “Employment Authorization Document” from USCIS. Regardless of whether you work on-campus or in authorized off-campus employment, you must not work more than 20 hours per week when school is in session.

Grace Period and Post-Completion Opportunities

Both the F1- and the J1-visa allow you to come to a U.S. port-of-entry thirty days in advance of the day your program starts as indicated on your I-20 or DS-2019 form.

 If you are an exchange student with a J1-visa, you are allowed to stay in the country for another 30 days after completion of your exchange program. During this time, which is commonly referred to as the “Grace Period,” you are no longer in J-visa status, but still allowed to stay in the country by U. S. Citizenship and Immigration Services (USCIS). This means that you are not permitted to continue any study or working activities, but you can use this time to prepare your return to your home country, to say goodbye to friends, or to travel within the United States. However, you should not travel beyond the borders of the United States, for instance for a short trip to Canada or Mexico, if you want to reenter the United States after that because you might not be permitted to do so.

 The USCIS grants students with F1-visas an even longer “Grace Period” of 60 days beyond the program’s end date as indicated on the I-20 or 60 days beyond the graduation date (whichever is earlier). However, as a F1-visa student, you can also apply for a permit to engage in Optional Practical Training in an area related to you major for up to twelve months after graduation. In order to participate in this program, you need to file an application for OPT-status with the USCIS at least three months in advance and should contact the Director of International Student and Scholar Services for assistance.

Traveling

If you plan to travel abroad during the time of your study program, you need to make sure that you have the following documents in order to be allowed to re-enter the United States to continue with your program:
- A passport that is valid at least six months into the future
- An unexpired visa that is valid for further entries
- A recertified I-20 (for F1-visas) or DS-2019 (for J1-visas) form: This means that you must have your I-20 or DS-2019 signed by either the Director of International Student and Scholar Services or the Director of International Programming to confirm that you maintain your visa status. Without this signature, you will not be allowed to reenter the country and you should make sure to get it several days in advance of the start of your journey. Even though this signature is valid for 12 months, you may want to make sure that you always have a quite recent one before traveling abroad to avoid any doubts about your legal student status.

What do I do if I want to travel abroad and my visa has expired?
You might be allowed to re-enter the United States with an expired non-immigrant visa as part of the automatic revalidation provision of U.S. immigration law if you only travel to Canada, Mexico, or the Caribbean islands adjacent to the United States except Cuba for 30 days or less and have an unexpired admission stamp in your passport. If you have an expired visa and plan to travel in other countries or for more than thirty days, or if you are a citizen of Cuba, Iran, Sudan, or Syria, you will have to apply for a new visa to be able to reenter the United States to continue your study program. Please contact the Director of International Student and Scholar Services for more information and assistance with this procedure and do not make any final travel plans before this if you have an expired visa.

**Chapter V – Everyday Life in the Green Bay Area**

While the main purpose of your stay at St. Norbert College is studying, living in a foreign country of course brings a whole other set of demands to you that go beyond the academic. This chapter about life in the Green Bay area will help you navigate everyday needs such as banking, communication, and transportation. Furthermore, it provides you with some basic information about some of the main attractions of the area, local sports teams, cinemas, as well as a list of shops and affordable restaurants located near the campus. After all, you study abroad experience is only complete if you also get to explore the new culture outside of the classroom – and who doesn’t need a bit of a break from studying from time to time?

Banking

In the United States, it is unusual to carry large amounts of cash with you and you will notice that Americans tend to pay even small sums with credit card or debit card. If you are a degree-seeking student planning to stay in the U.S. for several years or if you are an exchange student working as a teaching assistant as part of your program and therefore receive an income, you will probably need to open an American bank account.

 If you are only in the U.S. for a limited time and do not earn any money while you are here, it might not be necessary for you to open a bank account as you might get along better with just a credit card and a debit card from a bank in your home country. However, you should then check with your bank in your home country what amount of fees they charge you for a cash withdrawal at an American ATM (automated teller machine) or a credit card payment in U.S. dollars if you haven’t already done so. Depending on the specific terms of your bank in your home country, it might be either more advantageous for you to withdraw cash at an ATM and then make payments in cash, or to avoid making cash withdrawals and instead paying as many of your bills and purchases with credit card. Don’t panic if some ATMs don’t work with a debit card from your home country even though you asked your bank to authorize it for use in the U.S. – just try an ATM provided by another bank. Sometimes the problem is the result of a specific bank’s ATM’s failure to contact your bank in your home country rather than a general problem with your debit card. If you, however, forgot to have your debit card authorized for use in the U.S., you should contact your bank at home. When using an ATM, you should avoid having to do this at night or in deserted areas. Always pay attention to your surroundings and make sure that nobody can see your PIN number when you enter it.

International students who want to open an American bank account are, of course, free to choose any bank they want. The two following banks are just singled out because of their closeness to the campus and their special offers for low-cost checking accounts for college students that allow you to avoid fees under certain circumstances, which make them convenient options to consider when making a decision about opening a bank account.

* Associated Bank currently has branches in East De Pere (just across the bridge) on 206 N. Wisconsin Street and in West De Pere near Festival Foods on 1003 Main Ave. You need to go to one of their branches to open an account, but after that you will be able to withdraw money at the Associated Bank ATM in the Campus Center without being charged any fees.
* Chase: The De Pere branch of Chase is conveniently located on 441 Main Ave just a short walk off campus. However, you should note that there is no Chase ATM on campus so that if you want to avoid paying fees for each withdrawal you make, you always have to walk to the ATM outside the Chase branch on Main Ave.

In addition to basic checking accounts that allow you to deposit and withdraw money and provide you with a debit card that enables you to make cashless payments in stores that accept this kind of payment, banks in the U.S. also offer savings accounts. The main purpose of a savings account is to save money and earn interest on your savings that is paid at specific intervals depending on the terms of your account. Even though it is possible to withdraw some money from a savings account, there are limitations to this service since the main idea behind a savings account is to save money rather than to spend it.

 When opening a bank account, you will have to produce two documents that prove your identity and while banks will often ask you for a social security number, you don’t need one to open a bank account.

Mailing

St. Norbert College has its own Mail Center located in the Campus Center which can assist you with any mail or packages you want to send within the U.S. or to an international address back home. You can buy stamps, mailing and packaging supplies, and send packages through U.S. Postal Service (USPS), Federal Express (FedEx), or United Parcel Service (UPS). However, the Mail Center does not only help you with your outgoing mail, but it also provides an individual mail box for every student where your incoming mail will be placed for you. If you receive oversized packages which don’t fit into your mail box, the Mail Center will send an e-mail to your college e-mail address to notify you that a package for you has arrived on campus and is ready for pick up, for which you only need to show your student I.D. at the Mail Center.

The costs of sending a package home can vary widely depending on the size and weight of the package, the shipping speed, and the country it has to be shipped to. When choosing to send a package with USPS, you can choose between Priority Mail Express International, Priority Mail International, and First-Class International and these services differ greatly with regard to the delivery speed, the availability of tracking and insurance, and the costs. You can calculate the costs for using any of these services for your specific package at http://postcalc.usps.com/. You can also ask for assistance at the Mail Center on campus or the USPS office in De Pere on 123 S 9th Street (just off Main Ave) located in walking distance from the campus. Before preparing a package for shipping to your home country, you should go to http://pe.usps.com/text/imm/welcome.htm and choose the country you want to send a package to under “Individual Country Listings” to familiarize yourself with the specific customs regulations for packages sent from the United States to your country.

Cell Phones

When you arrive in the United States, you will probably bring a cell phone from your home country with you, but since the rates of the network provider you use in your home country for phone calls and text messaging within the United States or from the United States to your home country are usually very expensive, you are likely to need an American phone number for the duration of your stay at St. Norbert. Depending on what kind of cell phone you brought with you and your individual needs, there are a number of different options to consider when choosing a cell phone and network provider.

 If the cell phone you brought along from your home country is unlocked – this means that you can simply exchange the SIM card in your phone for another one without any country or network restrictions imposed by the network provider you use in your home country – you have the option to simply buy a compatible SIM card by an American network provider and a prepaid plan offered by the same provider. These plans give you either a certain number of minutes for phone calls, text messages, and data or allow you unlimited access to all or some of these services and are usually valid for one month after the date of activation. There are of course a lot of different network providers who offer a variety of prepaid plans for different prices, and the network coverage they offer in Wisconsin and the network speed are even more aspects to consider when choosing the best option for you, which makes this a highly complicated matter. Whatever decision you make, you might want to bear in mind that the free Wi-Fi provided by St. Norbert throughout the whole campus might allow you to avoid buying huge data packages, which is usually the component that makes your cell phone bill considerably more expensive. Especially when you stay in the United States for a longer time, you might also want to consider whether a long-term contract with your chosen network provider might be more suitable for you, but these contracts are usually binding for two years.

 If your cell phone does have a SIM lock or you generally prefer having a very basic American cell phone in addition to the one you brought from your home country, you can buy a low priced prepaid phone for phone calls and text messaging at stores such as Walmart in De Pere or Best Buy at Bay Park Square Mall in Green Bay. These phones already have a SIM card by a specific network provider and can be combined with certain prepaid plans offered by that same provider so that you will want to check out whether a specific provider’s plans are suitable for your needs before buying a prepaid phone.

 Since some popular phones such as Apple’s iPhones might cost considerably less in the United States than in your home country, you might feel tempted to buy one of those during your time at St. Norbert College and take it back to your home country after the completion of your program. However, you should bear in mind that network providers in the US of course also make use of their phones’ SIM lock capability to restrict a phone’s usability to their own network and/or the United States. Therefore, you should specifically examine offers that are so attractive that they seem almost too good to be true for whether a phone is unlocked or whether its usability is somehow restricted because a great phone that you cannot use after returning to your home country might not be such a good bargain after all.

Public Transportation

All students of St. Norbert College can use all of the buses operated by Green Bay Metro for free. You only have to show the bus driver your student I.D. card upon entering the bus. While you can use any of the 13 full-service bus routes and the limited-service bus routes offered by Green Bay Metro free of charge, your starting point would probably be the bus stop in front of Bemis International Center where a bus operating *Route 17 – Brick Lane* is departing once an hour. This bus takes you to transfer points at Shopko just across the bridge and Bay Park Square Mall where you can change lines to help you get to other places in the Green Bay area. The current schedules for all routes provided by Green Bay Metro are available at http://www.greenbaymetro.org/en-us/schedules/routes/default.aspx?type=0. Please note that the hours of operation are reduced on Saturdays and that there is no service on Sundays.

If you want to explore Wisconsin and the Midwest and leave the Green Bay area behind for a weekend trip or during breaks, you can use intercity buses to get to Wisconsin’s largest cities, Milwaukee and Madison, or to Minneapolis in Minnesota, or Chicago, Illinois. Since there are several companies offering bus rides from Green Bay’s Greyhound station or Transit center, you should compare their routes, departure times, and prices to find the ride that is most suitable for you. If you do not have a direct connection and need to change buses somewhere along the way, you might be worried about missing the second bus in case of a delay. Therefore, you should know that it is common for long-distance intercity buses to wait for the passengers of a slightly delayed bus, especially if you booked the rides on both buses together and both buses are operated by the same bus company. If you still have any concerns, you can tell the driver about your need to catch another bus so that he or she can contact the driver of the other bus. These are the bus companies offering services in Green Bay:

* Greyhound (www.greyhound.com)
* Indian Trails (www.indiantrails.com)
* Jefferson Lines (www.jeffersonlines.com)
* Lamers (http://www.golamers.com/services/lamers-connect/)

Driving in Wisconsin

If your home country is party to either the United Nations Convention on Road Traffic (Geneva, 1949) or the Convention on the Regulation of Inter-American Motor Vehicle Traffic (Washington, D.C., 1943), you can drive a car in the United States with a valid driver’s license from your home country if you are an exchange student staying in the country for less than a year. If you are from a country where English is not the official language, it is recommended to carry an International Driving Permit with you to make sure that an English translation of your driver’s license is available. You can find out whether your home country is party to one of the above-mentioned conventions by going to the website of the Wisconsin Department of Transportation at http://www.dot.wisconsin.gov/drivers/drivers/apply/foreign.htm. If you want to drive a car in Wisconsin and your country is not among those that signed either of these conventions, you need to obtain a Wisconsin driver’s license.

 International students who plan to stay for longer than one year need to get a Wisconsin driver’s license irrespective of whether their country agreed to either of these conventions or not. In order to apply for a driver’s license, you must complete the form MV3001 available at the website of the Wisconsin Department of Transportation. You must provide proof of your temporary visitor status, your name and date of birth, your identity, and your Wisconsin residency, for which you should bring the following documents with you to the service center of the Department of Transportation:

* A valid passport with an unexpired U.S. visa
* Your I-20 or DS-2019
* The I-94 documenting your most recent admittance to the country
* Your student I.D. card
* Your Social Security Card (if you have one)
* One of the following documents to prove your Wisconsin residency

a) College enrollment documentation with a current Wisconsin address
b) A certified school record or transcript identifying you by name and current address that was issued within the last 90 days and for the most recent school period
c) A paycheck, stub or earning statement with your employer’s name and address issued within the last 90 days
d) A cell phone bill issued in the last 90 days
e) An account statement from a bank issued within the last 90 days

You need to take and pass a vision test, a knowledge test, and a practical driving skills test and pay the fees applying to these. The knowledge test can also be taken in a limited number of languages other than English. You can look up whether tests in your native language are currently offered by the Division of Motor Vehicles service centers in Wisconsin by going to http://www.dot.wisconsin.gov/drivers/drivers/apply/knowledge.htm.

For more information on getting a Wisconsin driver’s license in general, see http://www.dot.wisconsin.gov/drivers/index.htm.

The Green Bay service center of the Wisconsin Department of Transportation is located on

2700 Vernon Drive, Green Bay, WI 54304.

Car Sharing and Renting a Car

If you want to have a car to go to a place that is difficult to reach with public transportation or simply want to be more flexible, but do not own a car, signing up for a car sharing program or renting a car just for the time you need it seem to be options worth considering for you. St. Norbert College has partnered with Enterprise Rent-A-Car to offer a car sharing service for its students, faculty, and staff members. Enterprise CarShare is a membership-based and automated car rental option that gives registered members access to two Nissan Altima cars parked on campus close to the Mulva Library. You have to pay an annual membership fee to become a registered member and then pay for the time you use the car either on an hourly or daily basis. You need to be only 18 years old to be eligible for membership, which makes this service attractive for students as car rental companies often have stricter age restrictions that can make it very difficult for students to rent a car. For more information on this program, visit http://www.snc.edu/parking/carshare.html.

 If you prefer simply renting a car without becoming a member of a car sharing program, you should check online whether you are eligible to rent a car with one of the various companies offering car rentals in Green Bay, which are usually located at Austin Straubel International Airport. You should make sure that you meet the age and driver’s license requirements of the car rental company you choose and ensure that the car has adequate insurance.

Places of Worship

While St. Norbert College is a Catholic institution which regularly offers events for the campus community at Old St. Joseph Church, our campus is nevertheless religiously diverse with students from many different faith backgrounds. Since we want to encourage everyone to explore what faith and spirituality mean to them, our website offers a directory of people on campus and places of worship in the local area representing not only various Christian denominations, but also other world religions. Campus Ministry can also help you finding and contacting a person or community who represents your own faith tradition. More information can be found on our website at http://www.snc.edu/ministry/resources/faithconnections/.

Shopping

Groceries / Home Goods

* Festival Foods, 1001 Main Ave, De Pere, WI 54115
* Walmart Supercenter, 1415 Lawrence Drive, De Pere, WI 54115
* Woodman’s Food Market, 2400 Duck Creek Parkway, Green Bay, WI 54303
* Shopko, 230 North Wisconsin Street, De Pere, WI 54115

Shopping Malls

* Bay Park Square Mall, 303 Bay Park Square, Green Bay, WI 54304 (can be reached by bus from St. Norbert College: see “Public Transportation”)
* Fox River Mall, 4301 West Wisconsin Ave, Appleton, WI 54913 (approx. 28 miles from campus)

Electronics

* Best Buy, 825 Pilgrim Way, Green Bay, WI 54304
* hhgregg, 6492 Oneida Street, Green Bay, WI 54304

Eating Off Campus in De Pere

* Big Apple Bagels, 400 Reid Street
* Burger King, 1007 Main Ave
* Dunkin’ Donuts, 950 Main Ave
* El Presidente, 500 Main Ave
* Erbert & Gerbert’s, 377 Main Ave
* Gyro Kabobs, 337 Main Ave
* Gallagher’s Pizza, 330 Reid Street
* Luna Coffee Roasters, 330 Main Ave
* McDonald’s, 1022 Main Ave
* Nicolet Restaurant, 525 Reid Street
* Pasquale’s International Café, 305 Main Ave
* The Pasty Shop, 401 Reid Street
* Pizza Hut, 400 Reid Street
* Subway, 920 Main Ave
* Toppers Pizza, 486 Main Ave

Things to Do in the Green Bay Area

Visiting a Game of a Local Sports Team

Green Bay Packers

Green Bay is well-known throughout the whole country for its popular professional football team, the Green Bay Packers. When getting to know the campus community and exploring the Green Bay area and Wisconsin more generally, you will soon realize how much pride Wisconsinites take in the Packers, who are the only community-owned, non-profit major league sports team in the United States. Visiting a game at their stadium, Lambeau Field, is a genuine Green Bay experience, but tickets are difficult to find and can be quite expensive. If you want to see one of their games, you should check the ticketing options available through their website or ask your American friends about options to get affordable tickets. Another opportunity to engage with the Packers is to partake in one of the regularly offered stadium tours at Lambeau Field where you are shown around the stadium and learn about the history of the Packers. For more information on these tours, see http://www.packers.com/lambeau-field/stadium-tours.html.

Lambeau Field

1265 Lombardi Avenue

Green Bay, WI 54304

Sports at the Resch Center

Green Bay Blizzard is a professional indoor football team competing in the Indoor Football League. The Green Bay Phoenix, the athletic teams of the University of Wisconsin–Green Bay, are known specifically for their men’s basketball team. The Green Bay Gamblers are a junior ice hockey team in the East Division of the United States Hockey League. All of these teams play their home games at the Resch Center, a multifunctional arena with about 10,000 seats located across the street from Lambeau Field. In addition to these regular sports events, the Milwaukee Bucks, Wisconsin’s major league Basketball team, usually hold one of their pre-season games at the Resch Center sometime in October.

Resch Center

1901 South Oneida Street

Green Bay, WI 54304

St. Norbert Green Knights

You are of course also highly encouraged to support St. Norbert College’s various sports teams by attending their home games. The men’s football team and both the men’s and women’s soccer teams play their home games at Schneider Stadium during the fall. The St. Norbert Knights are especially known for their men’s ice hockey team who won the national championship several times in recent years. They hold their home games at Cornerstone Community Center in De Pere (1640 Fernando Dr.) during the season, which lasts from October through February. The newest athletic team at St. Norbert is the women’s hockey team who play their home games on Olympic-sized ice at the Resch Olympic Pavilion in the Cornerstone Community Center. But the Knights also compete in various other sports throughout the year, including Basketball, Baseball and Softball, and Volleyball, so that there will be a team for you to cheer on, no matter what your favorite sport is. For more information about upcoming games, go to http://www.snc.edu/athletics/.

Popular sports teams in other major cities in Wisconsin are the Milwaukee Bucks (Basketball, NBA), the Milwaukee Brewers (Baseball, MLB), and the Wisconsin Badgers representing the University of Wisconsin–Madison (various sports, most notably football, ice hockey and basketball).

The NEW Zoo & Adventure Park

The Northeastern Wisconsin Zoo has nearly 90 different species in its care that come from a great variety of regions throughout the world. The zoo is open year-round but the opening hours vary depending on the season and admission costs $7 for adults.

The Adventure Park located next to the NEW Zoo provides different challenges including climbing, balancing in heights, etc. The park closes during the winter and admission costs vary depending on which activity one chooses to engage in. For more information on either the zoo or the park, see http://www. <http://newzoo.org/>.

The New Zoo

4378 Reforestation Road

Green Bay, WI 54313

Bay Beach Amusement Park

Bay Beach is a small amusement park that is open from May through September and offers a variety of different rides for not a lot of money. There is no general admission fee and you only pay for the rides you actually want to try out. The different rides cost between one to four tickets with tickets priced at 25 cents. The biggest attraction of the park is a roller coaster called the Zippin Pippin which is also the most “expensive” ride priced at four tickets. But even if you are not too excited about the thrills of roller coasters, Bay Beach might still be worth having a look at for you since its nostalgic vibe emanating from the mostly old-fashioned rides allows you to experience a fair as it used to be in bygone eras and is now hard to find.

For more information on the rides and the varying hours of operation, go to <http://greenbaywi.gov/baybeach/>.

Bay Beach Amusement Park

1313 Bay Beach Road

Green Bay, WI 54301

Green Bay Botanical Garden

This park of 47 acres of display gardens and natural areas is open year round and celebrates the beauty of a wide variety of plants thriving in the climate of the upper Midwest. Visiting the garden at different times of the year will give you a strong sense of the changes in nature throughout Wisconsin’s distinct four seasons. In general, adult admission costs $9, but different prices may apply in case of special events.

More information about the garden and its plants, special events, and opening hours can be found at <http://www.gbbg.org/>.

Green Bay Botanical Garden

2600 Larsen Road

Green Bay, WI 54303

National Railroad Museum

Green Bay hosts the National Railroad Museum which offers many different permanent and temporary exhibitions that enable you to explore the rich history of the railroad experience in the United States. In addition to its large collection of historic locomotives, rail cars and railroad memorabilia, the museum also allows you to take a 25-minute ride on a vintage train through the museum during which the conductor points out the highlights of the collection.

Tickets cost $10 or $12 depending on whether you want to take the train ride through the museum or not. For more information about the museum, its current exhibitions, and opening hours, see http://www.nationalrrmuseum.org/.

National Railroad Museum

2285 S Broadway

Green Bay, WI 54304

Cinemas

De Pere Cinema, 417 George Street, De Pere, WI 54115

A small cinema just across the bridge which shows the biggest box office hits only some time after they leave the screens of the larger cinemas. However, tickets are much cheaper than at other cinemas, costing only between $2 and $4 depending on the time and day of the show.

Bay Park Cinema – Green Bay, 755 Willard Drive, Ashwaubenon, WI 54304

A large cinema featuring 16 auditoriums located next to the Bay Park Square Mall in Green Bay. This cinema always shows the most recent box office hits with ticket prices generally varying between $7.50 and $13 depending on the time and day of the show and whether the movie is shown in 3D or not.

Local Events

If you want to stay up-to-date on events taking place in the Green Bay area to make sure that you won’t have to be sorry about having missed something you really would have liked to see because I simply didn’t know it was happening, you might want to check out websites like eventful.com. There you can enter your ZIP code and get information about concerts, comedy events, information about cinema schedules and movies that are about to enter the theaters, and lots of other things.

Sources:

<http://www.dot.wisconsin.gov/drivers/drivers/apply/foreign.htm>

<http://iss.wisc.edu/resources/drivers-license>

**Chapter VI – Emergency Information**

From time to time, the Midwest experiences some severe weather conditions that might not occur in your home country at all. However, to ensure your safety in the case of a tornado, a blizzard, or wind chills, you should, first of all, be aware of what these are and secondly know what you can do to protect yourself from being hurt as a result of these weather events.

Tornados

The National Severe Storms Laboratory defines a tornado as “a narrow, violently rotating column of air that extends from the base of a thunderstorm to the ground.”[[3]](#endnote-3) What makes them so dangerous is partly that they are very difficult to see unless their winds carry water droplets, dust, and debris. While tornadoes can happen at any time of the year, the main tornado season for the Upper Midwest is usually in June and July. In a similar way, one can say that although most tornadoes occur in the late afternoon and early evening between 4 and 9 p.m., this does not mean that they cannot occur at other times of the day. The strong winds of a tornado – speeds as high as 300 mph are possible – have the potential to destroy ordinary houses, lift cars from the ground, and turn broken glass and other debris into dangerous missiles that can pose a real threat to people.

The Difference between a Tornado Watch and a Tornado Warning

The NOA Storm Prediction Center monitors the weather at all times and if weather conditions that are favorable for the occurrence of tornadoes develop, they issue what is called a tornado watch for a certain area which usually lasts between four and six hours. This does not mean that there definitely will be a tornado in that area, but simply means that there is a certain likelihood for the occurrence of a tornado because the weather conditions that are needed for a tornado to develop, but do not necessarily lead to a tornado, are present in that area. If you know that a tornado watch was issued for the Green Bay area, this means that you need to be alert and should be prepared to retreat to a safe place for shelter in the event that an actual tornado warning is issued or a tornado suddenly develops. Therefore, you should pay attention to the emergency information system of St. Norbert College and look out for updates on the weather conditions on local media and the internet if a tornado watch is issued. Tornado warnings are issued once a tornado is actually sighted or visible on weather radars. If this happens, you should immediately seek shelter in an appropriate place.

 What to Do in Case of a Tornado Warning

If a tornado warning is issued, you should move to the lowest level of the building you are in and preferably to an interior hallway of the building. You should stay away from windows and other large expanses of glass and avoid auditoriums, gymnasiums and other large rooms with free-span roofs. You should not use elevators and assist people with restricted mobility to an interior hallway without windows even if they might not be able to get to the lowest level of the building safely. You should try to protect your head and face by hiding under a sturdy table or another reliable structure.

Severe Winter Weather

Winter storms involve a combination of heavy or blowing snow and potentially dangerous wind chills and should be taken very seriously. A winter storm is called ‘blizzard’ if very strong winds blow either falling snow or snow from the ground sideways and cause very low visibility. While blizzards are often accompanied by heavy snowfalls and severe cold, these do not necessarily have to be present.

You should not underestimate the effects that very low temperatures can have on your body since you always have to be aware that the air often feels even colder than it really is because of the phenomenon of wind chills. Strong winter winds in combination with low temperatures can result in a considerably lower wind chill temperature so that wind speeds of 20 mph can cause an actual air temperature of -5°F (-20.5°C) to really feel like -29°F (-34°C) to your body. Temperatures in this dimension can lead to frostbites if you expose yourself to them for long times and without proper clothing. Since people lose most of their body heat through their heads, it is especially important to protect your head and neck from the cold by wearing warm bonnets and scarves.[[4]](#endnote-4) Weather services may issue Wind Chill Advisories if the wind chills are so severe that they are likely to cause inconveniences, but are not life threatening. If a Wind Chill Warning is issued, however, the expected wind chill temperatures are so low that it would be acutely life-threatening to go outside even for just a few minutes.

In case that you own a car or often ride around in the area with one of your friends in a car, you should be aware that winter storms can alter the road conditions severely and make it very difficult to safely steer a car. About 70% of injuries related to severe winter weather occur in automobiles as icy roads increase the number of major traffic accidents tremendously. Snow, sleet, and frozen rain can create a slippery road surface in very short time and the low visibility that may result from blizzards or heavy snow fall makes driving a car even more unpredictable and dangerous during winter storms so that it should be avoided by all means.

Campus Emergency Notification System

In order to be able to immediately inform the whole campus community in case of an emergency, St. Norbert College has an emergency notification system that allows college administrators to send out a message that is broadcast through a great variety of media available, including voice, text, e-mail, and pop-ups opening on all computers connected to the SNC system. While you will automatically receive
e-mails to your college account, you have to register your cell phone, which is strongly encouraged as cell phones will be notified first in case of an emergency. You can register your phone voluntarily through KnightLine. Emergency notifications will be limited to communicate crucial warnings about severe weather conditions, emergency building concerns, intruders or potential pandemics.

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| --- | --- |
| Police and Medical Emergency | 911 |
| Campus Safety | 920-403-3260 |
| Sexual Assault Center Hotline | 920-436-8899 |

1. This chapter draws on the following sources:

Althen, Gary, Amanda R. Doran, and Susan J. Szmania. *American Ways: A Guide for Foreigners in the United States.* Boulder: NetLibrary, 2003. Web.

Denslow, Lanie, Mary Tinkham, and Patricia Willer. *U.S. Culture Series: Introduction to American Life.* Washington, DC: NAFSA, 2004. Print. [↑](#endnote-ref-1)
2. Sources: https://studyinthestates.dhs.gov/maintaining-your-status http://www.uscis.gov/working-united-states/students-and-exchange-visitors/exchange-visitors

<https://studyinthestates.dhs.gov/working-in-the-united-states>

<http://www.ice.gov/sevis/employment/>

 http://travel.state.gov/content/visas/english/general/visa-expiration-date.html

 http://www.columbia.edu/cu/isso/visa/J-1/J\_student\_travel.html [↑](#endnote-ref-2)
3. This quotation as well as the other information in this subsection are taken from http://www.nssl.noaa.gov/education/svrwx101/tornadoes/ [↑](#endnote-ref-3)
4. http://www.nws.noaa.gov/om/winter/windchill.shtml [↑](#endnote-ref-4)