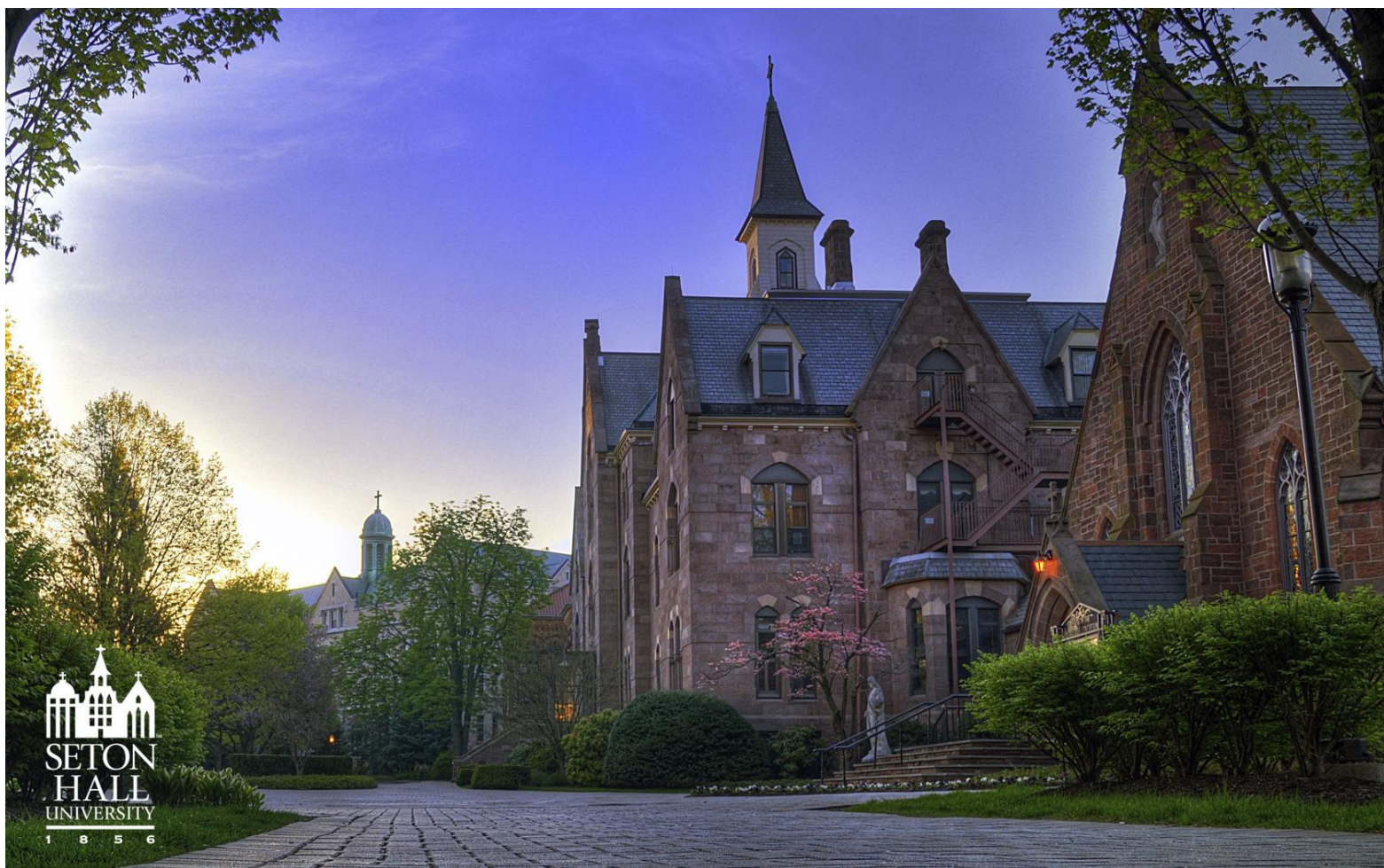


International Student/Scholar Survival Guide



Office of International Programs
Seton Hall University
South Orange, NJ

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WELCOME

The Office of International Programs would like to officially welcome you to Seton Hall University. We hope you learned a lot from orientation and our office is here to assist you throughout your time at Seton Hall University.

Good Luck in all your endeavors, and we wish you the best for your studies at Seton Hall University.

Information about the Office of International Programs:

Current Physical Location:

Presidents Hall, Room 9 (The bottom floor)

South Orange, NJ 07079

Phone: (973) 761-9072

Fax: (973) 275-2383

Email: oiip@shu.edu

Website: <https://www.shu.edu/international-programs/>

OIP Twitter: @SHU_OIP

To virtually view Seton Hall campus, visit this link: <https://www.shu.edu/undergraduate-admissions/walking-video-tour.cfm>

Local Embassies and Phone Numbers

Nearly every country has a consulate to represent their government in New York City. You can get information about your country's local consulate by searching on the internet for the contact information. They will often offer services such as replacing or renewing passports.

Common OIP Processing Services

Full-Time Letter

Local Address Change

Travel Signature

Change of Program

CPT – Curricular Practical Training

Reduced Course Load Request

SSN Support Letter

OPT – Optional Practical Training

Change of Status

Campus Resources

Counseling and Psychological Services

The Counseling and Psychological Services Center promotes student well-being by helping students overcome obstacles that may otherwise prevent them from attaining academic, personal and professional goals. Seton Hall University's trained and professional staff offers a variety of psychological services that are confidential and free of charge. Students seeking counseling are encouraged to call (973) 761-9500 or stop in to request an appointment. The Center is located on the 2nd Floor of Mooney Hall. IF IT IS AFTER HOURS AND YOU HAVE AN EMERGENCY CALL PUBLIC SAFETY (973) 761-9300 AND THEY WILL ASSIST YOU.

Health Services

Health Services is committed to helping students stay healthy. Services are available for all matriculated students. Service include dermatology, general primary care, health education, immunizations, lab services, men's and women's health care, and more. Students seeking health care services may call (973) 761-9175 or stop in to request an appointment. Health Services is located at 303 Centre Street, diagonally across the street from the main gate. IF IT IS AFTER HOURS AND YOU HAVE AN EMERGENCY CALL PUBLIC SAFETY (973) 761-9300 AND THEY WILL ASSIST YOU

Career Center

The Career Center team works to connect students and alumni with a diversity of hiring organizations. The Career Center works with students to get them started on their professional journey by helping them create an effective resume, practice interview skills, research opportunities and network with alumni Pirate Mentors. To make an appointment with the Career Center, students can call (973) 761-9355, e-mail careers@shu.edu or stop by Bayley Hall Room 209.

Academic Resource Center

The Academic Resource Center provides students with tutors for challenging subjects and writing assignments, information about nationally competitive scholarship opportunities and advising resources for cross-disciplinary majors. Students can visit the Academic Resource Center at Arts and Sciences Hall Room 202, call 973-761-9108 or e-mail ARC@shu.edu to schedule an appointment.

Disability Support Services

The office of Disability Support Services works closely with academic departments and student affairs offices to involve and support the intellectual and social development of students with disabilities. The office of Disability Support Services employs policies and programming to promote academic excellence, the development of self-advocacy skills and increased student leadership opportunities. To contact the office, students can call (973)313-6003, e-mail DSS@shu.edu or visit Duffy Hall Room 67.

Tutors In Residence

Tutors In Residence are undergraduate in house tutors who live in the Aquinas, Boland and Xavier residence halls with the purpose of helping students excel academically. Each week TIRs conduct set lobby hours where they are available to help students (residents or commuters). Students desiring to take advantage of the free services of a TIR should consult the semester TIR Lobby Hours schedule and the staff directory to contact the TIR who can best serve their needs. To find out more about TIR, students can call (973) 761-9172, e-mail shuhousing@shu.edu or visit Duffy Hall Room 68.

Campus Organizations

There are over 100 campus organizations to join and get involved with. Join campus organizations are a great way to meet new people and to get out of your comfort zone. Organizations include cultural and religious orgs As well as arts, athletics, academics, honors, Greek life and social organizations. Below are some examples of orgs you can join:

Anime Club	Asian Cultural Association
Ecology Club	Black Men of Standard
Mock Trial	Black Student Union
Student Activities Board	Filipino League Association of Seton Hall
Veggie Society	German Club
Biology Society	Hillel Student Organization
Criminal Justice Society	Korean Language Culture Club
Philosophy Club	Slavic Club
Psychology Club	West Indian Student Organization
Dance Team	South Asian Students Association
African Student Organization	Habitat for Humanity

LOCAL RESOURCES

Banks

1. **Chase Bank** – *18 South Orange Ave, South Orange, NJ 07079, (973) 763-3943*
Large US national bank. For students under the age of 24, you only need \$25 cash, passport, I-20 or DS-2019 to open a free checking account. You will receive debit card upon opening of an account.
2. **PNC Bank** -*76 South Orange Ave, South Orange, NJ 07079, (973) 275-5502*
Large US national bank. For students, to open a free checking account, only need \$25 cash, passport, foreign address, and I-20 or DS-2019. Will receive debit card upon opening of an account.

Telephone Companies

1. **AT&T Store**- *54 South Orange Avenue, South Orange, NJ 07079, (973)-763-6200*
Telecommunications company providing cell phones, data plans, tablets & more.

- Wireless provider supplying phones, no-contract plans, accessories & repair services
2. **T-Mobile-** 9 Sloan Street, South Orange, NJ 07079, (973)- 762- 3797
Wireless provider supplying phones, no-contract plans, accessories & repair services
 3. **Verizon-** 77 S Orange Ave, South Orange, NJ 07079, (973) 763-7777
Cell Phone provider supplying phones, data plans and more

Local Weather

- New Jersey is a four-season state; the weather throughout the year will fluctuate from as cold as 0 degrees Fahrenheit (-17 degrees Celsius) in January or as hot as 100 degrees Fahrenheit (37.7 degrees Celsius) in July.
- During the winter, please take your time walking around campus, especially on uneven ground or snow-covered ground where ice is hard to see. The chance for snowfall is from early November and will go until mid-March. You should plan to purchase winter gear such as a warm jacket, boots, and mittens/ gloves. Optional items that are recommended include hats, scarves and wool socks.
- In addition, in the summer many buildings are air conditioned and can be very cold. Bring a jacket or sweater to stay warm in class.

Travel

1. **SHU FLY** – Our shuttle will take you around campus and will stop off campus at certain times and locations, such as Rite Aid and the South Orange NJ Transit station. Please go to <https://www.shu.edu/parking-services/upload/SHUFLY-Schedule.pdf> for the most updated schedule and times. Visit <https://www.shu.edu/parking-services/shufly-virtual-tour.cfm> to view a virtual tour.
2. **Saferide** – Available to all SHU students, you just need to show your ID to be able to use the service. Offered as a late-night option to take you to within a few miles of campus when you don't want to walk for safety concerns. Those wishing to avail themselves of this escort service should respond to the Public Safety building (behind Corrigan hall) and request a ride at the service window. Return transportation can be arranged by calling Public Safety at (973) 761-7550.
3. **NJ Transit (South Orange Train Station)** – can take you into New York City or down into Southern NJ and Philadelphia area. Taxis are often available at any stop, should you need one. Our closest station is the South Orange station on the Morris and Essex line. You can go to www.njtransit.com for more information and schedules. **SHUFLY STOP**. Any full-time student attending a school on the NJ TRANSIT Accredited School list may purchase a 25% discounted rail pass at an NJ TRANSIT rail station ticket office by completing the Official Application for Student Tickets. Please visit, <https://www.njtransit.com/tickets/student-savings> to learn more.
4. **New Jersey PATH** – The PATH is a New Jersey light rail that can take you from the Newark Penn Station into New York city, as well Hoboken and Jersey City, the path runs for longer hours than NJ Transit

Supermarkets

1. **Ashley Marketplace** - 1 S Orange Ave, South Orange, NJ 07079 - (973) 762-5200 – High-end grocery store offering regular groceries as well as high-end cheeses, breads, meat, and fish.
2. **Kam Man Supermarket** – 200 New Jersey 10, East Hanover, NJ 07936 (Hanover Commons)- (973) 503-1770- offering Asian specific items, particularly Chinese items, as well as regular grocery store items.
3. **East West Foodmart**- 67 Belleville Ave, Bloomfield, NJ 07003, (973) 748-0030 – Asian supermarket offering a wide variety of all different kinds of Asian specialty food items.
4. **Stop & Shop** - 407 Valley St, South Orange, NJ 07079, (973) 762-6608 – Large supermarket offering a wide variety of groceries, both premade meals and food for cooking. **SHUFLY STOP**
5. **Whole Foods** - 2245 Springfield Ave., Vauxhall, NJ 07088, (908) 688-1455 – Large supermarket offering a wide variety of groceries, but also have more options for specialty meats, breads, spices, and many organic offerings. **SHUFLY STOP**
6. **Royal India Grocery and Catering** - 116 Broughton Ave, Bloomfield, NJ 07003, (973) 748-6100 – Indian based supermarket offering a variety of Indian products. Has a daily fresh selection of Nan breads from their Tandoor.
7. **Supremo Food** (Latin American Market)- 25 S Broad St, Elizabeth, NJ 07202 - Clean, organized, Great prices. Good selection of fresh fish on ice. decent deli.
8. **Caribbean Supermarket** (Caribbean and Latin American Market) - 416 Morris Ave, Elizabeth, NJ 07202 -
9. **City Supermarket** (Latin American Market) - 1016 Sherman Ave, Elizabeth, NJ 07208

Shipping / Postal Services

1. **UPS Store** - 4 S Orange Ave, South Orange, NJ 07079, (973) 821-5380 – Store that you can pack and ship items anywhere in the world.
2. **United States Postal Service (USPS)** - 31 Vose Ave, South Orange, NJ 07079, (973) 762-2872 – Store that run by the US government that has packing and shipping materials and where items can be mailed all over the world. There is also a location on campus in Mooney Hall, but they only accept Pirate’s Gold or personal check.

Shopping

1. **The Mall at Short Hills** – 1200 Morris Turnpike, Short Hills, NJ 07078, (973) 376-7350 - has expensive items like Coach and LV, high end clothes, but some regular stores too (better for more expensive gifts and things of that nature).
2. **Livingston Mall** - 112 Eisenhower Pkwy, Livingston, NJ 07039, (973) 994-9390 – more leisure and fun items as well as clothes. Also the closet mall to SHU. **SHUFLY STOP on Saturdays**
3. **Walgreens** - 139 South Orange Ave, South Orange, NJ 07079, (973) 275-3845 – has most daily use items you can need. **SHUFLY STOP**
4. **Walmart** - 900 Springfield Rd, Union, NJ 07083, (908) 624-0644 – has many daily use items, clothing, and home goods. Also has good selection of electronics and seasonal items.
5. **Target** - 2235 Springfield Ave, Vauxhall, NJ 07088, (908) 622-9002- Has plenty of options for everyday use items, some grocery items, and some clothes as well. **SHUFLY STOP on Sundays**

6. **Jersey Gardens** – 651 Kapkowski Rd, Elizabeth, NJ 07201, (908) 354-5900 - A large mall that has many different shopping options. Many of these stores have better discounts and are larger than your average store. Also many different eateries and a movie theater are available.

Nearby Cities And Their Offerings

1. **Edison, NJ** – A city in NJ featuring many Asian inspired restaurants, shopping, and supermarkets. Primarily Chinese with some Korean and Indian places as well.
2. **Fort Lee, NJ** – great area in NJ near the Hudson River with nice views of NYC. Large Asian community here with many Asian restaurants and one of the only Japanese marketplaces and shopping areas in NJ, called Mitsuwa.
3. **Hoboken, NJ** – NJ Path train with quick access to NYC, as well as NJ Transit conveniently located in the city. Located on the Hudson River, there are a few parks, most notably the Frank Sinatra Park and the Pier A park that offer excellent views of NYC.
4. **Newark, NJ** – The largest city near South Orange, NJ. Offers many different historical and cultural sites. The NJPAC is a theater in downtown Newark, hosting many different events (most virtual) such as plays and classical orchestra concerts. Also, the Prudential Center, where our very own Seton Hall Pirates basketball team plays, is in Newark. They also have large scale concerts and events as well.
5. **New York City, NY** – Largest city in the US. Many different cultural sites, museums, restaurants, events, and historical sites. Use www.nycgo.com for the official guide on everything NYC.

Local attractions (Google should be your best friend!)

1. **South Mountain Reservation**- Public Park on 2000 acres with a zoo, sports arena, hiking trails and pond-fishing
2. **Turtle Back Zoo**- features wild animal exhibits, petting zoo, carousel and mini-train
3. **Eagle Rock Reservation**- Popular country park featuring recreation areas and hiking trails with views of the Manhattan skyline.
4. **Jersey Shore** – up and down the east coast in New Jersey are many towns where you can go to swim in the ocean. Some of the more local beaches (starting at about an hour by car from SHU) are Sandy Hook, Sea Bright, Monmouth Beach, Point Pleasant, Seaside, and Long Brach. If you go all the way to the farthest most southern point in NJ (about 3 hours by car) you will reach Cape May, which is a great historic beach town, with many old Victorian style homes and a small town America feel.

And of course be sure to visit NYC as there is so much to do within the five boroughs of the city (Manhattan, Queens, Brooklyn, Bronx and Staten Island)

Local Religious Offerings

1. **Roman Catholic Church** – Seton Hall University has a Roman Catholic Church on campus for all to attend. It is located next to President’s Hall and the University Green.
2. **Masjid Imam Ali K. Muslim** - 253 - 255 South Orange Avenue, Newark, New Jersey 07103, (973) 732-0769 – Local Mosque
3. **Ukrainian Orthodox Church** - 652 Irvington Ave, Maplewood, NJ, (973) 763-7644 – Local Christian Orthodox Church
4. **Temple Sharey Tefilo Israel** - 432 Scotland Rd, South Orange, NJ, (973) 763-3793 – Local Jewish Temple
5. **Seton Hall Chapel** – Next to Presidents Hall

Off Campus Housing

There are several methods for renting a place in and around the South Orange area while you study at Seton Hall. Here are some tips to help you:

- **Duffy Hall** – Duffy Hall has a bulletin board where students can post flyers either looking for off campus housing or roommates, these flyers may also appear on bulletin boards elsewhere on campus.
- **Local Towns**- Since SHU has the South Orange Train Station nearby, you can look for rental places in cities nearby that are on the train line. Maplewood, Millburn, Short Hills and Summit are all nearby areas. Hoboken and Jersey city are a bit further away but is another good option since it does actually put you closer to NYC.
- **Housing Websites**- You can use apartmentguide.com, bestrentnj.com, or trulia.com to look up local apartments, costs, amenities, and there will be contact information. Sometimes you can use Airbnb.com for shorter rentals. Many students looking for off campus housing or looking for roommates join facebook groups to exchange information, there is typically a facebook group for every year of students e.g. Seton Hall Class of 2023. *Seton Hall University is not affiliated with any of these websites.*

Family Visiting (Hotels, Taxi Services)

Hotels Nearby

1. Cambria	Hotel	West	Orange
12	Rooney		Circle
West	Orange,	NJ	07052
(862)			233-4980
Discount available for SHU families and visitors, use code LSETON when booking			
2. Courtyard	by	Marriott,	West
8		Rooney	Circle
West	Orange,	New	Jersey
Phone:		(973)	07052
			669-4725
Discount on rooms always available to SHU Families.			
3. The	Grand	Summit	Hotel
570	Springfield		Avenue

Summit, NJ 07081
 (908) 273-3000
 8.5 miles from campus

Discount available for SHU families and visitors

4. Holiday Inn & Suites

707 US Route 46 East
 Parsippany, NJ 07054
 Discount rooms available to SHU families and visitors
 Contact: Magaly Barahona Meza

5. The Madison Hotel

One Convent Road
 Morristown, New Jersey 07960
 (800) 526-0729
 (973) 285-1800

Ask for the Seton Hall University rate!

Taxi Services

1. A/Plus Car Service

1630 Springfield Avenue
 Springfield, NJ 07040
 (973) 275-0001

2. Country Club Car Service

23 Pershing Avenue
 Newark, NJ 07114
 (973) 242-4437

3. Eagle Taxi Service

129 Main Street
 Orange, NJ 07050
 (973) 675-3017

SAFETY TIPS

- There is safety in numbers, travel in groups whenever possible.
- Always let someone know where you are going. Carry a cell phone with the emergency numbers pre-programmed.
- Take advantage of campus provided transportation. Take the [SHUFLY shuttle](#), the [SafeRide](#) or use public transportation.
- Using alcohol or other drugs impairs your judgment. Be responsible.
- If you are approached by someone who demands your property, cooperate. Your immediate safety is worth more than the value of any property that you may surrender.
- Promptly report all crimes to the South Orange police department. The information that you provide may assist them in preventing similar crimes.

- If you ever feel unsafe, call Public Safety (973) 761-9300 or the South Orange Police (973) 763-3000 and in an **EMERGENCY DIAL 911**
- **Register for Pirate Alert to guarantee that you will be informed of important emergency information**
- If you go to a bar or club, make sure to have an ID with you or check ahead of time with the establishment if you need ID to get in.
- In the US, **the drinking age is 21 or older**. You must show your identification before buying any kind of alcohol. It is illegal to carry open containers of alcohol in public places like the street, or even transport them in your car. In addition, the laws against drunk driving are very strict. **DO NOT DRINK BEFORE YOU DRIVE**. Not only is this dangerous to you and others, but you could also lose your license and go to jail – for international students this means the possibility of losing your VISA.
- Do not leave bags unattended anywhere.
- If a police officer stops your car, do not get out of the car unless instructed to do so. Roll down your window to speak to the officer.
- Do not walk by yourself at night.
- When walking, keep your head up and look directly ahead. Look confident, pay attention, and be aware of your surroundings.
- Never get into a stranger’s car. If someone in a car asks for directions, stand away from the car when talking to him or her.
- Scams can even be from government entities.
- A Scam is a deliberate attempt to wrongfully take money or information from you on false pretenses.

How to spot a scam:

- The people who call may ask for your personal information without telling you why they are asking.
- They may also keep talking without giving you the chance to talk and explain things that you don’t understand.
- They will also do their best to keep you on the phone as long as possible. This is their job.

What you can do

- -Don't pick up phone calls from unknown numbers
- -If it's a legitimate business trying to reach you, a real person, not a robot, they will leave you a voicemail.
- -Say, “No, thank you!” and hang-up the telephone. -Don’t stay on the phone any longer once you have said it.
- -If these people come to your door, just say, “No thanks!” and close your door. Don’t worry about being rude—they are used to it.

- -Remove your phone number from most of the telemarketers' lists by registering your number on the National Do Not Call List at www.donotcall.gov.
- Phishing is a type of scam usually sent through emails.
- -The goal of a phishing email is to gain private personal information or money from you,
- -This is typically done by the sender claiming they are from the government, claiming you owe money or need to confirm private personal details.
- -If an email from a sender who you do not recognize asks for money or information do not respond.
- -Phishing emails usually come from suspicious looking emails and contain abnormal links or attachments.

COVID-19 TIPS

How to Protect Yourself and Others

- **Wash your hands often** with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing.
 - If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
 - Avoid touching your eyes, nose and mouth with unwashed hands.
- **Avoid close contact** with people who are sick. Some people without symptoms may be able to spread the virus.
 - Stay home as much as possible and avoid non-essential travel.
 - Practice social distancing by keeping at least 6 feet — about two arm lengths — away from others if you must go out in public.
 - Stay connected with loved ones through video and phone calls, texts and social media.
- **Cover your mouth and nose with a cloth face cover** when around others and when you must go out in public, such as to a grocery store. The cloth face cover is meant to protect other people in case you are infected.
 - However, do NOT place cloth face coverings on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
 - In addition, do NOT use a facemask meant for a health care worker.
 - Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.
 - See [CDC guidelines](#), including [how to create](#) your own cloth face cover.
- **Cover your coughs and sneezes.** Use a tissue to cover your nose and mouth, and throw used tissues in a lined trash can. If a tissue isn't available, cough or sneeze into your elbow — not your hands. Wash your hands immediately.
- **Clean and disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. Follow CDC guidance.

Common Tips

- If you need to wait in line for service, maintain a distance of at least 6 feet (2 meters) from others. Wear a face covering as much as possible when you are not eating. If possible, use touchless payment.

Safety tips for public places

- Please keep in mind wherever you go, there is most likely new procedures to follow due to Covid-19. Please call in advance or review the website to learn about these procedures before you go.

- Keep in mind that guidelines might change. Stay informed. Also, don't be afraid to ask questions. If you don't feel confident about a business's safety practices, postpone your visit. Protecting your health is worth it.
- **Restaurants**
 - When ordering takeout, try to pay online or over the phone to limit contact with others. If you're having food delivered, ask for it to be left outside your home in a safe spot, such as the porch or your building's lobby. Otherwise, stay at least 6 feet (2 meters) away from the delivery person.
 - Apps like Grubhub, UberEats, Doordash, Postmates, Instacart, Delivery.com.
- **Places of worship**
 - Before going to a place of worship, check to see if the size of gatherings is being limited and how that might affect your visit. Seek out services held in large, well-ventilated areas or outdoors.
 - Also, avoid contact with frequently touched items, such as books. Place any donations in a stationary collection box. If food is offered at an event, look for pre-packaged options.
- **Gyms**
 - Before going to the gym, call to see if it's limiting how many members are allowed in at the same time. You might have to reserve a block of time in advance, with staff cleaning the facility between blocks.
- **Salons**
 - When making a hair or nail appointment, ask about safety measures.
 - You might be required to attend your appointment alone, wash your hair at home to reduce traffic near the shampoo area, and wait in your car or outside until your appointment begins.
- **Grocery stores**
 - Before going to get your groceries, consider visiting the chain's website to check on the precautions being taken. For smaller businesses, call the store. Some stores deliver groceries.
 - Groceries that deliver are the following:
 - Apps including Insta Cart found available on Android and iPhone.
 - Whole food delivers through Amazon.com
- **Banks**
 - During visits to the bank, use the ATM, if possible. Clean the ATM keyboard with a disinfecting wipe before using it.
- **Pharmacy**
 - Plan to order and pick up all of your prescriptions at the same time. If possible, call in prescription orders ahead of time and use a drive-thru window, curbside pickup, mail order or other delivery service.
- **Parks and outdoor spaces**
 - Before heading out, check with state and local authorities to see if parks, recreational facilities, natural bodies of water, beaches and swim areas are open.

Where to Get Tested for COVID-19

Important notice about your health insurance to get tested

- Please keep in mind the options available for you at Seton Hall:
 - If the person is showing symptoms or suspect of being exposed, you can get tested at Seton Hall Department of Health Services at no cost
 - Testing for reasons such as needed for travel or similar will likely incur a cost with your insurance
- To confirm and request further information please call the SHU Dept. Of Health Services at [\(973\) 761-9175](tel:9737619175).

If you will request services outside of Seton Hall:

- Please call your Health Insurance provider and ask what locations they suggest you should get tested at first that will be covered or cheaper (in-network providers). You can find the number in the back of your card and call the customer service number. Please keep in mind that most insurance companies offer a medical interpreter for assistance if needed.
- If you would like to have more options, please see below:
 - For Newark and non-Newark residents, you don't have to sign up, you can just go and get tested. Drive-thru is also available at this location. Please check the site for details. <https://www.newarknj.gov/news/covid-19-testing-sites-for-newark-residents>.

Medical Emergency Locations

- Urgent Care near Seton Hall University
 - Location: 464 Eagle Rock Ave, West Orange, NJ 07052
 - Number: (973) 669-5900
- Hospital near Seton Hall University: Saint Barnabas Medical Center
 - Location: 94 Old Short Hills Rd, Livingston, NJ 07039
 - Number: (973) 322-5000
- When you arrive to these locations, you will have to show your insurance card. And many hospitals offer a medical interpreter in your language of choice if needed. They can guide you through any information you would like to understand or hear in your language of preference. Your medical insurance may offer a medical interpreter service as well.

Adjusting to American Culture

Living in a new country is difficult, especially when the culture is very different from your own. Below are some tips to assist you with your transition to American culture...

Names

- First or given names are used in the US more frequently than anywhere else
- The last name is the family name
- If they are about the same age or status people may call each other by their first names immediately after they meet
- When you meet someone, who has a title like "Professor," "Doctor," "Ambassador," "President," or "Dean," it is correct to use that title and the person's last or family name. "Ms." is an appropriate way to address both married and unmarried women. If invited to address someone by their first name, you may do so
- If you don't know how to address a person you can follow these general rules:
 - If the person is older use Mr., Mrs., Miss or Ms. and the last name. Ask them "What shall I call you?" or "How shall I address you?"

- If someone appears uncertain about how to address you say, "You can call me..."
 - Be patient with people in terms of helping them pronounce your name
 - Get in the habit of using your official name when you write your signature
 - It is also helpful for instructors and other people who come in contact with you to know your full name and your nickname
 - You should use your full name on all official correspondence
- **Just say no** In some countries, open rejection or disagreement may be considered rude. This is not the case in the United States
 - It is quite normal to disagree openly
 - If someone asks you to go somewhere you do not feel comfortable don't be afraid to say no
 - If someone says no to you for any reason respect their decision and understand their intent is not to upset you
- **Friendship** A U.S. student may consider you a friend, but he or she may invite you to do something only once or twice a quarter
 - This is not because he or she does not like you
 - Life in the United States and like many other countries is very busy
 - U.S. students tend to have many commitments (work and family, for instance, in addition to their studies) and not much free time
- Acting friendly is a U.S. custom
 - It is intended to create positive feelings
 - Some new international students feel confused when someone they do not know says hello to them in the street
 - This casual greeting is not intended to encourage a conversation or express a romantic interest. It is just another form of American friendliness. "Hi, how are you?" is a common greeting in the United States, but very often the person who asks the question does not wait for a response
 - Some international students think this is very rude, but it is not intended to be. It is not customary for the person asking this question to wait for a deep answer. It is customary to reply, "Fine" or "Good." You may also want to ask how the other person is. She or he will most likely answer with the same brief response.

Cultural Values

- The United States was founded by people who valued independence
 - An independent spirit is still evident in this culture
 - Many people from the U.S. believe that they are responsible for their own destinies
 - Being self-reliant is considered more important than relying on family and friends
- Many people from the United States believe that individuals reach maturity at age 18 and should be ready to make independent decisions
 - Privacy is valued for many of the same reasons
 - Even among members of a family, issues such as money, marriage, and career decisions may not be discussed out of respect for a person's privacy.

Race, Ethnicity, and Gender

- Many people in the United States like to think that all people are equal—race, color, religion, ethnicity, class, gender, and sexual orientation are unimportant to our value as human beings.
- Words like "tolerance" and "appreciation" are words that we may use to describe our relationship with people different from ourselves
- Racist and sexist jokes and comments are not tolerated in many social and business settings

- People who make such comments could lose their jobs. However, despite these principles, many inequalities still exist in the United States
- You may hear people make negative comments about other groups
- You may even experience discrimination because you are an international student
 - If this happens to you and you wish to talk about it, talk to an advisor in the OIP office or a counselor from the Counseling Center
- Americans may be more open about their sexuality compared to other countries and openly identify as gay, lesbian, bisexual or transgender
- Remember to treat the people you meet with the same respect and openness that you would want to be treated with.

Cultural Adjustment

- Everyone who moves to a new country experiences a period of adjustment and adaptation to the new culture. This is sometimes referred to as “culture shock” because of the difficulty of leaving your home culture and living in a new culture.
- It includes the shock of a new environment, meeting lots of new people, and learning the ways of a different country. It also includes being separated from the important people in your life, such as family, friends, colleagues, or teachers.
- Culture shock is entirely normal, usually unavoidable, and it does not mean anything bad about you or your new home. Actually, it can be a very significant learning experience, because it makes you more aware of your own culture as well as the new culture you have entered. It will give you valuable skills that will serve you in many ways in the future—it’s part of the benefit of international education.

Some typical symptoms of culture shock are:

· Extreme homesickness · Loneliness · Avoiding contact with other people, especially Americans · Negative feelings and hostility toward American culture and people · Anger, frustration, confusion · Tiredness or need for excessive amounts of sleep · Boredom · Inability to concentrate or work · Loss of appetite · Loss of enjoyment in daily activities · Lack of confidence · Feelings of inadequacy or insecurity · Depression and feelings of helplessness

Here are some ideas to help with culture shock: · Understand that your reactions are normal · Be open-minded and curious about your new environment · Talk with an International Student Advisor about your feelings · Make friends with Americans and other international students · If you struggle with academics, talk with your professors and advisors · Stay busy with academics, hobbies, friends, and other interesting activities · Exercise or participate in sports · Try a new activity that you can’t do in your home country · Don’t forget the reasons you came to America · Be patient with yourself and your new culture

When culture shock hits you, just remember that it is a normal part of being an international student. You will pass through periods of ups and downs, but in the end it will all be worth it.

Try to focus on all the positive and rewarding aspects of your experience! And remember we are always here to help. Please let us know if you need help!!!

Helpful Links

Seton Hall University is not affiliated with any of these websites.

1. Sovillagecenter.org - South Orange Village website, with information about the local area and events that are going on

2. [GrubHub.com](https://www.grubhub.com) - website that allows you to order food online from nearby restaurants and carryout places
3. [Yelp.com](https://www.yelp.com) - website for reviews on restaurants and shops
4. [Groupon.com](https://www.groupon.com) - website for local deals on anything
5. [Amazon.com](https://www.amazon.com), [Chegg.com](https://www.chegg.com) - websites that sell new/used textbooks and a variety of other things
6. [Eventbrite.com](https://www.eventbrite.com) - website for special discounted events for SHU students and other events.