

## Welcome!

Dear International Students,

Welcome to Marian University! We are glad you will join us soon! We hope that your experience at Marian University will be a successful one filled with exciting opportunities both personally and professionally.

We want you to take full advantage of our many resources and support services. We have compiled this guide to inform you of our campus and community. I highly encourage you to read this guide before arrival to campus to help you ease into your new life in Indianapolis.

When you arrive on campus, we will provide you with a comprehensive orientation program that will prepare you for a successful experience at Marian University.

The Global Engagement Office takes great pride in supporting international students during their studies. We are excited to meet YOU and welcome you to your new home!

Sincerely,

Rhonda J. Hinkle, MA, MS  
Executive Director, Global Engagement Office (GEO)  
International Student Success  
rhinkle@marian.edu  
Office: 317-955-6670 Cellular: 317-979-4696



Photo of Marian University students at a dance night held by the International Club, a student organization on campus that hosts activities for students.

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The U.S. Department of State has designed the J-1 exchange visitor program with the purpose of providing citizens of other countries with opportunities to participate in educational and cultural programs in the United States and return home to share their experiences. Programs are expected to promote exposure and interchange between exchange visitors and U.S. Americans so as to increase their mutual understanding of each other's society, culture, and institutions. In addition to the academic or professional goals of your program, you will be expected to take advantage of opportunities for cultural exchange within the university and the wider community. These kinds of opportunities for cultural exchange are highlighted within this booklet.

## Pre-Arrival Information

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### The Global Engagement Office

We are here to support your needs and interests in:

- Understanding your immigration responsibilities, especially in regards to class enrollment and employment.
- Learning how to navigate daily life in the United States, such as obtaining a license, phone, bank account, and other arrival matters.
- Creating educational and social activities that allow you to become active, engaged community members on and off-campus.

### We offer:

- A comprehensive orientation program to help you transition to your new life at Marian University and in Indianapolis.
- Shopping trips for new students in order to facilitate purchasing items helpful to organizing your new residence hall or apartment.
- Cross-cultural activities both on and off-campus.
- Seminars to teach you about immigration regulations, such as work authorization options.
- Advising on how to maintain your J-1 status.
- Advising and support to help you fulfill your personal and academic goals.

Find out more about GEO: <http://www.marian.edu/international-programs/contact-us>



Two students from Saudi Arabia dancing at the Saudi National Day

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## Applying for a J-1 Exchange Visitor Visa



Please review all the information on your DS-2019 to ensure it is correct. Especially check that the spelling of your name, date of birth, dates, and finances are without error. Inform us immediately at [iss@marian.edu](mailto:iss@marian.edu) if there are any errors.

### After you receive your DS-2019

Once you receive the DS-2019 and you have confirmed all the information is correct, you should begin the process of applying for a J-1 visa at your nearest U.S. Embassy or Consulate. J-1 Exchange Visitors are required to have a valid J-1 visa during the time of entry into the United States.

### Applying for a J-1 visa

Bring the following documents with you to your visa appointment:

- DS-2019 Form
- SEVIS fee receipt, called Form I-901. The fee amount for J-1 Exchange Visitors is currently \$220. See the I-901 fee website at [www.fmjfee.com](http://www.fmjfee.com) for more information and to pay.
- Documentation showing evidence of your financial ability to meet expenses, as per your DS-2019
- Evidence of your English ability, sufficient for your specific exchange program
- Evidence of your intent to depart the United States and return to your home residence after the exchange visitor program
- Passport
- DS-160, online non-immigrant visa application confirmation page. Please see the DS-160 website at <https://ceac.state.gov/genniv/> to complete.
- Photographs
- Payment proof of the Machine Readable Visa (MRV) fee
- Visa reciprocity fee, if applicable.

Please review the specific U.S. Embassy website where you are applying for your J-1 Exchange Visitor visa to find additional visa application information.



**Check your visa to ensure it is accurate and that it matches your passport. Make sure that your surname and given names are in the correct order.** Errors will cause problems and cannot be corrected after you arrive in the United States.



International students speak to Marian University classrooms about their home country and culture through the World Classroom Program.

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## Home Residency Requirements

Some J-1 exchange visitors are subject to the U.S. Department of State two-year foreign residence requirement INA 212(e) that requires them to return to their home country for two years at the end of their J-1 program. If you belong to one of the following categories, you are most likely subject to this requirement at the end of your J-1 program:

- Medical doctor sponsored by Educational Commission for Foreign Medical Graduates (ECFMG)
- You come from a country on the U.S. Department of State “skills list.” The skills list can be found [online](#).
- You received funding from your home government or from the U.S. government through agencies

The notation of being subject to this requirement will be on your J-1 visa.

The two-year foreign residency requirement will not prevent you from reentering the U.S. with an F-1 student, B-1/B-2 (tourist) or J-1 student visa (or some other categories) in the future, but it will prevent you from getting H-1B non-immigrant employment or Permanent Residency status unless the 2 year requirement is either fulfilled or waived.

## Health Insurance Requirements

Health care costs in the United States can be prohibitive. All international students and scholars are required to purchase health insurance for the duration of their stay (including all dependents) to help pay for medical care.

J-1 Exchange Visitors are automatically enrolled University health insurance plan for the duration of their program. If your spouse or dependent children are joining you as J-2s, they are also required to carry appropriate health insurance that meets the minimal coverage requirements, as established by the U.S. Department of State:

- Medical benefits of **at least** \$100,000 per accident or illness
- Repatriation of remains in the amount of \$25,000
- Expenses associated with the medical evacuation of the exchange visitor to his or her home country in the amount of \$50,000
- A deductible not to exceed \$500 per accident or illness.

J-2 dependents are eligible to purchase the University's LewerMark Student Insurance plan.

For more information on Marian University's health insurance plan, please see [www.lewermark.com/Marian](http://www.lewermark.com/Marian).

During orientation, you will print your insurance card, learn how to find a doctor or clinic, and better understand how to use your plan, such as benefits and exclusions.

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## Care, Wellness & Health Requirements

Please note that Marian University is a non-smoking campus.

All students must complete the ***Student Health Record and Student Immunization Record forms*** online. Please complete the two online forms, which can be found on our [website](#). Please submit them before your arrival to campus. After review by the Student Health Center staff, if any portion of the health form is found to be incomplete, you will be notified and directed in how to complete the missing requirements. You will be responsible for potential charges if you do not have required vaccinations or lab results. Your LewerMark Student Insurance may cover some of these expenses under its wellness benefit; please save all receipts and submit them for reimbursement.

## Medical Concerns

The Marian University Student Health Center, located in Clare Hall 126, provides clinical opportunities for students to achieve their level of optimal wellness. The Catholic Franciscan heritage coupled with current medical information guide the implementation of clinical services. These services address a wide range of needs in the form of providing treatment for acute illness, well visits, immunizations, physical exams and promotional health education

programs. The Student Health Center provides limited over-the-counter medications and prescriptions when indicated.

Hours of operation: Monday 8:30 a.m.-5:00 p.m., Tuesday, Wednesday, Thursday 8:30 a.m.-4:00 p.m., Friday 8:30 a.m.-3:00 pm. Please call in advance for an appointment; walk-ins welcomed – will be seen as schedule permits.

Phone: 317-955-6154, fax: 317-955-6133



GEO sponsored a panel of current Marian students to discuss Islam and how it relates to Christianity.

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### **Climate: Average Monthly Temperatures in Indianapolis**

Indianapolis, Indiana, has a four-season climate with cold and windy winters and hot summers. For some international students, a winter in Indianapolis is a first snow experience. The temperature in Indianapolis varies from season to season. Here is the average low and high temperature in Indianapolis.

January	28.5°F	-1.9°C
February	31.4°F	-0.3°C
March	43.9°F	6.6°C
April	53.8°F	12.1°C
May	63.5°F	17.5°C
June	72.8°F	22.7°C
July	77.5°F	25.3°C
August	70.1°F	21.2°C
September	69.8°F	21.0°C
October	55.6°F	13.1°C
November	39.8°F	4.3°C
December	32.3°F	0.2°C

## **Packing**

When considering what to pack, keep in mind that Marian University students generally adopt a casual style of dressing. Useful items to bring with you would include:

- Clothing
  - Summer clothing (T-shirts, shorts, cotton dresses, hats, sandals, light jacket)
  - Winter clothing (sweaters, sweatshirts, pants, jeans, hat, scarf, gloves, socks, heavy coat, winter shoes or tennis shoes, boots, umbrella)
  - One or two nicer outfits with dress shoes for formal occasions
  - Traditional clothing from your home country or area (very useful for international festivals and other international events)
- If you wear glasses and/or contact lenses, bring a spare pair of glasses and/or contact lenses and verification of your current optical prescription
- Medication and back-up prescriptions for this medication
- Any personal hygiene products from your home country that may not be available in the United States
- Immigration documents should be stored in your carry-on luggage.



If you are living in the residence halls, be sure to request a bedding packet prior to your arrival. You can request this pre-arrival, by following the link provided by the Global Engagement Office in the month prior to your arrival. The bedding pack will be in your room when you arrive and will contain a pillow, sheet set, blanket, towel set, and tissues. If you are not living in a residence hall, you may want to consider bringing these items from home to avoid a shopping trip immediately upon arrival to purchase them.

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## **Arrival to the United States**

We have comprehensive information on when and where to arrive to campus, along with details on what documents you will be asked to present to the U.S. Customs and Border Officers. Please read more at [www.marian.edu/international-programs-arrival](http://www.marian.edu/international-programs-arrival)

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## **Payment to Attend Marian University**

The DS-2019 lists the total estimated financial support for the duration of your Exchange Visitor Program. If you have tuition or fees that are not covered by a tuition agreement with your home university, please see the information below on payment options.

Questions about payment should be directed to the Business Office in Marian Hall 103 or call (317) 955-6020.

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Fall tuition, fees, room, and board charges are due on July 15. Spring tuition, fees, room, and board charges are due on December 15.

Payment can be made in one of the following ways:

1. Cash (U.S.) or Credit Card (Visa, MasterCard, Discover, or American Express) Additional fees will be applied to all credit card payments.
2. Directions for online bill payment can be found online [https:// marian.afford.com](https://marian.afford.com). To pay online, go to <https://www.marian.edu/current-students/my-marian>, (see Online Bill Payment).
3. A payment plan may be set up through Tuition Management Systems, by going to [www.afford.com/marian](http://www.afford.com/marian). There is a per semester set up fee of \$60. The payments are due by the 20<sup>th</sup> of each month.
4. International money order or international traveler's checks in U.S. dollars
5. Wire transfer. You will need the following information for the wire transfer.

Marian University Operating Account  
KeyBank National Association  
88 E Broad Street  
Columbus, OH 43215  
(614) 460-3419  
EFT/ACH/Wire Routing # 041001039  
Account Number: 149681010323

Wire transfers must include the full student name and if known, Marian University student identification number.

If you are wiring money, we recommend doing so two months before the payment due date.

**Wire extra funds to cover any and all bank charges that may be deducted. You are responsible for these charges.** Make certain to bring a receipt of the transfer with you to Indianapolis. Any amount paid beyond what is owed for tuition, room, and board will be refunded to the student once the money has cleared.



International Student Orientation

### **Cellular Phone Service in the United States**

Mobiles, called cell phones in the U.S., facilitate communication and make information readily available almost instantaneously. Being aware of the cellular service norms in the United States is essential. Some countries offer international plans that travel with you and work in the United States, therefore make sure you explore this option as you prepare to depart your home country. The other option is to sign up for service once you arrive. A brief outline of popular service plans and cellular service providers is offered below for your reference.

#### **PLAN OR PREPAID**

There are two types of service plans (most of them monthly) for cell phone users in the United States, contract service plans and prepaid/pay-as-you-go plans. The main difference between contract and prepaid plans is the commitment term.

Contract phone plans are usually signed for the duration of two years in which the signee agrees to pay for the service uninterruptedly. The benefits of a contract plan include a lower monthly charge, lower prices on newer phones, better reliability features, and usually better nation-wide service coverage. International students sometimes encounter problems enrolling in a contract plan because most providers require a U.S. Social Security number in order to conduct a credit history background check; the alternative accepted by some carriers is a large cash deposit. As with any contract, please ensure that you understand all requirements and charges before signing it. Defaulting or early termination of a cell phone contract results in heavy cancellation fees.

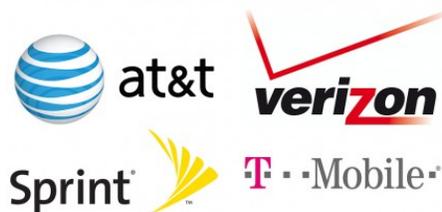
On the contrary, prepaid service plans are usually cheaper and you pay as you go (in advance) and do not require a long-term commitment. Major American cell phone carriers offer their services in prepaid fashion and offer plans similar to contract plans but at higher rates. Enrolling

in a prepaid plan can be as easy as requesting a compatible sim card for your unlocked phone and can be done online or in-store. **If you plan to bring your own cell phone from abroad and want to enable service for it in the United States, it is strongly recommended that you verify your current phone is unlocked.** Once unlocked it should accept a SIM card from any carrier that you choose.

Make sure you explore different options and conduct your own research before selecting a service that gives you what you want. Thanks to the various cell phone service providers in the industry, options are numerous and there will certainly be a plan package that fits your budget and interests.

Information on cell phone stores located near campus is provided below:

<u>AT&amp;T:</u>	<u>Verizon Wireless:</u>	<u>Sprint:</u>	<u>T-Mobile:</u>	<u>Boost Mobile:</u>
49 W. Maryland St. Space D01c Indianapolis IN 46204 (317) 630-4928	49 W Maryland St. Room D02a Indianapolis, IN 46204 (317) 602-3785	5945 Crawfordsville Rd Ste D Indianapolis, IN 46224 (317) 243-3400	3787 N Meridian St, Indianapolis, IN 46208 317-924-3970	3119 W 30th St, Indianapolis, IN 46222 (317) 283-5556



\*In addition to contract plans, all of the providers above offer prepaid plans. Pre-paid plans are also available at stores such as Wal-Mart, Target, and Meijer. Note that several providers market their services exclusively online for international students. A good place to start is [campussims.com](http://campussims.com).

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## Things To Do Before Arrival

- Check out the **comprehensive checklist regarding immigration and academic preparations** at [www.marian.edu/international-programs/preparing-for-arrival-to-campus](http://www.marian.edu/international-programs/preparing-for-arrival-to-campus)
- Obtain an **international driver's license** and official translation of your driver's license. For more information, see [www.marian.edu/international-programs-license](http://www.marian.edu/international-programs-license)
- Complete the **Student Health Record and Student Immunization Record** with your family doctor. Submit the information online via Connect.
- Unlock your **mobile phone**. This will make obtaining a SIM card and using it in the United States much easier!
- Request an **airport pick-up** from the Indianapolis airport, if available and needed. Airport pick-ups must be requested at least 2 weeks before your arrival via the link sent by GEO approximately one month prior to International Student Orientation.

Although you are required to have health insurance while studying at Marian University, we recommend you take care of **health care matters** before your arrival to campus.

- Have your eyes and teeth checked and any necessary work done, if possible.
- Translate your medical records and prescriptions into English, if necessary.
- Bring an adequate supply of medication.



New student gathering of current and recently-arrived students

## Post-Arrival Information

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### Quick Overview

#### United States of America

- Population: Around 319 million people
- Size: 3.5 million square miles (approximately 9 million kilometers)
- Rank: 3rd most populous country in the world

#### Indianapolis, Indiana

- Population: Around 850,000 people
- Size: 366 square miles  
(approximately 948 sq km)
- Rank: 12th largest city in the U.S.
- Within driving distance to several other U.S. cities, such as Chicago, Cincinnati, and Louisville

#### Marian University

- More than 2,500 students
- 97 full-time professors
- 152 part-time professors
- Average class size: 17 students
- 36 majors, 37 minors, 15 associates, 27 concentrations
- 10 minutes from downtown Indianapolis

## Maintaining J-1 Immigration Status

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Below is an outline of the general U.S. federal regulations that you are required to follow as a J-1 Exchange Visitor. These will be discussed in more detail during your orientation program with ISS&GE after arrival.

1. You are required to provide GEO with a **copy of any current or renewed passport and visas**. This also applies to the accompanying J-2 dependents.

Before **traveling** outside the United States, you will need a travel signature from GEO on your DS-2019. Failure to do so may jeopardize your ability to re-enter the United States. Please notify us of any travel which spans 14 days or more days.

2. If your **J-1 visa expires** you will be responsible for getting the appropriate documents to apply for a new visa to re-enter the United States the next time you travel abroad.

3. As an exchange visitor on a J-1 visa, you (and your J-2 dependents) are required to have **health insurance** during your program. Health insurance coverage must meet the U.S. Department of State's requirements. The University will provide you with a mandatory health insurance plan through LowerMark Student Insurance.

4. **Any change in U.S. address, telephone number, email address, and change in site of activity** must be reported to GEO within 10 calendar days in order to maintain your J-1 status.

5. By entering the country in J-1 visa status, you accept the responsibility of meeting the terms and conditions stated on the DS-2019 Form. Your admission into the United States is for the sole purpose stated in section 4 of the DS-2019. **Please notify GEO of any change** in the source of your funding, the nature of your work or research, or your sponsoring institution. Failure to notify GEO of any of these changes may jeopardize your immigration status.

6. **Acquire appropriate work authorization** from GEO before beginning any paid or unpaid work done in the United States. Please contact GEO with any questions regarding work authorization options in your J-1 program.

7. You must have a valid DS-2019 while in J-1 status at Marian University. **If you wish to extend your program**, please contact GEO at least 4 weeks prior to the DS-2019 expiration date.

8. **Leave the United States within 30 days** of the end of your DS-2019 or the program end date (whichever is earlier). Please notify GEO immediately if you or any of your J-2 dependents leave the United States permanently before the program end date listed on the DS-2019, so your immigration record can be updated.

## Employment and Your Rights

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If you are employed as part of your J-1 program, it is important that you understand that you have rights in the United States and can get help if you encounter problems. For example, if you are employed in the United States, you have the right to be treated and paid fairly; not to be held in a job against your will; to keep your passport and other identification documents in your possession; to report abuse without retaliation; to request help from unions, immigrant and labor rights groups and other groups; and to seek justice in U.S. courts. The U.S. Department of State's Rights and Protections for Temporary Workers website has information in a number of languages about employee rights and protections. Please review the Wilberforce Rights Protections and Resources Pamphlet which is included in this packet of information.

You will receive the Marian University student rights and responsibilities handbook during the International Student Orientation, which will details various important policies and procedures.

## Emergency and General Contact Information

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**Campus Police:** Paul J. Norman Center, 317-955-6789

**Global Engagement Office, International Student Success:** Clare Hall, Room 143, 317-955-6670  
Rhonda J. Hinkle, Responsible Officer: [rhinkle@marian.edu](mailto:rhinkle@marian.edu)

**Office of Designation for the U.S. Department of State's Exchange Visitor Program:**

U.S. Department of State  
Office of Designation Academic and Government Programs Division  
ECA/EC/AG – SA-44, Room 668  
301 4th Street SW Washington, DC 20547  
Telephone: (202) 203-7131  
FAX: (202) 203-7779  
[agexchanges@state.gov](mailto:agexchanges@state.gov)  
<http://j1visa.state.gov/programs>

## **U.S. American Social Customs**

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### **Informality**

- Americans generally like to treat everyone similarly with little concern for title or status.
- People with “important” positions may invite you to call them by their first name. Students tend not to call professors or superiors by their first names unless they are told that it is ok to do so.

### **Time and Appointments**

- Americans place a high value on time and try to use it efficiently.
- They often schedule their days in advance and plan appointments when they need to take some “time” from another person.
- Americans demonstrate respect for others (including professors) by calling or emailing to inform them if they will be late or must cancel an appointment. If you have an emergency, such as a death in the family or personal illness, email your professors in advance so that they are aware you may need to be absent from class.
- Arriving late is considered very rude.

### **Conversation**

- U.S. Americans are usually quite opinionated and not at all afraid to express their feelings about most subjects. However, U.S. Americans tend to avoid conversations about age, income, and marital status.
- They value time, so they converse in direct and specific ways, which may sometimes be perceived as impolite.
- Americans are curious and tend to ask a lot of questions, which can sometimes be simple-minded or ignorant questions, but they typically have good intentions in wanting to know you better.
- They may openly discuss personal and private topics, even with strangers and may pose personal questions.
- Americans respect privacy, however, and so will normally understand when told that a topic is “too personal” to discuss.
- It is considered quite rude to interrupt or talk while others are talking, especially a presenter or professor.

## **Nonverbal Communication**

- Eye contact while talking is important to most Americans as it shows sincerity, confidence and honesty.
- Americans often use hand gestures. Common signals include waving “hello” or “goodbye.”
- Americans like to smile. You may notice that they smile often for no reason. Not smiling at others may be perceived as being unfriendly or unwelcoming.

## **Touching**

- Americans typically keep at least one and one half to 2 feet (0.5-0.7 meters) of distance between themselves and others when they are talking.
- Personal space is important to them, as is minimizing physical contact with others.
- As friendly gestures, though, they may pat others on the upper back or shoulder, or they might briefly touch another person’s arm. Close friends may hug.

## **Sitting**

- At informal gatherings, U.S. Americans often do not care how they sit. They may sit with their feet propped up, slouch, and cross their legs. This is usually not meant as a sign of disrespect, but rather as a way to communicate that the person is just an “everyday sort of person” and very approachable.
- In more formal settings, however, this type of behavior would be a sign of disrespect.

## **Family and Friendships**

- U.S. American culture promotes individualism.
  - Individualistic cultures stress self-reliance, decision-making based on individual needs, and the right to a private life.
- Although Americans generally love and respect their families, they may not always consult and consider them while making decisions about their lives.
- Friendships between Americans tend to be shorter and less intense than those between people from many other cultures because U.S. Americans are taught to be self-reliant and live in a very mobile society.
- Americans tend to have different categories of friends such as:
  - Friends from work
  - Friends from school
  - Family friends
  - Neighbors

Often, they do not mix these groups of friends, but rather, they spend time with these groups separately. For example, friends from school may not know friends from work.

- U.S. Americans often seem very friendly, even when you first meet them. This friendliness does not always mean that the person is looking for a deeper relationship.
- International students are often surprised that often they have to be the one to approach others, rather than the other way around. While it may seem uncomfortable or awkward, making the first step to make new friends will increase the likelihood of making U.S. American friends.



## Academic Culture

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You may find that the academic culture in the United States differs from what you are used to.

### Classroom Culture in the United States

- Professors encourage questions and class participation.
- Make sure to take notes in order to help you recall information later for tests and projects. You can ask a professor if he/she minds if you record the class with a tape recorder/phone so that you can listen later when you are studying.
- Since classes are small, students are expected to speak up in class. Final grades in a class are sometimes based on how often the student participates.
- Discussions can sometimes be fast paced and there is not always a particular order that people talk.

- Sometimes professors prefer you raise your hand before talking while others prefer that you share a thought when you have it. It is okay to ask a professor what their preference is.
- The format of each class will depend on the subject and on the professor's teaching style.
- Most courses require critical thinking instead of memorization. Projects require students to demonstrate what they have learned in class rather than just memorizing information for a test.
- Projects sometimes require working in a group and presenting in front of an audience.
- Professors and students typically have informal relationships and professors are readily available to students when needed.
- It is expected that students will ask if they do not understand. It is important to look at your syllabus early and organize your semester early, then ask questions about things you do not understand.
- Faculty hold office hours where students can visit them to ask questions and talk about the class.
- U.S. American schools promote a well-rounded education, so students are required to take general education courses outside of their major in order to be knowledgeable in several subjects.



## Academic Integrity

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There are some academic practices that you need to avoid. The following practices will result in University disciplinary action such as failing, suspension or even dismissal.

### Cheating

- Students can share notes, ideas, and materials when an instructor says it is okay.
- Using or attempting to use unauthorized materials, information or study aids to gain an unfair grade advantage over other students is cheating.

Examples include:

- Using unauthorized notes during an exam
- Copying answers from another student from another's homework or exam
- Receiving information from another student or person during an exam
- Allowing another student to copy from your paper or exam

- Telling another student about the contents of an exam before he/she takes it
- Writing a paper for another student

## **Plagiarism**

- Pronounced play-jer-iz-um. Don't worry if you have never heard of this word.
- Plagiarism is an American concept of taking someone's work or ideas and passing it off as your own. Some cultures believe using someone else's words is a sign of respect, but do not believe in citing the source of the words. In the United States, plagiarism has serious consequences such as failing the course or dismissal.
- The United States has high standards when it comes to plagiarism, and it is seen as a form of cheating. You will be expected to cite your references by creating a citation list of authors for which you used their research to create your paper or project and quoting them when using their words.
- This expectation is not better or worse than any other culture's practice, but it is important for you to know what will be expected of you here.
- Examples of plagiarism include:
  - Failing to use quotation marks when using a direct quote from a source
  - Summarizing the ideas or thoughts of another author without giving them proper credit through a citation

## **Fabrication**

- Falsifying or inventing information or citations such as making up fake data or creating a fake citation to provide information for a paper

## **Culture Shock**

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Most travelers experience some form of culture shock upon arriving in a new country. This is described as the physical, psychological, and behavioral reactions that often occur when individuals are attempting to live, work, or study in unfamiliar cultural contexts.

Each person finds ways to adapt to the strange behavior of the host culture. Most people pass through a series of "stages." These stages aren't always visible, but it is often useful to identify that what you are feeling might be culture shock, and that it will pass eventually.

### **Stage 1—Romantic Stage**

- Feeling positive about everything
- Viewing everything as a new experience
- Doesn't always last long but varies by individual

### **Stage 2—Period of Crisis**

- Difficulty settling and missing the support previously received from friends and family
- Things that were simple in your home country may be complicated now
- May become critical or negative toward the host culture

### **Stage 3—Period of Recovery**

- Realizing that everyone has different ways of doing things and you begin to learn those ways
- You may begin to react to things differently, sometimes you may react the way an American might

### **Stage 4—Final Adjustment**

- You become more positive about the United States but you still recognize its problems
- You may adapt so well that you experience a reverse culture shock when you return home



## How to cope with culture shock

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- Be curious. You are never going to understand all things, but it is usually interesting to try to learn. For a complete list of opportunities including lectures, discussions, and events visit the Marian University calendar [online](#).
- Ask someone! U.S. Americans usually want to be helpful, but they normally will not approach you first.
- Take the initiative - start a conversation. Join a student organization to get involved on campus. Attend the Activities Fair during the first week of each the semester or go to [Connect](#) to browse and join student organizations on campus.
- Sometimes you have to relearn very simple tasks (like going to the grocery store or driving in a new country) and this can become frustrating. Try to do things to relax. What do you do in your free time in your home country? Perhaps you can do something similar here. Find what works for you!
- Perhaps in this new culture, things have a different meaning than they do at home. Hold an open mind, if you can, and try not to judge.
- Keep a sense of humor, especially about yourself.
- Be patient as Americans try to understand your ways, too. Talk to Rhonda about participating in the [World Classroom](#) to share your culture and experiences with other students.
- Enjoy yourself and your new experiences. If you are feeling overwhelmed or alone, visit Counseling and Consultation Services or GEO, which are both on the first floor of Clare Hall.

## Community Resources

### City Buses

	<b>Pass Types</b>	<b>Cost</b>
○	One Trip	\$1.75
○	One Day	\$4.00
○	10 Trips	\$17.50
○	7 Days	\$20.00
○	31 Days	\$60.00

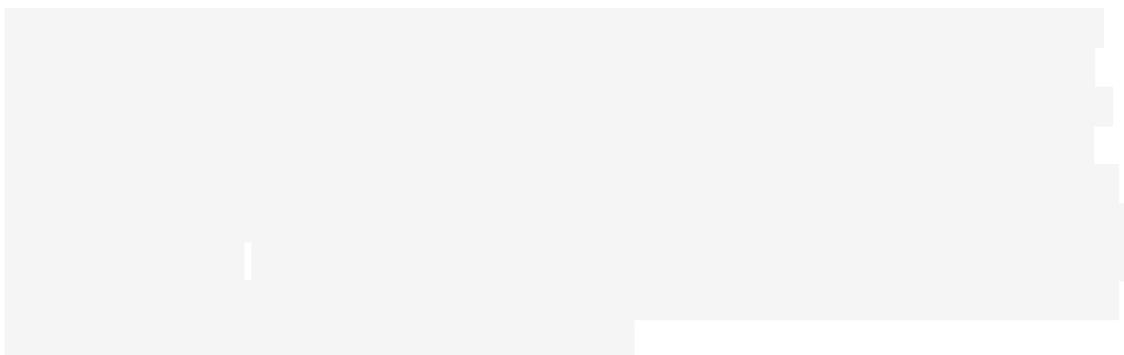


### Taxis

- Call (317) 487-7777 24 hours a day, 7 days a week
- Taxi fare is determined by meter. Yellow Cab charges a \$3.00 pick-up fee. The City of Indianapolis sets meter rates.

### Uber or Lyft

- Uber is a convenient, inexpensive and safe taxi service. You can hire a private driver to pick you up and take you to your destination with the tap of a button on your phone - and they'll be there in minutes. Not only is it an on-demand car service, but you can also see exactly where the driver is when they're coming to pick you up.
  - Get the Apps on the AppStore



## Intercity Transportation

### [Amtrak](#)

- Find a train a train or bus to travel anywhere in the continental U.S.

### [Greyhound Bus](#)

- Over 3,800 destinations across North America

### [Megabus](#)

- We offer the best Midwest bus transportation to get you where you need to go fast, safe and in supreme comfort

## Medical Centers

You are required to take the university health insurance plan through LowerMark. Please read more information about coverage, how to see a doctor, and how to print your insurance card at [www.lewermark.com/marian](http://www.lewermark.com/marian)

- [IU Health Methodist Hospital](#) (3.3 miles/ 6 minutes)
  - 1701 N Senate Blvd Indianapolis, IN 46202
  - (317) 962-2000
- [Sidney and Lois Eskenazi Health](#) (3.4 miles/ 7 minutes)
  - 720 Eskenazi Ave. Indianapolis, Indiana 46202
  - (317) 880-0000
- [IU Health University Hospital](#) (3.6 miles/ 8 minutes)
  - 550 N. University Blvd. Indianapolis, IN 46202
  - (317) 944-5000
- [St. Vincent Indianapolis Hospital](#) (9.3 miles/ 15 minutes)
  - 2001 West 86th Street Indianapolis, IN 46260
  - (317) 338-2345

## **Education**

### **Compulsory Education Laws**

Laws that require children of a certain age to obtain a formal education exist in every state, and they can apply to public school, private school, home school, or something else. Indiana's compulsory education laws require kids between the ages of seven and 16 (so long as the exit interview requirement is met) to attend school. In addition, an Indiana superintendent is empowered to pursue criminal prosecutions of parents for non-enrollment of a child.

### **Should I choose a Private or Public School for my Child?**

#### **Private Schools**

##### **Benefits**

Private schools offer a caring, challenging, nurturing, safe and secure environment for your child. They foster academic excellence and high achievement, educating the whole child within a values-based setting, and preparing youngsters for success in life. Private schools are known for the high standards they set. They engage students and spark the desire to learn. Teachers expect excellence from students, and students tend to live up to those expectations. The high expectations and academic rigor help account for above-average levels of student success, including higher college-going rates.

##### **Drawbacks**

Private schools are privately funded, and therefore do not have to follow all of the rigid regulations set by the government. However, this comes at a cost. If you choose to send your child to a private institution, you will be expected to pay tuition.

#### **Public Schools**

##### **Benefits**

Public schools are funded by tax revenues from federal, state, and local governments. Every school has geographic boundaries to determine which students can attend where to avoid overcrowding each school. The children will know which public school they can go to depending on the area where they live. You also receive free school bus transportation

##### **Drawbacks**

Under-funded schools may not have the materials or they might have to cut some programs. Classrooms are often filled to its maximum capacity and there tends to be too much emphasis on the standardized testing

- Private Elementary Schools offer 1st- 8<sup>th</sup> grade. Public Elementary Schools offer 1<sup>st</sup> -5<sup>th</sup>.
- Public Middle Schools offer 6<sup>th</sup>- 8<sup>th</sup> grades.
- Public and Private High Schools offer 9<sup>th</sup> -12<sup>th</sup> grades.

### **Local Elementary Schools**

- **Public**
  - Cold Spring School
  - Elder W Diggs School 42
  - Riverside School 44
  - Speedway Public Schools
- **Private**
  - St. Michael the Archangel Catholic School
  - Holy Angels Catholic School
  - St. Monica Catholic School
  - St. Christopher School
  - MTI Islamic School

### **Local Middle Schools**

- **Public**
  - Speedway Junior High School
  - Francis W. Parker School 56

### **Local High Schools**

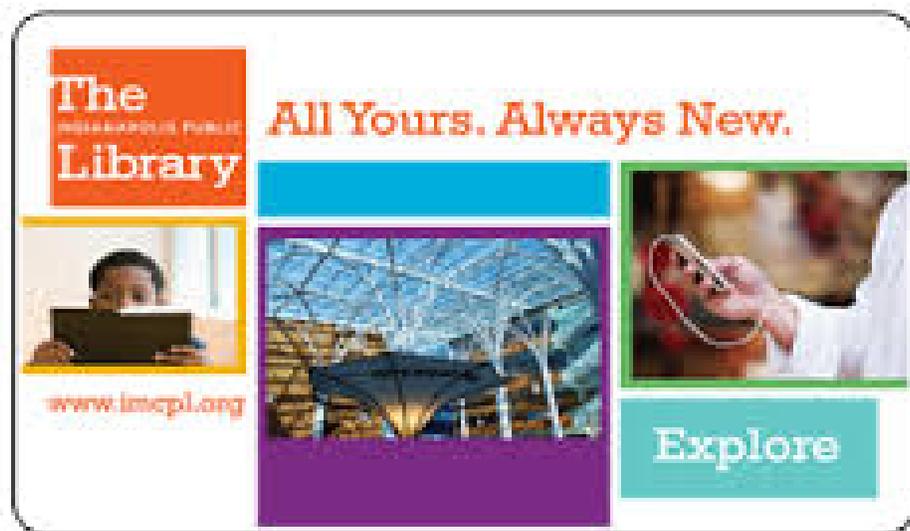
- **Public**
  - Northwest High School
  - Speedway Senior High School
- **Private**
  - Cardinal Ritter High School
  - Covenant Christian High School

### **Library**

#### **[The Indianapolis Public Library](#)**

- Monday        10am – 8pm
- Tuesday       10am – 8pm
- Wednesday   10am – 8pm
- Thursday     10am – 6pm
- Friday         10am – 5pm
- Saturday     10am – 5pm
- Sunday        12pm – 5pm

- Branches Closest to Campus
  - Eagle Branch
    - 3325 Lowry Road Indianapolis, IN 46222
    - (317) 275-4340
  - College Avenue Branch
    - 4180 N. College Ave. Indianapolis, IN 46205
    - (317) 275-4320
  - Central Library
    - 40 E. St. Clair St. Indianapolis, IN 46204
    - (317) 275-4100





## Recreation

### [Indianapolis Healthplex](#)

- 3660 Guion Road, Indianapolis, IN 46222
  - (317) 920-7400
  - Fee to use
- 
- Riverside Park Family Recreation Center
    - 2420 E Riverside Drive, Indianapolis, IN 46222



## Banking

- Opening a savings account is simple and will allow you to safely deposit your money while you are here. Most large banks will have an international plan with which you will have access to your money at home, as well as a way to deposit money here in the United States.
- Opening a checking account will allow you to use personal checks, debit and credit cards, as well as online vendors such as PayPal.

### Banks near Campus



- 2802 Lafayette Rd, Indianapolis, IN 46222



- 3501 Lafayette Rd, Indianapolis, IN 46222



- 4618 W 38th St, Indianapolis, IN 46254



- 3711 Georgetown Rd, Indianapolis, IN 46224



- 2331 N Meridian St, Indianapolis, IN 46208

