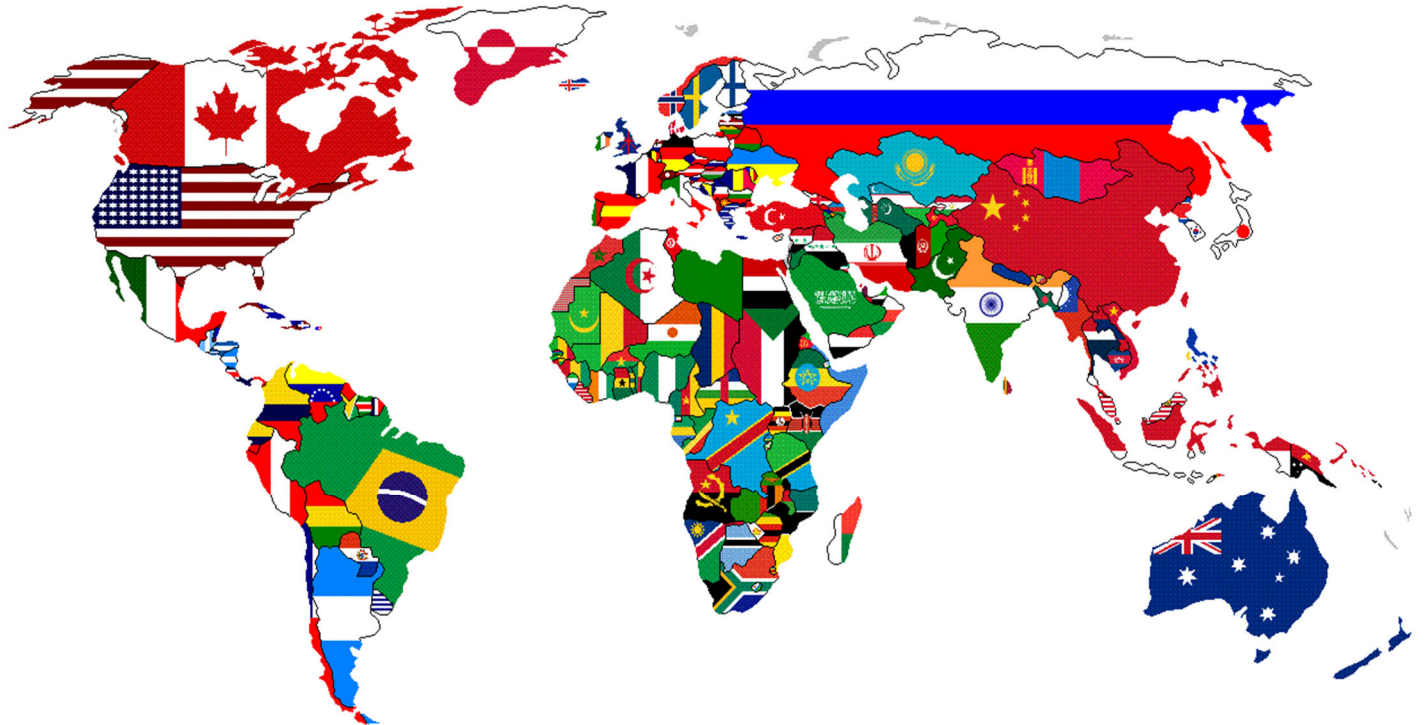


# Saint Mary's University of Minnesota



## International Center Student Handbook 2025 - 2026



**Saint Mary's  
University**  
*of MINNESOTA*

International Center  
700 Terrace Heights #34  
Winona, MN 55987  
507-457-1450  
[intlcenter@smumn.edu](mailto:intlcenter@smumn.edu)

Dear International Students, Welcome!

This is your time! On behalf of the International Center, we would like to welcome you to Saint Mary's University! We are very excited that you have chosen SMU to be your "home" for the next few years! We are here to assist you in your personal, academic, and cultural transition to the university environment. Our office provides:

- 1) Orientation sessions and continuing education programs which specifically assist you in your transition to living in the United States and to being a student at Saint Mary's;
- 2) Explanation of immigration procedures and governmental policies which affect you as an international student and assistance in completing paperwork for program extensions, changes in status, reinstatement to student status, and moving to another educational level;
- 3) Assistance with the work authorization process for international students who seek employment (CPT and OPT);
- 4) Assistance with personal or academic issues and referrals to appropriate offices or resources when needed;
- 5) Provide extracurricular activities to assist in the integration of international students into SMU and Winona communities.

Additionally, we strongly encourage you to become a member of the club called Merging Intercultural Experiences (MIX) this year. Being a member of this club will give you the opportunity to meet students from all around the world, to interact with upper class international students who have already made the transition to SMU (they can be a great resource for you!), and to share your culture with others! The club plans social and educational programs throughout the year.

Finally, we expect you will take the time to read through this International Student Handbook. It will answer many of your initial questions about the academic and personal issues you may encounter as an international student here. We feel confident that you will find it a useful resource throughout your stay in the U.S. In addition, we recommend that you also read our SMU Handbook at <https://international.smumn.edu/new-students/>. Again, please let us know how our office can assist you during your stay at Saint Mary's, and we look forward to getting to know you!

Sincerely,

Rebecca Vogel  
Director of International Center

Vicki McDonald  
Coordinator of Study Abroad &  
International Student Services

# TABLE OF CONTENTS

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SUBJECT	PAGE NUMBER
I. INTERNATIONAL CENTER	
Welcome Letter	2
TABLE OF CONTENTS	3 - 5
MISSION OF THE UNIVERSITY	6
PROGRAMS/SERVICES	
International Student Services	7
Study Abroad	7
STAFF CONTACT INFORMATION	8
II. GENERAL INFORMATION	
PLAN YOUR ARRIVAL WEEK	
Fall & Spring Schedule	9
PREPARE FOR YOUR STAY	
Weather in Winona	10
What happens in Summer?	10
What about all my things?	10
What is an RA?	10
Packing List	10
WELCOME! WHAT YOU SHOULD KNOW BEFORE YOU ARRIVE	
Arrival	11
Meet other students	11
Important Documents	11
Saint Mary's Academic Calendar	12
School Breaks	13
Cell Phones	13
Technology	13
Checklist for Success	13
TRANSPORTATION	
Winona Transit	14
Rideshare	14
Car	14
Airport transportation	14
Train	14
Shopping	14
Winona Transit Bus Schedule	15-16

# TABLE OF CONTENTS (Cont.)

---

SUBJECT	PAGE NUMBER
III. GENERAL INFORMATION	
SAINT MARY'S QUICK ANSWERS	
SMU Email	17
Facebook	17
Mail	17
International Center Website	17
SMU Student Handbook	17
CAMPUS RESOURCES	
Fitzgerald Library	18
Campus Bookstore	18
Business Office	18
Recreations and Athletic Center (RAC)	18
Office of Campus Ministry	19
PLACE TO EAT ON CAMPUS	
Toner Dining Hall (Cafeteria)	19
Cardinal Club	19
Cotter Café	19
MEAL PLANS	20
STUDENT ID CARDS	20
PLACES TO EAT IN WINONA	
Restaurants	21
Fast Food	21
Cafes	21
NEED HELP ON CAMPUS?	
Campus Safety	22
The Help Desk	22
Residence Assistant (RA's)	22
Wellness Center	22
Student Success Center	22
MONEY AND BANKING	
United States Currency	23
Banking	23
Opening an account	23
Writing Checks	23
Debit Cards	24
ATM	24
HELPFUL TIPS FOR ADJUSTMENT TO CAMPUS	
Language and Dialects	25



# TABLE OF CONTENTS (Cont.)

---

## SUBJECT PAGE NUMBER

Your Name	25
Being asked questions	25
Cultural Adjustment	26
Culture Shock	26
Coping with Culture Shock	26
The Adjustment Process	27
Return Anxiety, Reentry Shock, Reintegration	27
DRIVING A CAR IN THE UNITED STATES	
Minnesota ID Cards	28
Minnesota Driver's License	28
Insurance	28
Drinking and Driving	29
Avoiding Car Accidents	29
LEGAL INFORMATION	
Government Regulations	31
Your Passport	31
Your Visa	31
Your I-94	32
Student or Exchange Visitor Status	32
Maintaining Your Student Status	32
A Full Course of Study	33
FERPA	33
Taxes	35
Social Security Numbers	36
Employment Opportunities	36
IMPORTANT PHONE NUMBERS	37
CAMPUS MAP	38

# THE MISSION OF THE UNIVERSITY

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## The Mission of the University

Enriched by the Catholic, LaSallian heritage, Saint Mary's University of Minnesota awakens, nurtures, and empowers learners to ethical lives of service and learning.



# PROGRAMS

## INTERNATIONAL STUDENT SERVICES

- Student Services: Pre-arrival information, on-campus orientation, and continued support on campus
- Activities: Coordination of many on-campus and off-campus cultural, educational, and social activities
- Immigration Advising: Assistance with immigration and visa documentation
- Summer ESL programs: Short-term intensive English language programs



## STUDY ABROAD

### Services

- Study Abroad advising from program selection, pre-departure orientation, and re-entry programming

### Programs

- Saint Mary's programs - London program and short-term faculty-led programs
- Affiliated programs - A broad range of study abroad programs across the world





## International Center Contact Information

International Center  
Phone: 507-457-1450  
Email: intlcenter@smumn.edu

Saint Mary's University of MN  
700 Terrace Heights #34  
Winona, MN 55987

Rebecca Vogel (Becky)  
Director International Center  
Phone: 507-457-1778  
Email: rvogel@smumn.edu

Vicki McDonald  
Coordinator of Study Abroad &  
International Student Services  
Phone: 507-457-6996  
Email: vmcdonal@smumn.edu







# PLAN YOUR ARRIVAL WEEK



## FALL SCHEDULE 2025

### **Monday and Tuesday, August 25 & 26**

New students arrive on Winona campus

Please let us know if you would like a ride from the airport to the Winona campus by sending your flight information to Vicki McDonald at [vmcdonal@smumn.edu](mailto:vmcdonal@smumn.edu) as soon as possible, or at least 2 weeks before your arrival.

### **Wednesday, August 27**

International New Student Orientation

### **Thursday, August 28 - Sunday, August 31**

Undergraduate New Student Orientation

### **Saturday, August 30**

Returning students move-in on campus

### **Tuesday, September 2**

Classes begin

## SPRING SCHEDULE 2026

### **Thursday, January 1**

New students arrive on Winona campus

Please let us know if you would like a ride from the airport to the Winona campus by sending your flight information to Vicki McDonald at [vmcdonal@smumn.edu](mailto:vmcdonal@smumn.edu) as soon as possible, or at least 2 weeks before your arrival.

### **Friday, January 2**

International New Student Orientation

### **Monday, January 5**

Classes begin

# PREPARE FOR YOUR STAY



## WEATHER IN WINONA

### Fall Semester (August-December)

August: Very warm  
September: Warm  
October: Cool  
November: Cold  
December: Very cold (some snow)

### Spring Semester (January-May)

January: Very cold (with snow)  
February: Very cold (with snow)  
March: Cold (some snow)  
April: Cool  
May: Warm



### What happens in the summer?

After the completion of spring semester final exams in May, residence halls close for the summer months (May-August). Your room will need to be cleaned and emptied, and you will return your keys to the Residence Life Office. You will choose a new room for your second year. There are no summer classes, so international students must either go home or travel during this time. You will NOT be allowed to stay in your room.

### What about all of my things?

By summer, you will have many more things than you had when you first came. For a small fee, international students are allowed to leave 3 small boxes in a storage room on campus. You will be given more details at the end of spring semester.

### What is an RA?

RA stands for Resident Assistant. RA's are upperclassmen students who live and work in the dorms. They are available to help students. There is an RA on every floor. They plan activities, check you in and out of your room, solve problems, and answer questions. If you need help with anything, you can speak to your RA.



## PACKING LIST

### BRING from home

- ☐ Clothing & shoes
- ☐ Bedding (size: extra long twin)
- ☐ Personal hygiene products
- ☐ Prescribed medication
- ☐ International cell phone/plan
- ☐ Laptop computer (optional)
- ☐ Important documents

### BUY in Winona

- ☐ Pillow
- ☐ Personal hygiene products
- ☐ Towels
- ☐ Laundry detergent
- ☐ Hangers
- ☐ Laundry bag
- ☐ Plastic storage bins
- ☐ School supplies
- ☐ Backpack
- ☐ Kitchen supplies

### BRING or BUY

- ☐ Blanket/comforter
- ☐ Pillow case
- ☐ Personal hygiene products
- ☐ Cell phone
- ☐ Winter clothing - coat, hat, mittens, scarf, boots

# WELCOME INTERNATIONAL STUDENTS



## WHAT YOU SHOULD KNOW BEFORE YOU ARRIVE



### ARRIVAL

Please let us know if you would like a ride from the airport to the Winona campus by sending your flight information to Vicki McDonald

at [vmcdonal@smumn.edu](mailto:vmcdonal@smumn.edu) as soon as possible, or at least 2 weeks before your arrival. Rides to the Winona campus can be from La Crosse and Rochester airports. If you plan to arrive on a day different from the designated arrival days, you must arrange your own transportation to campus. Transportation from the airports to Winona is available through Groome Transportation. Make a reservation by going to <https://groometransportation.com>. Indicate Winona SMU Toner Center as the destination. Cost one way is \$62. If you need help arranging this, contact Vicki McDonald at [vmcdonal@smumn.edu](mailto:vmcdonal@smumn.edu).

*La Crosse Regional Airport (LSE)*  
30 minutes from the SMU Winona campus  
[lseairport.com](http://lseairport.com)

*Rochester International Airport (RST)*  
1 hour from the SMU Winona campus  
[flyrst.com](http://flyrst.com)

If your arrival airport is the Minneapolis/St. Paul (MSP) airport, the International Center will arrange for you to take a Groome Transportation shuttle van to Saint Mary's University of MN. However, if your arrival time prevents you from being at the Groome Transportation office by 5:00pm within the MSP airport, you will need to wait until the next morning to join the 6:15am shuttle van to Winona.

*Minneapolis/St. Paul International Airport (MSP)*  
2 hours from the SMU Winona campus  
[mspairport.com](http://mspairport.com)



### MEET OTHER STUDENTS

Fall Semester - New students will arrive Thursday, August 28. All other students arrive Saturday, August 30. This means that you might not meet your roommate until that Saturday afternoon or evening.

Spring Semester - New students arrive Friday, January 2. All other students arrive Saturday, January 3rd. This means that you might not meet your roommate until that Saturday afternoon or evening.



### IMPORTANT DOCUMENTS

Please bring these to International Student Services Orientation:

- P Passport
- P I-20
- P I-94 (retrieve online)
- P SEVIS Fee Receipt
- P Saint Mary's Student ID
- P Immunization Records
- P Health Insurance Card
- P Class Schedule





# Saint Mary's Academic Calendar 2025 - 2026

## FALL SEMESTER - 2025

Labor Day (No Classes)  
Monday, September 1

Fall Semester Begins  
Monday, September 2

Fall Semester Break (No classes)  
Monday, October 13 - Tuesday, October 14

Thanksgiving Break  
Wednesday, November 26 - Sunday, November 30

Fall Semester Classes End  
Wednesday, December 10

Final Projects and Exams  
Friday, December 12 to Tuesday, December 16

## SPRING SEMESTER - 2026

Spring Semester Begins  
Monday, January 5

Martin Luther King Day (No Classes)  
Monday, January 19

Spring Break (No Classes)  
Saturday, February 28 - Sunday, March 8

Easter Break  
Thursday, April 2 - Monday, April 6

Spring Semester Classes End  
Friday, April 24

Final Projects and Exams  
Monday, April 27 to Thursday, April 30

Winona Commencement  
Saturday, May 2







## CHECKLIST FOR SUCCESS

### DO

- ☐ Meet your classmates
- ☐ Eat in the cafeteria
- ☐ Do your homework
- ☐ Go to class
- ☐ Attend campus events
- ☐ Exercise
- ☐ Speak English
- ☐ Ask questions
- ☐ Keep immigration documents safe
- ☐ Travel
- ☐ Check your email and mailbox
- ☐ Enjoy nature at SMU
- ☐ Join the International Club

### DON'T

- x Drink alcohol if you are under 21 (this is illegal in Minnesota)
- x Drink alcohol in the dorms
- x Miss class
- x Sleep all day
- x Smoke inside buildings
- x Throw cigarettes on the ground
- x Lose your keys
- x Lose your student ID



## SCHOOL BREAKS (holidays)

Christmas Break is the longest. It begins after the fall semester final exams are finished. Classes will restart in the middle of January. International students go back to their home country, travel, or stay on campus. You must register with Residence Life, an email will be sent to students with instructions. The cafeteria will NOT be open during breaks. Students who stay will need to buy food and cook in the dorm kitchens, go out, or order in.



## CELL PHONES

Please research cell phones before you come to the U.S. Your options are:

- Buy a pay-as-you-go phone
- Buy a plan from your home country & use SIM cards.
- Popular phone companies in the U.S. are Verizon, Sprint, T-Mobile and AT&T.



## TECHNOLOGY

You should have received an email to your personal email account that you submitted with your original application. This email is very generic looking and contains your username and temporary password for your first time logging into SMUMN systems. If you cannot find this email, please check your spam folder and/or call the Helpdesk for assistance.

The Student Portal at SMUMN is where students can add/drop classes, view billing, grades, transcripts, and much more! To access the Student Portal, go to [student.smumn.edu](http://student.smumn.edu). All first time users need to login to SMU Portal first and change their password. You will not be able to access other SMUMN Systems, including Gmail, until you change password in the portal.

You **MUST** check your SMU email each day. This is how SMU staff will contact you regarding your classes, activities, announcements, and other important information. The Help Desk will be available all semester to help you with your computer and internet. They are located in Hendrickson Hall. Wireless internet is available in dorm rooms and in campus buildings.



# TRANSPORTATION



## WINONA TRANSIT SERVICE

Winona's city bus running Monday - Saturday. See website for schedule, map, and rates. Stops at Saint Mary's University in front of the Admission Office. Bus tokens can be purchased at the Business Office in the basement of St. Mary's Hall. If

you prefer to pay on the bus, bus tokens cost \$1.00.  
507-457-8200—cityofwinona.com

## RIDESHARE

Lyft: [lyft.com](https://lyft.com) or download the app

## CAR

Students who wish to buy a car must have a driver's license and buy insurance. Saint Mary's parking permits cost \$60 per year. If you wish to get your Minnesota Driver's License, you may read the Minnesota Driver's Manual.

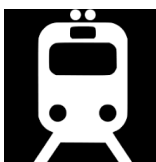


## AIRPORT TRANSPORTATION

Winona does not have an airport, but there is a shuttle system that can pick you up or drop you off at SMU (and area hotels). Groome Transportation is the easiest way to travel to the airports in

Minneapolis, Rochester, and La Crosse. Visit their website to see the schedule and costs. It is easiest to call for a reservation - but make sure to call a couple of days in advance. And be early for your pickup!

<https://groometransportation.com/minneapolis-st-paul-airport/la-crosse/>



## TRAIN

Amtrak (Empire Builder route) stops in Winona and connects to Minneapolis and Chicago. Due to heavy railway traffic, trains may be delayed 4-6 hours. Winona station waiting room hours; open 9:00 am to 9:00 pm.

65 East Mark Street, Winona, MN 55987  
507-452-8612  
[amtrak.com](https://amtrak.com)

Winona is a small city in Minnesota with about 30,000 people. Saint Mary's University is located in the bluffs next to the city. There is limited public transportation. Students who do not have a car use the bus system, bicycles, or call for a taxi.



## SHOPPING

Winona has a shopping mall, but there are also large stores and supermarkets where you can purchase household items, clothing, and food. Here are some suggestions:

### Walking distance:

Hy-Vee or Aldi (food)

### Bus/Lyft:

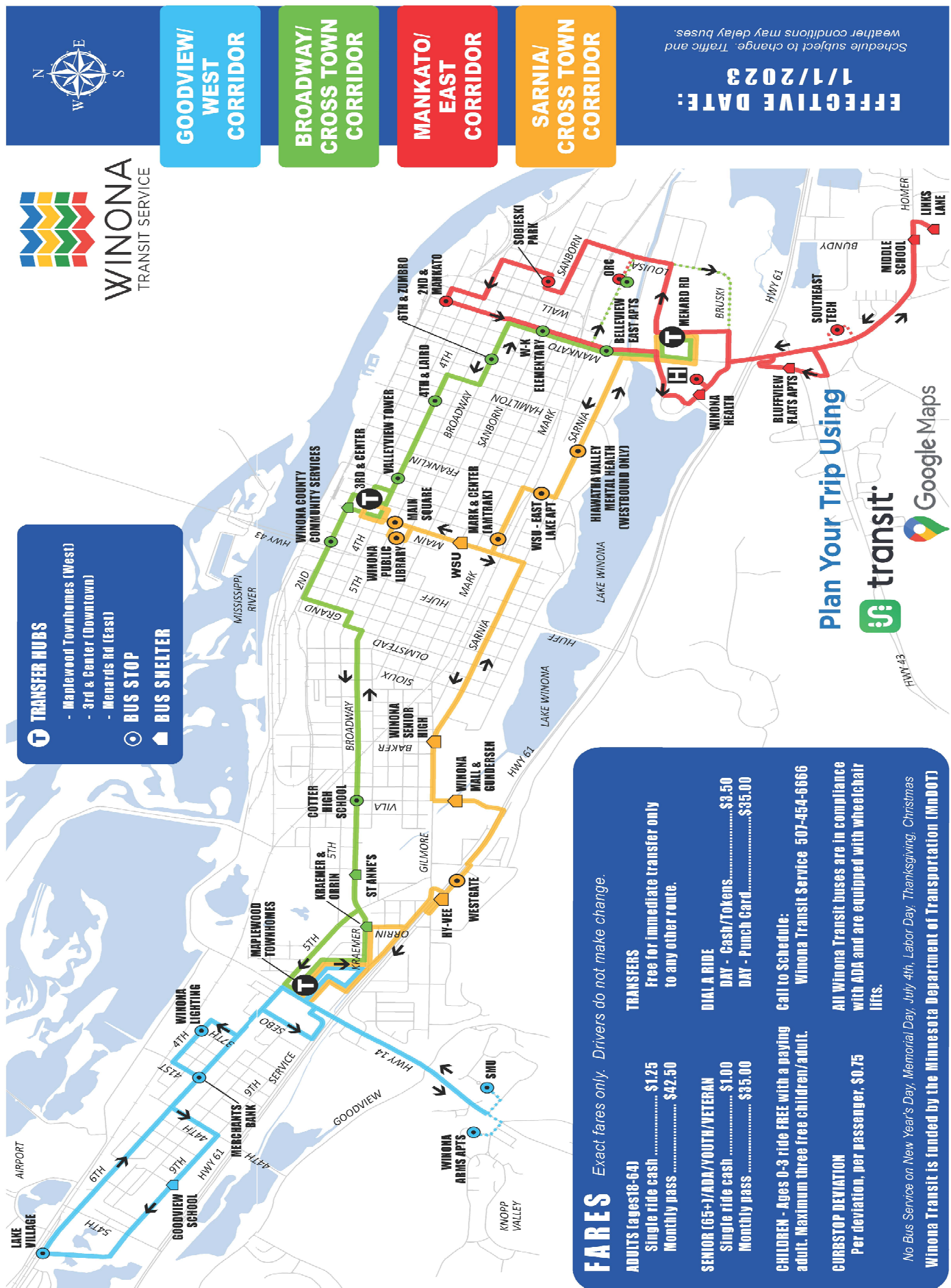
Target or Walmart (household items, clothing, electronics, food)

### Restaurants near SMU:

Pizza Ranch (American), Mangos (Mexican), Golden China (Chinese), McDonald's, Kentucky Fried Chicken, Culvers, Subway, Taco Bell, Taco John's







## GOODVIEW/WEST CORRIDOR

Mon - Fri: 6:00AM - 6:15PM  
Sat: 9:00AM - 5:00PM

### Bus Stop

Maplewood Townhomes	:00	:15
Winona Lighting/4th St & 38th	:05	:20
Merchants Bank-Goodview MN	:06	:21
Goodview School Start @ 8:09	:09	:24
Lake Village/9th & 6th	:11	:26
Winona Arms Apts (only)	8:22	1:37
	10:22	2:37
	12:22	4:37
Saint Mary's University (only)	6:22	3:37
	7:22	5:37
	9:22	
	11:22	
Maplewood Townhomes	:26	:43
Maplewood Townhomes	:30	:45
Winona Lighting/4th St & 38th	:35	:50
Merchants Bank-Goodview MN	:36	:51
Goodview School Start @ 8:39	:39	:54
Lake Village/9th & 6th	:41	:56
Winona Arms Apts (only)	8:52	2:07
	10:52	4:07
	12:52	
Saint Mary's University (only)	6:52	3:07
	7:52	5:07
	9:52	6:07
	11:52	
Maplewood Townhomes	:58	:13

Schedule subject to change. Traffic and weather conditions may delay buses.

EFFECTIVE DATE:

1/1/2023

Updated 04/2024

## MANKATO/EAST CORRIDOR

Mon - Fri: 6:00AM - 6:15PM  
Sat: 9:00AM - 5:00PM

### Bus Stop

Menard Rd	:00	:15
Winona ORC Ind. Start @ 7:03	:03	-
Sobieski Park Lodge	:05	:20
2nd & Mankato Streets	:08	:23
Winona Health Start @ 8:13	:13	:28
Bluffview Flats Apts	:16	:31
Links Lane/PV & VM Apts	:19	:34
Winona Middle School	:20	:35
Southeast Technical College (only)	8:22	3:37
	11:22	
Menard Rd	:26	:41
Menard Rd	:30	:45
Winona ORC Ind. Start @ 6:33	:33	-
Sobieski Park Lodge	:35	:50
2nd & Mankato Streets	:38	:53
Winona Health Clinic start @ 7:43	:43	:58
Bluffview Flats Apts	:46	:01
Links Lane/PV & VM Apts	:49	:04
Winona Middle School	:50	:05
Southeast Technical College (only)	7:52	4:07
	11:52	
Menard Rd	:56	:11



WINONA  
TRANSIT SERVICE

## SARNIA/CROSS TOWN CORRIDOR

Mon - Fri: 6:00AM - 6:15PM  
Sat: 9:00AM - 5:00PM

### Bus Stop

Menard Rd	:00	:15
Hiawatha Valley Mental Health	:02	:17
East Lake Apartments	:04	:19
Mark & Center Streets	:06	:21
Winona Public Library	:09	:24
3rd & Center	:15	:30
WSU/Memorial Hall	:17	:32
Winona Sr. High School	:21	:36
Gundersen Clinic/Winona Mall	:22	:37
Westgate/Culvers/ALDI	:23	:38
Maplewood Townhomes	:27	:42
Maplewood Townhomes	:30	:45
Hy-Vee/Westgate	:34	:49
Gundersen Clinic/Winona Mall	:36	:51
Winona Senior High School	:37	:53
3rd & Center	:45	:00
Main Square/Friendship Center	:47	:02
WSU/Memorial Hall	:49	:04
East Lake Apartments	:52	:07
Menard Rd	:55	:10

### TRANSFER HUBS

- Maplewood Townhomes (West)
- 3rd & Center (Downtown)
- Menards Rd (East)

## BROADWAY/CROSS TOWN CORRIDOR

Mon - Fri: 6:00AM - 6:15PM  
Sat: 9:00AM - 5:00PM

### Bus Stop

Maplewood Townhomes	:00	:15
Kramer Dr. & Orrin St.	:02	:17
St. Anne's/Benedictine Community	:03	:18
Cotter High School	:05	:20
County Offices/Fastenal Dtn	:10	:25
3rd & Center	:15	:30
Valley View Tower	:17	:32
4th & Laird Streets	:19	:34
6th & Zumbro Streets	:21	:36
W-K Elementary	:22	:37
Bellevue East Apts	:23	-
Winona ORC Industries (only)	-	1:38
		2:38
		3:38
Menard Rd	:25	:40
Menard Rd	:30	:45
W-K Elementary	:33	:48
6th & Zumbro Streets	:34	:49
4th & Laird Streets	:36	:51
Valley View Tower	:37	:52
3rd & Center	:45	:00
County Offices/Fastenal Dtn	:47	:02
Cotter High School	:52	:07
St. Anne's/Benedictine Community	:53	:08
Maplewood Townhomes	:55	:10

Plan Your Trip Using



# YOU'RE HERE! SO WHAT'S NEXT?



## SAINT MARY'S QUICK ANSWERS

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### SMU EMAIL

Check your SMU email account each day for announcements, activities, and important information from the International Center and the University. You can also forward your personal email to/from your SMU Gmail account.



### FACEBOOK

"Like" the [International Center on Facebook](#) to see our photos of activities and announcements.

Our page is: Saint Mary's University of Minnesota International Center



### MAIL

**Mailroom**—Toner Center, Basement

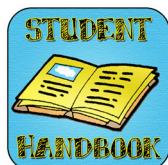
- Buy postage stamps
- Check your personal mailbox daily
- If you have a package you will get a note in your mailbox. Bring the note to the mailroom window to receive your package.
- Hours: Monday - Saturday, 10:00am - 2:00 pm
- Have mail addressed to:  
Your Name  
Saint Mary's University of Minnesota  
700 Terrace Heights # (Your mail box number)  
Winona, MN 55987  
USA



### INTERNATIONAL CENTER WEBSITE

Please visit our website at <http://international.smumn.edu/>

This website provides important information about immigration, student life, US culture, and Winona.



### SMU STUDENT HANDBOOK

Please visit the Student Life webpage to find the online student handbook, <https://www.smumn.edu/about/student-handbook/>



# CAMPUS RESOURCES

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## CARDINAL CENTRAL (Business Office)

Saint Mary's Hall Basement  
507-457-6655

- Billing & payment, financial aid, registrar & records
- Buy bus tokens
- Bring your student ID
- Hours: Monday - Friday from 8:00 am - 4:30 pm



## CAMPUS BOOKSTORE

Toner Center Basement  
507-457-1569

- Buy (new and used) or rent textbooks for classes
- Buy Saint Mary's clothing, snacks, and more
- Hours: Monday - Thursday from 10:00 am - 2:00 pm



## FITZGERALD LIBRARY

Plaza  
507-457-1561

- Check out materials with your Student ID
- Study by yourself or with a group
- Use the computer lab to do homework and print papers
- Hours:

Monday - Thursday	7:30 am - midnight
Friday	7:30 am - 6:00 pm
Saturday	10:00 am - 6:00 pm
Sunday	12:00 pm - midnight

Hours may vary, visit <https://lib.smumn.edu/libraries/winona-hours/>

## RECREATION AND ATHLETIC CENTER (RAC)

RAC, Connected to Toner Student Center  
507-457-1579



- Bring your student ID
- Free use of the cardio machines, weight room, aerobics room, track, courts, etc.
- Hours:

Monday -Friday	6:00 am - 8:00 pm
Saturday	8:00 am - 8:00 pm
Sunday	10:00 am - 8:00 pm

# CAMPUS RESOURCES (Cont.)

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## OFFICE OF CAMPUS MINISTRY

Saint Mary's 100  
507-457-6936

- Sign up for volunteer opportunities
- Ask about faith and worship
- Hours: 8:00 am - 4:30 pm

## PLACES TO EAT ON CAMPUS

---



### TONER EATERY (CAFETERIA)

Toner Student Center, Upstairs

- Use Student ID card to pay for meal
- Buffet-style - eat as much as you want (Do not waste food!)
- Hours:    Monday-Friday:    Breakfast    7:00 - 10:00 am  
   Lunch            11:30 am - 1:30 pm  
   Dinner          5:00 - 7:30 pm  
                                 Saturday-Sunday:    Brunch        11:00 am - 1:00 pm  
   Dinner          5:00 - 7:00 pm



### CARDINAL CLUB

Toner Student Center, 1<sup>st</sup> Floor

- Pay for a meal with cash or credit card
- Hours:    Monday-Friday    10:00 am - 10:00 pm  
                                 Saturday-Sunday    Closed



### CARDINAL COFFEE

Toner Student Center, 1<sup>st</sup> Floor

- Pay for coffee or treats with cash or credit card
- Hours:    Monday-Friday    9:00 am - 5:00 pm  
                                 Saturday-Sunday    11:00 am - 4:00 pm



# MEAL PLANS

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Saint Mary's University residents will choose from one of four meal plans, each providing options to meet the individual needs of the students. Freshman residents will be required to purchase the Essentials 19 Plan as part of their room and board package, with the option to upgrade to any of the other plans at an additional charge. Students who live off campus are eligible to purchase any of the new commuter meal plan options or a resident plan.



Resident Meal Plan Options - <https://dineoncampus.com/saintmarys/for-residents>

Commuter Meal Plan Options - <https://dineoncampus.com/saintmarys/for-commuters>

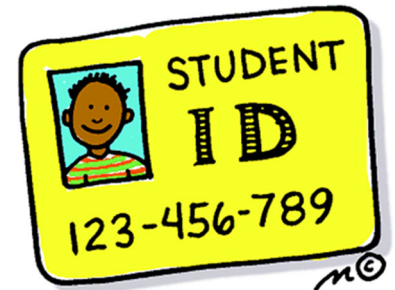
Students need to remember that there is no food service available during university breaks or holidays.

# STUDENT ID CARDS

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The student ID card is for identification and as a student you are required to have your ID with you at all times and be able to present it when asked. You will need your ID to:

- scan to eat food in the Cafeteria and Cardinal Club at specified times.
- check out books and other items at the Fitzgerald Library.
- open your residence hall/building door
- check out equipment (vacuum cleaners) in the residence halls.
- show your ID card when requested by an official of Saint Mary's such as a Campus Safety Officer and/or Resident Assistant performing their duties.
- request financial transactions at the Business Office.
- request a ticket at Page Theater.



ID cards can be obtained from the Information Desk in the Toner Student Center. Here is a link to apply for a New Student ID: [https://docs.google.com/forms/d/e/1FAIpQLScgqOdwm36q7EOHXik9f1tf6lw-iV1sQD9rj1\\_Rg7dg7Eb1hg/viewform](https://docs.google.com/forms/d/e/1FAIpQLScgqOdwm36q7EOHXik9f1tf6lw-iV1sQD9rj1_Rg7dg7Eb1hg/viewform)  
New students will obtain your card during student orientation.

If a replacement ID card is required any time during the academic year, a \$20.00 fee must be paid at the information desk before another ID card will be issued.

Students may purchase declining balance dollars that can be placed on your ID card through the food service in the food service office. This office is located in the back of the cafeteria in the Toner Student Center. These dollars can be used at the Cardinal Club and at Cotter Café. A minimum of \$25.00 in DCB dollars is required.



# PLACES TO EAT IN WINONA, MN

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## Restaurants

**Bub's Brewing Co.**  
65 E 4th St.  
(507) 457-3121

**El Patron Mexican Grill**  
1415 W Service Dr.  
(507) 961-0241

**Golden China Chinese Restaurant**  
411 Cottonwood Dr.  
(507) 454-4261

**Mango's Mexican American Grill**  
408 Hwy 14  
(507) 454-4484

**Miya Japanese Bistro**  
62 E 3rd St.  
Winona, MN 55987

**Ocean Sushi Japanese and Thai Restaurant**  
1213 Gilmore Ave  
(507) 961-1266

**Perkins Restaurant & Bakery**  
956 Mankato Ave  
(507) 452-1618

**Pizza Ranch**  
405 US-14, Winona, MN 55987  
(507) 452-3390

**Signatures Restaurant**  
22852 County Road 17  
(507) 454-3767

**The Great Hunan Chinese Restaurant**  
111 W 3rd St.  
(507) 452-1556

**Wellingtons Pub & Grill**  
1429 W Service Dr.  
(507) 452-2103

## Fast Food

**Arby's**  
1055 US-61  
(507) 262-3803

**Burger King**  
850 Mankato Ave.  
Winona, MN 55987

**Culver's**  
1441 Service Dr.  
(507) 457-9030

**Kentucky Fried Chicken (KFC)**  
1558 W Service Dr.  
(507) 452-7719

**McDonald's**  
1620 Service Dr.  
(507) 452-9488

**Pizza Hut**  
1630 Service Dr.  
(507) 454-5193

**Subway**  
1488 Gilmore Ave  
(507) 454-8338

**Taco Bell**  
1455 Gilmore Ave  
(507) 452-1530

**Taco Johns**  
1213 Gilmore Ave  
(507) 452-6057

## Cafés

**The Acoustic Café**  
77 Lafayette St  
(507) 453-0394

**Beno's Cheese & Deli**  
78 E 4th St.  
(507) 452-2761

**Blooming Grounds Coffee House**  
50 E 3rd St  
(507) 474-6551

**Blue Heron Coffeehouse**  
162 W 2nd St.  
(507) 452-7020

**Mugby Junction**  
451 Huff St  
(507) 454-4140

**&**  
718 Mankato Ave  
(507) 474-6425



# NEED HELP ON CAMPUS?

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## CAMPUS SAFETY

Toner Center, 1<sup>st</sup> Floor  
507-457-1703

- Will help you get into your room if you lock yourself out (you will be charged a fee)
- Can accompany you if you don't want to walk across campus by yourself at night
- Issues parking permits if you have a car on campus
- Hours: Always open during the day and night
- This office is open 24 hours a day, seven days a week.



## THE HELP DESK

Hendrickson Basement  
507-457-7800

- Provides computer assistance
- Can print color copies for your school projects
- Hours:     Monday - Thursday 7:15 am - 11:00 pm  
                 Friday                     7:15 am - 8:00 pm  
                 Saturday                 9:00 am - 5:00 pm  
                 Sunday                     2:00 pm - 11:00 pm



## RESIDENCE ASSISTANT (RA'S)

- You can talk to your RA about any problem
- Your RA will plan fun activities for your hall to do together throughout the school year
- Your RA can help you get into your room if you lock yourself out; there is a fee
- Residence Life Office - Griffin Hall, 507-457-1640, [reslife@smumn.edu](mailto:reslife@smumn.edu)



## WELLNESS CENTER

To schedule an appointment you must call 507-474-5678 to register yourself in the Winona Health system before you are able to make an appointment. Be sure to mention that you are a Saint Mary's University student.  
Contact email: [wellnesscenter@smumn.edu](mailto:wellnesscenter@smumn.edu).

- Make an appointment to see a nurse if you are sick
- Make an appointment to speak with a counselor



## STUDENT SUCCESS CENTER

Griffin Hall, Basement of Mary's  
507-457-6994

- Meet with an academic advisor to discuss your classes
- Get help with writing papers at the Writing Studio (appointments are needed) - SM 103
- Request a tutor online for help on homework and studying for tests
- Learn more about internships, grad schools, and jobs
- Hours: Monday - Friday 8 a.m. - 4:30 p.m.

# MONEY AND BANKING

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## United States Currency

U.S. Currency is based on the decimal system, with 100 cents to each dollar. Metal coins include pennies (\$ .01), nickels (\$.05) dimes (\$.10), quarters (\$.25), half-dollars (\$.50), and dollars (\$1.00). Paper currency comes in \$1.00, \$2.00, \$5.00, \$10.00, \$20.00, \$50.00, and \$100.00 denominations. The \$2.00 bill and \$ .50 coin are very rare, but you may see them from time to time. All U.S paper currency and most coins have an image of a former president. There are two versions of the \$1.00 coin, and both have images of women: Susan B. Anthony, or Sacagawea. Both women are heroes to the American people.

Most Americans do not keep large amounts of cash with them or in their homes. Americans prefer to keep their money in the bank where it is much safer.

## Banking

Banks offer many services, including online banking, checking and savings accounts. It is advisable to open an account at a commercial bank. This will give you access to your money easily and safely for paying any bills. Also, all banks can accept wire transfers from your family overseas and automatically post the money to your account. There is usually a charge for this service.

At the beginning of the semester you will have the opportunity to set up an account with a local bank located close to campus.

The bank will send you a statement every month or post it online. Your bank statement will contain copies of checks you have written, plus a list of all transactions you made that month. It is important to check your statement every month. You must let your bank know about any mistakes you find, so the bank can correct them. Banks in the United States have a responsibility to protect your account, and mistakes are very rare. However, they will quickly correct any mistakes once you report them

## Opening an Account

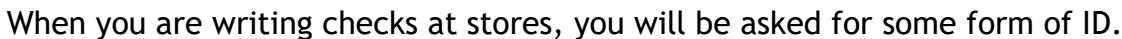
You will need to show at least two forms of identification with your photograph. You need to bring your passport, I-20, I-94. and \$10.00 with you to open your account. Consult with the bank personnel about the different kinds of accounts available to you.

## Writing Checks & Bank card

With a checking account, you can withdraw money with checks or a bank card. You can also deposit cash and checks into your account. During banking hours you can withdraw cash, deposit checks, verify recent transactions, and perform other banking tasks with a bank teller (agent). Outside of banking hours, you can do almost everything you need at an ATM or online.

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- Write the date.
- Write the name of the person or company receiving the check (Write this information on the line reading “Pay to the order of...”).
- Write the check amount in words. (For example, if the check is for \$100.00, write “One Hundred.” If it is for \$100.50, write “One Hundred and 50/100.” Write this information on the line ending in the word “dollars.”
- Write the check amount in numbers where the dollar sign appears.
- Sign the check.



This is a plastic bankcard used to make an electronic withdrawal from funds on deposit in our account at the local bank. This means you do not have to go to the bank to get cash, instead you get cash from an ATM. This card also removes the hassle of writing checks and the need to show an ID. Debit cards are a safe form of payment. If your account has insufficient funds to cover a purchase, your card payment will be declined.

Most banks offer the computerized services of a 24-hour Automated Teller Machine, also known as an ATM. You will be given a small plastic card to use this service. This card, along with your Personal Identification Number (PIN) will allow you to conduct transactions with the bank (deposits, withdrawals, check your balance, transfer money between accounts, etc.) **DO NOT GIVE YOUR PIN NUMBER TO ANYONE! EVEN THE BANK!**

SMU does not have a Wells Fargo ATM on campus, but a Merchants Bank ATM is located at the Toner Student Center by the Information desk. If you do not have a Merchants Bank ATM card, there is a \$2.00 to withdrawal money from this ATM.

# HELPFUL TIPS FOR ADJUSTMENT TO CAMPUS

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## Language and Dialects

Spoken English may sound very fast to you. If you have trouble understanding a person, ask them to slow down or repeat what they said. Do not hesitate to ask questions. There are a number of spoken dialects in the United States.

Americans who are not used to communicating with international students may behave strangely. Particularly, they may speak louder, move their arms and hands quickly, and in fact seem “angry.” This is not the case. Remember, Americans are very inquisitive, and are often eager to learn about your country and culture. Speaking loudly and moving the body is a natural human reaction to misunderstanding.

Americans, particularly students, use a great deal of “slang,” which is a trendy, culturally oriented, or informal way of speech. Often, slang cannot be understood without an explanation. For example, Americans often abbreviate words: Biology is referred to as “Bio,” and the cafeteria is referred to as “CAF.” If you don’t understand a word or phrase, ask what it means and how it is used. Most Americans will be amused by your attempt to understand, and will happily help you. Learning some slang will help you understand American culture better, and bond with our friends, roommates, and classmates.

## Your Name

Your name is a very important part of you. Be patient while others learn how to say your name correctly. Some international students will choose an “Americanized” version of their name to make it easier for others to remember, but this is a matter of personal choice. You should not feel that you have to do this yourself, though you can if you would like to. Americans can learn to say your name properly, if not perfectly. They may even be proud to learn how to pronounce it correctly.

## Being asked Questions

SMU students are curious people. They will ask a lot of questions. Some of their questions may appear ridiculous, uninformed, and elementary, but try to be patient in answering them. You may be the first foreign national of a particular country whom they have met, and they will probably have very little understanding of life in your culture. Most SMU students are sincerely interested in learning more about you and your culture and, in return, will welcome any questions you might ask them about the U.S. or their home country.

## Cultural Adjustment

Moving to a new culture is a learning experience. Each day at SMU you will be learning many things outside and inside the classroom. You will learn how people of another culture view the world and their lives. There is value in experiencing and understanding a way of life different from your own. You will even learn things about your own culture that you never thought about before. This is a rare opportunity to not only broaden your views but to mature and establish your values. You will also be able to educate others about your culture. The best way to find out about something you do not understand is to ask questions. Do not hesitate to ask question -- even if the questions seem trivial or you think your English is not good. People are generally helpful, but they can't guess what you need to know. Ask Questions!

## Culture Shock

What is it? "Culture Shock" is the name given to the feelings of confusion that occur when a person leaves a familiar place to enter an unfamiliar one. You may not be able to convey your thoughts in English. Your family and friends are far away. People experience Culture Shock in varying degrees, including both academically and socially.

You may find that you...

- become nervous and unusually tired
- want to sleep often
- write many letters home
- feel frustrated and hostile toward your host country
- become excessively angry over minor irritations
- associate only with people from your own country



## Coping With Culture Shock

Here are some suggestions that may be helpful:

- Evaluate your expectations. Your reactions are products of the way things are here and the way you expected them to be. If you find yourself being confused or disappointed about something, ask yourself: "What did I expect? Was my expectation reasonable?"
- Keep an open mind. Try to understand that Americans are acting according to their cultural values. Avoid evaluating their behaviors by the standards of your country.
- Learn from the experience. You are here to explore a new way of life. You do not have to change your own values, but you should respect those of other people.
- Meet with the international student advisor when you have questions or need To speak with someone who will try to help you as you adjust to your new environment.

With your international student advisor, you can discuss any problems that you are having with making your adjustment. Students can also be a resource for each other in coping with life in a new culture.



# The Adjustment Process

## Summary of the Cross-Cultural Adjustment Cycle:

The following page describes the stages and symptoms of the adjustment process. Although individuals differ, it is important to know the stages and recognize symptoms.

### Honeymoon Period

As a newcomer you are interested and excited by the new surroundings. Although you may be nervous, your excitement outweighs anxiety or concern.

#### Step One: Initial Adjustment

Soon, you find that everyday activities such as housing, meals, and transportation are no longer big problems for you.

#### *Culture Shock*

You feel overwhelmed by new problems and behaviors: Housing, transportation, food, language, and loneliness. Symptoms include:

- Fatigue resulting from continuously trying to understand and use a second language;
- Doubt about why you came to this place;
- Lack of self-confidence;
- Minor illnesses (colds, upset stomachs, etc).

#### Step Two: Mental Isolation

After you make the initial arrangements and adjustments for daily living, you will begin to look for personal relationships. Although you may be able to express basic ideas and feelings in a second language, you feel you cannot express yourself as well as you can in your native language. You feel like you have little or nothing in common with most people around you.

#### *Symptoms of Mental Isolation*

- Spending most of your time with people who speak the same language;
- Spending a lot of time alone;
- Being depressed;
- Abusing alcohol
- Having persistent and intensely negative feelings toward the new environment and the people.

#### Step Three: Acceptance and Integration

A routine (work, school, social life) is established. You have accepted the customs, habits, food and characteristics of the friends, associates, and language of the U.S.

### **Return Anxiety, Reentry Shock, Reintegration**

You may experience "Reverse Culture Shock" when you return to your home country. You will have to readjust to life in your home while assimilating the things you learned at SMU and in U.S. culture.



# DRIVING A CAR IN THE UNITED STATES

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## Minnesota ID cards

Some international students obtain a Minnesota ID card so that they do not have to carry their passport around as a regular proof of identity. If you are interested in obtaining a MN ID card, then you must apply through the Department of Motor Vehicles (DMV). Applicants must have a primary document (passport, I-94, I-20 or DS-2019) and a secondary document - under "ID Requirements" - usually U.S. Social Security Card (if you have one) or official Saint Mary's University transcript with your full legal name and date of birth. You must visit the DMV yourself to obtain a MN ID card; one is located at 1213 Gilmore Ave. The phone number is 457-6352.

## Minnesota Driver's License

The state of Minnesota requires every person to have a license (or a learner's permit) in order to operate a motor vehicle (automobile) on public streets and roadways. Driver's licenses are issued by the Department of Public Safety. If you are planning to drive a car in Minnesota, you need one of the following driver's licenses:

- An international driver's license (which you can only obtain in your home country)
- A driver's license from your home country, valid for only the first 60 days in Minnesota
- A MN drivers' license

All applicants must pass a complete driver's exam, which includes a written (knowledge) and road (skills) test, and a vision (eye) exam. The tests are free, but if you fail them more than 2 times, you are charged testing fees. You do pay a fee for the actual license once you pass the tests.

To obtain a Minnesota's driver's license you must bring your passport and I-94, and other required documents to the DMV. The license is valid until your 21st birthday, or if you are over 21, for four years after its issue.

## Insurance

The Minnesota No-Fault Automobile Insurance Act is a law that requires all motor vehicles to be covered by no-fault and liability insurance. You will be required to show proof of your coverage when you register your car. It is illegal to drive a motor vehicle in Minnesota without insurance.

Insurance can be expensive. In general, younger, inexperienced drivers will pay more than older, experienced drivers, and men will pay more than women.





## Drinking and Driving

Drinking alcohol and driving a car is extremely dangerous and illegal in the United States. If the police stop you, and you have been drinking, you will be arrested, will have to go to court, and will have to pay a heavy penalty.

Additionally, if you have been drinking and you have an accident in which someone is killed, the law considers it a form of murder. It is possible that you could go to prison for up to twenty years if you kill a person while driving drunk. **DON'T DO IT!**



If you are out with a group of people, make sure that one person doesn't drink any alcohol. People in the U.S. often refer to this person as the "designated driver." He/she is responsible for making sure everyone gets home safely.

**Remember: friends don't let friends drive drunk**

## Avoiding Car Accidents

The only way to completely avoid the possibility of a car accident is to not drive. But even as a pedestrian (someone walking along the road), you still have to be careful about the many drivers who don't pay attention while they drive.

Assuming that you chose to drive, please drive defensively. A defensive driver understands that while he or she may be a safe driver, other drivers are not always paying attention to the road or to potential hazards. Many accidents occur or are caused by people who are focused on something other than their driving. To help avoid an accident, assume that other drivers are not always paying proper attention.

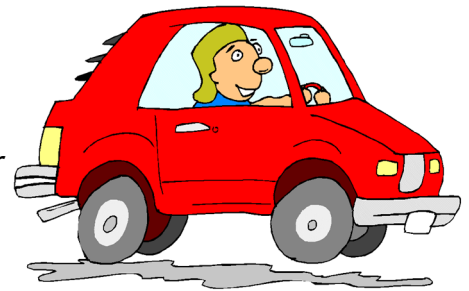
Some suggestions for safe driving:

1) Distractions to avoid:

- a) do not eat while you drive;
- b) do not talk or text on a telephone or cell phone while you drive (stop at a safe location off of the road before making or returning a call);
- c) do not try to read a book or a newspaper or magazine article while you drive;
- d) do not shave or put on makeup while you drive;
- e) do not listen to music so loud that you cannot hear well-enough to respond appropriately to emergency situations;
- f) do not be pre-occupied with adjusting the radio settings while you drive. If the music you listen to makes you overly excited while driving, force yourself to listen to something that does not distract you or otherwise has a calming effect. When you're driving across the country and you're in a place with no cars within miles of you, and you're concerned about staying awake, that's the time to put on some exciting music that will help keep you alert.



- 2) When driving at dawn or dusk (30 minutes before the sun comes up and 30 minutes before the sun goes down), turn your headlights on. This will help other drivers to see you, and it will help you to see any deer that are lurking in the bushes (your car's lights will reflect in their eyes);
- 3) When leaving a well-lighted gas station at night, be sure to turn your headlights on before driving again;
- 4) Whenever you have your windshield wipers on (as when it is raining), have your headlights on as well;
- 5) When you see a person signaling to turn right or left, do not assume that the person is going to make the turn. He or she may not know that they have left their signal on and may be intending to go straight;
- 6) Be cautious when entering an intersection. Some drivers run red lights and otherwise drive dangerously. Be sure not to drive like them;
- 7) Do not be in a hurry to get somewhere, and do not race another car for position in an area of traffic. Let the traffic go by and take your time;
- 8) Do not "tailgate" other drivers. Leave at least one car length between you and the driver in front of you for every 10 miles per hour that you're driving (i.e., if you are driving 60 miles per hour, allow for at least six car lengths between you and the driver in front of you.) If other drivers cut in between you and the driver in front of you, let them, and then back off so as to create an appropriate distance between you and the car that's ahead;
- 9) When driving in the rain, and especially in the rain at night, drive more slowly than you normally would;
- 10) Don't drive directly next to another car or truck for long periods of time, and do not drive in another driver's "blind spot." Either pass the car or truck that is next to you, or let them pass you. The reason: if the driver next to you suddenly decides to change lanes and does not know you are there, their car may hit yours;
- 11) Make room for cars that are entering the highway. Check your mirrors and merge left well before coming to a highway on-ramp that has cars entering the highway.



# LEGAL INFORMATION - <https://studyinthestates.dhs.gov/students>

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## Government Regulations

The following summary of U.S. immigration is provided to give you basic information about your non-immigrant visa status. Be sure to carefully read the sections below that apply to you. Please remember that it is your responsibility to know and follow the regulations under which you may study, work, or stay in the U.S. If you have any questions, contact the Center for International Students. Friends, faculty advisors, and others may be well intentioned in their advising on visa information, but they are not always dependable sources of information on matters so crucial to your stay in the U.S. The staff at the International Center will be happy to answer your questions.



## Your Passport

Your passport is an international travel document issued to you by your government. The U.S. government expects you to keep your passport valid at all times. Check the expiration date on your passport. If you have less than six months remaining on the passport, you should request an extension. If needed by your embassy, your international student advisor will provide, at your request, a letter to affirm your student status. If your U.S. visa is still valid and you are being issued a new passport, you should request the return of your expired passport. By keeping the passports together, the valid visa can be used for reentry to the United States. Otherwise you will need to apply for a new visa the next time you leave the country.

## Your Visa

This is a stamp or seal placed in your passport by a U.S. Consular officer abroad. The visa notes the purpose of your visit, the last date you can enter the United States, and how many entries you will be allowed. The visa is a permit to enter the United States. The visa does not indicate how long you will be permitted to stay and a visa does not have to be valid in order to remain in the United States. A visa can be obtained ONLY at U.S. Consulates outside the United States.



There are many different categories of visas. The type of visa is determined by the purpose of the visitor's entry into the U.S. Most of Saint Mary's international students are on F-1 student or J-1 exchange visitor visas.

## **Your I-94 (Arrival/Departure Card)**

Form I-94, the Arrival-Departure Record Card, is a form used by U.S. Customs and Border Protection intended to keep track of the arrival and departure to/from the United States of people who are not United States citizens or lawful permanent residents. It is retrieved electronically at <https://i94.cbp.dhs.gov/I94/#/home>.

## **Student or Exchange Visitor Status**

An F-1 visa (and F-1 student status) may be granted to an individual "who is a foreign student qualified to pursue a full course of study" at an academic or language institution authorized to admit foreign students. When applying for an F-1 visa, the individual must prove to a U.S. consular official that he or she wishes to enter the U.S. temporarily and solely for the purpose of study. The applicant must have a permanent residence in a foreign country and have no intention of abandoning his or her home country. F-2 visa holders are dependents of F-1 students.

A J-1 visa (and J-1 exchange visitor status) may be granted to exchange students and other categories of exchange visitors. The guidelines for applying for a J-1 visa are similar to that of the F-1 visa, though a two year home residency requirement may be imposed on J-1 exchange visitors and their J-2 dependents, according to the exchange visitor's home country and their area of skill. J-2 dependents may apply for a work permit once they are in the U.S.

## **Maintaining Your Student Status**

After entering the U.S. in F-1 or J-1 status, the student must satisfy certain requirements to remain in status. You must:

- 1) keep your passport and I-20 (or DS-2019) valid all at times; (See your immigration counselor if you need to extend the completion of studies date on your document.);
- 2) attend the school to which you were authorized by United States Citizenship and Immigration Services (USCIS);
- 3) register for and complete a full-time course of study in the fall and spring semesters;
- 4) limit employment, on campus, to a total of 20 hours per week while school is in session.

## **A Full Course of Study**

A full-time course of study is defined at Saint Mary's as 12 credit hours per semester for undergraduates and 6 credit hours for graduate students. Credit is recorded in semester hours. One 50-minute class period per week throughout the semester is the equivalent of one semester hour. Therefore, a three-credit course will meet for 50 minutes three times a week, or 75 minutes two times a week or 150 minutes once a week.

Note: Failing to maintain your status can result in serious penalties! Be sure to see your international student advisor before dropping a class that would leave you with less than a full course of study.

### **When Dropping a Class:**

If you register for a class but do not attend, or if you stop attending class without officially dropping, you are likely to receive an "F" in the class and lower your GPA. Legally, whether you attend or not, you are financially responsible for classes not dropped. From the perspective of the University, a seat is reserved for each student within each class. There may be other students on a waiting list who are denied the opportunity to register, even though a registered student has no plans of attending or paying.

In other cases, a student may register and attend classes, but make no payment arrangements. This results in the student's account becoming delinquent and his/her records being placed on hold so that he/she isn't eligible to register for more classes, receive transcripts, or graduate.

## **FERPA - [www2.ed.gov/ferpa](http://www2.ed.gov/ferpa)**

The Family Educational Rights and Privacy Act (FERPA) affords students certain rights with respect to their education records. They are:

1. The right to inspect and review the student's education records within 45 days of the day the university receives a request for access. The student should submit to the registrar, head of the academic department, or other appropriate official written requests that identify the record(s) he/she wishes to inspect. The university official will arrange for access and notify the student of the time and place where the records may be inspected. If the records are not maintained by the university official to whom the request was submitted, that official will advise the student of the correct official to whom the request should be addressed.
2. The right to request the amendment of the student's education records that the student believes are inaccurate or misleading. Students may ask the university to amend a record that he/she believes is inaccurate or misleading. The student should write the university official responsible for the record, clearly identifying the part of the record he/she wants changed, and specify why it is inaccurate or misleading. Any request for grade changes must follow the procedure as outlined in the SMU catalog.

If the university decides not to amend the record as requested by the student, the university will notify the student of the decision and advise the student of his or her rights to a hearing regarding the request for amendment. Additional information regarding the hearing procedures will be provided to the student when notified of the right to a hearing.

3. The right to consent to the disclosure of personally identifiable information contained in the student's education records, except to the extent that FERPA authorizes disclosure without consent.

One exception which permits disclosure without consent is disclosure to school officials with legitimate educational interests. A school official is a person employed by the university in an administrative, supervisory, academic or research, or support staff position; a person or company with whom the university has contracted (such as an attorney, auditor, or collection agent; a person serving on the board of trustees; or a student serving on an official committee (such as a disciplinary or grievance committee) or assisting another school official in performing his or her tasks.

A school official has a legitimate educational interest if the official needs to review an education record in order to fulfill his or her professional responsibility to the university. Upon request, the university will disclose education records, without consent, to officials of another school in which a student seeks to enroll.

4. The right to refuse to permit the designation of any or all of the following categories of personally identifiable information as directory information, which is not subject to the above restrictions on disclosure:

- a. Name, home address, home telephone listing, and campus email address
- b. State of residence
- c. Age, date and place of birth
- d. Sex and marital status
- e. Name of advisor
- f. Name and address of parent(s)
- g. Major field of study
- h. Classification as a first-year, sophomore, junior, senior or graduate student
- i. Class schedule and class roster
- j. Participation in officially recognized activities and sports
- k. Weight and height of members of athletic teams
- l. Dates of attendance and graduation, and degrees received
- m. The most recent educational institution attended
- n. Honors and awards received, including selection to a dean's list or honorary organization, and the grade point average of students selected
- o. Photographic, video, or electronic images of students taken and maintained by the university.

5. The right to file a complaint with the U.S. Department of Education concerning alleged failures by the university to comply with the requirements of FERPA. The name and address of the office that administers FERPA is: Family Policy Compliance Office, U.S. Department of Education, 400 Maryland Avenue, SW Washington, D.C., 20202-4605.

The categories of information in Paragraph 4 are designated directory information. Students may prevent the release of any or all of the categories of directory information specified in Paragraph 4 above by notifying the vice president for student development, in writing, of the categories of information the student does not want disclosed. Notification must occur within ten calendar days of the first scheduled day of class for the fall or spring term. The university will honor all written requests for nondisclosure of one academic year, therefore, students must make request for nondisclosure annually.

Because Saint Mary's University of Minnesota accepts federal Department of Education monies, parents or guardians may not have access to their student's educational records unless the student is 17 years of age or younger, or the student has signed a consent to disclosure or the student is a dependent for tax purposes. In order for a parent or guardian to receive information about their student's progress, Saint Mary's University must have on file a Consent to Disclosure signed by the student. International students may need to release their records to certain governmental agencies on various forms in order to cooperate with the Department of Homeland Security.

## **Taxes - IRS.gov**

The Internal Revenue Service (IRS) expects your compliance with U.S. tax regulations that apply to international students and scholars. If you have a paying job or received a scholarship, you must file federal and state tax return with IRS. The forms must be filed between January 1st and April 15th of each year. Depending upon the amount of your job or scholarship income and any tax treaties that the United States has with your country, you may or may not owe taxes.

For more information, contact the International Center or visit the IRS website at <http://www.irs.ustreas.gov>. This website will give you access to all IRS forms and publications. For instance, if you want to find out about U.S. tax treaties with your country, go to the website, select Forms and Pubs, then select Publications Online, and then select Publication 901 - US Tax Treaties.



## Social Security Numbers

What is “Social Security”?

Social Security is a retirement and medical benefits program administered by the United States government. It is financed by mandatory contributions from employers and employees.

International students on an F-1 or J-1 visa do not need to have a Social Security Number (SSN) unless you are working. Some people may ask you for your Social Security Number. When someone asks you for that number, give them your Student ID. When someone at a bank asks you for an SSN, tell him or her you are an international student and you do not have one. It is not necessary to have a Social Security Number to have a bank account in the US.

The Social Security Office is located in downtown Winona at 53 E. Third Street. It is in the same building as “Heart Desires,” in the back on the third floor. You are able to take the shuttle from the campus to downtown (3rd and Center).

You will need the following documents to apply for a SSN:

1. Most recent I-20
2. I-94 - To retrieve your I-94 online, please use the following link: <https://i94.cbp.dhs.gov/i94/#/home>
3. Passport
4. Saint Mary's University of Minnesota student ID card
5. The offer/hiring letter from your prospective employer (on letterhead)
6. Authorization Letter from the Designated School Official (DSO)
7. Completed application, <https://www.ssa.gov/forms/ss-5.pdf>

Application packet available in the International Center.

### On-Campus Employment:

Students maintaining F-1 status are permitted to work on the SMU campus for a maximum of 20 hours per week during the academic year. Chartwells Food Service, Admissions, Barnes & Nobel Bookstore and The International Center.

### Curricular Practical Training (CPT):

Participation in a cooperative education program, training for which you receive academic credit, or training which is required for your degree may be authorized as curricular practical training. Any student who works for one year or more in full-time curricular practical training is not eligible for optional practical training. Working without work authorization or working too many hours results in loss of F-1 student status.

### Optional Practical Training (OPT):

Students holding F-1 status may apply for a total of twelve months of OPT. With the completion of a second, higher level degree international students may apply for a second year of optional practical training. The training can only be authorized for the major field of study indicated on the current I-20.





# IMPORTANT PHONE NUMBERS

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Campus Safety (non emergency)	507-457-1703
Campus Emergency	511
Counseling Center	507-457-1773
Health Services	507-457-1492
Help Desk (Technology Support)	507-457-7800
International Programs	
Main Desk	507-457-1450
Becky Vogel, Director of International Center	507-457-1778
Vicki McDonald, Coordinator of Study Abroad & International Student Services	507-457-6996
Residence Life	507-457-1409
Winona Police (non-emergency)	507-457-6302
Emergency (Ambulance & Fire Department)	911



1. Aquinas Hall
2. Admission Center  
The Hendrickson Center
3. Bishops Hall
4. Brother Leopold Hall
5. Brother William Hall
6. Gilmore Creek Hall
7. Gostomski Fieldhouse  
Athletics, Baseball Clubhouse
8. Griffin Hall
9. Gymnasium  
Athletics, Hall of Fame Room
10. Heffron Hall
11. The Heights
12. Hillside Hall
13. Ice Arena  
Regan Ice Arena Lobby

14. Immaculate Heart of Mary Seminary
15. Jul Gernes Pool
16. La Salle Hall
17. Library  
Fitzgerald Library, McEnery Center
18. Michael H. Toner Student Center  
Campus Safety, Lillian Davis Hogan Galleries,  
Lounge, President's Room, Dining Areas,  
Barnes & Noble Bookstore, Game Room
19. Performance Center  
Ben Miller Lobby, Joseph Page Theatre,  
Figliuolo Recital Hall, Studio Theatre
20. Residencia Santiago Miller
21. Saint Benilde Hall
22. Saint Joseph's Hall
23. Saint Mary's Hall
24. Saint Mary's Press
25. Saint Thomas More Chapel

26. Saint Yon's Hall
27. Science and Learning Center
28. Skemp Hall
29. Vlazny Hall  
Jay Johnson Wellness Center (health and  
counseling services), Campus Ministry,  
Residence Life, R.I.S.E., Student Life

#### OUTDOOR RECREATION FACILITIES

- Brother Jerome Rademacher Nordic Ski Center
- Kulas-Connaughty Power House (*ski rentals*)

#### A ADMISSION VISITOR PARKING

#### V VISITOR PARKING

ADMISSION CENTER 507-457-1700

CAMPUS SAFETY 507-457-1703

WINONA CAMPUS 507-452-4430

**SMUMN.EDU**

08/2021