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ACADEMIC LIFE

What is a liberal arts education?

Columbia University’s School of General Studies is an undergraduate liberal arts college. A liberal arts education values a diverse range of intellectual experiences and pursuits with the understanding that a foundation in all academic disciplines creates a more well-rounded student prepared to approach problems and intellectual challenges from multiple disciplinary perspectives. For undergraduates, the liberal arts education is embodied in the Core Curriculum.

The Postbaccalaureate Premedical Program, housed in the School of General Studies, presupposes completion of an undergraduate degree in the liberal arts. American medical schools expect to see in an applicant’s academic record breadth of exposure associated with a liberal arts education. International students entering the Postbac Premed Program should confer with their premedical advisors about how to encompass such study while also completing the premedical curriculum.

What is University Studies?

University Studies, a course taken in your first semester at Columbia, aims to support incoming students with the transition to the Columbia classroom, provides valuable administrative information and study skills, and helps build a sense of community. International students may take any section of University Studies, however, we encourage students who have limited experience with the American education system to choose the International Section, as it focuses on the academic transition to the United States.

What is expected from me in the classroom?

Depending on the scope and size of the course, the expectations of you in the classroom may vary. Generally speaking, in larger lectures, you may listen to an instructor more than you participate in class discussion. Smaller seminar courses often require a high level of class participation, more so than most other countries or cultures. Professors want to engage in an intellectual conversation with you and hear your opinions, while always grounding your arguments in the sources provided. They want to know that you are thinking critically about the assignments and the lecture. Class participation is often reflected in the final grade of the course.

My course has a recitation or a discussion session. What does that mean?

Recitation and discussion sections are typically associated with large lecture courses and generally have ten to twenty students in the classroom. These sections give students space to interact with the classroom material and a teaching assistant in a smaller, more intimate setting. Recitation and discussion sections offer the opportunity to seek clarification on topics covered in lectures, to discuss readings and lecture topics in greater detail, and to build connections with your peers. For further guidance, speak to your advising dean or work with the Academic Resource Center.

My professor and/or teaching assistant (TA) holds office hours. When should I attend them?

You can attend office hours for a variety of reasons, including:
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- A better understanding of a difficult concept
- In-person feedback on an exam or paper
- Advanced feedback on a thesis statement or paper outline
- To discuss a question from class in greater depth
Some students like to attend office hours because it can feel less intimidating than asking questions in front of the entire class. You may also use office hours to speak with a professor whose academic work is of interest to you. Moreover, during and after your academic career, you may need reference letters for academic or professional applications. Office Hours can be a useful way to deepen personal and academic interactions with a professor, aiding with reference letter requests or suggestions on internships and research opportunities.

**How much work should I expect outside of class time?**

You may attend a course for only 2-4 hours per week. However, the expectation is that you will spend 3-5 hours per class point (credit) studying or working on projects outside of class. For example, a 3-point course will typically require 3-9 hours of work outside of the classroom per week.

**Can I study with other students?**

Study groups can be a critical way to get to know your classmates while also gaining a deeper understanding of difficult concepts. They can provide an opportunity to learn your course material better while building community. Please review the ARC toolkit on your flash drive, to learn more about how to create an effective study group without compromising the Honor Code.

**Plagiarism:** We expect that all work that you produce for a course is your own. That being said, some professors allow collaboration on projects. If you have any questions as to whether or not you are permitted to work with other students on an assignment, please make sure to ask your professor or TA.

**I am choosing a major. What do I need to consider as an international student?**

A liberal arts education allows you to explore different areas of academic interest before declaring a major. However, your major may impact your application for a visa to work in the United States after graduation. Because there are several factors to consider (your interests, your employer’s interests, and immigration law), advanced planning and research is imperative. Meeting with advisors from the Center for Career Education and GS advising deans can help you clarify and pinpoint your interests. You may use GoinGlobal and Uniworld to view a list of companies that sponsor H1-B working visas, research U.S. firms operating abroad, and learn of foreign firms operating in the U.S. You should also attend ISSO sessions with an immigration attorney in the fall or spring, ideally during your first year at Columbia, to gain an understanding of the process early on.

**ADVISING**

The School of General Studies provides a wide array of advising support.

**What is the role of my advising dean?**

The Office of the Dean of Students is the primary source of student advising at GS. Your advisor provides guidance on both University and GS policies and procedures, and will help you create a long-term plan for your time at Columbia. Contact your advisor immediately if a personal or health emergency prevents you from attending class or completing coursework during the semester.
For students in the Postbac Premed Program, your advisor works with you through all the phases leading to, and through, the process of applying to health professional schools including written institutional support of applications to medical, dental, and veterinary school.
Who advises me on my major?

Each academic department has their own advising model. The primary point person in most academic departments when it comes to questions about your major or major requirements is the Director of Undergraduate Studies. You should reach out to your major department for questions about major-specific transfer credit, course selection, and research opportunities.

When should I use the Peer Advisors?

GS Peer Advisors are students who work in partnership with the Dean of Students Office to provide support and advice about the opportunities and challenges at Columbia. Peer Advisors are available to discuss academics, campus resources, personal concerns, and the transition to the School of General Studies. They are also a great resource for the student experience. You can ask them about courses they liked, student groups that they would recommend, and their experiences with internships, fellowships, or study abroad.

What about the fellowships advising dean?

A fellowship is funding that helps open the door to extraordinary study, research, and work experiences. While some fellowships require U.S. citizenship, others accept applications from international students. Many fellowships are offered by departments and programs within Columbia and are available to students of all nationalities. To learn more about fellowships, please read the fellowship program facts, and explore the listings for available fellowships. You may then make an appointment with the GS fellowships advisor and visit the GS Fellowships database.

Can international students go on a term abroad?

Sometimes international students say “I am already abroad, why would I study abroad?” As one student said, “abroad is not a place!” Sometimes having a second or third international experience can add value to your undergraduate education, allowing you to better understand yourself, your long term professional and academic goals, as well as your place in the world. Study abroad opportunities are available for a semester, full academic year, or summer to all Columbia undergraduates. The advisors in the Global Engagement office help students learn more about these opportunities. All GS students should consult with their advising dean to discuss their long term academic plan, as well as the study abroad section of the GS website.

What should I do if I am considering graduate school?

If you are considering graduate school, either in the U.S. or abroad, you should begin the process by speaking with your professors and the graduate school advisor at the School of General Studies. Faculty can guide you to appropriate graduate programs in your field, while the graduate school advisor at GS can help you with the logistics of exploring and applying to graduate and professional schools. You should begin engaging with graduate school advising around two years prior to the semester you hope to begin graduate school. In addition, graduate school advising and the Graduate School Coaching program remain available to you as a GS alumni.
Graduate School Coaching, which meets in the spring (starting the process; exploration) and fall (active applicants) to help you through the graduate school exploration and application processes. Email gsgradcoaching@columbia.edu for more information.

For students interested in applying to programs in the health professions, consult with an advisor in the GS Premedical/Prehealth Office concerning program planning, ways to gain experience working in a medical setting, and the process of applying to programs of health professional study.

**ENGLISH LANGUAGE CONCERNS**

What is the ALP Essay Exam and why do I have to take it?

As a condition of admission, some students may be required to take the Columbia University American Language Program (ALP) Essay Exam prior to finalizing course registration, as determined by the Admissions Committee at the time of admission. Enrollment at Columbia is contingent on taking the exam. Students receive information regarding whether or not they need to take the exam in their admissions materials. There are no exceptions to this requirement.

The exam is graded out of 10. If you receive a:

- **Level 10:** You will register for University Writing and a regular schedule of courses for the Bachelor of Arts degree.
- **Level 9:** You will register for a 3-point, level 9 ALP course and up to three other undergraduate courses.
- **Level 8:** You will register for a 6-point, level 8 ALP course. The 6-point ALP course does not count towards the requirements for the Columbia Bachelor of Arts degree. You should register for an additional two courses toward the degree.
- **Level 7 or below:** A score below level 8 will require a deferral of the offer of admission to facilitate further full-time English language study. You cannot take any regular courses at Columbia until an ALP score of level 8 is achieved.

What can I do to improve my English skills?

First-year students looking to improve their English skills can enroll in the international section of University Writing (ENGL GS1010) designed for non-native speakers. This section is identical in content and rigor to native-speaking sections with added support and instruction on American academic writing.

You can strengthen your English skills by practicing with native speakers such as floor mates, peers, and friends. Television shows, radio shows, and U.S.-based news publications can help build vocabulary and comprehension skills.

In addition, you should consider joining a student group! Student groups are a great way to spend time with people who are interested in the same things that you are, while also practicing your language skills in a space that is not intimidating.
The American Language Program hosts the Language Exchange Program (LEP), available to any Columbia student learning a language. This program is a great way to connect with a native English speaker interested in language exchange.

The Columbia Writing Center is a free resource and can be used for academic writing consultations in any subject. Some of the consultants have a specialty in English as a Second Language. As an international student, you are eligible to set up a recurring appointment.

For conversational English practice, the Language Resource Center offers Language Maintenance Tutorials (LMT) in several languages for a fee.

WORK AUTHORIZATION

When should I work with the International Student and Scholar Office (ISSO)?

The ISSO will assist with immigration and document services, help you obtain U.S. work authorization, provide programs and workshops around your visa and job search, and provide advice on maintaining your visa status throughout your time at Columbia. We strongly encourage you to review ISSO’s comprehensive website for the most up-to-date information regarding visas and employment.

I would like to get a job on campus. What do I need to know?

Full time F-1 and J-1 students are eligible for “casual” employment on campus. This does not include work-study positions (a government-subsidized financial aid program for U.S. citizens and permanent residents). On-campus work is limited by immigration regulations to a maximum of 20 hours per week, except during official school vacation periods. Information is on the ISSO website about the forms you will be given to get on the University’s payroll and how to apply for a social security number (required for all employment).

How do I get work authorization to take a paid internship or job off-campus?

Undergraduate students are eligible for Optional Practical Training (OPT), or may be eligible for Curricular Practical Training (CPT), which is a benefit and extension of F-1 status. Please review the relevant pages on the ISSO website for more information.

Do international students need to file and pay U.S. taxes?

Yes! All international students in F-1 (and J-1) status are required to file at least one tax form if present in the U.S. at any time in the previous calendar year—even if they had no U.S. income. Please visit the ISSO website for more information.
CAREER ADVISING FOR INTERNATIONAL STUDENTS

What does the Center for Career Education (CCE) offer to me?

CCE works with international students and alumni to help them define career goals and gain meaningful work experience through:

- Individual career counseling, workshops, and online resources to help with internship/job applications, interviewing, networking, negotiations, and the decision to pursue graduate school
- LionSHARE/Handshake, a database of jobs and internships, as well as a system for scheduling career counseling appointments and RSVPing for events
- Domestic and international internship programs
- Career Fairs and other networking and career exploration events
- Alumni Connections
- Industry-specific resources covering career paths, employers, professional associations, and internship/job sites

Regarding my career search, where and when do I start?

Start in your first year by visiting CCE’s International Student section. Then visit CCE to speak with a career counselor to learn more about the resources to support your internship/job search as an international student. You may also want to connect with the GS Fellowships, pre-professional, and graduate school advisors in the Dean of Students Office.

How do I build my network?

Networking is the process of making connections and building relationships that provide you with information, advice, and further contacts, all of which will enhance your ability to make informed career decisions and tap into unadvertised internship/job vacancies. Networking can take place in a group or one-on-one setting. CCE offers alumni panels, career fairs, employer information sessions, site visits, online tip sheets, and networking preparation throughout the year. Other ways to build or expand your network include joining a student club or professional association, volunteering, and talking to professors, family members, and friends about who they might know in your fields of interest.

What are other ways I can develop skills or gain experience?

Joining a student organization on campus helps you begin to network with students, employers, and alumni. Student organizations offer leadership opportunities to help you expand your knowledge of a particular industry or job function.
Volunteering can connect you with others and develop a variety of different skills. Community Impact at Columbia University connects you with volunteering opportunities in Morningside Heights and Harlem.

I am interning internationally. Are there events or other opportunities where I can meet fellow students and alumni?

To find events abroad, first check the alumni events calendar. Alternatively, you may send an email to the Columbia Alumni Association with the region and dates in question to be put in touch with a Columbia connection on-site. The Center for Career Education offers advice on other ways to connect with alumni.

STUDENT LIFE AT COLUMBIA

I want to be involved in student groups. Are there groups that are good for international students?

Columbia has nearly 500 student organizations and you are encouraged to join any group(s) of interest. A great place to start is GS’s Student Organizations page. There is an incredible variety of student life opportunities, some run by the School of General Studies and others administered by other undergraduate colleges or the University as a whole. To start your exploration of student life at Columbia, please visit the GS Student Life page.

Another space to explore is Columbia LionLink. After logging in, you will have access to a large list of student organizations. Two large-scale events that showcase student groups at Columbia include a Meet and Greet with student organizations during New Student Orientation Program and the Activities Day fair held every September. You should plan to attend both!

Some GS-Specific Organizations that may be of interest:

The General Studies Student Council (GSSC) pursues academic, political, social, and administrative initiatives and serves as a liaison between the student body, the GS administration, University offices, and student organizations. The GSSC plans academic and social events on campus, enacts policies that positively impact GS students, collaborates with the other Student Councils at Columbia, and works with University administrators. Each year, the GSSC elects an international student council representative.

GS Alliance is a student organization recognized by the Student Governing Board that is dedicated to the advancement of education and advocacy regarding issues of special interest to the LGBTQA community and its allies. Email gsalliance@columbia.edu for more information.

Koreans in GS (KIGS) is a student organization recognized by the Activities Board at Columbia that is dedicated to building community among Korean students at GS.

Student of Color Alliance (S.O.C.A.) is an unrecognized student group dedicated to providing a space to discuss issues affecting GS students of color, both domestic and international. Email socalliance@columbia.edu for more information.
Are there mentorship opportunities for international students?

Absolutely! GS offers a Mentor program for all students. You are strongly encouraged to engage with a GS Mentor to discuss campus resources, personal concerns, and the social transition to the School of General Studies.

I keep hearing the term “student engagement.” What does that mean and why should I get involved?

In the U.S., college is not seen as solely an academic pursuit. It is important for students to engage with their campus community not only academically, but socially as well. These social networks are invaluable to not only enjoying your time at GS, but also in building personal and professional networks that will serve you well beyond your time at Columbia. The School of General Studies runs a wide variety of student engagement programs that assist students in making connections across campus including with faculty and alumni.

How can I learn more about my gender and identity in the U.S. and at Columbia?

College is a time for students to explore and learn more about themselves and others, including facets of their identities such as gender, race, ethnicity, sexual orientation, and socio-economic class. Multicultural & Social Justice Education Programs act as a resource to engage in dialogues, workshops, weekend retreats, and one-on-one conversations with a peer or staff member about identity, social justice, and leadership.

Are there specific resources for international military veterans?

GS has many opportunities and resources for military veterans, including a regular veterans newsletter. Many opportunities are focused specifically on those who participate in the U.S. military, but there are opportunities and events open to international veterans as well. Please visit the GS Veterans Resources and Initiatives page for more information.

HOUSING

How can I learn more about participating in Columbia Housing?

International students are eligible for Columbia housing. If you are interested in participating in Columbia housing or live in Columbia housing and have questions, please make sure to review the information on the Housing section of the GS website as well as information from Columbia Residential. Please also review the information you received in your admissions packet.

What resources are there for me if I am interested in living in non-Columbia housing?

There are two main resources for you to use if you are interested in finding your own housing:

- Off Campus Housing Assistance: Columbia-specific resource for finding apartments and roommates
- The International Student’s Survival Guide: New York Metro Area: An invaluable
resource, packed with practical information for newcomers who come to live in New York City or nearby New Jersey. With this guide, you will learn how to find housing; manage money, safety, and wellness; get hints for having fun; and make informed decisions about products and services as you explore the area and get settled. You may download a free copy by following these steps:

○ Visit the GS-specific link
○ Click “Checkout” at the bottom of the page (you do not need a coupon code)
○ Enter your name and email address—this is the address to which the guide will be sent
○ Click “Next” and “Submit Order”
○ You should receive an automatic email, which provides a link to download the guide
○ Choose the AZW file if you will read it on Kindle, and choose the EPUB file for other e-readers

Navigating Columbia’s Health and Wellness Resources

Columbia University has numerous health and wellness resources available to students to help address individual needs and concerns, as well as unanticipated health issues that may arise. The following information will help clarify how to best utilize these resources and navigate the various offices that offer assistance. For a general list of Columbia wellness resources, please visit Live Well, Learn Well.

What should I do if I feel homesick?

Feeling homesick, and more generally, experiencing culture shock, is a natural part of your experience in a new city, country, culture, and university. You should understand that there will be days in which you feel down, confused, frustrated, or just lonely. The ways to combat these feelings are many.

● Don’t spend too much time alone, and engage with other students. Review the Student Life section of this resource above. The more friends you make here, the easier it will be to feel connected and at home. It can be difficult to start the process of making new friends. The easiest way is to join student groups where you can meet other students who are interested in the same things that you are.

● Try to create similar habits here to those you had at home. If you like going to the gym regularly, check out the Dodge Fitness Center. If you prefer to eat with others, invite your classmates to have lunch with you. Maintaining a regular life schedule makes transitioning to a new place much easier.

● Explore your surroundings. NYC is an amazing city. Set time aside each week or month to go to a new museum, explore a new neighborhood, or visit a new restaurant.

● Be open-minded. You are going to encounter situations and conversations that may be handled differently in your home culture. Ask questions if you don’t understand something.

● Don’t be too hard on yourself. You are in a new school and a new cultural environment. You will struggle personally and academically. Be gentle with yourself, particularly during your first semester, as you adjust to this new environment.
● Understand that a significant life change, like the one you are embarking on, can be physically and mentally exhausting at first. It is not uncommon for students to report disruption in their sleep schedule, reduced ability to concentrate, and moments of feeling overwhelmed, but it will pass.

● Keep in touch with people from home. Schedule a regular time to speak with your closest friends and family.

● Ask for help! Talk to your academic advisor or the GS Peer Advisors for advice when you are feeling down.

● If you find that you are really struggling, you may want to consider discussing your emotions with a counselor. See the information about Columbia's Counseling and Psychological Services (CPS) below.

How do I use Columbia’s Health Services?

Columbia Health offers on-campus care in three primary areas; Medical Services (physical health), Counseling and Psychological Services (mental health), and Disability Services. Columbia Health is located in John Jay Hall on the third floor.

For regular medical services, you are automatically assigned a Primary Care Provider (PCP). Your PCP is a physician or nurse with whom you schedule routine appointments, such as an annual physical exam. Most appointments can be scheduled online using the Columbia Health website.

If you are ever feeling sick, you can call Columbia Health at (212) 854-7426 during office hours and schedule an appointment or speak with a health care provider. If you have an urgent care need, you can also stop by the Urgent Care Center during office hours without an appointment. If you require emergency medical care, call Columbia Public Safety directly at (212) 854-5555 or 911 for emergencies. For emergencies that occur off-campus, call 911.

When Columbia Health is closed, you should contact Columbia Public Safety. You will be connected to an on-call physician who can help you decide whether you should seek care at a hospital emergency room or at Columbia Health the next day.

When should I use Columbia’s Counseling and Psychological Services (CPS)?

In the U.S., it is very common for people to reach out to professional counselors to talk about a wide range of mental health issues. You can talk to CPS counselors just one time or more regularly to get advice about how to manage stress, anxiety, depression, or any other concerns you have about emotional strain. You should never hesitate to meet with someone from CPS if you are having any kind of mental distress.

Many Columbia undergraduates visit CPS at some point during their academic career. If a student wants to select a specific clinician, they are more than welcome to make a request. Specific clinicians are selected based on areas of special interest, including trauma support, LGBTQ concerns, religious/spiritual concerns, multicultural concerns, or body image issues/eating disorders. CPS adheres to strict standards of confidentiality. Your professors, peers, and advisors will not know that you are seeking help at CPS unless you expressly permit that knowledge to be shared.
Who else can I talk to besides CPS?

There is a community of advisors at Columbia to speak with about any feelings, issues, or concerns that may arise at Columbia. You can always begin with your regular academic advisor who can guide you to the most appropriate resources on campus.

When offices are closed, there are still resources for support, depending on your needs:

- A great first stop is Alice!
- If you live on campus, you can speak to your resident advisor
- **Nightline:** Peer listening hotline; (212) 854-7777, from 10 p.m. – 3 a.m.
- **Urgent physical or mental health concerns:** (212) 854-7426
- **CU-EMS:** An ambulance service; (212) 854-5555 or 99 from any campus phone
- **Sexual Violence Response team:** (212) 854-HELP (4357)
- **Public Safety Emergency:** 4-5555 or (212) 854-2797

When should I work with Disability Services (DS)?

Disability Services works with students who have either physical or mental health conditions that require accommodation to support their success. Accommodations may include alternate testing environments, being assigned a note taker, extended time for exams and papers, and much more. Students who have any reason to believe that they are eligible for support services should seek an appointment. ODS is located in Wien Hall, Main Floor—Suite 108A.

If I have questions about other health or wellness concerns, how can I find further resources?

The GS Health & Wellness team can be reached at gshealthandwellness@columbia.edu. Students are encouraged to email the team for any of the following reasons:

- To discuss a question about health and/or wellness resources on campus
- To discuss a personal issue around health or wellness
- To request meal vouchers from the Emergency Meal Fund or discuss food insecurity
- To share ideas or concerns about health and wellness at GS
SCHOOL OF GENERAL STUDIES ALUMNI

Though it may seem early to be thinking about the GS alumni experience now, connecting with alumni both at home and here in NYC can be a really exciting way to build community and network. The School of General Studies has their own dedicated Alumni Relations team which runs special events and programs in NYC and abroad. You can connect with them via Facebook, LinkedIn, or via email.

ACRONYMS

Columbia frequently uses acronyms to discuss resources and offices across campus. There are several acronyms that are important for you to begin to learn.

ARC: Academic Resource Center  BWOG: Columbia Student Blog  CCE: Center for Career Education  CPS: Columbia Psychological Services  CUID/PID: Columbia University Identification Number available in SSOL (e.g., C000123456)  CUIT: Columbia University Information Technology  CULPA: Columbia Underground Listing for Professor Ability  DOS: Dean of Students Office  GS: School of General Studies  GSSC: General Studies Student Council  ISOP: International Student Orientation Program  ISSO: International Students and Scholars Office  NSOP: New Student Orientation Program  OMA: Office of Multicultural Affairs  PPSC: Postbac Premed Student Council  PBPM: Postbaccalaureate Premedical Program  RA: Resident Advisor  SPEC: Columbia Daily Spectator (Columbia’s student newspaper)  SSOL: Student Services Online—register for classes, access your student account, and check grades  UAH: University Apartment Housing  UNI: Your student ID, which allows you access to all Columbia electronic resources (e.g., abc1234)
IMPORTANT LEGAL TERMS

What do FERPA (Family Educational Rights and Privacy Act) and HIPAA (Health Insurance Portability and Accountability Act) mean?

FERPA stands for the Family Educational Rights and Privacy Act of 1974. Under FERPA, when a student enters University in the U.S. at any age, all rights and responsibilities to privacy of educational records are transferred to the student. Educational records can include grades, financial aid records, disciplinary records, student account information, Dean’s Office files, and Residential Program files.

HIPAA is the Health Insurance Portability and Accountability Act. HIPAA protects the privacy of student information in health and medical records, including electronic files.

While the types of information protected by FERPA and HIPAA will not be automatically disclosed, the University has protocols in place to contact families in the event of a medical emergency or when the student requests information be released. Importantly, the GS Dean of Students Office is here to engage with students and families in an open dialogue during their time at Columbia. We encourage students and their families to ask questions, attend events and information sessions while on campus, or contact us for additional information.

CONTACT INFORMATION

For questions or feedback regarding this student guide, please contact gsinternational@columbia.edu.