Immigration Regulations
for J-1 Students
Before we begin…

• Iowa State University enrolled its first international student in 1882 who hailed from Suriname

• International community today
  • More than 4000 international students from over 120 countries
  • More than 800 visiting international scholars and international employees

• International Students and Scholars Office (ISSO)
  • A unit of the Dean of Students Office
About ISSO

We support the mission of Iowa State University and the Division of Student Affairs through:

• Institutional compliance with immigration related regulations
• Immigration advising and applications for international students, scholars, employees, and university departments
• Broad support for the international community and the university in general
Contact Information

International Students and Scholars Office
3241 Memorial Union
2229 Lincoln Way, Ames IA 50014
Phone: 515-294-1120
Fax: 515-294-8263
Email: isso@iastate.edu
Website: www.isso.iastate.edu
ISSO PROGRAMS AND EVENTS
# Program and Events

The ISSO regularly plans cultural trips and events. These are opportunities for international and domestic students to explore the midwest, make friends, and learn more about U.S. culture. We schedule trips monthly to a variety of locations! Trips in the past have been to Minneapolis, Chicago, Kansas City, St. Louis, Des Moines and more. Check out the calendar below and look at the details for more information.

## November 2017

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**Events:**
- English Together (Room)
- Dinner in Des Moines: Paradise Bites
- Dinner in Des Moines: Guts BBQ
- MidWest Tour of Iowa & History Trip
- Arizona Salsa Night
INTERNATIONAL STUDENT ADVISING
College-Designated International Student Advisors

Ashley Huth
Vet Med Design
Interdepartmental

Jessica Fincham
Engineering (except Mechanical, Computer, & Electrical)

Kat Lundberg
Mechanical, Computer, & Electrical Engineering

Elliot Uhl
Ag & Life Sciences Business Human Sciences

Teresa Witcher
Liberal Arts & Sciences (including IEOP)
Appointments with an International Student Advisor

- Schedule an appointment through the ISSO homepage: www.isso.iastate.edu
  - 20 minute in person or phone appointments are available
GENERAL  J-1 IMMIGRATION INFORMATION
J-1 Student Immigration Information

www.iss.o.iastate.edu
Visa vs. Immigration Status

- Your **VISA** is the stamp in your passport you receive at a U.S. consulate.
- Your **visa** is only needed to request admission to the U.S.
- Your **visa** can expire while you are in the U.S. without any penalty.
- A **visa** can be renewed only at a consulate/embassy outside the U.S.

- Your **IMMIGRATION STATUS** is J-1 and is indicated on your I-94 record when you enter the U.S., as well as your DS-2019.
- Your **immigration status** allows you to stay in the U.S. for your J-1 program.
- Your **immigration status** must remain current and valid while in the U.S.
- Your **immigration status** can be extended within the U.S.
Immigration Documents

- Passport
- Visa
- DS-2019
- I-94 Record (Electronic or paper version)
Immigration Document: Passport

- Must be valid for at least six months into the future
- Contact your country’s embassy to extend or replace
- U.S. arrival stamp must say “J-1” and “D/S”
You MUST have a valid visa to enter the U.S.

- Renew at a U.S. consulate outside the U.S.

You do NOT need a valid visa to remain in the U.S.

- **Visa**: a travel document used to request entry to the U.S.

**Visa Class**

- Entries [Allowed]
  - M = Multiple

- Expiration Date
Who can study?
- You!

Where can you study?
- Iowa State University

When can you study?
- Estimated end date for current academic program

What can you study?
- Level of education
- Major
  - Major should not change unless you receive prior ISSO approval

Immigration Document: DS-2019
Immigration Document: I-94

- You MUST receive an I-94 record when entering the U.S.
- U.S. CBP enters your entrance and departure information in a database
- The I-94 record documents your legal status in the U.S.
- Obtain a copy of your I-94 record at:
  https://i94.cbp.dhs.gov/I94
Immigration Document: I-94

- I-94 Number
- Expiration Date
  - D/S = Duration of Status
- Class of Admission
  - Immigration Status
Immigration Documents

- Name on all legal documents must match
  - Immigration documents
  - ISU records (including ISU Card)
  - Iowa driver’s license or Iowa ID card (if obtained)
  - Social Security Card (obtained if working in U.S.)

- Make copies of your immigration documents
  - Passport, J-1 visa, I-94 record, DS-2019

- Carry copy of documents while in Ames area
  - Carry original documents when outside Ames area

- Keep original DS-2019s even after leaving
  - Historical record of your U.S. immigration history
212(e) or Two Year Rule

- Not all J-1 students are subject to 212 (e)
  - Check your DS-2019 and visa to confirm
- 2 year home country physical presence requirement is based on:
  - Government funding
    - U.S. or home government
  - Exchange Visitor Skills List
    - Academic field of J program
    - Country of citizenship
- Must be present in your home country for at least 2 years after completing your J-1 program if you are subject to 212(e)
  - Cannot return to U.S. in H, L, or Permanent Residence status until after completing 2 years home residence
MAINTAINING YOUR J-1 STATUS
Maintaining Status

- Obtain immigration advice from:
  - ISSO Advisors FIRST!
  - U.S. Immigration and Customs Enforcement (USICE)
  - U.S. Citizenship and Immigration Services (USCIS)
  - U.S. Customs and Border Protection (USCBP)

- **Not from:**
  - Friends
  - Faculty or Academic Advisors
Maintaining Status

- You are responsible for your J-1 status
  - Review your immigration documents
    - Before and after travel
    - Beginning of each semester
  - Thoroughly read all emails from ISSO!!!
    - These will always go to your @iastate.edu
  - Meet deadlines required by J-1 regulations
Maintaining Status: New Address

- If you move, you must report your new living address to ISSO within **10 days**.
  - Use Access Plus to update your address
  - Your address must be the physical location where you live
    - It cannot be a post office box nor an ISU departmental address
  - ISSO is responsible for reporting the new address to SEVIS
# Maintaining Status: Enrollment

- J-1 students must be enrolled full-time to maintain their J-1 status. Full-time enrollment is as follows:

<table>
<thead>
<tr>
<th>Academic Level:</th>
<th>Fall and Spring Semesters</th>
<th>Summer Semester (No enrollment requirement unless summer is your first or final semester.)</th>
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<tbody>
<tr>
<td>Undergraduate</td>
<td>12 credits per semester</td>
<td>6 credits per semester</td>
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<tr>
<td>Graduate Level</td>
<td>9 credits per semester</td>
<td>4.5 credits per semester</td>
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<tr>
<td>Graduate with Assistantship</td>
<td>Defined by your academic department</td>
<td>Defined by your academic department</td>
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Maintaining Status: Online Courses

- Cannot count any online courses toward a “full course of study.”
  - J-1 students can enroll in online courses once they have met the minimum full-time enrollment requirements

- Cannot be only class during last semester
Maintaining Status: Reduced Course Load

- J-1 students may be eligible to be enrolled less than full-time, if approved for a Reduced Course Load (RCL). RCL options include:
  - Academic Reasons (can only be used once per level)
    - Difficulty with English Language, Difficulty with Reading Requirements, Unfamiliarity with American Teaching Methods, and Improper Course Level Placement
  - Documented Medical Condition
  - Graduate Student Pursuing Research
  - Final semester

- Requesting a Reduced Course Load
  - Submit Cystart e-form to request a Reduced Course Load
  - Your Academic/Faculty Adviser will be asked to verify information
  - Submit prior to dropping below full-time
Maintaining Status: Program Extension/Objective

- Program extension request required to extend DS-2019 end date in order to complete program objective
  - Must submit request in Cystart prior to DS-2019 end date
- Student non-degree category limited to 24-month program duration
- J-1 students are not permitted to change their program objective (major) without first obtaining ISSO approval
Maintaining Status: Health Insurance

- Health insurance is required for all individuals in J-1 and J-2 status
- Insurance must meet minimum coverage requirements and be valid for the duration of your J-1 program
BENEFITS OF MAINTAINING YOUR J-1 STATUS
On-Campus Employment

- Paycheck from Iowa State University

- 20 hours per week (or less) during Fall and Spring Semesters
  - Not an average

- Full time during breaks IF you will be continuing as a student after the break
  - Breaks include: Summer, Winter, Thanksgiving, Spring

- Complete I-9 with ISSO before starting on-campus work
  - Work authorization valid for 12 months
Off-Campus Employment

- Typically in form of Academic Training
  - Eligible after completing one semester in program
  - Must obtain ISSO approval before starting
  - Must be directly related to program of study
  - Limit of 18 months for Bachelors and Masters students, 36 months for Doctoral students, and equal to time spent in program for non-degree students (but not to exceed 24 months)

- See an International Student Advisor if unforeseen circumstances arise which cause you a severe economic hardship

Requires Special Authorization from ISSO
Other Benefits of J-1 Status

- Transfer to new school (immigration process)
  - Must continue with same program objective

- Change of academic level (Matriculation)
  - Not an option for non-degree students
  - Must begin new academic program at a higher education level and continue with same program objective

Submit request to ISSO for approval
VIOLATING J-1 STATUS
Violating J-1 Status

- Ways you could violate your J-1 status:
  - Expired DS-2019 and program not completed
  - Working on- or off-campus without authorization
  - Not enrolled full-time (and no Reduced Course Load approved)
  - Address change not reported within 10 days of moving
  - Failure to maintain health insurance that meets U.S. Department of State Requirements

- NOTE: Please avoid all potential criminal activities. Arrests and convictions may negatively impact your J-1 status.
Violating J-1 Status

- **Consequences of being “out of status”:**
  - You will need to “get back in status” (Reinstatement)
    - Costly
    - Timely
    - Sometimes difficult
  - Loss of work benefits on campus and off campus
  - In extreme cases;
    - Could require student to leave the U.S. and obtain a new visa to re-enter
    - Could be barred from re-entering U.S. (3 or 10 years)
    - Could be reason for denial of future benefits or request for change to another status
    - Could lead to deportation
USING CYSTART
Cystart Login

- As an international student, most of your immigration requests will involve our online services system, Cystart.
Cystart Requests

- From Cystart’s student page, you can find e-forms for almost type of every immigration request.
- Questions about Cystart? Email isso@lastate.edu or make an appointment with your International Student Advisor
Cystart Requests

- Read the FAQs on ISSO’s “Information for J-1 Students” page to know requirements for each e-form.
J-2 DEPENDENTS
J-2 Dependents

- Allowed to enroll in classes or pursue a degree
  - Part- or full-time is permitted
- Allowed to apply for work permission
  - Must apply to USCIS for permission
- J-2 status is dependent on J-1 status
  - Cannot remain as a J-2 dependent once you reach age 21
TRAVELING FOR J-1 STUDENTS
Traveling for J-1 Students

- If traveling outside U.S., make sure you have:
  - Unexpired passport (valid at least 6 months into the future)
  - Valid visa
  - Valid DS-2019
  - Travel signature from ISSO
    - Travel signatures expire one year from signing

- Stay up to date on immigration changes through ISSO’s website: www.isso.iastate.edu
LEAVING IOWA STATE
Leaving Iowa State

- Inform ISSO if you plan to:
  - Transfer to a new school
  - Take a leave of absence

- Depart the U.S. within 30 day grace period upon DS-2019 end date or completing program requirements (whichever is earlier)
  - If your DS-2019 is expiring but you haven’t finished your degree requirements, apply for a Program Extension **BEFORE** your DS-2019 expires.
WHERE CAN I FIND…? 
Where can I find…?

- ISSO is here to help you in whatever way we can. If it’s immigration-related, we’re your first and best resource.
- However, for the things we can’t help you with, you can find information through the Iowa State University website.
Where can I find…?

- Add/Drop Deadlines → Registrar
- Arrests/Criminal Offenses → Student Legal Services
- Degree requirements → Academic department
- Emergencies → ISU Police/Ames Police
- Enrollment Certificate → AccessPlus
- Graduate assistantships → Graduate College and Academic Department
- Graduation → Registrar, Graduation Office
- Health Insurance → Student and Scholars Health Insurance Program (SSHIP) Office
- Housing and Apartments On-Campus → Department of Residence
- Legal Advice → Student Legal Services
- Medical Issues → Thielen Student Health Center
- On-Campus Employment → Student Job Board
- On-Campus Housing → Department of Residence
- Transcripts → Registrar
- Transfer Credits → Admissions/Academic Adviser
- Tuition and Fees → Registrar
- Tutoring → Academic Success Center
- U-Bill → Accounts Receivable
- Writing Help → Writing and Media Center (Center for Excellence in Communication for Graduate Students)
Additional Information

- ISSO covers the full cost of group tutoring sessions for international students
  - Request a tutor from the Academic Success Center and list ISSO as the funding source
- ISSO Scholarship applications are available every fall and spring semester
  - International students are eligible to apply after completing an academic year (fall and spring semesters)
  - A maximum of $2,000 per student can be awarded per semester

... and it’s time for a quiz!
Stay Connected with ISSO!
Welcome to

IOWA STATE UNIVERSITY
OF SCIENCE AND TECHNOLOGY

Are there any questions?