Can I Work in the USA?
International Student Work Requirements
Work Eligibility Requirements

- Must meet eligibility criteria for specific type of work permission
- Must maintain legal full-time student status throughout your studies
  - Maintain G.P.A. of 2.5 for undergraduates and 3.0 for graduates
  - Must consult a GEO advisor well in ADVANCE for any off-campus work
Work Types for F-1 and J-1

**F-1 Students**

“ON CAMPUS” (For UNM only)

OTHER

OR “OFF CAMPUS”

1. Curricular Practical Training (“CPT”)
2. Optional Practical Training (“OPT”)
3. Severe Economic Hardship

**J-1 Students**

“ON CAMPUS” (For UNM only)

OTHER

OR “OFF CAMPUS”

1. Academic Training (“AT”)
On-Campus Work
How Many Hours Can I work?

• **20 hours per week:**
  During the Semester (have to be taking classes)
  (US students can work 30 hours, so don’t get confused!)

• **During semester breaks (summer/winter break)**
  IF you plan to continue your studies at UNM
  - **28 hours per week** for Student Employment
  - **40 hours per week** for graduate students with assistantships
Types of On-campus Work for Students

Assistantships:
Only international students in graduate degree programs ARE ELIGIBLE

Student Employment Jobs (SE):
All international students ARE ELIGIBLE

Work Study Jobs (WS): International students are NOT ELIGIBLE
Students with on-campus jobs need to go to the Student Employment Office to process paperwork.

F-1 students do not need any special permission from GEO to work on campus, but will need to show passport, I-20, I-94 for processing paperwork.

J-1 students will need a form from GEO BEFORE they can begin work.

Note: J-1 student must also notify GEO if there is a change of employment. Your employment information is required to be updated and documented in SEVIS.
<table>
<thead>
<tr>
<th>Job Title</th>
<th>Hiring Department</th>
<th>Date Posted</th>
<th>Applicant View Salary</th>
</tr>
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<tbody>
<tr>
<td>Access Services Assistant</td>
<td>CULLS (107A)</td>
<td>11/14/2018</td>
<td>$9.00</td>
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<tr>
<td>Accounting Intern</td>
<td>SFAO Administration (405B)</td>
<td>12/10/2018</td>
<td>$12.00</td>
</tr>
<tr>
<td>Admin Social Media</td>
<td>Off Campus Work Study (454F)</td>
<td>1/7/2019</td>
<td>$11.00</td>
</tr>
<tr>
<td>Administrative Assistant</td>
<td>School of Law (688A)</td>
<td>1/7/2019</td>
<td>$9.00</td>
</tr>
<tr>
<td>Administrative Support</td>
<td>School of Law (688A)</td>
<td>12/3/2018</td>
<td>$12.12</td>
</tr>
<tr>
<td>Administrative Support</td>
<td>School of Law (688A)</td>
<td>12/5/2016</td>
<td>$12.12</td>
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<tr>
<td>Ambassador</td>
<td>RLSH Operations Assign &amp; Marketing (215D1)</td>
<td>11/15/2016</td>
<td>$8.75</td>
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<tr>
<td>Artist Model</td>
<td>Art Art History Gen Admin (695B)</td>
<td>12/3/2016</td>
<td>$15.00</td>
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# Student Intermediate Level

<table>
<thead>
<tr>
<th>Requisition ID</th>
<th>req7257</th>
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<tbody>
<tr>
<td>Working Title</td>
<td>Ambassador</td>
</tr>
<tr>
<td>Pay</td>
<td>$6.75 Hourly</td>
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<tr>
<td>Campus</td>
<td>Main - Albuquerque, NM</td>
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<tr>
<td>Department</td>
<td>RLSH Operations Assign &amp; Marketing (210D1)</td>
</tr>
<tr>
<td>Employment Type</td>
<td>Student Employment</td>
</tr>
<tr>
<td>Student Type</td>
<td>Student Employment</td>
</tr>
<tr>
<td>Status</td>
<td>Non-Exempt</td>
</tr>
<tr>
<td>Background Check Required</td>
<td>Yes</td>
</tr>
<tr>
<td>For Best Consideration Date</td>
<td>1/1/2019</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Position Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under the direction of the Director of Residence Life &amp; Student Housing, and the direct supervision of the Senior Marketing Representative, this position plays an integral role in promoting the on-campus housing experience to prospective residents. UNM Residence Life &amp; Student Housing endeavors to foster inclusive, community-based living environments consciously designed for our residents' personal growth and academic success in well-maintained facilities. Ambassadors play a vital role in introducing the experience of living on campus to incoming students and by professionally representing the Residence Life &amp; Student Housing Department and the University of New Mexico. Our Ambassadors are enthusiastic and dedicated leaders committed to sharing their resident life experiences with incoming students, in order to show them everything our communities have to offer. Residence Life Ambassadors represent the department in their interactions with current and prospective students and their families, answering questions and effectively communicating the benefits of living on campus and giving first-hand knowledge of the on-campus living experience while conducting tours of our residence halls to prospective residents and their families. Ambassadors also assist with our retention efforts with current on-campus residents. Duties and responsibilities of this position include, but are not limited to the following:</td>
</tr>
<tr>
<td>• Conduct informational tours of residence hall facilities, provide positive, well-informed information about residence hall living to prospective residents and their families.</td>
</tr>
<tr>
<td>• Develop peer-to-peer relationships with current and prospective residents; participate in outreach efforts via in-person presentations, information tables, and email campaigns.</td>
</tr>
<tr>
<td>• Perform oral presentations to large and small scale audiences regarding on-campus housing options, amenities and opportunities.</td>
</tr>
<tr>
<td>• Promotes community events, activities, and programs through posting to department social media platforms including Facebook, Twitter, Instagram, and Snapchat; as well as other established marketing methods which may include printed promotional materials or broadcasting of electronic promotional slides.</td>
</tr>
<tr>
<td>• Promotes official UNM on-campus living to other University students and/or constituents.</td>
</tr>
<tr>
<td>• Promotes the on-campus residence halls to current and potential on-campus residents, which may include outreach and presentations to high school students, current residents, and other UNM affiliates.</td>
</tr>
</tbody>
</table>
There are three types of F1 “off-campus” work:

- CURRICULAR PRACTICAL TRAINING (CPT)
- OPTIONAL PRACTICAL TRAINING (OPT)
- SEVERE ECONOMIC HARDSHIP

• ONLY eligible after one academic year of full-time enrollment

NEVER work off-campus without a GEO advisor’s written authorization! (For F-1s, this is on your I-20)
Any off campus work must be authorized here or it is not legal
There is one type of J1 “off-campus” work: “Academic Training”
ONLY eligible after one academic semester of full-time enrollment
Amount of Time Eligible to Work depends on degree or program and length of study

Your academic advisor must first authorize the employment. Exchange students must get home institution’s authorization PRIOR to starting the job.
J-1 Academic Training

U.S. Department of State
CERTIFICATE OF ELIGIBILITY FOR EXCHANGE VISITOR (J-1) STATUS

1. Family Name: [Redacted]  
First Name: Suncheon  
Middle Name:  
Gender: FEMALE

2. Program Sponsor:
University of New Mexico

Primary Site of Activity: 115 Montoya SE  
Albuquerque, NM 87106

3. Form Covers Period:
From: 08-19-2009  
To: 08-31-2010

4. Exchange Visitor Category:
STUDENT NON-DEGREE

Subject Field Code: 45.1001  
Subject Field Code Renewal: Exchange student in Political Science

5. During the period covered by this form, the total estimated financial support (in U.S. $) to be provided to the exchange visitor by:
Personal funds: $14,339.00  
Total: $14,339.00

Academic Training:
Organizing for America  
(05/16/2010 - 08/31/2010)
F-1 and J-1 students who work MUST obtain a Social Security Number (SSN)  
(you can’t get one if you don’t work)

• You will not be paid after two pay periods unless you get the SSN to the payroll office

• YOU HAVE TO GO TO THE SOCIAL SECURITY OFFICE, BUT... You must wait until:  
Three weeks after you complete check in
The Social Security Administration is a Government Office that is located OFF campus. To apply for a Social Security Number you must take:

- Original passport
- I-20/DS-2019
- I-94
- UNM employment verification form signed by GEO
- Social Security Application

Note: Applications are provided at the Social Security Administration Office and at GEO
Commercial Break:
Two International students meet...
MESSAGE?

I DON'T ALWAYS WORK OFF CAMPUS...

BUT WHEN I DO, I GET WORK PERMISSION FROM GEO
Need more information?

- Ask an international advisor
  Walk-in Office Hours for Advisors:
  Monday - Friday: 1-3 pm
  Monday and Thursday: 10-12 pm (during semester only)

- Check the GEO website

- Read email messages sent from iadvisor@unm.edu regarding immigration issues!!!
International Student Contract

• Keep the contract on your agenda for your records.
• You sign that you understand these rules when you log in to the myGEO portal

Be back in your seats in 15 minutes!
Health Care and Health Insurance

Photo by: Susann Kõomägi
SO YOU'RE TELLING ME

I HAVE TO HAVE HEALTH INSURANCE?
Your Health is Important!

• No one expects to get sick!

• If it happens, you need to understand the US system, where to go, and how to use your insurance
Overview of the US Health System and Health Insurance

http://www.internationalstudentinsurance.com/
Health Insurance at UNM

Health insurance is MANDATORY for international students at UNM!!!

- Students with Assistantships, Athletic scholarship students, and Government-sponsored students have special requirements and benefits.
- ALL OTHER International Students need to buy health insurance coverage for their ENTIRE STAY in the US!
Health Insurance at UNM

Two Types of Plans Available for degree-seeking students who have to buy:

“Emergency” or “Illness – only” Plans designed for International Students (i.e., the ISI plans linked to the GEO website – the UNM student health center does not bill these)

OR

US Marketplace Plans sold at healthcare.gov (Obamacare/ACA)
International Student Plans

International Plans **DO NOT:**

- Cover pre-existing conditions
- Cover preventative care
- Have unlimited benefits
- Have their claims processed directly by the UNM Student Health Center
- Cover things that are not medically necessary

International Plans **DO:**

- Cover new illnesses and injuries
- Cover medical evacuation and repatriation of remains (required for J1 visa holders)
- Have limits on how much they will cover and what they will cover
- Require you to file claim forms if you visit the UNM student health center and want them to pay
- Charge more for those over 24
US Marketplace Plans DO NOT:

• Allow you to sign up at any time (You have to have a qualifying life change like moving to the US)
• Have an easy sign up process
• Have a guarantee of continuing beyond this year

US Marketplace Plans DO:

• Allow pre-existing conditions
• Allow coverage for preventative care (medical only – no dental or vision)
• Provide subsidies to students according to income
• Cover an illness without a dollar limit
• Require you to file a tax return at which time you MAY have to pay back some of the subsidy
Health Insurance

To Decide: Read the information on our website, THEN

Think about your personal situation:

• Are you over 24?
• Do you have any current or recurring medical issues ("pre-existing conditions")
• Do you take any regular medications?
• How much are you willing to RISK a huge financial bill?
• Are you prepared to return home for care if you need to?
• How long have you lived in the US?
• Are you willing to take the time to apply for the US Healthcare marketplace insurance?
• Are you prepared to file taxes and pay back some of the subsidies if you have to?
Health Insurance

After you buy:

1. **Upload coverage info at myGEO portal** - one easy page that has your name and the dates of coverage

2. **Print an insurance card** – Carry this in your wallet!

3. **Do not have a gap in your health insurance** (even if you will leave the US for vacation). If you have a gap your policy is considered NEW and NOT continuing which is a problem.

4. **Fill out claim forms for any charges within the time limit** (usually 2 months) – Do this even for health center charges so that you are adding up dollars toward meeting your “deductible”
Health Insurance

More information will be available tomorrow:
Friday, January 11th
Health Insurance Help
10am to 4pm
SUB Lobo Lair Computer Lab, (LLTC) Ground floor

Those who apply will follow up with their applications next week:
Wednesday, January 16th
Follow Up Help for those who came on the 11th
10am to 4pm
SUB Lobo Lair Computer Lab, (LLTC) Ground floor
SO... Where should you go when you get sick?
STUDENT HEALTH & COUNSELING

Monday - Thursday
8:00 AM – 5:30 PM

Friday
9:00 AM – 5:00 PM

(505) 277-3136
FOR ROUTINE CARE GO TO SHAC !!!

- All currently enrolled students can be seen at SHAC
- Cost is MUCH lower than elsewhere and will be billed to your student account at UNM
- Care is offered by experienced doctors, advanced practice providers, and nurses
- Same-day appointments are available
MANY SERVICES

- Medical Appointments: Advanced & Same-Day
- Counseling Services
- Women’s Health
- Men’s Health
- Pharmacy
- Laboratory & X-Ray
- Allergy & Immunization
- Travel Health Clinic
- Specialty Clinics
- Physical Therapy
- Massage
- Acupuncture
- Health Education
STUDENT HEALTH & COUNSELING (SHAC)

Best place to go when you get sick!!! BUT NOT OPEN ON WEEKENDS!
Where to go if SHAC can’t help

• If SHAC is closed and you have an urgent need, you will need to go to an “Urgent Care” facility or the hospital Emergency Room.

• Check your packet, the Health Care section of our website and the PINK wallet card we gave you for options.

• Contact your insurance provider to go somewhere “in network” for the cheapest price.
When to Use the Emergency Room

Note: DO NOT USE AN EMERGENCY ROOM IF IT IS NOT AN EMERGENCY!!! – CHARGES ARE OUTRAGEOUS!!!
When to Use the Emergency Room

- Heart Attack
- Fractures/broken bones
- Seizures
- Severe pain
- Stroke
- Uncontrollable Bleeding
- Unconsciousness
- Childbirth
When to Use Urgent Care

- Allergies
- Sinus infections
- Cold
- Cough
- Flu-like symptoms
- Sore throat
- Dizziness
- Ear aches
- Fever
- Insect bites
- Minor cuts
- Back pain
- Minor Burns
- Sprains
- Strains
- Rashes
- Upset Stomach
- Vomiting
- Diarrhea
Mental Health Issues

What to remember

• Please seek help if you need it!
• There is no shame in needing someone to talk to while away from home!!!
• It’s confidential
• Most resolve their issues!!!

What to do:

• Go to Student Health and Counseling (SHAC)
• Seek an individual consultation
• Attend one of the self-help workshops
Again: What do I do if I get sick?

• Unless it is a medical emergency, you should always seek help from SHAC first

• If SHAC can’t help go to an *In-Network* provider for your insurance for the lowest cost

• Students are responsible for their insurance “deductible” and any “co-insurance”

• You will have to fill out a “claim form” if the provider does not take your insurance – (SHAC does not bill ANY emergency-only plans)
Again: What do I do about insurance?

Do your research on your own and come to our help sessions:

**Hands-on Sign-up Help:**
Friday, January 11th
10-4 in SUB computer lab!

**THIS IS YOUR ONLY CHANCE TO GET HELP ON CAMPUS!!!**