

International Student & Scholar Services (ISSS)

- ▶ Location: Center for Community
3rd floor, Room S355
- ▶ ISSS offers Walk-in Advising and Remote Advising
- ▶ Remember to bring your BuffOne Card
- ▶ Telephone: 303.492.8057
- ▶ Email: issss@colorado.edu
- ▶ Website: www.colorado.edu/issss





Diana Salazar



Chris Hertel



Maria Zellar Maxim



Tori Hoenninghausen



Stephanie Zubrowski



Erica Coffelt



Dana Sun Kernan



Jessie Hughes



Mitchell Wolfe



Julie Corson

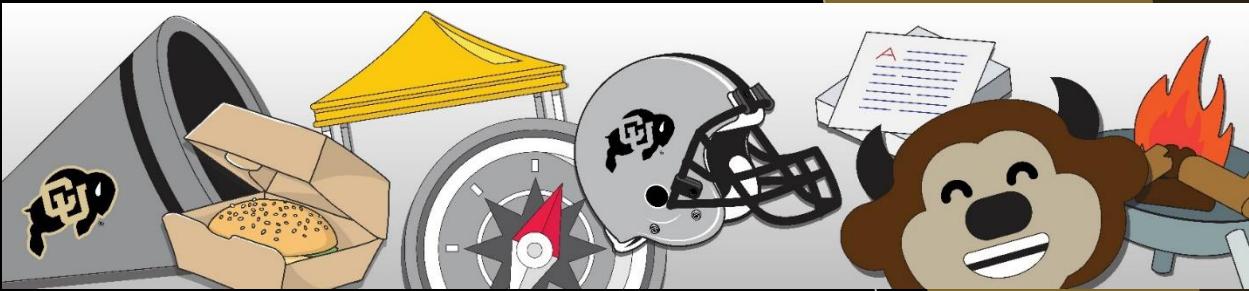
Meet the ISSS Team

Not photographed:

Paige Progar
Julia Birgen
Carolyn Salter
Amrine Obermueller
Fiona Shields

Upcoming Events

Check our website, [ISSS Program & Events](#), and our social media @[issscu](https://www.instagram.com/issscu/) for ISSS Activities in Spring 2025!



International Student Coffee Hour

Friday, January 9

4:00-5:30pm

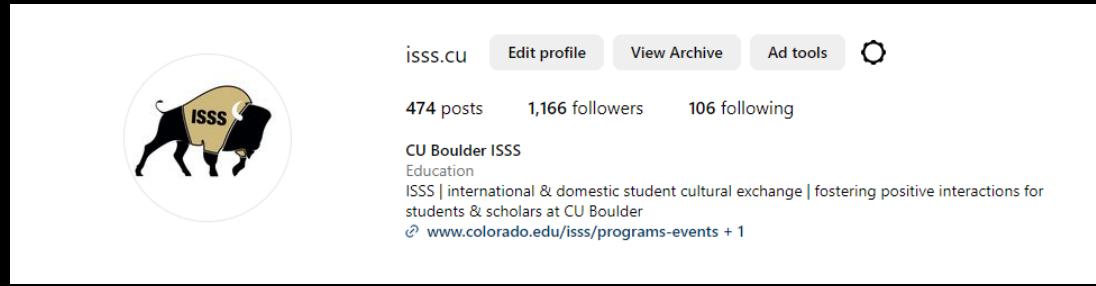
Chancellor's Hall (CASE Building West – 4th Floor)



Additional Information



@isss.cu



[Arrival Information for Exchange Student](#)

[CU Boulder Alerts](#)

[Add an Emergency Contact](#)

What Exchange Students Found Interesting about U.S. Culture

“Many due dates, homework, etc.”

“Larger emphasis on attending class and office hours”

“Love how every professor can prioritize whatever they want in their courses (homework, exams, etc.)”

“That everyone cares about you”

“I was surprised by how easy it is to talk to literally anyone”

“It surprised me that no matter how much Americans, especially in Boulder, care about their looks but then still show up in pyjamas.”

“Freshman XD”



Expectations about Staff

- ▶ ISSS staff are here to assist you with immigration topics
 - ▶ However, our advisors are university employees and are not immigration attorneys.
 - ▶ We advise on F and J for current students and scholars.
 - ▶ We only advise on H-1B and PR for university staff.
 - ▶ Email responses: 24 hours (excluding weekend and holidays)
 - ▶ Submitted requests: 2-5 business days
- ▶ CU Staff and faculty are experts in their respective areas



CU Boulder Email

- ▶ Check your CU Boulder (@Colorado.edu) email **daily**, even when you are in your home country on vacation!
 - ▶ Identikey email: AABB1122@colorado.edu
 - ▶ Standard email: name@colorado.edu
- ▶ Avoid forwarding your CU email to too many different accounts.
- ▶ Issues: Contact OIT
- ▶ Recommended: Add the following addresses to your favorites list or create a separate folder to monitor:
 - ▶ jessie.hughes@colorado.edu
 - ▶ isss@colorado.edu



J-1 Student Advising

[ISSS Advising Services](#)

In-Person

Remote (General Advising)

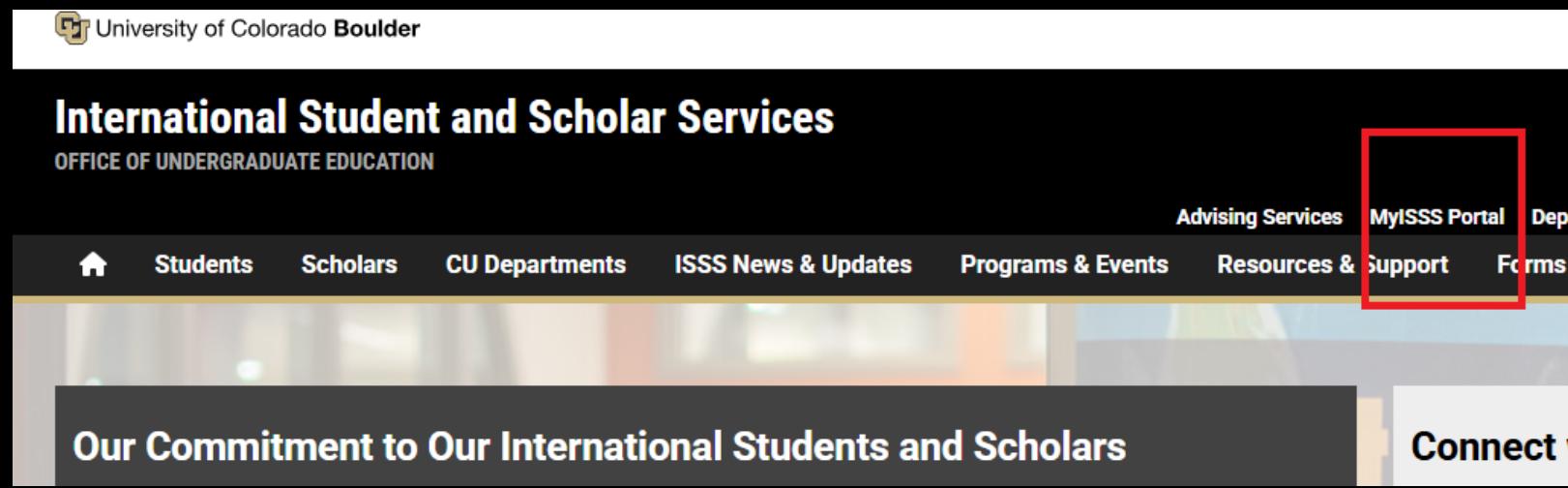
When checking in, be sure to mention that you are a J-1 exchange student. You may be reassigned to a different ISSS advisor.

isss@colorado.edu for general immigration questions

Jessie.hughes@colorado.edu for exchange specific questions



MyISSS Portal



The screenshot shows the homepage of the International Student and Scholar Services (ISSS) website. At the top, the University of Colorado Boulder logo and the text "University of Colorado Boulder" are visible. Below this, the ISSS logo and the text "International Student and Scholar Services" and "OFFICE OF UNDERGRADUATE EDUCATION" are displayed. A navigation bar follows, featuring links for "Advising Services", "MyISSS Portal" (which is highlighted with a red box), and "Departments". Below the navigation bar is a banner with the text "Our Commitment to Our International Students and Scholars" and a "Connect with Us" button. A large, dark call-to-action button in the center contains the text "Launch MyISSS Portal".

University of Colorado Boulder

International Student and Scholar Services

OFFICE OF UNDERGRADUATE EDUCATION

Advising Services MyISSS Portal Departments

Students Scholars CU Departments ISSS News & Updates Programs & Events Resources & Support Forms

Our Commitment to Our International Students and Scholars

Connect with Us

Launch MyISSS Portal



MyISSS Portal



UNIVERSITY OF COLORADO

MyISSS

[Home](#)

[Arrival & Immigration Check-In](#)

[Departmental Services](#)

[General Forms](#)

[Immigration & Academic-Related Forms](#)

[Insurance and Finances](#)

[Training/Employment-Related Forms](#)

MyISSS Services Home Page

MyISSS online services is your portal for university immigration notifications.

Notifications

READ ON: MAY 21, 2025 AT 04:42 PM

[ISSS: Confirmation of Departure document](#)

[See More Notifications](#)

Requests

You have no requests at this time



International Student & Scholar Services

UNIVERSITY OF COLORADO BOULDER

J-1 Immigration Rules

**KNOW THE RULES
FOLLOW THE RULES!**

**It is *your* responsibility
(but we are here to help!)**



Maintaining Legal Status

Maintain **full-time** course enrollment

- ▶ Undergraduates: **12 credit hours** each semester.
- ▶ Graduates: Usually **5 credit hours**, depends on your graduate status.
- ▶ If you are an undergraduate taking a graduate level course, you must be enrolled in **8 credits** combined (G & U)
- ▶ What counts toward those credits?
 - ▶ Must enroll in all in-person courses.
 - ▶ Courses taken for no credit **DO NOT** count toward your full-time requirement (e.g. audit classes).
 - ▶ Courses taken as pass/fail **DO** count toward your full-time requirement.
 - ▶ You need to check with your home University to see if you are allowed to take pass/fail courses



Visa Revocation

- ▶ Marijuana (Federal vs State laws)
 - ▶ Marijuana is illegal under federal laws
 - ▶ You may become ineligible for future benefits, such as employment
- ▶ Alcohol/Driving Under the Influence (DUI) offense:
 - ▶ **Your visa will be cancelled!**
 - ▶ A conviction is not required, just an arrest.
- ▶ If you exit the U.S. with a revoked visa, a new visa will be required for re-entry.
 - ▶ If your visa is revoked, you could be sent back by the airline before boarding the plane, before connecting your flight, or at a Port of Entry



On-Campus Employment:

- The J-1 visa is an exchange visitor visa. The purpose of the visa is to permit you to enter the United States and attend classes in person.
- **The J-1 visa is not an employment visa**
- **Maximum hours of on-campus employment:**
 - **20 hours per week when school is in session**
 - **May go over 20 hours during official school breaks**
- International students are permitted to work on-campus for CU Boulder or affiliates with a contract.
 - **Example of an affiliate: Panda Express and Subway in the UMC**
 - **Limited to 20 hours per week, except during official school breaks (summer, winter, spring).**



On-Campus Employment:

*YOU must receive permission from ISSS **before** you begin any on-campus employment.*

*When accepting a job offer, login to MyISSS and submit the **On-Campus Employment Reporting** eform*

- Under the section Training/Employment*

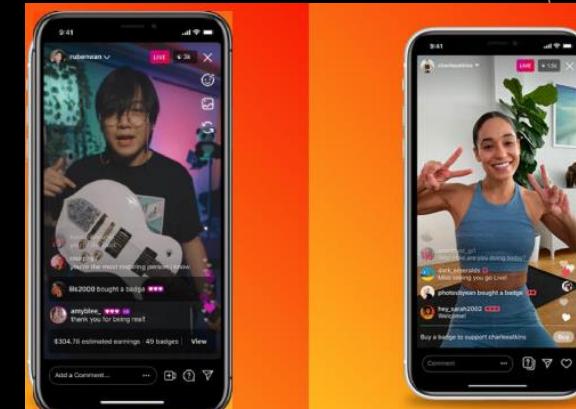


NEVER...

1. Work **OFF** campus *without prior authorization from ISSS.*



DELIVERY!



NEVER...

3. Take a Leave of Absence, withdraw from classes, OR drop below the required number of credits **without prior authorization from ISSS.**



J-1 Health Insurance Requirement

- ▶ You must carry health, repatriation, and evacuation insurance for the full duration of your J program
- ▶ Insurance must meet minimum requirements established in the J regulations
- ▶ Insurance should be in effect starting from your DS-2019 start date and coverage must be continuous with no gaps or breaks even if you are outside the U.S.
- ▶ Failure to maintain adequate insurance coverage is a violation of your J-1 status.



Understand YOUR Insurance Plan

- ▶ Private health insurance from abroad often require you to pay for any medical expenses out-of-pocket first, and will then reimburse you for some or all of your expenses
- ▶ Health care in the U.S. is very expensive; be aware that if your insurance requires you to first pay out-of-pocket, your bill(s) can be thousands of dollars
- ▶ It is YOUR responsibility to understand your insurance plan and what is covered. **Speak with your insurance provider if you have questions about their policies and procedures.**



CU Health Insurance options for J-1

- CU Boulder requires all students have health insurance.
- You may select CU Gold SHIP Health Insurance Coverage
- There is a deadline to elect the CU insurance coverage and submit immunization records. Select Coverage
 - Spring 2026: February 1, 2026
- Contact Health and Wellness Services directly with questions.
- CU Gold SHIP Health Insurance Plan costs \$2,466 per semester.
 - Summary of benefits



**Student Health
INSURANCE**

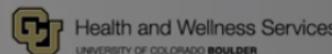


CU Health Insurance options for J-1 cont.

- ▶ [BuffCare Supplemental Coverage Plan](#) for \$270 per semester
- ▶ Recommended for Exchange Students: Designed specifically for students with private health insurance coverage, the BuffCare Program helps cover out-of-pocket expenses for medical services provided on campus after your primary insurance has been billed. This includes services provided at Wardenburg Health Center and at Health and Wellness Services in the Village Center at Williams Village.

[Home](#) > [Health & Wellness Requirements](#) > [Insurance](#) > [Health Insurance Options](#) > BuffCare Supplemental Coverage Program

BuffCare Supplemental Coverage Program



BuffCare



Supplemental Coverage Program

The BuffCare Program provides peace of mind by reducing out-of-pocket costs for medical services provided on campus after your primary insurance has been billed.

This includes illness prevention and treatment, injury care and other services provided at Wardenburg Health Center.



What To Do If You Get Sick

- ▶ What happens if you get sick?
 - ▶ If you have the CU Gold SHIP Plan or BuffCare, go to the CU Health and Wellness Services on campus
 - ▶ If you do not have CU health insurance coverage, find a doctor's office that accepts your insurance and make an appointment
- ▶ What happens in an emergency?
 - ▶ Go to an Urgent Care Center
 - ▶ They are cheaper, easier, and faster than the hospital
 - ▶ Hospitals / Emergency Rooms are only for TRUE emergencies
 - ▶ Hospitals can be very expensive and can take a long time

Please contact your professors if you are unable to attend class due to illness.



To-Do: Know Where to locate health care providers

Review your health insurance plan

Research which doctors, clinics, pharmacists are covered by your insurance

Write down those details and save them to your phone, or print a list and keep it someone in your residence

Mental Health

- ▶ Counseling and Psychiatric Services (CAPS)
- ▶ Every student gets 6 free mental health visits per year.
Please don't hesitate to visit CAPS
- ▶ Confidentiality - Except when required by law or in situations where there is a safety concern, counseling records cannot be accessed by faculty, staff or family members without written consent.
Counseling records may be shared with CU Boulder Medical Services providers to ensure continuity of care.



Contact information

Counseling and Psychiatric Services (CAPS)



Phone: 303-492-2277 (24/7)



Fax: 303-735-1900



CAPS Office

Counseling

Community referrals

Let's Talk locations

Free workshops – Stress, anxiety, healthy habits

Therapy Groups

Eating concerns

ADHD

Substance use



Contact information

**Counseling and Psychiatric Services
(CAPS)**



Phone: 303-492-2277 (24/7)



Fax: 303-735-1900



Immunization Deadline

- All new students must submit their required immunizations by **August 11, 2025**
- Submit your immunizations online through the [MyCUHealth Patient Portal](#) and Complete the New Student Immunization Questionnaire
- **Failure to complete these requirements by the deadline will result in a registration hold.*

[Learn more about
Immunization
Requirements](#)

Requirement 1:

All students must submit proof of all required vaccinations or complete an exemption form.

Required Vaccinations:

- **Measles, Mumps and Rubella (MMR):** Colorado State Law requires all students to submit proof of two (2) doses each of the measles, mumps and rubella (MMR) vaccination or proof of immunity (titers).
- **Meningitis (Men-ACWY):** CU Boulder requires all students under the age of 23 living in university-operated housing to submit proof of the meningitis (Men-ACWY) vaccine given within the last five years and given after their sixteenth birthday. The meningitis (Men-ACWY) vaccine information must be completed by students living in a residence hall, Bear Creek, Athens Court, Athens North, Marine Court, Newton Court or Smiley Court.

[Submit proof of vaccinations](#)

[Submit exemption form](#)

Requirement 2:

All students, regardless of their vaccine status, must complete:

Required Forms:

- Tuberculosis (TB) Risk Assessment and
- Immunization Questionnaire related to Meningococcal Disease and Human Papillomavirus (HPV) vaccine.

[Complete forms](#)



International Travel

Remember a Travel Signature on your DS-2019!

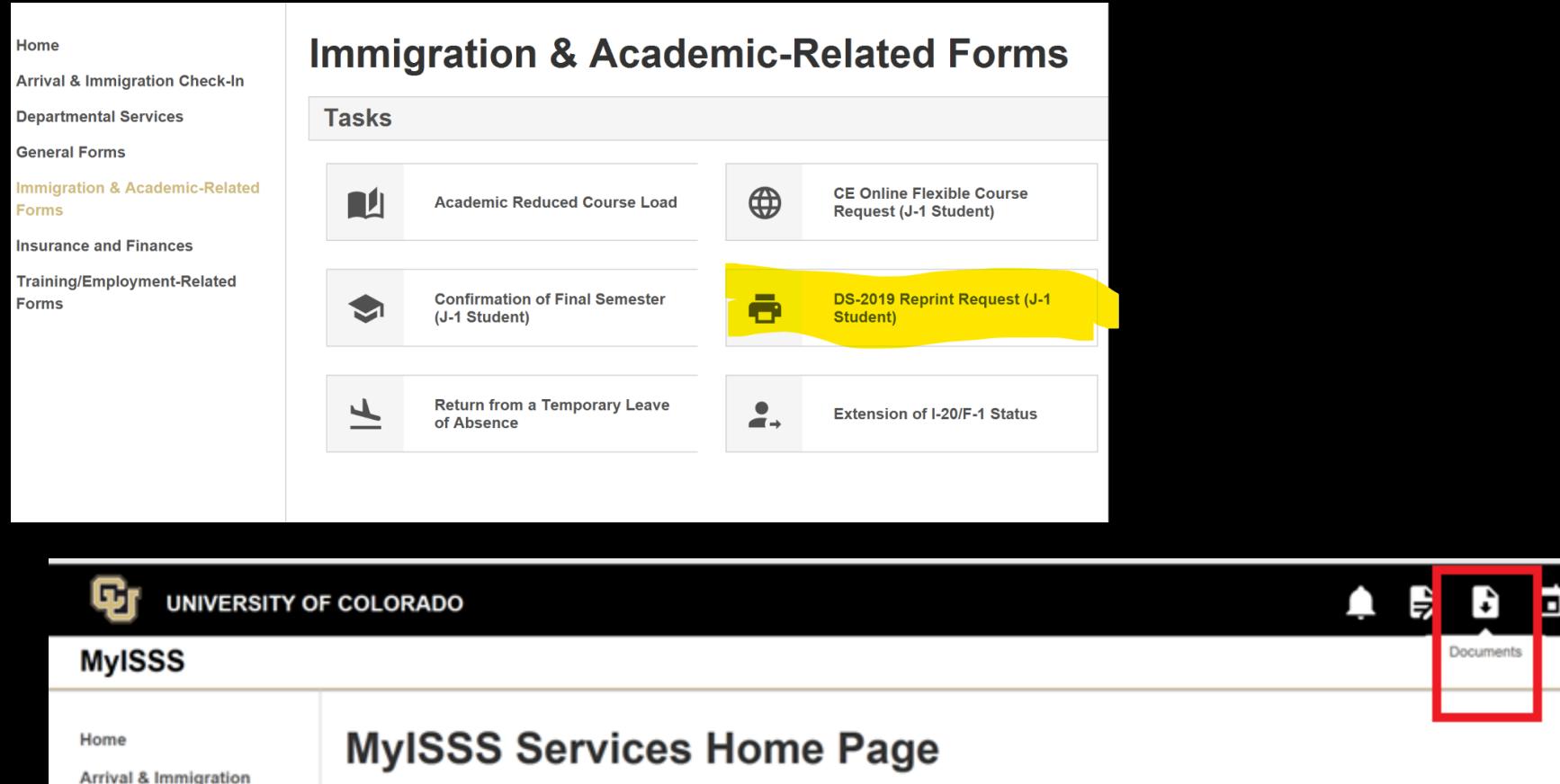
- ▶ A Travel Signature is valid for **1 year**.
- ▶ A Travel Signature is required in order to re-enter the U.S.
- ▶ **Plan ahead!** Get a travel signature at least 2 weeks **prior** to your departure from the U.S.; do not wait until the last minute!

6. DEPARTMENT OF STATE EXCHANGE VISITOR CERTIFICATION COPY OF THIS FORM TO THE U.S. DEPARTMENT OF STATE		7. CERTIFICATE OF VISIBILITY AS BEEN DATE).	MARY HAFER	Alternate Responsible Officer
			Name of Organization 1000 Motor Vehicle Blvd. Detroit, MI 48201	Title 703-555-5555
			Address Attala, MS 38601	Telephone Number 05-06-2015
			Responsible Officer or Alternate Responsible Officer	
<p>8. Statement of Responsible Officer for Releasing Sponsor (FOR TRANSFER OF PROGRAM)</p> <p>Effective date (mm-dd-yyyy): _____ Transfer of this exchange visitor from program number _____ sponsored by _____ to the program specified in item 2 is necessary or highly desirable and is in conformity with the objectives of the Mutual Educational and Cultural Exchange Act of 1961, as amended.</p>				
<p>Signature of Responsible Officer or Alternate Responsible Officer _____ Date (mm-dd-yyyy) of Signature _____</p> <p>PRELIMINARY ENDORSEMENT OF CONSULAR OR IMMIGRATION OFFICER REGARDING SECTION 212(e) OF THE IMMIGRATION AND NATIONALITY ACT AND PL 94-484, AS AMENDED (see item 1(a) of page 2).</p> <p>The Exchange Visitor in the above program:</p> <p>1. <input type="checkbox"/> Not subject to the two-year residence requirement.</p> <p>2. <input type="checkbox"/> Subject to two-year residence requirement based on:</p> <p>A. <input type="checkbox"/> Government financing and/or</p> <p>B. <input type="checkbox"/> The Exchange Visitor Skills List and/or</p> <p>C. <input type="checkbox"/> PL 94-484 as amended</p> <p>ALL USAID PARTICIPANTS G-2-00263 AND ALL ALIEN PHYSICIANS SPONSORED BY P-3-04510 ARE SUBJECT TO THE TWO-YEAR HOME RESIDENCE REQUIREMENT</p>				
Name _____		Title _____		
Signature of Consular or Immigration Officer _____		Date (mm-dd-yyyy) _____		
<p>THE U. S. DEPARTMENT OF STATE RESERVES THE RIGHT TO MAKE FINAL DETERMINATION REGARDING 212(e).</p> <p>EXCHANGE VISITOR CERTIFICATION: I have read and agree with the statement in item 2 on page 2 of this document.</p>				
Signature of Applicant _____		Place _____		Date (mm-dd-yyyy) _____



Requesting a Travel Signature

Log into your [MyISSS Portal](#), click on Immigration & Academic Related Forms, and fill out the DS-2019 Reprint Request (J-1 Student) e-form. ISSS will process the request in 2-5 business days.



Home

Arrival & Immigration Check-In

Departmental Services

General Forms

Immigration & Academic-Related Forms

Insurance and Finances

Training/Employment-Related Forms

Immigration & Academic-Related Forms

Tasks

- Academic Reduced Course Load
- CE Online Flexible Course Request (J-1 Student)
- DS-2019 Reprint Request (J-1 Student)
- Confirmation of Final Semester (J-1 Student)
- Return from a Temporary Leave of Absence
- Extension of I-20/F-1 Status

UNIVERSITY OF COLORADO

MyISSS

Home

Arrival & Immigration

MyISSS Services Home Page

Bursar's Office

► What we do:

- Post payments and charges to your bill
- Collect payments
- Advise students
 - Explain charges
 - Explain payment options

Lorie Fuller

3rd Party Sponsorship Accounts Specialist

3rdparty@colorado.edu

www.colorado.edu/bursar



Bursar's Office - Billing

- Our office credits your student bill based upon your home university's contract specifications. The Office of International Education will let you know if there is a delay in posting credit to your bill.
- Your Spring balance is due on **February 5, 2026**. Your balance may include the following:
 - Tuition/fees not covered by your home institution
 - Housing charges
 - Books & supplies
 - Parking permits
 - Health center charges
 - Other auxiliary charges

Charges may post to the bill at any time. The bill will be emailed to you the second week of each month. Please review and pay your bill monthly, even after you return home.



Bursar's Office - Billing

Payments accepted:

- ▶ U.S. Bank Account
- ▶ U.S. Credit or Debit Card Note: 2.85% fee assessed
- ▶ International Credit Card that takes U.S. transactions 2.85% fee assessed
- ▶ Wire transfer via Flywire
- ▶ In-person via check or cash



Credit card and wire payment fees could be assessed by intermediaries.



Bursar's Office - Billing

- ▶ If the bill is not paid by the due date, you may be charged late & finance charges. The University will not release your transcripts at the end of the term until the bill has been settled.
- ▶ Health Center charges are sometimes added after the semester ends due to delays in the insurance reimbursement process. Be sure to check your Colorado.edu email periodically after you leave the country.
- ▶ If you would like a parent or guardian to be able to view & pay a bill, or discuss your bill with the Bursar's Office Staff, please give them Authorized Payer access. Authorized Payer instructions are on the Bursar's website.



Bursar's Office - Billing

► Book Access:

- Students are automatically enrolled in the [Book Access Program](#) (a flat fee of \$259 plus tax). Book Access includes all digital/print materials, physical books, and homework required for your classes. The ACCESS fee will post to your Bursar's bill.
- If you wish, you can opt out of Book Access through Canvas.
- If you opt out of Book Access, you will be automatically enrolled in [Book Access Select](#) for each of your classes. Book Access Select includes all materials required for your class but will split the charges by class.
- We do not recommend opting out of all course materials unless you check with your professors. You may not be able to access homework assignments or other materials that cannot be procured in any other way.
- Supplies and optional course materials are not included in Book Access and can be purchased by students at the Bookstore.
- Please contact assist@cubookstore.com for questions about books and ACCESS fees.



Bursar's Office - Billing

- ▶ We are here to help! Contact us at 3rdparty@colorado.edu if:
 - ▶ Your bill looks unusually large
 - ▶ You need additional time to pay the bill
 - ▶ Your payment will be late due to wire delays
 - ▶ You don't understand a charge on your bill
- ▶ You can also go to the Bursar's Office for assistance with payments or bills
 - ▶ Main Floor Regent Building
 - ▶ Next to the C4C Building
 - ▶ Note: The Bursar's Office may refer you to our email address if they are not able to answer a question.



REMINDERS:

- ▶ Your bill from the Bursar's office will be credited within the next several weeks, prior to the February 5 due date, unless we let you know otherwise.
- ▶ Please check your CU email daily. This is how ISSS will contact you and also all other university departments will contact you!
- ▶ **GO TO CLASS.**





Thank you for your attention!

Questions?



Campus Resources

[Student Organization Directory](#)

[Buff Connect](#)

[CU Campus Events Calendar](#)

[Bike Rentals](#)

[Outdoor Pursuits](#)

[Campus Police](#)

[Office of Information Technology](#)

[\(OIT\)](#)

[International Student & Scholar Services](#)

[ISSS Programs & Events](#)

[ISSS News & Updates](#)

[J-1 Student Overview](#)

[Academic Support](#)

[CU Health Center](#)

[Counseling & Psychiatric Services](#)

