

# International Student & Scholar Services (ISSS)

- ▶ Location: Center for Community 3<sup>rd</sup> floor, Room S355
- ▶ ISSS offers Walk-in Advising and Remote Advising
- ▶ Remember to bring your BuffOne Card
- ▶ Telephone: 303.492.8057
- ▶ Email: [iss@colorado.edu](mailto:iss@colorado.edu)
- ▶ Website: [www.colorado.edu/iss](http://www.colorado.edu/iss)





Diana Salazar



Chris Hertel



Maria Zellar Maxim



Tori Hoeninghausen

# Meet the ISSS Team



Stephanie Zubrowski



Erica Coffelt



Dana Sun Kernan

## Not photographed:

Paige Progar

Julia Birgen

Carolyn Salter

Amrine Obermueller

Fiona Shields



Jessie Hughes



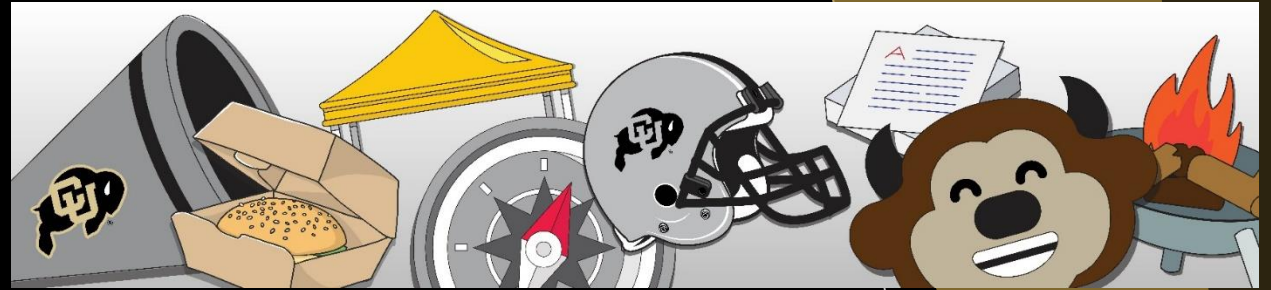
Mitchell Wolfe



Julie Corson

# Upcoming Events

Check our website, [ISSS Program & Events](https://issss.colorado.edu/ISSS-Program-Events), and our social media @issss.cu for ISSS Activities in Spring 2025!



## [Buff Meet-Up Events](#)

### *Resource Fair*

**Monday, August 18**

Graduate Student Orientation

**Campus Resource Fair**, University Memorial Center Room 235 & Aspen Rooms

10:45am-12:15pm – All **Graduate** Students

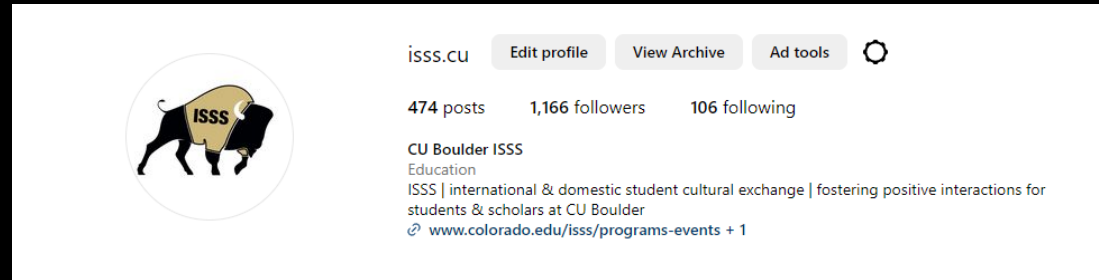
12:15pm-1:30pm – International **Undergraduate** Students and **Exchange** Students



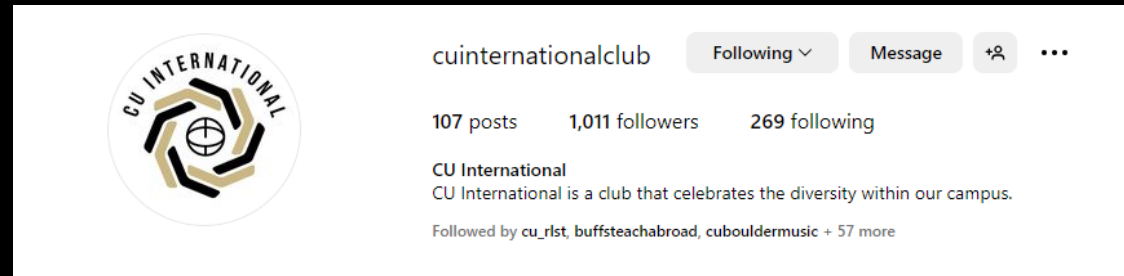
# ISSS and CU Global Social Media



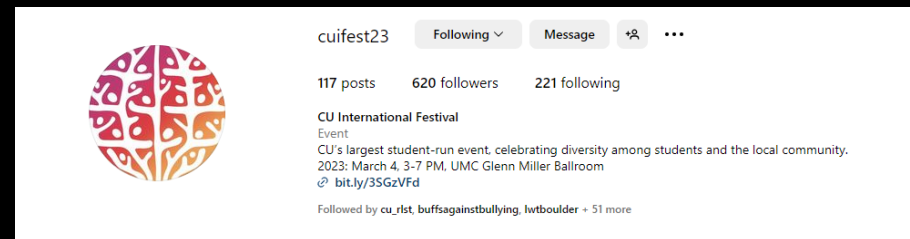
@issc.cu



@cuinternationalclub



@cuboulderifest



@cuboulderaltc



# 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)
  - ▶ 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](mailto:jessie.hughes@colorado.edu)
  - ▶ [iss@colorado.edu](mailto:iss@colorado.edu)



# MyISSS Portal



## International Student and Scholar Services

OFFICE OF UNDERGRADUATE EDUCATION

Advising Services MyISSS Portal Depa

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

Our Commitment to Our International Students and Scholars

Connect v

Launch MyISSS Portal

• It is recommended that you use



International Student & Scholar Services

UNIVERSITY OF COLORADO BOULDER

# MyISSS Portal



## MyISSS

Home

Arrival & Immigration Check-In

Departmental Services

General Forms

Immigration & Academic-Related Forms

Insurance and Finances

Training/Employment-Related Forms

## MyISSS Services Home P

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





# J-1 Immigration Rules

**KNOW THE RULES**  
**FOLLOW THE RULES!**  
It is *your* responsibility  
(but we are here to help!)



# 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



# 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



# 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**
- ▶ **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).**



# NEVER...

2. Work **ON** campus more than **20 hours** per week *while school is in session.*

*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*

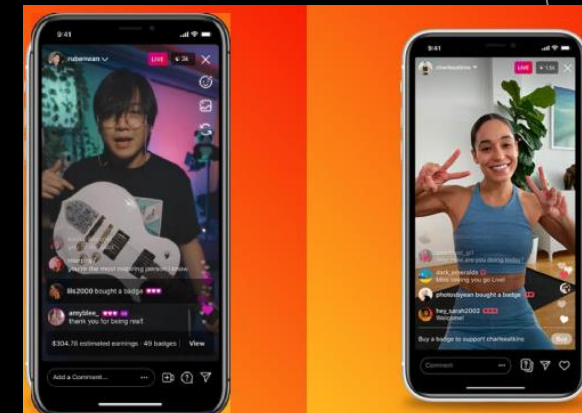


# NEVER...

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.



# 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
  - ▶ **Fall 2025: August 22, 2025**
- ▶ 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**

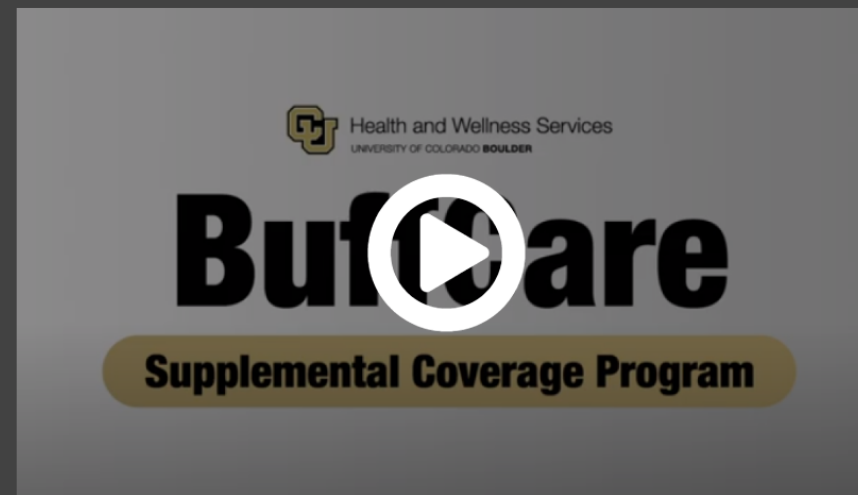


# CU Health Insurance options for J-1 cont.

- ▶ [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



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.



# 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.**



# 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 somewhere 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!

DEPARTMENT OF STATE  
OFFICE OF THE ASSISTANT SECRETARY FOR EDUCATION AND CULTURAL AFFAIRS  
BUREAU OF EXCHANGE VISITOR PROGRAMS  
THIS IS A PRELIMINARY COPY OF THE DS-2019. IT IS NOT VALID FOR TRAVEL UNTIL IT IS SIGNED BY THE RESPONSIBLE OFFICER OR ALTERNATE RESPONSIBLE OFFICER.

Name of Officer Preparing Form: **Mary Hafer**  
Address: **1000 Motor Vehicle Blvd. Detroit, MI 48201**  
Telephone Number: **703-555-5555**  
Date: **05-06-2015**

Signature of Responsible Officer or Alternate Responsible Officer: \_\_\_\_\_  
Date (mm-dd-yyyy) of Signature: \_\_\_\_\_

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).

The Exchange Visitor in the above program:

1. ☐ Not subject to the two-year residence requirement.

2. ☐ Subject to two-year residence requirement based on:

A. ☐ Government financing and/or

B. ☐ The Exchange Visitor Skills List and/or

C. ☐ PL 94-484 as amended

(ALL USAID PARTICIPANTS G-2-00263 AND ALL ALIEN PHYSICIANS SPONSORED BY P-3-04510 ARE SUBJECT TO THE TWO-YEAR HOME RESIDENCE REQUIREMENT)

Name: \_\_\_\_\_ Title: \_\_\_\_\_  
Signature of Consular or Immigration Officer: \_\_\_\_\_ Date (mm-dd-yyyy): \_\_\_\_\_

THE U.S. DEPARTMENT OF STATE RESERVES THE RIGHT TO MAKE FINAL DETERMINATION REGARDING 212(e).

EXCHANGE VISITOR CERTIFICATION: I have read and agree with the statement in item 2 on page 2 of this document.

Signature of Applicant: \_\_\_\_\_ Place: \_\_\_\_\_ Date (mm-dd-yyyy): \_\_\_\_\_

**TRAVEL VALIDATION BY RESPONSIBLE OFFICER**  
(Maximum validation period is 1 year\*)

\*EXCEPT: Maximum validation period is up to 6 months for Short-term Scholars and 4 months for Camp Counselors and Summer Work/Travel.

(1) Exchange Visitor is in good standing at the present time

\_\_\_\_\_ Date (mm-dd-yyyy)

Signature of Responsible Officer or Alternate Responsible Officer

(2) Exchange Visitor is in good standing at the present time

\_\_\_\_\_ Date (mm-dd-yyyy)

Signature of Responsible Officer or Alternate Responsible Officer

DS-2019  
07-2011

Page 1 of 2




# 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)

 Confirmation of Final Semester (J-1 Student)

 **DS-2019 Reprint Request (J-1 Student)**

 Return from a Temporary Leave of Absence

 Extension of I-20/F-1 Status



# Bursar's Office

## ► What we do:

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

## Lorie Fuller

3<sup>rd</sup> Party Sponsorship Accounts Specialist

[3rdparty@colorado.edu](mailto:3rdparty@colorado.edu)

[www.colorado.edu/bursar](http://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 Fall balance is due on **September 5, 2025**. 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](mailto: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](mailto: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 September 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](#)

