Dear International Students,

Welcome to Cal Poly! The entire university is glad that you are here, is honored that you have chosen Cal Poly for your education, and welcomes you with open arms. Starting at a new university is hard for everyone, and doing that in a foreign country is doubly challenging. I admire your determination and firmly believe that we will repay your trust with an outstanding educational and university experience.

Here at Cal Poly, we are committed to the idea that no one can receive a complete education unless they learn how to work with, live with, and learn from anyone and everyone. That includes you! We believe that we are helping you learn important lessons about how to live and work in a diverse, equitable and inclusive world, and we believe that you are helping everyone else at the university learn those same lessons. Each individual brings something precious to the university — their own identity, point of view, life experience and personality. Thank you for bringing the gift of yourself to Cal Poly! And thank you for receiving the gifts offered by the rest of the campus community, in the spirit of love, empathy and respect.

The outstanding staff members in our International Center are ready to help you make the transition to Cal Poly, answer questions, and help solve problems. Your fellow international students are another important resource, as are all the students, faculty and staff at the university. Welcome!

Jeffrey D. Armstrong
President
Dear International Students,

We are delighted that you have chosen Cal Poly! We look forward to welcoming you to campus and value the insight, perspectives and international engagement that you each bring. I am the assistant vice provost for International Programs and oversee the International Center. My colleagues and I in the center are here to support you during your time at Cal Poly. We hope that your time here allows you to embrace the Learn by Doing philosophy; connect meaningfully with faculty, staff and other students; and develop your academic, professional and personal pursuits. We also hope that your time at Cal Poly affirms to you our genuine desire to involve you and welcome you as an integral member of our Mustang community.

The International Center is a key resource for you, as we assist with visa advising and visa documents for your ongoing enrollment as a student at Cal Poly. The team in the International Student and Scholars unit of the center also is available to assist you in navigating the campus, its culture, and generally acclimating to the campus life and the local San Luis Obispo (SLO) area. We are part of a broader team of staff and faculty who are pleased to welcome you to campus and support you during your tenure here.

We want you to get involved! Pay attention to opportunities to become connected, such as with the International Welcome Ambassadors’ activities or with campus clubs that host activities. We are fortunate to live in a wonderful part of California, and we encourage you to safely explore the natural beauty the Central Coast offers us. The campus has myriad opportunities for you to become involved. Find activities and clubs that interest you!

We’ve pulled together a number of resources here for you in this guide. Please take a look through them, and let us know if you have any further questions. We look forward to your arrival as a member of the Cal Poly community!

Cari Vanderkar, Ph.D.
Assistant Vice Provost
International Programs
It is my pleasure to welcome you to Cal Poly! In my role as associate director, I lead the International Students and Scholars team in the International Center and oversee the services and programs we provide to international students. I also serve as the senior international student advisor and immigration expert for the campus. I can assist you with any questions about your visa status, change of visa status, on- or off-campus employment authorization, cross-cultural adjustment and university policies. I look forward to meeting you in person!

I’m so excited to be meeting you soon! Please feel free to contact me if you have any questions about completing the online forms to request your I-20 or DS-2019 or about the visa process. I can also assist you with information about the Cal Poly International Student Health Insurance Plan. I have been with the International Center since 2003, and it has been a pleasure to assist international students throughout their academic careers at Cal Poly. Our staff is committed to helping new students transition to life at Cal Poly and to helping you feel welcome in the San Luis Obispo community.

Welcome to Cal Poly! I am delighted to be among the first to welcome you to campus. In my role as international student advisor, I am here to advise you on your visa status, employment authorization, cross-cultural adjustment, and university policies. I can also connect you to the multitude of resources on campus. In addition, I coordinate a variety of programs for international students, including weekly coffee and tea time, International Education Week, and the International Welcome Ambassadors Program. My goal is to help each of you get connected to the campus community and feel at home here in San Luis Obispo. I look forward to welcoming you to campus soon!
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>International Student Experiences</td>
<td>6</td>
</tr>
<tr>
<td>Exploring Slo - Leisure</td>
<td>7</td>
</tr>
<tr>
<td>Exploring Slo - Adventure</td>
<td>8</td>
</tr>
<tr>
<td>International Poly Host Program</td>
<td>9</td>
</tr>
<tr>
<td>Student Life</td>
<td>10</td>
</tr>
<tr>
<td>Associated Students Inc.</td>
<td>10</td>
</tr>
<tr>
<td>Office Of The Dean Of Students</td>
<td>10</td>
</tr>
<tr>
<td>Student Diversity And Belonging</td>
<td>11</td>
</tr>
<tr>
<td>International Coffee And Tea Hour</td>
<td>11</td>
</tr>
<tr>
<td>Religious Resources</td>
<td>11</td>
</tr>
<tr>
<td>International Welcome Ambassadors Program</td>
<td>12</td>
</tr>
<tr>
<td>Student Visa Instructions</td>
<td>13</td>
</tr>
<tr>
<td>How To Pack For San Luis Obispo</td>
<td>14</td>
</tr>
<tr>
<td>Money And Budget</td>
<td>15</td>
</tr>
<tr>
<td>Tuition And Fees</td>
<td>15</td>
</tr>
<tr>
<td>Financial Aid</td>
<td>15</td>
</tr>
<tr>
<td>Housing Options</td>
<td>16</td>
</tr>
<tr>
<td>Airport Access</td>
<td>17</td>
</tr>
<tr>
<td>Temporary Accommodation</td>
<td>17</td>
</tr>
<tr>
<td>Orientation Activities</td>
<td>18</td>
</tr>
<tr>
<td>Arrival Check-In</td>
<td>19</td>
</tr>
<tr>
<td>SLO Days</td>
<td>19</td>
</tr>
<tr>
<td>Week Of Welcome (WOW)</td>
<td>19</td>
</tr>
<tr>
<td>Graduate Orientation</td>
<td>19</td>
</tr>
<tr>
<td>International Student Orientation</td>
<td>19</td>
</tr>
<tr>
<td>Course Registration</td>
<td>20</td>
</tr>
<tr>
<td>Cal Poly Web Portal</td>
<td>20</td>
</tr>
<tr>
<td>Course Selection And Catalog</td>
<td>20</td>
</tr>
<tr>
<td>Holds</td>
<td>20</td>
</tr>
<tr>
<td>Keeping Students Safe And Healthy</td>
<td>22</td>
</tr>
<tr>
<td>University Police Department (Upd)</td>
<td>22</td>
</tr>
<tr>
<td>Campus Health And Wellbeing</td>
<td>22</td>
</tr>
<tr>
<td>On-Campus Health Services</td>
<td>22</td>
</tr>
<tr>
<td>Disability Resource Center</td>
<td>23</td>
</tr>
<tr>
<td>International Student Health Insurance</td>
<td>23</td>
</tr>
<tr>
<td>Safer</td>
<td>23</td>
</tr>
<tr>
<td>Counseling Services</td>
<td>23</td>
</tr>
<tr>
<td>English Language Support</td>
<td>24</td>
</tr>
<tr>
<td>English Conversation Program</td>
<td>24</td>
</tr>
<tr>
<td>Writing And Learning Center</td>
<td>24</td>
</tr>
<tr>
<td>Career Services</td>
<td>24</td>
</tr>
<tr>
<td>Campus Resource References</td>
<td>26</td>
</tr>
</tbody>
</table>
ABHISHEK

Computer Science Major from India

“As an international student, I applied to schools in six different countries and had so many options to choose from. Being a “third culture kid” growing up in two countries, I was very confused about where to go. But when I found out about Cal Poly, it was a love at first sight. Although I never visited the school, I fell in love with it from its videos on Vimeo and Youtube. Researching more about the school, I realized how it was in a perfect location for me — equidistant from the Silicon Valley and Los Angeles, right next to mountains and beaches. I just knew that this is where I had to be.

Cal Poly is going to be what you make of it. When I arrived at Cal Poly, I was lucky to get support from the Poly Rep, who showed me around the school and eventually ended up being my big brother in my fraternity. It’s these small connections that you make on campus everyday that end up being a connection of a lifetime. So I encourage you to go out there and meet as many people as you can. The International Center is a great place to start. They have weekly events and is well attended by a lot of students. Clubs are also a great way to get involved! You get to meet people with the same interests as you and get more involved in the community.

Cal Poly is an amazing place to be. Welcome to the best four or five years of your life!”
A best-kept secret, San Luis Obispo, also fondly known as SLO by the local community, is one of the country’s happiest places to live! SLO’s year-round mild climate allows you to have a leisurely, relaxing afternoon or an adventurous one. There is a wide variety of outdoor activities to spark all interests, such as:

**DANCING:**
Dancing is a popular pastime in San Luis Obispo. Salsa dancing, line dancing, and swing dancing are just a few of the common styles of dancing in SLO.

**DOWNTOWN SAN LUIS OBISPO:**
SLO has a great downtown atmosphere featuring many retail stores, restaurants, breweries and bars. Every Thursday night there is a Farmers’ Market where local growers and restaurants sell delicious food and groceries. This market is very popular among locals and is a great way to connect with the community.

**DRIVE-IN:**
SLO’s Sunset Drive-in movie theater is one of the few left in America.

**FOOD:**
While San Luis Obispo has a wide selection of restaurants, the town is known for its barbecue and natural, health-focused options. Try the area’s famous tri-tip barbecue at Firestone Grill or for those wanting to indulge their sweet tooth, SLO Do Co. is a 24-hour donut shop where many students hang out.
EXPLORING SLO - ADVENTURE

HIKING:
San Luis Obispo has many hikes for people of all activity levels, and the great weather makes hiking possible all year round. One tradition among college students is the Tri-Tip Challenge, where students complete three hikes in one day and then eat a popular sandwich from a local barbecue restaurant to celebrate their achievement.

TRAVEL:
San Luis Obispo’s Central Coast location is great for day trips. International students often make trips to Santa Barbara, Yosemite, Big Sur, Los Angeles and San Francisco.

BEACH:
SLO is close to many beaches, which allows students the opportunity to kayak, paddleboard, whale watch, surf, and have beach bonfires. Students can even make their own surfboards at the Cal Poly Craft Center!

RECREATION CENTER:
Cal Poly has one of the best college recreation centers in the country. The Cal Poly Recreation Center has multiple pools, racquet ball courts, sand volleyball courts, tennis courts, ping pong tables and workout equipment. In addition, the Recreation Center features an indoor track.
The International Poly Hosts Program helps foster connections between Cal Poly international students and the Cal Poly community. International students will get the opportunity to experience life in the local SLO community through occasional visits with their Poly Host. These visits can include various types of activities, such as an informal dinner at a Poly Host’s home, going out to see a movie together, meeting at a coffee shop, or celebrating family or holiday occasions. Poly Hosts will in turn gain a deeper understanding of other cultures while also having the opportunity to share their culture. To learn more about the Poly Hosts Program, you can go to International Poly Hosts Program.

This is a great program. I enjoyed it a lot. It’s a good experience for my exchange study at Cal Poly.
– Cal Poly Exchange Student

Our international students are a special bunch — adventurous people with a zest for life. It is a privilege to hear their experiences and to see our area fresh through their eyes. I have been talking about this program with all my workmates and telling them what a positive experience it is.
– Poly Host
STUDENT LIFE

CAL POLY CLUBS

Cal Poly offers over 380 on-campus clubs, including academic, cross-cultural, community, religious, environmental, performance and special interest clubs! This is an excellent way for students to get involved on campus, as well as build community with students who share similar interests. Check out ASI’s Club Directory for the full list.

ASSOCIATED STUDENTS INC.

Associated Students Inc. (ASI) is an inclusive, empowering, student-driven organization committed to providing programs, services and facilities that enhance and develop the student learning experience. To explore all that ASI is a part of, check out Associated Students Inc. (ASI).
OFFICE OF THE DEAN OF STUDENTS
The office of the Dean of Students offers many programs that touch upon various aspects of a student’s life on campus. They engage students through leadership and service, clubs, cross-cultural connections, and advocacy and support. You can learn more about how the office can support you at Dean of Students.

STUDENT DIVERSITY AND BELONGING
Student Diversity and Belonging contributes to the University’s commitment to diversity for a more inclusive and welcoming campus. The Gender Equity, Multi-Cultural, and LGBTQ Campus Life present services and programs to support students under the shared values of family, diversity, learning, growth and advocacy. To read more about Student Diversity and Belonging, go to Student Diversity and Belonging.

INTERNATIONAL COFFEE AND TEA HOUR
International Coffee and Tea Time is a weekly event, sponsored by the International Center, that brings together international and domestic students for a chance to share their culture and develop friendships over coffee, tea and light refreshments.

RELIGIOUS RESOURCES
Cal Poly students practice a multitude of different faiths, and there are resources, both on-campus and in the local community, to support faith-based needs. There is an Inclusive Prayer and Meditation Room in the Kennedy Library, and Campus Dining offers vegan and vegetarian food options and is working toward accommodating more faith-based dietary needs. There are also a wide variety of religious student clubs at Cal Poly. In the San Luis Obispo area, there are also places of worship for different types of faith, and you can find some of these locations on this U.S. Business Directory.
This program brings international and domestic Cal Poly students together to share their culture and develop friendships. International Welcome Ambassadors provide a support system to assist new international students with adapting to life in California.

All new international students will have the opportunity to have an International Welcome Ambassador assigned to them. An introduction to the program will be emailed to all new international students. Welcome Ambassadors keep in contact with their assigned students and meet them as soon as possible after their arrival on campus. Some may even offer to pick up their students at the SLO Airport.

The International Welcome Ambassador Program offers various cross-cultural group events and social activities each quarter. Examples of past events include picnics at the beach, karaoke night, pumpkin carving, Thanksgiving dinner, and a trip to the Monterey Bay Aquarium.

"Having an IWA has been extremely useful, engaging and enjoyable. Throughout the quarter, he helped bring together a group of friends, including many international students and some local students with whom I’ve had some of the best experiences in my time at Cal Poly! An IWA can definitely help start your time at Cal Poly at full speed.

- Jose Andres"

"I love being an IWA because I love the community that has been built and continues to grow through the sharing of our cultures and experiences. Becoming an IWA has been one of the best decisions I’ve made coming to Cal Poly because I have been able to meet so many incredible people that have become lifelong friends!"

- Kristi
STUDENT VISA INSTRUCTIONS

CAL POLY INTERNATIONAL STUDENT HUB

International students have a special portal account on the International Students and Scholars Hub, which is accessed using their Cal Poly ID and password. This hub serves as a one-stop-shop for submitting various types of requests to the International Center:

REQUESTING AN I-20 (F-1) OR DS-2019 (J-1) VISA DOCUMENT

DEGREE-SEEKING STUDENTS

OR

V.I.S.I.T. STUDENTS

I-20

EXCHANGE STUDENTS

DS-2019

F-1

J-1

NEXT STEPS

• Applying for a visa
• Preparing for the visa interview

PRE-ARRIVAL ORIENTATION

Prior to arrival, all incoming international students on an F-1 or J-1 visa will be enrolled in an online orientation via Canvas. This orientation is mandatory, and students should complete this orientation before their arrival to Cal Poly. Students are emailed instructions on how to access and complete the course when they are enrolled.
HOW TO PACK FOR SAN LUIS OBISPO

SLO’S CLIMATE

Although our coastal climate is mild with daytime temperatures usually in the 70s (21-25°C), it can be chilly in the evenings and mornings, so you will want to dress in layers for a full day of outdoor activities. Nighttime temperatures in winter can reach freezing. Some summer days can be very warm, into the 90s and above.

ESSENTIALS

Immigration documents: Go to International Advising to learn which documents international students need to carry on their flight to the U.S. (and not in their luggage!).

Marriage certificates, birth certificates and medical certificates of dependents who are accompanying you on a visa.

Cash for one week’s worth of expenses: This would be in the event your credit cards do not work after you arrive.

Contact information for at least one person in the local SLO area.

Social Security number/ Individual Taxpayer Identification Number if you were previously issued one in the U.S.

Driver’s license or international driver’s license (if in possession of).

A three-month supply of medications (if allowed in the U.S.) for existing medical conditions and eyeglasses or contact lenses. Read 5 Tips for Traveling to the U.S. With Medications. Prescriptions from abroad cannot be filled in the U.S.

Chargers for electronics and plug adapters.

OPTIONAL

Large coats, snow boots, or any other cold weather items. You only need winter clothing if you decide to travel somewhere cold during breaks.

Candy and/or nonperishable comfort food. Students should consider bringing a few snacks from their home country.

Cell phone — Students can now easily purchase a SIM card in the U.S. that should work with unlocked cell phones.

Cultural clothing for events at Cal Poly.

Photos of family and friends.

ADDITIONAL RESOURCES

International students are encouraged to take a look at the University Store and some of SLO’s local shops to learn more about what items can be purchased upon arrival. There are stores near Cal Poly that have plenty of items to furnish dorms, apartments and bedrooms. They may even offer free shipping!

- Target
- TJ Maxx
- Home Goods
- Bed, Bath & Beyond
- Costco (membership required)
Financial difficulties can be one of the biggest problems encountered by international students studying in the United States. As a result of government policies regulating bank clearances, many students face delays in receiving financial support from their home countries. You should familiarize yourself with the estimated student costs per academic year, and how to initiate international payments for tuition/fees. The Financial Aid Office’s Cost of Attendance has a broad overview of the yearly expenses students will incur at Cal Poly.

### ESTIMATED MONTHLY LIVING EXPENSES

<table>
<thead>
<tr>
<th>Monthly Expense</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rent (shared apartment)</td>
<td>$700-$1,200/month</td>
</tr>
<tr>
<td>Mobile Phone</td>
<td>$60-$80/month</td>
</tr>
<tr>
<td>Food (groceries, eating out, etc.)</td>
<td>$250-$400/month</td>
</tr>
<tr>
<td>Books and Supplies</td>
<td>$600/quarter</td>
</tr>
<tr>
<td>Parking Pass</td>
<td>$138/quarter</td>
</tr>
<tr>
<td>Wi-fi</td>
<td>$10-$50/month</td>
</tr>
<tr>
<td>Utilities (gas, water, electricity)</td>
<td>$60-$100/month</td>
</tr>
<tr>
<td>Travel</td>
<td>$400/quarter</td>
</tr>
<tr>
<td>Miscellaneous and Personal Expenses</td>
<td>$500/quarter</td>
</tr>
</tbody>
</table>

*Provided for informational purposes ONLY*

### TUITION AND FEES

Degree-seeking students pay non-resident tuition and other student fees, including the mandatory International Student Health Insurance Fee. The non-resident tuition is a per-unit charge in addition to the quarterly registration fee. For fee information, deadlines, and payment options, including international wire transfers, please refer to Student Accounts. Please note that international credit cards are not accepted forms of payment at Cal Poly.

Exchange students will pay tuition and fees to their home university but will be charged quarterly for the International Student Health Insurance Fee and any material fees for applicable courses.

### FINANCIAL AID

The availability of financial aid for international students is extremely limited, so you should not plan on receiving financial aid. However, there are some financial aid resources, such as scholarships, educational loans and grants listed at International Student Financial Aid.

Questions about Financial Aid? Contact one of our knowledgeable advisors at the Financial Aid Office.
ON CAMPUS

Experience all that Cal Poly has to offer. Students who live on campus build lifelong friendships and discover campus partnerships to help them succeed. There are various housing options for students, but make sure to apply early! Housing fills up quickly on campus and is usually full by mid-spring for the following fall quarter.

University Housing oversees all on-campus housing arrangements for students, including international students. Please click on the button below to learn more about your on-campus housing options:

OFF CAMPUS

There are various off-campus apartments, rooms, homes and subleases near campus with limited availability. More information and off-campus housing resources can be found at International Student Housing.

The Cal Poly Housing, Sublets, and Roommates Facebook Group and Cal Poly International Student Housing Facebook Group is another resource you can use to connect with current Cal Poly students who are looking to share/sublet an apartment or room with international students.

The university does not inspect, approve or disapprove of any housing offered off campus so students should educate themselves on how to be successful in their housing search. International students may also have difficulty securing off-campus housing due to many rental applications requiring an applicant to have credit history and a U.S. citizen guarantor who would take on financial liability for the rental.

International students are highly encouraged to review the documents provided at Off-Campus Housing. Off-Campus Housing explains tenant rights, renter’s safety and other important topics.

*It is strongly recommended you secure housing as soon as possible after being admitted to Cal Poly as an international student. There is limited housing available, whether you are looking to live on campus or off campus.
AFTER YOUR ARRIVAL

AIRPORT ACCESS

Cal Poly is located just 10 minutes away from San Luis Obispo Airport (SBP). You should plan to fly into this airport as San Francisco (SFO) and Los Angeles (LAX) are approximately 200 miles away from San Luis Obispo, which is a four-hour drive.

Depending on your arrival date and time, if you sign up for an International Welcome Ambassador, they may be able to pick you up at the San Luis Obispo (SBP) airport. All incoming international students are emailed instructions about the program and how to sign up in late spring/early summer.

There are no shuttles from the SLO Airport to Cal Poly. Taxicabs charge approximately $20-25 to take you from the airport to Cal Poly. Credit and debit cards and cash are accepted. If a cab is not there, you may call one at 805-234-TAXI.

TEMPORARY ACCOMMODATION

If you intend to stay in a hotel or motel when you first arrive, make reservations well in advance of your arrival. Here are some hotels and motels that are close to campus:

- Adobe Inn
- Boutique Hotel Collection
- Comfort Inn & Suites Lamplighter
- Economy Motel
- Garden Street Inn
- Los Padres Inn
- Peach Tree Inn
- San Luis Creek Lodge
- San Luis Obispo Downtown Travelodge
- Sands Suites & Motel
- Sunbeam Motel
- Super 8 Motel
- Windemere Motel

A youth hostel, Hostel Obispo, is located close to campus at 1617 Santa Rosa St., San Luis Obispo, and is another option for temporary housing until you get settled in an apartment. Call 805-744-4768 or go online to make a reservation.
ORIENTATION ACTIVITIES

ORIENTATION FEES FOR SLO DAYS AND WOW

There are fees associated with SLO Days and WOW. These fees can be paid for via FlyWire, an international wire transfer service. Instructions on how to do this can be found at Administration and Finance. Please write "WOW" or "SLO Days" in the comments section when making the wire transfer. This process will take one to two weeks to complete, and students will receive an automated confirmation message once their payment has been received and processed. Please complete the sign-up process to the point where payment is requested to have this process go as quickly as possible. Questions about payment should be emailed to orientation@calpoly.edu.

UNDERGRADUATE STUDENT

1. Canvas Online Orientation
2. SLO Days
3. Week of Welcome
4. International Student Orientation

GRADUATE STUDENT

1. Canvas Online Orientation
2. Grad Orientation
3. International Student Orientation

EXCHANGE/V.I.S.I.T STUDENT

1. Canvas Online Orientation
2. Week of Welcome (optional)
3. International Student Orientation
ARRIVAL CHECK-IN
You will be required to complete the online check-in process within 10 days of arriving in the U.S. You can complete the form by logging in to the International Student Hub and navigating to “Student Requests.” You will be asked to upload copies of your visa, your signed I-20 or DS-2019, and your latest I-94, so be sure to have scans or clear photos of these document files handy.

SLO DAYS
The first part of the campuswide orientations for new students is Student Life Orientation Days, or SLO Days. This is Cal Poly’s summer orientation, at which students can get acquainted with other new students, connect with their academic major, and begin to prepare for life at Cal Poly. New incoming freshmen can register for the out-of-state SLO Days happening the weekend before classes begin.

WEEK OF WELCOME (WOW)
Cal Poly’s second part of its campuswide arrival orientation, Week of Welcome, is seven days of activities designed to help students transition to life at Cal Poly and San Luis Obispo. This orientation is a great opportunity to learn more about Cal Poly’s campus and the local area while making lots of friends! More information regarding WOW and SLO Days can be found at New Student and Transition Programs.

GRADUATE ORIENTATION
The Graduate Education Office will coordinate an orientation and workshop for new graduate students in the fall. You will be contacted directly by that office with the date/time of this orientation. Questions about the Graduate Orientation can be directed to grad@calpoly.edu.

INTERNATIONAL STUDENT ORIENTATION
The International Student Orientation is required for all initial-entry and transfer students on an international student visa (F-1, J-1). This orientation is free to attend and is included in the Week of Welcome schedule. This orientation is designed just for international students, and you will meet the International Center staff, learn about important campus resources, and meet other international students.
CAL POLY WEB PORTAL

My.CalPoly.edu Portal Account – Each Cal Poly student will be given access to the my.calpoly.edu student portal. All course registration, fee payments, housing applications, access to library contents, Canvas, grades, and a wealth of other information is conducted through My Cal Poly Portal, so you should familiarize yourself with the different functions of this account.

COURSE SELECTION AND CATALOG

Advising Centers: For assistance on selecting classes, contact your college’s Advising Center. A directory of departments can also be found on the Cal Poly portal.

Course Catalog: This will provide a comprehensive list of all courses offered at Cal Poly.

HOLDS

Students can see if they have a hold on their Student Center tab. Holds can be placed for academic, financial or other university obligations that have not been met. Holds can prevent registration, ordering official transcripts, and use of facilities, services and materials until cleared. To clear a hold, students must contact the department that placed the hold.
All students must register online for their own classes (except for first-year students). Course registration information can be found at Office of the Registrar, under the Register for Courses tab. Be sure to read announcements on the My Cal Poly Portal login page, as those will have important information for new students. Check your Cal Poly email account regularly for announcements from university faculty and administrators. Registration for courses takes three steps to complete.

1. Check your Student Center tab to view your enrollment appointment.

2. Use Degree Planner to plan your current and future quarters.

3. During your enrollment appointment: Select the desired schedule from your saved list and register for classes directly from Schedule Builder.

**FULL-TIME ENROLLMENT:**

Students attending Cal Poly on an F-1 or J-1 visa must enroll and complete a minimum number of units per quarter:

- Undergraduate Students: 12 units or more per quarter.
- Graduate Students: eight units or more of 400- or 500-level coursework per quarter.

**FULL-TIME ENROLLMENT ISSUES:**

If you have difficulty completing your full-time required course load, whether for academic, language, health or personal reasons, you should immediately contact an international student advisor. Before dropping below full-time enrollment, you must be eligible per visa regulations and have prior authorization from an international student advisor.

Important registration tools can also be found at Advising Center. Click the links below to find out more:
As an international student about to embark on an adventure in a new country, or at the very least, a new campus, we understand that you may have concerns surrounding safety during these unprecedented times. This Welcome Guide provides general resources for normal activities at Cal Poly. We recognize that these are unprecedented times with COVID-19, and we encourage students to stay up to date on the latest information by visiting Coronavirus Information and Roadmap For A Healthy Campus. Both the Campus Health and Wellbeing Center and University Police will be operating with some in-person components during fall quarter.

**UNIVERSITY POLICE DEPARTMENT (UPD)**

The mission of the University Police Department at Cal Poly is to promote a safe and secure learning environment by working cooperatively with the campus community to enforce the laws, preserve the peace, maintain order and provide exceptional professional services to our guests and our community. More information about public safety, crime prevention and resources offered by UPD can be found at UPD.

**Important Safety Tips:**

- Keep your emergency contacts up to date in your Cal Poly Portal.
- You can contact the University Police at: +1-805-756-2281.
- Have a list of emergency numbers saved on your phone.

**CAMPUS HEALTH AND WELLBEING**

Campus Health and Wellbeing is a multifaceted department that offers health education, health services, and counseling services to students. Campus Health and Wellbeing also oversees the immunization requirements for students. Visit Campus Health and Wellbeing to learn more about how the staff supports students in having a healthy and successful experience at Cal Poly.

**ON-CAMPUS HEALTH SERVICES**

Health Services is here to help students any time they do not feel well. The Health Center is located at the heart of campus, and no appointment is necessary to see a doctor or nurse. Non-urgent appointments can also be scheduled on the Health Center tab of the my.calpoly.edu portal.

Health Services offers:

- Laboratory tests
- X-ray procedures
- Sexually transmitted infections (STI) testing
- Birth control
- Vaccinations
- Prescription items
- Over-the-count medications
**DISABILITY RESOURCE CENTER**

The Disability Resource Center (DRC) cultivates an accessible and inclusive community in which students with permanent and temporary disabilities have an equal opportunity to participate in all aspects of campus life. The DRC facilitates student learning and access through partnerships with students, faculty and staff. Refer to [DRC](#) for more information on services available, eligibility, how to apply, and legal information.

**INTERNATIONAL STUDENT HEALTH INSURANCE**

Healthcare for most people in the U.S. is not subsidized by the government. Costs are very high, so most people are required to have health insurance. All international students at Cal Poly will be enrolled in a medical insurance plan upon enrollment. The plan provides coverage for regular check-ups, emergency care, prescriptions, mental health care, chiropractic care, emergency assistance for family visits and other services. Please note this insurance does NOT include coverage for vision correction (eyeglasses, contact lenses or vision exams) or dental services (unless related to an injury). However, students can choose to purchase their own vision and dental insurance for a discount.

Questions? Visit [Health Insurance and Immunizations](#) for more details, including current rates.

**SAFER**

Definitions, laws and regulations regarding sexual assault differ greatly around the world, and Safer wants to provide you with essential tips, clear definitions, and your rights as a student here at Cal Poly. Learn more about this and the resources offered by Safer at [Safer](#).

“Welcome to Cal Poly! Moving to a new country can be confusing and overwhelming, especially when the laws and rights may differ from your home. As an international student in the U.S., it is important to know that you are granted the same rights and protections as every other college student in the country. You deserve to feel safe, secure and confident on this campus” – Safer

**COUNSELING SERVICES**

Counseling Services is staffed by licensed mental health professionals who work with a range of students from different cultural, ethnic and religious backgrounds; students who want to talk about anxiety, poor academic performance, traumatic experiences, suicidal thoughts, substance use, or anything else they might be dealing with. It is very common for students to seek out these types of services in the United States. These services are confidential and are not reported to any outside person or agency, including immigration. Learn more about all Counseling Services has to offer at Counseling Services.
ENGLISH LANGUAGE SUPPORT

WELCOME INTERNATIONAL STUDENTS!

The University Writing and Learning Center is thrilled to welcome you to the Cal Poly writing community! At the center, we strive to support all campus writers by offering free consultations on any writing project for any discipline. Our experienced undergraduate and graduate tutors will be happy to help you at any stage of your writing process, from brainstorming and outlining to editing a final draft. The center is a vibrant, inclusive environment located on the first floor of the library, where our staff will engage in one-to-one conversation with you and help you develop your English language skills, understand major-specific writing conventions, and prepare for the Graduation Writing Requirement. We offer a variety of appointment types, including one-time visits, recurring appointments, and for-credit supplemental writing courses. Stop by the Writing and Learning Center soon; we look forward to working with you!

Sincerely,
Dawn Janke, Ph.D.
Writing and Learning Center Director

ENGLISH CONVERSATION PROGRAM

Whether you want to improve your language skills (speaking, professional, academic), or simply want to learn more about different cultures and meet other students, the English Conversation Program is a resource you will want to check out when you arrive on campus!

- With the English Conversation Program, international students are paired with a domestic student volunteer, depending on language needs and common interests.
- The goal of this program is for international students to improve their communicative English ability in an informal and non-judgmental environment.
- Participants meet once a week, either on or off campus, for at least 30 minutes and are provided a guide to structure the meetings.
- Want to participate? All incoming international students will be emailed an invitation to join the program at the beginning of each quarter.

WRITING AND LEARNING CENTER

The University Writing and Learning Center (WLC) oversees the Writing Proficiency Exams (WPE), the Graduation Writing Requirement (GWR) and also offers various tools to boost your writing experiences at Cal Poly. Visit the WLC in Kennedy Library (Bldg. 35, Room 111C) and discover all the resources WLC has to offer.

Resources include:

- Thirty- and 60-minute writing consultations on any class project.
- Regular weekly sessions to meet broader writing goals, such as improving grammar and mechanics.
- One-unit, credit/no credit supplemental writing courses to meet a variety of needs while engaging in language development with a native English speaker.
CAREER SERVICES WELCOMES INTERNATIONAL STUDENTS!

We are so excited to welcome you to Cal Poly! Our mission at Career Services is to empower Cal Poly students to achieve a lifetime of meaningful career success. Whether you want to explore career possibilities, develop your U.S.-based resume, practice how to communicate your international experience to employers, or become more familiar with the U.S. job search, Career Services has all your career-related needs covered. We look forward to meeting you soon!

Sincerely,

Katie
Career Services Counselor

Click below to learn more about the resources Career Services offers:

- CAREER COUNSELING
- MUSTANG JOBS
- CAREER SERVICES
- RESOURCE TOOLKIT
- CERTIFICATE PROGRAMS
CAMPUS RESOURCE REFERENCES

ACADEMIC ADVISING CENTERS
http://advising.calpoly.edu

ASI
Location: University Union (Second Floor)
805-756-1281
http://www.asi.calpoly.edu/

CAL POLY CAMPUS
California Polytechnic State University
San Luis Obispo, CA 93407
http://calpoly.edu

CAL POLY INTERNATIONAL CENTER OFFICE
Building 52, Room E32, San Luis Obispo,
CA 93407
805-756-1477
http://international.calpoly.edu

CAMPUS HEALTH AND WELLBEING
Location: Building 27, Room 136
805-756-2511
https://hcs.calpoly.edu/campus-wellbeing

CAREER SERVICES
Location: Building 124
805-756-2501
http://www.careerservices.calpoly.edu

DEAN OF STUDENTS
Location: Building 81
805-756-0327
https://deanofstudents.calpoly.edu

DISABILITY RESOURCE CENTER
Location: Building 124
805-756-1395
http://drc.calpoly.edu

FINANCIAL AID OFFICE
Location: Administration Building (Room 212)
805-756-7243
https://financialaid.calpoly.edu

GENDER EQUITY CENTER
Location: University Union (Room 217)
805-756-2600
https://gec.calpoly.edu/

HEALTH CENTER
Location: Building 27 (next to Rec Center)
Main Phone: 805-756-1211
Pharmacy: 805-756-5260
After Hours phone line: 1-866-439-2012
https://chw.calpoly.edu/health/health-services

HEALTH EDUCATION/P.U.L.S.E.
Location: Lower Level Building 27, Room 10
805-756-6181
Hours: Mon., Tues., Thurs. 8:00 am - 4:30 pm Wed. 9:00 a.m. -
4:30 p.m. Fridays closed.
https://chw.calpoly.edu/pulse

INFORMATION TECHNOLOGY SERVICE DESK/POLYCARD OFFICE
Location: Natatorium, Building 46
805-756-7000
https://servicedesk.calpoly.edu

STUDENT DIVERSITY AND BELONGING
Location: University Union, Room 217
805-756-5840
https://culture.calpoly.edu/

OFFICE OF EQUAL OPPORTUNITY
Location: Building 33, Room 290
805-756-6770
https://equalopportunity.calpoly.edu/

LGBTQ CAMPUS LIFE
Location: University Union, Room 209
805-756-PRDE (7733)
https://pride.calpoly.edu/

SAFER
Location: University Union, Room 217
805-756-2282
https://safer.calpoly.edu/

STUDENT OMBUDS SERVICES
Location: Kennedy Library, Room 113
805-756-1380
https://ombuds.calpoly.edu/

UNIVERSITY POLICE DEPARTMENT
Location: Building 36
805-756-2281
https://afd.calpoly.edu/police/

WRITING AND LEARNING CENTER
Location: Kennedy Library, Room 111C
805-756-6032
https://writingandlearning.calpoly.edu