

Cal Poly International Center

International Student Welcome Guide



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CAL POLY
International Center

international.calpoly.edu

WELCOME



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



WELCOME



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

INTERNATIONAL STUDENT & SCHOLAR STAFF



JUDY MITCHELL

Associate Director, International Students and Scholars

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!

SUSAN TRIPP

International Student and Scholar Specialist

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.



BIANCA SILVA

International Student Coordinator

Welcome to Cal Poly! I am delighted to be among the first to welcome you to campus. In my role as international student coordinator, 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 Hour, Poly Hosts, 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!



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INTERNATIONAL STUDENT EXPERIENCES

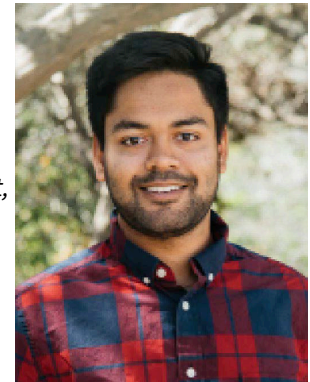


Feti

Graphic Communication Major from Germany

"Before coming to Cal Poly I would have never thought that the IWA program through the International Office would be so enriching. Even at the first welcome breakfast I already had a great time approaching people and connecting with them. I really appreciated how much Cal Poly and the International Office took care of the exchange and international students and provided a well-rounded schedule of activities. I try not to miss even a single event because it's always so much fun. Besides meeting the friends I made here, I always looked forward to reconnect with the people at the program.

My favorite activities were the beach days and trying the Cal Poly ice cream made by local cows."



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!"



[Click to watch International Testimonials](#)

EXPLORING SLO - LEISURE

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.



STUDENT LIFE



CAL POLY CLUBS

Cal Poly offers over 450 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. \(ASI\)](#).

STUDENT LIFE



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, 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 Center, Multicultural Center, and LGBTQ Campus Life (PRIDE) are some of many campus community centers that 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 HOUR

International Coffee Hour 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. 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, which can be found on [Cal Poly Now](#). 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](#).

INTERNATIONAL WELCOME AMBASSADORS PROGRAM

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. To learn more about IWA visit [International Student Programs](#).



The International Welcome Ambassador Program had a major positive impact on my experience at Cal Poly.

It helped me make my first, and most importantly, lasting American and international friends at all the fun events. I always looked forward to these events and to seeing all the internationals and IWAs. My wonderful IWA especially helped me with so many questions and made my time in SLO much easier. If you don't sign up for the International Welcome Ambassador Program, you'll really miss out!"

-Carolyn, international student from Germany



Applying to be an International Welcome Ambassador has been one of the best decisions I've made during my time at Cal Poly.

After studying abroad, I understand how important it is to have people who help you feel a sense of belonging. It has been so much fun being involved in the entire process of brainstorming, organizing, and bringing events to life. I am so grateful for the opportunity to meet so many international students I may not have otherwise met and for the special friendships I have formed. Being part of creating these connections and this community at Cal Poly has truly meant so much to me.

-Paula, IWA



STUDENT VISA INSTRUCTIONS

STUDENT VISAS

Once accepted, exchange students will be issued a DS-2019 to apply for a J-1 visa. Degree-seeking and VISIT students will receive an invitation to the International Student Hub to provide the documentation needed to issue an I-20 to apply for an F-1 visa. Visit [Student Visas](#) for step-by-step instructions on the visa process.

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 Homebase. 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 (32-37°C) and above.

ESSENTIALS



Immigration documents: Go to [Entering the U.S.](#) 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 [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 [Mustang Shop](#) and some of SLO's local shops to learn more about what items can be purchased upon arrival. There are stores a short drive from Cal Poly that have plenty of items to furnish dorms, apartments and bedrooms. They may even offer free shipping!

- [Target](#)
- [TJ Maxx](#)
- [HomeGoods](#)
- [Costco \(membership required\)](#)
- [Amazon \(delivery\)](#)

MONEY AND BUDGET

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 LIVING EXPENSES (Annual)

Annual Expense	Cost
Housing (varies by semester)	\$12,682
Campus Dining / Groceries + on-campus meals	\$7,656
Books and Supplies	\$1,160
Local Transportation	\$1,466
Health Insurance (varies by term) *	\$1,000
U.S. Mobile Phone* (\$25 per month est.)	\$300
International Student Fee	\$900
Miscellaneous*	\$2,586
TOTAL ESTIMATE*	\$27,750

*Estimate ONLY, subject to change

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 semesterly 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 per semester 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](#).

HOUSING OPTIONS



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 semester.

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:

- [First-Year Students](#)
- [Transfers/Grad Students](#)
- [Exchange/VISIT Students](#)

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 on the [Housing website](#).

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.



*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:

- [Petit Soleil](#)
- [Boutique Hotel Collection](#)
- [Comfort Inn & Suites Lamplighter](#)
- [Economy Motel](#)
- [Garden Street Inn](#)
- [Los Padres Inn](#)
- [Peach Tree Inn](#)
- [San Luis Creek Lodge](#)
- [Sands Suites & 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 [How to Pay](#). 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



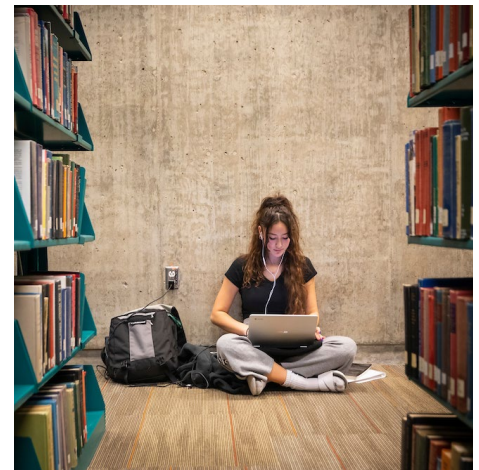
1. Homebase Online Orientation
2. SLO Days
3. Week of Welcome
4. International Student Orientation

GRADUATE STUDENT



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

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



1. Homebase Online Orientation
2. Week of Welcome (optional)
3. International Student Orientation

ORIENTATION ACTIVITIES



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 designed just for international students. You will have the chance to meet the International Center staff, win prizes, and connect with other international students.

COURSE REGISTRATION

CAL POLY WEB PORTAL

Each Cal Poly student will be given access to the [Cal Poly Student Portal](#). All course registration, fee payments, housing applications, access to library contents, Canvas, grades, and a wealth of other information is conducted through the [Cal Poly Student 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 in their [Cal Poly Student Portal](#). 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.



COURSE REGISTRATION



First-year students will be block-enrolled into all their courses. Exchange, transfer, and VISIT students will follow different procedures for registering for classes. Click the link below for course registration information.

[Course Registration](#)

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 semester:

- Undergraduate Students: 12 units or more per semester
- Graduate Students: nine units or more of 4000- or 5000-level coursework per semester

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.



KEEPING STUDENTS SAFE AND HEALTHY

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 recommend downloading the [Mustang Safe mobile app](#) before arriving on campus. Offering a more holistic approach to campus safety and wellbeing, the app helps to ensure that no matter the emergency, or non-emergency, help and services are always within reach and easily accessible to all Cal Poly community members.

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-counter medications



KEEPING STUDENTS SAFE AND HEALTHY

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](#) 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](#).

“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 semester.

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 209) 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



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 Services](#)
- [Career Counseling](#)
- [Mustang Jobs](#)
- [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

Library Suite 319, 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://chw.calpoly.edu>

CAREER SERVICES

Location: Building 124

805-756-2501

<http://www.careerservices.calpoly.edu>

COUNSELING & PSYCHOLOGICAL SERVICES

Location: Health Center, Building 27

805 756 6525

counseling@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://www.calpoly.edu/financial-aid>

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 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: Library first floor

805-756-7000

<https://servicedesk.calpoly.edu>

STUDENT DIVERSITY AND BELONGING

Location: University Union, Room 217

805-756-5840

<https://culture.calpoly.edu/>

CIVIL RIGHTS AND COMPLIANCE

Location: Building 33, Room 290

805-756-6770

<https://crco.calpoly.edu>

LGBTQ CAMPUS LIFE

Location: University Union, Room 217

805-756-PRDE (7733)

<https://pride.calpoly.edu/>

SAFER

Location: Health Center, Building 27

805-756-2282

<https://safer.calpoly.edu/>

UNIVERSITY POLICE DEPARTMENT

Location: Building 36

805-756-2281

<https://afd.calpoly.edu/police/>

WRITING AND LEARNING CENTER

Location: Kennedy Library, Room 209

805-756-6032

<https://writingandlearning.calpoly.edu>