



**Friday, August 26, 2022**

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### **MESSAGE FOR NEW AND CONTINUING STUDENTS**

**TO ALL NEW STUDENTS:** Welcome to Rutgers! We look forward to meeting you during the 2022 International Student Orientation program beginning at 8:30 a.m. on Monday, August 29, 2022 at the Rutgers College Avenue Gym. To get to the College Avenue Gym, take the campus bus to the College Avenue Student Center and walk next door to the gym—you'll see many of your fellow students outside, so you can't miss it!

- Please review our [Orientation](#) webpage for details about International Student Orientation
- Be sure to complete all the [Pre and Post Arrival Steps](#) to prepare for a successful and seamless welcome to Rutgers
- [Campus bus schedule](#) from Monday, 8/29 to Thursday, 9/1

**FOR ALL CONTINUING STUDENTS:** Between August 29 and August 31, the international student services staff will be extremely busy helping 1,200+ new international students navigate the Rutgers system. If it is possible for you, please consider delaying any questions you may have for our advisors until AFTER orientation. As you may remember from your own orientation to Rutgers, our new students will have many questions so our staff will be busy helping them get acclimated. We will resume our regular operations for all international students on Thursday, September 1. Thank you in advance for your patience and understanding.

As always, our staff will do their best to reply to emails within 48 hours, however please be patient while waiting for a response. In order to accommodate our new students, international student advisers will temporarily suspend walk-in hours during this time. If you have an emergency, please send an email to us at [iss-students@global.rutgers.edu](mailto:iss-students@global.rutgers.edu) and write "URGENT" in the subject line. Someone from our office will respond to you as soon as possible. **Please also note that all university units will be closed on Monday, September 5, 2022 in observance of Labor Day.**

### **ENROLLMENT REQUIREMENTS FOR CONTINUING STUDENTS**

Rutgers University has resumed in-person instruction and activities, and all students are expected to take in-person courses. We recognize that in limited circumstances, such as a documented medical condition or a temporary disability that prevents students from attending classes in-person, students may require an online schedule or remote access to in-person classes. Requests for such accommodations will be reviewed on a case-by-case basis and will often require approval from multiple offices, such as academic units, Dean of Students or Office of Disability Services.

### **REMINDER TO UPLOAD COVID-19 VACCINATION AND BOOSTER INFORMATION**

For the university policy, guidelines, and further information on quarantine, testing, and vaccination, please review the Rutgers University-wide COVID-19 Information website (<https://coronavirus.rutgers.edu/>).

Please note that students attending International Student Orientation (ISO) must comply with the university's [COVID-19 Immunization Policy](#). This means completing a primary series of an FDA or WHO authorized vaccine as well as an additional booster once eligible. Students will not be able to participate in the International Student Orientation until they are compliant with this University-wide policy.

Students living on-campus must be in compliance with NJ State Law on health and immunization requirements <http://ruoncampus.rutgers.edu/>

### **UPDATED COVID-19 VACCINATION REQUIREMENTS FOR INTERNATIONAL TRAVEL**

As of June 12, 2022, the US Centers for Disease Control (CDC) no longer requires air passengers traveling from a foreign country to the US to show a negative COVID-19 viral test or documentation of recovery from COVID-19 before boarding their flight. However, all individuals arriving to the US from a foreign country must be fully vaccinated.

- The CDC has confirmed that only vaccines approved or authorized by the [Food and Drug Administration \(FDA\)](#) or listed for emergency use by the [World Health Organization \(WHO\)](#) will be accepted.
- There are [limited exceptions](#) to the vaccination requirement. The new policy indicates that all unvaccinated travelers – including travelers eligible for exceptions to the vaccine requirement – may be subject to stricter protocols.
- For further details and information, visit the [CDC website](#)

- For more information on travelers entering the United States at land ports of entry and ferry terminals, visit the [Department of Homeland Security website](#).

### **Additional Resources**

- CDC - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- NJ Department of Health - <https://www.nj.gov/health/cd/topics/travel.shtml>
- Department of State FAQs - <https://travel.state.gov/content/travel/en/international-travel/emergencies/covid-19-faqs-for-travel-to-the-us-information.html>
- Department of Homeland Security FAQs - <https://www.dhs.gov/news/2021/10/29/frequently-asked-questions-guidance-travelers-enter-us>
- NAFSA - <https://www.nafsa.org/regulatory-information/covid-vaccine-and-test-requirements-us-entry-0>

### **APPLYING FOR A SOCIAL SECURITY NUMBER**

F-1 and J-1 students must have a job offer letter and/or work authorization to be eligible to apply for a Social Security Number (SSN). Eligible students must follow the detailed instructions on our [Social Security](#) webpage, under How to Apply for a Social Security number.

Please note the latest updates from the Social Security Administration include:

- Appointments are optional and may be scheduled by calling 877-803-6313 or 888-221-9983. Otherwise, the mandatory in-person interviews are granted on a walk-in basis.
- Applicants may now utilize the [online SSN application](#) before attending the mandatory in-person interview.
- The New Brunswick SSA office has a “10-day quarantine rule,” whereby SSN applicants who traveled internationally and have arrived to the US by air must wait 10 days before visiting the NB SSA office. This rule does not apply to applicants who entered the US by car or bus.

More information about applying for an SSN can be found [here](#).

### **REDUCED CREDIT/COURSE LOAD – FALL 2022 DEADLINE IS FRIDAY, SEPTEMBER 23**

To maintain legal status, all F-1 and J-1 students must pursue a full course of study at all times. This means being registered for a full credit load (12 credits for undergraduates and 9 credits for graduate students). There are cases, however, in which regulations consider a student to be pursuing a full course of study even though he or she is NOT actually registered for a full credit load. This may apply to undergraduates who only need 1 or 2 classes to complete their program, or graduate students who have completed all coursework, but are still conducting thesis or dissertation research. This may be considered as pursuing a full course of study even though not being registered for 9 or 12 credits.

Please refer to the [Reduced Credit/Course Load](#) webpage to review the specific circumstances that render a student eligible for a Reduced Course/Credit Load. For students who are pursuing off-campus employment with authorized CPT, we remind you that full-time CPT is not an acceptable reason for a Reduced Credit/Course Load.

IF YOU WILL BE REGISTERED FOR LESS THAN A FULL-TIME CREDIT LOAD IN FALL 2022, you MUST submit a "Reduced Credit/Course Load" form to ISSS using the [RGlobal portal](#). You will need approval from our office for less than full-time enrollment in any semester. The form can be completed online and will require your graduate program director/academic dean's approval. Please review our [website](#) for instructions and information about the updated process to submit this form. The deadline for submitting the form is **Friday, September 23, 2022**.

Please check the University's academic calendar for the appropriate add/drop dates, for the last date to drop classes without a "W" grade:

[Undergraduate Registration Calendar](#)

[Graduate Registration Calendar](#)

Bear in mind that it takes 3-4 days to process the form after receipt and we cannot guarantee timely processing of forms received after the deadline. This could mean loss of legal status and you will need to leave the country or apply for a reinstatement process with the US government.

Remember, the "Reduced Credit/Course Load" form can be submitted at any time before the deadline, but no later than September 23, 2022. Continuing international students who are outside the U.S. for the fall semester and will be enrolling for a less than full-time course load must also apply for reduced credit authorization.

**FALL 2022 INSURANCE EXEMPTION REQUEST AND WAIVER DEADLINE IS FRIDAY, SEPTEMBER 23, 2022**

#### **STUDENTS WITH A TA/GA APPOINTMENT**

Students with full TA/GA appointments who are enrolled in benefits through University Human Resources DO NOT need to contact our office to request a waiver of the student health insurance premium. You only need to submit your enrollment paperwork through Human Resources at the start of your appointment and do not need to submit waiver documentation to our office. Once Human Resources processes your insurance enrollment paperwork we will receive your coverage information and we will process your waiver.

**ALL OTHER F-1 AND J-1 STUDENTS MUST EITHER ENROLL OR WAIVE:**

#### ***STEPS TO COMPLETE HEALTH INSURANCE ENROLLMENT – DEADLINE IS FRIDAY, SEPTEMBER 23***

- Register for classes. Wait three business days after registering for classes to complete the enrollment form at [universityhealthplans.com](http://universityhealthplans.com).
- Change your International address to a U.S. mailing address, visit [my.rutgers.edu/portal](http://my.rutgers.edu/portal). You may do this once you are registered for classes.

- Add your email address, visit [my.rutgers.edu/portal](https://my.rutgers.edu/portal). You may do this once you are registered.
- Three days after registering for classes, go to [universityhealthplans.com](https://universityhealthplans.com) to complete the enrollment form. You will receive a confirmation number on the screen and to your Rutgers email, once you have successfully submitted the enrollment form.
- Wait four days after receiving your enrollment confirmation number, go to [University Health Plans, Inc.](https://universityhealthplans.com) On the left navigation bar, select “Log into my account.” You may then create an account, log in, and print your card.

**OR**

***STEPS TO WAIVE THE STUDENT HEALTH INSURANCE FOR STUDENTS IN F-1 or J-1 VISA STATUS - DEADLINE IS FRIDAY, SEPTEMBER 23***

F-1 and J-1 students on a Rutgers sponsorship who have insurance coverage other than the student insurance plan that is charged on their term bills need to request a waiver of that insurance premium by following the exemption request process outlined below. Please note that Rutgers-sponsored international students cannot waive the student insurance plan through the United Healthcare website; it must be done through Rutgers Global – International Student and Scholar Services. The deadline for submitting the waiver is Friday, September 23, 2022.

Please complete the following steps to request the waiver:

- Review supporting documents you will need to provide or address to complete the exemption, all supporting documents must confirm that your coverage meets every one of [the University’s health insurance requirements](#).
- Apply for the insurance waiver by completing the form available through our [RGlobal Student Services Portal](#) on the ISSS website.
- Submit the form and any supporting documents to the ISSS by Friday, September 23, 2022, to opt out of the university’s student insurance plan and have the premium removed from the term bill.

**\*\*Important Note: Students on another institution’s visa sponsorship** who are registered for a full-time course load and hold coverage other than the student insurance plan will need to waive their student insurance premium by following the [online waiver instructions](#).

**NEW FACES AT ISSS**

ISSS Student Services is delighted to welcome [Mei-Ling Cheng](#), a Community-Based Counselor from CAPS, to our office at 180 College Avenue. On Mondays from 1:00pm-3:00pm, Mei-Ling is available for confidential in-person and virtual counseling services through Let’s Talk. Please note that Let’s Talk is currently being offered by appointment only. Details can be found at [Community-Based Counseling – Student Health \(rutgers.edu\)](#).

Also, our Student Services Team has a new International Student Adviser! Yang You joined Rutgers Global - ISSS earlier this summer. Yang’s personal experience as an international student inspired her to work in the field of international student support and help individual students find success while studying and living in the US. Prior to joining Rutgers, Yang worked as a

language teacher, ESL coordinator, and an international student coordinator/DSO. She is thrilled to bring her personal and professional experiences in international student services to the Rutgers community.

Best wishes,  
Rutgers Global - ISSS

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This periodic update from the Rutgers Global – International Student and Scholar Services (ISSS) office provides you with important information regarding your legal status, upcoming programs, and useful resources. Previous updates can be found on our [Email Notices page](#).

These notices are automatically sent to all nonimmigrant students enrolled at Rutgers–New Brunswick and Rutgers–Biomedical and Health Sciences. Most messages, however, apply only to F-1 and J-1 students. We label most messages to facilitate your identification of which messages may apply to you personally. All F-1 and J-1 students on Rutgers' visa sponsorships are required to know the information that is provided in these notices and to follow reminders and instructions that apply to their own situations.

This is NOT a subscription email list. These notices are sent periodically to an automatically generated list. If you are a permanent resident or citizen of the U.S and should not be receiving these notices, please contact ISSS:

**New Brunswick**

848-932-7015

[iss-students@global.rutgers.edu](mailto:iss-students@global.rutgers.edu)

**RBHS**

973-972-6138

[iss-rbhs@global.rutgers.edu](mailto:iss-rbhs@global.rutgers.edu)