

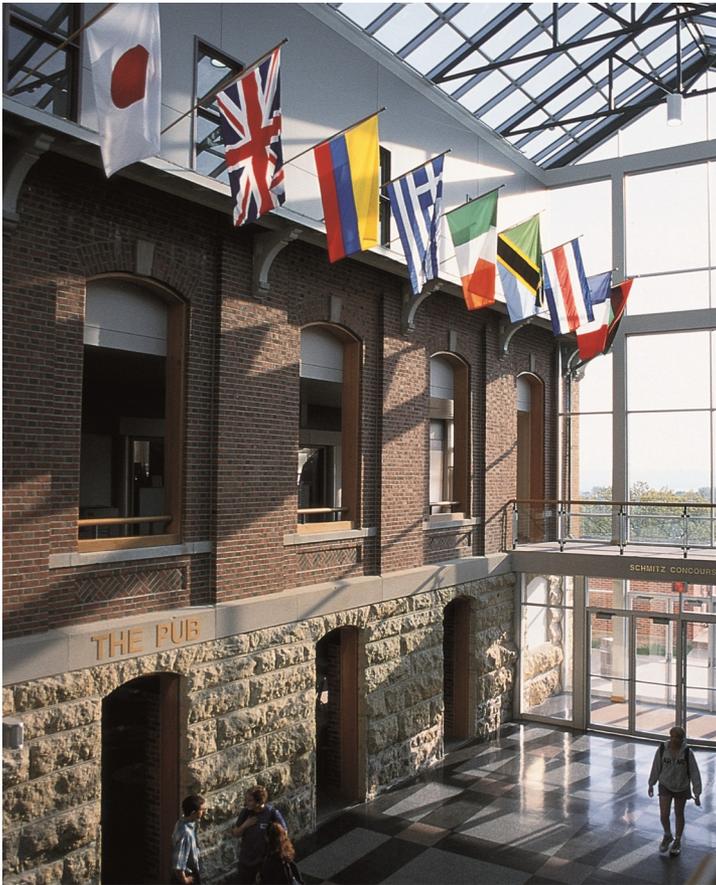


# LORAS COLLEGE™

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## INTERCULTURAL PROGRAMS OFFICE

### International Student Handbook



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# Welcome to Loras College

**Bemvindos**

**Willkommen**

**歡迎**

ברוכים הבאים

***Bienvenue***

KARIBU

HOAN NGHINH

**Bienvenido**

**Добре дошъл**

Välkommen

dobrodošli

환영

*Benvenuto*

مرحبًا

**NAMASTE**

いらっしやいませ

Congratulations on your decision to attend Loras College. Everyone at Loras would like to welcome you and wish you great success as you begin your studies in the United States. The Intercultural Programs Office and the entire Loras College community will do all they can to provide you with a rewarding educational experience.

This handbook was created to give you the most important information you will need to begin your Loras College experience. You should read this book before you arrive at the Loras campus to know what to expect and what you should bring. However, this book will probably be even more useful after you arrive on campus and begin to adjust to your new home.

If you view your experience as a student at Loras College like a journey to a new and exciting place, then the Intercultural Programs Office is like your travel guide. If you have any questions or would like to learn more about what you read in this handbook, please visit or contact the Intercultural Programs office.

**Welcome Letter from the President of Loras College, Jim Collins**

Dear Students,

Welcome to Loras College and Dubuque, Iowa. We are thrilled to have you with us on campus and look forward to getting to know you better during your years here. Loras has much to offer – solid academics, a friendly, safe environment, and many extra-curricular activities to keep you busy and challenged. I invite you to make the most of your college experience. Loras' location, in the heartland of the United States, allows you to come to know American culture at its best. We hope that while you are gaining an education you will also offer us the opportunity to learn from you as well.

Please make yourself at home, and if you ever need anything, you have an entire college-worth of faculty and staff who stand ready to assist.

Best wishes,

James E. Collins ('84)  
President



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**Welcome Letter from the Director of Intercultural Programs, Sergio Pérez**

Welcome to Loras College! We are honored and thankful that you have chosen to attend our institution. This handbook is to be used as a resource as you begin to experience the United States and Loras College. Within it, you will find the contact information for both campus and community resources. If any questions or concerns arise, be sure to utilize those contacts.

I encourage you to get involved on campus and in our office, The Intercultural Programs Office is located in the 5<sup>th</sup> floor of the Alumni Campus Center. We are here to offer guidance and insight as you transition to your new surroundings. We provide a variety of activities and programs for you to experience.

We are excited to have you here at Loras and want you to have the best collegiate experience possible. We have the utmost confidence in your abilities and fully commit to helping you succeed. Please contact us with any questions or concerns...we are here for you!

You may always contact me or our office at 563.588.7205 or e-mail me at [sergio.perez@loras.edu](mailto:sergio.perez@loras.edu). Welcome to Loras College!

Sincerely,

Sergio Pérez ('13)  
Director of Intercultural Programs

## Greetings from Students at Loras

Dear fellow Duhawks,

I would like to welcome you to the place I happily and proudly call my 'home away from home'. Being from a totally different place as it is Bogota, Colombia I completely understand all the emotions you are going through at the moment. When I was in your place a lot was crossing through my mind. I was scared of this new step I was going to take in life, but at the same time I was super excited for all the new things I was going to experience and learn.

My experience at Loras College has been wonderful, it has helped me grow personally and academically. Here at Loras College I have been able to meet such amazing people that no matter what are always willing to help you, guide you in everything that you need and that are always going to be there whenever you need advice, support, or a little motivation to keep pushing forward. You have made such a good decision coming to the place where I assure you, you are going to meet the people that are going to help you grow, that are going to help you build your own dreams and will support you in whichever path you choose in life. I can't not express all the wonderful things this community has given to me and that I know will start giving to you since the first moment you move to Loras.

Loras College being a liberal arts education will help you become an active learner, become a reflective thinker and will call you to action. No matter what you are into or what backgrounds you come from, this community will not only receive you with open arms, but also will challenge you every day to make a change, and to stand for what you believe. Get excited to write the most adventurous, and fulfilling chapter of your life.

Welcome to Loras College!

Nathalia A. Bernal '21  
Bogotá, Colombia

Dear Duhawks

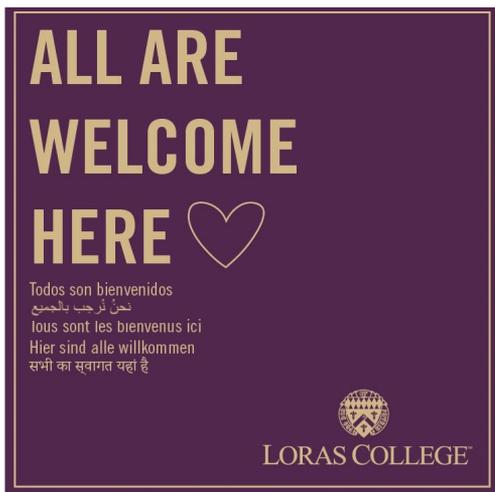
Three years ago around this time I was where you students are. I remember being picked up from the airport and being driven to what would be my new home for the next four years. The man that picked me up from the airport named Geovanni asked a very tired and jet lagged version of me why I chose Loras.

Trying to remember why I chose Loras to begin with, I responded with my reason being the small classes and the liberal arts experience. I made my college decision solely on academics. However, what I didn't account for was how Loras College students and professors are some of the nicest people I have ever met. The campus as a whole makes it their goal to be supportive as possible.

While academics are important, there are so many out of class opportunities and adventures to experience during your time here. If you're a science major and want to let your artistic juices flow, join art club. If you're busy with classes but still want to be active, try intramural volleyball. Explore your faith, join a club or start your own!

My advice to you starting at college is to try everything at least once. Challenge yourself leave to leave for comfort zone as frequently as possible. You never know what you will find.

Tinotenda Mahomva '19  
South Africa



## Rules Governing F-1 Visa Students

As you study and complete your degree at Loras College, you will be asked to comply with various regulations of the United States government. This section of the handbook is an introduction to the most important regulations, primarily for students in the United States on the F-1 visa. Loras College must report certain information about you to the U.S. government. This reporting will be done via the SEVIS system. SEVIS stands for the Student and Exchange Visitor Information System.

The regulations affecting you may change at any time, so it is important that the staff in the **Intercultural Programs Office** always have your accurate telephone number, e-mail address, and mailing address so that they can alert you to any changes in the law.

The information in this handbook cannot replace the advice and assistance of the Intercultural Programs Office and Admission Office staff. *Before making a decision to change your course of study, transfer to another institution, travel outside the United States, or accept employment, you should seek advice from these individuals.* Ultimately, it is your responsibility to know and follow the regulations. Following are answers to the most common questions concerning rules for F-1 visa holders:



### **How long can I stay in the U.S.?**

Your admission to the U.S. on an F-1 visa is for "duration of status" (D/S). This is the time during which you are studying full-time with a valid I-20 (or working in authorized practical training after completing your studies), plus a 60-day grace period to prepare for your departure from the U.S.

"Duration of status" means that you may transfer to different programs and continue your studies as long as you are pursuing an educational goal. There is generally no date or specific expiration of your stay in F-1 status as long as you continue to maintain your status.

### **Must I be a full-time student?**

You must enroll as a full-time student. A full-time course load for Loras College academic students is 12 or more credits per semester. If you experience a major health or academic crisis that would prevent you from successfully completing a full-time course load, you may be permitted to take a reduced course load **with the approval of your international student advisor**.

### **What must I do when I leave and re-enter the U.S.?**

If you leave the U.S., when you re-enter you must present a current and properly endorsed (signed on the back) I-20, a valid F-1 visa, your passport and a financial statement (or other proof of financial support). If returning from Canada, Mexico or adjacent islands (except Cuba) after a visit of less than 30 days, the U.S. visa need not be valid; however, you will be required to show your I-94 card in addition to the other documents listed above. See the Intercultural Programs Office before you take a trip to make sure you have all the documents you need. Your I-20 must be signed on the back!

### **How do I change my program—for example, from Bachelor's degree to Master's degree?**

Your I-20 should state what subject you are studying. If your I-20 says you are studying for a Bachelor's degree, you must obtain a new I-20 to start a Master's degree program.

**What if I transfer to Loras College from another school?**

If you are coming to Loras from any other school in the U.S., you must follow the transfer process. Bring your Loras I-20, the I-20s from all previous schools, and your passport to our Admissions Office within 15 days of beginning classes at Loras. Loras will process your transfer and U.S. Homeland Security will be notified of your transfer. If your transfer is not officially processed at Loras, you will be out of status!

**What must I do if I am out of status?**

A violation of any of the immigration regulations outlined above (for example, failure to maintain a full-time course load) could place you out of status. You may apply for reinstatement to student status with help from an international student advisor. Reinstatement decisions are made by an immigration official who reviews your case and determines if you are eligible to continue studying in the U.S. Talk to your international student advisor for help with this process.

**I would like to find a job in the U.S. What can I do?**

International students are permitted to work on-campus while attending Loras. For Internship (or practical training directly related to your major field of study) or off-campus employment, please consult the Designated School Official for specific details about employment. **IT IS ILLEGAL TO WORK OFF-CAMPUS WITHOUT AUTHORIZATION FROM HOMELAND SECURITY!** If you work illegally and it is discovered, you will not be reinstated and you will lose all benefits of the F-1 student visa.

F-1 students at Loras College are allowed to work part-time on campus. You may work up to 20 hours per week while attending full-time classes. You can work full-time during summer vacations and between semesters, if you will continue at Loras the following semester. Please note that you must be in status to work on-campus. If you are in the process of a reinstatement, you must wait until it has been approved before you can start working.

There are two ways to get permission for off-campus work: practical training/internships directly related to your major field of study or severe economic hardship. Both of these must be authorized by U.S. Homeland Security and Loras' DSO.

There are two kinds of Practical Training which allow you to get job experience in your field of study. For both of these you must have been in F-1 status for at least 9 months before you apply.

**Curricular Practical Training** allows you to get college credit for work in your field, and is generally used on a part-time basis while you are enrolled in full-time classes. Authorization does not take long once you have been offered a job.

**Optional Practical Training** is usually used after completion of studies, and is usually full-time. It can be authorized for a maximum of 12 months at the full-time rate, although it can be broken up into portions (for example, 6 months after an Associate's degree, plus 6 months after the Bachelor's degree). It takes 2 or 3 months to receive the authorization from Homeland Security.

Off-campus employment authorization based on **unforeseen, severe economic hardship** can be awarded to students in special circumstances. You must have been in F-1 status for at least 9 months. You must prove there has been a change in your economic situation that results in a need for off-campus employment in addition to, or instead of, on-campus employment. Authorization from U.S. Homeland Security generally takes 2-3 months.

Always visit with the Intercultural Programs Office before accepting any employment—**on- or off-campus!**

### **What else must I do to maintain my F-1 student status?**

There are legal obligations that you must meet that were not described above. We mention a few more below. This list is not exhaustive, so please consult with the Admission Office or the Intercultural Programs Office if you have questions.

- 1) **Report any change of address.** If you change your residence, immediately notify the Intercultural Programs Office. We must be informed of your physical address; a post office box is not acceptable as an address.
- 2) **Maintain a valid passport.** If your passport will expire in the next 3 to 6 months, you should contact your embassy in the United States to learn how to renew or extend it.
- 3) **Attend only the school you are authorized to attend.** This is the school that is listed on the I-20 you used to enter the United States.
- 4) **Comply with the academic requirements of Loras College.** Study diligently and maintain a strong grade point average. This will demonstrate that you are a serious student.



# Orientation to Loras College

In this section of the handbook, you will learn more about Loras College, including its location, history, and educational philosophy. We will offer suggestions about how to prepare for arrival, including what to bring and not to bring. We also list some important offices and services available to you on campus.

## Arriving on Campus

Once you are offered and have accepted the invitation to attend Loras College, you will need to inform Loras of your arrival. Please arrange your flight plans to Loras College to arrive at the Dubuque Regional Airport, Dubuque, Iowa. Refer to website: [www.flydbq.com](http://www.flydbq.com). A representative from the Intercultural Programs Office will meet you and transport you to the Loras College campus. Please inform the Intercultural Programs Office of your itinerary, including:

- The date and specific time of arrival
- The airline and flight number



When you arrive at Loras, you will attend an orientation that will introduce you to Loras College and educate you about daily living on campus. You will learn about getting a room in a residence hall, obtaining a meal plan, obtaining a student identification card, and registering for classes. We encourage you to take a guided tour of the campus when you arrive. The tour guide will be a returning student who understands the feelings and concerns of new students like you. The guide will also be able to answer many questions you may have about navigating the campus.

## Where you will live

Loras College is a residential campus. This means that most students live on-campus. If you are under the age of 21 and cannot reside with parents, legal guardians, spouse, or children in the City of Dubuque or nearby, you are required to live on campus in a residence hall. Living in one of Loras College's residence halls can be an excellent experience. You will make many new friends, learn first-hand about American culture, become involved in the community, and have convenient access to Loras College events and services.

Loras College has 4 traditional residence halls (or dormitories). For more information about the residence halls reach out to Molly Burrows Schumacher at [molly.burrowsschumacher@loras.edu](mailto:molly.burrowsschumacher@loras.edu), our Assistant Dean of Students who oversees residence life.

A map and a directory of the campus will be available to you when you arrive at Loras. .

### **The educational philosophy of Loras College**

The Loras College Mission Statement is as follows: Loras, as a Catholic liberal arts college, creates a community of active learners, reflective thinkers, ethical decision-makers, and responsible contributors in diverse professional, social, and religious roles.

Values also are an important part of the Loras College student. Pro Deo et Patria (For God and Country), the motto of Loras College, succinctly states the purpose of the Loras College community. The college strives to be a community demonstrating the highest standards of the Catholic intellectual tradition and welcoming all people into a dialogue to promote core values of truth, respect, responsibility, excellence, and service.

You may not be familiar with the American “liberal arts tradition.” A liberal arts education is an education that extends beyond the knowledge or skills you need to do your chosen job or profession. This means that you will take many general education classes that will be required in order for you to graduate.

These general education classes include philosophy, mathematics, history, literature, and art. If you plan to become a teacher, doctor, engineer, or factory manager, you might wonder why such a variety of classes is necessary. The answer is that a good liberal arts education does more than teach you what you need to know. It teaches you how to learn, how to interpret information, how to think independently, and how to understand the world around you.

This is more important today than ever before. The world is changing rapidly and a liberal arts education can equip you to live and succeed in it. We hope you will agree.



### **History of Loras College**

Loras College was founded in 1839 by the Most Rev. Mathias Loras, first bishop of Dubuque, who established St. Raphael Seminary to educate young men for the priesthood and provide an opportunity for higher education to the citizens of the area. The College has functioned under several names (St. Raphael Seminary, Mt. St. Bernard, St. Joseph College, Dubuque College and Columbia College), finally adopting its present name in 1939. The College began to admit female students in 1971.

Since its founding, the college has been devoted to an undergraduate program; it confers the Bachelor of Arts and Bachelor of Science degrees. In 1963, when the Catholic University of America discontinued its branch program of graduate study at Loras, Loras College initiated its Graduate Division, offering the Master of Arts degree in some fields. In 1973, the Associate degrees were introduced. The Division of Community Education was initiated in 1975.

Both the Undergraduate College and the Graduate Division of Loras College are accredited by the North Central Association of Colleges and Schools. The teacher education program, both at the graduate and undergraduate level, is accredited by the Iowa Department of Education. The undergraduate teacher education program is also accredited by the National Council for Accreditation of Teacher Education. The American Chemical Society has approved the undergraduate chemistry program. Loras College is also accredited by the Higher Learning Commission. The Council of Social Work Education has accredited the social work major at the baccalaureate level.

Loras College also holds institutional memberships in several national and regional organizations.

**What to bring and what NOT to bring to Loras College**

Even if you plan to attend Loras College for only one semester, you will be away from home for at least 4 months and you may not know how to pack for such a long time. Following is a list of suggested items for your consideration:

**1. Bring the right clothes.** During the months of September, October, April, and May, the weather is generally cool, especially at night. You will probably need a jacket and a sweater. During the winter months of November through March, the weather can be quite cold and a heavy coat is recommended (all Loras College buildings are heated during the winter, so you should not need a coat indoors). You may obtain winter clothing in Dubuque, if you prefer. During the spring and summer months, the weather is generally warm and comfortable, and very hot some days, so be prepared. Shorts and T-shirts are permitted attire on campus.

For the occasional formal event, you should bring at least one formal set of clothes. For men, this is usually a suit and tie, or a pair of nice slacks, a jacket, and a button-down shirt plus tie. For women, this may be a dress, or a skirt and blouse, or even a pants suit. Traditional clothing from your home country would also be appropriate and welcome.

**2. Entertainment from home.** We encourage you to bring books, music and favorite games from home, to share with your new friends and classmates at Loras College. Most local entertainment will be available in English.

**3. Photographs and other personal items from home.** Bringing photographs of your friends, family, and home is not only a great way to feel connected to home, it is also useful for describing your home to your new friends at Loras. You may have other personal items from home that you would like to bring to help you when you feel home-sick. Please bring whatever you like, but consider carefully if you plan to bring anything of value. Students' personal possessions are not protected by Loras College's insurance and Loras cannot assume responsibility for damage or loss to student property resulting from fire, theft, or any other cause.

**4. Bring money.** Even if you live on-campus and have a meal plan, you should bring money for incidental expenses. For example, you may wish to go see a movie off-campus or grab food in The Pub (an on-campus source of food). *You should not keep large amounts of cash.* The safest form of money to bring is travelers' checks in U.S. dollars. No other form of currency will be accepted at American stores, restaurants, hotels, etc. A major credit card (such as Visa or MasterCard) may also be advisable, especially in emergencies.

If you open a bank account in the U.S. (and if you stay here more than one semester we recommend that you do), your bank can generally receive wire transfers and deposit them into your account. There are also businesses (like Western Union) in Dubuque that will receive international wire transfers and give you the money directly, though you must sometimes pay a fee.

## **Campus Offices & Services**

Loras College offers many special services for its students. Here are just a few of the offices and services you should know about:

### **Intercultural Programs Office**

The office of Intercultural Programs administers and supports a variety of programs, as well as interpersonal activities that facilitate the adjustment of multicultural and international students to the college.

For International Students these activities include orientation, an academic advising program, the Loras Intercultural Student Association (LISA), and a variety of activities on the campus and in the Dubuque community.

Multicultural programs includes the development of activities that provide assistance to multicultural students in the Loras community, as well as working with other campus organizations to provide programs from a multicultural perspective for the entire campus throughout the academic year.

After you arrive, the Intercultural Programs Office is also responsible for monitoring your compliance with United States government immigration laws. If you have a change of address, wish to find an on-campus or off-campus job, or wish to travel outside of the United States during an academic break or holiday, you will need to contact the Intercultural Programs Office.

### **Admission Office**

Before you arrive at Loras College, the Admission Office will process your application and, if you meet the requirements, offer you admission to Loras College.

### **Office of the Registrar**

The Registrar at Loras is your primary source of information concerning academic schedules, matriculation (or registration) of classes each semester, and the Loras College curriculum. If you complete a degree at Loras College, this office will be able to send transcripts and confirmation of your status as a graduate. If you come to Loras College and already have some university-level credits, the Registrar will evaluate the credits to determine if and how they may be applied to the Loras curriculum and degree requirements.

The Office of the Registrar is located in Keane Hall.

## **Health Center & Campus Safety**

The Health Center at Loras College provides many health care services to the campus community. Those services include ambulatory care for most general medical problems and referral to appropriate specialists as necessary. They also provide health education and wellness promotion, self-care opportunities and loaning of equipment.

These services are provided free-of-charge by professional registered nurses.

The Health Center is located on the fourth level of the Alumni Campus Center, adjacent to the Safety and Security Office. It is open Monday through Friday 8:00 a.m.-4:30 p.m.

Campus Safety provides basic campus security and are generally the first to respond to an on-campus emergency. Serious crime at Loras is extremely rare, thanks in part to Campus Safety.

## **Student Life Office**

The Student Life Office oversees the residence life program, which includes student housing and meal plans. The office also administers the student conduct system, moderates the Student Senate, and can provide you with information about the academic calendar and special events.

## **Campus Ministry Office**

No matter what your religion or faith tradition, we welcome you to participate in Loras College Campus Ministry! We are so excited to meet you and come to better know you and all the gifts your presence brings to the Loras community. We have five full-time staff members, and many, many student leaders who want to help you become a part of the Loras College faith community—a community made up of people from a number of different faith traditions in a number of different places on their own “faith journey.”

Campus Ministry wants to help each student grow spiritually—in their own faith tradition. As a Catholic college, much of our worship and the programming we offer is in the Roman Catholic tradition: Mass (daily and on Sundays), FOCUS Bible Study small groups, and prayer opportunities typical of the Catholic tradition such as Eucharistic Adoration & Benediction, Stations of the Cross, the rosary, etc.

However, realizing that not all of our students are Catholic, we also offer interfaith and ecumenical spiritual growth and service opportunities that are inclusive of a broad variety of faith perspectives and traditions. Several of our retreat experiences, prayer services, faith sharing groups, and all service trips are designed to be ecumenical. Our Peace and Justice Community is dedicated to fostering awareness, understanding, peace, and social justice in the world. Your life experience as a student from a different country is often very helpful to us in coming to better appreciate global perspectives of the world. We have three chapels (or prayer spaces) on our campus: *Christ the King Chapel* (near Keane Hall) is our main chapel and the site of most of our

Masses (daily and Sunday nights). *St. Joseph Chapel* (near the clock tower and on lower campus) is an older chapel and is a good space for quiet prayer time. In that chapel, we have daily Eucharistic exposition. In Rohlman Hall (a residence hall), we have a small “*interfaith*” chapel where we occasionally hold interfaith or ecumenical prayer services. We also have a beautiful outdoor grotto in honor of Mary, the Mother of Jesus. Well-lighted even at night, it’s a good place to spend reflection time surrounded by the beauty of nature.

All students are invited to spend quiet time with God—this is important to fostering good spiritual health! All students, whether Catholic or not, are also invited to attend the Catholic Masses on campus if they so wish. It is important to celebrate as a community and it is also beneficial to sing and pray together!

We hope to learn much from you, about your spirituality and faith! As a Catholic institution of higher education, hospitality and universal inclusiveness are critical to our learning and development as a community. We believe that all life is sacred; and that we must respect and love and cherish the human dignity of each person. We welcome your involvement and your questions; and we challenge you to grow as a person of faith, service, and integrity.

### **Center for Experiential Learning**

As an active expression of the liberal arts at Loras, experiential learning liberates students from narrow approaches to education. It empowers them to learn valuable academic lessons in unconventional settings. Consistent with its Roman Catholic identity and mission, Loras works through the Center for Experiential Learning to deepen a spirit of social commitment and civic engagement among students. Through work in varied and challenging environments, students interpret new information, pose interesting questions, collaborate with others, and act in ways that are consistent with their beliefs.

The Center for Experiential Learning dramatically expands the dimensions of a Loras education in ways that further develop students as active learners, reflective thinkers, ethical decision makers, and responsible contributors in their diverse professional, social, and religious roles.

**Study Abroad:** Though your studies in the United States already constitute a study abroad experience, you may wish to take advantage of the Loras College Study Abroad program to experience yet another country. The experience can introduce you to more cultures, ideas and people.

The Study Abroad Office is designed to provide all Loras students with opportunities to live and study in another country. It doesn’t matter what you are majoring in—the Center for Experiential Learning can help you find programs that will help you satisfy your degree requirements. In addition to studying at international universities, Loras students have many opportunities to do internships and work on service projects while abroad.

Loras College sponsors study abroad programs in Ireland, South Africa, Spain, and Portugal. We also have study abroad affiliates who offer international programs throughout the world.

**STUDENTS ARE REQUIRED TO COMMUNICATE WITH THE INTERCULTURAL OFFICE IF INTERESTED IN STUDY ABOARD PROGRAMS.**

### **Career Development**

The Center for Experiential Learning (CEL) allows students to integrate the information and methods they learn while studying the liberal arts with experiences gained outside the classroom. Additionally, the Center provides a variety of programs and services to assist students in self-assessment, career exploration and job search needs.

This career curriculum includes projects for you to complete during each year of your college experience. Please remember that these are guidelines since students progress at different speeds and enter college at a variety of levels. If you focus on these phases of exploration, clarification, preparation and implementation you can expect to successfully achieve your career goals.



## Orientation to Dubuque, Iowa

Dubuque, the first city in the state of Iowa, has been a vibrant river community since the early 1800s. Situated along the Mississippi River, Dubuque is distinctive because of its steep hills and river bluffs—geographic features that many people don't expect to find in Iowa.

The earliest human inhabitants of the Dubuque area were the Native Americans, who arrived in the area several thousand years ago. The Mesquakie people lived here when the first Europeans arrived. In the 1780s French Canadian fur trader and entrepreneur Julien Dubuque settled here. He came to the region to engage in trade with the Mesquakie, but his attention soon turned to the plentiful lead mines in this region. In 1788, the Mesquakie granted him control of the mines. In 1810, he died and was buried on a bluff over the Mississippi River.

Following Dubuque's death, the Mesquakie reclaimed the Mines of Spain. In 1822, the United States government licensed the first white settlers to mine lead in the Dubuque area. By 1829, over 4,000 mining permits had been issued to settlers seeking their fortunes in the Mississippi lead hills. In 1832, rivalries with the Fox and Sauk peoples exploded into war. As part of the peace treaty, the Mesquakie were forced to abandon the area we now know as Dubuque to the United States government. In 1833, the area was officially opened for settlement as the city of Dubuque.



Dubuque's city limits have grown from one square mile to the present 18 square miles. Downtown Dubuque underwent significant urban renewal in the 1970s. With historic architecture and the Mississippi River, Dubuque is a major Midwest tourist attraction. In the 1980s, the addition of greyhound racing and a riverboat casino created more tourist appeal. Today, Dubuque is a thriving small city; approximately 60,000 friendly people call it home.

As a student of Loras College, you will also become a resident of Dubuque. As such, you probably have questions about the following important issues:

### Transportation

Like virtually all small cities in the United States, public transportation is limited. Driving your own car is the most convenient way to go from place to place in Dubuque. However, buying a car is not a simple matter and may not be practical or affordable. Fortunately, the city operates a public bus system that takes passengers throughout the city. More information about the bus system, its route, and its schedule will be available after you arrive on campus. There are also taxi and Uber services in Dubuque. While it may not be feasible to take a taxi every day, an occasional taxi ride in Dubuque (especially if you share the ride with friends) is generally very inexpensive.

The campus is small enough that you can walk almost anywhere within just a few minutes. You might also consider a bicycle for on- and off-campus transportation, but it may be difficult or even dangerous to use in the winter months.

### **Banking**

If you plan to be at Loras for more than a semester, we recommend that you open a bank account in Dubuque. There is no bank on the Loras College campus, but there are several in the city. The closest bank to the Loras College campus is a branch of Dubuque Bank & Trust, located within walking distance.

Though there is no bank on campus, there is an automated teller machine (ATM), also known as a cash machine, where you can deposit checks, withdraw money, and check your account balance. This is a very convenient service. Please ask your bank about how to access this service.

### **Shopping**

For basic food items, there is a grocery store within a short walking distance of campus. For more variety, you will need to visit one of the larger grocery stores that is located further from campus. You will want to take a bus or car to reach these stores.

If you wish to buy clothing, music, or mementos, there are many stores in Dubuque that offer these items. You may visit stores downtown, close to the Loras campus, or you may visit the mall, a collection of many stores in one building.

In general, please note that prices in Dubuque will be the same or less than prices in other locations in the United States, especially large cities. Rare or special products (like food products from your home country), however, may not be available or may cost more in Dubuque.

### **Having fun**

You'll have lots of fun as a Loras College student. However, Dubuque offers its residents and tourists a great variety of fun activities, too. Here is a partial list:

- Snow skiing
- Water skiing
- Hiking
- Swimming
- Fishing
- Camping
- Attending the symphony
- Seeing Dubuque's historical sites and landmarks
- Shopping
- Attending the theatre
- Seeing movies
- Visiting museums, art galleries, and antique shops

# Living in the United States

## Culture Shock

The term “culture shock” is used to describe the anxiety produced when a person moves to a completely new environment. Especially if this is your first experience living for a long time in another country, you will probably feel culture shock after you arrive in Dubuque.

This is more probable if you experience confusion or difficulties in adjusting to your new environment. For example, you may have difficulty with English, you may not understand how to use the telephone, the banking machines, or how to register for your classes at Loras. You may feel frustrated and angry.

Culture shock is normal for everyone, so if you experience symptoms, do not be too worried. Instead, you should use your feelings and experiences to think about who you are and analyze your own culture. Your goal should be to learn how to appreciate American cultural attitudes and behaviors, even if you don't entirely understand or agree with them. Some symptoms of culture shock are:

Culture shock has many stages. In the first stage, you may feel very

- Sadness, loneliness, melancholy
- Preoccupation with your health
- Feeling aches, pains, and allergies
- Can't sleep or you want to sleep too much or too little
- Your personality or mood changes drastically
- You don't want to be with people
- You idealize your home country or culture
- Trying too hard to absorb everything in the new culture or country
- Unable to solve simple problems
- Lack of confidence
- Developing stereotypes about the new culture
- Longing for family
- Feelings of being lost, overlooked, exploited or abused

happy about being in the United States. Everything is new and exciting, fun and different.

The second stage is a transition stage. This means that you are trying to adapt to the new culture, but because of differences, you experience difficulties. For example, an American does not understand what you say because of your accent or you feel offended by something an American says to you. This transition is a difficult process and takes time to complete. During this time, you may feel very frustrated and angry toward the new culture.

In the third stage, you start to understand the new culture. You may start to enjoy aspects of the culture you did not before. This increases as you become more familiar with the new environment and you want to feel a part of it.

In the fourth stage, you realize that the new culture has good and bad things to offer. This stage is accompanied by a more solid feeling of belonging. You may start to define yourself and establish goals for living within the new culture.

The fifth stage, "re-entry shock," is what you will likely experience when you leave the United States and return to your home country. You may find that things no longer seem the same. Some of the customs you learned in the U.S. are not understood in your home country.

No two people experience culture shock in the same way, but everyone experiences it at least a little. If you feel that culture shock is a major problem for you, please come to visit with the Intercultural Programs Office staff. They can offer you some advice and try to help you to adjust more quickly.

### **Fun**

One method of coping with culture shock is to have fun. At Loras College, we offer students regular activities and events that are fun and usually educational, as well. Your adjustment to Loras College will likely be easier if you take advantage of these regular opportunities to socialize with other students. Some of these activities and events include:

- Musical concerts
- Dances
- Films
- Theatre
- Sporting events
- Lectures and seminars
- Club gatherings and social activities
- Study groups
- Travel



### **Drug & Alcohol Policy**

It is a violation of Loras College rules and regulations to possess, use or sell any illegal drugs especially on or near campus. Loras College works very closely with the Iowa Drug Task Force, the Dubuque Police Department and other state and federal agents. Loras College will not tolerate any drug activity.

In compliance with the Drug-Free Work Place Act of 1988 and the Drug-Free Schools and Communities Act Amendments of 1989, Loras College

prohibits the unlawful possession, distribution or dispensing of drugs and alcohol by students and employees on college property or as any part of college activities. The college provides ongoing drug and alcohol education about the dangers of drug and alcohol use and abuse. A list of local drug and alcohol counseling services is maintained in the Loras College Wellness Center which is staffed by qualified professionals who make confidential assessments and referrals for drug and alcohol abuse problems.

There is a **NO** alcohol policy for all traditional residence halls. Students residing in Byrne Oaks, Smyth Hall,, and campus houses are strongly encouraged to follow college standards and state laws relating to alcohol policies. Residents must not purchase, provide, or make alcohol available to underage individuals.

The legal drinking age in Iowa is 21 years of age. It is illegal to possess or consume alcohol under the legal age. It is against the law to manufacture or sell alcohol without the appropriate license.

Underage students may not be present in any room where alcohol is being served. College funds/student funds may not be used to purchase alcohol at any event.

The possession or use of intoxicants is prohibited in areas such as the field house, stadium, campus grounds and playing fields and in all public meeting rooms, except as expressly approved by the Student Life Office or the Vice President for Student Development. The use or possession of keg beer or exceptionally large quantities of any alcoholic beverage is prohibited. Possessing an open container of any alcoholic beverage in the entrance, corridor, lounge, or restroom of the residence hall or on the campus grounds or in other prohibited areas is not allowed.

On college-sponsored trips, the possession and use of alcoholic beverages in vehicles transporting students is forbidden. The use and possession of alcoholic beverages in motel/hotel rooms is forbidden. There is to be no purchase of alcoholic beverages by college personnel for members of the group while on the trip.

### **Emergency**

Loras College employs safety and security personnel on campus 24 hours per day, 7 days per week. The city of Dubuque employs professional police officers, firefighters, and Emergency Medical Technicians (EMTs) who also work 24 hours per day, 7 days per week.

If you live on-campus, Loras College safety and security personnel should be able to assist you with most routine and minor concerns. Such concerns include locking yourself out of your residence hall room, reporting vandalism to campus property, or needing an escort across campus at night.

To contact the Loras College Safety Office, press 0 on any campus telephone. Your call will be answered by the operator at the Loras College Information Center, located in the Alumni Campus Center. The operator will be able to send safety and security personnel to your location; if necessary, the operator can contact the Dubuque police, firefighters, or EMTs, as well.

If you experience or witness an emergency, and you live on-campus, press 8-9-1-1 on any campus telephone and your call will be answered by an emergency services operator employed by the city and county of Dubuque. This operator will send police, firefighters, an ambulance, or rescue personnel to your location, depending on the emergency you describe.

If you live off-campus and experience or witness an emergency, press 9-1-1 on any telephone.

**8-911** on-campus  
**911** off-campus

### **Driving and Buying/Owning a Car**

If you wish to drive a car or other motorized vehicle in the United States, you must possess a valid license. This license must be obtained from the Iowa state Motor Vehicle Division of the Department of Transportation. In order to obtain a license, you will need to pass a written (and maybe a driving) exam. If you want to obtain a license, contact the Office of Intercultural Programs. They can provide you with some additional information.

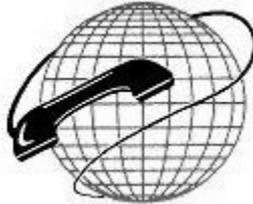
If you wish to buy a car or other motorized vehicle, then you must also register the automobile and obtain automobile insurance. The cost for this insurance varies depending on your age, driving record, and occupation. The state Department of Transportation's Division of Motor Vehicles can give you more information about car registration and insurance.

### **Obtaining a Social Security Number**

A Social Security Number (SSN) is given to every American citizen at birth. It is an identification number that will be used for his or her entire life. As such, Americans are often asked for their social security numbers when they open bank accounts, obtain credit cards, request utility services (such as telephone or electricity), or buy a car. As a non-immigrant visitor to the United States, you are not required to obtain a Social Security Number unless you wish to work (on- or off-campus).

If you wish to obtain an SSN, you will need your passport, visa, I-20, I-94 card, and proof of employment from your employer. Take these items to the Social Security Office in Dubuque. Fill out a one-page form and give the completed form and your documents to a clerk at the Social Security Office. The clerk will make a copy of some of your documents, enter your request into a computer, and within a couple of weeks you should receive a Social Security card in the mail.

Because this number is a very important form of personal identification, **DO NOT GIVE THE NUMBER TO ANYONE!** Keep your card in a secure place. A Social Security card is not a valid form of identification, so do not carry it with you. Memorize your number and keep the card at home or in another secure place.



### **Using the telephone to call within and out of the United States**

Telephone numbers in the United States consist of 10 digits. For example, the number for the switchboard (or Information Center) at Loras College is (563) 588-7100. The first 3 digits, (563), is called the area code. The (563) area includes Dubuque and much of eastern Iowa. The next 3 digits, 588, is one of several “prefixes” used by the city of Dubuque and surrounding communities.

Standard telephone service in Iowa permits you to make calls within your local calling area at no charge. Currently, the local calling area for Dubuque residents includes much of eastern Iowa and parts of southwestern Wisconsin and western Illinois. To call someone living in your local calling area, press the last 7 digits of the number. In other words, press the digits after the area code.

To call a person who lives in the United States but outside the local calling area, you must dial the digit "1" plus the entire 10-digit telephone number. Please note that someone living in the (563) area code may live outside the local calling area and that others who live in different area codes may be inside the local calling area.

To call outside the United States (except when calling Canada), you must first press 011 then the international code of the country you are calling, then the number. Please note that if the number you are calling typically starts with 0 (that is, you must press 0 to call this number when you are in that country), you do not press 0 to call it from the United States.

Cell phone service can be obtained through various carriers in Dubuque including AT&T, Verizon, T-Mobile, etc. All offer various plans and questions about the ability to contact your home country should be asked when obtaining service.

When you arrive, the Intercultural Programs Office can guide you further in obtaining cell service.

### **LOCAL CALLS**

**7-digit number only**

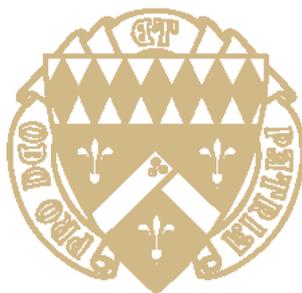
### **LONG DISTANCE CALLS**

**1+ 10-digit number  
(including area code)**

### **INTERNATIONAL CALLS**

**011 + country code +  
number**

**Notes**



# LORAS COLLEGE™

## **Contact**

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