

International Student Handbook

2013-2014

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2013 International Student Orientation

August 2013,

I would like to extend a special welcome to all new international students at Boston College. As an international student, you have a unique opportunity to expand and share your cultural, social, and academic experiences. This booklet has been compiled to assist you in identifying helpful campus resources. I particularly want to encourage you to come to the Office of International Students and Scholars (OISS) with any questions. We would be more than happy to give you information about Boston College and the Boston area. Boston College is ready to provide you with an array of services, programs, and staff to assure you the best possible opportunity for academic and personal success.

Leaving home for university study is an exciting, but sometimes intimidating process. When a student leaves both home and country to study, he or she may find language, social, personal, and cultural adjustment overwhelming at times. We wish to facilitate this adjustment as much as possible. The International Student Orientation, sponsored by the OISS, is designed to help you begin the process of intercultural adjustment.

This booklet has been prepared for you to highlight some essential information about student life at Boston College, the city of Boston, cultural adjustment in the United States, and legal requirements for international visitors. In addition, please visit our website for additional resources and information regarding events, programs, current immigration information and travel information. Anytime I can be of assistance, please do not hesitate to contact me. Our office is located in **Maloney Hall, Suite 249**.

Again, I welcome you to the Boston College community and wish you an enjoyable and successful year.

Sincerely,

A handwritten signature in black ink, appearing to read "Adrienne J. Nussbaum".

Adrienne Nussbaum
Asst. Dean/Director
Office of International Students and Scholars

Welcome to Boston College!

Boston College is one of the nation's best and most selective universities, with *U.S. News & World Report* ranking Boston College 31st among national universities, and *Forbes* ranking it 35th in its 2013 America's Best Colleges listing. It is located in Chestnut Hill, a suburb of Boston, Massachusetts. A center for education, finance, technology, health care, the arts, culture, and history, Boston stands as one of the greatest and most well-known cities in the U.S.

Founded in 1863, Boston College is a private university consisting of nine schools, including the highly-ranked Boston College Law School, Lynch School of Education (LSOE), and Carroll School of Management (CSOM). It has a total undergraduate and graduate enrollment of over 14,000 students. While there are no fraternities or sororities, the school has more than 200 clubs and organizations. A global focus is another key part of the Boston College experience, with nearly 50 percent of students traveling or studying abroad before they graduate. Notable alumni include Sen. John Kerry and former Speaker of the U.S. House of Representatives Tip O'Neill.

Boston College draws inspiration for its academic and societal mission from its distinctive religious tradition. It is a Catholic university founded by a religious order (a group of priests) known as the Society of Jesus, or the Jesuits. The Jesuits were started in 1540 by a Spanish priest named Ignatius of Loyola. Jesuit beliefs are rooted in a worldview that encounters God in all creation and through all human activity, in the desire to learn, and in the call to live justly together. In this spirit, the University regards the contribution of different religious traditions and value systems as essential to the continuous development of its intellectual life. It seeks both to advance its place among the nation's finest universities and to bring the richness of the Catholic intellectual tradition of a mutually illuminating relationship between religious faith and free intellectual inquiry to its distinguished peers and contemporary society .

Jesuits (priests in the Society of Jesus) are active in all aspects of university life with a community of more than 150 Jesuits serving as faculty and administrators or studying for advanced degrees within Boston College's various schools. Members of the Jesuit community also offer Ignatian retreats and spiritual direction to faculty, staff, and students.

(From U.S. News and World Report, Forbes.com, and bc.edu)



About the Office of International Students and Scholars (OISS)

The Office of International Students and Scholars provides advice, programs, and services to approximately 1700 international students (undergraduate, graduate, and exchange), faculty, research scholars, and their dependents from close to 100 countries.

Hours: Monday– Friday 9AM-4PM (early close at 3PM on Fridays during the summer)

Location: Maloney Hall - Suite 249

Phone: (617) 552 8005

Email: bcis@bc.edu

Website: www.bc.edu/oiss

Staff: Adrienne Nussbaum, Director/Assistant Dean nussbaua@bc.edu

Susan Shea, Assistant Director sheasc@bc.edu

Jonathan Estwing, International Systems Administrator estwing@bc.edu

Dana Riechman, International Advising Assistant riegzman@bc.edu

Immigration Advising

One of the primary functions of the OISS is to provide F-1 and J-1 students, J-1 scholars and their dependents immigration advice. Although the OISS is here to help you understand and comply with US immigration regulations, legal immigration status is the responsibility of the individual student or exchange visitor. Be sure to check your BC email account regularly for important updates from the OISS. When you check into the OISS, you will be asked to sign the *Immigration Responsibilities* form which contains a number of important immigration regulations. This form states that you have read, understood and received the form and have agreed to comply with the regulations stated.

OISS Programs: Here is a list of some of the programs the OISS offers-

The International Assistant Program

The International Assistant Program was established in 1980 in response to the needs of incoming international students. The program matches each incoming undergraduate and exchange international student with an upper class student, an International Assistant (IA). The purpose of the International Assistant Program is to facilitate the adjustment of new international students to Boston College, Boston, and American life in general, especially during the crucial first month. Some of the most beneficial aspects of the program are the lifelong intercultural relationships that are formed between students. This program cultivates experiences that students remember for the rest of their lives. The International Assistant Program is therefore designed to increase international awareness at Boston College insofar as both International Assistants and international students benefit from the experience.

Conversation Partners Program

The Conversation Partners Program is a volunteer program that matches international graduate students who want to practice their conversational English skills with a member of the BC community. This program helps connect people across the university for conversation, cultural exchange, and friendship. You will receive an email from the OISS in September explaining how to participate. Applications will also open on our website starting in September.

Thanksgiving Day Host Program

The Office of International Students and Scholars is proud to organize the annual Thanksgiving Day Host program for international students. Thanksgiving is traditionally a time for Americans to be with their families, to remember their good fortune, and to be thankful for all that they have. Considering that most U.S. students will be spending the holiday at home with their families, we would like to extend to you an invitation to share a traditional Thanksgiving Day feast with a Boston College faculty member or administrator on Thursday, November 28, 2013. You will receive an email in early November explaining how to apply. Applications open in November on our website.

Graduate Student Discussion Group

The Connors Family Learning Center, OISS and Graduate Student Life sponsor weekly discussion groups to give international graduate students the opportunity to meet and practice their English. The group meets almost every Friday from 1 p.m. to 2 p.m. in the Connors Family Learning Center in O'Neill Library and lunch is provided.

Spouses Program

Social events will be held for students and scholars and their spouses and children throughout the academic year, providing a forum for international families to make connections, build friendships, and exchange resources.

Please visit bc.edu/oiss for more information about all of the OISS programs.

Your BC ID Card



Your BC ID will become one of the most important items you have at Boston College. Aside from serving as a piece of identification, your BC ID has a wide variety of uses. For more information, see www.bc.edu/offices/id

Obtaining an ID

To get an ID, go to Student Services in Lyons Hall. You must have proof of identification to be issued a card. It costs \$30 to get a card the first time. This is billed to your student account.

Replacing a Card

If you lose your Eagle-One Card, please go to your Agora page and click on “Eagle One Card - Deactivate” to deactivate your card. A new card will be generated and available for pick up at the Office of Student Services, Lyons Hall 103. You may also go directly to the Office of Student Services during business hours to have your lost card cancelled and a replacement card issued. Please be aware that you remain responsible for card usage prior to deactivation, and a \$20 fee will be charged for each replacement card.

Free Resources for Students that require a BC ID:

Check out books (and movies!) from BC libraries

Entrance to the Plex Student Recreation Facilities for students living on-campus (see page 19)

If you live on campus, it gives you access to your dorm

Printing available at multiple locations on campus- up to 500 pages free, 3 cents for each additional page

Accounts on your BC ID

Your BC ID also functions like a debit card. There are three main accounts on your BC ID that you can add money to for convenience: Dining Plan Account, the Dining Bucks Account, and the Eagle Bucks Account. Depending on which location you make your purchase at and what you are buying, your ID will deduct from a different account. To add to any of the accounts, log into your Agora Page and click on “Eagle One Card - Add Funds.”

Places you can pay with your BC ID:

Purchase food at the dining halls (Deducts from Dining Plan/Flex Plan)

Purchasing food at vending machines and the Chocolate Bar (Deducts from Dining Bucks)

Doing Laundry on Campus (Deducts from Eagle Bucks)

Off-Campus Restaurants and Services (Deducts from Eagle Bucks)

Paying Your Bill With peerTransfer:

Boston College has partnered with peerTransfer to streamline the tuition payment process for our international students. With peerTransfer, you are offered excellent foreign exchange rates, allowing you to pay in your home currency (in most cases) and save a significant amount of money, as compared to traditional banks. You will be able to login to your peerTransfer account, at any time, to track the progress of your payment and you will also be notified via email when your payment is sent to Boston College. Please go to bc.peertransfer.com to initiate your payment.

The American Dining Experience

Food is an integral part of every culture. This is especially true in the U.S. and at Boston College. Here is a quick guide to help you navigate the intricacies of American dining culture.

Meals and Dining Halls (See glossary and map):

Breakfast- usually between 8am-10am. Common dishes include cereal, eggs, pancakes, waffles, sausage, muffins, donuts, bagels, bacon, or French Toast. Breakfast is usually a smaller meal and some students even skip breakfast.

“Brunch,” a mixture of “breakfast” and “lunch,” means having a large late breakfast, anytime from 11am-2pm! Served at “Mac”, “Lower”, Hillside, and “the Rat”

Lunch- could be anytime from 11am-3pm depending on one’s schedule. Most people have sandwiches, paninis, or wraps (see below). Served at “Mac”, “Lower”, Hillside, “the Rat”, and Eagle’s Nest

Dinner or Supper- usually between 5pm and 8pm, dinner is the largest meal of the day for Americans, often consisting of a main course, side dishes, and a dessert. Served at “Mac”, “Lower”, Hillside, and “Addie’s”

*Late Night- since both Lower and McElroy are open until 12 midnight on weekdays and 2am on weekends, many BC students will go to the dining halls for a late night meal or snack as a break from studying or after social events. Served at “Mac” and “Lower”

*Coffee- both Hillside and the Chocolate Bar serve a wide variety of coffee-based beverages as well as teas

Ordering food:

Each of the dining halls has several stations with different types of food at each station. All of the stations have menus posted nearby that say what type of food is being served. A meal usually comes with one entrée and two sides. Most stations serve multiple varieties of the same dish, so the food servers will ask you questions about what exactly you want. They might use some of these words below, but if you’re not sure what something is called, it is not rude to point at the food you want.

Unfamiliar Foods Words:

Steak and Cheese- These custom-made sub sandwiches, reviewed by the New York Times, are the most popular meal at BC; they consist of chopped-up steak (or chicken), grilled vegetables, sauces, and cheese, served hot.

Mac and Cheese- Small pasta noodles coated in cheese with a choice of toppings and mix-ins

Grilled Cheese- Cheese melted between two pieces of bread, sometimes with other ingredients.

Chipotle- a type of sauce made from smoked jalapeno peppers; can be spicy

Teriyaki- sweetened soy sauce

BBQ Sauce- a type of sauce made from vinegar, tomato paste, and spices

Tortilla- a round, thin, flat bread product, usually made from flour

Burrito- a tortilla filled with Mexican rice, vegetables, salsa, and some sort of meat

Panini- a sandwich that is toasted so that it is hot and crispy

Wrap- sandwich fillings ‘wrapped’ in a tortilla instead of placed between pieces of bread

Chobani- a type of yogurt that has fruit on the bottom that is popular in BC dining halls

“White or Wheat?”- the food server is asking you what type of bread you want

“For here or to go?”- “For here” means you will be eating in the dining hall, while “to go” means you want your meal packaged so you can take it with you somewhere else.



Popular Restaurants near Boston College:

Commonwealth Ave across from Campus:

White Mountain- ice cream shop
Dunkin’ Donuts- donuts and coffee

Flatbreads- sandwiches and salads. Only open for breakfast and lunch

Crazy Dough’s- pizza and salads
El Pelon- delicious Mexican and Mexican-American food

Cleveland Circle:

Roggie’s- restaurant with a basement that organizations often rent for socials
Chill- frozen yogurt and ice cream

Fin’s- sushi and Asian cuisine
Starbucks Coffee- like every other Starbucks in the world
Pino’s Pizza- slightly expensive delicious pizza

Eagle’s Deli “Eagles”— featured on the Travel Channel, serves burgers, sandwiches, and breakfast.

Bangkok Bistro- Thai food, some of which is very spicy
Chipotle- national burrito chain
Boloco- local burrito chain
Cityside- bar and restaurant with outdoor seating
The Real Deal— a sandwich deli with great variety and quality, also has pizza

Living Off-Campus

Office of Residential Life: <http://www.bc.edu/content/bc/offices/reslife/offcampus.html>

Boston College has an office dedicated to helping students find housing off campus. The website has a list of available apartments. You can also place your name on a prospective roommate listing so that you can be contacted by someone who has an apartment or room available. **The website has very useful information about living off-campus including information about apartment leases in the U.S., utility information, and furniture.** You can also contact the Residential Life Office if you need advice dealing with a difficult management company or landlord. They are here to help you!

Craigslist: www.craigslist.org Many realtors, landlords, and people looking for roommates or to sublet their apartment post on Craigslist. However, be aware of potential internet fraud and never give financial information before meeting in person and seeing the apartment. Visit the “fraud warning” section on the off-campus housing website for more information.

Realtors: There are many realtors throughout the area with a huge selection of apartments. Keep in mind that realtors have a finder’s fee (commission paid to the realtor for renting an apartment ranging from half a month’s rent to one month’s rent). Sometimes, the landlord will agree to split or pay the full finder’s fee—definitely inquire about this possibility as it may amount to as much as an entire month’s rent. In addition to a finder’s fee, first and last month’s rent and/or a security deposit may be required. Security deposits are usually refunded with interest if the apartment has not been damaged.

Signing the lease: When a tenant finds an apartment to rent, the rental agent or landlord may ask for a signed rental application and a deposit of one month's rent. A rental application is an offer by the tenant to rent the apartment and if accepted by the landlord, the tenant is bound to sign the lease. Before signing a lease, look very carefully throughout the entire apartment, noting the physical condition of each room and the appliances. If things need repair, notify the landlord or management company and agree upon terms of repair. Put necessary repairs and any maintenance agreements in writing. If the tenant fails to take the apartment after being accepted, the deposit may not be returned (forfeited). In Boston, a minimum lease period of one year, from September 1 through August 31, is usually required. Particular attention should be paid to the conditions for renewing the lease, provisions for subletting the apartment, and the right to bring in additional roommates not originally on the lease. Be sure to receive a copy of the lease signed and dated within thirty days after you sign.

Top Ten Things Students Should Know Before Renting:

<http://www.cityofboston.gov/students/housing.asp>

Utilities: It is always a good idea to find out which utilities are included in the rent. On most leases there is a utility clause that explains your rights and responsibilities regarding utility service. Apartment buildings are usually equipped with either gas or electric heat. Gas heat is cheaper than electric heat. It is best to find an apartment that has ‘heat and hot water’ cost included in the overall renting rate, which saves you the hassle of keeping track of another bill and usually saves you money. When living with roommates it is a good idea to put one utility bill under each roommate’s name.

Approximate utility costs:

Basic cable: \$15-\$20

Digital Cable: Range from \$30-\$80

Internet: Range from \$20-\$60

Landline Phone: \$20-\$40

Bundle Packages: combination of 2 or 3 services \$80-\$150

Electrical: varies widely, but \$40 is common

Common Utility Companies

NStar (Electric) 1-800-592-2000

www.nstaronline.com

National Grid (Gas) 1-877-732-3400

www.nationalgridus.com

AT&T Broadband (VOIP, Internet, wireless) 1-800-331-0500 www.att.com

Verizon (phone, internet, TV) 1-800-922-0204

www.verizon.com

Comcast (high speed Internet and digital cable) 1-800-934-6489 www.comcast.com

RCN (telephone, cable TV and high speed Internet) 1-800-746-4726 www.rcn.com

Basic Necessities for Your Dorm or Apartment

Food Stores

Shaws Supermarket Large grocery store
1065 Commonwealth Ave Allston Take the “B” line, Packards Corner

Whole Foods (Organic and specialty foods, somewhat pricey)
15 Washington Street, Brighton- Take the “B” Line to Washington Street.

Stop and Shop (smaller market)
155 Harvard Street, Brookline - Take the “C” line to Coolidge Corner

Star Market: (smaller market)
1717 Beacon St. Take the “C” Line to Tappan St.

Trader Joe's (Organic and prepared food at great prices)
1309 Beacon St. Take the “C” Line to Coolidge Corner

Ethnic Food/Spices:

Bazaar International Gourmet
1432 Beacon St, Brookline, MA
On the “C” Line- Washington Square

Super 88 Asian Market
1095 Commonwealth Ave, Boston, MA
On the “B” Line- Packards Corner Stop

Shopping Centers

Landmark Center- “T” Accessible (Green “D” Line Fenway Stop)- Relatively close to BC

401 Park Drive, Boston , MA

Bed Bath and Beyond www.bedbathandbeyond.com
Bedding, kitchen accessories, appliances, limited furniture

Best Buy www.bestbuy.com
Electronics, computers and appliances

Staples www.staples.com
School supplies (pens, paper etc), electronics, and office furniture (desks, chairs, bookshelves, etc)
There is also a Staples located close to BC on Harvard St.—take the “B” Line to Harvard St.

Arsenal Mall and Watertown Mall (Across the street from each other)

10-15 minute drive from BC and about a \$15 dollar taxi ride from BC

Arsenal Mall: 615 Arsenal Street Watertown

Home Depot www.homedepot.com

Tools, appliances, some home furnishings

Chestnut Hill Mall: 199 Boylston Street, Chestnut Hill, simon.com/mall/the-mall-at-chestnut-hill

Apple store, Vineyard Vines, J. Crew, Banana Republic, Brooks Brothers, and more

Watertown Mall: 550 Arsenal Street Watertown

Target www.target.com **Everything you need**

Best Buy www.bestbuy.com (see above)

Furniture Stores

Urban Renewal (Used furniture) www.familythrift.com

122 Brighton Ave. Allston (617) 783-8387

Cheap Chic

116 Harvard Ave. Allston (617) 783-1227

Goodwill <http://www.goodwillmass.org/>

965 Commonwealth Ave. Boston (617) 254-0112

IKEA www.ikea.com

1 IKEA Way, Stoughton

Approximately 35-40 minute drive without traffic. Delivery can be expensive. You can renting a Zipcar (see page 10) or a small uhaul www.uhaul.com instead of paying for delivery.

Basics Carpet and Furniture www.basicsboston.com

151 Harvard Ave. Allston (617) 254-2250 (Good place for beds and mattresses)

Boston Bed Company www.bostonbed.com

1113 Commonwealth Ave. Boston (617) 782-3830

Sleepy's Mattresses www.sleepys.com

128 Brighton Ave. Allston and 1385 Beacon St. Brookline (866) 753-3797

An alternative option is to pick up used furniture from the streets (ask before you take it!) at the end of August as renters move out at the end of their leases.



also consider

Phone Information and Other Necessities

Mobile/Cell Phone Companies

Most cell phone companies have 1-2 year contracts. Students who are studying in the U.S. for a semester or academic year may want to purchase a pre-paid plan which is offered by all companies except for Sprint. Please be aware that many companies charge high deposit fees for students without a Social Security Number (see page 8 regarding SSNs). **AT&T will be coming to orientation to offer international students great deals on phone coverage while they are in the US and will waive some of the fees.** AT&T and Verizon typically have the best coverage in the Boston area.

AT&T : www.wireless.att.com **Sprint :** www.sprint.com **No prepaid plans T-Mobile:** www.t-mobile.com

Verizon Wireless: www.verizonwireless.com Please note that Verizon does not support SIM cards. If you have a phone you are bringing from home, you most likely will not be able to use it with Verizon.

Calling Cards and other Resources

Calling Cards: Calling cards can be purchased at most convenience stores, including Campus Convenience located at the BC T-stop. Some services can be purchased online as well— a good place to start is www.internationalstudent.com/phone-cards/

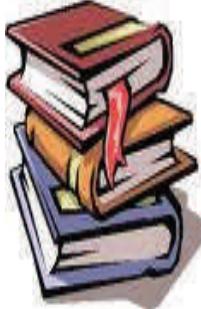
Skype: www.skype.com

Many students recommend using Skype when calling abroad. In addition to talking using the computer, you can now call landlines and cell phones using Skype. Rates vary based on the country you are calling.

Bookstores:

BC Bookstore

Located in McElroy, the BC bookstore will have all of your required books for classes. However, its prices are often higher than purchasing the books used or online, so many students will buy their books off Amazon.com, Half.com, or other websites.



Barnes & Noble (Prudential Center)

800 Boylston Street Suite 179 (617) 247-6959 , take the Prudential Center T stop
660 Beacon St (617) 267-8484, take the Kenmore Square T stop
A large-scale national chain bookstore with a selection of books on almost every subject

Brookline Booksmith

279 Harvard St. Brookline MA (617) 566-6660
Small independent bookstore in Coolidge

Pharmacies/Drug Stores:

CVS is the most common drug store chain in the Boston Area. They carry everything from cosmetics to snacks to personal items. Most also have a pharmacy. A prescription from a doctor is needed to obtain prescription medicine from the pharmacy.

CVS store closest to BC:

1927 Beacon Street, Brighton, MA, Cleveland Circle

Hair Salons

Eagles Cuts and Nails www.eaglescutsandnails.com
372 Chestnut Hill Ave. Brighton (617) 731-8300

SuperCuts www.supercuts.com

1083 Comm. Ave., Boston (617) 782-5290
1930 Beacon St. (Cleveland Circle)
(617) 277-1136



Many students also go to Newbury Street in Boston where there are many salons; however, they tend to be expensive.

Mail & the Post Office

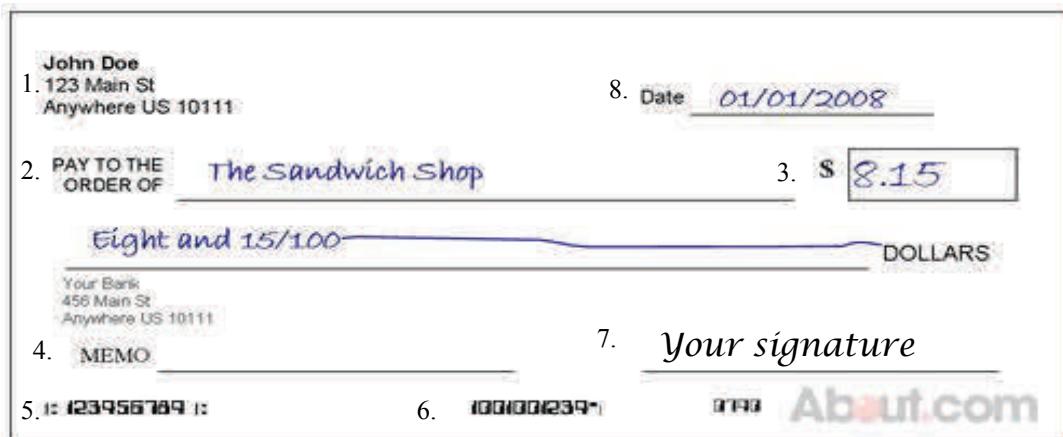
There are package pickup locations in Edmond's and McElroy. McElroy also has a full service US Post Office (USPS) that is open M-F 8:30-4pm where you can send letters and packages to both domestic and international locations. Often closed for lunch; check times at office. If you live on-campus, your BC address is your name followed by your dorm and room number, followed by BC's address (140 Commonwealth Ave / Chestnut Hill, MA 02467 / USA) Visit your Agora page and click on 'Mailbox Combination Distribution' to see where your mailbox is and what the code is for it.

There is also a **UPS** (United Postal Services, a private mailing company) store at the Boston College T stop right next to Campus Tan and El Pelon.

Money Matters: Employment and Banking

How to Write an American Check

1. **Account Title**- The name of the person to whom the account belongs.
2. **Payee**- The person or company to whom the check is made payable.
3. **Face and Body Amount**- The face amount is a numerical expression of the check's worth. It is written on the line next to the payee and immediately following the "\$" (e.g.- \$8.15). The body amount is the written expression of the check amount and is written on the blank line underneath payee (e.g.- Eight dollars and 15/100).
4. **Memo**- This is where the person writing the check may leave a note for him/herself, such as the account number if they are making a credit card payment.
5. **Routing/Transit Number**- Numerals on the bottom of the check that a computer reads and sorts.
6. **Account Number**- Most checks have your specific account number.
7. **Maker's Signature**- Authorized signer (you) on the account.
8. **Date**- All checks must include the date on which they were written.



Banking: Banks offer many different types of financial services, including checking and savings accounts, money orders, safety deposit boxes, credit cards, and foreign currency exchange. *When choosing a bank, consider the following:*

- How convenient is the location of the bank? Are there many branches or just one?
- Do the rates and services offered by the bank suit your needs?
- Does the bank have its own ATMs that are easily accessible?

For a list and locations of local banks, please refer to the OISS Welcome Guide.

Checking Accounts: Banks offer different types of checking accounts designed to fit individual needs. The cost of these accounts vary from bank to bank. Some charge a monthly fee, others offer free service if a certain minimum balance is maintained at all times. Ask for student checking rates, which will often have lower or no fees. Make sure to ask before you commit to one bank. Your cancelled checks and a list of all account activity of the preceding month will be sent to you in a monthly statement. It is important to keep an accurate record of every check and transaction you make. Through some banks you can apply to have a line of credit attached to your checking account, providing you with overdraft protection. A Bank of America "Paperless eChecking Account" without a Savings account should have no associated fees or minimum balances.

Savings Account: A savings account enables you to save money and accumulate interest on your savings each month, although the rate is relatively negligible. Interest is paid either monthly or quarterly. Usually, you cannot write checks.

Direct Deposit: The required method of pay distribution at Boston College is Direct Deposit to an employee's checking or savings account. Direct Deposit is the electronic transfer of your current payroll amount from Boston College to the designated account(s) in the bank(s) or credit union(s) of your choice. For more information visit www.bc.edu/hr.

Taxes and Tipping:

In the United States, each state has its own sales tax on certain goods and services. Massachusetts has a **6.25% sales tax** on most purchases; however articles of clothing costing less than \$175 and groceries are not taxed. Tipping (15-20%) is customary for a variety of services such as waiters/waitresses, cab drivers, and food delivery. 15% is given even if you were not content with your service. If your service was good, you generally tip above 15% but at no time is it proper to tip below 15%. *In Massachusetts, waiters/waitresses make approximately \$2.30/hour (when the Massachusetts minimum wage is \$8.00/hr.) and are not paid for overtime so their entire source of income is derived from customer (your) tips.*

Social Security Number:

If you will be earning money in the U.S. and have authorization to work on or off campus, you will need to apply for a social security number (SSN) in order to get paid. To obtain an SSN you will need to apply in person at the Social Security Office. **You must wait 5 days after you check into the OISS office before you can apply for a social security number.** Please see the OISS for more details.

Working in the U.S.

On-Campus Employment

Jobs are posted on the Student Services website: www.bc.edu/content/bc/offices/stserv/financial/studemploy

All international students **MUST** receive permission from the OISS before beginning any work on-campus. You are eligible to work up to 20 hours per week while school is in session and full-time (more than 20 hours) during breaks.

Am I eligible to work on campus?

Undergraduate Students: If you are transferring from another U.S. university or are an exchange student, you may be eligible to begin working your first semester. All incoming freshmen will NOT be eligible to work until second semester.

Graduate Students: If you have an assistantship or have attended a U.S. university prior to BC, then you are eligible to begin working your first semester. If not, you will need a letter from your academic department stating that you are capable of working in addition to your studies in your first semester.

Exchange Students: Exchange students are allowed to work on-campus during their first semester. A permission letter from an academic advisor or department is not required.

Off-Campus Employment & Internships

Working off-campus requires permission from the immigration service and must be DIRECTLY related to your degree. In most cases, students are not allowed to work off campus until they have been a full-time student in the U.S. for a full academic year. If you are considering working off-campus, including internships, please consult your immigration handbook and contact the OISS for advice.

The Career Center

www.bc.edu/offices/careers • 38 Commonwealth Ave • 617-552-3430

All BC students are welcome to use the Boston College Career Center. The Career Center's services include individual career advising, a wide range of events and workshops, individual resume and cover letter critiques, practice interviews, and daily Drop-In Question Hours. EagleLink is the Career Center's career services management database. This database includes Career Center workshops, Career Fair attendees, employer information sessions, and internship/job listings. Note: International exchange students do not have access to the On-campus Recruiting portion of EagleLink.

Why am I frequently asked for a Social Security Number?

- SSNs are ONLY given for employment purposes—**you cannot apply for a number unless you have secured a job.**
- Although many institutions (landlords, banks, cell phone companies, etc.) will ask for a SSN, by law you are not required to have one. Tell them that you are not eligible.
- Note!!! You may have received information from BC which states that you have a "SSN" number which begins with an "8" or "9". This is only a BC identification number and NOT a Social Security Number. It should not be given out to anyone!
- For more information, visit www.ssa.gov

Graduate Management Career Strategies: Carroll Graduate School of Management's career office
<http://www.bc.edu/schools/csom/graduate/gradcareers.html>

Health Insurance and Health Care

Health Insurance Information www.bc.edu/offices/uhs/

All international students are automatically enrolled in the Boston College Student Injury and Sickness Insurance Plan under Blue Cross Blue Shield. **You are covered under the policy starting August 7th.**

Getting Your Insurance Card www.bc.edu/offices/stserv/

Insurance cards will be mailed to your Local (U.S.) address in September (**make sure you have updated your LOCAL address in Agora!**).

What if I need to go to the doctor before the card arrives? Go to the BC Health Services website and find the contact information under "Medical Insurance "2013-2014," under "Financial Services"

You can find a participating doctor on the website. Print out the contact information to give the doctor's office. http://www.bc.edu/content/bc/offices/stserv/financial/medinsurance/_medinsurance_prev.html You will also need to contact Gallagher Koster (1-800-394-4026) to obtain your insurance identification number.

Waiving Your Health Insurance www.bc.edu/offices/stserv/

If you have comparable health insurance from another company **which is based in the U.S.**, you can waive the BC health insurance. (Note: J-1 students must also meet the Department of State criteria). International students are not eligible to waive their insurance online. They will need to submit a written waiver form and documentation of proof of coverage. The waiver form can be downloaded from the Office of Student Services website at www.bc.edu/ssforms **The deadline for waiving your insurance is September 13th.**

University Health Services <http://www.bc.edu/offices/uhs/about.html>

Cushing Hall 117, (617) 552-3225

Hours: Academic Year: M-F 8AM– 4:30PM; School breaks: M-TH 8:30-4:30, F 9AM-3PM

(Emergencies 24 hours per day)

The Boston College Health Services provide both medical treatment and educational services for BC undergraduate and graduate students. During the academic year, "off-hour" urgent/emergency outpatient care and **24 hour inpatient services** are available at the Primary Care Center as well.

Fees: Undergraduate and Exchange students living on-campus: All students living on-campus will be charged \$426 for the academic year as part of your housing fees which gives you unlimited visits to Health Services. Exchange students living on-campus for one semester will only be charged for one semester.

Graduate students and Exchange students living off campus:

Graduate and exchange students may access the Boston College Health Services in two ways: 1. Payment of Health/Infirmary Fee: This is \$434 for the year and allows you unlimited visits to Health Services (*excludes immunizations*).

This is not to be confused with Boston College Student Accident and Sickness Insurance Plan which is a different fee. 2. Fee-for-service: Graduate students may also be seen during the academic year on a fee-for-service basis at a charge of \$95.00 per Primary Care Center visit, \$105.00 per Specialty visit. All charges, including fee-for-service, will be added to your student account, and you will be billed by the University on your Student Account Statement. **Note:** If you have purchased the Boston College Student Injury and Sickness Insurance Plan, the BC Primary Care Center's fee-for-service charge for each visit or immunization received will be billed to your student account but it will be your responsibility to submit a claim form requesting reimbursement. Because Health Services is considered out-of-network you will be reimbursed for 80% of the charges incurred. The \$250 out-of-network deductible will be waived for visit to the BC Primary Care Health Center. **Note: The Campus Health Fee is not a substitute for a health insurance policy since it does not cover services/hospitalization for any other health care off campus.**

Getting an Appointment

Always call UHS in advance to make an appointment if you want to avoid potentially long waiting times and to ensure that you will be able to see a doctor as opposed to a nurse practitioner. If you need to go to on the weekend, call in advance and ask if a doctor is there and for what hours.

Health Care Facilities Off Campus

Most primary care physicians do not see patients at night, on weekends, or on holidays. Walk-in clinics are a good alternative when you are sick or have a minor medical problem and are unable to make an appointment with your doctor. Massachusetts General Hospital's walk-in clinic is open Monday-Friday 8:30am-8pm and on Saturdays, Sundays and on holidays, it is open from 9:30am-4pm. (MGH) Medical Walk-In Unit, 15 Parkman Street, Boston, MA (617) 726-2707

University Counseling Services www.bc.edu/offices/counseling Gasson 001

University Counseling Services (UCS) provides counseling and psychological services for students of Boston College, as well as assists students with emotional, social, and academic difficulties. UCS has a staff of psychologists and psychiatrists who assist students with a wide range of problems and concerns. Communication between a student and his/her counselor are confidential except under rare and serious conditions (e.g. court order or threat to self or others). To make an appointment, call (617) 552-3310

What if I get sick?

- **DO NOT** go to the emergency room of a hospital unless you are having an emergency! You will wait a long time and it will be very expensive.
- We recommend that you use the Health Services at Boston College located in Cushing Hall. For more info visit www.bc.edu/offices/uhs or call 617-552-3225.
- Make sure to bring your insurance card or insurance information with you. Health care is very expensive in the U.S. which is why you are required to have insurance!
- **Dial 911** in the U.S for any severe safety or medical emergencies. On campus emergency dial (617) 552 4444.
- For **non-emergencies**: Boston Police Department (617) 343-4200

Getting Around Boston and the US

Boston College Shuttle Service

This free shuttle is operated by Boston College and services the Chestnut Hill and Newton Campuses. The shuttle makes limited stops in the Brighton area. For more information on the Boston College Shuttle, including route information, please visit: www.bc.edu/shuttle. The website includes “Bus Finder” which allows you to view the current location of the BC shuttles. BC also has a free smart-phone application which gives you live and constantly updated bus routes and locations. To have “Bus Finder” on your iPhone or Android, download the **TransLoc** application.

Eagle Transportation–BC Safety Escort Service www.bc.edu/content/bc/offices/bcpd/services1/eagle-escort.html

BC offers van and walking safety escorts to on-campus and off-campus locations between 7PM and 3AM for those with safety concerns. It is a good idea to use the service if you will be walking alone at night. Call (617) 552-8888 for service (service is available only when school is in session).



Public Transportation (MBTA): www.mbta.com

Public transportation in Boston is fairly cheap, reliable, and easy. There is the bus, commuter rail, and the subway system, known as the “T.” The easiest way to get around the city is by asking for a Charlie Card, a rechargeable plastic card, as the fare is only \$2.00. Otherwise, a Charlie Ticket is \$2.50. You can obtain a Charlie Card for free from MBTA customer service agents in major subway stations (the closest is at the B-line station next to Boston College). You can add funds to the card at any Charlie vending machine or on mbta.com. If you take the “T” often, you may want to buy a monthly pass or a student semester pass. A semester pass can be purchased at BC Student Services in Lyons Hall—deadline is August 2, 2013 for fall semester, so you will have to wait until the spring semester to purchase a pass. Discounted monthly passes can be purchased online through the MBTA or at local locations listed on the MBTA website.

The “T”: Three branches of the Green Line are close to Boston College. BC sits at one end of the B line. The C line, which runs into Boston along Beacon Street, is accessible at Cleveland Circle, while the D line’s Reservoir stop is also at Cleveland Circle. It is also accessible at the Chestnut Hill stop, at Hammond Street, and at Newton Center. **The D line is the fastest way into and out of the city from BC.**

Bus: The MBTA also runs a bus system that connects the city. Bus fares are slightly cheaper than the subway, at \$1.50 each way with the Charlie Card. One bus that is useful for BC students is the 86 Bus, which runs from the Reservoir stop to Harvard Square to Sullivan Station. This is a much quicker way to get to Cambridge than taking the subway.

Commuter Rail: This train system is run by the MBTA. It serves areas outside of Boston that are not covered by the T. Price varies depending on destination. A one way ticket costs between \$2-\$11. Visit www.mbta.com/schedules_and_maps/rail/ for more information.

Taxicabs:

If you are in a hurry, a cab might be a better option, but cabs are a lot more expensive. Sharing a cab with a group heading in the same destination is always a good idea. Most taxis allow four passengers. Under normal conditions, allow 5-15 minutes for a cab to arrive. Local cab companies include:

Bay State Taxi.....617-566-5000 Veterans Taxi.....617-537-0300 Newton Yellow Cab...617-332-7700
Red Cab.....617-734-5000 Town Taxi.....617-536-5000

Getting to Logan International Airport

On the T: Take the Green Line to Government Center (taking the B Line will take approximately 1hr and 15 min; taking the D Line will take approximately 45 min). Next, transfer to the Blue Line heading outbound toward “Wonderland” and then get off at the “Airport” stop. A shuttle bus to each of the terminals should be outside the Airport T Station. Tip: When you exit the station, on your left there will be a chart on the wall that shows you your airline’s terminal and which bus you should ride.

Via Cab: Fare to airport from Boston College will be about \$50 depending on traffic and the time of day. Taxis in the airport can be found at the ground transportation area outside each terminal. Fare from airport to downtown Boston will be about \$35. For good service, it is customary to tip about 15% in addition to the fare.

Getting around New England/East Coast:

Boston’s South Station offers a number of buses and trains that travel to a variety of destinations. Fares will vary by company. For more information visit the following website: www.south-station.net

Buses: To NYC: BoltBus (www.boltbus.com), Megabus (www.megabus.com), Greyhound (www.greyhound.com), Peter Pan (www.peterpanbus.com) out of South Station approximately \$15-25 each way. To Cape Cod: Plymouth & Brockton Street Railway Co., buses to Sagamore, Hyannis, Harwich, Orleans, Eastham, Wellfleet, Truro and Provincetown. Price ranges from \$30-50 depending on destination <http://www.p-b.com>

Trains: Amtrak out of South Station and Back Bay. Tends to be more expensive than the bus. www.amtrak.com. There is also an Amtrak train called the “downeaster” that leaves from North Station and goes to Maine. www.amtrakdowneaster.com

Driving and Parking in Boston

Parking

On Campus <http://www.bc.edu/offices/transportation/parking/student.html>

Due to limited parking spaces, most undergraduate resident students are not allowed to have cars on campus.

A resident **undergraduate** student is eligible for a student permit IF 1) the student has disabilities OR 2) the student is a junior or senior who is enrolled in a Boston College sponsored field practicum or three credit internships, AND the internship/practicum site is NOT ACCESSIBLE by public transportation.

Graduate students are eligible for parking permits. To apply for a parking permit, please visit the Parking and Transportation Office's website. Parking rules and regulations at BC are quite complicated, please refer to the detailed information on the website.

Off Campus

Many apartment complexes offer parking behind their buildings for their tenants. The cost may be anywhere from \$75-\$150 depending upon your landlord. If your apartment does not have parking available, you can contact local realtors and management companies for available parking spaces for rent. **You can also call BC Parking & Transportation to obtain a list of available off-campus parking spots.** The Gulf Gasoline Station at 1650 Comm. Ave. offers parking for \$165 a month. Many people also post spaces for rent on www.craigslist.org under parking/storage. Street parking in Boston (which includes Brighton and Allston) is generally restricted to those with resident parking permits. Call **617-635-4682** or visit www.cityofboston.gov/parking/residentparking/ to inquire about receiving a permit. Your car must be registered in Massachusetts to receive a permit. Note: Brookline is not part of Boston and does not allow overnight parking. You will need to rent a parking space.

Boston Parking Tickets

Parking in the city means getting an occasional ticket. After receiving a ticket, you have 20 days to either pay or dispute the parking ticket. The ticket itself will have more information printed on it. Six unpaid parking tickets will subject your car to getting towed or booted (a restraint fastened to the wheel that immobilizes the car). Be very careful when parking on the street – do not block fire hydrants, driveways, or yellow curbs and, if it is metered parking, make sure to put enough money in the meter.

Driving in Boston

Driving Regulations: www.massrmv.com

The U.S. does not require a foreign licensed driver to possess an International Driving Permit while driving in the U.S. (although it is suggested if your license is not printed in English). However, Massachusetts will only honor foreign drivers licenses from certain countries that are part of the 1949 Road Acts Convention– <http://www.massrmv.com/rmv/forms/21317.pdf> You are generally allowed to drive using your international license for a period of one year and begins again each time you re-enter the U.S. If you are applying for an Massachusetts license (except for Canada, Mexico and any U.S. territories) you must take the written and road test.

On most Massachusetts highways, the speed limit is 55 mph (88km). There are a few exceptions such as some sections of the Mass. Turnpike (I-90) and Rte. 128 where the speed limit is primarily 65mph (104km). A right turn at a red light is allowed after coming to a complete stop unless otherwise indicated. **Drinking and driving is illegal and this Massachusetts law is strictly enforced.** Having open alcoholic drinks in a car is also illegal. State law also requires that all passengers wear seat belts.

Car Rentals:

Renting a car can be an affordable way to travel, especially when taking a group trip. Most companies require the person renting and driving the vehicle to be at least 25 years of age with a major credit card. For an additional charge, some companies will rent to people 21-24 years of age and some even to 18 years of age and up. A valid driver's license (the actual license in hand) must be presented in order to rent. Check out: www.rentalcars.com and www.enterprise.com

Zip Cars: www.zipcar.com

Zip car offers members affordable 24-hour access to private vehicles for short-term round-trip use as an efficient way of complementing other modes of transportation. Zip Car is not a car rental company because only members who reserve vehicles under the terms of a Membership Contract can use zip cars.

Massachusetts Identification, Driver's License and Liquor ID

Please be advised, the Registry of Motor Vehicles (RMV) regulations are subject to change. You should consult the RMV website (www.mass.gov/rmv) for the most up to date information regarding obtaining a driver's license, identification or liquor ID.

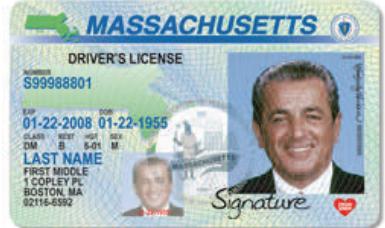
If you have a Social Security Card:

What to bring to the RMV:

1. Passport

2. **I-20 (F-1) or DS-2019 (J-1).** As of August 2012, the government is no longer stamping I-20s and sometimes DS-2019s. If needed, the OISS can write a letter explaining why your current document does not contain an entry stamp for further support.

3. **I-94 record** (go to <https://i94.cbp.dhs.gov> to print out your I-94 record. If you last entered the U.S by air or sea. before May 2013 you should have an actual I-94 card in your passport).



4. Social Security Card

AND (for driver's license and MA ID only)

5. One Proof of Massachusetts Residency

Examples:

- a. Home mortgage or lease
- b. Proof of bank transaction. For example (a) bank passbook with applicant's name and residential address printed or written in a designated place in the passbook; (b) A bank statement or transaction-related document (no more than 60 days old) on a form generated by the issuing bank and displaying the bank's name and mail address, and the applicant's name and residential address, received through mail by applicant; (c) A checkbook with the applicant's preprinted name and residential address; or (d) ATM/Debit Card statement with name and residential address (no more than 60 days old)
- c. Canceled personal check (copy acceptable if printed on a sheet with other canceled checks and issued as part of a monthly statement by the bank) with signature of applicant and preprinted residential address on the check and dated not more than 60 days earlier
- d. A utility bill (gas, electric, wired telephone, wired cable, or heating oil delivery bill) (no more than 60 days old) that contains the applicant's name and residential address
- e. Tuition bill or student loan coupons, with residential address, with a due date of not more than 12 months old
- f. Original school transcript with name and residential address (not valid if more than 12 months old)
- g. Original letter issued and signed by the principal, headmaster, or official keeper of the records of a MA school (including a college or university) on school's letterhead that states the applicant is currently a resident student and includes the name and date of birth (dated within 12 months of application).

Boston RMV
630 Washington St
Boston, MA
(Orange line to China Town Stop)
Monday-Friday 9-5pm

Watertown RMV
550 Arsenal St
Watertown, MA
Monday-Wednesday, Friday 9-5pm
Thursday 10-6pm

Social Security Office
10 Causeway St Room 148
Boston, MA
(Green line to North Station)
Monday– Friday 9-3:30pm
800-772-1213

Massachusetts Identification, Driver's License and Liquor ID

If you do not have a Social Security Card:

If you do not have a social security card, you will need alternative documentation.

What to bring to the RMV

1. **Denial Letter.** Obtain a denial letter by bringing your passport, immigration document, and I-94 record to the social security office and requesting a Social Security denial letter.

I-94 record (go to <https://i94.cbp.dhs.gov> to print out your I-94 record. If you last entered the U.S by air or sea, before May 2013 you should have an actual I-94 card in your passport).

The denial letter can be no older than 60 days when you apply for the license or identification card. A denial letter does not affect eligibility for an SSN in the future.

2. **I-20 (F-1) or DS2019 (J-1).** As of August 2012, the government is no longer stamping I-20s and sometimes DS-2019s. If needed, the OISS can write a letter explaining why your current document does not contain an entry stamp for further support.

3. One Proof of Birth.

Examples:

- a. US or non-US passport (including passport card) with photo (non-US passport must contain visa and you should also bring the I-94 record).
- b. Original out-of-country birth certificate certified by the agency that issued it. If not in English, the certificate must be translated
- c. Employment Authorization Card (EAD) issued by US Citizenship and Immigration Services
- d. Original letter issued and signed by the principal, headmaster, or official keeper of the records of a MA school (including a college or university) that is on school letterhead and states the applicant is currently a resident student and includes the name and DOB (Note: this only applies to students living on-campus)

4. One Proof of Signature

Examples:

- a. Non-US passport (including passport card) with photo (non-US passport must contain visa and you should also bring the I-94 record).
- b. Lease or loan contracts, with name and signature
- c. Canceled personal check (copy acceptable if printed on a sheet with other canceled checks and issued as part of a monthly statement by the bank) with signature of applicant and preprinted residential address on the check

5. One Proof of Massachusetts Residency

Examples: See number 5 on page 15 (the previous page)

******Important: You must provide different documents for proof of birth, ****
signature and Massachusetts residency. You cannot use the same document twice.**

Why do I need a Massachusetts Liquor ID?

The drinking age in the United States is 21 years-old and is strictly enforced. All bars, restaurants, and liquor stores will ask to see a valid form of identification to show that you are 21 or older. Valid forms of ID include passports, US driver's licenses, or a liquor ID. Many people would rather carry a liquor ID than carry their passports. For people who do not have a Massachusetts driver's license, the Registry of Motor Vehicles can issue a state liquor ID for this purpose.

Note: Using a fake ID and drinking underage is a serious offense. If caught you can be suspended from Boston College and sent home.

Things to Do in Boston

Boston Common and Public Garden: America's oldest public park, established in 1654.

Across from the Park (Charles Street side) is the Public Garden, the nation's oldest botanical garden, and home to Boston's famous Swan Boats, which have taken passengers around the pond since 1877. *Take the "T" from Boston College to Park Street or to Arlington for the Public Garden.*

Boston Public Library: Ideal location for bookworms and architecture buffs. Five floors and two separate buildings, it is a wonderful place to admire magnificent architecture and also conduct research. You can get a Library card with a Boston College ID and a Massachusetts proof of address, such as a piece of mail. *Take the Green Line to Copley.* Ask about the free "Art and Architecture" tours at the front desk.

Faneuil Hall Marketplace: The Marketplace offers a variety of activities and entertainment including shopping, street performers, outdoor cafés, and vendors. The area was created in 1742 by the merchant Peter Faneuil to imitate the Palladian architecture of British markets. *Take the Green Line to Government Center. Walk past City Hall, down the stairs and across the street to Faneuil Hall, where the three historical buildings and the many pushcarts of Quincy Market will tempt you with food, merchandise, and entertainment. Abundant benches offer prime people-watching.*

North End: This is Boston's "Little Italy" and a Boston tradition for more than 40 years. The Italian community sponsors religious festivals throughout the summer and early fall. Saturday nights find the streets packed with people taking advantage of the unending ristorantes, trattorias, and cafés. *Take the Green Line to Government Center and walk through Faneuil Hall toward the waterfront. Watch for signs. The North End is directly north of Faneuil Hall and the main access road is Haymarket Street.*

Museum of Fine Arts: *465 Huntington Avenue.* The MFA is a must for all Boston College students. It contains nearly 200 galleries with Asian art, Egyptian art, European paintings, photography, decorative arts, and sculptures. The museum has one of the largest collections in the world and is bound to satisfy everyone's particular interests. The Moffers incredible special exhibits, concerts, films, and lectures. Admission is free with a Boston College ID. *Take the "E" Line to the Museum stop. 617-267-9300.*

New England Aquarium/ Imax Theatre: *Central Wharf.* Colorful and educational exhibits of more than 2,000 aquatic creatures are featured. It also has special shows and videos featuring a variety of animals. Whale watch cruises are also available during the summer. Across from the aquarium is an IMAX Theater, New England's largest theatre screen featuring 3D Imaging and Surround Sound. *Take the Green Line to Government Center and switch to the Blue Line to the Aquarium stop. Call for current schedules. 617-973-5200 or go to www.neaq.org*

The Freedom Trail: Discover Boston on foot as you explore a trail that guides you through the historic neighborhoods of Boston and lets you experience the incredible wealth of culture and tradition that defines this city. This 2.5 mile (4.02 km) walk will take you to 16 historically significant sites of the American Revolution. Hire a tour guide, rent an audio system for a guided store, or buy the official smart phone app (\$4.95) and walk the red brick trail with friends.

www.thefreedomtrail.org 617-357-8300

Movie Theatres:

Regal Theatre— Fenway 13
401 Park Drive
Brookline
Boston, MA 02215
(617) 424-6111
(Green D-Line— Fenway Stop)

Coolidge Corner Theatre
290 Harvard Street,
(617) 734-2501
(Independent Films)

Helpful Websites

www.boston.com
boston.citysearch.com
www.yelp.com

** Yelp.com and citysearch.com are also sites that provide reviews for everything from hair salons to doctors— so check it out!**

For calendars of events in the Boston area online, visit

www.thephoenix.com,
www.boston.com and
www.weeklydig.com.

Music Clubs and Venues:

Some popular music venues include Paradise Rock Club in Allston, T.T. the Bear's Place in Cambridge, and House of Blues in Boston. Shows are usually 18+. Most bars and clubs are 21+; however there are a few exceptions on certain days. For more information on a particular club, it is probably best to visit their website. For listings of most concerts in Boston, check out: www.bostonmusicspotlight.com



Boston Sports

You do not need to be a sports fan to enjoy Boston Sports. Boston is the home to a number of professional and college sports teams including the Boston College Eagles. Over the past decade, Boston's professional teams have won a number of national championships. Boston's four major professional teams are the Boston Red Sox (baseball), Boston Celtics (basketball), Boston Bruins (hockey) and the New England Patriots (American football). Collectively, these four teams have won 7 championships since 2000. The success of the city's sports teams has made Boston the home to the country's most fanatical sports fans. However, Bostonians are still loyal even when their favorite teams are not winning. Sports in New England are very much a part of Boston's culture. Even if you're not a fan of baseball, a night at Fenway park to watch the Red Sox is always a memorable experience and something every student at Boston College can have the opportunity to do.

Boston's Professional Sports Teams

The Boston Red Sox:

The Red Sox is Boston's professional baseball team. Games are held at the famous and beloved Fenway Park located on the green T line. Despite not winning a championship between 1918 and 2004, the Red Sox have some of the most loyal fans. Though generations have come and gone, Fenway Park remains, much like it did the day it opened on April 20, 1912.

The Boston Celtics: Boston's own professional basketball team has won 17 National Basketball Association Championships. Whether it's the "Green's" first title in 1957, their 12th in 1974 or the 17th in 2008, the Celtics tradition of winning championships has stood the test of time.

The Boston Bruins: Boston's professional hockey team is the Bruins. Since November 1, 1924, the Boston Bruins have been at the epicenter of hockey in New England. Most recently, in 2011, the Bruins beat Vancouver in the Stanley Cup Finals winning their sixth cup in the team's history and breaking a 39 year "cup drought." Both the Celtics and Bruins play at the TD Garden in downtown Boston.

The New England Patriots: Even if you've never seen an American football game before, you will surely enjoy watching the Patriots play. Whether it is at home with friends or at Gillette stadium, the Patriots are always a crowd pleaser, even if you don't understand American football.

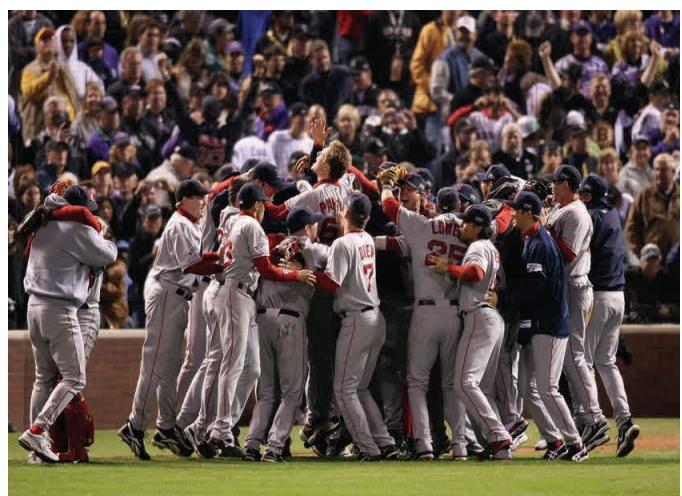
The New England Revolution: The New England Revolution is Boston's newest professional sports team and only professional soccer team. Like the Patriots, the Revolution plays in Gillette Stadium.

Boston is also the home to two renowned sporting events. The **Boston Marathon** takes place on Patriot's Day, the third Monday of April and a state holiday. Runners pass hundreds of cheering BC students as they race down Commonwealth Avenue. The **Head of the Charles Regatta** (crew races) takes place at the end of October on the Charles River.

Boston College Sports

There are 13 varsity men's teams and 16 varsity women's at BC. However, the three most popular teams at BC are football, hockey and basketball. The football season usually starts the Saturday before classes start and finishes at the end of November. Even if you're not a fan of American football, most Boston College students enjoy attending games because it is a major part of BC's culture. "Tailgating" before games is an activity in which many students participate and involves grilling classic American food, music, and socializing with fellow students. Basketball spans from November until the beginning of March, and ice hockey from October until March. Home games are played in Alumni Field and Conte Forum and tickets are available at the box office at Conte Forum and at www.bceagles.com/tickets

Other BC sports include baseball, cross country, fencing, golf, sailing, skiing, soccer, swimming, tennis, track & field, lacrosse, rowing, and volleyball. Several of these sports are also available at club and intramural level.



If purchased at the right time, tickets for a Red Sox game, for example, could be as little as \$9. Some websites to purchase sporting event tickets include:

www.ticketmaster.com

www.stubhub.com

www.aceticket.com

Getting Involved at Boston College

Clubs and Organizations

Come to Student Activities Day on Friday September 6, 2013 from 11am to 4pm on Linden Lane!

Student life outside of the classroom is an important part of life at American universities. Want to learn more about how to get involved? **Student Activities Day** for Fall 2013 will be held on **Friday September 6, 2013 from 11am to 4pm on Linden Lane**. Boston College has approximately 200 student organizations including many intercultural clubs. Whether you want to learn a new sport, volunteer with a non-profit organization, sing or play an instrument in a musical group, or join a club with students from your home country, Student Activities Day is a great way to learn more about clubs and organizations at BC! Representatives from many of the different clubs will be there to answer your questions and sign up new members. Although many of the clubs are comprised of undergraduates, graduate students can join the clubs as, well. For a list of student clubs and organizations visit the website: www.bc.edu/a-z/clubs

The International Students Club of Boston College (ICBC) seeks to bring the international students of BC together to create a stronger and more active community on campus and to integrate this community into the greater family of BC. For more information visit their Facebook page by typing “International Club of Boston College” in the search field.

Graduate International Student Association (GISA)

GISA is a student association run for and by the Boston College international student community. Students from various countries can meet one another to share experiences and build friendships. In the past, GISA has organized events such as cultural holiday celebrations, international movie nights, and day trips to Cape Cod and other areas. GISA receives funding through the Graduate Student Association to help cover the cost of events and activities. Any questions: email gisa@bc.edu or check out: www.bc.edu/content/bc/offices/gsc/gradorgs/gisa

Office of Graduate Student Life www.bc.edu/gsc

Graduate students are important at Boston College! Graduate students comprise one-third of the entire student population at Boston College. The Office of Graduate Student life provides a variety of academic and non-academic services and programs for graduate students on campus. The office is located in the Murray Graduate Center (across Beacon Street near McElroy Commons). The Center provides a welcoming space for graduate students and offers many amenities and services, including a computer lab and study space.

Sports & Gym

Club Sports Teams

If you are not a BC varsity athlete, you can still take part in competitive athletics. Through the Plex, you can join a club sports team. Try outs are held for each team at the beginning of the year. Club sports teams are composed of mostly undergraduates who compete in tournaments or games against students from other universities. Club teams usually practice at least once a week and travel to other schools for games and tournaments. Club sports are essential a step-down from varsity level athletics or the highest level of play possible for sports that don't have a varsity team, so there is only one club team for each sport.

Intramural Sports Teams

Both undergraduate and graduate students can participate in intramural sports. Intramural sports leagues are run by officials from the Plex. Students form their own teams of friends and classmates and them enter them into the league; there are no try-outs. Leagues for soccer, basketball, flag football, hockey, tennis, and several other sports are made throughout the year. Make sure to register your team on time to ensure getting a spot in the league. Games are played at BC against other BC students. While these games are officiated and score is kept, the level of play for intramural sports is much lower than the club or varsity level. For more information about participating in an intramural or club sport visit the recreation complex's website.

Recreation Complex “The Plex” www.bc.edu/plex (617) 552-0797

If competition isn't what you are looking for, the Plex offers a number of other services and facilities to keep you in shape. The Plex contains cardio and weight machines, group exercise classes, a swimming pool and much more. **Full-time undergraduate students:** You are automatically members of the Plex and have full use of the facilities and equipment effective at Freshman orientation through May 31st of Senior Year. **All other Boston College students (Graduate/Evening College, Exchange Students):** Semester memberships are \$150 and Academic year \$285. The daily fee for a student, student spouse or their guests is \$7.00 if you do not want to purchase a membership.

Academics

Your Dean:

- Q. What is a Dean?
- A. An administrator in charge of a division of a university or college.
- Due to the sometimes overwhelming number of courses, majors and interdisciplinary programs, talking to your dean can be very helpful.



Your Faculty Advisor:

- Q. What is a Faculty Advisor?
- A. An assigned faculty member who assists with matters ranging from the selection of classes to undergraduate theses.
- Your Faculty Advisor's name can be retrieved on your Agora main page.

If you are an Undergraduate, you should see your Faculty Advisor...

- A. Before you register each semester, you must obtain your REGISTRATION CODE from your Advisor. Your faculty advisor can also give you advice on your course selection.
- B. To obtain advice on course selection and planning your program of studies.
- C. To consult on any academic problem (i.e. if you're having trouble with a course).
- D. To obtain a better understanding of the university and how it operates. If the advisor cannot solve a problem for you, he/she should direct you to the appropriate office.

*Undergraduates in the College of Arts & Sciences, please see page 22 for information about the Academic Advising Center.

Tip: Professors in the U.S. are generally very open and welcoming to helping and meeting with students. Don't be afraid to visit them during office hours for help.

You should consider visiting your Dean's office when:

- A. You need information about academic regulations
- B. You require advisement for academic issues or problems
- C. You will miss at least a week of classes due to an illness or an accident
- D. You wish to withdraw from a course **IMPORTANT: Speak with the OISS before dropping below full-time(12 credits for undergraduates and 9 credits for graduate students)**
- E. You want to request a leave of absence
- F. You wish to request that a new faculty advisor be assigned to you, either because you are dissatisfied with your present one or because you feel that another faculty member would better assist you.
- G. You want to complain about unfair treatment in a course (in this case you should speak to your professor first, then the appropriate department chairperson, and finally your college associate dean if the problem is not resolved satisfactorily).
- H. You require approval for any exceptions to ordinary regulations and procedures (i.e. withdrawals from courses, permission to take summer courses for credit or enrichment, special study programs).
- I. You wish to change your date of graduation

If you are a Graduate Student, you should see your Faculty Advisor when....

- A. You are planning your academic program. He/she will explain the requirements for obtaining your degree, help you in your course selection and in deciding what sequence to take courses. Also, he/she can clarify departmental procedures and policies (i.e. the comprehensive exam(s), thesis or dissertation and departmental aid).
- B. You are seeking advice and help. As you encounter a new educational system, there may be procedures or expectations that are different from those to which you are accustomed. Issues or problems arising in certain classes may be discussed with your instructor or with your graduate faculty advisor.

Note: The roles and purposes of the graduate faculty advisor will vary from department to department. It is up to the graduate student to establish contact with the graduate faculty advisor. Because the relationship between the student and advisor is not strictly defined, the more contact you have with your advisor, the more prepared you will be for your studies.

The department may have a separate procedure for obtaining an additional thesis advisor (who should be someone in your area of specialization).

Classroom Tips:

Attend class— attendance is required in most classes and may even impact your grade for the course.

Informality – students and professors dress and act casually; often times students may talk or eat during class.

Participation is expected and encouraged – students should take initiative to *ask questions, assert their opinions, and challenge professors* when appropriate.

Visibility – sit near the front of class.

Variety of teaching techniques – professors don't just read lectures; they may use visual aids or experiential methods.

Ask professors about recording lectures if you are having difficult understanding in class. Many professors may be willing to provide you with his or her course notes if you explain that you are having language difficulties.

Assignments and Grading:

Knowledge is seen as cumulative. Therefore, it is important to study all semester.

Each professor will hand out a syllabus. A syllabus highlights expectations and course requirements.

Time management is critical. Students will be assigned large amounts of work: they must learn to schedule study time and skim materials. **Deadlines are important**.

Grading is often based on a number and variety of factors. Includes quizzes, mid-terms, finals, papers, oral presentations, take-home exams, attendance, and class participation.

Some professors grade on a "curve". (refer to glossary of terms at the end of handbook).

Students cannot negotiate their grades with professors.

On tests and in papers students are not supposed to just memorize and regurgitate what the professor says; they are expected to *analyze and synthesize materials, solve problems, assert their own judgment and ideas, and formulate original and critical thinking*.

Academic Misconduct:

Plagiarism (using the ideas and words of another without citing the source) and cheating are the two most common forms of academic misconduct. Universities in the US take academic misconduct very seriously. The repercussions of academic misconduct include a failing grade on the assignment or for the class and occasionally expulsion. In order to prevent plagiarism, be sure to cite your sources.

There are specific rules about quotations and paraphrasing of other people's work.

For more information on how citations work in the U.S. visit the BC library website:

<http://www.bc.edu/libraries/help/citation.html>

Student - Professor Relationship:

Students introduce themselves to professors right away . Tell them that you are an international student and mention any concerns you may have.

Professors have assigned Office Hours. Due to large class sizes, students must take the initiative to make an appointment if he/she needs help or personal attention. The student must be punctual and respect the appointment time.

All students are treated equally.

Informal relationship – sometimes professors preferred to be called by their first names. They may even give out home numbers. Students should feel free to talk with professors about personal as well as academic issues.

Professors will acknowledge their own error or lack of information. This is not viewed negatively and does not diminish respect.

Teaching Assistants: Usually graduate students who work alongside professors as discussion leaders, paper/exam graders and lecturers.

Student– Student Relationships:

Students are often competitive, individualistic, and will correct each other in class.

Students are expected to work cooperatively on group projects or in discussion groups.

Students must take initiative to approach American classmates for help. They will often be willing to share their notes or give out their phone numbers to other students. Students will also approach each other to study or prepare for a class or an exam together.

Cheating is a serious offense and not seen as simply "helping" another student.

Academic Resources

The Academic Advising Center <http://www.bc.edu/offices/acadvctr/>

Freshmen and pre-major sophomores in the College of Arts & Sciences are paired with faculty and administrative staff advisors who are affiliated with the Center. All members of the Boston College community are warmly welcomed to participate in the Center's programs, which encourage undergraduates to explore their interests and to broaden their acquaintances among faculty and staff members across the University.

Stokes Hall, S140 Monday - Friday, 8:45 AM to 4:45 PM Phone: 617-552-9260

Connors Family Learning Center www.bc.edu/libraries/help/tutoring/staff.html

The Connors Family Learning Center is located on the second floor of O'Neill Library (note that the main entrance opens onto the third floor). The Center provides one-on-one tutoring, free of charge, to all B.C. students. Tutoring is available in more than sixty courses, including writing skills and English as a Foreign Language. The Center sponsors workshops on teaching and other aspects of academic life especially for graduate students. The Center also provides academic support services to students with learning disabilities. To make an appointment or to get more information, call (617) 552-0611 or stop by the Center.

Tutoring Hours:

Monday-Thursday 10:00am-9:00pm

Friday 10:00am-3:00pm

Sunday 12:00pm-5:00pm

Please call (617) 552 0611 to make an appointment.

Connors Family Learning Center

*Finding Organic Chemistry difficult? Need help
proofreading or writing
that paper?*

The Center provides tutoring free of charge.

English for Undergraduate Students

For undergraduates, courses in English for non native speakers include EN009: First Year Writing Seminar for English Language Learners, offered both in the fall and spring semesters (satisfies writing core); and EN079: Literary Forms for English Language Learners, offered in the spring (satisfies literature core). Course enrollment is by special placement and is only available to undergraduate students. For more information contact Lynn Anderson lynne.anderson@bc.edu

Boston College Language Laboratory: www.bc.edu/schools/cas/language/

Lyons Hall, Room 313

Monday-Thursday 8AM–10PM, Friday 8AM–5PM, Sunday 1PM– 9PM

The Boston College Language Laboratory serves the language learning and teaching needs of the University's language departments, as well as students of English as a Foreign Language, and the BC community at large. The facility provides access to installed and portable equipment to be used with audio, video, cable television and multimedia language learning tools. Among the Lab's English resources are media programs that focus on (1) pronunciation and speaking, (2) improving one's use of English in business/workplace situations, (3) understanding and using English grammar. Resources to develop reading and listening comprehension skills are also available and include a collection of feature-length international films with English audio tracks and/or English subtitles. Please consult the Lab's online Catalog of English Resources for a description of programs available for use within the lab facility in Lyons 313. The Language Lab also has online tutoring and resources. For more information, please contact Cynthia Bravo, Director, BC Language Laboratory: cynthia.bravo@bc.edu or 617-552-8473

Conversations Partners Program <http://www.bc.edu/offices/oiss/programs/cpp.html>

The Conversation Partners Program is a volunteer program that matches international graduate students who want to practice their conversational English skills with a member of the BC community. This program helps connect people across the university for conversation, cultural exchange, and friendship. Please contact the OISS at (617) 552-8005 or bcis@bc.edu for more information.

Academic Adjustment Calendar

FALL SEMESTER:

September:

Homesickness

Roommate adjustment caused by personality differences, miscommunication, or the experience of having to live with someone for the first time.

Adjustment to a new and perhaps different academic environment.

Adjustment to a new social life and having to establish a peer group while balancing social activities with academic responsibilities.

Familiarizing yourself with the registration policies and administrative "red tape" at Boston College.

October

Mid-term anxiety

Less frequent contact with distant friends and family

Financial strain

Disenchantment with Boston College, Boston, and with the United States.

November

Pre-finals stress begins to build

Time management conflicts

Academic pressure begins to mount because of procrastination and difficulty of the work assigned.

Adjustment to winter weather conditions including fewer daylight hours.

Health problems develop from poor diet or change in eating habits, fall illnesses, stress, or lack of sleep.

Registration worries build as it comes time to choose spring semester courses

December

As final exams approach, pressures such as anxiety, fear, and guilt increase

Financial worries mount

Pre-Holiday blues emerge, especially for those who will not be able to spend the holiday season at home with their families.

Weight gain caused by holiday foods and inactivity.

SPRING SEMESTER

January

Anxiety about class performance, especially for those who did not do as well as expected in the fall.

Financial situation becomes a greater concern

Post holiday depression, especially for students who were away from Boston and at home over the holidays

February

Worries about uncertainty of summer plans

Cold weather causes depression and keeps students in doors

March

Academic pressures increase in anticipation of mid-term examination

Graduating students may begin to question their future plans

Employment opportunities bring increased stress for those who are confronting immigration regulations and employment limitations

Sophomore and junior year students feel the anxiety of not knowing what profession they want to have in the future.

Housing lottery causes frustration and stress on roommate relationships.

Uncertain Spring Break plans and limited finances cause stress.

April

Academic pressures increase with the end of the semester

Spring fever and academic apathy hit

Uncertain summer job pressures increase.

Common colds and illnesses are more frequent caused by the changes in the weather.

May

Anxiety develops because of the realization that the year is ending

Finals pressures are at a critical level caused by paper, project, and exam deadlines.

Graduating students face the realization that college life is coming to an end

Separation anxiety for graduating students who will miss friends made at Boston College.

Some Extra Helpful Reading

Commentary on the List of Basic American Values:

1. PERSONAL CONTROL OVER THE ENVIRONMENT / RESPONSIBILITY

Americans no longer believe in the power of Fate, and they have come to look at people who do as being backward, primitive, or hopelessly naive. To be called "fatalistic" is one of the worst criticisms one can receive in the American context; to an American, it means one is superstitious and lazy, unwilling to take any initiative in bringing about improvements.

In the United States people consider it normal and right that Man should control Nature, rather than the other way around. More specifically, people believe every single individual should have control over whatever in the environment might potentially affect him or her. The problems of one's life are not seen as having resulted from bad luck as much as having come from one's laziness and unwillingness to take responsibility in pursuing a better life. Furthermore, it is considered normal that anyone should look out for his or her own self-interest first and foremost.

Most Americans find it impossible to accept that there are some things which lie beyond the power of humans to achieve or control. And Americans have literally gone to the moon, because they refused to accept earthly limitations.

Americans seem to be challenged, even compelled, to do, by one means or another (and often at great cost) what seven-eighths of the world is certain *cannot* be done.

2. CHANGE IS SEEN AS NATURAL AND POSITIVE:

In the American mind, change is seen as an indisputably good condition. Change is strongly linked to development, improvement, progress, and growth.

Many older, more traditional cultures consider change as a disruptive, destructive force, to be avoided if at all possible. Instead of change, such societies value stability, continuity, tradition, and a rich and ancient heritage -- none of which are considered very important in the United States.

The first two values -- the belief that we can do anything and the belief that any change is good -- together with an American belief in the virtue of hard work and the belief that each individual has a responsibility to do the best he or she can do have helped Americans achieve some great accomplishments. So whether these beliefs are "true" are really irrelevant; what is important is that Americans have *considered* them to be true and have acted as if they were, thus, in effect, causing them to happen.

3. TIME AND ITS CONTROL

Time is, for the average American, of utmost importance. To the foreign visitor, Americans seem to be more concerned with getting things accomplished on time (according to a predetermined schedule) than they are with developing deep interpersonal relationships. Schedules, for the American, are meant to be planned and then followed in the smallest detail.

It may seem to you that most Americans are completely controlled by the little machines they wear on their wrists, cutting their discussions off abruptly to make it to their next appointment on time.

The American language is filled with references to time, giving a clear indication of how much it is valued. Time is something to be "on," to be "kept," "filled," "saved," "used," "spent," "wasted," "lost," "gained," "planned," "given," "made the most of," even "killed."

The international visitor soon learns that it is considered very rude to be late--even by 10 minutes--for an appointment in the United States. (Whenever it is absolutely impossible to be on time, you should phone ahead and tell the person you have been unavoidably detained and will be a half hour-- or whatever--late.)

4. EQUALITY / FAIRNESS

Equality is, for Americans, one of their most cherished values. This concept is so important for Americans that they have even given it a religious basis. They say that all people have been “created equal.” Most Americans believe that God views all humans alike without regard to intelligence, physical condition, economic status, or rank. In secular terms this belief is translated into the assertion that all people have an equal opportunity to succeed in life. Americans differ in opinion about how to make this ideal into a reality. Yet, virtually all agree that equality is an important civic and social goal.

The equality concept often makes Americans seem strange to foreign visitors since seven-eighths of the world feels quite differently. To most of the rest of the world, rank and status and authority are seen as much more desirable considerations--even if they personally happen to find themselves near the bottom of the social order. Class and authority seem to give people in those other societies a sense of security and certainty. People outside the United States consider it reassuring to know, from birth, *who* they are and *where* they fit into the complex system called “society”.

Many highly-placed foreign visitors to the United States are insulted by the way they are treated by service personnel (such as waiters in restaurants, clerks in stores, or hotels, taxi drivers, etc.) Americans have an aversion to treating people of high position in a different manner, and, conversely, often treat lower class people as if they were very important. Newcomers to the United States should realize that no insult or personal indignity is intended by this lack of deference to rank or position in American society. A foreigner should be prepared to be considered “just like anybody else” while in the country.

5. INDIVIDUALISM / INDEPENDENCE

The individualism which has been developed in the Western world from the Renaissance onward, beginning in the late 15th century, has taken its most exaggerated form in 20th century United States. Here, each individual is seen as completely and marvelously unique, that is, totally different from all other individuals and therefore particularly precious and wonderful.

Americans think they are more individualistic in their thoughts and actions than, in fact, they really are. They resist being thought of as representative of a homogeneous group, whatever the group. They may, and do, join groups--in fact *many* groups--but somehow believe they are just a little different, just a little unique, just a little special, from other members of the same group. And they tend to leave groups as readily as they enter them.

Privacy, the ultimate result of individualism, is perhaps even more difficult for the foreigner to comprehend. The word “privacy” does not even exist in many non-Western languages. If it does, it is likely to have a strongly negative connotation, suggesting loneliness or forced isolation from the group. In the United States, privacy is not only seen as a very *positive* condition, but it is also viewed as a requirement which all humans would find equally necessary, desirable, and satisfying. It is not uncommon for Americans to say--and to believe--”If I don’t have at least half an hour a day all to myself, I would go stark raving mad!”

Individualism, as it exists in the United States, does mean that you will find a much greater variety of opinions (along with the absolute freedom to express those opinions anywhere and anytime) in this country. Yet, in spite of this wide range of personal opinion, almost all Americans will ultimately vote for one of the two major political parties in the next election. That is what was meant by the earlier statement that Americans take pride in claiming more individualism than, in fact, they actually have.

6. SELF-HELP / INITIATIVE

In the United States, a person can take credit only for what he or she has accomplished by himself or herself without any outside assistance. Americans get no credit whatsoever for having been born into a rich family. (In the United States, that would be considered “an accident of birth”). Americans pride themselves in having climbed the difficult ladder of success to whatever level they have achieved--all *by themselves*. The American social system has, of course, made it possible for Americans to move, relatively easily, up the social ladder, whereas this is impossible to do in many countries.

Take a look in an English-language dictionary at the composite words that have the word “self” as a prefix. In the average desk dictionary, there will be more than 100 such words, words like self-aware, self-confident, self-contented, self-control, self-criticism, self-deception, self-defeating, self-denial, self-discipline, self-esteem, self-expression, self-importance, self-improvement, self-interest, self-reliance, self-respect, self-restraint, self-sacrifice--the list goes on and on. The equivalent of these words cannot be found in most other languages. This list is perhaps the best indication of how seriously Americans take doing things for one’s self. The “self-made man or woman” is still very much the ideal in 21st century America.

7. COMPETITION

Americans believe that competition brings out the best in any individual. They assert that it challenges or forces each person to produce the very best that is humanly possible. Consequently, the foreign visitor will see competition being fostered in the American home and in the American classroom, even at the youngest age levels. Very young children, for instance, are encouraged to answer questions for which their classmates do not know the answers.

You may find the competitive value disagreeable, especially if you come from a society which promotes *cooperation* rather than competition among individuals. But many U.S. Peace Corps volunteers teaching in Third World countries found the *lack* of competitiveness in a classroom situation equally distressing. They soon learned that what they had thought to be one of the universal human characteristics represented only a peculiarly American (or Western) value.

Americans, valuing competition, have devised an economic system to go with it--free enterprise. Americans feel very strongly that a highly competitive economy will bring out the best in its people and ultimately, that the society which fosters competition will progress most rapidly. If you look for it, you will see evidence in all areas--in fields as diverse as medicine, the arts, education, and sports--that free enterprise is the approach most often preferred in America.

8. Future Orientation

Valuing the future and the improvements Americans are sure the future will inevitably bring means that they *devalue* the past and are, to a large extent, unconscious of the present. Even a happy present goes largely unnoticed because, happy as it may be, Americans have traditionally been hopeful that the future would bring even greater happiness. Almost all energy is directed toward realizing that better future. At best, the present condition is seen as preparatory to a later and greater event, which will eventually culminate in something even more worthwhile.

Since Americans have been taught to believe that Man, and not Fate, can and should be the one who controls the environment, this has made them very good at planning and executing short-term projects. This ability, in turn, has caused Americans to be invited to all corners of the earth to plan and achieve the miracles which their goal-setting can produce.

If you come from a culture where talking about or actively planning the future is felt to be a futile, perhaps even sinful, activity, you will have not only philosophical problems with this very American characteristic but religious objections as well. Yet it is something you will have to learn to live with while you are here, for all around you Americans will be looking toward the future and what it will bring.

9. ACTION/WORK ORIENTATION

“Don’t just stand there,” goes a typical bit of American advice, “do something!” This expression is normally used in a crisis situation, yet, in a sense, it describes most Americans’ entire waking life, where action--any action--is seen to be superior to inaction.

Americans routinely plan and schedule an extremely active day. Any relaxation must be limited in time, pre-planned, and aimed at “recreating” (as in the word “recreation”) their ability to work harder and more productively once the recreation is over. Americans believe leisure activities should assume a relatively small portion of one’s total life. People think that it is “sinful” to “waste one” time,” to “sit around doing nothing,” or just to “daydream.”

Such a “no nonsense” attitude toward life has created many people who have come to be known as “workaholics,” or people who are addicted to their work, who think constantly about their jobs and who are frustrated if they are kept away from them, even during their evening hours and weekends. And when such a person finally takes time off to go on vacation, even the vacation will be carefully planned, very busy and active.

The workaholic syndrome, in turn, causes Americans to identify themselves wholly with their professions. The first question one American will generally ask another American when meeting them for the first time is related to his or her work: “What do you do?” “Where do you work?” or “Who (what company) are you with?”

America may be one of the few countries in the world where it seems reasonable to speak about the “dignity of human labor,” meaning by that, hard, physical labor. In America, even corporation president will engage in physical labor from time to time and in doing so, gain, rather than lose, respect from others for such action.

10. Informality

If you come from a more formal society, you will likely find Americans to be extremely informal and you will probably feel they are even disrespectful of those in authority. Americans are one of the most informal and casual people in the world, even when compared to their close relative—the Western European.

As one example of this informality, American bosses often urge their employees to call them by their first names and even feel uncomfortable if they are called by the title “Mr.” or “Mrs.”

Dress is another area where American informality will be most noticeable, perhaps even shocking. One can go to a symphony performance, for example, in any large American city nowadays and find some people in the audience dressed in blue jeans and tieless, short-sleeved shirts.

Informality is also apparent in American's greetings. The more formal “How are you?” has largely been replaced with an informal “Hi.” This is as likely to be used to one's superior as to one's best friend.

If you are a highly placed official in your own country, you will probably, at first, find such informality to be very unsettling, even disrespectful. Americans, on the other hand, would consider such informality as a compliment! Certainly it is not intended as a personal insult, and you should not take it as such.

11. Directness/Openness/Honesty

Many other countries have developed subtle, sometimes highly ritualistic, ways of informing other people of unpleasant information. Americans, however, have always preferred the most direct approach possible. They are likely to be completely honest in delivering their negative evaluations, and to do so publicly. If you come from a society which uses the indirect manner of conveying bad news or uncomplimentary evaluations, you will be shocked at American bluntness.

If you come from a country where saving face is important, be assured that Americans are not trying to make you lose face with their directness. It is important to realize that an American would not, in such cases, lose face. The burden of adjustment, in all such cases while you are in this country, will be on you. There is no way to soften the blow of such directness and openness if you are not used to it, except to inform you that the rules have changed while you are here. Indeed, Americans are trying to urge their fellow countrymen to become even *more* open and direct. The large number of “assertiveness” training courses which first appeared in the United States in the late 1970s reflects such a commitment.

Americans consider anything other than the most direct and open approach to be “dishonest” and “insincere” and will quickly lose confidence in and distrust anyone who hints at what is intended rather than saying it outright. Anyone who, in the United States, chooses to use an intermediary to deliver the message will also be considered “manipulative” and “untrustworthy.”

12. Practicality/Efficiency

Americans have a reputation for being an extremely realistic, practical and efficient people. The practical consideration is likely to be given highest priority in making any important decision in the United States. Americans pride themselves in not being very philosophically or theoretically oriented. If Americans would even admit to having a philosophy, it would probably be that of pragmatism.

Will it make any money? Will it “pay its own way?” What can I gain from this activity? These are the kinds of questions which Americans are likely to ask in their practical pursuit, not such questions as: Is it aesthetically pleasing? Will it be enjoyable? or, Will it advance the cause of knowledge?

This practical, pragmatic orientation has caused Americans to contribute more inventions to the world than any other country in human history. The love of “practicality” has also caused Americans to view some professions more favorably than others. Management and economics, for example, are much more popular in the United States than philosophy or anthropology, and law and medicine are more valued than arts.

13. Materialism/Acquisitiveness

Foreigners generally consider Americans much more materialistic than Americans are likely to consider themselves. Americans would like to think that their material objects are just the “natural benefits” which always result from hard work and serious intent--a reward, they think, which *all* people could enjoy were they as industrious and hard-working as Americans. But by any standard, Americans *are* materialistic. This means that they value and collect more material objects than most of the world’s people would ever dream possible to own. It also means they give a higher priority to obtaining, maintaining, and protecting their material objects than they do in developing and enjoying interpersonal relationships with people.

The modern middle class American household typically owns:

- multiple televisions
- a cell phone
- mp3 player
- multiple computers
- one or more automobiles
- an expensive camera
- a clothes-washer and dryer
- a vacuum cleaner
- a powered lawn mower (for cutting grass)
- a refrigerator
- a stove
- electric dishwasher

Since Americans value newness and innovation, they sell or throw away their possessions frequently and replace them with newer ones. A car may be kept for only two or three years, a house for five or six before trading it in for another one.

COMPARISON

Now that we have discussed each of these 13 values separately, if all too briefly, let us look at them in list form (on the left) and then consider them paired with the counterpart values from a more traditional country (on the right):

U.S. Values		SOME OTHER COUNTRIES' VALUES
Personal Control Over the Environment / Responsibility		Fate / Destiny
Change seen as Natural and Positive		Stability / Tradition / Continuity
Time and its Control		Human interaction
Equality / Fairness		Hierarchy / Rank / Status
Individualism / Independence		Group's Welfare / Dependence
Self-Help / Initiative		Birthright Inheritance
Competition		Cooperation
Future Orientation		Past Orientation
Action / Work Orientation		“Being” Orientation
Informality		Formality
Directness / Openness / Honesty		Indirectness / Ritual / “Face”
Practicality / Efficiency		Idealism / Theory
Materialism / Acquisitiveness		Spiritualism / Detachment

Which list more nearly represents the values of your native country?

Application:

Before leaving this discussion of the values Americans live by, consider how knowledge of these values explain many things about Americans.

One can, for example, see America's impressive record of scientific and technological achievement as a natural result of several of these 13 values:

First of all, it was necessary to believe (value #1) these things *could be* achieved, that Man does not have to simply sit and wait for Fate to bestow them or not bestow them, and that Man have control over his own environment (and his own destiny) if he is willing to take it. Other values which have contributed to this record of achievement include (#2) an expectation of positive results to come from change (and the acceptance of an ever-faster rate of change as "normal"); (#3) the necessity to schedule and plan one's time; (#6) the self-help concept; (#7) competition' (#8) future orientation; (#9) action/work orientation; (#12) practicality; and (#13) materialism.

What he had just witnessed:: (#1) personal control over the environment/ responsibility; (#5) individualism / independence; (#6) self-help; (#8) future orientation; (#12) practicality; and (#13) materialism.

Another example was given by a recent Egyptian visitor who shared his amazement at a scene he witnessed while visiting the National Air and Space Museum in Washington, D.C. He saw a young American mother bending down to talk to and reason with what he guessed to be her four-year-old son, and he overheard her saying to him, "Tommy, if you buy that model airplane with your money now, then a little bit later, when your sister wants to stop and have a Coke, you are not going to have enough money left to buy one." He was amazed because he said "In my country, the mother would never have said a thing like that. In the first place, she wouldn't have given the little boy "his own money" to manage. Instead, she would have bought it for him. Then later, when he wanted a Coke, she would have bought that for him too."

He could see, having just read "The Values Americans Live By," that in America it is very important for this young mother to teach her son to be independent and to learn, as early as possible, to manage his own money. He could also see that at least six of the 13 values on our list were involved in what he had just witnessed: (#1) personal control over the environment/responsibility; (#5) individualism/independence; (#6) self-help; (#8) future orientation; (#12) practicability; and (#13) materialism.

You can do the same sort of exercise as you consider other aspects of American society and analyze them to see which of the 13 values described in this paper apply. By using this approach you will soon begin to understand Americans and their actions--and even to *predict* what those actions will be. And as you come to understand Americans, they will seem less "strange" than they did at first, when you were judging them using the value system of your own country.

This excerpt was taken from *Survival Kit for Overseas Living*, written by L. Robert Kohls. It was edited by the Office of International Students and Scholars for the international students and scholars of Boston College.



Culture Shock: Occupational Hazards of Overseas Living

By L. Robert Kohls

IN PREPARING for your move to the United States, you probably attempted to mentally prepare yourself for all possible crises. There is one dilemma that you may encounter that has no simple solution: Culture Shock.

"CULTURE SHOCK" is the term used to describe the more pronounced reactions to the psychological disorientation most people experience when they move for an extended period of time into a culture different from their own. It can cause intense discomfort, often accompanied by hyper-irritability, bitterness, homesickness, resentment, and depression. For some people, the bout with culture shock is brief and hardly noticeable. These are usually people whose personalities provide them with a natural immunity. For most of us, however, culture shock is something we'll have to deal with over a period of at least several months, possibly a year or more.

In a sense, culture shock is the occupational hazard of overseas living through which one has to be willing to endure in order to have the pleasure of experiencing other countries and cultures in depth. All of us have known frustration at one time or another. Although related and similar in emotional content, culture shock is different from frustration. Frustration is always traceable to a specific action of cause and goes away when the situation is remedied or the cause is removed.

Some of the causes of frustration are:

- the ambiguity of a particular situation
- the actual situation not matching original expectations
- unrealistic goals
- not being able to see results
- because of the nature of the work
- because of the shortness of time of one's involvement

FRUSTRATION may be uncomfortable, but it is generally short-lived as compared to culture shock, which has two quite distinctive features:

- It does not result from a specific event or series of events. It comes instead from the experience of encountering two ways of doing, organizing, perceiving, or valuing things which are different from yours and which threaten your basic unconscious belief that your customs, assumptions, values and behaviors are "right".
- It does not strike suddenly or have a single principal cause. Instead it is cumulative. It builds up slowly, from a series of small events that are difficult to identify.

CULTURE SHOCK comes from:

- Being cut-off from the cultural cues and known patterns with which you are familiar - especially the subtle, indirect ways you have of expressing feelings. All the basic cultural norms that you understand instinctively and use to make your life comprehensible are suddenly changed.
- Living and/or working over an extended period of time in a situation that is ambiguous.
- Having your own values (which you have always considered as absolutes) brought into question-which yanks your moral rug from under you
- Being continually put into positions in which you are expected to function with maximum skill and speed but where the rules have not been thoroughly explained.

REGARDING being cut-off from your own cultural cues, Kalver Oberg, the man who first diagnosed culture shock, says: "**THESE SIGNS AND CLUES INCLUDE THE THOUSAND AND ONE WAYS IN WHICH WE ORIENT OURSELVES TO THE SITUATIONS OF DAILY LIFE: WHEN TO SHAKE HANDS AND WHAT TO SAY WHEN WE MEET PEOPLE, WHEN AND HOW TO GIVE TIPS, AND HOW TO GIVE ORDERS TO SERVANTS, HOW TO MAKE PURCHASES, WHEN TO ACCEPT AND REFUSE INVITATIONS, WHEN TO TAKE STATEMENTS, SERIOUSLY AND WHEN NOT....**"

These are just a few examples, but they show how pervasive is the disorientation out of which culture shock emerges.

THE PROGRESSIVE STAGES OF CULTURE SHOCK

AS INDICATED ABOVE, culture shock progresses slowly. One's first reaction to different ways of doing things may be "How quaint!" When it becomes clear the differences are not simply quaint, an effort is frequently made to dismiss them by pointing out the fundamental sameness of human nature. After all, people are really basically the same under the skin, aren't they?

Eventually, the focus shifts to the differences themselves, sometimes to such an extent that they seem to be overwhelming. The final stage comes when the differences are narrowed down to a few of the most troubling and then are blown up out of all proportion.

By now the sojourner is in an acute state of distress. The host culture has become the scapegoat for the natural difficulties inherent in the cross-cultural encounter. Culture shock has set in.

Here is a list of some of the symptoms that may be observed in relatively severe cases of culture shock:

- Homesickness
- Boredom
- Withdrawal (e.g. spending excessive amounts of time reading; only seeing others of one's own culture, avoiding contact with host nationals)
- Need for excessive amounts of sleep
- Compulsive eating
- Compulsive drinking
- Irritability
- Exaggerated cleanliness
- Marital stress
- Family tension and conflict
- Chauvinistic tendencies
- Stereotyping of host nationals
- Hostility toward host nationals
- Loss of ability to work effectively
- Unexplainable fits of weeping

NOT EVERYONE WILL EXPERIENCE THIS SEVERE A CASE OF CULTURE SHOCK, nor will the symptoms be observed. Many people ride through culture shock with some ease, only now and again experiencing the more serious reactions. But many others don't. For them it is important to know: 1) that the above responses can occur, 2) that culture shock is in some degree inevitable, and 3) that their reactions are emotional and not easily subject to rational management. This knowledge should give you a better understanding of what is happening to you and buttress your resolve to work at hastening your recovery.

Before we examine what you can do to counteract culture shock, let's spend a few minutes finding where it fits into the whole overseas experience.

Some time ago, people began to recognize that there were distinct stages of personal adjustment which virtually everyone who lived abroad went through (no matter where they came from or what country they were living in).

These stages are:

- Initial Euphoria
- Irritability and hostility
- Gradual adjustment
- Adaptation and bi-culturalism

INITIAL EUPHORIA

Most people begin their stay with great expectations and positive mind-set. If anything, they come with expectations that are too high and attitudes that are too positive toward the host country and toward their own prospective experiences in it. At this point, anything new is intriguing and exciting. But, for the most part, *it is the similarities that stand out*. The recent arrivee is usually impressed with how people everywhere are really very much alike. This period of euphoria may last from a week or two to a month, but the letdown is inevitable. You've reached the end of the first stage.

IRRITATION AND HOSTILITY

Gradually, your focus turns from the similarities to the differences. And these differences, which suddenly seem to be everywhere, are troubling. You blow up little, seemingly insignificant difficulties into major catastrophes. This is the stage generally defined as "culture shock" and you may experience any of the symptoms listed on the previous page.

GRADUAL ADJUSTMENT

The crisis is over and you are on your way to recovery. This step may come so gradually that, at first, you will be unaware it's even happening. Once you begin to orient yourself and begin to be able to interpret some of the subtle cultural clues and cues that passed by unnoticed earlier, the culture seems more familiar. You become more comfortable in it and feel less isolated from it. Gradually, too, your sense of humor returns and you realize the situation is not hopeless after all.

ADAPTATION AND BICULTURALISM

Full recovery will result in an ability to function in two cultures with confidence. You will even find a great many customs, ways of doing and saying things, and personal attitudes that you enjoy-indeed, to which you have in some degree acculturated-and which you will definitely miss when you pack up and return home. In fact, you can expect to experience "reverse culture shock" upon your return to your home country. In some cases, particularly where a person has adjusted exceptionally well to the host country, reverse culture shock may cause greater distress than the original culture shock.

The interesting thing about culture shock is that there is routinely not one but two low points and even more interestingly, they will accommodate themselves to the amount of time you intend to spend in the host country! That is, they will spread themselves out if you're going to stay for a longer period or contract if your stay is briefer. You can't say that's not accommodating!

HOW LONG WILL CULTURE SHOCK LAST? As we have suggested, that varies with the length of your stay. But it also depends to some extent on you and your resiliency. You can expect a let-up after the first dip, but be prepared for the second downturn that will probably be somewhat more severe. Stop a moment and consider what you can do on your own to combat the onset and alleviate the effects of culture shock. Once you recognize the problem and make an effort to find solutions, your stay in the host country will be that much more pleasant.

This excerpt was taken from chapter 18 of *Survival Kit for Overseas Living*, written by L. Roberts Kohls. It was edited by the Office of International Students and Scholars for the international students and scholars of Boston College.

Adjusting and Coping Skills for Cultural Adjustment

- Be aware that cultural adjustment is necessary, and that it is natural to miss your family, friends and home. Talk about these feelings with someone you feel comfortable with, or with someone who has experienced and overcome symptoms of culture shock.
- Find friends from your home country to talk with, but try not to spend all your time with your fellow citizens and resist making jokes, stereotypes, and negative comments about American and the United States. Instead, focus on the positive aspects of the new culture.
- Find an American (perhaps an IA) to be a “cultural informant” who will help you gain a proper perspective. Be curious. Do not be afraid to ask questions and get honest feedback about your interpretation of American customs, values, and behaviors. Reach out. People will enjoy responding to your interest in understanding American culture.
- Stay busy. Get involved in activities. Do things which make you feel good. Seek out similarities between the old and new environment which will provide comfort and continuity such as hobbies, sports, movies, etc.
- Maintain your sense of humor. Be able to talk about your mistakes.
- Have a low goal/task orientation and keep realistic expectations to avoid disappointment. It will take you longer to accomplish tasks in a new culture, academic environment, and in a new language.
- Have a tolerance for ambiguity and for differences. Remain open minded, flexible and adaptable. Try to suspend judgment until you have looked for the logical reasons behind the differences. Be objective and perceptive.

First, DESCRIBE what you see.

Second, INTERPRET what you think about what you see.

Third, EVALUATE what you feel about what you see.

Keep your self-confidence. Believe you can do it and keep in mind the many strengths and advantages you will have when you succeed with your studies in the United States.



Adjusting to Living Situations

Sharing a room can be a great and interesting experience. The rule of thumb is: TREAT YOUR ROOMMATE AS YOU WANT TO BE TREATED. Remember that your roommate is an individual and may have interests and values which differ from yours; just because you and he/she are different from each other does not mean that one of you is the better person.

- BE FRIENDLY. No one likes to get the cold shoulder from the person he/she lives with, and your friendliness may be reciprocated.
- BE UNDERSTANDING. Try to see the motives behind your roommate's actions and help out if you can.
- GIVE your roommate a little peace and quiet sometimes. Congenial conversation is nice, but it can become excessive. Everyone needs time and space alone.
- DON'T USE YOUR ROOMMATE'S BELONGINGS as if they were yours. If there is something you would like to borrow, ASK.
- DO YOUR PART to keep the room (and bathroom) clean. It's no fun for anyone to live in filth.
- RESPECT your roommate's sleeping and studying habits.
- BE READY for a little healthy give and take. There will be times when neither you nor your roommate will be the ideal person with whom to live. Try to recognize each other's moods, and don't get upset over the little things.
- TALK TO YOUR ROOMMATE about the important issues that are on your mind. If there is something that is bothering you, get it out in the open. Don't let it fester but be tactful.

Dictionary

BOSTON COLLEGE TERMINOLOGY

&

COMMON ACADEMIC VOCABULARY

Words and Phrases Often Used By BC Students, Faculty, and Staff.

90: A dorm located at 90 St. Thomas More Drive, across from the Lower Campus Dining Facility, which has 6-to-9 person apartments. Sophomores and a few juniors live in 90.

ACADEMIC ADVISOR: Faculty member who helps and advises a given student on academic matters. One's academic advisor is assigned and may be changed either by the student, upon request to the Dean's Office, or by the college or school, as the student declares/changes his/her major. Each semester the student must visit his/her academic advisor in order to obtain his/her registration code, which allows him/her to register for classes.

ACADEMIC YEAR: The period of formal academic instruction, usually (in the United States) September to May. Depending on the institution, it may be divided into terms of varying length: semester, trimesters or quarters. BC uses a two semester system. The semesters are sometimes referred to as "terms".

ADD A COURSE: To enroll in a course in which the student was not previously registered.

ADVANCED PLACEMENT: A system by which students receive college credit *and/or* exemption from a core requirement because they achieved a high enough score on an "AP" exam in high school, presumably after taking a course designated as an "AP" course.

AHANA: An acronym which stands for African-American, Hispanic, Asian, and Native American and is used to describe people of this descent.

ALL NIGHTER: As in "to pull an all nighter"; stay up all night cramming for an exam or writing a paper.

ALUMNI STADIUM: Outdoor stadium adjacent to Conte Forum, on lower campus, where American football games are held.

A & S: The College of Arts and Sciences.

AUDIT: Convention in many universities of taking a class neither for credit nor a grade. May or may not require tuition payment. Undergraduate students are not officially allowed to audit classes at Boston College.

B.A/B.S.: Bachelor's of Arts / Bachelor's of Science degree: awarded upon completion of a four year program of study.

BALDWIN: The name of BC's mascot. Baldwin makes appearances at nearly every sporting event. His name is derived from our desire to *win* and the species of our mascot, the *bald* eagle. Hence, Baldwin.

BC: Boston College

BCPD: Boston College Police Department

BC SHUTTLE / "THE BC BUS": Bus that makes numerous stops throughout the campus and nearby areas: The Comm. Ave bus starts from in front of Robsham, to McElroy, to College Road, to Main Gate and then on to the Graveyard stop, 2000 Commonwealth Ave. Apartments, Cleveland Circle, Bluestone Bistro, Foster Street, then back to Robsham. The Newton has all the same stops on campus, but after the College Road Stop, it goes to Newton Campus instead of the off-campus route.

BLUE BOOK: A small booklet of paper with a blue cover, usually used for examinations.

BRIGHTON CAMPUS: Acquired in 2004, this newest area of BC campus is home to the STM library, the Cadigan alumni center, and Human Resources (located in 129 Lake Street), with plans for several additional buildings in the next few years.

CABARET ROOM: A space in Vanderslice Hall mainly used for functions, parties, and theatre productions. Also open for studying until midnight most nights.

CAMPUS: all the land owned by the university including the dorms, academic buildings, dining halls, and office buildings

CAREER CENTER: An excellent resource center located on Comm Ave. Offers information about employment and career opportunities before and after graduation such as summer internships; there is also a resource library for graduate, medical, and law students. You can also get help with résumé writing.

CASU: College of Advancing Studies, Undergraduate

CAGS: College of Advancing Graduate Studies

CGSOM: Carroll Graduate School of Management.

CHOCOLATE BAR: Located on the first floor of Stokes, it houses Peet's Coffee & Tea and Edy's Ice Cream, and each Thursday night from 8 P.M. to 10 P.M. often features musical performances by BC students.

CLEVELAND CIRCLE: Busy area at the intersection of Beacon St. and Chestnut Hill Ave., where one can find restaurants, the C and D lines of the Green Line T, CVS drugstore, 7/11 (open 24 hours), Chipotle Restaurant, Pino's Pizza, the Eagle's Deli, Starbucks, Cityside (bar and restaurant), Bangkok Bistro, Mary Ann's (bar), and Roggie's (bar and restaurant).

CLXF: The interconnected Upper Campus dorms of Claver, Loyola, Xavier and Fenwick, and provides housing for Freshman

COURSE CATALOG: An official publication of a college or university giving information about academic programs, facilities (such as laboratories, dormitories, etc.), entrance requirements and student life.

COMM. AVE.: Short for Commonwealth Avenue.

CONTE FORUM: Athletic facility located in Lower Campus where various sporting events, including hockey and basketball, are held.

CORE CURRICULUM: Each school or college within a university determines certain base requirements regarding the courses which every student must take in order to graduate. For example, the core curriculum for the College of Arts and Sciences includes 2 English, 1 Fine Arts, 2 Modern Histories, 2 Sciences, 1 Math, 2 Philosophy, 2 Theology, 1 Cultural Diversity, 2 Social Sciences and an intermediate proficiency in a language. Students may choose from any courses designated as CORE level courses to fulfill the requirement. Same as Required Courses.

COURSE: A class with regularly scheduled class sessions of one to five (or more) hours per week during a term.

COURSE NUMBER: The number given to identify a course, at BC, includes two letters (the department code and 3 numbers. e.g., MT 190 is the course number for Fundamentals of Math I. Numbers 100-400 usually refer to undergraduate courses, 500-600 may be for both undergraduate and graduate students, while 700+ designates a graduate course.

CRAM: Intense study for a test at the last possible moment. This is not a recommended way to study.

CREDITS: Units used to record the completion of courses required for a degree. Credit requirements are given in the BC College Catalog. At BC, most courses are 3 credits, and an average course load is 15 credits per semester in the first three years, 12 credits per semester senior year.

CSOM: Carroll School of Management.

CSON: Connell School of Nursing

CTRC: "Campus Technology Resource Center" is located on the 2nd floor of O'Neill Library and offers both Windows and Mac computers, scanners, laser printers, and much, much more for all your computing needs.

CULTURAL NIGHT: This is an event that different student organizations hold to share their cultures, music and food with the BC community.

CURVE: A grading system in which letter grades are assigned based on students' performances relative to one another, not to an absolute scale. One example: the class average on a mid-term exam is 40. Anyone who scored between 35 and 45 gets a C. Anyone who scores between 45-55 gets a B, based on the idea that the grade distribution should look like a bell curve

DEAN: Director of highest authority within a professional school, college, or university.

DEAN'S LIST: The list of full-time undergraduate students who have earned grades of honor for a given term.

DEGREE: Diploma or title conferred by a college, university, or professional school upon completion of a prescribed program of studies.

DEPARTMENT: Administrative subdivision of a school, college, or university in which instruction in a certain field of study is given (such as English Department or History Department).

DISCUSSION GROUP: A group which meets regularly with a professor or teaching assistant (T.A.) to discuss lectures presented by the professor during regular class time.

DORM: Residence Hall; a housing facility reserved for students; a typical "dorm" would include student rooms, bathrooms, lounges, a laundry room, and possibly a cafeteria

DOUBLE MAJOR: A Degree obtained in two separate disciplines by satisfying all requirements for each major.

DROP A COURSE: During drop/add period, to remove oneself from a course in which one was previously registered. After drop/add period, see "Withdrawal."

DROP/ADD PERIOD: That period during the first five days of class during which students may change programs of studies by "dropping" and "adding" courses through the use of U-VIEW or U-DIAL.

THE EAGLE: Boston College mascot called "Baldwin." Look for him live at football and basketball games.

EAGLE'S NEST: Deli on the 2nd floor of McElroy, open Monday through Friday 11 A.M. to 3 P.M.

ELECTIVES: Courses that students may "elect" (choose freely) to take for credit toward their intended degree; distinguished from courses that they are required to take.

ERC: The Education Resource Center, located on the bottom floor of Campion Hall.

EAGLE ESCORT SERVICE: Free service offered by the Campus Police; vans or the walking patrol can transport or accompany students to on-campus and many off-campus destinations, rather than having them walk alone. Available 24 hours. Call 552-8888.

FACULTY: The professors and occasionally the administrative staff of an educational institution. The faculty is responsible for designing plans of study offered by the institution.

FINAL: The term examination in a class or a course.

FLUNK: To fail an examination or a course.

FRESHMAN: A first year student (undergraduate or high school level).

FULL-TIME STUDENT: One who is carrying a full course load, or enrolled in the minimum number of credits which the university will allow for one to have all the benefits of being a full-time student, such as eligibility for on-campus housing.

"THE GATE": Residential hall located across from St. Ignatius Church on Lower Campus. The official name of the dorm is Stayer Hall. It is also known as 110 St. Thomas More for its address, 110 St. Thomas More Rd.

GISA: Graduate *International* Student Association.

GRADE POINT AVERAGE (GPA): A system of recording academic achievement based on grade average, calculated by multiplying the numerical grade received in each course by the number of credit hours studied, on a 4.0 scale.

GRADING SYSTEM: Schools, colleges, and universities in the United States commonly use letter grades to indicate the quality of a student's academic performance: A (excellent), B (good), C (average), D (below average), and F (failing). In percentage scales, 100 percent is the highest and 70 percent (or 65 percent) is usually the lowest passing mark. Occasionally, these percentages will change based on a 'curve' that a professor may use. See CURVE. The letter grade system is translated to a 4.0 scale to determine one's GPA (see Grade Point Average). A = 4.0, B = 3.0, C = 2.0, D = 1.0.

GRADUATE STUDENT: A student who has already earned an undergraduate degree, and is pursuing a higher degree, such as a master's (M.A., M.S., M.S.F., M.B.A.), or doctorate (Ph.D., M.D.).

GREYCLIFF: Off-campus dormitory located at the corner of Comm. Ave. and Greycliff Road.

GSA: Graduate Student Association.

GUT COURSE: A class that has a very light courseload, not many papers, assignments, etc. A very easy class.

HEIGHTS, THE: The independent student newspaper of Boston College, it is also a name for the hill on which BC sits, and thus is sometimes used to refer to our campus.

HILLSIDE CAFÉ: Located on the 1st floor of Maloney Hall. It serves coffee and tasty sandwiches.

HOMECOMING: Weekend-long event in the Fall that celebrates the return of the football team as well as the return of Boston College alumni. Activities include a football game, dance, and tailgating (see definition of).

HOVEY HOUSE: Located across the street from McElroy and next to the John Courtney Murray, S.J. Graduate Student Center. Now the home of the Office of International Programs (OIP).

HUT, THE: The Quonset Hut is a small recreational complex on Newton Campus.

INCOMPLETE: A temporary mark given to a student who is doing passing work but cannot complete all the course requirements during the term. The student must have a valid reason for not finishing all course work on schedule and must complete the course within a period of time acceptable to the instructor.

INDEPENDENT MAJOR: Students may create their own independent major within A&S if they have special interest in a subject that cannot be satisfied with a regular major or double major.

INDEPENDENT STUDY: A method of receiving credit for study or research independent of the assignments of any specific course. Such study is often part of an honors program in the student's major and is supervised by a specific professor to whom the student is accountable and who assigns a grade.

JUNIOR: A third year student (high school/undergraduate level).

LEAVE OF ABSENCE: Students may request a "leave of absence" from Boston College, meaning that they will not enroll in courses for one or more semesters, but will not officially withdraw from the University. They plan to return and complete their degree at a later time. This is sometimes referred to as "taking a semester off." However, there are a number of procedures to follow to ensure re-admittance to B.C., and one should start at the Dean's Office.

LECTURE: A common teaching method in college and university courses, in which the professor speaks and the students take notes, and interchanges between the two are minimal. May be used occasionally or uniformly in a course. If used uniformly, the course may be supplemented with regular small group discussions led by teaching assistants.

LIBERAL ARTS: A term referring to academic studies of subjects in the humanities (languages, literature, philosophy, the arts), the social sciences (economics, sociology, anthropology, history, political science), and the sciences (mathematics, biology, physics, chemistry).

LOWER CAMPUS: The part of Boston College on level with the ground floor of the main parking garage. The RecPlex (Plex), the Mods, Robsham Theatre, Walsh, Edmonds, Ignacio, Rubenstein, Vanderslice, 90 Saint Thomas More Drive, the Lower Campus Dining Facility, Maloney Hall, St. Ignatius Gate Hall, and Conte Forum are all located on this part of campus.

LOWER CAMPUS DINING FACILITY: (Corcoran Commons / "Lower") Dining hall located between Robsham Theatre and Vanderslice. Downstairs is famous for its made-to-order subs while upstairs houses "Addies," with organic locally grown food.

LSOE: Lynch School of Education.

MAIN GATE: Commonwealth Avenue entrance to B.C., next to Voute Hall.

MAJOR: The field of study in which a student concentrates, and in which he/she will receive his/her degree.

MALONEY HALL: Building on lower campus behind O'Neill Library. It houses the Hillside Café, a bookstore, the OISS (Suite 249), ODSD, SPO, and various other departments.

M.A./M.S.: Master of Arts/Master of Science degree awarded upon completion of a one or two year program of graduate study.

MASCOT: An animal or a character that symbolizes the school; is often used at sporting events to get the crowd excited (someone dresses up as the mascot). BC's Mascot is the Eagle.

McELROY: One of Boston College's student unions; pronounced Mac-el-roy, not Mick-Elroy. The McElroy Dining Room, Eagle's Nest, Cafe, Bookstore, Post Offices, and Campus Ministry are located here.

MIDDLE CAMPUS: All libraries, academic buildings, St. Mary's (home of the Jesuit community), the Quad, and McElroy Commons are on this part of campus.

MIDDLEMARCH: The extravagant costume ball/dance put on by the O'Connell House Student Union every year in the month of March.

MIDTERM: The examination given in the middle of a semester.

MINOR: The subject of concentration secondary to that of the major field. BC offers minors for teaching certification through LSOE, interdisciplinary minors in A&S, such as Women's Studies, American Studies, and Faith, Peace, and Justice, as well as an ever-growing number of minors in departments that previously offered only majors.

MURRAY GRADUATE STUDENT CENTER (Murray House): The Murray Graduate Student Center, located at 292 Hammond Street, serves as a center for graduate student life at BC. The Murray House offers comfortable gathering space for students, including a living and dining room, kitchen, a computer lab, meeting rooms, and a free DVD lending library with over 200 titles. The Murray House staff provides ongoing social and cultural programs for all graduate students. Visit the website at www.bc.edu/gsc.

MOD(S): Short for Modular apartment(s). Housing unit for 6 people, they are free-standing reddish brown buildings where one finds seniors in their "yards" barbecuing, playing catch or Frisbee, sunbathing, tailgating, and studying.

MULTIPLE-CHOICE EXAM: An examination in which one answers questions by selecting the best answer from among several given. One kind of "objective" test, as opposed to an essay exam, which is "subjective".

NEWTON CAMPUS: One and a half miles down Heartbreak Hill (Comm Ave) from Main Campus is Newton Campus, where there are six residence halls for first-year students only. Newton Campus has its own church, sport/exercise equipment (the Quonset Hut), and dining facility (Stuart Dining Hall). "Newton" is also home to the **BC Law School** and the newly constructed Law Library. It is popular for its green space and soccer fields.

NOTARIZATION: The certification of a document (or a statement or signature) as authentic and true by a public official (known in the United States as a Notary Public).

O'CONNELL HOUSE: This multi-purpose space used for concerts, performances, meetings, and other events is located in the center of Upper Campus.

OIP: Office of International Programs

ODSD: The Office of the Dean of Students coordinates the planning, implementation, and evaluation of programs and services promoting student development. The Dean and staff are also responsible for coordinating policies and procedures concerning student conduct and discipline and the conduct process.

OISS: The Office of International Students and Scholars provides advice, programs, and services to approximately 1,700 international students (undergraduate, graduate, and exchange), faculty and research scholars.

OPEN-BOOK EXAM: An examination in which students are permitted to use their textbooks during the test.

ORAL EXAM: An examination in which the professor asks the student questions, which the student answers orally in a one-on-one meeting.

PART-TIME STUDENT: A student who carries less than a full-time course load. For BC undergrads, this means registering for less than 15 credits during the first 3 years and less than 12 credits in the final year. International Students cannot be part time.

PASS/FAIL: Students may choose to take classes on a pass/fail basis, meaning that they will not receive a letter grade for their work, but it will merely be recorded whether their work was passing or failing. If a student passes, he/she will receive credit for the course. There are restrictions on taking classes pass-fail, for example one may not fulfill a core requirement by taking a course pass/fail.

PASSWORD: This is a combination of letters and numbers, used mainly for BC online systems such as AGORA and the directory.

PH.D (DOCTORATE): The highest academic degree conferred by a university on students who have completed at least three years of graduate study beyond the bachelor's and/or master's degree and who have demonstrated their academic ability in oral and written examinations and through original research presented in the form of a dissertation.

PLACEMENT TEST: An examination used to test a student's academic ability in a certain field so that he or she may be placed in the appropriate courses in that field. In some cases, a student may be exempt from certain requirements based on the results of a placement test, for example, at BC students who score above an intermediate level on their foreign language placement test are exempt from taking further language classes.

PLEX: The Flynn Recreation Complex, located on lower campus across from Conte Forum. The Plex offers aerobics, swimming, squash, track, tennis, racquetball and a weight room. Don't forget to bring your ID for admission.

PREREQUISITES: Programs or courses that a student is required to complete before being permitted to enroll in a more advanced program or course.

QUAD, THE: The quadrangle surrounded by Gasson, Devlin, Fulton, and Lyons Halls. Look for the benches, paved pathways, and "Sinking Boat" statue.

QUIZ: Short written or oral test, less formal than an examination.

RAT, THE: Now officially titled the "Welch Dining Facility," this fast-food style cafeteria in Lyons basement is still referred to by its original name "The Rat." It is used by student groups for social gatherings and shows, and occasional speaker in the evening, as the cafeteria services end at 3 P.M.

REGISTRAR: The college administrator who maintains student academic records. The BC Registrar's office is located on the first floor of Lyons in the Office of Student Services

REGISTRATION: Period during which students sign up for courses to be taken during the following semester, via the UIS system.

REQUIRED COURSES: See CORE COURSES. Also, once a student chooses a major, the department designates certain courses as required for completion of the major. These may be specific courses (MT 108) or may be chosen from a specified list of courses that would fulfill the requirement.

RESEARCH PAPER: A written work which includes documented research findings and the development of a student's own ideas.

(THE) RESERVOIR "THE RES": The large body of water next to campus. Surrounded by a 1.5 mile / 2.4 km running track, the "Res" is a great place for a walk or jog on a sunny day.

RESIDENTIAL LIFE: Responsible for on-campus residence halls and assists students with finding off campus housing

ROBSHAM: Robsham Theater, which is located on Lower Campus next to the Lower Campus Dining Facility. It houses performances of Boston College's various theater and dance groups, as well as major lectures and intercollegiate a cappella competitions.

RUBENSTEIN (RUBY) HALL: Senior housing consisting of six and four person apartments with kitchens.

SABBATICAL: A semester every six or seven years in which a professor is given leave time with pay, designed to give an extended period of time for his/her own academic work.

SCHOLARSHIP: A study grant of financial aid, usually given at the undergraduate level, which may be supplied in the form of a cancellation of tuition and/or fees.

SEMESTER: Period of study of approximately 15 to 16 weeks' duration, usually half an academic year. The semesters at BC run from the beginning of September to mid-December, and from mid-January to early May.

SEMINAR: An intensive class which is limited to 10-15 members and may meet more or less than the conventional number of hours. Combines independent research and class discussions under the guidance of a professor. With the exception of the A&S Honors Program, seminars are designed for undergraduate juniors and seniors and for graduate students

SENIOR: A fourth-year student (high school/undergraduate level)

SENIOR WEEK: Week of social events designated for the graduating senior class sponsored by SPO. Takes place in the week between the end of exams in the spring and graduation.

SHORT ANSWER EXAM: An exam where the student is asked to answer questions in a few short paragraphs.

STUDENT ACCOUNTS: The office which keeps records of the financial status of all students at Boston College.

SOPHOMORE: A second-year student (high school/college level).

SPO: Student Programs Office— oversees all student activities, clubs, unions, and events (located on the 2nd floor of Maloney Hall, Suite 242)

ST. IGNATIUS: Roman Catholic Church on Lower Campus. This is a regular parish church as well as the site of popular BC student masses. Check Campus Ministry handouts for more details.

ST. MARY'S: St. Mary's Hall is located on the Main Campus; it is the residence of BC's Jesuit Community and has its own chapel where Mass is celebrated several times daily throughout the week. Check Campus Ministry handouts for more details.

ST. JOSEPH'S: Chapel located in Gonzaga basement of Upper Campus, where BC student Masses are held. Check Campus Ministry handouts for more details.

STM: School of Theology and Ministry

STUDENT ACTIVITIES DAY: A very important day when almost all student organizations solicit new members. It is held on Linden Lane in good weather and in Conte Forum if it rains. This is the best opportunity to get involved in extracurricular life on campus.

STUDENT GUIDE: A source of information on policies and procedures, student activities, organizations, and other relevant information, distributed to each on-campus resident in his/her dormitory.

STUDENT SERVICES: Houses both academic and financial services and is also where students can get their student identification cards, parking passes, etc. Located on the first floor of Lyons Hall.

SUBJECTS: Another name for disciplines: i.e. math, English, chemistry, economics, art history, finance.

SURVEY COURSE: A course which briefly covers the principle topics of a broad field of knowledge. The scope of a survey course is wide, but the depth is not great - usually introductory level courses.

SYLLABUS: An outline of topics to be covered in an academic course, including assignments such as readings, papers and projects, and their due dates. Also includes dates of exams.

"T": The MBTA (Mass Bay Transportation Authority), Boston's public transportation system of trolleys and buses. BC sits at one end of the Green line's B line. The C line, which runs into Boston along Beacon Street, is accessible at Cleveland Circle, while the D line's Reservoir stop is also at Cleveland Circle, but is also accessible at the Chestnut Hill stop, on Hammond Street, and at Newton Center. The D line is the fastest way into and out of the city itself from BC. You can find more information about the "T" at www.mbta.com.

TAILGATE: The informal festivity before football games; held in the parking lot area around Alumni stadium on football Saturdays. Usually revolves around eating and drinking.

TAKE-HOME EXAM: An examination which is completed outside of class and turned in to the professor.

TERM: A division of the school year calendar. At Boston College a semester is a term.

TEST: Examination measuring the academic ability of a student.

THEME NIGHTS: Nights when campus dining halls serve ethnic food from a particular country or region.

THESAURUS: Similar to a dictionary: Gives words similar to (synonyms) and opposite (antonyms) in meaning. Helpful in writing and in avoiding over-use of certain words.

THESIS: (1)A long written work containing the results of research on a specific topic or containing creative work prepared by a candidate for a bachelor's or master's degree. (2) an assertion made near the beginning of an essay or research paper with whose proof the rest of the work will occupy itself.

TRANSCRIPT: A certified copy of a student's academic record that itemizes courses taken, credits earned, and grades received. An official transcript will also state the date a degree has been conferred. Can be obtained from Lyons Hall.

TRANSFER: A change in matriculation from one educational institution to another. Also refers to a student who has come to Boston College from another college or university.

TRUE/FALSE EXAM: An examination in which statements are given. Students must determine whether the statement is true or false, and mark the appropriate designation.

UGBC: Undergraduate Government of Boston College.

UPPER CAMPUS: Part of campus located west of College Road, the heart of first-year social activity. Home to 1400 students, mostly first-years, it is the site of O'Connell House Student Union, Shaw House, a basketball court, and lots of green space.

UPS Store: Located next to the Boston College T stop, adjacent to Lower Campus. The UPS Store is the student's choice for shipping documents and packages alike.

UIS: The system used by BC to register, add, and drop classes. To use UIS, download it from the BC website. Log in with your BC user name and password. Then type '7' for BC records, then '2' for student information, then 'R' to register for courses.

VANDERSLICE: (sometimes called "Vandy") a dorm located at 70 St. Thomas More which houses sophomores and a few juniors in 6 to 9 person apartments without full kitchens.

WITHDRAWAL: Dropping a course after drop-add period has ended, or leaving an institution before receiving a degree.

WORKOUT: To exercise in any way, especially by going to the gym/Plex. Often means running, lifting weights, and doing other physical activity.

WZBC: Boston College's radio station - FM 90.3

YELLOW ROOM: Adjoined to Stuart Dining Hall on Newton Campus, the Yellow Room is a site for socials, studying, and other events.