



Resources for First-Year International Students

Compiled by the Career Exploration Center

International students are a diverse group of students with a shared identity as people who identify closely with a country other than the United States. This guide sheds light on some of the unique challenges of first-year Human Ecology international students.

Adjusting to College & Culture Communication

Email

- Timing: Send an email usually in the recipient's working hours, typically Mon-Fri 8am - 6pm.
- Format: Always add a concise subject line describing the purpose of the email
- Address: Dear/Hi (Professor/Dr.) [First and last name] if the person is a faculty member, until they sign off or introduce themselves in a different way
- Signature: Sincerely/Best regards/Warm regards, [Your first and last name]

Oral

- Greetings: Hello/ Hi, How are you?
- Say Goodbye: Bye! Have a great day/ Have a good one!
- Making a new friend: It is appropriate to start with class, year, major, dorm, hobbies, hometown, etc.

Mental Health Support

Cornell Health/CAPS

- Supports with holistic health, houses Counseling & Psychological Services (CAPS) with professional and confidential mental health care

<https://health.cornell.edu/>

Mental Health Student Organizations

- There are a variety of mental health-related student organizations on campus, including EARS, Cornell Minds Matter, Cornell Reflect and The Yellow Paint Society
- Provides a space for students to discuss their mental health concerns and develop healthy habits
- Provides resources and specific mental health resources

Mentorship

Peer Partnership Program

- A one-credit program providing a supportive community of peers, upper-class students and faculty members
- Participants are all students of color who are new to Cornell
- Meet weekly in small groups for planned academic and social activities

Managing your studies

Advising

Faculty advisors

- These are professors and senior lecturers in your department, who are assigned to you and identified on Student Center
- Faculty advisors can advise for big-picture academic and career planning, including writing honor theses and minors
- Valuable way to get to know a faculty member personally

CHE/Brooks School Career Development and Advising Office

- These are teams of Career Counselors who can support course planning and personal academic concerns
- They can be helpful for connecting students with the registrar
- Appointments can be made here for CHE: <https://www.human.cornell.edu/studentlife/careerdevelopment>
- Information can be found here for Brooks: <https://publicpolicy.cornell.edu/studying-at-brooks/undergraduate-programs/undergraduate-resources/undergraduate-advising/>

Director of Undergraduate Studies

- As the head of the department who manages undergraduate students, the Director of Undergraduate Studies is a faculty member who can advise on many of the same concerns as a faculty advisor
- Typically have better understandings of department policies and major requirements than a faculty advisor

Course Planning

Curriculum Sheets

- They list all requirements for graduating with the major: <https://www.human.cornell.edu/academics/policies/degreeprogress/curriculumsheets>

Suggested Schedules

- They provide a framework for what courses to take each semester
- You can add or change their order according to personal interest

Student Center

- Use this website to add/drop courses, check degree progress, request transcript, etc.

Class Roster

- Use this website to browse courses and plan various versions of potential schedules

Cornell University Registrar

- Use this website to check course offerings for each year, find final schedules, and other academic information
- Supports students with signing forms (ex. for scholarships)

Human Ecology Registrar

- The Registrar is the ultimate authority in terms of transferrable credits (from pre-college courses, AP credits, or study abroad), enrolling over 18 credits, and courses that meet distribution requirements

Academic Support

The Learning Strategies Center

- Provides study strategies and tutoring in biology, chemistry, economics, mathematics, and physics