



PROVIDENCE
COLLEGE

Dean of Undergraduate and Graduate Studies

Undergraduate International Student Guide

2019-2020



Dean of Undergraduate and Graduate Studies

Harkins Hall 213

<http://www.providence.edu/international-students>

401.865.2495

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Dean of Undergraduate and Graduate Studies

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The Office of the Dean of Undergraduate and Graduate Studies staff and the Director of International Student Success warmly welcome you to the Providence College community. Our office assists international and exchange students at Providence College to make their transition to an American education, and (along with their class dean and major academic advisors) help to monitor their progress toward their degree. We are the main office on campus which provides services to international and exchange students and assist with acclimation to academics, social, and personal integration into the College and local community.

Welcome to Providence to Providence College!

Your F-1 Student Status

What is SEVIS?

SEVIS stands for “Student and Exchange Visitor Information System” and is an internet database system that allows schools and U.S. Citizen and Immigration Services (USCIS) to exchange data on the visa status of international students. Accurate and current information is transmitted electronically throughout all F-1 student’s time in the United States. U.S. embassies and consulates and Customs and Border Patrol (CBP) officials also have access to the information stored in SEVIS.

All incoming F-1 students must pay a SEVIS fee to receive the F-1 visa, for which they receive an I-901 receipt. This fee is paid only once—you do not need to pay again if you decide to pursue another degree or transfer to another school. The SEVIS fee must be paid before your consular appointment. It is possible to pay online using a credit card at <https://www.fmjfee.com/#>

You will need to use the SEVIS Number (starts with “N000”) issued to you on the I-20 Form. You will receive a printable receipt immediately, and your information will be electronically entered on your SEVIS record, which the consulate can then access.

Applying for an F-1 Student Visa

Students are issued F-1 visas to study full-time in the United States. After your tuition deposit and financial documentation have been received, Providence College will send you an I-20 form. The I-20 is a document containing information about Providence College, the cost of studying and living in the U.S., the length of your program, and information about you. The I-20 is the “Certificate of Eligibility for Non-Immigrant Students.” It is NOT a visa. You will need the I-20 in order to apply for an F-1 visa.

All visa applicants are required to meet in person with a U.S. Embassy or consulate official (except Canadian citizens residing in Canada – in this case F-1 status is granted at the air/land border at the time of entry). A list of US Embassy locations can be found at <http://www.usembassy.gov/> (individuals traveling for business or pleasure are part of what is called the Visa Waiver Program, which does not allow for attending class or being employed in any way). It is recommended that you visit the website of the U.S. Embassy/Consulates in your country for more information on the process for making appointments. Most consulates require that an appointment be made on the website or by phone. This is a necessary first step to becoming an international student approved for study in the U.S.

Maintaining F-1 Legal Status

Students who come to the U.S. are granted nonimmigrant classifications known as “F-1.” This is commonly referred to as your “status.”

In order to remain legally present in the United States, you must “maintain” your status; that is you must follow the rules that apply to your status. It is your legal responsibility to understand and follow these rules. The most important rules for F-1s are:

- You must attend the school that is indicated in item two of your I-20.
- You must register for and complete a full course of study each semester during the academic year. This is a minimum of 12 credits per semester for undergraduates, and a minimum of 9 credits for most Master's programs.
- You must have a current and valid signature on page 3 of your I-20, dated within six months of your travel date.
- Keep your passport and I-20 in a safe place and keep copies in a separate place. If you lose any of these documents contact the Center for International Studies immediately!
- You must print a copy of your electronic I-94 entry record every time you re-enter the U.S. to keep for your records. You can find your record at <https://i94.cbp.dhs.gov/I94/#/home>.
- You cannot be employed without proper authorization from the Center for International Studies and the USCIS.
- Students who are present in the United States under a student visa are responsible for filing tax forms, due each April 15. Providence College uses a special software that is designed for international students filing taxes. You will receive information about this in January or February each year.
- You must:
 - apply for extensions before your I-20 expires
 - notify the Center for International Studies when changing from one degree program to another (bachelor's, master's)
 - obtain written approval from the Office of the Dean of Undergraduate and Graduate Studies prior to transferring to another school.
- Report any change of address within ten (10) days of moving.
- You must have health insurance. F-1 students are required to have the Providence College Student Health Insurance Plan. No waiver from the campus student health insurance is permitted.

Losing/Regaining your Legal Status

If you fail to follow these guidelines you will lose legal status and all related benefits. This is very serious! Among other things, it means that you will not be eligible for any employment, even on-campus jobs and you will not be able to receive a reentry signature on your document from the Office of the Dean of Undergraduate and Graduate Studies. Additionally, your SEVIS record will be terminated and SEVIS will automatically notify the immigration services of your loss of legal status. You may be asked to appear at an immigration office and become subject to deportation from the U.S. **If you lose your legal status, you must meet with your international student advisor immediately to discuss your options!**

Student Employment

Working on an F-1 Visa

For the first year, international students are permitted only to work on-campus for no more than 20 hours per week. No off-campus employment is allowed. In order to work (both on and off-campus) and receive payment, students must obtain a Social Security number. This requires students to have an offer letter of employment in writing. When you are ready to apply for a Social Security number, make an appointment

with the Office of the Dean of Undergraduate and Graduate Studies. They will issue a support letter and give you directions for submitting the application at the Social Security Office.

Following the freshman year, if you are interested in working off campus, you have the option of applying for Pre-Completion Optional Practical Training (employment related to your field of study, done before or after completion of your degree), or Curricular Practical Training (employment that is an integral part of your degree program's curriculum, or completed for credit while attending Providence College. It can be paid or unpaid).

Preparing for your Arrival to the United States

Preparing for Your Arrival to the United States

- Allow enough time to get your visa – U.S. Embassies or consulates in some countries require visa appointments to be set up several weeks in advance.
- Plan to arrive in Providence or Boston Logan Airport between 9:00 a.m. – 5:00 p.m. on **Friday, August 18, 2017** for the mandatory International Undergraduate Student Welcome program. This program will be followed by the Orientation Program for all new incoming students. International students are required to attend both programs.
- Check on airplane reservations as early as possible; you might be able to save money by booking your flight in advance. Reconfirm your flight reservation 72 hours before departure.
- Ask the airlines if there are any restrictions regarding how much baggage you can take, or if there are any size or weight restrictions to the baggage you can take with you.
- If you will be bringing a large quantity of baggage, you may wish to check with transport companies regarding the cost of shipment of your belongings. It may be less expensive to ship your baggage on a transport carrier instead of a passenger carrier.
- Pack a carry-on bag with personal articles for use in case your luggage is temporarily lost during your journey. Pack valuables and your immigration documents in this bag.
- Make a list of the important items you wish to take with you - medicines, clothing, personal items, alarm clock, favorite music, etc.
- If you require medicines containing controlled drugs or narcotics (e.g., cough medicine, heart drugs, sleeping pills or stimulants), you should have all these products properly packaged and labeled.

NOTE: You will not be able to have foreign prescriptions for controlled drugs filled in the U.S. without first seeing a U.S. registered doctor. You should also have a statement of prescription from your doctor indicating that the medicine is being used under a doctor's direction and is necessary for your physical well-being. Also, keep in mind that a medication available in your home may not be available in the United States. Speak to your doctor about what alternative medicines you might take, or plan on seeing a U.S. doctor shortly after your arrival.

- About two weeks before you are to depart, start a second "items to take" list that includes things you did not initially think of, but you are using on a regular basis—toothbrush, sunglasses, etc.
- Read all the information provided by the College so that you will know what to expect once you reach the U.S. and Providence College.
- Familiarize yourself with your travel documents (visa, I-20 form).

- Make sure that you have sent your **Arrival Form** to the Office of the Dean of Undergraduate and Graduate Studies with the date and time of your arrival at the College.

Before you leave, make sure you have the telephone number for the Dean of Undergraduate and Graduate Studies with you so that you can contact the office in the event you run into any complications once you arrive in the U.S.: +1.401.865.2495.

While traveling, you should keep your passport, identification papers and money with you at all times. Do not lose them, as it is very difficult to replace them while you are traveling!

Documents to bring:

- Official final transcripts from secondary schools, colleges, or universities showing proof of degree completion
- Medical and dental records, including certificates of immunizations and vaccinations
- Information about medical conditions or treatments, prescriptions for medication (including generic and brand names) and eyeglasses
- International driver's license
- I-20
- Passport

NOTE: Obtain English translations of these documents and have the translations certified by U.S. educational advising center or a U.S. consulate or embassy. Retain photocopies of all original documents for your records.

Health Care & Insurance

Health Care at PC

To treat most illnesses and minor injuries, the College maintains a Student Health Center. This Center is open eight hours per day, five days per week (Monday through Friday from 8:30 a.m. to 4:30 p.m.) during the academic year. Health services are not available during weekends, major holidays (Thanksgiving, Christmas, and Easter) and winter recess. When the Health Center is closed, emergency medical services are provided to all on-campus students by emergency medical experts or technicians (EMT's).

Appointments are necessary to meet with one of the Health Center physicians. All visits to the health center are free. There is a charge for any testing or referrals off campus, as well as prescriptions dispensed by the physician.

In addition to the above services, the Student Health Center provides relevant health and wellness programming including educational workshops and screenings on nutrition, physical activity, alcohol and other drug use, tobacco, stress, and general wellness.

The center provides laboratory services but does not provide x-ray or surgical services, treatment for major illnesses, or allergy shots. The center refers students who need those services to a local hospital or physician and students assume financial responsibility for off-campus services.

EMTs are available from 4:30 p.m. to 8:30 a.m. (Monday through Friday) and 24 hours on Saturday, Sunday and holidays when the Health Center is closed. **PLEASE call ext. 2888 for EMTs to respond.**

Location: Bedford Hall

Phone: 401-865-2422

Fax: 401-865-2809

Health Insurance Requirements and Details

All students at Providence College are required to have valid health insurance that meets federal and state requirements. All international students are required to purchase the **Providence College Student Health Insurance Plan**. No waiver is permitted from this plan. Students will see the charge for this insurance on their Providence College bill.

Students will be provided with a brochure containing details of the health insurance coverage as soon as it is available for the new academic year. It is recommended that students also retain their home country health insurance coverage for the duration of their studies at Providence College.

Immunization

Along with arranging for health insurance coverage, you must fill out a physical examination record before you enroll. This record -- which must include a record of your past illnesses, tuberculin test results, and evidence of immunization against common diseases, including rubella and measles -- should be completed by your own physician on forms supplied by the College. This record helps to ensure the health and welfare of you and your fellow students in a small community where illness can spread very quickly.

Emergency and Urgent Care

In the event of a medical emergency, students should call ext. 2888 for campus EMTs or ext. 2222 for the on-campus emergency line. The person on-call will notify an ambulance and assist the student until emergency services arrive. The following is a list of local hospitals in Providence:

- ***St. Joseph Hospital (401) 456-3000***
- ***Rhode Island Hospital (401) 444-4000***
- ***Roger Williams Medical Center (401) 456-2000***
- ***Miriam Hospital (401) 793-2500***

Providence College 101

Campus Resources

Office of the Dean of Undergraduate & Graduate Studies

The Office of the Dean of Undergraduate and Graduate Studies works with different departments on campus in providing the resources and support needed to increase international study at

Providence College. International students are particularly welcome at the Office of the Dean of Undergraduate and Graduate Studies where they can meet with the Director of International Student Success to discuss their life at Providence College and to get assistance in finding the campus resources that will help make them successful students.

Student ID Cards

All students, faculty and staff are issued Identification Cards with their photos, names and positions. Students are issued ID cards when they first come to PC as new students and are expected to keep and use their ID cards during their entire student career. Providence College has a computerized ID card system that serves as general identification and access to different locations on campus including your residence hall, the dining hall, and the Peterson Recreation Center. For your safety, your ID card will only grant you access to your assigned residence hall.

In order to receive your permanent ID card upon arrival, you will be asked to submit a photo of yourself to the PC Card Office. Instructions will be included in your orientation packet.

You may also ride the Rhode Island Public Transit Authority bus (RIPTA) to anywhere in Rhode Island for free when you show your ID card. For more information, check www.ripta.com

Students should carry their ID cards at all times. In the event that an ID card is lost, the cost of a replacement card is \$20. If the card is worn out or damaged, the fee is \$5.

The PC Card Office is located in Harkins Hall, 4th Floor
TEL: 2273 (865-CARD)

Food and Dining

There are two dining halls at Providence College. Your meal plan includes regular meals at Raymond Hall and a specific amount of “Friar Bucks” to use (on a deductible basis) at Alumni Food Court. Both dining halls offer standard breakfast, lunch, and dinner options throughout the school year. Dining hall hours vary on holidays and school breaks.

For special diets or specific dietary needs, please contact your Dining Services Manager at ext. 2452. They will be glad to review your special needs or have you consult with their dietician. There is also a Nutrition Center located in Alumni Food Court.

Office of the Bursar

The Bursar's Office is responsible for the billing and collection of tuition, room and board charges and other fees associated with enrollment at the college. For more information, contact the Office of the Bursar.

Location: Harkins Hall 400, TEL: 2284.

<https://bursar.providence.edu/>

Center for Career Education and Professional Development

This office offers multiple programs to assist students in a number of ways. Students regularly take advantage of the services offered throughout their four years of college. Workshops are planned for students who are still in the process of deciding on a major, beginning the career exploration process, or preparing resumes. Individual appointments are also available with Career Counselors to explore internship and job opportunities. Another option is to stop in during Quick Questions Hours to receive help and advice that does not require an appointment.

Location: Slavin Center 108, TEL: 1290.

<https://career-education-center.providence.edu/>

Student Mail

The College is served by both a branch of the U.S. Post Office and by its own interoffice mail service. The U.S. Post Office is located in the basement of Raymond Hall and is open Monday – Friday for students to send and receive mail and packages. All full-time students are assigned a box and a combination that they will retain throughout their stay at the College. Student mailboxes are used as a form of communication from the College. For this reason, each student must check his/her mailbox a minimum of once a week. Mailboxes must be kept empty to ensure delivery of mail to that box.

Personal Counseling

The Personal Counseling Center offers resources to help students deal with a variety of issues including culture shock, depression, anxiety, stress management, conflict resolution, and communication with faculty, perfectionism, procrastination, substance abuse, and critical decision-making. All services provided by the Counseling Center are confidential.

Location: Lower Bedford Hall

<https://personal-counseling.providence.edu/>

Computing on Campus

Providence College provides a wide range of computing resources in order to support the educational mission and administration of the College. There are computer labs in multiple locations across campus that are available for your use. Hours will vary based on location and day of the week, and will also differ during breaks and holidays.

The computer facilities are an essential resource for academic, administrative and research processes for members of the College community. All members of the College community are encouraged to use these resources, provided they respect the rights of others, abide by the rules and regulations of the College, and assume shared responsibility for safeguarding the College's computing environment. Proper and fair use is essential if all are to derive maximum benefit from them. Users found in violation may be subject to penalties of varying degree, including temporary or permanent denial of access to computer resources and services. Violators may also be subject to action by campus, civil or criminal judicial systems.

Providence College and the Computer Services Department are focused on providing anytime, anywhere access to information that would otherwise be impossible without the core technologies we use. Among these are:

CyberFriar: CyberFriar is the main way to manage your personal and academic records at Providence College. It is the web system that works with the college's administrative database – SCT Banner. This is the primary web access for the student and faculty tasks beyond the class. For students this means registering for courses, updating address and personal information, viewing mid-term and final grades, viewing all financial aid and billing information on your student account, viewing and requesting academic transcripts, and performing degree evaluation to monitor your progress toward completing your degree requirements.

SAKAI: SAKAI is our instructional tool used by faculty to support and enhance their classroom experience. SAKAI provides a platform for faculty to administer online examinations, post course syllabi, manage a class calendar, store course lessons, and create virtual classrooms (class online

discussions) and more. SAKAI is also used by campus clubs and organizations to announce events and distribute information.

The Information Technology Department provides all support for the network and phone communications on campus. The office is located on the first floor of Accino Hall. Phone numbers: Information Technology, x2345; Helpdesk, x4357; Telecommunications x2800.

Student Activities

Campus life at Providence College is extremely active, with a variety of ways for students to get involved outside the classroom. Joining clubs and student organizations is a great way to pursue your interests and meet new people. Students may be involved in music and performance, media and publications, language and culture, student government, sports, and many other special interest organizations.

For a complete listing of the different clubs and organizations available to students, go to <https://student-activities.providence.edu/>

The Office of Student Activities and Cultural Programming provides quality services to students that contribute to their academic and co-curricular success. The office works closely with the Board of Programmers, the student organization that plans activities to meet the social, cultural, educational and recreational interests of students. This office also manages *McPhail's* entertainment facility, which is open seven days a week and hosts events throughout the academic year.

Spiritual Life

As a Catholic and Dominican college, there are many opportunities for students to get involved in spiritual life activities. Campus Ministry offers an array of retreats, reflection groups, and other ways to be involved in the campus spiritual life. Providence College students are also extremely involved in community outreach programs through Campus Ministry such as Special Olympics and Habitat for Humanity.

The Chaplain's Office offers a number of services so that students of different faiths may worship in the city of Providence. Please contact the Chaplain for more information.

Location: Lower Level of St. Dominic's Chapel

Email: chaplain@providence.edu

Peterson Recreation Center

At Providence College we believe that a healthy body and a healthy mind go hand in hand. To meet your health and recreation needs and interests, Providence College maintains the Peterson Recreation Center -- the base of intramural athletic and recreational activity. The Peterson Center includes the Begley Field House, the Cuddy Racquetball Complex, and the Taylor Natatorium. The Begley Field House offers five multi-purpose courts, surrounded by a 200-meter running track. The Cuddy Racquetball Complex consists of three courts with observation windows and a dance studio for academic dance and aerobics classes. Taylor Natatorium hosts a 25-meter indoor pool with an adjacent outdoor patio. Your Providence College ID card will give you access to all of these facilities free of charge.

Academic Support

Office of Academic Services

The Office of Academic Services (O.A.S.) is available to provide academic assistance to all Providence College students. Services include tutoring, specialized workshops, individualized and group aid, and outreach. The O.A.S. offers unique attention and support to students with disabilities by providing reasonable academic accommodations and advocating for equal access to all services and programs offered to members of the campus at-large. The O.A.S. also provides specialized support to student athletes in light of the unique time demands, responsibilities, and rules governing intercollegiate athletics.

O.A.S. also houses academic support services for non-native English speakers.

<https://academic-services.providence.edu/academic-skills/>

Location: Phillips Memorial Library

<https://academic-services.providence.edu/>

The Phillips Memorial Library

The campus library is widely used by Providence College students as a place to research, study, and work on class assignments. The library features many different types of study environments including individual study cubicles, eighty computer workstations, quiet group study rooms, and comfortable seating for relaxed reading.

Students have access to a collection of 350,000 books and bound periodical volumes, approximately 1,650 current print periodical titles, and over 19,000 full-text electronic journals. Students also have free access to volumes in every higher education library in the state of Rhode Island through the HELIN system. The Phillips Memorial Library also houses the English and History Departments, the Office of Academic Services, the Tutoring Center and the Writing Center.

<https://pml.providence.edu/>

Campus Bookstore

The Providence College Bookstore is located in lower Slavin Student Center. It is affiliated with Barnes & Noble (a bookstore chain). You can order your textbooks online and the bookstore will hold them for you, or you can simply purchase books when you arrive on campus. Book costs can be substantial. It is important that you plan your financial support accordingly. Keep in mind that buying used books when possible is a cheaper alternative to buying new books. You may also purchase books through other bookstores or websites, such as Amazon.com. Be careful to ensure you are purchasing the correct edition! Also available in the Providence College Bookstore are basic needs such as toiletries and school supplies. In addition, Providence College apparel can also be purchased here.

<https://providence.bncollege.com/webapp/wcs/stores/servlet/BNCBHomePage?storeId=48051&catalogId=10001&langId=-1>

Important Telephone Numbers and Websites on Campus

All phone numbers below are listed as if you are calling from a campus phone number.

In order to make a call from off-campus, a public or cell phone, dial 401-865- before the numbers below.

Emergency: 2222
Security (non-emergency): 2391
Center for International Studies: 2114
Personal Counseling Center: 2343
Student Health Center: 2422
Office of Academic Records: 2366
Slavin Info Desk: 2444
Financial Aid Office: 2286
Student Employment: 2286
Student Accounts: 2284
Computer Help Desk: 4357
Phillips Memorial Library: 2242
Residential Life Office: 2392

The following campus websites may be very helpful if you want to learn more about Providence College before you arrive on campus:

Office of Admissions for Undergraduate International Students:

<https://admission.providence.edu/international-applicants/>

Office of the Dean of Undergraduate and Graduate Studies:

<https://dean-office.providence.edu/>

Office of Financial Aid:

<https://financial-aid.providence.edu/>

Office of Residential Life:

<https://residence-life.providence.edu/>

Office of Student Accounts:

<https://bursar.providence.edu/>

Online Course Catalogs:

<http://catalog.providence.edu/content.php?catoid=13&navoid=461>

Personal Counseling Center:

<https://personal-counseling.providence.edu/>

Student Health Center:

<https://health-center.providence.edu/>

Student Housing at Providence College

On-Campus Living

Freshmen, sophomores, and juniors—with the exception of local commuters and married students—are required to live on campus.

Comprised of traditional-style residence halls, apartment complexes and a suite-style residence hall, residential living at Providence College is an experience that offers opportunities and choices as diverse as the student personalities who inhabit each residential facility. Types of occupancy include: single-room, two-person, three-person and four-person accommodations in the traditional residence halls; four-person and six-person accommodations in the apartments; and four-person and seven-person accommodations in the Suites residence hall. Furthermore, each residential building—as a result of both location on campus and structural size and capacity—offers unique amenities that serves to distinguish one from another.

Every residential building provides telephone, internet, cable T.V. access, a laundry facility and study lounge space.

The College guarantees residence for all freshmen, sophomores, juniors; seniors are not guaranteed campus housing but this is normally available. Freshmen are required to live in the traditional halls. Sophomores, juniors and seniors may choose to live in the traditional residence halls, in one of five on-campus apartment complexes, or in the suite-style residence hall. Regardless of the type of residence a student chooses, each is appropriately staffed and in good repair.

Every student living on campus must make a full academic-year commitment to their residence. Students who wish to leave their room, apartment or suite before the academic year is complete must make arrangements for another student not currently living on campus to take their place. Exception can be made only at the discretion of the Associate Vice President of Student Affairs and the Dean of Residence Life.

For more information about on-campus living options, including contacts in the Office of Residence Life, photos and descriptions of residence halls and housing procedures and deadlines, go to <https://residence-life.providence.edu/>

Traditional Residence Halls

The College has nine traditional residence halls with single, two-person, three-person and four-person rooms. The single-sex residence halls provide students with diverse and dynamic opportunities in lifestyle and community living.

Each residence hall possesses a study lounge with ample space open for use by every member of the hall's community.

Housing During Holiday & Vacation Periods of the Academic School Year

NOTE: The following section is of particular importance to international students: Most campus housing is closed at various times during the academic year, as listed below. Very limited campus housing is available during the summer months, with per-day fees at the student's own expense, following the end of the academic school year. Students will be expected to make alternate housing arrangements during these periods, which may involve additional expenses.

Providence College housing (in certain halls only) will be available during the following holidays/breaks:

Thanksgiving Holiday Weekend
Christmas and New Year Holiday Break
Spring Break
Easter Holiday Break

The full calendar of important dates and holiday breaks can be viewed here: <https://academics.providence.edu/calendar/>

Providence College housing is not included during the summer holiday between academic terms. However, students may request on-campus housing at an additional cost per week.

- Resident students wishing to remain on campus during a holiday/break must request, and receive, proper approval from the Office of Residence Life.
- All requests must be submitted on a *Break Housing Request Form*, which is available from the Office of Residence Life.
- Information about remaining on campus during a holiday/break is available at any time and is provided to the resident community well in advance of the holiday/break.
- <https://residence-life.providence.edu/>

Safety and Security

Safety Tips

Because Providence College is a small, intimate community, you may find yourself lulled into a sense of total safety. However, personal safety is a concern on all college campuses, regardless of how safe they might feel. While there are measures that the College has in place to protect students, faculty and staff, you should keep the following tips in mind when you arrive:

- Keep the door to your room and to your residence hall locked when you are away;
- Be sure the residence hall door locks behind you when you enter or leave the building;
- Do not keep large sums of money in your room, and do not carry large sums of money with you;
- Do not leave laptop computers or other expensive pieces of equipment in unlocked or unattended areas;
- When walking at night, stick to well-lighted walkways;
- Do not walk alone when off campus;
- Do not hitchhike, and do not accept rides from strangers.

Safety Services

A safety escort service is provided by the Office of Safety and Security by request. A student escort service is available during the school year. An off-campus shuttle bus service is also available.

Providence College also maintains a system of emergency telephones throughout the campus. These phones can be easily located by the bright blue light on top of the mounting pedestal. The automatic dialing feature of these phones provides direct contact with the Office of Safety and Security, which can immediately send a Security Officer.

Fire Safety

For your own safety and the safety of your fellow students, fire and safety hazards of any kind are not allowed in the residence halls. These include, but are not limited to, open flames and objects that create them (e.g., candles or incense), flammable materials used as decoration, lighting that contains halogen bulbs, decorative electrical lighting, and other personal belongings.

In addition, please consider the types of electrical appliances that you bring along or purchase. Items such as hot plates, broiler ovens, toasters and space heaters are not allowed in the residence halls. Popcorn makers, curling irons, flat irons, coffee makers, and other similar items may be used, but only in common areas such as lavatories and kitchens. Hair dryers and small microwaves may be used in student rooms. All extension cords must meet the following safety standards: They must be UL-approved/listed, have a

grounded plug (have a third prong), and be 14 gauge and 15 amps. UL-approved circuit breaker multi-plugs are also allowed. If you have any questions about the electrical appliances that you plan to bring or purchase, please contact the Residence Life Office. Smoking is not permitted inside any campus buildings, including residence halls.

U.S. Culture & Values

**Adapted from the University of Minnesota International Student Handbook*

No doubt you already know a great deal about the U.S. and perhaps about U.S. Americans. Yet if you are new to studying in the U.S. there are probably a few things that may surprise you and possibly challenge you about some common U.S. values. We describe a few here so that you may be prepared for these values and how they differ (or don't) from your own cultural values.

The Importance of Time

In the United States, time is treated like a tangible asset and is used carefully and productively. Being “on time” (arriving at the stated time) for class or meeting with advisers, instructors, or even with friends is very important.

The Work Ethic

Like people in many countries, U.S. Americans place a high value on hard work. However, they tend to feel personally responsible for their accomplishments and take personal credit for what they've done. It is believed that people achieve results on the basis of how hard they work, so they often judge others by how hard they work and how task-oriented they are.

Achievement

A very high value is placed on a person's accomplishments and productivity. Individuals evaluate themselves and are evaluated by others in terms of their achievements and accomplishments.

Individualism

U.S. Americans tend to view themselves first and foremost as individuals with both freedom and responsibility to manage their own lives, make their own decisions and accomplish their own goals. Families and friends are important, but individuals are expected to consider their own needs, desires, and values. U.S. Americans seem to be less comfortable being obligated to or dependent on others. People are also held individually accountable for things they have promised to do, and international students may find that they are expected to do more of their work independently than they are accustomed to at home.

Direct Communication and Problem-Solving Style

While this varies greatly by region and family background, people in the United States generally place a higher priority on clear, factual communication. This means that at times, U.S. Americans may choose to be direct even if it means possibly hurting or embarrassing another person.

Pragmatism

U.S. Americans can be pragmatic and oriented toward practical matters. They are attracted to things and ideas that are seen as “useful.” This goes together with the orientation toward work and achievement. There is a high value on being able to relate “theory” to “practice.”

Understanding these values can help you understand why things are as they are in the U.S. and help you to adjust to your new home.

Friendship and dating in the United States

You may find that people in the United States have very different ideas than you do about making friends. Because of the value put on friendliness, U.S. Americans sometimes misread people from other countries who are reserved or formal as being cold or rude. In the U.S., saying “Good morning,” “Hi,” or “Hello,” with a smile will usually indicate that you do not have any bad feelings towards colleagues, faculty, or friends. Until you get used to it, this friendliness (smiling and being sociable and helpful) can be confused with an invitation for a friendship.

U.S. Americans are often much slower to form deep relationships than first impressions may indicate. They may shy away from international students out of respect for your privacy or to avoid offense, so you may need to be the one to initiate friendships. Because U.S. Americans are “doers,” it is helpful when trying to make friends to ask someone to do something with you: go out for coffee, to a movie, shopping, bowling, etc. Another approach is to join a club or activity on the campus or in your community.

Generally, dating among students is very casual due to the expense of going out. There are no set rules in terms of who asks for the date or who pays. In many cases the person who asks for the date will pay, but one should be prepared to cover their share of the expenses. Volunteering to cover some of the costs would be a nice gesture and probably appreciated by your date.

(Adapted from American Ways by Gary Althen, University of Iowa)

Protocol

First Names and Titles

There are strong regional and cultural differences within the United States with regard to formality and the use of titles with names. These include “Mr.” (pronounced “Mister” and meaning male, married or single), “Ms.” (pronounced “Miz,” meaning female, married or single), “Mrs.” (pronounced “Missus,” meaning a married female), “Prof.” (short for “Professor,” meaning someone who has a faculty appointment or tenure at a college or university), or “Dr.” (short for “Doctor,” meaning a medical doctor or someone with a Ph.D. or Ed.D.).

In New England, people generally use first names when speaking. This can make addressing professors, teaching assistants (TAs), and staff very confusing for international students when they first arrive. Do you call a professor by a title such as “Professor Brown,” or do you call her by first name, “Judith,” as you may hear other students do? Sometimes it’s one way, and sometimes it’s another, so how can you tell when each is appropriate?

It is best when dealing with professors and TAs to err on the side of politeness and use their titles — Professor, Doctor, Mr., or Ms. Often instructors will tell you on the first day of class what they would like to be called. If you aren’t sure, it is appropriate to ask them how they would like to be addressed. Graduate students, especially graduate assistants and TAs, are more likely than undergraduates to be on a first-name basis with their professors. And most professors are on a first-name basis with each other.

Office staff, receptionists, and secretaries are almost always on a first-name basis with students. It is most important to remember that informality is not an indication of disrespect. It is simply a cultural habit that may indicate mutual respect, equality, and a willingness to engage in open dialogue and intellectual exchange.

Perspectives on Friendships: U.S. American and Contrasting Viewpoints

U.S. American:

- 1) A friend is anyone from a passing acquaintance to a lifetime intimate.

- 2) Friends are often limited to an area of common interest, such as work, school, or recreation.
- 3) Friends gather to enjoy an activity together.
- 4) If someone has a problem, it is acceptable to go to a professional (i.e., counselor) for help.
- 5) Friends may be “dropped” if they do not live up to our expectations or standards of behavior.
- 6) Friendships cross genders.
- 7) Friendships cross generations.
- 8) One schedules time to see friends.
- 9) Americans act friendly and informally with almost everyone.

Contrasting:

- 1) A friend is someone with whom one is very close.
- 2) A friendship embraces the whole person.
- 3) Friends gather just to be together.
- 4) Someone with a problem goes to a friend or family member for help at any time.
- 5) One tolerates a lot from someone who is a friend.
- 6) Friendships are made only with the same gender.
- 7) Friendships are made with people of the same age.
- 8) Friends are available at any time.
- 9) People who don’t know each other maintain a formal relationship.

Adapted from American Cultural Patterns: A Cross-Cultural Perspective, by E. C. Stewart.

Appropriate Dress

In the United States one’s way of dressing is expected to suit the circumstance. As students, dressing casually (jeans, shorts, shirt, t-shirt) is acceptable. In the workplace or other professional settings, follow the norms of that particular place. Professional attire for men generally requires dress slacks, shirt and tie, or a suit. For women it may require a suit (with slacks or skirt), dress, or skirt and blouse. Be observant of what others are wearing or ask a supervisor before wearing casual clothes. Also note that because people are dressed casually doesn’t mean it’s an informal environment or that supervisors or professors are to be treated as equals.

Dealing with Organizations

We have all experienced frustration in dealing with organizations. This frustration is often worse in a foreign country. When it is combined with common misperceptions that many international students have about the roles and status of office personnel in their host country, there can be serious misunderstandings. This can lead to anger, hurt feelings, and even greater difficulties in getting what you need.

Guidelines for Getting Things Done

- There is a strong trend toward informality in the United States. In many countries, secretaries and receptionists are trained to use specific, formal behavior in order to serve people courteously, including set greetings such as, “Good morning, may I help you?” In the United States, the desire to be on “equal footing” with others tends to make people uncomfortable with this kind of formal behavior. You may encounter a very casual attitude from many of the college staff with whom you have business. In comparison with your background and experience, you may find this very helpful and courteous, or casual to the point of disrespect. Try not to take it personally!
- Be respectful of all employees. In the United States, secretaries and receptionists often have power to make decisions, and they may have the information you need.
- Remember that in the United States, many rules really are followed, and procedures often are not negotiable. Arguing or demanding to see someone “in charge” will not lead to success. It is more

effective to explain exactly what you need and what kind of problem you have been having, and ask, “What do I do now?” or “Is there someone who could help me?” Even though employees usually can’t “bend the rules”, if they like you, they are more likely to put a little extra energy into problem solving.

- If you follow procedures and instructions carefully, a lot of time and energy can be saved. In the United States, many things are done over the phone, or through the mail, making a personal visit unnecessary. Take the names and phone numbers of people you talk to, in case some delay or complication does arise and you need further help.

(Adapted from American Ways by Gary Althen, University of Iowa)

Legal Issues

While many internationals may expect the U.S. to be the “land of the free”, it is often not long after arrival that sojourners realize this is a country of many rules and regulations. As you will see from the following description of some of the laws that may affect you, the rules and regulations are intended to protect the rights of the individual -the basis for our legal system.

Alcohol and Tobacco Products

U.S. laws concerning the sale and consumption of alcohol may seem very liberal or very constraining to you, depending on your nationality. In the United States, it is illegal to purchase, consume, carry or otherwise transport alcoholic drinks, including beer and wine, until you reach the age of 21. The penalties for breaking this law can be very strict. For additional information, please consult your *Student Handbook*, which will be distributed during orientation.

In many parts of the United States, including the state of Rhode Island, **public** buildings are “smoke free.” This means that smoking in any part of the building is against the law. In states that allow smoking inside public buildings, there are usually designated smoking areas. All restaurants and bars in Rhode Island are “smoke free.”

At Providence College, smoking is not allowed in the residence facilities or in areas of general access such as lounges, restrooms, lobbies, hallways and elevators. Designated smoking areas are provided *outside* of each residential building. These same rules do not necessarily apply to *off-campus* housing. However, if you are a guest in someone's home, room, or apartment off campus, it is common courtesy to ask permission before you smoke.

Drugs and Medications

In the United States the use, possession, sale or distribution of any illegal drug – such as marijuana, cocaine, heroin, LSD, Ecstasy, and others – is a violation of state and federal law. In addition, as a Providence College student, you are not allowed to be in a room where illegal drugs are being used, even if you are not using those drugs yourself. Penalties for violating the College’s drug policy are also strict and may include immediate dismissal from the College.

It is also important to note that prescription medications – drugs given to you with a doctor’s approval – are for your use only. It is illegal to use prescription drugs not prescribed for you. It is also illegal to give, sell, or distribute your own prescription drugs to others. Additional information on the College’s drug policy may be found in your *Student Handbook*.

Sexual Harassment and Stalking

Sexual harassment and stalking laws legally protect individuals from being victims of sexual and other harassment. These laws apply to all within the U.S. - citizens, residents, and visitors.

Sexual harassment is the misuse of power that has sexual overtones and generally falls under the following circumstances: as a condition of an individual's employment or academic advancement, or in a situation that unreasonably interferes with an individual's work or academic performance. Sexual harassment can be verbal or physical. As a result of sexual harassment laws, many U.S. Americans now avoid physical contact with acquaintances; an exception to this is the hand shake, which is a recognized form of greeting.

It is also illegal to "stalk" an individual by following the person, continually making unwanted phone calls or other unwelcome attempts to contact another person. If you force unwanted physical or verbal contact on another person, you may violate Rhode Island law as well as social norms.

If you have questions about what sexual harassment is, or feel you are being harassed, you are encouraged to contact the Office of the Dean of Undergraduate and Graduate Studies, the Personal Counseling Center, or the Office of the Dean of Undergraduate and Graduate Studies. If you believe you are being stalked, contact the police.

Domestic Assault

Rhode Island law prohibits individuals from inflicting bodily harm on their spouse or partner and children. Police have the ability, under the law, to arrest and jail a person, even if the victim does not want to press criminal charges. Often police will proceed with such action.

U.S. Criminal Sexual Conduct Laws

It is important to have an understanding of U.S. law in the Criminal Sexual Conduct Code. Individuals have the right to stop sexual contact at any time. This means that when a person says "no" to any type of sexual contact, it violates the law if the partner attempts to emotionally or verbally coerce or physically force that person into continuing the sexual contact. Violation of the Criminal Sexual Conduct Code ranges from forced rape to improperly (without consent) touching the clothed or unclothed intimate body parts of another person. Violation of these laws can result in a prison time or a hefty fine.

If you become a sexual assault victim, contact Providence College security. The Sexual Assault Response Team (SART) is also another good campus resource to assist you. Contact a SART member by calling (401) 865-1177

Shoplifting

You may find shopping here very different from what you are used to at home. Generally, merchandise is sold "self-service," and clerks are not close at hand. It is very important when shopping in U.S. stores, especially very large stores, to use a cart or basket provided by the store. Never put a piece of merchandise in your pocket, your purse, or a fold of your clothing. If you do, it may appear to a store employee that you intend to take it without paying for it. In the past, such misunderstandings have led to international students' arrests by the police on charges of "shoplifting." Stores often have devices attached to items to prevent shoplifting, and you may sometimes find you are being watched by an employee or a hidden camera. Shoplifting is a crime, and you can be taken to court, even over a misunderstanding.

Personal Safety

As an urban area, Providence is not free from crime. However, you can take some simple precautions to keep yourself and your belongings safe while you are living here. Trust your instincts regarding people and places, and don't be afraid to ask for help. If you feel you are in danger, notify the police by calling 911.

PC Security can assist you 24/7 if you feel unsafe at any time. There are also emergency phones and campus phones located around campus, which you can use to call x2222 on campus if you have an emergency. Here are some additional suggestions to protect yourself and your property:

- After dark, walk with someone else and stay on well-lit streets.
- Do not give your name, telephone number, home address or e-mail address to someone whom you do not know well. Ask the person for a contact number if you are interested in meeting again.
- Learn that it is acceptable to say “no” directly. Anything else may be taken as “yes” or “maybe.”
- Do not wear headphones, as they may decrease your ability to hear noises around you.
- When walking past people, looking at the ground or directly into someone’s eyes may make you seem vulnerable. Experts advise focusing on the neck area.
- If you feel threatened or harassed, talk to a Dean of Undergraduate and Graduate Studies staff member or security.
- Wear bright or light colors to increase your visibility at night.
- Walk facing oncoming traffic if no sidewalk is available.
- Have your keys out and ready for use when approaching your building or car.
- Always carry enough change with you to make a phone call or take a bus or taxi.
- Do not leave any valuables—your backpack, purse, or books, unattended.
- When using an ATM machine, try to find one in a well-lit and busy area. Avoid counting your cash where other people can see you.
- Lock your room whenever you leave it, as well as at night when you are studying or sleeping.
- Do not let strangers into your dorm for any reason.
- Never give your credit card number or Social Security number on a telephone call you did not initiate.

Cleanliness

U.S. Americans place a strong emphasis on cleanliness. Daily bathing, use of a deodorant, and brushing one’s teeth twice a day is recommended. Many people in the United States become uncomfortable when they are in close contact with someone who has noticeable body or mouth odor. Though U.S. Americans communicate directly on many topics, they will probably avoid that person rather than discuss the problem.

Personal care products such as soaps, deodorants, shampoos, toothpaste, mouthwash, and feminine hygiene products (tampons and pads) can be purchased in grocery, drug, or discount stores. Pharmacies are the best place to ask questions about specific product information. If the clerk is unable to help you, talk directly with the pharmacist.

Public Restrooms

Toilet facilities are known by many names. In Rhode Island, you will be understood if you ask for the restroom, toilet, ladies’ or men’s room, or bathroom. Most public restrooms have two separate facilities, one for men and one for women, but some facilities may be “unisex,” meaning they are used by both males and females. Women’s restrooms often have a vending machine with tampons or sanitary napkins, as well as a container for disposing of used ones. Paper towels and feminine hygiene products should not be flushed down the toilet.

Intimate Relationships and Attitudes Towards Sex

Generally, U.S. Americans may seem very open about sex, but this openness does not necessarily mean that they are promiscuous or even sexually active. Providence College abides by the Catholic Church teaching that sexual relations should only occur within the context of marriage. As such, the college does not distribute condoms, birth control pills, or other forms of contraception.

Living in a Different Culture

Living in a culture different from your own is an exciting and often challenging experience. Besides finding housing, registering for courses, and getting to know a new city, you will probably go through “cultural adjustment,” the transition to a new culture. Most people will experience some “culture shock” as part of this process.

What Is Culture Shock?

“Culture shock” is the name given to a feeling of disorientation or confusion that often occurs when a person leaves a familiar place and moves to an unfamiliar one. Coming to Rhode Island from another country, you will encounter a multitude of new things—buildings, stores, and even the trees may look different. Food may not be the same, and people may look, speak, and act differently from people at home. Even the smells may be different. Your English might not serve you as well as you expected it would. You might not be able to convey your full personality in English, with the result that you think other people are seeing you as a child. And your family and friends are far away. As a result of all this you may feel confused, unsure of yourself, and may have some doubts about the wisdom of your decision to come here.

Symptoms

Some people are more affected by culture shock than others. People experiencing culture shock tend to become nervous and unusually tired. They may want to sleep a lot or may have difficulty sleeping. They may write many letters home. They may feel frustrated and hostile toward the local people. They may get excessively angry about minor irritations. It is not unusual to become very dependent on fellow nationals. All these feelings may make it difficult to deal with residents of the host country and use their language.

Coping with Culture Shock

Different people react differently to culture shock. Some become depressed, or even physically ill. Others are stimulated by the new experiences. Here are some ideas that might be helpful to you:

Maintain your perspective.

Try to remember that thousands of people have come to Rhode Island from other countries and have survived (even when they arrived in the cold of winter).

Take some practical steps.

In *The Whole World Guide to Culture Learning*, J. Daniel Hess makes these suggestions for people who are experiencing the loneliness or distress of culture shock:

- 1.) **Find people to interact with.** Ask them questions. As you take an interest in them, your feelings will have a focal point outside of yourself.
- 2.) **Surround yourself with familiar things**—a favorite jacket, a photo, a CD. Make your environment pleasant and reinforcing.
- 3.) **Slow down.** Simplify your daily tasks. Relax. Let your emotions catch up with the newness all around you.
- 4.) **Develop patterns.** Follow the same routine each day so that you get a sense of returning to the familiar.

- 5.) **Give expression to your feelings.** Cry. Laugh. Sing. Pray. Draw a picture.
- 6.) **Revise your goals** to accommodate detours instead of scolding yourself for failures.
- 7.) **Keep working on language skills.** Practice the American idiom, “If at first you don’t succeed, try, try again.”
- 8.) **Confide to friends** that you are sad. Their support will warm you.
- 9.) **Make a few small decisions and carry them out.** Your resolve in small things will increase your confidence. Be assured that, however stressful, culture shock passes if you are willing to let the process of cross-cultural adaptation take its course.

Be patient with yourself and with other people.

Adjustment is a gradual, day-by-day process. It normally takes some time—a few weeks, a few months, and maybe longer—for people to become comfortable in a new country.

Take care of yourself.

It is particularly important in times of stress to eat a balanced diet, get enough rest, and get regular physical exercise. Take breaks for recreation or socializing. Studying or working constantly, without taking care of yourself, may make yourself sick, and make your entire situation worse.

Realize that you may be treated as a stereotype.

On many occasions, international students will be responded to as “a foreign student” or “a student from country X.” Whether the stereotype is positive or negative depends on the person’s experience, not on anything about you personally. Try not to let this discourage you. Try to start some interesting conversations about the subject of stereotypes—what peoples’ stereotypes are, where they came from, and so on. And remember that you probably have your own stereotypes about U.S. Americans.

Talk with experienced international students from your country and other countries.

Their observations and advice can help you. Ask them what things they have found most bothersome, most interesting, most perplexing. Ask them what sources of information and support have been most helpful.

Learn the local criteria for success.

Find out what is considered a good performance in studies, research, social relations, and other aspects of your life here. You can get information about this from teachers, native students, secretaries, neighbors, and many others.

Avoid being excessively influenced by dramatic events.

Newcomers to a society may have a particular, very noticeable experience from which they generalize about the new society and the people who live in it. In fact, the experience might be very unusual, not a safe basis for generalization. For example, a new male international student found that his roommate removed all of his clothes when he was in the room studying or relaxing. The new international student at first supposed this was what U.S. students customarily did, and wondered if he should do the same. He wisely asked around, though, and found that his roommate’s behavior was not typical. If you have a dramatic experience that influences your opinions or feelings about local people, discuss the experience with others and get an idea whether it is typical or unusual.

Do what you think is appropriate and explain if necessary.

This suggestion comes from Ju Daushen, a former University of Iowa graduate student. He advises new students to act in the way they consider appropriate, and then, if the host responds in an

unexpected way, to give an explanation of the culture and customs that led you to behave in the way you did.

Learn from the experience.

Moving into a new culture can be the most fascinating and educational experience of your life. It gives you the opportunity to explore an entirely new way of living and compare it to your own. Here are some questions that you might try to answer as you encounter the local people:

- How do they make friends?
- How do friends treat each other?
- Who respects whom, and how is respect shown?
- What attitudes do they have about their families?
- What is the relationship between males and females?
- How do people spend their time? Why?
- How do they deal with conflicts or disagreements?
- What do they talk about?
- What kind of evidence do they seek or use when evaluating an idea or trying to win an argument?

You can compare the answers you get to the answers you would get to the same questions in your country, and you can help yourself develop a better understanding of your own society and of the one where you are living now.

A discussion with the International Student Advisor can help achieve a useful perspective on culture shock and insights into U.S. culture.

Pre-Departure Anxiety

There's a lot to do before going to another country. People often become overwhelmed with details and are nervous about leaving family and friends for so long. Boarding the plane can bring enthusiasm back.

“The Honeymoon”

Just like with many new relationships, the first reaction to a new culture is often euphoric. You have finally arrived after months, maybe years, of planning. The differences in scenery, food, language, or customs can be exhilarating!

Initial culture shock

This is where the excitement of differences can often quickly turn to frustration. For many, the shock can come at the first meal when familiar foods are nowhere to be found. For others, it is the realization that speaking a second language all day is not only exhausting, it's frustrating to feel limited in your communication. For others, the initial shock is an accumulation of many factors, including the lack of familiar faces and cultural cues.

Surface adjustment

This can occur when you have settled into a new routine. Maybe you have successfully registered and made it to your classes. Perhaps you've met some people in your classes that seem like they will become friends.

Culture shock

This is a state of mind you reach when the deeper differences between cultures are experienced and the novelty of the difference decreases. There may be unresolved cultural conflicts in the classroom, with friends, or with the society in general.

Places of true culture learning

Moving out of culture shock and into adaptation and adjustment is not simply a matter of feeling better. Rather, it requires understanding the reasons behind culture shock and developing personal strategies for dealing with cultural differences. Most sojourners cannot do this process alone; get help from others with international experience to understand U.S. culture and appropriate coping strategies.

Adaptation and adjustment

It takes time to adapt and adjust to your new environment. Skills you developed in previous transitions will help you when you encounter future intercultural challenges. Adjusting and adapting to a new culture requires the ability to know yourself well and to know the ways of the culture and its expectations of you.

Reentry shock or adjustment

The challenges of coming home can be many – the most significant can be that you did not expect it to be hard to come home. But it can be difficult, no matter how excited you are to see family and friends. Moreover, it can be hard to make sense of your experiences in the U.S., especially if you have to immediately find a job or return to your studies. With reentry, the goal is not to jump right back into everything – otherwise, why did you leave? You want to put your new found skills to good use: seeing things from another point of view, speaking another language, and learning of another area of the world. Staying connected with other international alumni is one strategy that can lessen the shock of reentry.

Academics at Providence College

The Providence College core curriculum grounds our students in scientific literacy and instills a basic understanding of the range of human interactions through the varied lenses of psychology, sociology, anthropology, art, history, literature, theology and philosophy. Our core links the past to the present and gives our students the tools to define their intellectual and professional futures.

Core Curriculum Requirements

Undergraduate degree requirements for all PC students, regardless of their major program, include a Core Curriculum as a prerequisite for the Bachelor of Arts or Bachelor of Science degrees:

Foundational Component

- 1) Development of Western Civilization: **16 credit hours**, team-taught by members of the departments of Art, English, Languages, History, Philosophy, and Theology. This course will be taken normally in the freshman and sophomore years and will deal with major developments in the making of Western Civilization from the classical period to the present.
- 2) Natural Science: **3-4 credit hours** of courses in the natural sciences which have been approved and designated as fulfilling the natural science requirement.
- 3) Philosophy: **6 credit hours**, consisting of a semester of any one of a variety of ethics electives and a semester from other electives offered by the Department of Philosophy.
- 4) Theology: **6 credit hours**, consisting of any two courses chosen from a variety of approved and so designated electives offered by the Department of Theology. Students must take a Theology I course before taking a Theology II course.

- 5) Quantitative Reasoning: **3-4 credit hours**, consisting of any course chosen from a variety of core-designated courses.
- 6) Fine Arts: **3 credit hours**, consisting of any course chosen from a variety of approved and so designated fine arts courses.
- 7) Social Science: **3 credit hours**, consisting of any course chosen from a variety of core-designated courses.

Core Focus/Concentration

- 1) Two course (6 credit hours) in either a discipline or a theme.

Proficiencies

- 1) Intensive Writing
- 2) Oral Communication
- 3) Diversity
- 4) Civic Engagement

Courses approved for fulfillment of specific Core Curriculum requirements are noted as part of their respective course description in the College Catalog. For a complete list of courses that may fulfill the College's Core Curriculum requirements, please refer to each semester's *Course Registration List*.

In addition to the Core Curriculum, each student (at the latest by the time they are finishing their sophomore year) will have selected one or more “major” areas of study. Students may choose to pursue an academic “minor” or certificate program in selected areas of study, or to create a double major or an “individualized studies” major. Interdisciplinary and non-departmental courses also are offered to further enrich your educational experience.

Any time you declare, add, or change your major and/or minor, you must notify the Assistant Dean of International Studies.

Where to go for Advice: Advisors at Providence College

Providence College offers students a variety of opportunities for academic advising and support. Each student has been assigned a faculty member to serve as his/her primary advisor. They are available to help students develop educational goals, select courses, and address other academic issues, but also they are interested in your life here at Providence College, your life in your home country, etc. Get to know your advisor well! Advisors usually enjoy it when students drop in to let them know how you are doing. If you want to be sure your advisor will be in to discuss something specific, check their “office hours” (usually posted on their office door or available in the department office) and make a point to visit them then, or phone or email them to make an appointment.

The work of faculty advisors is complemented by the services offered through:

- Office of the Dean of Undergraduate and Graduate Studies (Harkins Hall 213; phone x2495)
- Undeclared Advising Program (Harkins Hall 213; phone x2701)
- Office of Academic Services (located in Philips Memorial Library; phone x2494)

Freshman Class Dean: Dr. Wanda Ingram, *Senior Associate Dean of Undergraduate Studies*, takes a special interest in our first year students, and she is experienced and skilled in issues that students face in coming to a new place. Dean Ingram will be an invaluable resource, especially for international students.

Sophomore Class Dean: Dr. Janet Ray, *Assistant Dean/Director of International Student Success*, provides academic advising and refers students to the appropriate campus resources.

Junior Class Dean: **Joseph Gemma**, *Assistant Dean of Undergraduate Studies*, is helpful in directing students who are interested in academic internships.

Senior Class Dean: **Denise Godin**, *Associate Dean of Undergraduate Studies*, monitors academic progress to ensure that students are working towards successful completion of their degree requirements.

Dean of Undergraduate and Graduate Studies: **Fr. Mark Nowel, O.P.** was once an international student himself. Father Nowel is very interested in ensuring that our students from other countries do not “slip through the cracks.” If there is an academic question you have and cannot find the answer, please bring it to him.

Director of Multicultural Student Success: **Ralph Tavares**, *Assistant Dean*, is helpful with working with Multicultural Students.

Director of the Undeclared Program: **Peter Palumbo** oversees the faculty who are your academic advisors, if you have not yet chosen a major. If you are an undeclared student and need advice on choosing a major or other academic issues, she would be happy to assist you.

Director of the Parent Program: **Jacqueline MacKay** provides parents with necessary information and resources so that they and the College can work collaboratively to promote student success.

Director of the Office of Academic Services (OAS): **Bryan Marinelli**

The Office of Academic Services is available to assist all PC students through a combination of academic and personal development programming. Services include the following:

- Academic Support for ESL students
- Academic Mentoring when you need advice on how best to approach your studies;
- Academic Skills Workshops/Materials (e.g., How to Succeed in the Development of Western Civilization, Time Management Skills, etc.)
- Disability Support/Accommodations
- Student-Athlete Academic Support/Life Skills Programming
- Tutorial Assistance (when you need a peer tutor to help you with a particular subject)
- Writing Assistance (to assist you in each stage of any written assignments you have in your courses)

Please explore their website and familiarize yourself with their services. If you are having any academic difficulties—or even if you simply wish to polish up your academic skills—you will find the staff there enormously helpful. They are located in Philips Memorial Library, and their phone number is x2494.

Please bring your academic questions to any of these offices for assistance. They are more than willing to be of assistance, or to find the person who is the best one to provide the assistance you need!

The Grading System

Our grading system has “letter” grades, and pluses (+) and minuses (-), to let you know how you are doing in a particular course. Giving a numerical equivalence to each letter (i.e., the “quality points”) allows an overall average grade for a semester or for your whole College career to be calculated. To obtain the quality points earned in a course, the numerical equivalent of the grade is multiplied by the number of hours for

which the course was taken. The grade-point average (GPA) is computed by dividing the total quality points by the total number of hours for which letter grades are recorded.

Students who obtain a semester GPA of 3.55 or higher and have no grade lower than a “C” or have any “Incomplete” or “No Mark” grades will be placed on the honorable “Dean’s List.” This recognition will appear on your transcript for each semester earned.

At the end of every term you will receive a “Cumulative Grade Point Average” (CGPA), which is the average of your cumulative GPAs from all completed semesters. By the end of your Senior year you will have a CGPA that reflects your total performance as a student.

Academic Honors

Students who graduate with a CGPA of 3.85 or higher graduate “**Summa Cum Laude.**” This is the highest academic honor, recognized across the U.S.

Students who graduate with a CGPA of between 3.7 and 3.845 graduate “**Magna Cum Laude,**” and students who graduate with a CGPA of between 3.55 and 3.699 graduate “**Cum Laude.**” These are prestigious national honors, recognized across the U.S.

General Grade Point Average Requirements

In order to be eligible for a bachelor’s degree, students must maintain a minimum 2.00 (4.0 scale) cumulative quality point average (i.e., overall grade point average, "GPA") and a minimum 2.00 GPA in all required courses within the major.

This table shows how the “Grade Point Average” (or “GPA”) is calculated:

<i>Grade/Quality Points</i>		
	Standard	Honor Courses
A (Superior)	4.00 points per each credit hour completed	4.00 points per each credit hour completed
A-	3.67 points per each credit hour completed	3.84 points per each credit hour completed
B+ (Very Good)	3.33 points per each credit hour completed	3.50 points per each credit hour completed
B (Good)	3.00 points per each credit hour completed	3.17 points per each credit hour completed
B-	2.67 points per each credit hour completed	2.84 points per each credit hour completed
C+ (Above Average)	2.33 points per each credit hour completed	2.50 points per each credit hour completed
C (Average)	2.00 points per each credit hour completed	2.17 points per each credit hour completed
C-	1.67 points per each credit hour completed	1.84 points per each credit hour completed
D+ (Passing)	1.33 points per each credit hour completed	1.50 points per each credit hour completed
D (Low Passing)	1.00 points per each credit hour completed	1.17 points per each credit hour completed
D-	0.67 points per each credit hour completed	0.84 points per each credit hour completed
F (Failure)	0.00 points per each credit hour completed	
P (Pass)	Passing in Pass/Fail Course; this grade is not computed in the GPA	
AB (Absent)	Absent from Final Exam; becomes “NF” if not completed before the mid-semester date of the following semester	
AU (Audit)	Student attends class in non-credit capacity; this grade is not computed in the GPA	
I (Incomplete)	Incomplete; becomes “NF” if not completed before the mid-semester date of the following semester	
NF (Not Finished)	Course not finished within required time; this grade is computed as an “F”	
NM (No Mark)	Instructor has not submitted grade; becomes “NF” if not completed before the mid-semester date of the following semester	
R (Repeated Course)	Courses designated as “repeat” courses will calculate only the most recent passing or failing grade in the GPA. Earlier attempts will be clearly noted on the transcript as excluded from GPA calculations. Both the original and subsequent grades will be noted on the official academic record.	
WD (Withdrawal)	Approved withdrawal from a course' this grade is not computed in the GPA	
X (Non-averaged course)	Course with “X” in front of letter grade; designates that course is not computed in the GPA or credit hours calculations (e.g., “XF”)	

Pass/Fail Option

All eligible students desiring to take a course on a Pass/Fail basis must notify the Office of the Dean of Undergraduate and Graduate Studies no later than the final date for withdrawing from a course, as noted in the College's official Academic Calendar. There will be no retroactive change of a standard to a pass/fail course.

Only one course per semester (with a maximum of four courses in total) may be taken on a Pass/Fail basis (option for freshmen begins with the second semester). A student's cumulative grade point average for the previous semester must be at least 2.0.

Any course taken on a Pass/Fail basis must be selected from free or non-departmental electives. Credits earned on a pass/fail basis will not be averaged in student's grade point average. Credits failed in a pass/fail course will be averaged as an "F" with quality grade points 0.00.

Courses excluded from Pass/Fail designation:

- All courses designated as Core Curriculum requirements.
- All courses taken within a major or minor, either required or elective, that constitute the total credit hours required by the department (unless the course is only offered on a Pass/Fail basis).

A major or minor course taken as a free elective beyond the required credit hours for the program may be designated as Pass/Fail.

Incomplete Grades

The College policy on incomplete grades (i.e., for courses in which a grade of "I" [Incomplete], "AB" [Absent from exam], or "NM" [No Mark] has been assigned reads:

Undergraduate and SCE students will have until the mid-semester date of the following semester to complete requirements for any unfinished course, unless a written agreement signed by the student, the faculty member and the appropriate Dean (Dean of Undergraduate Studies for day school courses; Dean of the School of Continuing Education for SCE courses) and filed in the appropriate Dean's Office by the end of the current exam period stipulates a different timeframe. Until that time, the GPA will be calculated on the basis of the completed courses (although Dean's List placement and scholarship considerations may depend upon completion of all courses before that date). After the deadline, any remaining incomplete grade will be recorded as an "NF" which will earn 0.00 quality points per credit hour in the GPA (the same as an "F"). After this time, an "NF" can be changed to another (standard) grade only at the request of the faculty member and with the approval of the Committee on Academic Status (or the SCE Grade Appeals Committee for SCE courses).*

*The deadline for summer school incompletes will be mid-semester of the following fall semester. The deadline for winter-session incompletes will be mid-semester of the following spring semester.

Grade Reports

Grade reports issued by the Office of Academic Records are made available to students twice each semester. Mid-semester grades are advisory in nature. Grades awarded at the end of the semester become part of the student's official record.

All grades, once submitted to the Office of Academic Records, will not be changed without written approval of the Office of the Dean of Undergraduate Studies. Students are entitled to official copies of their grades if all administrative, disciplinary, or financial obligations to the College have been fulfilled. Official transcripts may be obtained from the Office of Academic Records.

Academic Integrity

Providence College takes seriously its mission to foster a spirit of honesty and integrity in all aspects of College life, including the Academic Life. Our community considers cheating, plagiarism, etc., to be unacceptable and these actions are subject to appropriate penalties.

Definition of Terms

Cheating occurs when a student does not do his or her own work on an academic exercise. Examples of cheating include, but are not limited to

- copying from another student's exam or quiz;
- allowing another student to copy from your exam or quiz;
- using outside materials on an exam that are not authorized for use during the test;
- preparing notes to take into a closed-book exam (for example writing on your hand or desk);
- collaborating on a project that was intended to be the work of an individual student.

Plagiarism is the appropriation of the work or ideas of another scholar—whether written or not—without acknowledgement, or the failure to identify the source of the idea correctly, regardless of whether it is done consciously or inadvertently. Plagiarism may take many forms. In its most blatant form, entire phrases, sentences or paragraphs are used verbatim, without quotation marks or the appropriate citation. But it is also plagiarism to paraphrase the work of another without attributing it to that author, or to take a written passage and alter a few words in an effort to make the writing one's own. The use of an idea of another which cannot reasonably be regarded as common knowledge is plagiarism. Non-textual images such as drawings, graphs, and maps are also subject to plagiarism, as are the experiments, computer programs, musical compositions, and web-sites of others. Since footnoting and bibliographical conventions differ significantly between disciplines, students should consult with their professors about the conventions of academic footnoting and bibliographical documentation expected in a particular course.

Multiple Submissions: The same work may not be submitted to more than one course without the prior approval of all instructors involved. Reasonable portions of a student's previous work on the topic may be used, but the extent of the work must be acknowledged.

Basic Academic Expectations

Attendance

It is very important that you attend classes. Class attendance is usually required unless an individual professor suspends this ruling. Not attending a course may result in failing the course, a lower grade, or denial of an extension for course assignments. But unlike in high school, no one will make you go to class or go to bed at night! This new freedom is often enticing, especially when faced with an early morning class. Some professors take attendance very seriously; some courses (e.g., theater performance courses) cannot allow a single absence, even if you have a good excuse. If you do not attend the first week of class, your place will be given away to another student. In addition, being on time for classes is expected—entering late is considered rude and disruptive. However, if you are unwell, and are unable to attend class, you should contact the professor (before class) and let him/her know. Most professors are understanding in such cases. Some professors may excuse absences for health reasons only if you bring in a note from your physician or from the Student Health Center. You can also contact your class dean when you are unable to attend class.

Class Participation

In many classes, students are not only encouraged to participate in classroom discussions, they are expected to do so. The final grade that you receive in a course may reflect a combination of factors: a mid-term exam, final and/or other exams, compositions and research papers, AND class participation. Class participation involves contributing to the class discussions and answering questions in class. Don't be afraid to participate in class discussions even if you are not totally sure of your answer; don't be afraid of raising your hand to ask a question in class (you'll probably find that your classmates were wondering about the same thing you asked about!), because participating will indicate that you are thinking about the topic of conversation, and it may help you clarify your thoughts on a topic.

Taking Notes

It is very important for you to take good notes on your professor's lecture material, especially since most of this material will be covered on exams. It is not necessary or even possible to write down every word your professor says. However, you should be sure to cover the main points of the lecture material in your notes. The Office of Academic Services can help you in your note-taking skills if you do not think you are taking good notes.

Useful Tips

- Make a schedule: Your body and your mind function best if you follow a schedule that is relatively consistent and regular. Getting dramatically different amounts of sleep from night to night and waking up at very different times is confusing for your system. Students who follow a regular and predictable schedule of sleep, study, meal-times and exercise report a better quality of life and are, in general, more successful throughout their college careers.
- Review material from the previous class and reading before lecture classes: Such a review will tune you in to the day's lesson and eliminate lag time. Your learning will be more active and retention more efficient if you have prepared a framework for new material.
- Review your notes immediately after each class, or at the latest, that evening: That review will pave the way for a more concentrated review for exams. A 15 minute review of your class notes that evening is worth more than hours of cramming just before the exam!
- Keep priorities in mind as you make your study plan: It is natural to want to do the easiest or most pleasant tasks first. Think about whether this is in your best interest. Students often report significant success in allotting a specific amount of time to a difficult task and doing that task first.
- Avoid too much detail: Do not over-organize. There is a common temptation to spend far too much time perfecting the plan and never getting to the actual task.
- Remember that you do not have to account for and schedule every minute: A schedule that is too detailed and rigid is nearly impossible to keep; know that you will require some down time and leave some time slots blank.
- Know your sleep pattern: Determine how much sleep you need and make every effort to get that amount on a regular basis. Sacrificing sleep for study is a trap. Avoid it!
- Schedule time for physical exercise: Exercise is essential for maintaining good mental and physical health. You will feel better, work more efficiently, have more energy, and enjoy greater success in all areas if you get regular exercise.
- Plan ahead: Double your time estimates and start early. Making and keeping a schedule requires discipline. However, in order to stick with the schedule, you must maintain some flexibility. Time estimates may need to be revised, circumstances change, emergencies arise, and sometimes it is impossible to do what you planned to do according to your schedule. It is important that you remain flexible enough to adjust and that you not give up on managing your time and your program.

- Ask for help when you need it: Asking for help is not viewed as a failure but as being responsible and proactive. We all need help; the smart ones are the ones who admit it!
- Communicate with college professors and administrators in writing: Decisions are considered official when in writing.
- Be honest: If you cannot make an appointment or report back to an advisor on a particular date or if you cannot lead a class discussion or make a presentation on a particular day, tell your advisor or professor. Do not agree to a given schedule just to be polite.

Adapted from: McLaren, Margaret C., 1998. Interpreting Cultural Differences: The Challenge of Intercultural Communication. Norfolk, UK: Peter Francis Publishers, the University of Michigan and the Oberlin College International Student Handbooks

Money & Banking

Financial, Money, and Billing Information

You will have some expenses in getting settled during the first week at Providence College. We recommend that you plan on carrying U.S. currency in traveler's checks and/or cash. The amount of \$500 should be enough to cover initial expenses, and another \$400-500 should be allocated for books, school and room supplies.

Bank checks drawn in U.S. Dollars from your home country may take several weeks to clear. Bank checks drawn in a foreign currency are not recommended. Credit cards like Visa, MasterCard and American Express from your home country can be used. You will be able to open a Santander Bank account during the Welcome Program.

Santander

Providence College

Slavin Center, Lower Level

<https://www.santanderbank.com/us>

Very convenient for Providence College students with ATMs on campus and available 24 hours a day, 7 days a week. Office hours vary.

1025 Smith Street

Providence, RI 02918

401-274-1025

Five minute walk from campus

Basic Financial Terminology

Bank Account: There are several types of accounts and each bank has its own policies governing its accounts. Shop around at different banks to find the services that best meet your needs before deciding on which account you wish to open. Make sure you carry two forms of identification when you open an account (your passport and I-20, and your college ID).

Checking Account: A bank account from which checks can be drawn. Usually, this type of account requires no minimum balance but it does not earn interest. The number of checks you can write per month may be limited. There may be a monthly service fee depending on minimum account balance.

Check: A written order to a bank to pay the amount specified from your checking account.

Cashier's Check or Certified Check: A check sold by a bank for a fee. Cashier's checks are used to transfer money from one place to another when personal checks are unacceptable. Cashier's checks are issued by the bank, whereas certified checks are personal checks that are certified by the bank for a small fee.

Bounced Checks: These are checks that are not paid because of insufficient funds. Bounced checks would usually cost you a service charge from the bank, and a charge from the payee.

Service Charge: A fee for bank services involved in checking account, safe deposit box, excessive withdrawals from a savings account and checks drawn against uncollected or insufficient funds.

Balance: The amount of money you have available in your bank account.

Money Order: A draft sold by a bank or a post office for a fee. Money orders are used to transfer money from one place to another when it is not advisable to mail a personal check.

Credit Cards: These are issued by banks, gasoline companies and stores and are used to delay payments for purchases. Examples of these are MasterCard, Visa, American Express, and Discover. If you have an international credit card, bring it with you, as it is an excellent form of identification. You may try to obtain a credit card here; please keep in mind that credit cards are sometimes refused to international students. Annual fees and interest rates vary with the banks. If you have a credit card, remember that you have to pay the bill monthly.

Interest: The amount earned by your money in a savings or checking account.

Providence College Billing Policies

You will receive two bills from Providence College: one during the summer for the fall semester and one during the fall semester for the spring semester. Each semester bill covers the cost of tuition, fees, room and dining.

- Payment for the fall semester is due August 15
- Payment for the spring semester is due December 15
- If you miss either of these deadlines, you will be charged a \$100 late fee.

Tuition Management Systems (TMS)

If you would like to make smaller monthly payments instead of paying your bill all at once, you can make a contract with TMS. For an \$85 enrollment fee, the TMS company will process your

payments for you. You can choose to pay monthly for 10 months (beginning June 1 and ending March 1). Each month, you must pay the required amount to TMS before the monthly deadline. Enrollment information about TMS will be included with your bill.

Understanding your Providence College Bill: Important Vocabulary

Balance Forward: money not yet paid from previous bill

Anticipated Credit: money expected from scholarships or loans

Total Due: total money you must pay. *Note: if Total Due appears as a negative, for example total due \$-800, you have a credit in your account. You do not owe the school any money*

Remit: Pay

Please be sure the Records Office has your correct billing address. If you receive your bill late because your address is wrong and your payment is late as a result, you will be charged a late fee.

Late payment will result in a \$100 late fee.

If you do not pay your bill (non-payment), your account will be placed on a **Financial Hold**. This will prevent you from receiving your grades or any transcripts. You may also be prevented from registering from classes for the following semester.

If you have any problems or questions about your bill, please contact the Office of the Bursar at x2284, or write to:

Providence College, Office of the Bursar, One Cunningham Square, Providence, RI 02918

Scholarships

International students at Providence College are eligible to receive merit or athletic scholarships, which are awarded at time of acceptance. Existing scholarships will be renewed each year according to the guidelines outlined in the contract signed when the scholarship was awarded. Usually, scholarships require

International students with a J-1 or F-1 Visa are not eligible for U.S. Federal Financial Aid. If your citizenship changes and you think you might be eligible for federal aid, please visit www.fafsa.ed.gov or contact the Office of Financial Aid for more information.

Below are several websites designed to help find scholarships that may be available for international students:

<https://www.internationalscholarships.com/>

<https://www.iefaf.org/>

Life in Rhode Island

Climate

Rhode Island, located in the region of the United States known as “New England”, sees a full cycle of seasons throughout the year. The winter in Rhode Island tends to be cold and snowy, with temperatures averaging between 20° and 40° F (-7 °and 4° C) and anywhere from 5” to 30” (12.7cm to 76.2cm) of snowfall. Spring can be unpredictable, but is often mild and rainy, with temperatures around 50° and 60 ° F (10° and 16° C). In the summer, temperatures can reach into the upper 80’s and 90’s (27° - 32° C), with

some humidity. Fall then becomes cooler, with temperatures averaging between 40° and 60° F (4° and 10° C).

Colleges and Universities

Rhode Island is home to many institutions of higher education. In addition to Providence College, a list of other higher education institutions located within the state is below:

Brown University	Rhode Island College
Bryant University	Rhode Island School of Design
Community College of Rhode Island	Roger Williams University
Johnson & Wales University	Salve Regina University
New England Institute of Technology	University of Rhode Island

Getting Around

The location of Providence College provides convenient access to transportation in and around the city of Providence.

Bus

The Rhode Island Public Transit Authority (RIPTA) stops on Huxley Avenue (which separates East and West campus). Students can board this bus for free using their student ID cards (See page 2 of this handbook). The bus will take you to Kennedy Plaza in the downtown section of the city. From there, you can take the RIPTA to anywhere in RI for free. Greyhound Bus also has a station downtown; this bus has connecting services all over the U.S. The nearby Peter Pan Bus station offers services throughout New England. In addition, Megabus operates from a stop near Kennedy Plaza and offers inexpensive rates to Boston, New York, and Washington D.C.

Schedules and Fares for Buses running inbound and outbound from Kennedy Plaza to Providence College campus or other locations are available at www.ripta.com. Be sure to consult the schedule because times may change for holidays and weekends.

Train

There is an Amtrak train station located in downtown Providence about 5 minutes by taxi from Providence College, walking distance from Kennedy plaza and accessible by RIPTA. To book a train to Boston, New York, Washington DC or elsewhere visit www.amtrak.com to buy tickets in advance or buy at the station located on 100 Gaspee Street, Providence RI. Regional trains to Boston cost around \$15.00 (subject to change) roundtrip and run daily. Travel times: Providence to Boston, Massachusetts is one hour, Providence to New York is three hours, Providence to Washington, D.C. is seven hours.

Airports

You will most likely arrive via Logan International Airport in Boston, Massachusetts (one hour from Providence). There are buses and trains that provide access to Logan.

T.F. Green Airport serves the Providence area and is located 15 minutes from campus. The airport provides access to major cities throughout the U.S.

The Office of the Dean of Undergraduate Studies will offer transportation from Boston Logan International Airport and Providence T.F. Green Airport on Friday, August 16 between 9:00 a.m. and 5:00 p.m.

International students are reminded that they are responsible for their own transportation to Providence from their point of entry in the U.S. if they are not arriving on August 16 at Logan International Airport or Providence T.F. Green Airport. The College is unable to provide transportation from New York or other arrival points other than Boston, MA and Providence, RI.

Taxi Cab

Unless you are downtown you will likely not be able to hail a cab on the street, so you'll need to call and request one:

Checker Cabs (401) 944-2000
Yellow Cab (401) 941-1122
Big Daddy Taxi (401) 274-1101

Note: If you are traveling to the airport for a flight, be sure to reserve your taxi in advance. Also, when arriving at TF Green airport there are cabs at the exit which will take you to Providence College. This should be about a 15 minute ride.

Notable Places

The **state capital building**, located in down town, is made of white Georgian marble. On top is the world's fourth largest self-supported marble dome. It houses the Rhode Island Charter of 1663 and other state treasures.

Trinity Repertory Company is a regional theatre located in Providence, Rhode Island. The theatre is a member of the League of Resident Theatres. Founded in 1963, the theatre is "one of the most respected regional theatres in the country."

WaterFire is an environmental art installation created by Barnaby Evans in Providence. Since 1994 it has been presented on selected evenings during the summer months. It consists of a series of up to 100 bonfires that blaze just above the surface of the three rivers that pass through the middle of downtown, with accompanying music selected from an eclectic pool of classical and world music. The string of fires illuminates nearly two-thirds of a mile (1 km) of urban public spaces and parks, and residents and visitors gather to stroll along the river banks.

The seaside city of **Newport** is home to many famous mansions, including The Breakers, Marble House and Belcourt Castle. It is also home to the Touro Synagogue, the oldest lasting synagogue within the United States. The **Newport Jazz Festival** is a music festival held every August in Newport, Rhode Island. It was established in 1954 by the jazz pianist George Wein. Two of the most famous performances in the festival's history include Miles Davis's 1955 solo on "Round Midnight" and the Duke Ellington Orchestra's lengthy 1956 performance of "Diminuendo and Crescendo in Blue."

Local Sports

In baseball, the **Pawtucket Red Sox** (known colloquially as the PawSox) are the AAA affiliate of the Boston Red Sox and belong to the International League. They play their home games at McCoy Stadium in Pawtucket, Rhode Island. The PawSox played the longest game in professional baseball history, a 33-inning game against the Rochester Red Wings at McCoy Stadium.

The **Providence Bruins** are an ice hockey team in the American Hockey League. They play in Providence at the Dunkin' Donuts Center. They are an affiliate team of the Boston Bruins.

Consulates and Embassies

(Located in Massachusetts unless otherwise noted):

Australia (in New York)
(212) 351-6500

Brazil:
(617) 542-4000

Canada:
(617) 262-3760

China (in New York) :
(212) 868-7752

Costa Rica (in Washington)
(202)-499-2991

Dominican Republic
(617)-482-8121

Ecuador (in New York):
(212) 808-0170

El Salvador (in Washington)
(202)-595-7500

Germany:
(617) 369-4900

Ghana (in New York)
(212)-832-1300

Great Britain:
(617) 245-4500

Georgia (in Washington)
(202)-387-2390

Honduras (in New York):
(212)-714-9450

Ireland
(617)-267-9330

Italy:
(617) 542-0483

Jordan (in Washington)
(202)-966-2664

Nepal (in Washington D.C.):
(202) 667-4550

Netherlands:
(617) 542-8452

New Zealand (in New York):
(212)-832-4038

Norway (in Washington)
(202)-333-6000

Paraguay (in New York)
(212)-682-9440/2

Peru:
(617) 338-2227

Portugal
(617)-536-8740

Serbia and Montenegro (in Washington, D.C.):
(202) 332-0333

South Africa (in New York):
(212) 213-4880

Spain:
(617) 536-2506

Thailand (in New York)
(212)-754-1770

United Arab Emirates (in Washington)
(202)-243-2400

Vietnam (in Washington)
(202)-861-0737

This is a partial list of countries; for countries not on the list, check www.embpage.org. To look up the U.S. embassy or consulate nearest you, please see this website: <https://www.usembassy.gov/>

Money

Monetary Units (see www.oanda.com for currency exchange rates and conversion calculators)

The U.S. monetary system follows the decimal system. The basic unit is the dollar, the symbol for which is "\$." The most widely used bills are in denominations of \$1, \$5, \$10 and \$20.

Each dollar can be divided into 100 cents. Currency in the form of a coin is: 1 cent (penny), 5 cents (nickel), 10 cents (dime) and 25 cents (quarter). There are some other coins, such as the 50-cent coin or the dollar coin, both of which are not usually in general circulation.

Sales Tax

Rhode Island 7% (8% in restaurants)

Most states in the United States charge a sales tax on tangible personal property and services, such as clothing, restaurant and fast food restaurant meals, services (haircutting), newspapers, books, toiletries etc. Sales taxes vary from state to state, but average 5% or 6% in most places. Sales taxes are added at the cash register, so be prepared for your bill to be more than the price tag on an item.

In Rhode Island, the state sales tax is 7%; clothing and shoes are not taxed.

In restaurants in Rhode Island, the food tax is 8%.

Tipping

Tipping, also known as gratuity, is giving a small amount of money to another person for a service.

These are the most often tipped services:

Waiter/waitress:	15-20% of food bill at restaurant
Hotel/Airport Porters:	\$1 - \$2 per bag
Barbers/hairdressers:	15% of bill
Taxi drivers:	10% - 15% of fare
Food delivery persons:	No less than \$1

Services you **should never** tip:

- Police officers
- Physicians
- Government employees
- University employees

Tipping these services may be interpreted as a bribe, which is illegal!!!

In addition, you do not tip:

- Bus drivers
- Theatre ushers
- Museum guides
- Salespeople
- Employees at fast food restaurants
- Hotel clerks

Units of Measure

Length

US Equivalent = Metric Equivalent

Inch (in.) 0.083 foot = 2.54 centimeters
Foot (ft.) 12 inches = 0.3048 meter
Yard (yd.) 3 ft/36 in. = 0.9144 meter
Mile (mi.) 1,760 yds/5280 ft. = 1.609 kilometers

Liquid

US Equivalents = Metric Equivalents
Fluid ounce, 8 fluid drams = 29.573 milliliters
Pint, 16 fluid ounces = 0.473 liters
Quart, 2 pints = 0.946 liter
Gallon, 4 quarts = 3.785 liters

Weight

US Equivalent = Metric Equivalent
Ounce (oz.), 16 ounces = 28.350 grams
Pound (lb), 16 ounces = 453.59237 grams
1 kg. = 2.205 pounds

What to Bring With You

Each student is different and will have different needs. However, the list below should be used as a guideline for packing. Unfortunately the Center for International Studies does not have the space to store boxes or luggage shipped before the start of the semester. Please be sure to check your airline's luggage requirements and do not bring more than you are capable of carrying on your own.

Clothing

Because of the seasonal variations in Rhode Island's climate, you should bring both **lightweight** and **heavyweight** clothing as well as **rain apparel**, (or bring enough money to purchase needed items here.) Temperatures usually begin dropping in late September. You will be able to find a wide range of clothing for all seasons at many different prices here in Providence.

Most students at Providence College dress quite casually, in jeans or shorts, t-shirts, sweatshirts, and sneakers. There will be occasions when you will need to dress more formally for special events and dances, so it's a good idea to bring at least one formal outfit (dress for girls, suit and tie for boys). Be sure at least one of these outfits is appropriate for events held in the chapel.

The Basics:

- 2 or 3 pairs of jeans
- T shirts
- casual shirts & pants
- 2 or 3 sweaters
- one formal/dressy outfit (guys – remember a tie and appropriate shoes)
- shorts or casual skirts
- swimsuit
- comfortable shoes (tennis shoes, sneakers)
- dress shoes
- water repellent jacket or coat
- winter jacket

- socks and underwear

Linens & Bedding

Students must provide items for their dorm room (desk lamps, area rugs, etc.); all of these items can be purchased cheaply in Providence, and you will have the opportunity to shop for them during the Welcome Program. **It is recommended when possible to purchase in advance of your arrival: one set of sheets, one pillow, and one towel to get you started.** When you first see your dorm room, it will be furnished with a bed and mattresses, dresser, desk, chair, and closet or wardrobe. **NOTE: Like most universities, the beds at PC are sized “Extra Long,” which means standard size twin sheets will not fit on them.** Additional towels, linens, and bedding can be purchased after your arrival.

Miscellaneous

If you plan to bring electrical appliances (computer, hair dryer, etc.) you should note that current in the U.S. is 110-112 volts, 60 cycles and that outlets require two flat-pronged plugs. You might also want to bring photos, posters, or something special that will make you feel comfortable in your room and make your room feel more like home.

In your CARRY-ON luggage

You must pack in your carry-on luggage the following:

- airline ticket numbers
- emergency phone numbers (people at home)
- photocopy of passport
- photocopy of birth certificate
- address and phone numbers for the Office of the Dean of Undergraduate and Graduate Studies
- copies of all prescriptions (glasses, contacts, medicine – keep in mind that some medicine might not be available in the US)

Advice from the Experts

Student recommendations on where to eat, shop, and play in Providence

EAT

Within Walking Distance of PC:

La Salle Bakery

993 Smith Street & 685 Admiral Street

This famous Rhode Island bakery has two locations, both a short walk from PC. The iced coffee is a local favorite of students!

Anthony's Italian Deli

712 Admiral Street

Grab a bite of some high quality sandwiches at this local Italian gem. They do not deliver but they are close to the college!

Newport Creamery

673 Smith Street

Walk down to Newport Creamery for an ice cream sundae or an *Awful Awful* (delicious milkshakes!). This diner also serves breakfast, lunch, and dinner.

For Take Out:

Big Tony's

<http://bigtonypizzari.com>

525 Eaton Street, (401) 490-0000 (also within walking distance)

Great spot for pizza, sandwiches, wings and more. They deliver!

Milano's Pizza

<http://www.milanospizzeriari.com/>

659 Smith St, (401) 274-0123 (also within walking distance)

Pizza, pasta, salads, sandwiches. Milano's has it all, even a small convenience store!

For Adventures around Providence:

Geoff's Superlative Sandwiches

401 South Main Street, (401) 751-2248

The walls are lined with chalkboard menus of the most delicious deli sandwiches! Make sure to take the trip to Geoff's on Tuesday's for the Two for One deal.

Uno Chicago Grill

www.unos.com

Food Style: American

82 Providence Place (in the Providence Place Mall)

Great for hanging out with friends or family if they visit, and can couple as a great place to take a dinner and movie date, too.

Ruth's Chris Steakhouse

www.ruthschris.com

Food Style: Steak/Seafood

10 Memorial Boulevard

This is a budget breaker. If you're going on your own dime, count your pennies and make sure you have ample spending money. Food wise, this is what they serve in paradise! The meat is to die for, the sides are enormous, and the service is impeccable. Make sure you're dressed up. This is one restaurant you have to eat in before you finish college, if you never eat anywhere else!

Federal Hill, Providence

Atwells Ave

Recognized as one of the top culinary destinations in the country with many award-winning restaurants to choose from. Take a stroll and visit the many boutiques, bakeries, galleries, and delicious Italian restaurants along the avenue. Siena, Cassarino's, and Angelo's Restaurant are crowd pleasers!

SHOP

Thayer Street

Adjacent to Brown University, Thayer Street (commonly referred to simply as "Thayer") is a primary hangout for college students in Providence. A variety of restaurants and shops, ranging from large chains (Urban Outfitters, Starbucks, and Chipotle) to locally owned businesses, are located on this street. Check out Brown's bookstore and hunt for that famous, but elusive, crepe shop!

Providence Place Mall

www.providenceplace.com

Located downtown and easily accessible by car or bus, the Providence Place Mall serves all your shopping needs. Find items for your dorm room at Bed, Bath, & Beyond, pick up toiletries at CVS Pharmacy, eat in one of the restaurants or food court, watch a movie, and "shop 'til you drop" in over 150 stores.

PLAY

Avon Cinema

www.avoncinema.com

Single screen, artsy theater in the heart of Thayer Street. Shows films that are not widely released.

Cable Car Cinema & Café

<http://www.cablecarcinema.com/>

Great for people who want a more unusual movie experience, as seating is in lounges. Single screen theater that specializes in documentaries and independent films.

Providence Place Cinema 16 & IMAX

<https://www.showcasecinemas.com/theatre/8641/providence-place-cinemas-16-and-imax/providence/?tab=showtimes>

Large, modern 16 screen theater on the top floor of the Providence Place Mall. Plays all major releases and IMAX films. Stadium seating. Bring your PC ID for a student discount!

Dave & Busters

<http://www.daveandbusters.com>

Located near the cinema in the Providence Place Mall, Dave & Busters is a popular restaurant and arcade game center for both teens and adults. You can eat, play video games, and traditional arcade games like skee-ball, basketball, etc.

Providence Performing Arts Center

[220 Weybosset Street](#)

PPAC is a 3,100-seat, world class venue located in the heart of Providence's arts and entertainment district. It features all types of performances. Now a world-class facility hosting first-class Broadway touring shows, plays, contemporary acts, concerts, the beauty of the Theatre combined with the excellence of the productions makes every event at the Providence Performing Arts Center a work of art!

Roger Williams Zoo

<https://rwpzoo.org/>

One of our nation's oldest zoos (opened in 1872), Roger Williams Park Zoo is an integral part of southern New England's history and heritage, bringing excitement and discovery of the natural world to generations of visitors. Situated within Providence's historic and beautiful Roger Williams Park, the Zoo is home to well over 100 species of rare and fascinating animals from all over the world.

WaterFire Providence

https://waterfire.org/schedule/2018-waterfire-providence-event-schedule/?gclid=CjwKCAjwopTYBRAzEiwAnU4kb7x84OhQSAHKhuNKoxijIkn0DC9BgtkRdZz9bVbt6kj9B8z8b2HVNBoC-IMQAvD_BwE

WaterFire brings life to downtown with over eighty sparkling bonfires, the fragrant scent of aromatic wood smoke, the flickering firelight on the arched bridges, the gondolas traveling down the river, and the enchanting music from around the world engage all the senses and emotions of those who stroll the paths of Waterplace Park. The WaterFire event season usually begins at the end of May and runs through early November. 2014 marks the 20th anniversary of WaterFire lightings in Providence.

Prospect Terrace Park

Prospect Park is located on Congdon Street in the College Hill neighborhood. The quiet, little park was founded in 1867, and it has a beautiful view overlooking the city's downtown. On a nice day, grab a blanket, relax, and enjoy the scenic views!



*“Education is the most powerful weapon which you can use
to change the world.”*

- Nelson Mandela