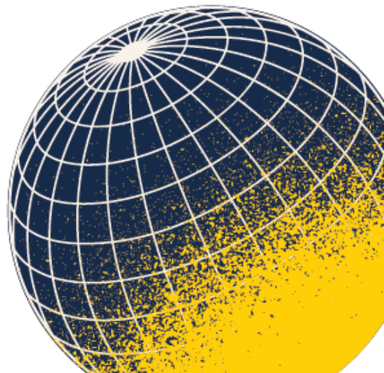
UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office

Welcome to UC San Diego:

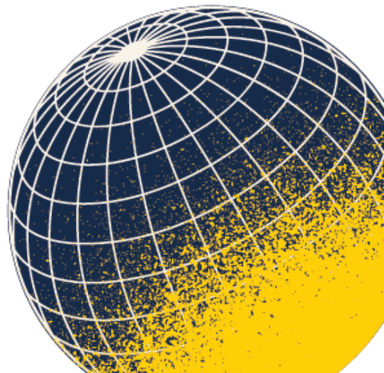
Student Health – Immunizations & Insurance Requirements



WELCOME
to UC San Diego!

UC San Diego
GLOBAL INITIATIVES
International Services and Engagement Office

UC San Diego
DIVISION OF GRADUATE EDUCATION
AND POSTDOCTORAL AFFAIRS



Presenters

- **Grace Fuller**
  - International Services and Engagement Office (ISEO)
- **Shana Slebioda**
  - Division of Graduate Education and Postdoctoral Affairs (GEPA)
- **Jill Battikha**
  - Billing & Insurance Manager
  - Student Health Services
- **Annie Horton**
  - Director of Nursing
  - Student Health Services

Agenda

- Graduate Admissions Reminders
- Student Health Services
- UC Student Health Insurance Plan (UC SHIP)
- Immunization & TB Requirements
- Upcoming Webinars & Additional Resources
- Q&A

UC San Diego
GLOBAL INITIATIVES
International Services and Engagement Office

Before We Begin

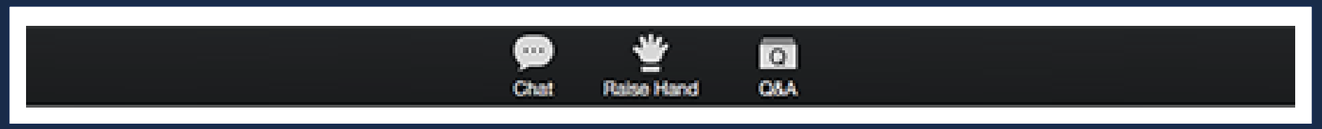
You are in listen-only mode. You can hear us, but we can't hear you.

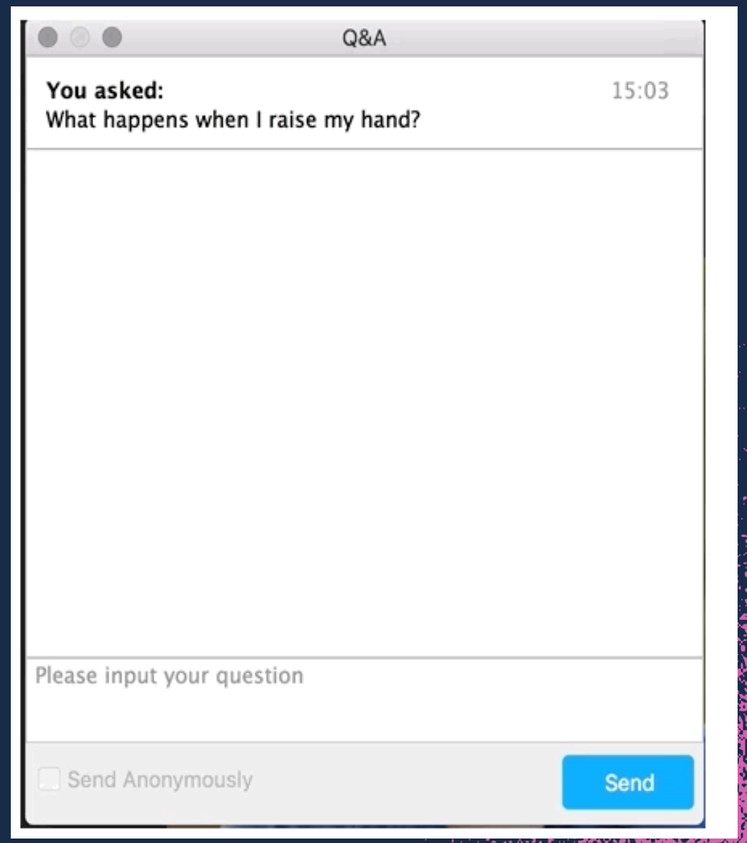
Ask questions – Use the Q&A feature to submit questions. You can also contact us at **iContact.ucsd.edu**

We're recording.
You'll be able to view this webinar recording at **iNewStudentWebinars.ucsd.edu**

UC San Diego
GLOBAL INITIATIVES
International Services and Engagement Office

CONTROL PANEL





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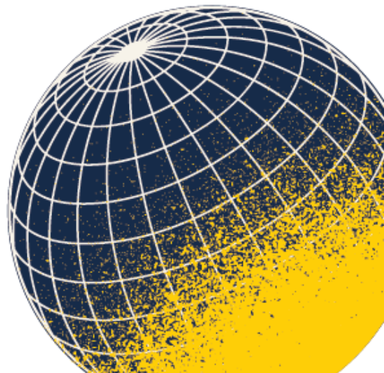
International Services and Engagement Office

First Steps Checklist



Reminders from Graduate Admissions

- Log into your application account at https://connect.grad.ucsd.edu/apply/ and view your application portal. Be sure to fill out the Statement of Legal Residence form if it is listed as a "to-do" item. This form is not required for all programs – if it is not listed, there is no action for you to take on this.

- Most students are “provisionally admitted” at this time. Please submit the items listed under your “Pending Admissions Documents” section in your portal to finalize your admission.

- Please contact gradadmissions@ucsd.edu if you have questions regarding your pending admissions documents.

GEPA Announcements

Welcome to your UC San Diego Applicant Portal

Home | Your Checklist Items | Program Information | Financial Support | FAQ

Thank you for your interest in UC San Diego. This applicant portal will be an important source of information for you throughout the application process. Please bookmark this page and check back for updates regularly!

Your **application reference number** is [redacted].

Visit the tab **Your Checklist Items** above to ensure that all of your required application documents have been submitted.

Status Update

An update to your application was last posted June 5, 2024.

View Update >>

Your Status: Accepted

We have received your decision to accept your admission to UC San Diego! You may access your official admissions letters at any time using the "View Update" link above.

At this time, your admission status is Provisional. This means that there are documents you need to submit to the Graduate Admissions Office in order to finalize your admission. Please visit **Your Checklist Items** to see what documents are still pending. Provisional status does not affect your ability to begin other admissions procedures. You are officially admitted and will be able to register for courses, sign up for housing, and begin financial aid or visa paperwork.

In addition to Your Checklist Items, please read over the following pages for more important next steps!

- What to Do Immediately
- Before You Arrive on Campus
- When You Arrive on Campus
- International Students

Forms

Please complete the following forms:

✔ 06/05/2024	Decision Reply Form	Display
✔ 06/16/2024	Statement of Legal Residence	Display

Welcome to your UC San Diego Applicant Portal

Home | Your Checklist Items | Program Information | Financial Support | FAQ

Required Documents

You are required to submit the following official documents in order to finalize your admission:

- Final official transcript with conferral - University of Pittsburgh (Bachelor of Science). **Document has been received and is in queue for processing.**

The Graduate Admissions Office begins reviewing official documents in **June** for incoming Summer and Fall students. Please be sure to check this portal often in case there are updates regarding your pending admission documents. If you have any questions about your required documents, please email us at gradadmissions@ucsd.edu with your application reference number or PID.

The deadline to submit the above documents is the fourth Friday of your first quarter of enrollment at UC San Diego. Failure to submit documents by this date will result in a hold on future registration until the documents are received. View the current Academic Calendar to see when your first quarter of enrollment begins.

How to Submit a Final Transcript

A **final transcript** is required for any degree(s) earned at institutions within the United States, and in some cases is required for coursework completed at institutions where you did not earn a degree (either domestic or international).

Please have your transcript sent directly to Graduate Admissions using one of the three options below. Transcripts must be the final version, which includes all grades and coursework completed, any degree(s) received, and the date(s) of degree conferral (if applicable).

Option 1: Parchment. Select "University of California San Diego Graduate Admissions" as the recipient in the menu provided by Parchment. This is the best way to ensure your academic materials reach our office and your applicant file in a timely manner.

Option 2: Other e-transcript service/electronic submission of materials. Have your institution send the documents to gradadmissions@ucsd.edu. Please note that you may not email your materials yourself. Documents must be sent by officials from the issuing institution or through a secure, third-party service such as National Student Clearinghouse.

Option 3: Mail. Have your institution send the documents to Graduate Admissions at the address listed below. Please note that we cannot accept documents that were opened or sealed by the student. Documents must be received in an envelope sealed by the issuing institution.

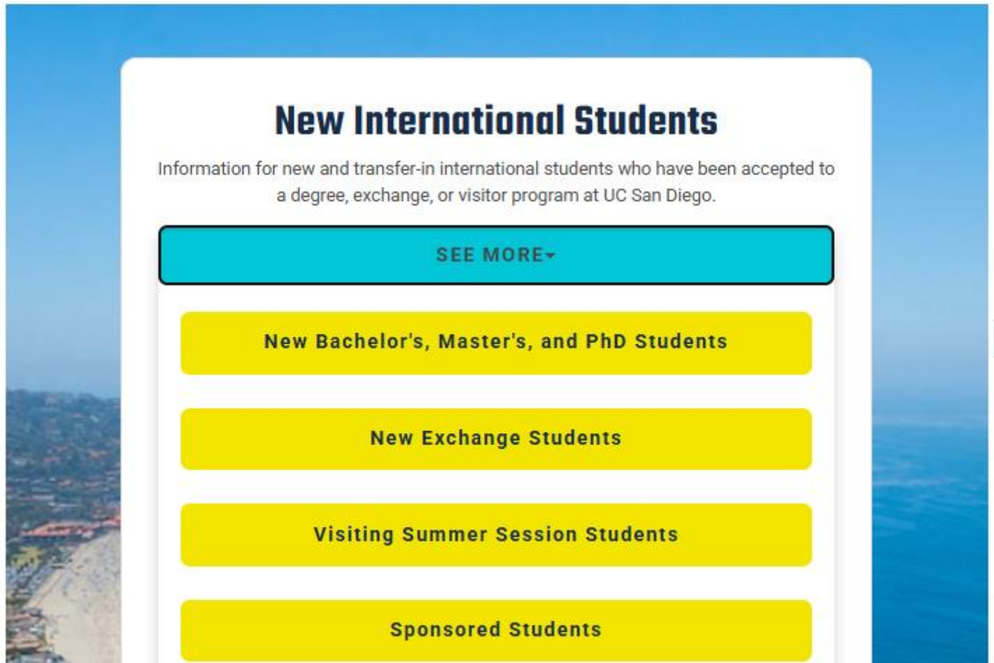
University of California San Diego
Graduate Admissions
9500 Gilman Drive #0003
La Jolla, CA 92093-0003

Your transcript must state the degree conferred to you and the date of degree conferral (if applicable). We do not accept transcripts that have pending grades or in-progress coursework.

iNewStudent.ucsd.edu

Starting a New Program at UC San Diego

(This page has a friendly link that's easy to remember: iNewStudent.ucsd.edu)



New Undergraduate and Graduate Degree Students

CONGRATULATIONS! Newly Admitted Bachelor's, Master's, and PhD International Students: The International Services and Engagement Office (ISEO) congratulates you on your admission to the University of California, San Diego!

This page provides a comprehensive guide for newly admitted international undergraduate and graduate students on obtaining their U.S. visa (F-1 or J-1) and preparing for their arrival to the United States.

Step 1: Apply for F-1 or J-1 Status

To apply for an F-1 or J-1 visa stamp at a U.S. consulate/embassy, OR to transfer your SEVIS record to UC San Diego (if applicable), you must request that ISEO issue you the appropriate visa status eligibility document, called the Form I-20 (for F-1 students) or the Form DS-2019 (for J-1 students).

Required Accounts

Set up your PID and Active Directory Accounts:

1. UCSD Password for Personal Identification number (PID)
2. UCSD E-Mail (Active Directory)
3. Statement of Legal Residence

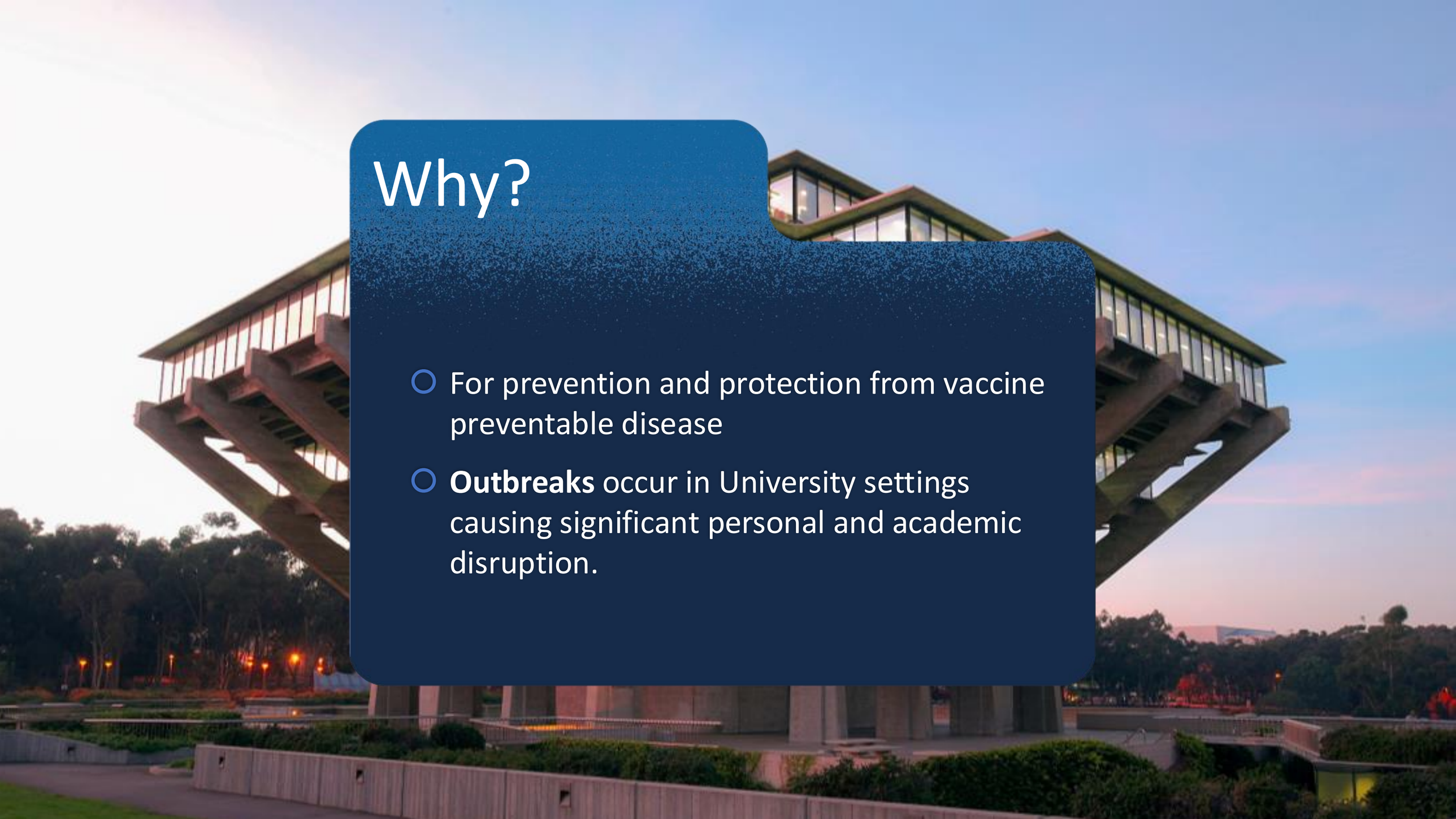
NOTE: Once you decide you are coming to UC San Diego, you'll need to set up these required accounts in order to access most UC San Diego portals

Incoming Health Requirements

UC San Diego

STUDENT HEALTH AND WELL-BEING

Student Health Services



Why?

- For prevention and protection from vaccine preventable disease
- **Outbreaks** occur in University settings causing significant personal and academic disruption.

What are the requirements?

- **Tuberculosis Risk Screening** +/- TB testing
  - The need for testing is determined by risk
- **Regular "core 4" vaccines**
  - Tdap, MMR, Varicella, Meningococcal Vaccines

Deadline: July 14th

- **COVID vaccine** (annual in the Fall/Winter)
- **Influenza vaccine** (annual in the Fall/Winter)

Student Health

STUDENT HEALTH SERVICES

UC San Diego

About | Appointments | Services | Resources | Feedback | MyStudentChart Login | SHW Sites

HOME / Resources / Health Requirements

Resources

- Urgent Care & After-Hours Care
- Emergency Care
- Health Topics
- Self Assessment Tools
- **Health Requirements**
- COVID-19
- Patient Rights
- Chaperone Policy
- Parents & Families
- Videos
- FAQ

Health Requirements for Students

The health of the individual can affect the health of the campus community, and UC San Diego is committed to protecting the well-being of all our students. All incoming and re-admitted graduate and undergraduate students are required to meet the UC Immunization and Tuberculosis (TB) Screening Requirements.

To complete your Health Requirements, you will first need to activate your online health portal (using your Student AD) in MyStudentChart. Please see the MyStudentChart Instructions (PDF) for further explanation on the setup process. You can communicate with the Nursing team here also by going to Ask-A-Nurse in messages.

Please complete these requirements early to avoid delays. Clearance can take 7-10 days after receipt, so please start this process early! FAILURE TO COMPLETE REQUIREMENTS WILL RESULT IN AN INABILITY TO ENROLL IN CLASSES.

TB Risk Screening Questionnaire

- **Deadline for Fall 2024: July 10, 2024, academic hold placed on July 31, 2024**
- All incoming students* are required to complete a TB Risk Screening Questionnaire.
- For those at higher risk, TB testing will also be required. Risk is determined by the questionnaire. Take the TB Testing form to your Healthcare provider if you are directed to do so after completing the questionnaire.
- **includes transfer, re-admission, and those transitioning from undergraduate to graduate*

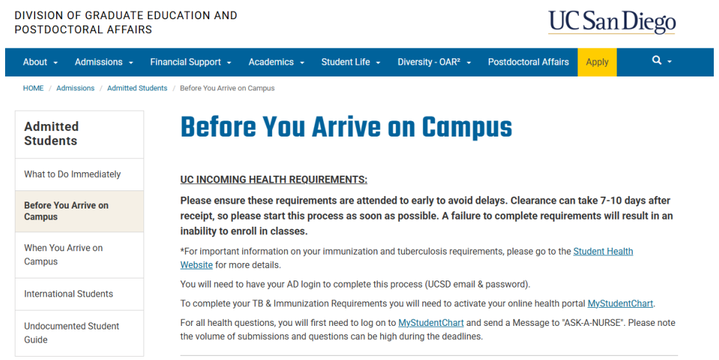
TB TESTING FORM (PDF)

- Log into MyStudentChart to submit TB Testing Form: Menu > Immunization & Screening

Immunization Requirements

Starting the Process

- Log into the Student Health Services student health portal -> MyStudentChart (REMINDERS sent)
    - https://mystudentchart.ucsd.edu/shs/
- You will need your UCSD Student AD login (email and password)
- Information and links on the Graduate Division website


DIVISION OF GRADUATE EDUCATION AND POSTDOCTORAL AFFAIRS

UC San Diego

About | Admissions | Financial Support | Academics | Student Life | Diversity - OAR² | Postdoctoral Affairs | Apply

HOME / Admissions / Admitted Students / Before You Arrive on Campus

Admitted Students

- What to Do Immediately
- Before You Arrive on Campus
- When You Arrive on Campus
- International Students
- Undocumented Student Guide

Before You Arrive on Campus

UC INCOMING HEALTH REQUIREMENTS:

Please ensure these requirements are attended to early to avoid delays. Clearance can take 7-10 days after receipt, so please start this process as soon as possible. A failure to complete requirements will result in an inability to enroll in classes.

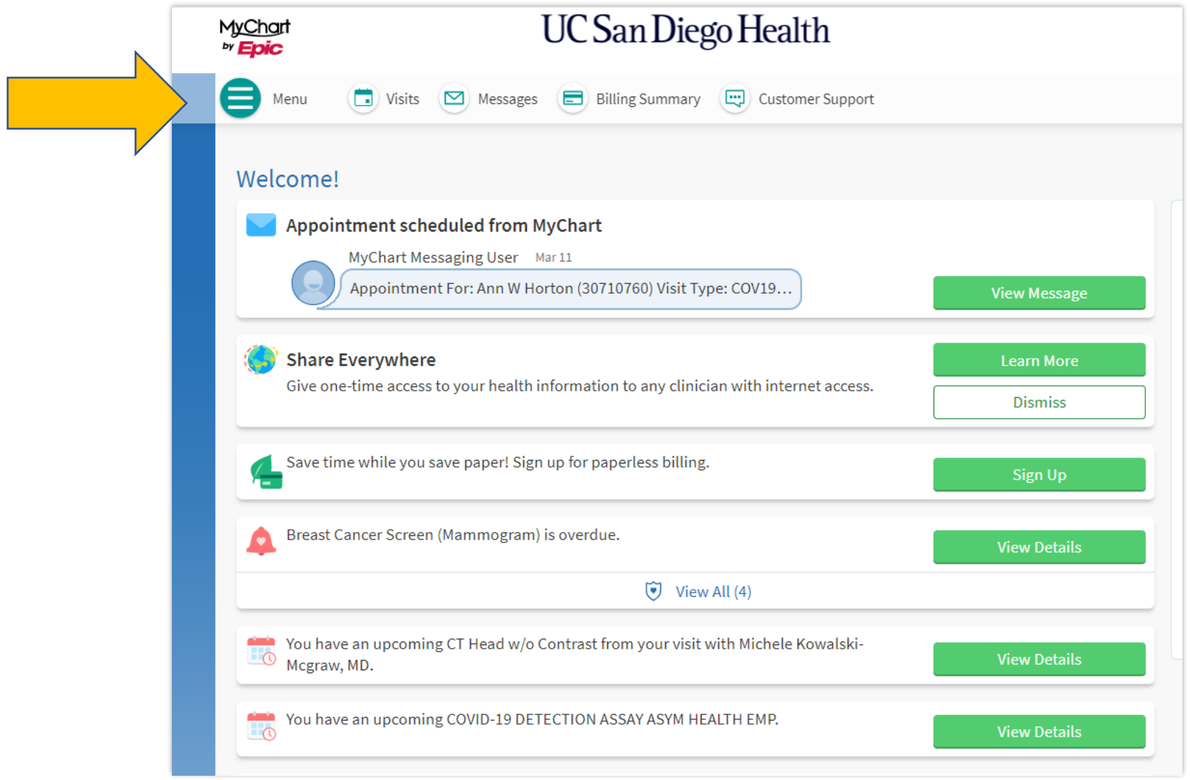
*For important information on your immunization and tuberculosis requirements, please go to the Student Health Website for more details.

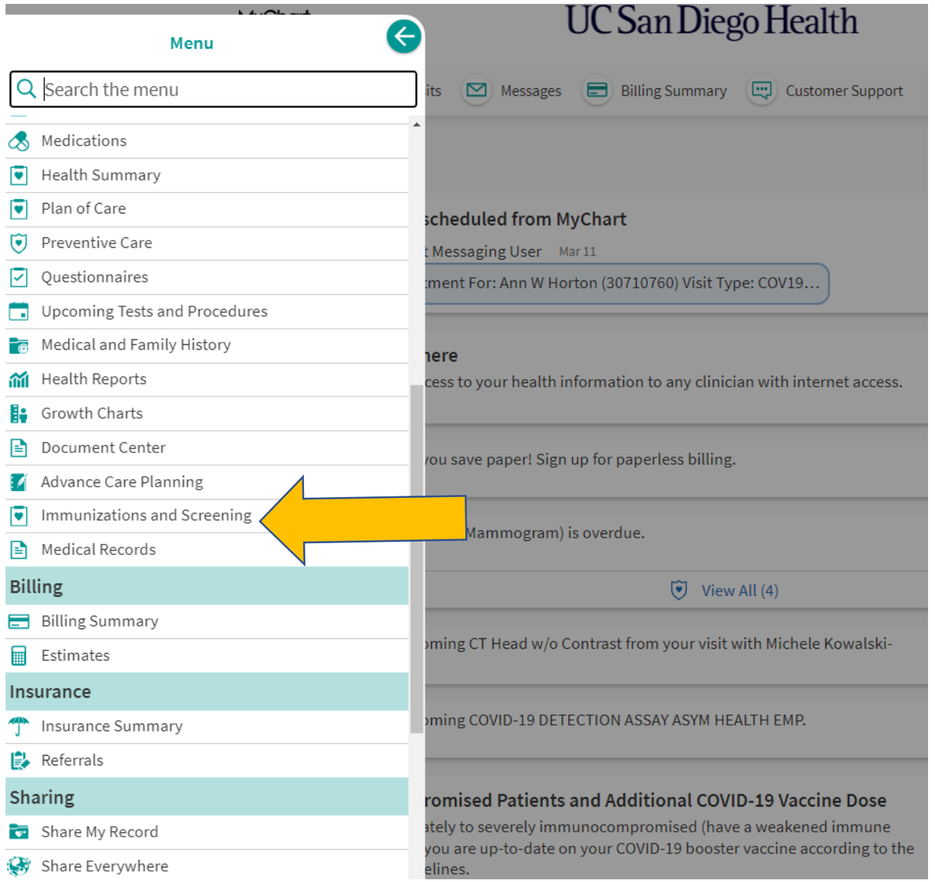
You will need to have your AD login to complete this process (UCSD email & password).

To complete your TB & Immunization Requirements you will need to activate your online health portal MyStudentChart.

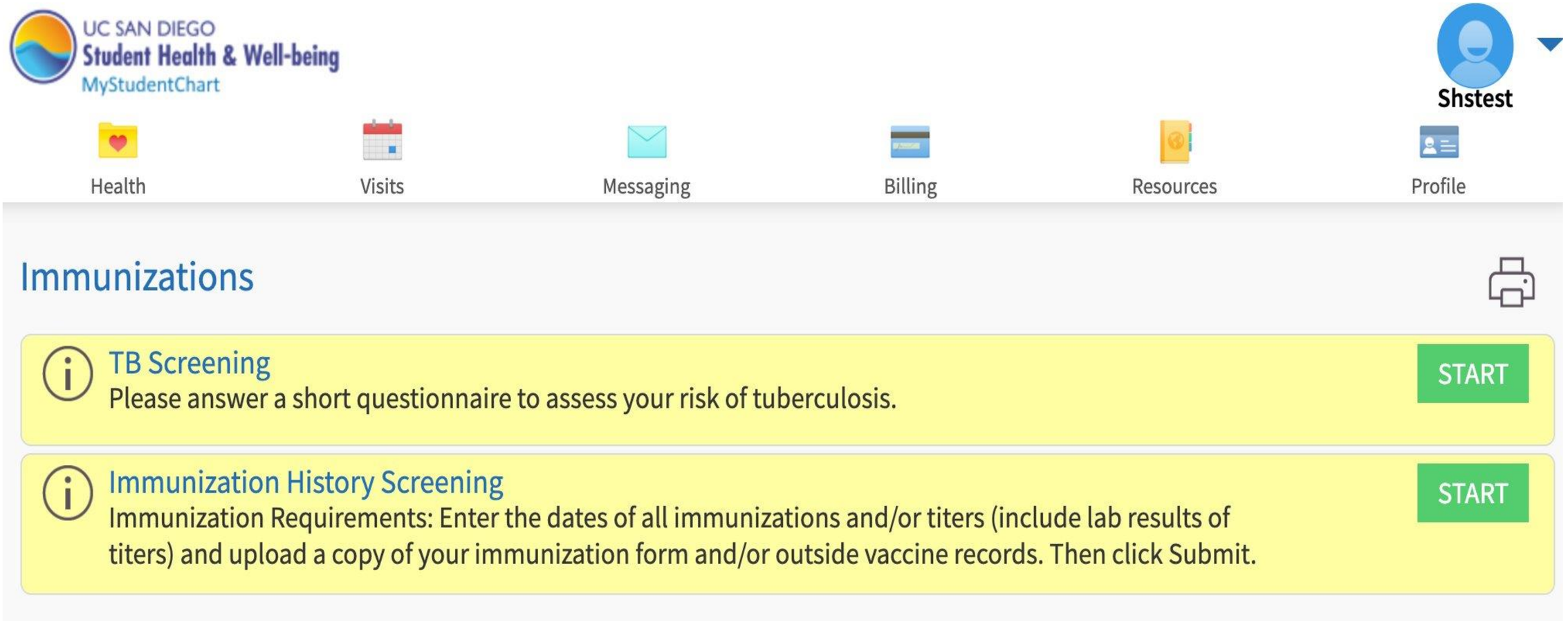
For all health questions, you will first need to log on to MyStudentChart and send a Message to "ASK-A-NURSE". Please note the volume of submissions and questions can be high during the deadlines.

MyStudentChart





MyStudentChart



Immunization Requirements

- Obtain your vaccine records
- Use the Immunization Form to guide you (found on the SHS website)
- Go to your Health Care Provider to have the form filled out if you have no records and/or to receive missing vaccines/blood titers

Immunization Requirements - Deadline July 14th

COMPLETE AS SOON AS YOU ARE ABLE TO AVOID AN ENROLLMENT HOLD

Home | Support/Contact : 619-543-5220 (6a-10p) | LOG OUT

UC SAN DIEGO
Student Health & Well-being
MyStudentChart

Shstest

Health | Visits | Messaging | Billing | Resources | Profile

Immunization Requirements: Enter the dates of all immunizations and/or titers (include lab results of titers) and upload a copy of your immunization form and/or outside vaccine records. Then click Submit.

* Indicates a required field.

Tdap ⓘ

Complete
Dates on file: 01/01/2020

MMR ⓘ

Hover over the info bubble for additional information

Date received
MM/DD/YYYY

Date received

Date received

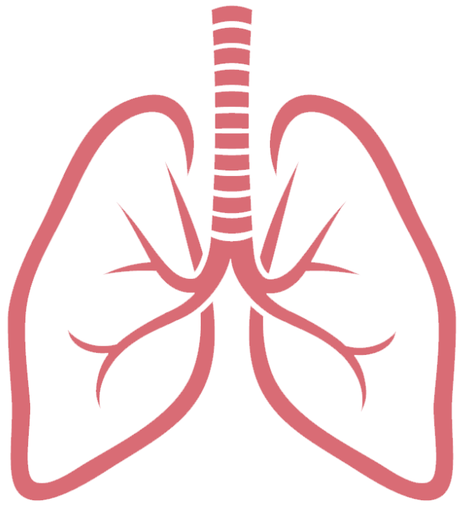
Enter your vaccine dates

Measles; SQ/jet ⓘ

Date received

Date received

Tuberculosis



- TB Risk Screening Assessment
- TB Testing with your Health Care Provider
  - TB Skin Test (PPD) or
  - IGRA Blood Test (Quantiferon or T-Spot)
  - Chest X-ray
- Upload the testing form (plus any blood test results/Chest X-ray report) in MyStudentChart and a Registered Nurse will review the results
- Communication with the Nursing staff

Deadline July 14th

COMPLETE AS SOON AS YOU ARE ABLE TO AVOID AN ENROLLMENT HOLD

How to get help

- Send us a message at "Ask-a-Nurse" in MyStudentChart
  - Email shstb@health.ucsd.edu if you are having technical difficulties
- Go to the Student Health website to access additional information and all forms
  - https://studenthealth.ucsd.edu/
- Go to the Graduate Division Website
  - https://grad.ucsd.edu/admissions/admitted-students/before-you- arrive.html
- Check your MyStudentChart messages from the Nursing team on a regular basis

PLEASE COMPLETE REQUIREMENTS AS SOON AS YOU CAN TO AVOID ENROLLMENT HOLDS!

Student Health Services

UC San Diego

STUDENT HEALTH AND WELL-BEING

Student Health Services

Health Insurance Requirements
Academic Year 2025/2026

Presented by: Jill Battikha
UCSD Student Health Insurance & Billing

UC San Diego
STUDENT HEALTH AND WELL-BEING
Student Health Services

What is UC SHIP?

SHIP – Student Health Insurance Plan

UC and Anthem Blue Cross est. 2011

To protect our students and our campus

Students cannot use their home insurance or government coverage at Student Health as we do not hold contracts with other insurance companies!

- UC SHIP offers medical, pharmacy, dental, vision, mental health and substance use disorder.
- You can visit any of the other UC's in CA and receive the same benefits.
- SHIP covers you globally, so take that trip!

For AY2025-26, the cost per quarter is approximately $2,000.00 USD

AY 2025-26 Waiver Timeframes for Submission

- The waiver may only be applied for during open timeframes and may only be submitted through the student's Triton Link account.
- Students must be registered in order to access the application. Parents or authorized users are not allowed to access the application.

Open Time-Frames

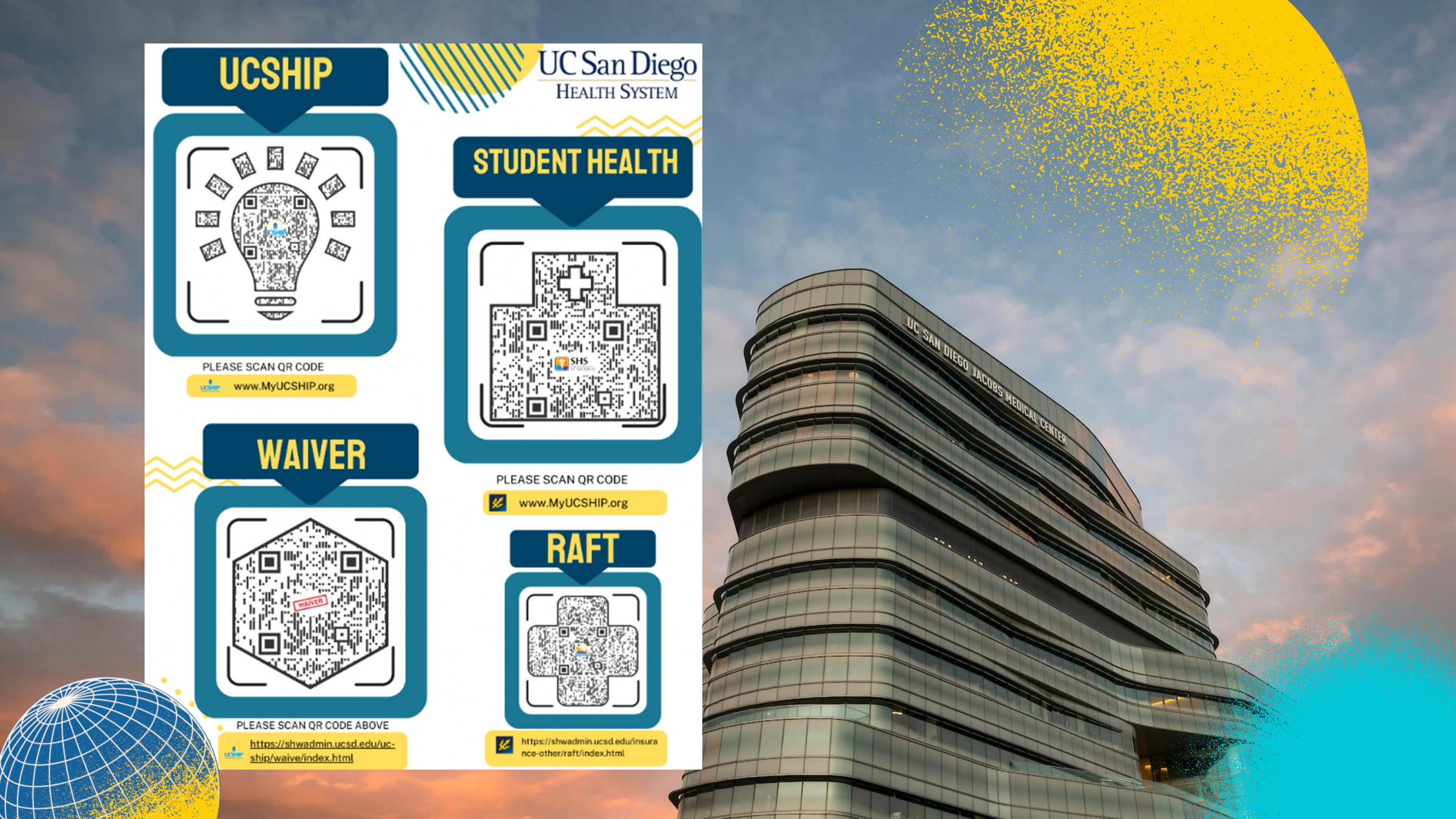
Fall 2025
5/12/25 through 9/14/25

- ❖ Late waivers nor retroactive waivers are accepted.
- ❖ The waiver must be renewed each school year prior to Fall.

We don't accept international health plans for the health fee waiver...but we will accept:

Accepted International Plans:

- **ISO Care Plan**
  - https://www.isoa.org
- **PSI Platinum Plan**
  - https://www.psiservice.com
- **Student Medicover**
  - https://www.smcovered.com


UCSHIP
UC San Diego
HEALTH SYSTEM
PLEASE SCAN QR CODE
www.MyUCSHIP.org
STUDENT HEALTH
SHS
PLEASE SCAN QR CODE
www.MyUCSHIP.org
WAIVER
WAIVER
PLEASE SCAN QR CODE ABOVE
https://shwadmin.ucsd.edu/uc-ship/waive/index.html
RAFT
https://shwadmin.ucsd.edu/insurance-other/raft/index.html
UC SAN DIEGO JACOBS MEDICAL CENTER

Benefits

What does Student Health on campus offer?

Full primary care physician services

MD’s, NP’s, RN’s, X-ray, Lab, Pharmacy, Urgent Care, Optometry, Immunizations, Dietician, Social Worker, CAPS, and more…

Payer Classification accepted:

- SHIP (Student Health Insurance Plan)
- Fee For Service (Credit Card Payment)
- RAFT (Reduced Access Fee for Tritons Membership)

What does Student Health on campus offer?

Student Health Services (SHS) Hours:

Mondays: 8am-6pm

Tuesday, Wednesday, & Friday: 8am-4pm

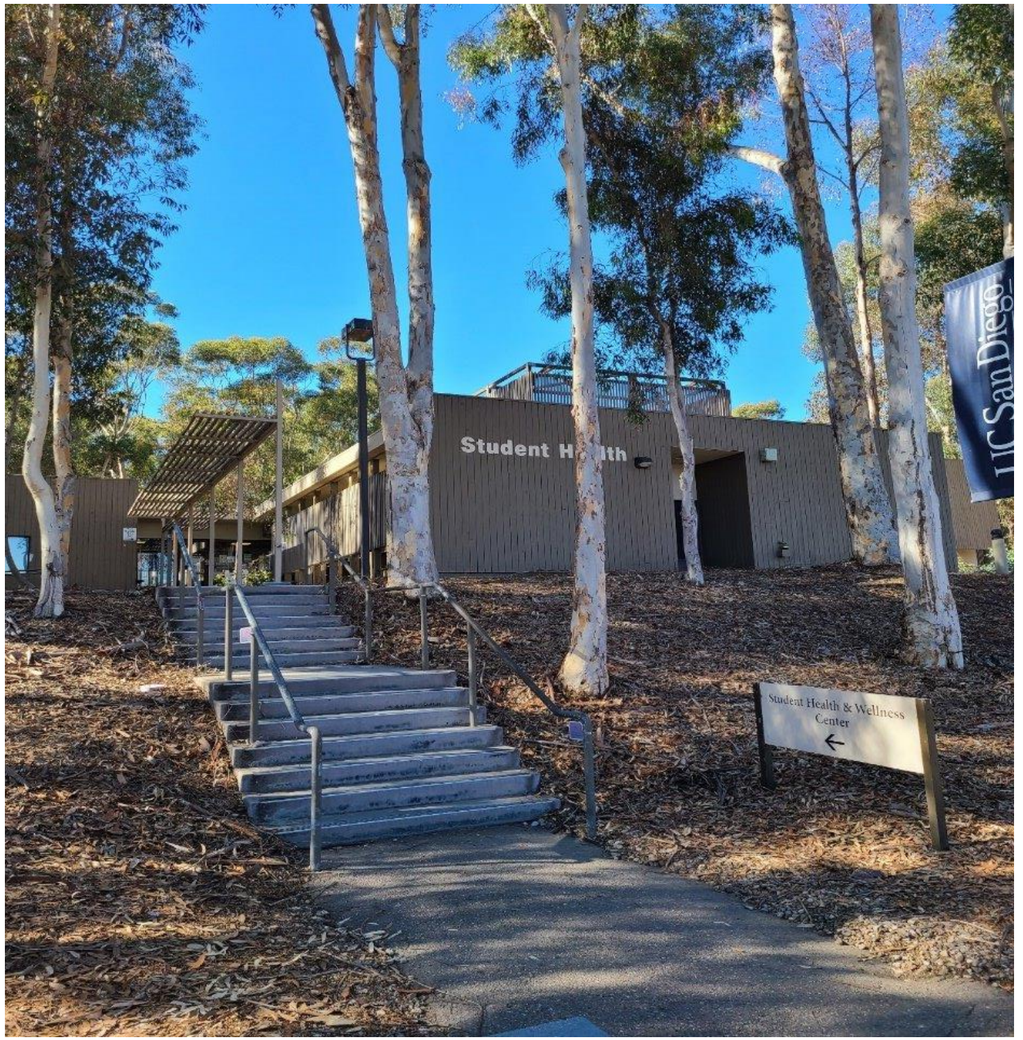
Thursdays: 9am-4pm

Fall, Winter, Spring, and Summer

Appointments & after-hours nurse: (858) 534-3300 all year

Login in to "MyStudentChart" to send messages to providers or schedule an appointment.

Urgent Care is a walk-in service during open hours.



For anyone covered under SHIP, this is your primary care physician office

Sydney App

Please download the Sydney app to receive your digital insurance card

Your digital ID card is available right away

To access your ID card:

1. Register on anthem.com/ca or the Sydney Health mobile app with your student I.D.
2. Once you're logged in, check to make sure your ID card preference is set to digital.

Download your card to your mobile device:

If there's a weak internet connection you'll be prepared. You can:

- Print a copy of your card anytime.
- Email or fax it from your computer or mobile device.
- Show it to your doctor from your smartphone. Your digital ID card is always there and works just like a printed ID card.

Keeping health care information handy is a good idea.

You can also use the Sydney Health app and anthem.com/ca to check benefits and claims or chat with a Student Support Specialist to find answers quickly.

If you have questions, call the number on your member ID card

Download the Sydney Health app today

GET IT ON Google Play

Download on the App Store

Three Tiers of Medical Coverage

UC Providers $

- UC Providers and Facilities
- No deductible
- 3 acute UC hospitals in the surrounding neighborhood.

Anthem Network $$

- Seeking care at an Anthem Blue Cross, PPO contracted provider.
- Find providers by calling Anthem at 1-866-940-8306 or using Find a Provider on the Anthem.com website.
- This requires a **$500** deductible.

Out of Network $$$

- Using a provider that doesn't work for UC and doesn't hold contracts with Anthem Blue Cross, PPO.
- Highest out of pocket experience under any insurance.
- This requires a **$1000** deductible
  - After the deductible is met, you will need to pay an additional 40%

UC San Diego
STUDENT HEALTH AND WELL-BEING
Student Health Services

Supplemental Dental Coverage

Delta Dental PPO

- UCSHIP members have $1,000 USD worth of coverage for
  - Teeth evaluation and cleaning
  - Fillings
  - X-Rays
  - Root canals and tooth extraction
- To find a dentist, please
  - Call 1-800-765-6003
  - Visit www.deltadentalins.com/ucship

Referrals are unnecessary for dental care.

UC San Diego
STUDENT HEALTH AND WELL-BEING
Student Health Services

Supplemental Vision Coverage

Anthem Blue View Vision

- One routine eye exam per benefit year (8/1 thru 7/31)
- $120 to apply towards frames and lenses or contact lens once per benefit year

UCSD Student Health Optometry – Call 858-534-2602 to schedule an appointment.

Anthem EyeMed - Call 1-866-940-8306 to locate a contracted provider.

No Referral Required.

UC San Diego
STUDENT HEALTH AND WELL-BEING
Student Health Services

Referrals may be requested of any primary care provider at 858-534-2918 or 858-822-5926. We cannot provide retroactive referrals.

Resources

Contacts

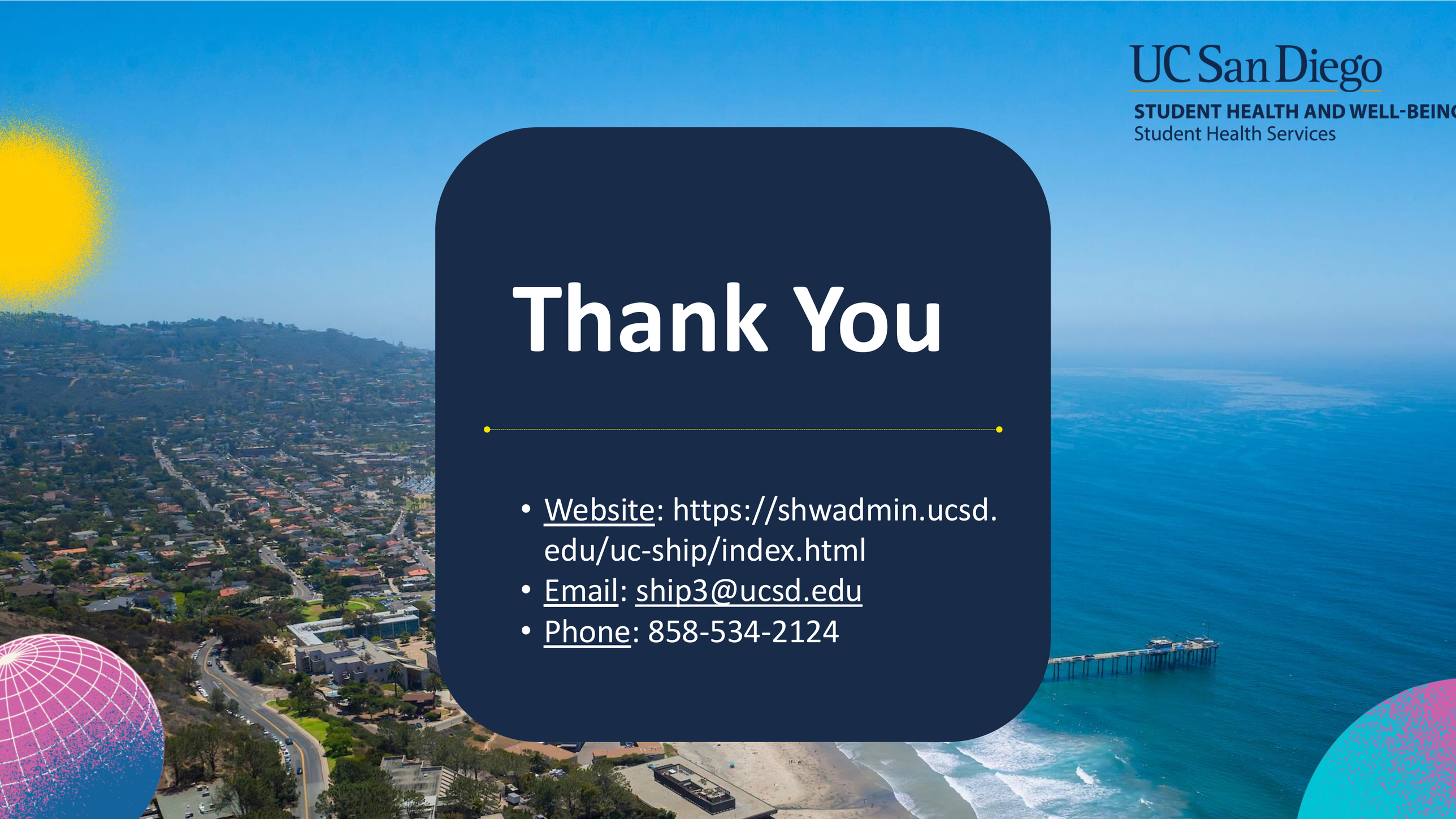
- UCSD Student Health and Well-Being
  - https://studenthealth.ucsd.edu/
  - Phone 858-534-3300
- UCSD Counseling & Psychological Services (CAPS)
  - https://caps.ucsd.edu/
  - Phone 858-534-3755
- UCSD Student Health Insurance
  - https://shwadmin.ucsd.edu/uc-ship/index.html
  - Phone 858-534-2124
  - Email SHIP3@ucsd.edu

UCSD Insurance offers ZOOM meetings every week on M, W, & F 11am-12pm.

Dial in 1-699-900-6833
or log on with your computer

- Monday access code: 88081736382
- Wednesday access code: 81949023064
- Friday access code: 82705053129

- Anthem Blue Cross
  - https://www.anthem.com/
  - Phone 866-940-8306
- Delta Dental
  - https://www1.deltadentalins.com/individuals/welcome.html
  - PPO phone 800-765-6003
- Optum Rx phone
  - https://www.optumrx.com/public/landing
  - Phone 844-265-1879
- UCSD Health Billing
  - https://health.ucsd.edu/patients/billing/Pages/default.aspx
  - Phone 855-827-3633
- Academic Health Plans (AHP)
  - https://www.ahpcare.com/
  - Phone 855-428-0730
- UCSD Financial Clearance
  - Phone 858-657-8380
- San Diego Medical Office Kearny Mesa
  - Phone 858-694-3900



UC San Diego
STUDENT HEALTH AND WELL-BEING
Student Health Services

Thank You

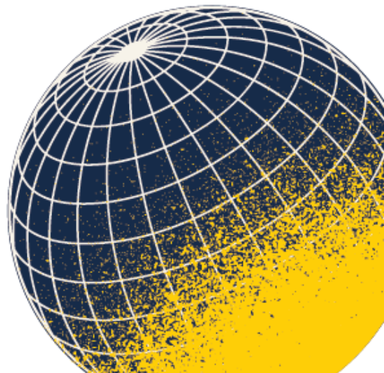
- Website: https://shwadmin.ucsd.edu/uc-ship/index.html
- Email: ship3@ucsd.edu
- Phone: 858-534-2124

Get Engaged

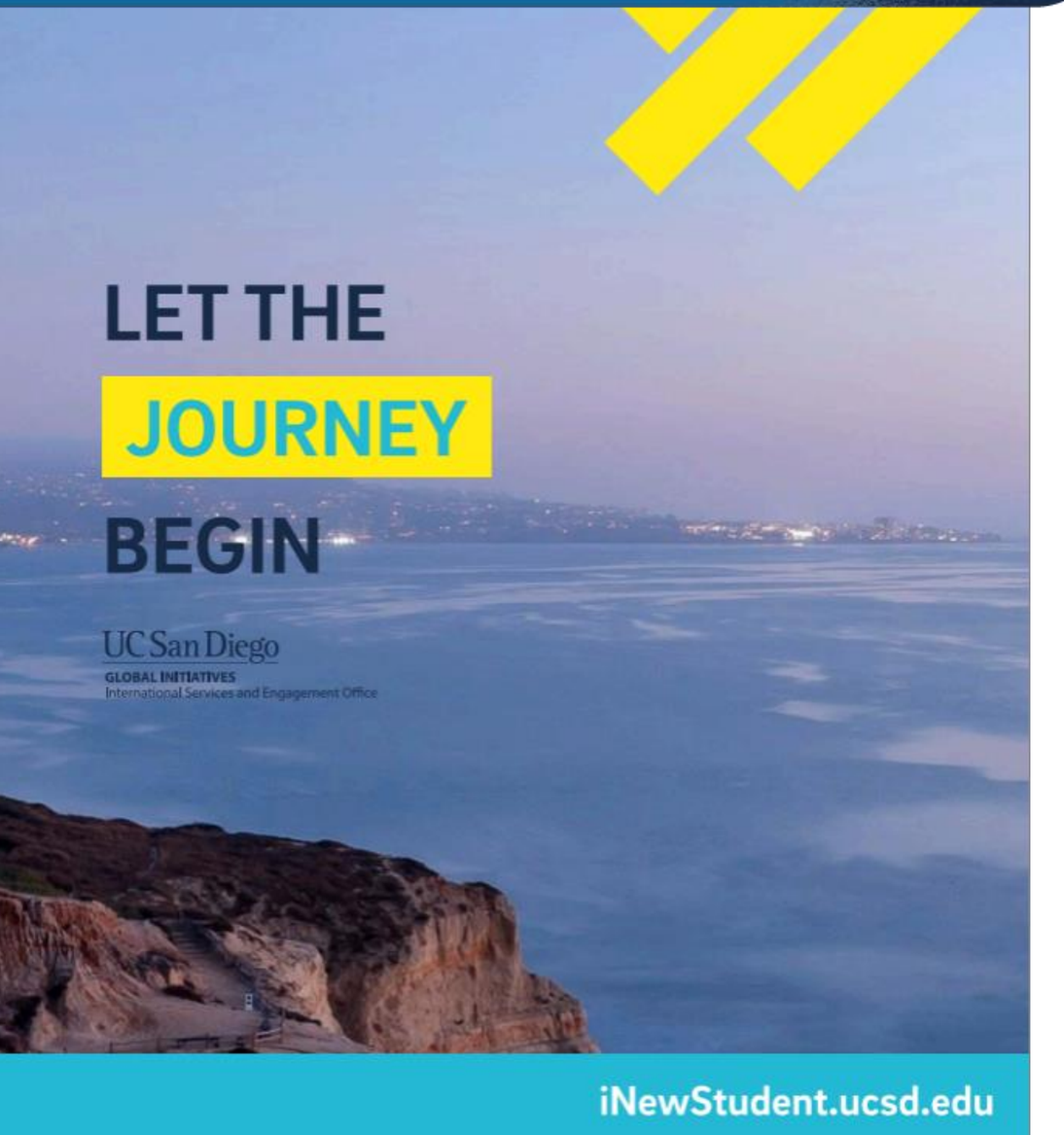
UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office



Welcome Guide

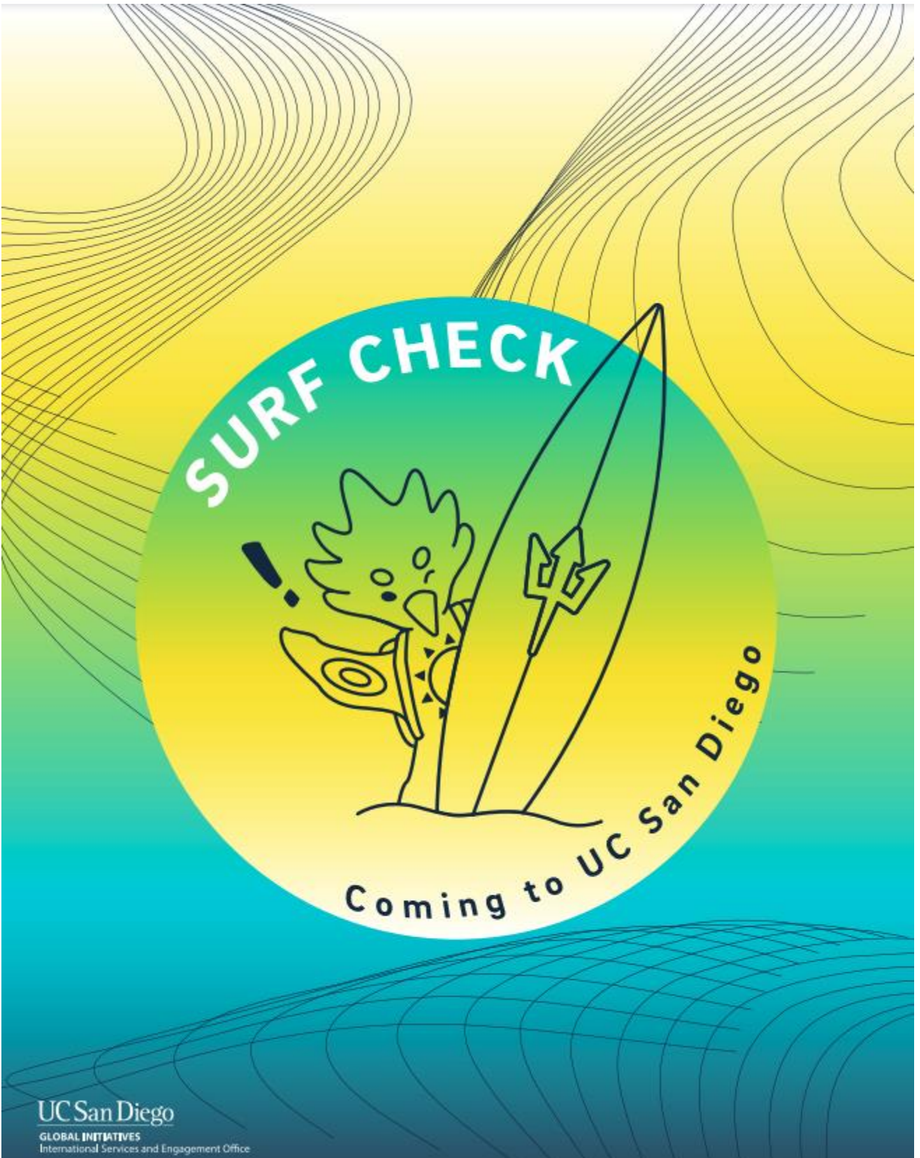


ISEO has created a **Welcome Guide** filled with helpful checklists and interactive links:

- Next steps to take **before you start classes**
- Next steps to take **preparing for arrival**
- Next steps to take **upon arrival**

Learn more at
https://iseo.ucsd.edu/programs/guides.html

Surf Check Guide



Surf Check Guide: Coming to UC San Diego

- Created for students by students covering the most frequently asked questions international students
- Covers topics like housing, arranging transportation from airport to campus, setting up a phone account, bank account, and more!

Learn more at https://iseo.ucsd.edu/programs/guides.html

Grad Pals Peer Mentorship Program

iPrograms

Redefining the world we know with **one experience at a time.**

iPrograms.ucsd.edu

iEvents Calendar

iEvents.ucsd.edu

Tue Feb 27th - Sun Mar 17th

ISEO Is Hiring: Marketing & Communications Student Assistant

Communications & Marketing Student Assistant (STDT 4) For the 2024-2025 Academic Year Estimated salary: $18 per hour Application Deadline: ...

Employment | Students | Professional-Development

Wed Feb 28th - Sun Mar 17th

ISEO Is Hiring: Undergraduate Programs Student Assistant

Undergraduate Programs Student Assistant (STDT 3) For the 2024-2025 Academic Year Estimated salary: $17 per hour Application Deadline: ...

Students | Employment | Professional-Development

Fri Mar 1st 10:00am - 12:00pm

Friday Chat

Participation in our English conversation tables are a wonderful way for you to practice your English and make friends. The conversation ...

Volunteer-Led | Off-Campus | In-Person | Global-Community | Scholars | Families

Fri Mar 1st 1:00pm - 4:00pm

UCSD Student Affairs Strategic Plan: Student Focus Groups

Register Here

The Office of the Vice Chancellor of Student Affairs is looking for feedback and input from students for our Strategic Plan! We will be ...

Students | In-Person | On-Campus | Free-Food

Sun Mar 3rd 5:30pm - 8:30pm

Sunday Supper: A Cosmic Cantina

This long-standing tradition is a quarterly dinner for residents and friends of I-House to celebrate and gather in the Great Hall. Come to ...

The Great Hall

I-House | Social | In-Person | Students

Mon Mar 4th 8:00am - 3:00pm

UCSD Student Affairs Strategic Plan: Student Focus Groups

Register Here

The Office of the Vice Chancellor of Student Affairs is looking for feedback and input from students for our Strategic Plan! We will be ...

Students | In-Person | On-Campus | Free-Food

Mon Mar 4th 4:00pm - 5:00pm

International Student Advisory Council (ISAC) March Meeting

Register Here

The International Student Advisory Council (ISAC) is comprised of leadership from student leaders and stakeholders invested in the ...

GETCCR | Grad-Students | Undergrad-Students | Student-Org

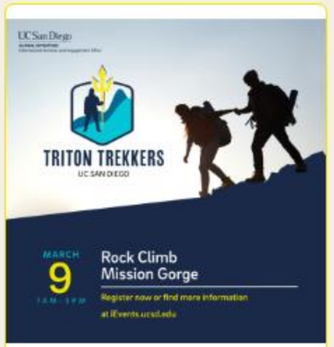
Tue Mar 5th 5:00pm - 6:00pm

Wed Mar 6th 10:00am - 12:00pm

Wednesday Coffee and Crafts

Wednesday Coffee and Crafts is an

Thu Mar 7th 11:00am - 12:00pm



Tue Mar 12th 12:00pm - 2:30pm

Federal Tax Workshop

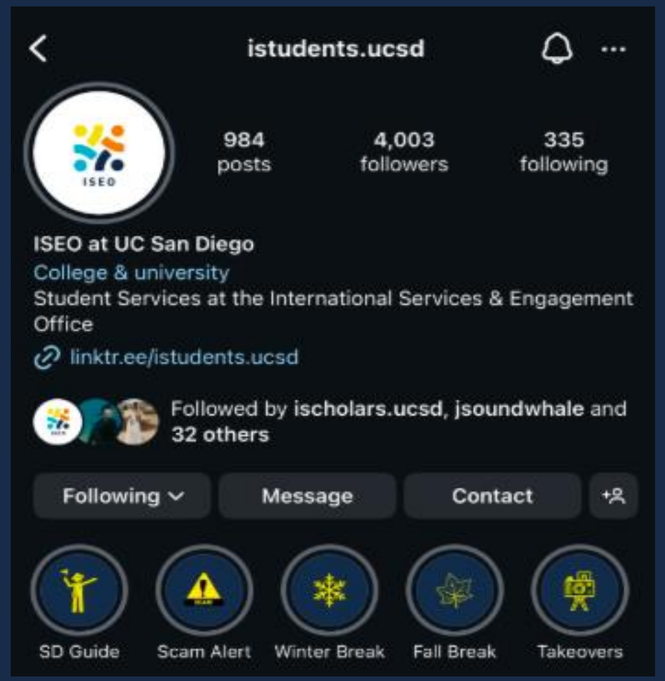
Register Here

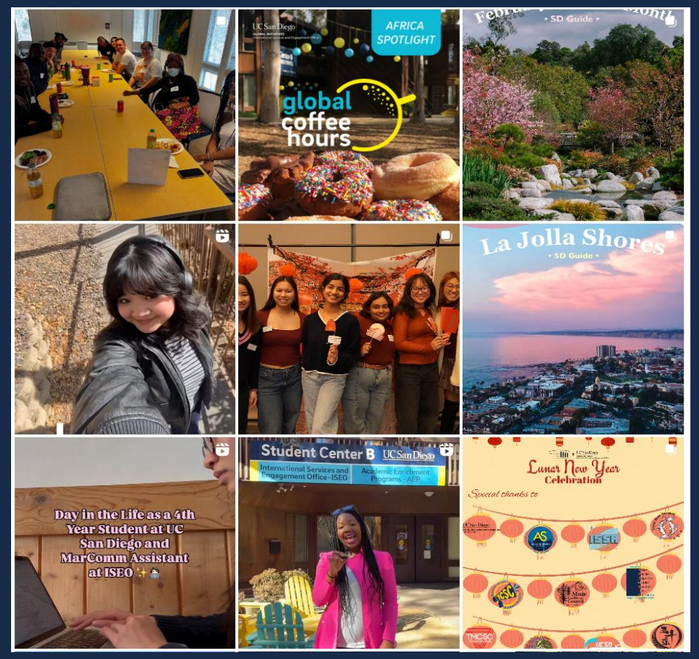
Professor Steve Gill, San Diego State University, Fowler College of Business faculty member, and Douglas Kelley, Accounting Lecturer at San ...

Students | Scholars | Families

Follow us on Instagram!

https://www.instagram.com/istudents.ucsd/





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International Services and Engagement Office

Additional Resources

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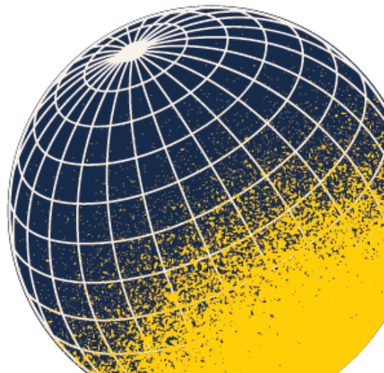
GLOBAL INITIATIVES
International Services and Engagement Office



IMPORTANT DEADLINES & REMINDERS

NOW

Begin requesting your visa documents via iServices

Visit: iServices.ucsd.edu

NOW

Apply for on-campus housing

Visit: hdh.ucsd.edu

Mid-May

Housing, Dining and Hospitality (HDH) starts to send out housing contracts in Mid-May. Offers are made 60 days prior to requested move-in date.

Visit: hdh.ucsd.edu

July

Deadline to submit health immunization requirements and complete OPHD training

Visit: studenthealth.ucsd.edu

Sept

Tuition due

Move-In

Check-In

New International Student Orientation

Visit: iOrientation.ucsd.edu

UC San Diego
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International Services and Engagement Office

Upcoming Pre-Arrival Webinars

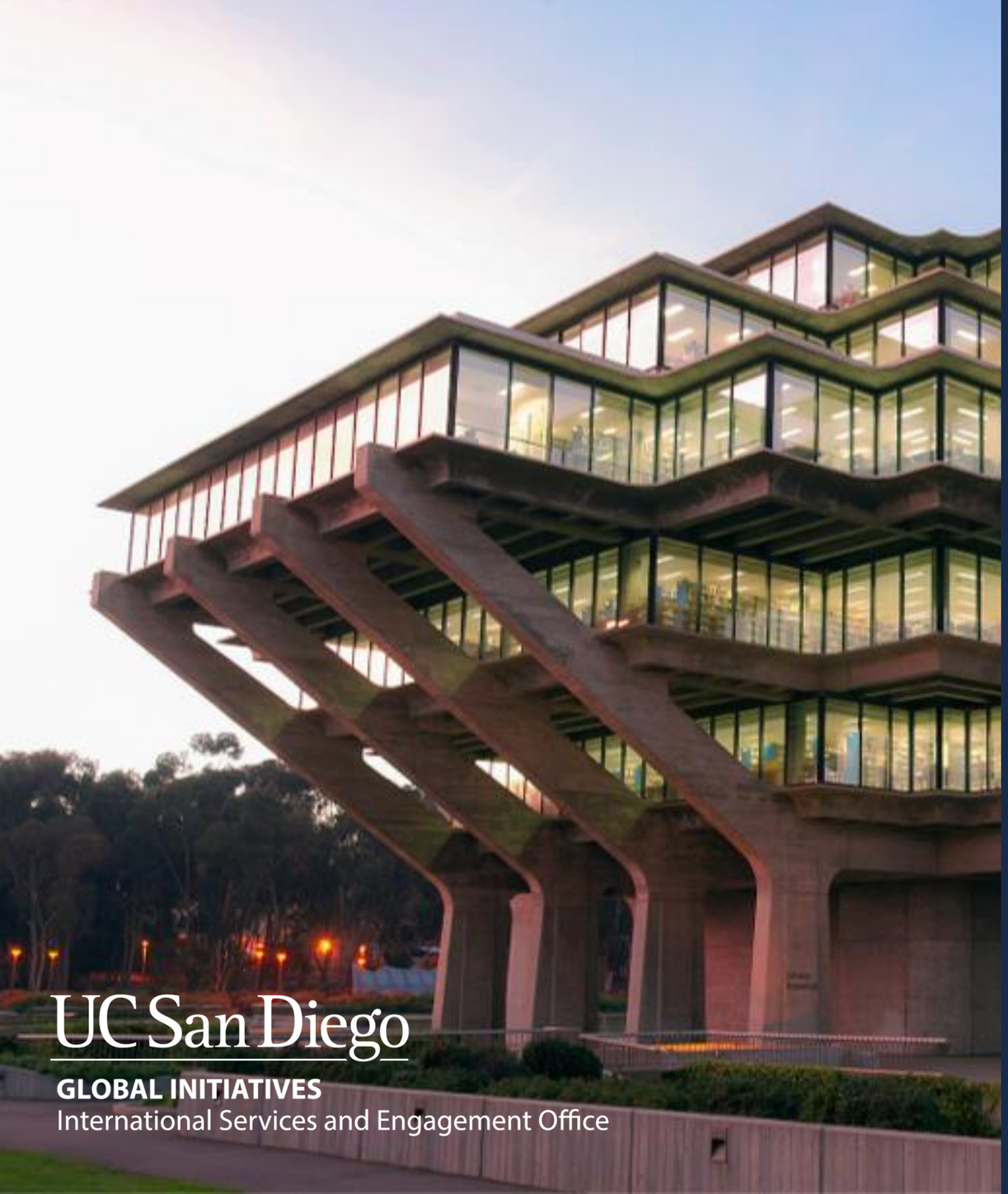
UC San Diego
GLOBAL INITIATIVES
International Services and Engagement Office

- **March 18:** Graduate Student Funding
- **March 20:** English Language Requirements for Instructional Assistants
- **March 25**: Student Life & Getting Involved on Campus
- **April 15:** Finances & Student Accounts Webinar
- **April 17:** SEVIS Transfers
- **April 24**: Campus Safety

All webinars will be recorded and posted at

iNewStudentWebinars.ucsd.edu

Survey



MONDAY - FRIDAY: 9am - 4pm
+1 858.534.3730
iContact.ucsd.edu

iNewStudent.ucsd.edu

UC San Diego International Services and Engagement Office

UC San Diego ISEO

@istudents.ucsd

@ISEOUCSD

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