

Southern Utah University

# International Exchange Student Handbook

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Dear student,

Welcome to Southern Utah University! We're happy and excited that you've decided to study with us. To prepare for your study at SUU, we encourage you to read this guide and follow its advice. This will make your transition easier and your stay more enjoyable!

We want you to have the best experience possible while you are here, and we will do our best to accommodate your needs. While we can't promise everything will be perfect, we believe if you are well-prepared for your stay and have the right attitude, you will make new friends, have a lot of fun and gain insight into yourself, your education, and our global world, just as other international students who've come before you have.

Please contact us if you have any questions or concerns that weren't addressed in this manual.

We look forward to seeing you soon!

SUU Global Engagement Center

## **Important Contacts:**

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Websites:  
International Exchange Student Information – [www.suu.edu/studyabroad/international.html](http://www.suu.edu/studyabroad/international.html)  
Study Abroad - [www.suu.edu/studyabroad](http://www.suu.edu/studyabroad)  
General SUU Information- [www.suu.edu](http://www.suu.edu)

## **Important Dates and Deadlines**

### **Application Deadlines:**

Fall semester- The middle of March

Spring semester- The middle of October

### **Housing Application Deadlines:**

Fall semester- The first week in March

Spring semester- The first week in March

### **Semesters Begin:**

Fall semester- Near the end of August

Spring semester- Near the beginning of January

Please see SUU's website for exact days.

### **Final Exams:**

Fall semester: Near the middle of December

Spring semester: The beginning of May

### **Semesters End:**

Fall semester- The middle of December

Spring semester- The first week of May

### **Vacations and Breaks:**

#### Fall semester:

Labor Day- first Monday in September

Harvest Holiday- The middle of October

Thanksgiving- Third Thursday in November

#### Spring semester:

Martin Luther King Jr. Day- January 15

Presidents' Day- February 19

Spring Break- The middle of March

Good Friday- The Friday before Easter

You can check the dates for the beginning and ends of the semesters and all school breaks at <http://suu.edu/events/index.html>

## **About Southern Utah University and Cedar City, Utah**

Southern Utah University is a comprehensive public institution established in 1898. It provides approximately 8000 students with an undergraduate liberal education in the arts, humanities and sciences, as well as in the professional fields of teacher education, business, nursing, and applied engineering. SUU also has master's degrees in accounting, business, communication, education, fine arts, and public administration. An extensive continuing education program is also offered. For additional information about the University, please visit its web site: [www.suu.edu](http://www.suu.edu).

The 130-acre campus has 79 buildings, including ivy-covered Old Main, constructed in 1898, and a number of modern classroom, business, special events, and student center buildings.

From the time of its founding, SUU has placed students first by featuring personalized and participative classes, combined with competent, qualified and supportive faculty, staff and administration. Our classes are small in number, which enable our faculty to offer students individual attention and allow each student the opportunity to fully participate in discussions and activities. We've received national recognition from Consumer Reports and the Princeton Review as a top quality university for both value and education, and most of our programs have been nationally and some internationally accredited by the most prestigious accreditation agencies.

SUU in Cedar City is located in the heart of Southern Utah, within a few hours drive of several national parks, including the Grand Canyon, Zion National Park, Bryce Canyon National Park, Arches National Park, and Canyonlands National Park. Our location is ideal for outdoor sports and activities, including hiking, biking, snowboarding and just about anything else you can think of to do outside.

SUU and Cedar City host a variety of cultural activities. We are home to the Tony-Award-Winning Utah Shakespearean Festival where you can take in Shakespearean plays, musicals, comedies and tragedies during the summer and fall. Throughout the year you can enjoy concerts by orchestras and choirs, participate in fairs and community events and join other SUU students in the variety of campus activities offered by the student association.

If you get the urge to travel, we are just a 2 ½ hours drive from Las Vegas, Nevada and a 3 ½ hours drive from Salt Lake City, Utah where the 2002 winter Olympics were held. There is also a regional airport about 10 minutes from the university that serves as a gateway to travel all over the nation.

## How to Get to Cedar City

**By Air:** The easiest way to get to Cedar City is to fly directly here from Salt Lake City, Utah on one of the daily flights. We can pick you up from the airport and drive you directly to your lodgings from the airport. Simply let us know the day and time of your arrival and your flight number if you would like an airport pickup.

**By St. George:** You can also fly into St. George, Utah, from a few larger airports. If you choose this option, you must make prior arrangements with the Global Engagement Center to pick you up. Let us know the day and time of your arrival, your flight information, and a mobile number we can reach you at. The drive from St. George to Cedar City is about 45 minutes.

**By Las Vegas shuttle:** You can also come to Cedar City by way of Las Vegas. This way is more complicated, as you will have to take a shuttle from the Las Vegas airport to St. George, Utah. The shuttle departs multiple times daily from the airport and the cost is around \$30-\$50 for the one-way trip. Reservations can be made at [www.stgshuttle.com](http://www.stgshuttle.com). When you arrive in St. George, someone from the Global Engagement Center will pick you up and drive you to Cedar City. You must make prior arrangements with the Global Engagement Center for your pick-up.

## Campus Information

Most departments and offices on campus are open Monday-Friday from 8:00 AM – 5:00 PM.

The Library is open: Monday-Thursday from 7:00 AM – 11:00 PM  
Friday from 7:00 AM – 7:00 PM  
Saturday from 11:00 AM – 7:00 PM  
Sunday from 2:00 PM – 10:00 PM

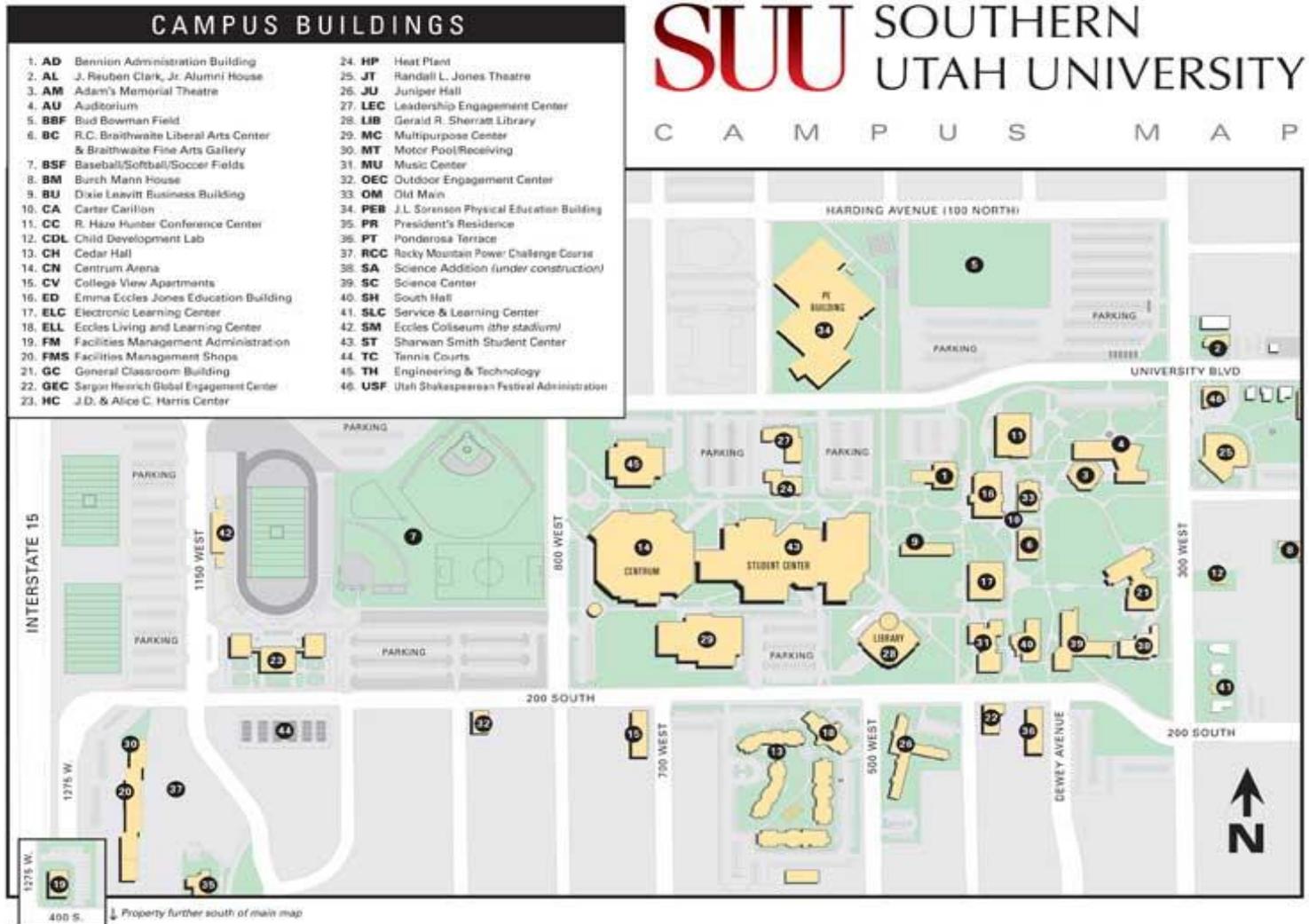
Upon your arrival, the Global Engagement Center will conduct an orientation session with you. Among other information, you will be given a tour of campus and shown where your classes will be held. Depending on your program of study, all your classes may be held in one building, or spread around in different buildings on campus.

During your orientation, you will be taken to get your SUU computer login and personal email address. With this, you will be able to use any student computer on campus. You will also need your login if you plan to use your laptop here and access the SUU wireless and/or high speed wired internet connection. If you live on campus, you will be able to access both connections directly from your room. Otherwise, you will have to be at the library or a computer lab.

Laptops and personal computers ARE NOT required for you to study at SUU. However, if you would like to bring one you can.

Please check your emails daily or as often as possible. Your family will want to know you're ok and your professors may email you with updates on assignments or changes in deadlines.

# Campus Map



## Accommodations

There are several choices for on-campus accommodations. The location is ideal: just across the street from the library, half a block from a bus stop, and near the center of campus. There are also special social activities specifically for students who live on campus, including dinners and various parties.

One of the greatest benefits of living on campus is you will only be required to sign a semester-long contract if you are not planning to stay the whole academic year.

**Note:** You will either need to bring or buy YOUR OWN BEDDING, TOWELS AND DISHES. These can be purchased online and shipped directly to our Housing Office through <http://www.ocm.com/linens>. We will also make several trips to Walmart the week before classes begin to accommodate students who wish to purchase items there.

SUU's housing options are:

- **Eccles Living & Learning Center** is a state-of-the-art, apartment-style facility that provides residents with the latest in on-campus living accommodations. Most international exchange students live here. Each air-conditioned apartment is 1500 square feet and has a full kitchen with dishwasher, mounted microwave, all major appliances, and furnished eat-in area. A centrally located, extra large living room comes furnished with a beautiful sofa, loveseat, chair, and coffee table. On either side of the living area are two full bathrooms with double-sink vanities located outside each bathroom. Four- and Five-bedroom apartments are available.
  - o **Price:** shared room- \$1,450-\$1,880/semester  
private room- \$2,260-\$2,390/semester
  
- **Cedar Hall** is designed with 1st year students in mind, Cedar Hall's innovative floor plan promotes a social atmosphere, making it easy to connect with other students. The building features a unique style of suites, in which two bedrooms join to a centrally located bathroom. Each bedroom accommodates two occupants, totaling four residents per suite. Suites are fully furnished If you live here, you must purchase a meal plan from SUU, as there are no kitchens.
  - o **Price:** shared room- \$1,595/ semester
  
- **Ponderosa Terrace** is an ideal community for upper-classmen that offers a more independent lifestyle with the benefits of living on campus. Each apartment has a kitchen, living room, bathroom and 3-4 single-occupancy bedrooms.
  - o **Price:** shared room- \$1,275/semester  
private room- \$1,950/semester

For more information about on-campus housing, visit [www.suu.edu/ss/housing](http://www.suu.edu/ss/housing)

## Estimated Costs

SUU requires international exchange students to have and provide proof that they have at least \$1,000 for every month that they are here. You may need more or less, depending on your lifestyle and living arrangements.

### Course Fees:

It is important to know that some courses you may take will have fees associated with them. These range from \$4-\$60 per class. SUU cannot waive these fees as they are imposed by each individual department. You can check what fees may be associated with your classes when you pick them from the online course schedule. As an example, most business courses have an \$11 fee associated with them. Some engineering courses have a \$15 fee associated with them. **YOU MUST PAY THESE COURSE FEES BEFORE OR UPON YOUR ARRIVAL.**

### Gym Pass:

As an SUU student, you have the privilege of using certain on-campus gym facilities. In our new, state-of-the-art physical education building you can play squash, racquetball, and

basketball, run the indoor elevated track or swim in the Olympic-sized pool. However, if you would like the use of the gym, with weight machines, free weights, treadmills, stairclimbers, etc., you will need to purchase a semester pass for \$60 or pay \$2 per visit.

SUU also has a number of intramural sports activities where anyone can participate. They are announced on bulletin boards around campus and in the physical education building.

**Meal Plans:**

Some students choose to purchase a meal plan from SUU, which enables you to eat in the on-campus cafeteria. A variety of plans are available (this list includes just a few), and you can purchase them upon your arrival.

Plan	Price/semester	Flex money
75 Meals/ Semester	\$680	\$50 included
100 Meals/ Semester	\$870	\$50 included
125 Meals/ Semester:	\$1,160	\$75 included
10 Meals/Week:	\$1,380	\$75 included
19 Meals/Week:	\$1,895	\$125 included

You can also purchase meals in the cafeteria without purchasing a meal plan. There are also a couple of fast-food restaurants and stores where you can buy food on campus.

**Semester Costs:**

Housing-	\$1,275-\$2,390 per semester
Course fees-	\$0-\$100 depending on your courses. Most students pay around \$30-\$70/semester
Books and supplies-	\$200-\$500 per semester
Gym pass (if desired)-	\$60 per semester
Meal plan (if desired)-	\$180-\$1,895 per semester

**Monthly Costs:**

Food (w/out meal plan)-	\$125-\$300 per month
Bus pass-	\$40 for 30 rides
Utilities (some apartments)-	\$10-\$50 per month
Leisure-	\$25-\$250 depends on your spending habits per month

## **Leisure**

### **Outdoor Recreation:**

SUU has an Outdoor Recreation Center on campus which sets up a lot of activities in the areas around Cedar City. These include camping trips, rock-climbing, hikes, rappelling, star-gazing, and many others. The Outdoor Recreation Center also rents equipment for small fees so you and some friends can venture out on your own.

For more information, visit [www.suu.edu/uc/outdoor/index.html](http://www.suu.edu/uc/outdoor/index.html)

If snowboarding or skiing is your thing, then Brian Head ski resort is just 45 minutes away. We are also within hours of several national parks, including Zion and Bryce Canyon National Parks and the Grand Canyon.

If you want to stay a little closer to home, SUU has outdoor tennis courts, soccer fields, baseball fields, an outdoor track, and big grassy areas around campus where you can always find students playing Ultimate Frisbee or some other game.

Cedar City also offers a variety of outdoor activities. If you enjoy golf, we have a beautiful course on the north side of town. We also have several parks where you can go and relax, and walking and biking trails that take you to beautiful areas in and outside of town.

### **Indoor Activities:**

SUU holds a number of student activities every month, and these are a great way to make new friends and have some fun. The student association is in charge of most activities, which range from dances, a Mardi Gras party, movie nights, and performances by local bands. To find what kinds of activities are happening each week, just look around campus where they are always advertised on bulletin boards, or at [www.suu.edu/suusa](http://www.suu.edu/suusa) and click on “upcoming activities”.

If you enjoy athletic activities, our state-of-the-art physical education building has it all: Racquetball/Squash courts, basketball courts, an indoor track, a gym, and an Olympic-sized swimming pool. As an SUU student, you can use all the facilities for free with the exception of the gym, so take advantage of this building. Its here for you!

Cedar City offers students activities such as bowling, dancing, and art events. There are concerts and plays every month of the year, whether on-campus or off. Cedar City hosts the Tony-Award-Winning Utah Shakespearean Festival, which you won't want to miss if you come during the fall semester. There are also a variety of restaurants for every taste, shopping outlets, and if you crave even more variety, St. George, Utah is just 45 minutes away. There are also three movie theaters where you can always see the newest releases.

### **Nearby Attractions:**

Las Vegas, Nevada is just a 2 ½ hour drive from Cedar City. Salt Lake City, Utah where the 2002 Winter Olympics were held is a 3 ½ hour drive. You can also get anywhere pretty quickly from our regional airport, which flies to Salt Lake City daily.

# Course Organization and Grading System

## Course Organization:

At the first or second class of each semester, your professors will hand out a course syllabus, which will detail the goals and objectives of the course, the assignments and all deadlines (although these are subject to change).

Your grades will be based upon your coursework over the semester, any exams you take during the semester, and your final examinations. Each professor divides how much each assignment and examination will be worth differently, but they will always outline it in their syllabus.

## Grading System:

SUU gives letter grades which consist of:

A, A-	= Excellent
B+, B, B-	= Above Average
C+, C, C-	= Average
D+, D, D-	= Below Average
F	= Fail

These are the grades that will show up on your transcript at the end of your study. If you wish to contest your grade, you must contact the professor directly. If you are worried about your grade at any time during the semester, please contact your professor. Most are very willing to work with students in order for them to be successful. You can also get help in the tutoring labs on campus for free.

At the completion of your study, the Global Engagement Center will send an official copy of your transcript to your home university. If you would like one for yourself as well, you must request it through your Student Portal.

# Programs and Degrees

SUU has six colleges with seven graduate degree programs and 70 undergraduate degree programs.

## Graduate Programs:

- Master of Accountancy (M.Acc.)
- Master of Arts in Professional Communication (M.A.)
- Master of Business Administration Program (M.B.A.)
- Master of Education Degree (M.Ed.)
- Master of Fine Arts in Arts Administration (M.F.A.)
- Master of Science in Forensic Science (M.S.F.S.)
- Master of Science in Sports Conditioning and Performance (M.S.S.C.P.)

## **Bachelor Programs:**

- Accounting
- Agricultural Science and Industry
- Art History
- Art
- Athletic Training
- Bachelor of Arts in General Studies
- Bachelor of Interdisciplinary Studies
- Biology - Botany Emphasis
- Biology - Education Emphasis
- Biology - Forensic Emphasis
- Biology - Zoology Emphasis
- Business Education Composite
- Chemistry - Teacher Education Emphasis
- Chemistry Composite - Forensic Emphasis
- Chemistry Composite - Health Care Emphasis
- Chemistry Composite - Professional Emphasis
- Communication - Communication Studies Emphasis
- Communication - Media Studies Emphasis
- Communication - Strategic Communication Emphasis
- Communication Composite
- Computer Science Composite - Forensic Science Emphasis
- Computer Science Composite
- Construction Management Composite
- Criminal Justice - Forensic Science Emphasis
- Criminal Justice
- Dance Education
- Dance Performance
- Economics Major
- Elementary Early Childhood Education Concentration (K-3 Licensure)
- Elementary Education - English as a Second Language (EESL) Specialization
- Elementary Education - English/Language Arts Specialization
- Elementary Education Art Specialization
- Elementary Education K-8 Mathematics Specialization
- Elementary Education Science Education Specialization
- Elementary Education
- Elementary Integrated Studies Specialization
- Engineering Technology Composite - CAD/CAM Emphasis
- Engineering Technology Composite - CAD/CAM-Architectural/Civil Design Emphasis,
- Engineering Technology Composite - CAD/GIS Emphasis
- Engineering Technology Composite - Electronics Emphasis
- English - Creative Writing Emphasis
- English - Literature Emphasis

- English - Teaching Emphasis
- English Composite - Secondary Education/Creative Writing Emphasis
- Family Life and Human Development: Early Childhood Development
- Family Life and Human Development: Early Childhood Development
- Family Life and Human Development: Family Services
- Finance Composite Major
- French Teaching
- French
- Geology Composite - Professional Emphasis
- German Teaching
- German
- Graphic Design
- History Major
- History Teaching Major
- Hotel, Resort, & Hospitality Management
- Human Nutrition - Allied Health Emphasis
- Human Nutrition- Pre-Dietetics Emphasis
- Information Systems Composite
- Integrated Engineering.
- Management Composite
- Marketing Composite
- Mathematics - Emphasis in Actuarial Science
- Mathematics - Emphasis in Education
- Mathematics - Emphasis in Pure Mathematics
- Music - Instrumental Emphasis
- Music - Piano Emphasis
- Music - Vocal Emphasis
- Music Education - Secondary Choral Emphasis
- Music Education - Secondary Instrumental Emphasis
- Music
- Nursing - Pre-Licensure Emphasis
- Nursing - RN to BSN Emphasis
- Outdoor Recreation in Parks and Tourism - Natural Resource Recreation Emphasis
- Outdoor Recreation in Parks and Tourism - Outdoor Education Emphasis
- Outdoor Recreation in Parks and Tourism - Tourism Emphasis
- Philosophy
- Physical Education - Exercise Science Emphasis
- Physical Education - Teaching/Coaching Emphasis
- Physical Science Composite - Teacher Education Emphasis
- Political Science
- Psychology
- Secondary Art Education
- Social Science Composite
- Sociology Major
- Spanish Teaching
- Spanish

- Studio Arts - Ceramics/Sculpture Emphasis
- Studio Arts - Illustration Emphasis
- Studio Arts - Painting/Drawing/Printmaking Emphasis
- Studio Arts - Photography Emphasis
- Technology Education Composite with Career and Technical Emphasis
- Theatre - Classical Acting
- Theatre - Musical Theatre
- Theatre - Theatre Design & Technology Emphases
- Theatre Arts - Acting Theatre Focus
- Theatre Arts - Design Theatre Focus
- Theatre Arts - Directing Theatre Focus
- Theatre Arts - Secondary Theatre Education Focus
- Theatre Arts - Technical Theatre Focus

**To see a full list of classes for a particular semester**, go to [www.suu.edu/curstu](http://www.suu.edu/curstu) and click on “class schedules”. Follow the menu prompts until you reach the courses. Clicking on the name of a particular class will give you more information about the class, including any fees associated with it. Clicking on “View Catalog Entry” for a class will give you its description.

When sending us the classes you wish to take, please select at least three extra courses as backups in case any of the classes you selected are full or otherwise unavailable.

You will be able to add and drop classes the first week of school if you decide you need to change after arriving.

## **Application Procedures**

The very first thing you should do if you wish to study at Southern Utah University is to **CONTACT YOUR HOME UNIVERSITY INTERNATIONAL OFFICE**. You will need to complete their application procedures and be nominated by them before we can accept you on exchange to SUU.

After your school nominates you, you will need to complete our application procedures and send us the documents required for your DS-2019 and J-1 student visa. The application process and required materials can be found at <http://www.suu.edu/academics/studyabroad/internationalappprocedure.html>.

After we send your documents, you will need to contact your nearest American consulate/embassy through their website and pay the SEVIS fee. After that the consulate will invite you for an interview and issue you your visa. Your International Programs advisor may help you with this process.

## Useful Information from A to Z

**Alcohol-** SUU is an alcohol-free campus. No alcoholic beverage of any kind is allowed on campus or in campus housing.

**ATM-** There is an ATM in the student center on campus that you can access, as well as several around the city.

**Bank-** It is highly recommended that you open a bank account upon your arrival in Cedar City. The Global Engagement Center can help you with this.

**Bikes-** If you wish to purchase a bike, inexpensive ones are available at Walmart. Bikes are a great way to get around Cedar City and there are places to park your bike all around campus and at campus housing.

**Books-** You will have to purchase all your school books, and the easiest way to do so is at the SUU bookstore after your arrival. You can also purchase books online from websites such as Amazon.com or Half.com, but there is no guarantee how quickly the books will arrive. It is up to you to decide how you wish to purchase your books. They generally will cost you from \$100-\$500 per semester. If you purchase books from the SUU Bookstore, you can sell them back at a reduced cost at the end of the semester.

**Buses-** Cedar City has a bus network that will take you to all major areas in the city. Each ride is \$1.50, or you can purchase 30 rides for \$40. There is a bus stop on the north side of campus. We can provide you with a map and schedule when you arrive.

**Churches-** There are a number of different churches for different faiths in Cedar City. Contact the Global Engagement Center for help in finding a place of worship.

**Cinemas-** Cedar City has three nice movie theaters that play movies daily. During some weekends and movie premiers there are discounted movies at midnight.

**Climate-** Cedar City has four distinct seasons and all kinds of weather. Bring clothes that will work with sun and heat, rain, snow and cold, and wind!

**Computers-** You are not required to bring a computer to SUU, although it will only be beneficial to you. There are several computer labs around campus, including in the Library, for student use.

**Dates-** Dates in the United States are usually written in the following format: month, day, year. For example, January 12, 2007 would be written either as 01-12-2007 or 01/12/07

**Dishes-** You must bring your own dishes and utensils, or buy them when you arrive. The Global Engagement Center can take you to where you can purchase these items.

**Dry-cleaning-** If you need to have anything dry cleaned, there are several dry-cleaners throughout Cedar City. If you need help finding one, contact the Global Engagement Center.

**Electricity-** American and European outlets and voltage are different, so you will need a converter AND adapter if you plan to bring any electronic devices or appliances.

**Emergency Services-** If you are ever in an emergency situation and have access to a phone, call the number “911”. This phone number is specifically for emergencies of any kind. If you must go to a physician, you will usually be required to pay at the time of service, so make sure you have a credit card with enough money to cover your expenses.

**Identity Card-** When you arrive, we will take you to get your SUU student identity card. This card will allow you to get into campus sporting events, the physical education facilities, and other student events for free as well as get you discounts at retailers around town.

**Insurance-** You must have insurance for the duration of your stay at SUU. If you don’t have your own, we can give you a list of providers for you to choose from.

**Linen-** You must either bring or buy your own linens. No housing will provide them for you. If you need to buy your linens here, the Global Engagement Center will take you to purchase them.

**Medical Care-** Cedar City has an excellent hospital, a number of specialists in every field, dentists, eye doctors, and chiropractors. Remember to have your health insurance documents with you when you go to see a doctor. You may be required to pay at the time of service and then be reimbursed by your insurance provider.

**Pharmacy-** There are many pharmacies in Cedar City, so you will have no problem finding one. If you need help, contact the Global Engagement Center

**Printers and Photocopiers-** The SUU library has a printing and copying lab where you can get black & white prints, color prints and photocopies. At the beginning of each semester, students are given 200 free black & white printing credits that they can use at any of the campus computer labs. You can purchase more if you need to.

There are also a few print shops around town where you can purchase prints and copies.

**Post Office-** There is a full-service post office on campus that can help you with all of your postal needs. Cedar City also has a post office in the city center.

**Shopping-** There are a few clothing stores in Cedar City, dollar stores, and specialty stores all over town. You can buy most products you will need at the local Walmart. If you wish for a greater variety in your shopping, 45 minutes away is St. George, with a mall and a number of outlet stores catering to every need and desire.

**Smoking-** It is forbidden to smoke in any buildings in Utah due to the Utah Clean Air Act. However, you can smoke outside, but you must be at least 25 feet away from any building.

**Taxi-** There is a taxi service available in Cedar City, but you must call ahead since the company is very small.

**Telephone-** You can purchase a pay by the minute phone at Walmart upon your arrival. They generally cost about \$15 for the phone and you can purchase minutes for the phone at a reasonable rate. You can also purchase a phone from a local phone store but they tend to require a one or two year contract.

**Time-** Utah is on Mountain Standard Time

**Tutoring-** If you need extra help with a class, free tutoring is available in the on-campus tutoring labs.

**Visa-** You are required to obtain a J-1 student visa in order to study for a semester or year at SUU.