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# ***International Student Handbook 2019-2020***



**MORNINGSIDE  
COLLEGE**



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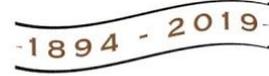
This handbook has been developed to supplement the Morningside College Student Handbook found [here](#). This handbook is a resource but note that it is not all inclusive. Additional information can be found through a variety of resources.



PRESIDENT'S OFFICE  
(712) 274-5100



1501 Morningside Avenue  
Sioux City, Iowa 51106  
712.274.5000  
www.morningside.edu



To Our New International Students:

My wife Robin and I extend to you a very warm welcome to Morningside College! We are thrilled that you have decided to join this marvelous college community. Morningside will provide you many opportunities; take advantage of them. And please know that we look forward to learning much from you about your country, culture, and passions. Hope to see you often on campus!

Sincerely,

A handwritten signature in black ink, appearing to read 'John Reynders', with a long horizontal flourish extending to the right.

John Reynders  
President

*The Morningside College experience cultivates a passion for life-long learning and a dedication to ethical leadership and civic responsibility.*

## Campus Locations & Personnel

[View campus map here](#)

### International Student Affairs

#### International Paper Work and Advising

Lillian J. López, Krone Advising Center  
Email: [lopez@morningside.edu](mailto:lopez@morningside.edu)  
Phone: 712-274-5030

Katie Roskie, Krone Advising Center  
Email: [roskiek@morningside.edu](mailto:roskiek@morningside.edu)  
Phone: 712-274-5033

#### International Student Support Services

André McWell, Learning Center, office 301  
Email: [mcwell@morningside.edu](mailto:mcwell@morningside.edu)  
Phone: 712-274-5318

### Dining Service

- **Wikert Dining Hall:** Cafeteria located on the first floor of the Olsen Student Center
- **Mustang Grill:** Also known as Bucks. Made-to-order grill located in the basement of Olsen Student Center
- **Spoonholder café :** Coffee shop located on the first floor of the Learning Center

#### [Technology](#)

- Located in the basement of Olsen Student Center  
Phone: 712-274-5544

#### [Bookstore](#)

- Located in the basement of Olsen Student Center  
Phone: 712-274-5170

#### **Campus Mailbox/Post Office**

- Located in the basement of Olsen Student Center  
Phone: 712-274-5181

#### [Academic Support Center](#)

- Second floor of the Learning Center

### Campus Ministry

- Andy Nelson, Campus Chaplain. Basement of Olsen Student Center  
Phone: 712-274-5148

### Campus Safety

- Brett Lyon, Director of Safety and Security. The Learning Center room 109 and Olsen Student Center.  
712-274-5234

## **Health and Wellness**

The United States healthcare system may be very different than health care in your home country. The steps to follow, should you fall ill, might be different than what you have done in the past. If possible, always begin with Student Health. It is expensive, even with medical insurance, to seek help at the local emergency rooms. You will be responsible for payment for services that your insurance does not cover. Please learn how your insurance works *before* you need to use it.

### **International Student Insurance Plan**

It is MANDATORY for international student-athletes to buy one of the following insurance plans:

- [HTH Worldwide](#)  
[Coverage](#)
- [International Student Insurance – Must purchase “Select” or “Elite” policy](#)  
[Coverage](#)

### **Student Health**

#### **On Campus [Student Health](#)**

**Carol Garvey, R.N, B.A.**

Student Health Nurse, Olsen Student Center, Lower Level

Email: [garvey@morningside.edu](mailto:garvey@morningside.edu)

Phone: 712-274-5178

- A registered nurse is available Monday- Friday when classes are in session. If the situation is not life-threatening, you should start with Student Health. It is expensive to go off campus for minor issues. They are not able to write medical prescriptions.
- Visits are by appointment [here](#).

- Doctors come to campus regularly and can write prescriptions.

**Medical Emergencies:** If you feel your illness is *life-threatening*, you should go to the nearest Emergency Room. Call **911** on your telephone to arrange ambulance transportation. Again, emergency services in the United States are very costly.

**Urgent Care clinics** are available daily if you cannot wait for Student Health to open. These are walk-in clinics (no appointment needed). Before visiting a hospital or urgent care clinic, be sure you bring your insurance card. Please see below for a listing of local clinics and hospitals.

## **Personal Counseling**

### **Bobbi Meister, LISW.**

Personal Counselor, Olsen Student Center, Lower Level

Email: [meisterb@morningside.edu](mailto:meisterb@morningside.edu),

Phone: 712-274-5606

- The counselor's role is to provide any full-time students with personal counseling as needed throughout the school year.
- Provide referrals, if needed, for additional services such as long-term counseling, psychiatry, etc.
- All on campus counseling services are free and completely confidential to students.
- Visits are made by appointment [here](#).

# Immigration Information

The PDSO (Principle Designated Student Official) and the DSO (Designated Student Official) are individuals on campus who are authorized representatives to the United States government. They are responsible for issuing non-immigrant student visa documents, Additionally, they are here to help assist you through the process of studying in the United States. They are as follows:

## PDSO

- Lillian López - Krone Advising Center

## International Students Services DSO's

- Katie Roskie - Krone Advising Center
- Shari Benson - Krone Advising Center

## Admissions DSOs

- Terri Curry - Lewis Hall
- Cindy Houlsworth - Lewis Hall

## When to meet with your PDSO/DSO

- At the beginning of each semester: **Every semester, the PDSO/DSO must physically set eyes on you.** This is to ensure your lawful presence in the United States, as your F-1 visa requires
- To update information. Examples: changing your major, graduation date, if you moved residence hall rooms or are changing your address
- Before you travel out of the United States (see Traveling below)
- To request on-campus employment (see Employment below)

## Traveling

If you are planning to travel outside the United States you must get a valid signature from the PDSO or DSOs located in the Krone Advising Center. This signature is needed on page 2 of your I-20 document and is valid for 12 months. You will not be able to gain entrance back into the United States without a valid signature.

When traveling, both in and out of the United States, make sure to have the following:

- I-20 document
- Passport

## Maintaining Status

It is your responsibility to maintain your status as an F-1 student. Please click [here](#) to learn more.

## Employment

There are very strict guidelines regarding where F-1 international students may work while in the United States. **You may not work off campus unless granted prior authorization.** If you have questions about any work experience opportunities, including volunteering, you **MUST** meet with the Lillian or Katie in the Krone Advising Center. For more information on employment while in the United States please visit <https://www.ice.gov/sevis/employment>

### **On Campus Jobs**

- Students are permitted to work part time, a maximum of 20 hours per week.
- More than 20 hours per week, or full time work, is only allowed on college vacations and summers for enrolled and continuing students.
- Must be paid through campus payroll, not work study funds. There are several offices on campus who are able to hire international students. The main offices are: Food Services, Maintenance, and Event Set-Up.
- Check with Lillian or Katie in the Krone Advising Center before accepting any paid position.
- Students must have a Social Security number BEFORE beginning work.

### **Off Campus Training Opportunities**

After you complete two semesters at Morningside you will be eligible to apply for off campus training opportunities, both paid and unpaid. Curricular Practical Training (CPT) is an opportunity for you to gain training in your intended career/major. The training must be tied to your declared major and is completed in the form of an internship or externship for college credit during a regular academic session (fall, spring or summer semester). You must work with Lillian or Katie in the Krone Advising Center to complete the request.

### **After Graduation**

You may apply for Post Completion Optional Practical Training (OPT). This is a one-year permit that allows you to work in the United States after graduation. There is a formal process that must be followed when applying for OPT. You **MUST** meet with Lillian or Katie in the Krone Advising Center.

For more information on the above training opportunities click [here](#).

## **Social Security Number**

To work in the United States, you must have a Social Security card. A social security number is assigned to individuals who are authorized to work in the United States. You **MUST** meet with Lillian or Katie in the Krone Advising Center to apply for a Social Security card.

- The social security card does not authorize you to work off campus.
- Wait one full week after arriving on campus before applying for a social security number. This will allow your immigration records to be verified with the Department of Homeland Security.

## **Taxes**

Every F-1 student in the United States must fill out Form 8843 each year. This form identifies you as a person on a temporary stay in the United States. You must have this document on file each year to remain in good standing as a student in the United States. The Krone Advising Center hosts a workshop in the spring for all international students to complete the 8843 form. Watch your campus email for this notification.

Additionally, any international student who is employed while in the United States will be issued a W-2 form that provides information on income taxes that were paid by you. W-2 forms will be issued in late January to cover wages for the previous calendar year (January to December). Students that work could be subject to paying federal and state taxes, unless there is an exemption under a treaty with your country of citizenship. Treaties vary by country. It is your responsibility to learn about your potential tax filings.

Please refer to the [IRS website](#) for the most accurate and appropriate information, including the forms you need to file each year by April 15<sup>th</sup>.

# Living in Sioux City

## Sioux City, Iowa

- Morningside - East side of town
- Downtown - Middle of town
- Westside/Riverside - West part of town
- Northside - North part of town

## South Sioux City, Nebraska

- South of Sioux City - across the Missouri River

## North Sioux City and Dakota Dunes, South Dakota

- North of Sioux City - across the Big Sioux River

## The Essentials

### Transportation

André McWell, International Student Adviser, is available to coordinate transportation for students around the Sioux City area. Other transportation options include:

- [Sioux City Transit](#)
- [Uber](#)
- [Lyft](#)
- Taxi services: there are a variety of taxi companies in Sioux City.

### Drivers License

If you plan to drive in Iowa, you must obtain an Iowa Driver's License from the Iowa Department of Transportation (Iowa DOT). Learn more about the process [here](#).

Please note: the vehicle you obtain and use for the driving portion of the test is your responsibility. Borrowing staff or faculty vehicles is not an option. Remember that you are liable for any accidents.

### Staying Connected

You are encouraged to get a United States cell number/SIM card when you arrive to campus. Verizon Wireless and AT&T are the two most popular wireless providers in the area. However, there are some pay-as-you-go providers. You can work with André McWell to schedule a time to visit one of the local retailers.

## Practicing Your Religion

There are a variety of places of worship, including: mosques, temples, churches, etc. in the region that can be found online. You can contact Andy Nelson, the campus Chaplain, if you are interested in finding places of worship in Sioux City.

## Bank Account

To set up a bank account you must first select a bank. While deciding on a bank it is suggested you choose one that provides nationwide service as well as one close to campus for convenience.

Once you have selected your bank of choice you will need the following:

- Your passport
- Your Morningside mailing address including your box number:  
     3609 Peters Avenue  
     PMB # (add your post box number)  
     Sioux City, IA 51106
- Any money you wish to use to start your account.

|   |                                       |   |
|---|---------------------------------------|---|
| Pioneer Bank<br>4700 Singing Hills Blvd   | U.S. Bank<br>4608 Morningside Ave.    | Iowa Nebraska State Bank<br>3410 Singing Hills Blvd |
| Wells Fargo (two locations)<br>2015 South St. Aubin<br>or<br>4360 Sergeant Road | Pinnacle Bank<br>1901 Morningside Ave | Primebank<br>5680 Sunnybrook Dr                     |

## Urgent Care and Hospitals

**Urgent Care Clinics** (closest to campus)

|   |   |   |
|---|---|---|
| <a href="#"><u>UnityPoint Clinic Urgent Care</u></a><br>Sunnybrook Medical Plaza<br>5885 Sunnybrook Dr.<br>712-224-5550 | <a href="#"><u>Family Health Care of Siouxland</u></a><br>4545 Sergeant Rd.<br>712-224-5550 | <a href="#"><u>Mercy Urgent Care</u></a><br>3520 Singing Hills Blvd<br>712-222-7990 |
|---|---|---|

## Hospitals:

|   |   |
|---|---|
| <a href="#"><u>UnityPoint Health - St. Luke's</u></a><br>2720 Stone Park Blvd<br>712-279-3124 | <a href="#"><u>Mercy Medical Center</u></a><br>801 5th Street<br>712-279-2010 |
|---|---|

## Pharmacies

|  |                                    |   |
|--|------------------------------------|---|
| Drilling Pharmacy<br>4010 Morningside Ave                            | Walgreens<br>4650 Morningside Ave  | Walgreens (open 24 hrs)<br>100 Pierce Street    |
| Hy-Vee (two locations)<br>3301 Gordon Drive or<br>4500 Sergeant Road | Walmart<br>3400 Singing Hills Blvd | CVS Pharmacy - at Target<br>5775 Sunnybrook Dr. |

## Eye Doctor/Glasses

|   |  |
|---|--|
| <b>Eyemart Express</b><br>5001 Sergeant Rd.                     | <b>Exact Eye Care</b><br>2513 Hamilton Blvd. |
| <b>Pearle Vision</b><br>Southern Hills Mall<br>4400 Sergeant Rd | <b>Walmart</b><br>3400 Singing Hills Blvd.   |

## Post Office

You are able to mail most small packages from the Campus Post Office, located in the Olsen Student Center. For larger items you will need to visit one of the following:

|   |   |  |
|---|---|--|
| <b>Sioux City Post Office</b><br>214 Jackson Street | <b>United States Postal Service (USPS) – located in Hyvee</b><br>4500 Sergeant Rd | <b>The UPS Store</b><br>Lakeport Commons<br>5006 Sergeant Rd |
|---|---|--|

## Grocery Stores

|   |   |   |                                      |
|---|---|---|--------------------------------------|
| <b>Hy-Vee</b><br>3301 Gordon Drive<br>or<br>4500 Sergeant Road    | <b>Walmart</b><br>3400 Singing Hills Blvd<br>or<br>1601 Cornhusker Dr.<br>S. Sioux City, NE | <b>Seoul Oriental Food</b><br>1298 Dakota Ave.,<br>South Sioux City, NE | <b>Fareway</b><br>4267 Sergeant Road |
| <b>Lao Asian Market</b><br>115 W. 9th St.<br>South Sioux City, NE | <b>Hong Kong Supermarket</b><br>511 W. 7 <sup>th</sup> St.                                  | <b>Great Wall Oriental Food</b><br>405 Perry St.                        |                                      |

# Things to do

## Shopping Malls/Centers

|  |   |
|--|---|
| <b>Southern Hills Mall</b><br>4400 Sergeant Road | <b>Southern Square</b><br>4501 Southern Hills Drive |
| <b>Lakeport Commons</b><br>5101 Sergeant Road    | <b>Marketplace</b><br>2817 Hamilton Blvd            |

## Movie Theaters

|                                 |   |
|---------------------------------|---|
| Promenade Cinema<br>924 4th St. | AMC Southern Hills<br>Southern Hills Mall<br>4400 Sergeant Road |
|---------------------------------|---|

## Live Theater

|  |  |
|--|--|
| Shot in the Dark Theatre<br>412 Nebraska St. | Orpheum Theatre<br>528 Pierce St.                    |
| Lamb Arts Regional Theatre<br>417 Market St. | Sioux City Community Theatre<br>1401 Riverside Blvd. |

## More fun!

Visit the [Parks and Recreation website](#) to learn more about the Sioux City area and all it has to offer.

Click [here](#) to learn about events going on in Downtown Sioux City.

## Additional Information

**Weather** - While you study at Morningside you will experience all of the four seasons: Summer, Fall, Winter, and Spring. Be advised that Iowa has extremes of both hot and cold weather just as the rest of the Midwest region of the country does.

- **Summer:** June, July, and August. This season is known for the humidity and heat it brings. Daytime temperature can near 90 °F (32 °C) and sometimes exceed 100 °F (38 °C).
- **Fall:** September, October, and November. Fall is the season when the farmers harvest their grain. The leaves change color and fall to the ground giving the campus a nature makeover. What makes this season interesting is that the weather can be hot, cold, snowy, rainy, or perfect throughout this season.
- **Winter:** December, January, and February. Temperatures have been known to drop well below freezing, even dropping below -10 °F (-23 °C). The wind lowers the real feel, so keep that in mind when determining what you will wear.
- **Spring:** March, April, and May. Spring ushers in the severe weather season. On average Iowa has about 50 days of thunderstorm activity each year. Morningside's Director of Safety and Security will notify everyone through email about things to look out for with changing weather and about practical ways to remain safe during the various seasons. Please sign up for the weather text alerts on the Morningside Emergency Notification System (ENS) at this link; <https://campusweb.morningside.edu/ens/>. Doing so will keep you up to date with severe changes in the weather.

**Important Note:** Because winters are very cold you will need proper clothing, especially a winter coat. If you do not own one you will need one! The International Student Adviser will be available to take you to purchase one.

### Alcohol and illegal drugs

While in the United States, you are governed by our state and general Laws. The drinking age in the United States is 21. Please see the [Morningside Student Handbook](#) for more information on our campus policies.

*The Morningside College experience cultivates a passion for life-long learning and a dedication to ethical leadership and civic responsibility.*