

April 9, 2025: International Student & Scholar FAQ Guide for Students, Faculty, and Staff

Navigating life as an international student in the United States involves more than just academic success - it also requires staying informed, prepared, and connected. With support from campus leadership, the International Affairs Office created this guide to help students manage their visa status, maintain well-being, and feel supported throughout their time at UCCS.

Avoid Misinformation:

We understand that international news, social media, and even well-meaning friends can cause anxiety or confusion when it comes to immigration updates and travel policies. If you ever feel unsure or hear something concerning, come to us first. The International Affairs team is your trusted source for accurate, up-to-date information about immigration, visas, travel, and compliance.

- We are in regular communication with federal agencies.
- We monitor official policy updates daily.
- We will email you directly if anything changes that affects your status.
- If it's not on [our website](#) or in our messages, it's not official.
- We are unable to provide legal advice, but students are always free to seek out their own immigration council.

Maintaining Status:

We have seen an increase in visa revocations and removal by federal law enforcement. It is very important to follow the visa rules and avoid situations that could result in loss of status or visa revocation. Review the handouts [Basics for Staying Legal in F Status](#) or [Basics for Staying Legal in J Status](#) for more information.

- **Unlawful employment:** working off-campus without USCIS and/or UCCS approval is a violation of F-1 and J-1 visa regulations.
- **Ensure academic progress:** attend your classes and complete assignments to ensure you are making academic progress in your degree program. Remember that your SEVIS record may be terminated if you are academically suspended and unable to enroll in classes.
- **Abide by the Law:** a police citation or other low-level citation could trigger visa cancellation by the U.S. Department of State or the Department of Homeland Security.
- **Social media:** The U.S. government may review social media activity as part of the process when assessing visa status, immigration benefits, or future applications.

Travel Outside the U.S.: What You Need to Know

At this time, International Affairs strongly advises international students not to travel outside of the U.S. during the academic semester unless it is absolutely necessary or urgent. While we respect your autonomy and right to make personal travel decisions, we also want you to be aware of the potential risks, including sudden policy changes, visa reissuance delays, or new travel restrictions. Please read the [Travel Considerations FAQ](#). If you need to request a travel signature, please use the [Travel Request Form](#).

Important Reminders About Travel:

- You are not guaranteed re-entry even if you have all required documents. Admission is determined by a U.S. Customs and Border Protection (CBP) officer at the port of entry.
- Never travel with expired documents. If anything is expiring or missing, contact International Affairs immediately.
- If your visa has expired and you leave the U.S., you will need to apply for and be approved for a new visa before returning.

Mental Health Awareness:

In present day, U.S. culture, it is becoming increasingly normal to talk about mental health openly, especially among peer groups and with mental health providers. As international students, there are many things that can increase stress levels and impact mental health: language barriers, culture shock, academics, finances and new social and academic settings. Currently international students may be experiencing a higher level of stress due to the sense of change and uncertainty; it is important to understand the signs of decreased mental health and where to find support. To learn more about mental health stressors and resources visit the [Wellness Center-Mental Health Resources website](#), including videos, community resources, and how to access in person, virtual, and group therapy.

Frequently Asked Questions for Students

Q: Who do I contact when I have questions?

A: The [International Affairs Office](#) is open Monday through Friday from 8:30 AM to 4:30 PM, at Copper House 9202. Their phone number is (719) 255-5018 and email is international@uccs.edu. We respond to all phone and email inquiries within one business day. Walk-in advising hours are every Wednesday from 2:30 PM to 4:00 PM.

Q: How do I know if my visa has been revoked?

A: Students may or may not receive an email from the embassy or consulate that issued the visa indicating it has been revoked. If students have concerns about their visa, they should contact the embassy or consulate.

Q: How do I know if my status has been terminated?

A: International Affairs is closely monitoring all students' immigration records. They will notify students via email and phone if their status has been terminated. If students have concerns about their status, they can email the International Affairs Office at international@uccs.edu.

Q: What are signs of decreased mental health?

A: Some signs of decreased mental health are:

- Having trouble sleeping
- Feeling down and not interested in your hobbies and interests
- Unexplained anger, frustration, or emotional instability
- Difficulty concentrating and making decisions
- Withdrawing socially from friends and family
- Frequent and unexplained headaches, stomach aches or episodes of extreme fatigue, dizziness or lightheadedness
- Feeling restless or on edge

Q: What are resources you can access on campus if you suspect you are struggling with your mental health, or are in a crisis?

A: There are several resources available to you on campus:

- 1) [The Wellness Center](#) – You can schedule a mental health appointment at the Wellness Center, located at the Gallogly Recreation and Wellness Center by calling (719) 255-4444. Their hours of operation are 8:00 AM – 5:00 PM, Monday through Friday, and in-person and telehealth appointments are available. Additionally, Mental Health Clinicians are available in person for emergency/crisis sessions during their normal hours of operation. **If you are trying to get help with a crisis or an emergency outside of office hours, call 9-8-8 or go to your nearest emergency room.**
- 2) [TELUS Health Student Support](#)- UCCS students can receive free, online, confidential mental health and wellbeing support 24 hours a day, 7 days a week. TELUS Health can provide online support internationally and offers sessions in various languages.
- 3) [The CARE Team](#) – The CARE (Campus Assessment Response and Evaluation) team addresses concerns related to the safety and wellbeing of students and supports students in times of challenge and crisis. The Care Team creates access to resources for students to maintain their safety, health, and well-being. We believe that for a student to be successful academically, support must also be given on an emotional, social, physical, and intellectual basis. If you believe you or someone you know may be struggling in any of these areas or may present a health or safety risk, please refer them to the CARE Team by [utilizing their form](#), or calling the Public Safety Dispatch at (719) 255-3111.

Q: What resources on campus are confidential?

A: Confidential resources are designed to support students while maintaining their privacy. People who are confidential on campus are not allowed to release your information to anyone, including legal authorities, unless there is a risk of harm to you or another person.

[The Wellness Center](#) and [TELUS Health Student Support](#) are confidential resources you can access as a UCCS student.

Q: What are ways students can find connection and community on campus?

A: The International Affairs Office and [iBuddy](#) host weekly events for you to be more involved. Please look at our [Mountain Lion Connect page](#) for the most up to date information.

Considerations for Staff and Faculty Regarding International Students

Basic Information About International Students on Campus

In 2024–2025, UCCS welcomed over 200 new and returning international students and 20 scholars from more than 60 countries. Their presence not only enriches our campus community but also contributes significantly to the local and state economy.

All international students and scholars are responsible for maintaining their own status while studying in the United States. The International Affairs Office is here to support them in maintaining their status.

Types of International Students our office works with:

F-1 Students

These are full-time, degree-seeking international students enrolled in academic programs at UCCS. They must maintain full-time enrollment and follow strict federal regulations to stay in status.

J-1 Students

J-1 students typically come to UCCS through exchange programs for short-term study and cultural exchange. UCCS sends a student to a partner university abroad, and we receive a student in return.

J-1 Scholars

J-1 scholars are visiting professionals, such as postdoctoral researchers, faculty, or specialists, who come to UCCS temporarily for research, teaching, or training. They are not enrolled students or necessarily employed staff but contribute to the academic community through scholarly exchange.

International Student Concerns with the Federal Transition

International students may be feeling a heightened sense of pressure and stress during this time of federal transition. We encourage you to avoid singling international students and scholars out in the classroom or workplace. An example of this would be to ask an international student if they are feeling stressed in front of their peers. While the intention might be to offer support, this might put the student in a vulnerable position in front of other students and campus community members. Instead, if you are concerned about an international student, we recommend you reach out to them directly, and if they are struggling refer them to our office.

Frequently Asked Questions for Staff and Faculty

Q: What does the International Affairs Office do to support students at UCCS?

A: The International Affairs Office is dedicated to supporting international students and scholars at UCCS every single day. Our team monitors federal immigration policies and maintains up-to-date immigration records for all students and scholars. If there is a change to a student's immigration status or if a new federal policy goes into effect that may impact them, we will contact the affected individual directly via email and phone.

We send weekly emails to all international students and scholars with important reminders, updates, and helpful tips to support their success and compliance. We also have an abundance of resources on our website regarding immigration updates, transitioning to life in the United States, mental health, and other topics concerning International Students. These resources can be accessed at <https://international.uccs.edu> under our *Students and Scholars* tab.

Beyond advising, our team does a tremendous amount of work to advocate for and uplift international students from programming and events to campus partnerships, compliance training, and ongoing communication efforts. We are proud of the support we provide, and we're always looking for ways to do more.

Q: How can you support international students?

A: The best thing you can do is empower students with accurate information and refer them to our office. Immigration status is private and sensitive information. Please discuss any related concerns in a one-on-one setting and avoid making a student's immigration status a public topic in the classroom or among peers. Additionally, international students should be the ones to initiate conversations about their status or concerns; do not approach students unsolicited. If a student wants to talk to you, they will come to you.

Additionally, you can attend or request training from the International Affairs Office to learn how to best support international students and scholars during their time at UCCS. Participants receive an "International Education Supporter" button as part of a campuswide visibility campaign to show our international students they are valued and supported.

The best thing we can do right now as a campus is show international students that we are dedicated to their success and well-being. The more students see faculty and staff across campus proudly wearing these buttons, the more they will know that UCCS is a community that

values and supports them. To learn more or request a training, please visit [International Affairs – Faculty & Staff Resources](#) page.

Most of all, please refrain from sharing alarming or speculative information with students. While media headlines can sound concerning, most federal enforcement actions do not target F-1 students. Misinformation, however well-intended, can cause unnecessary stress on our students. If you have questions or concerns, we encourage you to contact International Affairs directly for accurate and up-to-date guidance.

Stay Connected:

- Want to learn more about the work we do? Email us (international@uccs.edu) to be added to our biweekly newsletter.
- Review our [Annual Report](#) for a comprehensive look at international engagement at UCCS.
- Check out our updated [Quick Facts](#) sheet each year to see data, trends, and highlights.