

WELCOME
TO THE
UNIVERSITY OF NEBRASKA-LINCOLN



Information Packet

Welcome to the University of Nebraska-Lincoln! We are so excited for you to join our Husker family. We know this semester may not happen the way you expected, but we are here to help you navigate this unique semester!

The **International Student and Scholar Office (ISSO)** has a team of Immigration Specialists, International Student Success Navigators, and Global Peer Assistants to support you! You can find more information about our office here: <https://globalnebraska.unl.edu/isso>

Our **immigration specialists** can help answer any questions you have about your immigration status, your documents (like your I-20 or DS-2019), how to apply for certain benefits of your immigration status (like CPT or OPT), and are here to give you the information you need to maintain your legal immigration status while studying at UNL. You can find information on how to schedule an appointment with an immigration specialist here:

<https://globalnebraska.unl.edu/isso/advising-instructions>

Our **international student success navigators** can help you with anything that is not related to immigration. We are very knowledgeable about resources on campus and we will either answer your questions or direct you to the right department to answer them! We are also here to help you navigate your journey at UNL. We host many fun academic, social, and cultural events to ease the transition to life in the U.S. You can find a list of upcoming events here:

<https://globalnebraska.unl.edu/isso/isso-events>

Our **global peer assistants (GPAs)** support new international students in academic, social, and cultural engagement through peer support and programmatic efforts. This is achieved through comprehensive welcome activities, building relationships, and events. If you have any questions about campus or just want to talk to someone, please reach out to a Global Peer Assistant! You can reach one by emailing internationalnavigators@unl.edu.

We also send a weekly newsletter on Mondays to all international students and scholars through our listserv. All international students should automatically be signed up, but if you are not receiving it, here are instructions for getting on the list: From your e-mail account, send an e-mail to: listserv@listserv.unl.edu. In the body of the e-mail with no signatures file or other lines, put: subscribe intl-news.

Contact immigration specialist at: isso@unl.edu or call **402 472 5163**

Contact international navigators and global peer assistants at: internationalnavigators@unl.edu

We would love to meet you virtually and encourage you to join our events so we can get to know you. Please contact us with any questions you may have.

-Karen Cagley, Director, ISSO

CONNECT WITH ISSO ON SOCIAL MEDIA

Follow us at **@unl_isso** or click on the icons below.



CONNECT WITH RESIDENCE LIFE ON SOCIAL MEDIA

Follow us at **@UNLhousing** or click on the icons below.



Cornhusker Commitment: If you have not already, we encourage you to sign the Cornhusker Commitment:

<https://covid19.unl.edu/cornhusker-commitment>

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QUARANTINE INFORMATION

In compliance with CDC and state-wide [guidance](#), any student who is coming from an international destination must quarantine for 14 days. For students living **off campus**, you will be quarantining in your personal residence.

In compliance with CDC and state-wide [guidance](#), any student who is coming from an international destination must quarantine for 14 days. For students in **Residence Halls**, you will be quarantining in your assigned room.

More information about can be found here: <https://housing.unl.edu/quarantine-and-isolation>

HOUSING/RESIDENCE LIFE

(for students living on-campus)

Find the most up-to-date information about all things related to Housing here: <https://housing.unl.edu/>

Email: housing@unl.edu

Phone: **402 472 3561**

HEALTH KIT

- Every student living on campus should have received a health kit from the Health Center. This kit includes:
 - Thermometers
 - Bandages
 - Antiseptic wipes
 - Single use hand sanitizer

LAUNDRY INSTRUCTIONS

Washers and dryers are free for Residents to use!

Washing Instruction

1. Open washer door.
2. Do not overload.
3. Place detergent/fabric softener in the appropriate slot.
 - a. If using a Tide Pod or something similar, put one pod in the bottom of the tub before loading your clothes.
4. Select washer setting to start machine.
5. At the end of the cycle, remove items promptly.

Drying Instructions

1. Open dryer door.
2. Clean lint filter (this is done for fire safety and to ensure the machine is working at its best)
3. Press Start or Select dryer setting to start dryer.
4. Turn on Dryer.
5. Remove items promptly at the end of cycle

PERSONAL SAFETY – DO NOT wash or dry article containing flammable fumes or materials.

Laundry Detergent – Important!

- Use laundry detergent labeled 'he' (high efficiency)
- To ensure the machine is working to its optimum level, please use only ¼ cup of detergent in washing machines
- Commercially designed washers only need a minimal amount of detergent (this reduces suds and the possibility of damaging clothing or the machine)
- **If you are using a Tide pod, you do not need to add additional laundry detergent.**

Please report any concerns about laundry machines to the front desk or log into **MyRed** and fill out a maintenance request under "FixIt" in the Housing portal.



DINING HALL INFORMATION

Get the menu app: <https://dining.unl.edu/menu-app>

Check this website for up-to-date locations, hours, and services of each dining hall:
<https://dining.unl.edu/dining-locations/dining-centers>

NECESSITIES

ON CAMPUS SHOPPING



Herbie's Markets

Offering everything from traditional fare to international entrees and make-your-own dishes, our Dining Centers offer up everything you could want and more. With long hours and creative options, they're a great place to grab nourishment, catch up with friends, or relax with a cup of coffee and study.

More information about Herbie's Markets, [here](#).



Husker Heroes

Need to eat lunch on the run? Try Husker Heroes at Abel, Cather or Selleck. There you can select a fun meal that includes a variety of sandwiches, chips, fresh fruit and vegetables, dessert, and beverage. If you are not in a hurry you can enjoy your meal in the new Husker Heroes dining area.

More information about Husker Heroes, [here](#).

UNL Union

Find a list of all the offices located in the Union here:

<https://unions.unl.edu/services-and-offices>

Includes the [bookstore](#), food court, Starbucks, and NU Market. (NU Market carries microwave meals and daily necessities like toothbrushes, toothpaste, medicines, school supplies, and more!)

OFF CAMPUS DINING/GROCERY OPTIONS

Resource Map: We have created a comprehensive map of all the restaurants and grocery stores in Lincoln that deliver, have curbside pickup, or have contactless delivery.

These are always subject to change, so please make sure to check the store's website for most up-to-date information regarding hours and delivery types.

<https://go.unl.edu/resourcemap>

Food/Restaurants

- [Metro Dining Delivery](#)
- [daVinci's](#)
- [Big Daddy's Pizza](#)
- [Boss' Pizza & Chicken](#)
- [Pizza Hut](#)
- [Toppers Pizza](#)
- [Domino's Pizza](#)
- [Firehouse Subs East Park Plaza](#)
- [Cook's Café](#)
- [Ali Baba Gyros](#)
- [Blue Sushi Sake Grill](#)
- [Piedmont Bistro by Venue](#)
- [Pickleman's Gourmet Café](#)
- [Jimmy John's](#)
- [Mellow Mushroom](#)

- [Noodles and Company](#)
- [QDOBA Mexican Eats](#)
- [Panda Express](#)
- [D.P. Dough](#)
- [Arby's](#)
- [Chipotle Mexican Grill](#)
- [Fattoush Restaurant](#)
- [Ming's House](#)

Grocery and Shopping

- [Hy-Vee](#)
- [Walmart Supercenter](#)
- [Schmick's Market](#)
- [Canopy Street Market](#)
- [ALDI](#)
- [Suji's Indian Grocery](#)
- [Fresh Thyme Farmers Market](#)
- [Whole Foods Market](#)
- [Leon's Food Mart](#)
- [Russ's Market](#)

UNL HEALTH CENTER



INFORMATION:

Address: 550 N, 19th St, Lincoln, NE, 68588

Website: www.health.unl.edu

Email: uhc@unl.edu

Hours of operation: Monday to Friday from 8 AM to 5 PM
University Health Center is closed on **Saturday** and **Sunday**.

Appointments:

- Complete an [E-visit](#) on the [Nebraska Medicine app](#) (An active [One Chart | Patient](#) account is required).
- Call the University Health Center at 402.472.5000 to make an appointment. Walk-ins are not accepted at this time.

SERVICES AVAILABLE: Primary Care, Pharmacy, Dental, Physical Therapy, Allergy Clinic, Immunization Clinic, Gynaecological Services, Laboratory, Radiology, Nutrition Counseling.

Special Services are also available on appointments like Dermatology, Optometry, etc...

- **Pharmacy:**
 - Student fees do not cover pharmacy services. Ibuprofen, anti-acid and Acetaminophen are available in 24 hours doses at no cost.
 - You can also manage your prescription online at www.NebraskaMed.Medrefill.com or call us at **402 472 7457**

- Most of the pharmacy products offered here are at lower rates than what students may find at Off Campus Stores.
- **Annual Flu Shots:**
 - Flu shots are free for students.
 - You can make an appointment for it or walk in.
 - You will need your N-Card.
- **Dental:**
 - Hours of Services:
 - Monday to Thursday (7:30 AM to 5 PM)
 - Friday (7:30 AM to Noon)
 - Saturday and Sunday closed
 - To schedule an appointment call **420 472 7495**.
 - Dental services are not covered by student's fees and will incur a charge.

STUDENT HEALTH INSURANCE

- **Find more information about your health insurance:**
<https://studentaccounts.unl.edu/student-health-insurance>
- Contact the UnitedHealthcare Student Resources campus representative
 - Call 866.351.4262 or 866.416.2623
 - Email: unebraskaadvocates@uhcsr.com

APPS TO DOWNLOAD

- Nebraska Medicine
- Nebraska Medicine Pharmacy
- 1-Check COVID-19 screening app ([iOS](#) and [Android](#))

COVID-19 TESTING

There will be testing through a partnership with TestNebraska and the University Health Center.

Find more information about UNL's plan for testing and tracing here:
<https://covid19.unl.edu/health-safety#testing-tracing>

Find testing sites in Nebraska: <https://www.testnebraska.com/> or contact the Health Center.

IMPORTANT OFFICES IN THE HEALTH CENTER

- [Husker Pantry](#)
 - Food and shelter insecurities are an unfortunate reality for students at the University of Nebraska-Lincoln and nationwide. Nearly 1 in 3 students on our campus worries about not having enough food until they get money to

buy more. Husker Pantry, located on the 1st floor of the University Health Center (room 123), provides a one-stop location to assist students. Information about [community resources](#) for housing and other food assistance programs is also available.

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- [Big Red Resilience and Well-Being](#)
 - [Click here](#) to learn more about the 9 dimensions of well-being and tips for success. Please email: resilience@unl.edu, or sign up here for a virtual well-being coaching appointment on zoom: <https://resilience.unl.edu/request-well-being-coaching-appointment>.

COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

INFORMATION

Located in the Health Center Building

Phone: **402 472 7450**

Counseling and Psychological Services (CAPS) is in the University Health Center building. CAPS is a multidisciplinary team of psychologists and counselors that works collaboratively with Nebraska students to help them explore their feelings and thoughts and learn helpful ways to improve their mental, psychological and emotional well-being when issues arise.

The CAPS staff support all University of Nebraska-Lincoln students. They understand that students may experience anger, fear, pain, and frustration with current events. They are here for all our students to listen and provide support. If you would like to meet with a counselor, call **402.472.7450** to schedule an appointment, now offered via phone or ZOOM!

INTERNATIONAL STUDENT SUPPORT GROUP

INTERNATIONAL STUDENT SUPPORT GROUP

Come join therapists from CAPS and other international students at UNL to provide and receive support in a confidential and non-judgmental space.

Thursdays at 1:30-3:00pm
starting 6/25/20, weekly,
through Fall 2020
Meetings on Zoom

Please contact **Kylie Qiu** (Xiping.qiu@unl.edu) for questions and zoom link.



402.472.5000 • Health.unl.edu/caps

Please contact Kylie Qiu (Xiping.qiu@unl.edu) for questions and zoom link for the International Student Support Group.

CAPS RESOURCES

Check out [CAPS Resources](#).

IMPORTANT INFORMATION

HUSKERS EMAIL

Important information and communication is being sent to your Husker email account - be sure to check it regularly! Even if you have email forwarding set, some communication may not be forwarded!



HAVE YOU CHECKED YOUR @HUSKERS EMAIL?

*Check your @huskers.unl.edu inbox
for regular communication and
updates from the university.*

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OTHER IMPORTANT PLACES ON CAMPUS

Academic Services

- [Husker Hub](#)

Husker Hub is Nebraska's "one stop" offering students integrated services from the offices of Scholarships and Financial Aid, University Registrar, Student Accounts and Bursar.

At Husker Hub you can get assistance with class registration, transcripts, enrollment verification, student bills, the Free Application for Federal Student Aid (FAFSA), scholarships, grants, student/parent loans, and work-study as you plan your path toward graduation.

- [Online Library Resources](#)

UNL students, faculty, and staff can access licensed resources from off campus.

- [English Language Support Lab](#)

The ESL Support Lab is a free service offered by Programs in English as a Second Language to all international students at the university who need language-related assistance.

- [Writing Center](#)

Undergraduate and graduate Writing Consultants work with writers at all levels, from all disciplines, at all stages of the writing process.

- [Center for Academic Success and Transition \(CAST\)](#)

Academic Success Coaches from the Center for Academic Success and Transition Office (CAST) are available to help students transition to learning in the online-only environment. Students may sign up to connect with coaches on Zoom, Skype, phone, email, and text messaging. Please make appointments via MyPLAN, by calling 402-472-1880, or by emailing success@unl.edu.

- [TRIO Office](#)

Nebraska TRIO Programs are a federal outreach and student services programs designed to identify and provide services to eligible students from disadvantaged backgrounds enrolled in select Lincoln Public Middle and High schools, and undergraduates from all majors and degrees at the University of Nebraska-Lincoln.

- Academic Resources for:

- [College of Arts and Science](#) majors.
- [College of Education and Human Sciences](#) majors.
- [College of Engineering](#) majors.
- [College of Business](#) majors.
- [Hixson-Lied College of Fine and Performing Arts](#) majors.
- [College of Architecture](#) majors.
- [College of Journalism and Mass Communications](#) majors.
- [College of Law](#) majors.
- [Undecided](#) majors.

Support Services

- [Student Involvement](#)

Student Involvement creates and models inclusive environments where students find opportunities for personal and professional development. We integrate in-class and out of class learning to provide positive experiences through programs, services, and events.

Join an Registered Student Organization (RSO):

<https://unl.campuslabs.com/engage/organizations>

- [Association of Students of the University of Nebraska \(ASUN\)](#)

The Association of Students of the University of Nebraska (ASUN) is the student government at the University of Nebraska-Lincoln (UNL). Its primary goal is to serve as the representative voice of UNL's student body.

- [Office of Diversity and Inclusion](#)

A collaborative community for students, faculty, staff, alums, and the greater collaborative community to engage in candid conversations and partake in educational opportunities surrounding the importance and awareness of inclusive excellence in our everyday lives.

- [OASIS \(Office of Academic Success and Intercultural Services\):](#)

- enhances student success by promoting academic excellence, diversity awareness, and social engagement.

- [Jackie Gaughan Multicultural Center:](#)

- provides a home away from home for underrepresented students.

- [LGBTQ Resource Center](#)

The LGBTQA+ Center is part of Student Affairs' commitment to diversity and inclusion for all students.

They help to build and sustain a socially just campus community that is welcoming and inclusive of all people of all sexual orientation, gender and expressions.

- [Women Resource Center](#)

Coordinate programs and annual events such as World Without Violence, Women's History Month, the Gender & Gender Equity Conference, and programs for students with children.

- [Family Resource Center](#)

The Family Resource Center, administered by the Department, is a nonprofit facility that provides marriage and family therapy on-site and at a distance. The Center is committed to the treatment of individuals, couples, and families; to the training of skilled helping professionals; and to research in the areas of Family Science, Marriage, and Family Therapy.

- [Student Legal Services](#)

Student Legal Services (SLS) is a program of ASUN and is funded completely by student fees. SLS offers free legal advice or representation to registered UNL students. UNL Student Legal Services (SLS) is located on the downtown campus in Room 335 of the Student Union.

To speak to an attorney, please call 402-472-3350 or visit their website to complete an intake form.

Health and Security Services

- [Campus Rec Center](#)

Campus recreation is committed to enhancing the educational experience and promoting lifelong wellness through excellent recreation programs, services and facilities.

At the Campus Rec, they have: Strength Training & Conditioning Spaces, Swimming Pool, Indoor Climbing Wall, Showers, Cardio Zones, Badminton, Table Tennis, Racquetball, Squash, Pickleball, Fit Box, Group Fitness Classes, Massage Therapy, Personal Training, Outdoor Adventures' Rental Equipment

https://crec.unl.edu/wellness_services has easy, healthy meals and information about nutrition.

- [UNL Campus Police](#)

UNLPD is devoted to keeping campus safe and preventing crime. Call 402 472 2222.

IMPORTANT RESOURCES:

Additional resources:

<https://globalnebraska.unl.edu/Student%20Resources%20List.pdf>

Updated information regarding UNL's response to COVID-19:

<https://covid19.unl.edu/fall-2020-experience>