

# ISA ORIENTATION GUIDE BOOK

**FALL 2019**

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**CONGRATULATIONS ON YOUR DECISION TO ATTEND USC! AS AN INTERNATIONAL STUDENT, IT CAN BE DAUNTING TO NAVIGATE YOUR FIRST SEMESTER AT USC, ESPECIALLY WHEN YOU'RE ALONE IN A DIFFERENT COUNTRY. THE INTERNATIONAL STUDENT ASSEMBLY IS PART OF THE UNDERGRADUATE STUDENT GOVERNMENT, AND WE AIM TO SERVE THE STUDENT BODY BY REPRESENTING AND PROVIDING RESOURCES FOR INTERNATIONAL STUDENTS. WE HOPE THAT THIS GUIDE CAN HELP TO SMOOTHEN THE TRANSITION INTO LIFE AS A STUDENT AT USC! YOU CAN FIND MORE INFORMATION AND RESOURCES AT ISAO-FUSC.COM AND FEEL FREE TO REACH OUT TO US ON FACEBOOK OR FOLLOW US ON INSTAGRAM.**

## **ISA LINKS**

**Website: [www.isaofusc.com](http://www.isaofusc.com)**

**Facebook: [USC ISA](#)**

**Instagram: [@usc.isa](#)**

# THINGS TO BRING

**MOST OF THESE ITEMS CAN BE FOUND AT HOME GOODS STORES SUCH AS BED, BATH & BEYOND, TARGET AND IKEA. PLAN AHEAD TO AVOID ITEMS RUNNING OUT OF STOCK ESPECIALLY CLOSE TO THE START OF THE FALL SEMESTER. THIS LIST MAY DEPEND ON THE TYPE OF HOUSING (SUITES, DORMS, APARTMENTS).**

# DORM ROOM

Twin XL sheet set (fitted sheet, flat sheet and pillow-cases)

Mattress pad

Bedbug/dust mite mattress protector

Pillows

Comforter or duvet and duvet cover

Under-the-bed storage

Area rug

Desk lamp

Desk organizer (stationery, books, files)

Push pins

Photos

Adhesive hooks and strips (that do not damage the wall)

Vanity mirror

Fan

Decorations

Flashlight

Full-length mirror

Hangers

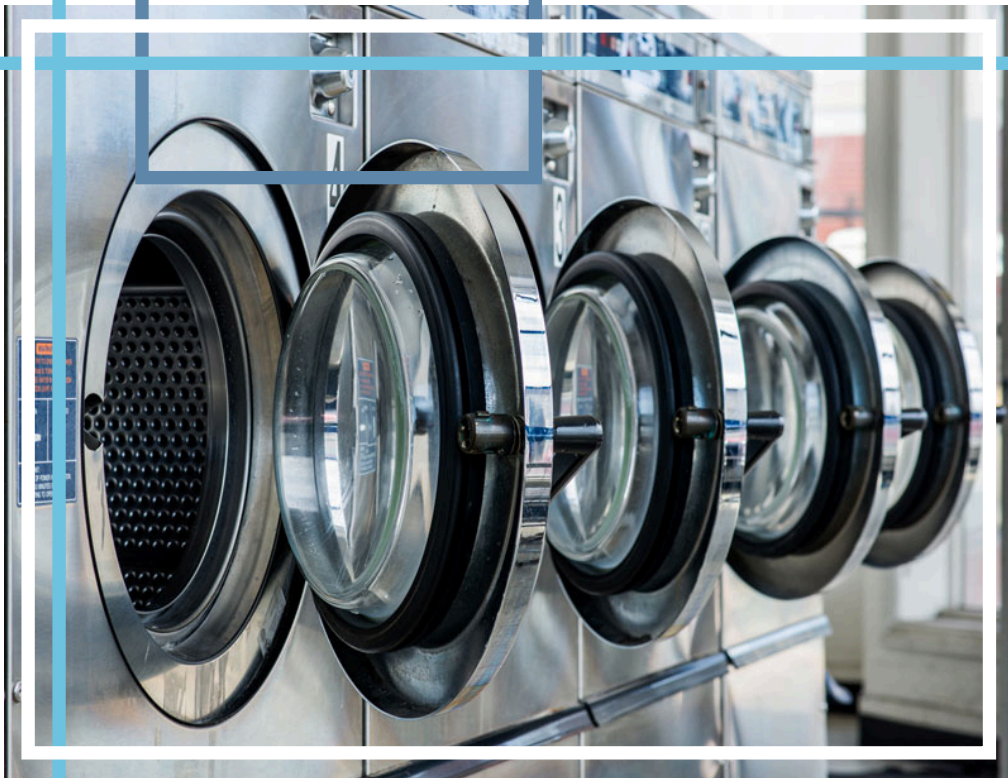
Closet organizer

Shoe rack/organizer



# LAUNDRY + KITCHEN

Laundry bag/hamper  
Laundry detergent  
Dryer sheets  
Lint roller



Water filter pitcher  
Water bottle  
Kitchen towels  
Dishes (bowls, plates, cups, mugs)  
Utensils (forks, spoons, knives, chopsticks)  
Food containers (tupperware)  
Dishwashing soap  
Sponges  
Trash bags  
Ziploc bags  
Electric Kettle  
Snack clips  
Pots and pans (if you have a kitchen)

# BATHROOM + TOILETRIES

Shower caddy  
Body soap  
Shampoo  
Conditioner  
Moisturizer  
Bath towels  
Hand towels  
Loofah  
Bathroom mat  
Contact lenses, solution and case  
Toothbrush  
Toothpaste  
Cosmetics  
Sun screen  
Face wash  
Hairstyling equipment (blow dryer, straightener, curler)  
Hairstyling products (gel, styling creme)  
Cotton swabs  
Tissue paper  
Nail clippers





# CLOTHES

Athletic sneakers  
Bathing suits  
Belts  
Bras  
Costume clothing for theme parties/extracurricular events



Hats  
Sweaters  
Heels  
Jeans  
Jackets  
Jewelry  
Leggings  
Long-sleeve shirts  
Pajamas  
Pants

Professional clothing (dress, dress pants, button-down shirts, skirts, blazers, shoes, purse)  
Shorts  
Skirts  
Slippers  
Socks  
Sweatpants  
Sweatshirts  
T-shirts  
Tank tops  
Tights  
Underwear  
Workout clothes



# TECH

Laptop  
Monitor  
Mouse  
USB thumbdrives  
HDMI cable  
External hard drive  
Batteries (AA and AAA are handy)  
Printer and printer ink  
Printer paper  
Headphones  
Chargers



# DOCUMENTS

Passport  
Enrollment documents  
I-20 (remember to always have this when  
you enter the US)  
US Visa  
Student ID  
Driver's license  
Bank documents (credit cards, checks)



# DESK/SCHOOL SUPPLIES

Backpack or totebag  
Binder clips  
Binders  
Calculator  
Calendar  
Desk organizer  
Desk lamp  
Erasers  
Folders  
Glue  
Highlighters  
Hole punch

Post-it notes  
Rubber bands  
Ruler  
Scissors  
Staple remover  
Stapler  
Staples  
Tape  
Textbooks  
Three-hole punch



Index cards  
Laptop fan/stand  
Notebook paper  
Notebooks  
Paper clips  
Pencil case  
Pencil sharpener  
Pencils  
Pens/colored pens  
Planner  
Portfolio/portfoliocase for interviews



# MEDICAL

Prescription medicine  
Allergy medicine  
Cold/Flu medicine  
First-aid kit  
Insect repellent  
Multivitamins  
Over-the-counter pain medicine



# MISC.

Art supplies  
Bags for Travel/travel organizer for toiletries  
Beach towel  
Bike  
Bike helmet  
Bike lock  
Board games  
Duct tape  
Earplugs  
Fan  
Flashlight  
Musical instruments  
Playing cards  
Safety pins  
Safety whistle  
Sleep mask  
Sports equipment  
Suitcase  
Umbrella  
Vacuum  
Yoga mat



# WHAT TO EXPECT

## ORIENTATION

Most international students attend the international student orientation held on campus from **August 19th to 21st**. This is catered to international students and includes bank and phone fairs, as well as early move-in. However, if you are in the US for an on-campus summer orientation or if there is an off-campus orientation available near you, you are welcome to register for those as well. You can find information on dates and locations of orientation sessions here:

**Freshmen:** <https://orientation.usc.edu/freshman/summer/dates-and-deadlines/#/1>

**Transfer:** <https://orientation.usc.edu/transfer/summer/dates-and-deadlines/>

Additionally you can find the orientation agenda for each day here:

**Freshmen:** <https://orientation.usc.edu/freshman/summer/schedules/>

**Transfer:** <https://orientation.usc.edu/transfer/summer/schedules/>

Remember to complete your pre-orientation checklist, taking note of placement exams that you might need to take. More information can be found here:

**Freshmen:** <https://orientation.usc.edu/freshman/summer/pre-orientation/>

**Transfer:** <https://orientation.usc.edu/transfer/summer/pre-orientation/>

For any additional information, you will be able to find it at the orientation website <https://orientation.usc.edu/>, or contact the Office of Orientation Programs at [orient@usc.edu](mailto:orient@usc.edu).

Be prepared for course registration - plan which classes you intend to take, especially for **General Education** and **WRIT150** requirements. These classes get taken very quickly, so have a few back-up classes you can take in case the GE/WRIT150 classes you planned to take are full. If you have space, think about taking a fun elective like surfing or dance! You can find USC Schedule of Classes here <https://classes.usc.edu/term-20193/>.

Orientation is an amazing opportunity to meet new people, don't be afraid to reach out and get to know the people around you - they may end up becoming some of your closest friends! Take advantage of events throughout welcome week.



# DORM ROOM

Dorm rooms vary significantly depending on the housing option you have chosen. **Residence hall dorm-style rooms** have a more open-door concept, so they tend to be more social. **Suite-style dorms** tend to be quieter and have more privacy as you're grouped within your suite. Make sure regardless of which style you picked, it's very easy to get to know people on your floor and within your suite - going to the dining halls together is a great way to make friends. Attend RA events to meet people in your residential college, you'll be seeing them a lot! Feel free to decorate your dorm room to showcase your personality and style. Hang up pictures, posters, tapestries and mementos from home to make your new home as cozy as possible.

## Off-Campus Housing

For transfer students who choose non-USC off-campus housing, these are some popular options that are relatively close to campus.

### University Gateway

<https://www.livegw.com/university-gateway-los-angeles-ca/>

### Shrine Collection

<https://shrinecollection.com/>

### Icon Plaza

<https://iconplazausc.com/>

### Tuscany

<https://www.tuscanyonfig.com/>

### West 27th Place

[https://west27thplace.com/?utm\\_source=GoogleLocalListing&utm\\_medium=organic](https://west27thplace.com/?utm_source=GoogleLocalListing&utm_medium=organic)

### The Lorenzo

<https://www.thelorenzo.com/>

### Element

<https://element2595.com/>

Aside from these apartments, there are many houses near campus that have leasing options; getting a group of incoming students together and renting a house can be very affordable as well. Many students lease houses along **Menlo Avenue** and **Ellendale Place**.



# PLACES TO EAT

## **Dining on Campus**

There are many dining options at USC such as residential dining halls, full-service restaurants on campus and in the USC Village as well as a Farmer's Market in McCarthy Quad every Wednesday.

**Dining Halls:** Everybody's Kitchen (EVK), Parkside and USC Village Dining Hall. The dining halls provide breakfast, lunch and dinner with menus that change daily. They usually have vegan, vegetarian and halal options available for those with dietary restrictions. For those with allergies, check the allergens on food labels. Check the menu for the day to see what options they have <https://hospitality.usc.edu/residential-dining-menus/>

**There are many restaurants on or near campus that you can choose from to suit your dietary needs:**

**Vegan:** Greenleaf Gourmet Chop Shop, Sunlife Organics, Amazebowls, CAVA, Everytable, Azla Ethiopian Vegan Cuisine, Nekter Juicebar,

**Vegetarian:** Lemonade, Seeds, Chipotle Mexican Grill, Blaze Pizza, Subway,

**Gluten-Free:** Lemonade, Everytable, Northern Cafe, La Barca, La Taquiza, Nekter Juicebar, Sunlife Organics

**Halal:** Halal Guys, Revolutionario North African Tacos, Chicken Factory, Aldewani-ah

# GETTING AROUND

## Transportation from LAX

There are **shuttles and metro trains** that can take you from LAX to Union Station and a free USC shuttle that takes you from the station to USC, but it can be very inconvenient with luggage. If you have the **Uber** or **Lyft** app downloaded beforehand, you can get a ride from LAX to USC for about \$35. You can also flag a taxi at the airport. For either ride option, be careful and take note of the license plate before getting into the car.

## On campus:

### Bikes

Bicycles are commonly used on campus to get from building to building between classes. There are bike racks to park your bike outside most buildings. If you intend to use a bike, make sure it is registered with the **Department of Public Safety (DPS)** and that you understand motor vehicle laws in the US you can find more resources on this at <https://ois.usc.edu/living-in-la/transportation/cars-and-bikes/>. Bike theft is common on campus, so invest in a good **cable lock** and **U-lock** to secure your bike.

### Driving

The **California Department of Motor Vehicles (DMV)** website gives comprehensive guidelines on how to obtain a Driver's License as well as purchasing a car and auto insurance. More information can be found here [https://www.dmv.ca.gov/portal/dmv/detail/dl/dl\\_info](https://www.dmv.ca.gov/portal/dmv/detail/dl/dl_info). Even if you do not intend on driving, it can be convenient to apply for a California ID that can be used instead of bringing your international passport with you at all times.

# SAFETY AT USC

## DPS + LIVESAFE APP

### **DPS:**

The **USC Department of Public Safety (DPS)** works closely with the **Los Angeles Police Department (LAPD)** and the **Los Angeles Fire Department (LAFD)**. They focus on providing a safe environment for students on campus. Their emergency number is **(213) 740-4321** and their non-emergency number is **(213) 740-6000**. Save the numbers in your phone in case of any crime, suspicious activity or safety issues you may face on or around campus. Find out more about DPS and the services they provide at <https://dps.usc.edu/>.

### **TrojansAlert and LiveSafe:**

**TrojansAlert** and **LiveSafe** are resources available to keep students connected at all times to DPS, alerting them of anything happening around campus. The Mobile Safety App powered by LiveSafe, managed by the USC Department of Public Safety and the USC Department of Emergency Planning, is a **free downloadable app** that mobile users can use to initiate contact with emergency responders around the University Park and Health Science campuses. Features include: immediate “push button” calls to DPS, easy reporting for suspicious activity or crimes in progress, and location services to notify friends of your route through campus. Download it here <https://dps.usc.edu/services/safety-app/>.

## BLUE LIGHTS

### **Emergency Blue Light Phones:**

Across campus, there are also over 400 Emergency Blue Light Phones that provide immediate access to DPS officers. These phones can be used to request an escort, report suspicious activity, and to report crimes.

## GET A RIDE

### **Campus Cruiser and Lyft Partnership Program:**

If you are out late at night for a party or a study group, don't walk home alone. You can call a Campus Cruiser <http://transnet.usc.edu/index.php/campus-cruiser-program/> or call a Lyft as part of the Campus Cruiser and Lyft Partnership Program. If Campus Cruisers are taking too long, you can call a Lyft using your USC email address for free from 7pm to 2am.

## YELLOW JACKETS

In addition to DPS officers who patrol a 2.5 mile radius around USC's campuses, USC contracts **"security ambassadors"** to patrol street corners in nearby neighborhoods. In particular, they're stationed around public zones near USC-owned housing. This security force wears **bright yellow jackets** so you can easily spot them. If you're off campus and in need of assistance, look for a Yellow Jacket.

# + MORE

## HOW TO GET INVOLVED ON CAMPUS

### **Social Events:**

Starting with Welcome Week, there are many exciting events hosted by USC and various organizations on campus.

**Welcome Week:** <https://welcomeweek.usc.edu/fall/>

**USC Calendar:** <https://calendar.usc.edu/>

**Visions & Voices:** <http://visionsandvoices.usc.edu/>

### **Organizations:**

USC has over 1000 student organizations on campus that cater to various interests and identities. You can check out the list of organizations here <https://usc.campuslabs.com/engage/>. The involvement fair spans across two days and features booths from a wide range of student organizations. There is no pressure to commit to any clubs, but do sign up for the e-mail list for any organizations you might be interested in - this way you can keep up with any cool events they organize!

Try to attend as many general meetings as possible in your first semester. You can use this as an opportunity to see whether you like the people in a certain organization before deciding to join. You can also keep up with them on Facebook to keep up with events they put on.

## AFFORDABLE DATA PLAN

**AT&T:** offers deals and discounts for international students studying in the United States

- **Price range:** \$35 - \$75

**Verizon:** international students plan

- **Price range:** \$35 - \$80

# ADDITIONAL LINKS

## Health & Wellness

**USC Student Health Medical Care:** <https://studenthealth.usc.edu/medical-care/>

**USC Student Health Counseling:** <https://studenthealth.usc.edu/counseling/>

**Relationship and Sexual Violence Prevention (RSVP):** <https://studenthealth.usc.edu/sexual-assault/>

**USC Occupational Therapy - Lifestyle Redesign:** <http://chan.usc.edu/patient-care/faculty-practice/college-students>

USC Recreational Sports: <https://sait.usc.edu/recsports/>

There is also a 24 hour wellness vending machine located outside the Starbucks at Cafe 84 where you can purchase cold/flu medication, thermometers, contraception and more.

## Food & Nutrition

**USC Student Health Nutrition Services:** <https://studenthealth.usc.edu/medical-care/>

**Trojan Food Pantry:** <https://campusactivities.usc.edu/trojan-food-pantry/>

## Transfer Students

**TransferMation Series:** <https://undergrad.usc.edu/services/transfer/transformation-series/>

**Transfer Student Community (USCTSC):** <https://www.usctsc.com/>; [usctsc@usc.edu](mailto:usctsc@usc.edu)

**USC Transfer Credit Services:** <https://arr.usc.edu/services/articulation/generalinfo.html>

## Support & Advocacy

**USC Disability Services and Programs:** <https://dsp.usc.edu/>

**USC LGBT Resource Center:** <https://lgbtrc.usc.edu/>

**USC Office of Religious Life:** <https://orl.usc.edu/>

**USC Ombuds:** Email [upcombuds@usc.edu](mailto:upcombuds@usc.edu)

## AMERICAN BANKING

### USC Credit Union

Student Union, First Floor OR

3720 S. Flower St., 1st Floor

[www.usccreditunion.org](http://www.usccreditunion.org)

Caters to USC students, families, and alumni

### Bank of America

985 W. Jefferson Blvd. (University Village)

[www.bankofamerica.com](http://www.bankofamerica.com)

### CHASE Bank

725 S. Figueroa St.

Los Angeles, CA 90017

[www.chase.com](http://www.chase.com)

### Wells Fargo

141 W. Adams Blvd

Los Angeles, CA 90007

[www.wellsfargo.com](http://www.wellsfargo.com)

**INTERNATIONAL  
STUDENT  
ASSEMBLY**