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* "USCIS has exclusive jurisdiction over adjustment of status applications filed under INA section 245(l)." This could be simplified to: "Only USCIS can process these applications."
* "Special protections (described at 8 U.S.C. section 1367) apply to you as a T nonimmigrant (victim of human trafficking). The first form of protection is a prohibition on adverse determinations against you based on information provided solely by the trafficker or perpetrator and other prohibited sources. The second form of protection is a prohibition on disclosure of any information about you to third parties, except in certain very limited circumstances." This is a dense explanation. Consider something like: "As a trafficking victim with T nonimmigrant status, you have special protections. First, USCIS will not use information *only* from your trafficker or abuser against you. Second, USCIS will not share your information with others except in very specific situations." Breaking this into two separate sentences makes it more digestible. Removing the legal citation initially and just mentioning it parenthetically afterward ("These protections are described in 8 U.S.C. section 1367") also improves flow.
* The numbered list regarding the time period: "If you are a principal applicant (T-1 nonimmigrant), you may file Form I-485 only after you have been in the United States for the following time period, whichever is less: 1. A continuous period of at least three years since you were admitted as a T-1 nonimmigrant; or 2. A continuous period during the investigation or prosecution of acts of trafficking, and the Attorney General has determined the investigation or prosecution is complete." could be reworded as: "If you are the main applicant (T-1), you can file Form I-485 after being in the U.S. for *whichever is shorter* of these two time periods: 1. Three continuous years since you received T-1 status; OR 2. The entire time that the trafficking acts were being investigated or prosecuted, and the Attorney General has decided that the investigation or prosecution is finished." Using "whichever is shorter" is more colloquial than "whichever is less" in this context.
* "Evidence you were lawfully admitted in T nonimmigrant status and continue to hold such status at the time you file Form I-485;" can be simplified to "Proof that you were legally admitted with T nonimmigrant status and still have that status when you file this form."
* "Evidence that adjustment of status is warranted as a matter of discretion." This phrase is vague and legalistic. It needs more explanation or to be replaced with something more concrete. What does "warranted as a matter of discretion" actually *mean* in this context? Providing examples of what kind of evidence would demonstrate this would be helpful.
* "Evidence you complied with reasonable requests for assistance in the investigation or prosecution of the acts of trafficking, evidence that you were under 18 years of age at the time of the victimization that qualified you for T nonimmigrant status, evidence you were unable to cooperate with a reasonable request for assistance due to trauma, or evidence that you would suffer extreme hardship involving unusual and severe harm upon removal from the United States." This is a very long and complex sentence that could be broken down. Consider: "You must provide *one* of the following: Proof that you cooperated with reasonable requests to help investigate or prosecute the trafficking, OR proof that you were under 18 when the trafficking occurred, OR proof that trauma prevented you from cooperating, OR proof that you would face extreme hardship involving unusual and severe harm if you were deported."
* The section on "Evidence of Continuous Physical Presence" The phrase "requisite period of physical presence" could be simplified to "required time in the U.S." The sub-bullets A-F are unnecessarily formal. Just listing the information needed ("Date of departure," etc.) would be sufficient.

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Okay, based on page 26 of the document, here's where plain language could be better utilized:

* **3. Evidence establishing continuous physical presence, which may include, but is not limited to:** This introductory phrase is unnecessarily formal. Consider: "To prove you've been in the U.S. continuously, you can include documents such as:"
* **3. A. Documentation issued by any governmental or nongovernmental authority, provided the documentation contains your name, was dated at the time it was issued, and contains the normal signature, seal, or other authenticating instrument of the authorized representative of the issuing authority;** This is a prime example of overly complex, legalistic language. Consider: "Official documents from government or non-government organizations that include your name, the date they were issued, and a signature, seal, or other official mark."
* **3. D. Certification that you filed Federal or state income tax returns showing that you attended school or worked in the United States throughout the entire continuous physical presence period;** This could be simplified to: "Proof that you filed federal or state tax returns showing you went to school or worked in the U.S. during the entire time you were required to be present."
* **3. F. A list of the type and date of documents already contained in your DHS file that establishes physical presence, such as, but not limited to, a written copy of a sworn statement given to a DHS officer, a document from the law enforcement agency attesting to the fact that you have continued to comply with requests for assistance, the transcript of a formal hearing, and Form I-213, Record of Deportable-Inadmissible Alien; or** This sentence is incredibly long and contains jargon. Consider: "A list of documents in your DHS file that prove you were physically present, such as: a written statement you gave to a DHS officer, a document from law enforcement confirming you helped them when asked, a transcript from a hearing, or Form I-213 (Record of Deportable-Inadmissible Alien)." It would also be helpful to explain what a "Record of Deportable-Inadmissible Alien" is, even briefly.
* **NOTE: If you do not have documentation to establish continuous physical presence, you must explain why in an affidavit and provide additional affidavits from others with firsthand knowledge who can attest to your continuous physical presence with specific facts. Your affidavit alone is not sufficient to show continuous physical presence.** Consider: "If you don't have documents to prove you were in the U.S. continuously, you must explain why in a sworn statement (affidavit). You must also provide sworn statements from other people who know you were in the U.S. and can provide specific details. Your own statement alone is not enough."
* **NOTE: Generally, if you departed from the United States for any trip that lasted longer than 90 days or for multiple trips that together exceeded 180 days, you failed to maintain continuous physical presence unless you can establish that: - Your absence was necessary to assist in the investigation or prosecution of acts of trafficking; or - An official involved in the investigation or prosecution of acts of trafficking certifies that the absence was otherwise justified.** Consider: "In general, if you left the U.S. for more than 90 days at a time, or for a total of more than 180 days, you will not be considered to have maintained continuous physical presence *unless*: - You needed to be absent to help investigate or prosecute trafficking; OR - An official involved in the investigation or prosecution confirms your absence was justified."
* **Evidence of Good Moral Character:** The phrase "pendency of your Form I-485" could be simplified to "while your Form I-485 is being processed".
* **2. A local police clearance or a state-issued criminal background check from each locality or state in the United States in which you have resided for six or more months while you were in T-1 nonimmigrant status. If local police clearances, criminal background checks, or similar reports are not available for any location where you resided, you may include an explanation and submit other evidence about your good moral character while you resided at that location.** This is a long and complex sentence. Consider: "You must provide a local police clearance or a state criminal background check from every U.S. city or state where you lived for six months or more while you had T-1 status. If these checks aren't available, explain why and provide other evidence of your good moral character from the time you lived there."]

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* "Evidence of Compliance with Reasonable Requests for Assistance in the Investigation or Prosecution OR Evidence That You Were Under 18 Years of Age at the Time of the Victimization OR Evidence That You Were Unable to Cooperate with a Reasonable Request for Assistance Due to Trauma OR Evidence of Extreme Hardship Involving Unusual and Severe Harm" - This title is extremely long and complex. Consider breaking this down and making it more approachable. A simpler title could be "Proving You Meet the Requirements" with subheadings for each of the four conditions.
* "You must submit evidence that shows you: 1. Complied with any reasonable request for assistance in the investigation or prosecution of acts of trafficking; 2. Were under 18 years of age at the time of the victimization that qualified you for T nonimmigrant status; 3. Were unable to cooperate with a reasonable request for assistance due to trauma; or 4. Would suffer extreme hardship involving unusual and severe harm if removed from the United States." - This is a good start, but the wording can be improved. For example, "acts of trafficking" could be shortened to "trafficking." Consider: "You must provide evidence that shows *one* of the following is true: 1. You helped with the investigation or prosecution of trafficking; OR 2. You were under 18 when the trafficking occurred; OR 3. Trauma prevented you from helping; OR 4. You would face extreme hardship if deported."
* "Evidence that you continue to comply with any reasonable request for assistance in the investigation or prosecution of trafficking in persons includes, but is not limited to:" - This is wordy. Consider: "To prove you are helping with the trafficking investigation or prosecution, you can include:"
* The numbered list of evidence types: While the items themselves are relatively straightforward, the introductory phrase "includes, but is not limited to" is unnecessary and adds to the formality.
* "If you assisted law enforcement when you received your T-1 nonimmigrant status and are no longer assisting law enforcement, you should describe in a written statement why you are no longer providing assistance. Reasons may include, but are not limited to:" - This could be simplified to: "If you helped law enforcement to get your T-1 status but are no longer helping, explain why in writing. Reasons might be:"
* The numbered list of reasons for no longer assisting law enforcement: These are generally clear, but "Your T-1 nonimmigrant status is based on your willingness to assist, but you were not needed, and you continue to be willing to assist, but your assistance is still not needed" could be shortened to "You were willing to help, but your help wasn't needed, and you are still willing to help if needed."
* "A request for assistance was not reasonable (See 8 CFR Section 214.208(c) for more information)." - The parenthetical reference to the legal code isn't necessary and interrupts the flow. Unless it is vital for the applicant to read the legal code, it can be removed. The phrase itself is clear enough, but the "See...for more information" is not helpful to most readers who are not lawyers.
* "USCIS may consult the Attorney General of the United States if appropriate." - This is a somewhat vague statement that doesn't provide much useful information to the applicant. It could be removed or reworded to be more specific.
* "NOTE: If you were not required to comply with any reasonable requests for assistance in the investigation or prosecution when you received your T-1 nonimmigrant status (because you were under 18 years of age or suffered trauma at the time of victimization that excepted or exempted you from the compliance requirement), you should include an affidavit stating that you were not subject to the compliance requirement." - This is a very long and convoluted sentence. Consider: "NOTE: If you didn't have to help with the investigation when you got your T-1 status (because you were under 18 or had trauma), include a sworn statement (affidavit) explaining that you didn't have to comply."

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Okay, based on the provided text from page 28 of the document, here's where plain language could be better utilized:

* **"Evidence of Extreme Hardship Involving Unusual and Severe Harm"** - This title, while descriptive, is still quite formal and legalistic. While it's important to convey the seriousness, a slightly more approachable title might be helpful.
* **"Proving extreme hardship involving unusual and severe harm requires you to meet a higher standard of proof than other extreme hardship standards in immigration law. The extreme hardship cannot be based on current or future economic harm, or the lack of or disruption to social or economic opportunities. USCIS may consider both traditional extreme hardship factors and the factors associated with having been a victim of a severe form of trafficking in persons, as well as relevant country condition reports or any other public or private sources of information."** - This entire section is dense and difficult to understand. Let's break it down:
  + "Proving extreme hardship involving unusual and severe harm requires you to meet a higher standard of proof than other extreme hardship standards in immigration law." could be simplified to "To prove you would face extreme hardship, you must provide *stronger* evidence than is usually required in immigration cases."
  + "The extreme hardship cannot be based on current or future economic harm, or the lack of or disruption to social or economic opportunities." could be simplified to "This hardship *cannot* be based on financial problems or a lack of jobs or opportunities."
  + "USCIS may consider both traditional extreme hardship factors and the factors associated with having been a victim of a severe form of trafficking in persons, as well as relevant country condition reports or any other public or private sources of information." could be simplified to "USCIS will consider the usual factors for extreme hardship, as well as factors related to being a trafficking victim. They may also use country reports or other sources of information."
  + Putting it all together: "To prove you would face extreme hardship, you must provide *stronger* evidence than is usually required in immigration cases. This hardship *cannot* be based on financial problems or a lack of jobs or opportunities. USCIS will consider the usual factors for extreme hardship, as well as factors related to being a trafficking victim. They may also use country reports or other sources of information."
* **"Hardship to persons other than you will only be considered in determining whether you would suffer the requisite hardship if the evidence demonstrates specifically that you will suffer extreme hardship upon removal as a result of hardship to someone else."** - This is a convoluted sentence. Consider: "USCIS will consider hardship to *other* people only if you can prove that *you* will suffer extreme hardship because of what happens to them if you are deported."
* **"See 8 CFR 214.209 for a list of factors."** - As before, unless crucial, remove the legal reference.
* **"However, if the basis of your current extreme hardship claim is a continuation of the extreme hardship claimed in your application for T-1 nonimmigrant status, you do not need to re-document the entire claim. Instead, submit evidence to establish that your previously established extreme hardship is ongoing."** - Consider: "If you are claiming the *same* extreme hardship as you did in your T-1 application, you don't need to provide all the same documents again. Instead, provide evidence that shows your hardship is *still* ongoing."
* **"USCIS is not bound by any previous extreme hardship determination."** - This could be simplified to "USCIS can make a new decision about your hardship, even if they made a different decision before."
* **"Discretion"** - While the title itself is fine, the explanation that follows is complex.
* **"Adjustment of status based on T nonimmigrant status is not an automatic benefit, so you bear the burden of showing that USCIS should use its discretion to approve your adjustment of status application. When making a discretionary decision on your application, USCIS may consider all factors."** - Consider: "Getting permanent resident status is not automatic, even with T status. It is your responsibility to convince USCIS that they *should* approve your application. USCIS will consider all factors in your case."
* **"Generally, favorable factors such as family ties, hardship, and length of residence in the United States, may be sufficient for USCIS to use its discretion to approve your application. However, when adverse factors are present in your case, you may offset these by submitting supporting documentation of favorable factors you wish USCIS to consider. See 8 CFR 245.23(e)(3)."** - This is also quite dense. Consider: "Generally, positive factors like family in the U.S., hardship, and how long you've lived here can be enough for USCIS to approve your application. However, if there are negative factors in your case, you can try to balance them out by providing more evidence of positive factors." Again, remove the legal reference.
* **"Crime Victim (U Nonimmigrant, Form I-918), Derivative Family Member (Form I-918A), or Qualifying Family Member (Form I-929)"** - While necessary, the title is cumbersome.
* **The bulleted list of requirements for U nonimmigrants:** While mostly clear, consider "You have complied with reasonable requests to assist law enforcement authorities in the investigation or prosecution of qualifying criminal activity" could be simplified to "You have helped law enforcement investigate or prosecute the crime."
* **"You must file your Form I-485 with USCIS, even if you are in removal proceedings in Immigration Court. USCIS has exclusive jurisdiction over adjustment of status applications filed under INA section 245(m)."** - Consider: "You must file Form I-485 with USCIS, even if you are in deportation proceedings in Immigration Court. Only USCIS can process this application."
* **"Special protections (described at 8 U.S.C. 1367) apply to you as a U nonimmigrant (victim of a qualifying criminal activity). The first form of protection is a prohibition on adverse determinations against you based on information provided solely by the perpetrator of the qualifying criminal activity and other prohibited sources. The second form of protection is a prohibition on disclosure of any information about you to third parties, except in certain very limited circumstances."** - As seen before, this explanation is very complex. Consider: "As a U nonimmigrant (crime victim), you have special protections. First, USCIS will not use information *only* from the perpetrator against you. Second, USCIS will not share your information with others except in very specific situations." Then add, "These protections are described in 8 U.S.C. 1367."

The biggest issues on this page are the complex explanations of "extreme hardship" and "discretion," and the continued use of legal jargon and complex sentence structures. Breaking down these sections, using simpler language, and removing unnecessary legal references would make the document much easier to understand. The initial title about extreme hardship could also be softened slightly.