LRC Resource Guide
September, 2018
School of Arts and Sciences (SAS) - WRIT 011: Global English
Global English writing seminars are offered to international students and include instruction in the conventions of American English college writing. Focusing on a topic of global relevance, these seminars fulfill the undergraduate writing requirement.
http://writing.upenn.edu/critical/seminars/choosing_the_right_seminar.php

School of Arts and Sciences/College of Liberal and Professional Studies (SAS/LPS) - The College of Liberal and Professional Studies (LPS) International Student Orientation (Graduate)
The College of Liberal and Professional Studies will be offering an International Student Pre-Orientation (ISPO) program on the Penn campus from August 20-24, 2018. This program is designed for newly admitted students from outside the U.S. to provide a head start on a successful semester. The workshop will provide an opportunity to learn about adapting to academic culture and life at Penn, to get to know the campus and the city of Philadelphia, and to meet current and new students from their own program and other programs. It includes morning sessions, some afternoon sessions and program specific activities. There is no fee for participating but students interested must contact the program director to confirm attendance. It will be a busy week, so we encourage students to arrive in Philadelphia by August 17 so they can unpack and adjust to any time differences. In addition, LPS will be offering a New Student Orientation on Thursday, August 23, 2018 from 5:30 pm to 7:00 pm in Bodek Lounge, Houston Hall. Please refer to the link below for more information.
https://www.sas.upenn.edu/lps/students/newly-admitted/orientation

School of Arts and Sciences (SAS) - Communication Within the Curriculum (CWić), Speaking Center, Weigle Information Commons, Van Pelt Library
All Penn students are welcome to attend public speaking workshops and attend walk-in hours to develop their public speaking skills while working with CWić's undergraduate Speaking Advisors.
http://www.sas.upenn.edu/cwic/

Wharton - International graduate student orientation seminars
International Student Orientation (ISO) takes place throughout
Wharton's 3-week Pre-Term and is intended for foreign nationals and their partners who may be coming to the United States for the first time or after a long absence. Sessions include a Welcome Reception, Introduction to Financial Aid, Career Management services and visas and immigration.

https://mba-inside.wharton.upenn.edu/

**School of Arts and Sciences/College of Liberal and Professional Studies (SAS/LPS) - Penn English Language Program**

Offers instruction in English as a second language and exposure to the cultures of the United States. It serves adults whose purpose is to learn English for a variety of social, professional, academic, or personal reasons.

http://www.sas.upenn.edu/elp/

**Graduate Student Center - Grad Center Language Chats**

Practice and improve your language skills as you join other graduate students in conversation. A variety of languages are offered every semester, check our website for details.

http://www.gsc.upenn.edu/activities/chats.php

**School of Arts and Sciences (SAS) - International Teaching Assistant (ITA) Training**

A summer program offered to Prospective International Teaching Assistants (ITAs) whose first language is not English and who need to demonstrate fluency. Tuition free for College of Arts and Sciences TAs. All others must pay for tuition and books.

https://www.elp.upenn.edu/itaj-1-testing-and-training/ita-testing-and-training-phd-candidates/ita-summer-training-program

**Graduate School of Education (GSE) - GSE International Student Orientation**

Offered at the beginning of Fall and Spring semesters. Presentations include Learning and Connecting in the US Classroom. Provides GSE international students with an additional level of support.

http://www.gse.upenn.edu/students/orientation

**University Life (VPUL) - Penn Violence Prevention (PVP)**

Penn Violence Prevention (PVP) engages the Penn community in the
prevention of sexual violence, relationship violence, and stalking on campus. PVP works closely with a team of colleagues across campus to provide education and outreach such as presentations and workshops for student groups. They advise the student peer education groups PAVE (Penn Anti-Violence Educators) and MARS (Men Against Rape and Sexual Assault) and host a bi-annual training for students called SAVA (Student Anti-Violence Advocates). The staff also serve as confidential resources for students affected by sexual violence, relationship violence, and stalking.


School of Arts and Sciences (SAS) - GAS 600. English Language Skills. (Fall)
To provide additional language support (especially in terms of oral and listening skills) for graduate level international students from all schools, the School offers GAS 600 English Language Skills. The course is specifically designed for prospective International Teaching Assistants seeking English fluency certification.

http://www.elp.upenn.edu/english-language-skills-international-teaching-assistants-gas-600

School of Arts and Sciences (SAS) - GAS 610. Research Paper Writing.
To provide additional language support (grammar, vocabulary, academic writing, etc.) for graduate level international students from all schools, the School offers GAS 610 Research Paper Writing. The course focuses on the English language writing needs of ESL doctoral students who are at least in their second year.

http://www.elp.upenn.edu/research-paper-writing-international-graduate-students-gas-610

University Life (VPUL) - Greenfield Intercultural Center
The Albert M. Greenfield Intercultural Center (GIC) is Penn's resource for enhancing students' intercultural knowledge, competency, and leadership and does this through its experiential courses, interactive programming, and holistic support it offers student organizations and students including First Generation college students. The center offers space to lounge, a video library, a Lenape garden to relax in and staff who are available to assist with the creation of intercultural projects
and workshops. The center hours during the academic year are Monday to Wednesday from 9 am to 9 pm and Thursday and Friday from 9 am to 5 pm. Summer hours are 10 am to 5 pm daily (Hours are subject to change please visit our website for updated information). GIC is open to all Penn students http://www.vpul.upenn.edu/gic/index.php

University Life (VPUL) - Penn Women's Center
The Penn Women's Center, located at 3643 Locust Walk, sponsors programs on gender discrimination, violence prevention, and health and wellness alongside events highlighting women writers, activists, artists and political and professional leaders. We provide education and advocacy services regarding a broad array of gender equity issues including reproductive justice, micro-aggressions, and interpersonal violence. The Center is open from 9:30am to 5:30 pm Monday through Thursday and from 9:30am to 5:00pm on Friday.
http://www.vpul.upenn.edu/pwc/

University Life (VPUL) - PIE Series: Penngagement International Experience Series
Penngagement International Experience (PIE) Series is a year-round prevention and outreach program tailored for international students and those who have international experiences or are interested in international students experiences. It intends to provide these students with a welcoming and supportive platform where they can: 1) become familiar with campus resources, 2) interact and develop a relationship with fellow students, staff, and administrators, 3) learn important information and develop useful skills leading to success, and 4) experience a sense of belonging and community. PIE series is co-sponsored by Counseling and Psychological Services (CAPS) and International Student and Scholar Services (ISSS), and supported by a number of centers, offices, and student groups. https://www.vpul.upenn.edu/caps/pie

University Life (VPUL) - CAPS International Student New Orientation
CAPS participates in various aspects of international student New Student Orientation activities focusing on cultural adjustment. http://www.vpul.upenn.edu/caps/
University Life (VPUL) - Career Services
Career Services offers job and internship search support and individual career advising as well as some resources specifically geared toward international students: a webpage with specific advice for international students and a list of employers who have hired international students in recent years, a workshop with an attorney to discuss immigration/job search issues, and access to online subscriptions of particular interest to international students including GoinGlobal (includes international jobs, country and U.S. city guides, and an H1-B database) and H1-B Online Job Databases for Foreign Students/Postdocs. International students are invited to attend the many workshops and events offered by Career Services, including general workshops as well as workshops tailored specifically to international students. Check the calendars on the Career Services website for details. In addition, please check with ISSS for information regarding immigration issues and visas.
http://www.vpul.upenn.edu/careerservices/affinity/internationalstudents.php

University Life (VPUL) - Weingarten Center Academics Plus Workshop Series for International Students
Held at the beginning of each fall and spring semester, this series helps international students transition to a new academic culture and learning environment by providing academic reading, writing and study strategies, and introducing helpful campus resources. The hour and a half workshops are an ideal space to discuss academic, language, and cultural topics.
http://www.vpul.upenn.edu/lrc/lr/academicplus.php

University Life (VPUL) - Weingarten Center
The Office of Learning Resources at the Weingarten Center can assist you in navigating any academic challenges that you may experience here at Penn. We provide professional consultation services in university relevant skills, such as academic reading and writing, study strategies, and time management. As an international student, you may want to meet with a learning instructor for a number of reasons. For instance, you can discuss how to manage the large volume of reading required for your courses, how to plan and complete written
assignments over the course of the semester, and how your educational background may both compliment and significantly differ from U.S. higher education practices and norms. A consultation will help you learn how to best utilize the strengths you already possess. Our services are confidential and free of charge and we invite you to utilize them throughout your academic career at Penn. 
http://www.vpul.upenn.edu/lrc/

School of Arts and Sciences/College of Liberal and Professional Studies (SAS/LPS) - Pronunciation Workshop Series (for international graduate students)
Penn's English Language Programs is offering a workshop series on pronunciation and presenting in English. The series is recommended for international Masters, PhD, and Post-Doc students and will include five 2-hour workshops. 
https://www.elp.upenn.edu/pronunciation_workshop

School of Arts and Sciences/College of Liberal and Professional Studies (SAS/LPS) - Writing Workshop Series (for international graduate students)
Penn's English Language Programs is offering a workshop series on completing graduate writing tasks in English. The series is recommended for international Masters, PhD, and Post-Doc students and will include five 2-hour workshops. 
https://www.elp.upenn.edu/writing_workshop

School of Engineering and Applied Sciences (SEAS) - Penn Engineering Office of Diversity and Inclusion
The Office of Diversity and Inclusion holds at its core the commitment to celebrating and increasing the representation of underrepresented minorities in the student body, faculty, and staff of Penn Engineering. 
https://diversity.seas.upenn.edu/

- Marks Family Writing Center
Open six days a week, The Marks Family Writing Center offers 30 to 45 minute appointments of individualized writing assistance as well as drop-in hours and workshops across campus. Visit the website to schedule an appointment.
http://writing.upenn.edu/critical/writing_center/
- **College Houses for Undergraduate Students**
  International and non-international undergraduates may ask to live on the 19th or 20th floor of Harnwell College House where residents have the opportunity to meet other Penn international students, first generation Americans or students interested in learning about other cultures and ways of living. (Applications for incoming freshmen differ from those of upperclassmen.)
  [https://harnwell.house.upenn.edu/internationalprogram](https://harnwell.house.upenn.edu/internationalprogram)

**Penn Global - International Student and Scholar Services (ISSS)**
International Student and Scholar Services (ISSS) is a home for international students for any of their immigration or integration needs. ISSS offers social and cultural activities to help students adjust to life at Penn so they can be successful in and out of the classroom. For any immigration concerns, all international students can contact their assigned ISSS Advisor or come for walk-in hours Mon-Fri, 1pm-4pm. ISSS supports international students throughout their entire life cycle at Penn from the time of their acceptance to Penn, during their Penn experience, and beyond.
  [http://global.upenn.edu/isss](http://global.upenn.edu/isss)

**University Life (VPUL) - Student Health Service**
We hope international students consider SHS their first stop for any medical care. The mission of the Student Health Service is to promote the health and well-being of students of the University of Pennsylvania. The Student Health Service provides quality health care that is accessible, affordable, culturally sensitive and student-focused. SHS can provide translation services if needed. Students do not need to be on the Penn Student Insurance Plan to access care at SHS. The mission of the Student Health Service is to promote the health and well-being of students of the University of Pennsylvania. The Student Health Service provides quality health care that is accessible, affordable, culturally sensitive and student-focused. SHS is far more than just Primary Care and offers a full slate of specialty services, including but not limited to nutrition, acupuncture, massage, sports medicine, and travel health. Appointments may be scheduled in advance for non-urgent requests or same day for medical problems requiring urgent attention by phone (215-746-3535) or online. SHS has a medical
provider on-call 24/7, so students can still contact us even when our building is closed. Unless it's an emergency, students should SHS before making a trip to the Emergency Room.  
http://www.vpul.upenn.edu/shs/index.php

**School of Arts and Sciences/College of Liberal and Professional Studies (SAS/LPS) - The College of Liberal and Professional Studies (LPS) International Guest Student Program (Undergraduate)**

A mandatory orientation session about academic resources and integrity will be held for visiting international students on August 23, 2018 from 1:00pm-2:30pm in College Hall, Room 200.  
http://www.sas.upenn.edu/lps/students/newly-admitted/orientation

**University Life (VPUL) - Counseling and Psychological Services (CAPS)**

CAPS offers free, confidential, professional mental health services to Penn undergraduate, graduate, and professional students. Our goal is to help students adjust to University life and support them in connecting to Penn's academic and social environment. Our culturally-affirming staff works with students across many issues, including, but not limited to: making cross-cultural transitions, coping with academic stress and relationship difficulties, clarifying career interests and making career decisions, exploring sexuality and gender identity, and managing anxiety and depression. At CAPS, students can learn to address personal problems and situational crises effectively, develop self-awareness, personal responsibility, and skills for life-long learning. We are located at 3624 Market Street, 1st Floor West, open in the following hours: 9-5pm (Mondays, Fridays), 9-7pm (Tuesdays, Wednesdays, Thursdays), 10-3pm (Saturdays starting on 9/8/2018).  
http://www.vpul.upenn.edu/caps/

**University Life (VPUL) - Campus Health**

Campus Health is the public health section of Student Health Service. We conduct active disease surveillance, work on health policy initiations, and offer workshops and education to student groups and campus organizations to improve the health and well-being of the campus community. All of our health education workshops are free and can be requested online. These programs cover topics such as sexual
health, stress reduction, nutrition, bike safety, sleep, and overall well-being. Please check us out on social media @HealthyPenn or request a workshop online.
http://www.vpul.upenn.edu/shs/campushealth/workshops.php

University Life (VPUL) - Lesbian Gay Bisexual Transgender Center
The Lesbian Gay Bisexual Transgender Center (Center) is a home away from home for Penn's LGBTQ communities. Whether you are questioning your identity, in the process of coming out, proudly identify as LGBTQ or an ally, the Center is your space. Not only do we offer peer mentorships, free printing (bring your own paper), tons of space to study and socialize, and a calendar full of events, we're also a social and political hub for the queer and trans communities on campus, supporting over 25 undergraduate and graduate/professional student groups, including one for international students. We are one of the oldest and most active LGBT centers in the country, proudly serving the Penn community for over 35 years. Join us at 3907 Spruce to study, relax with your friends, and learn more about Penn's LGBTQ life. We are committed to serving the students, faculty, and staff of the University of Pennsylvania.
https://www.vpul.upenn.edu/lgbtc/index.php

University Life (VPUL) - Office of Student Affairs (OSA)
The Office of Student Affairs (OSA) is the central campus resource for student organizations (undergraduate and graduate) and home to undergraduate student government. The OSA supports many large campus traditions and student programs as well as leadership training programs. The OSA staff is available to assist students and groups as they plan events and build community on campus.
https://www.vpul.upenn.edu/osa/

University Life (VPUL) - La Casa Latina
The Center for Hispanic Excellence: La Casa Latina promotes greater awareness of Latinx issues, culture, and identity at Penn. La Casa Latina works closely with the Penn community to offer a supportive environment where all students are welcomed and engaged in programs, events, and dialogues that address important issues affecting Latinxs/Hispanics locally, nationally, and internationally.
University Life (VPUL) - Pan-Asian American Community House (PAACH)
The Pan-Asian American Community House (PAACH) welcomes international and domestic students from across the Pan-Asian diaspora. PAACH is a place where South Asian, East Asian, Southeast Asian, and Pacific Islander cultures are celebrated. PAACH fosters participation in Asian American and Pacific Islander cultural, political, academic, leadership and community service activities.
https://www.vpul.upenn.edu/paach/

University Life (VPUL) - CAPS International Peer Support Group (Mandarin)
This one-hour weekly Mandarin-speaking group aims to provide international students with a confidential, safe, and supportive space to learn more about themselves and others in relational and cultural contexts, so they could develop more effective coping skills in adjusting to Penn and managing different life events. Members will share their experiences, discuss relevant topics, engage in self-exploratory activities, seek and receive support from each other, with the facilitation of a therapist. A pre-group screening with the facilitator is required to join the group.
https://www.vpul.upenn.edu/caps/intlpeer