



# INTERNATIONAL STUDENT HANDBOOK



CALIFORNIA  
NORTHSTATE  
UNIVERSITY

THE PROVISIONS OF THIS HANDBOOK REFLECT INFORMATION AS OF THE DATE OF PUBLICATION.

**NOTICE:**

This International Student Handbook is not a contract or an offer to enter into a contract and is updated on an annual basis. While every effort is made to ensure the accuracy of the information provided in this International Student Handbook, it must be understood that all information described herein is subject to change or elimination at any time without notice or published amendment to this catalog. In addition, California Northstate University reserves the right to make changes at any time, without prior notice, to programs, policies, procedures and information, which are described in this International Student Handbook only as a convenience to its readers. Fees and all other charges are subject to change at any time without notice. Students should consult the appropriate academic or administrative department, college, or other service provider for currently accurate information on any matters described in this International Student Handbook; contact information is available at [www.cnsu.edu/](http://www.cnsu.edu/)

IT IS THE RESPONSIBILITY OF THE INDIVIDUAL STUDENT TO BECOME FAMILIAR WITH THE ANNOUNCEMENTS AND REGULATIONS OF THE UNIVERSITY PRINTED IN THIS INTERNATIONAL STUDENT HANBOOK.

California Northstate University will provide assistance to the visually impaired regarding the information contained in this handbook. Questions should be directed to the office or department concerned.

The 2019-2020 International Student Handbook covers the academic year from July 1, 2019 to June 30, 2020.

# International Student Handbook

Academic Year  
2019 -2020



CALIFORNIA  
NORTHSTATE  
UNIVERSITY

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# CALIFORNIA NORTHSTATE UNIVERSITY

## ABOUT CALIFORNIA NORTHSTATE UNIVERSITY

California Northstate University (CNU) is an institution of higher education dedicated to advancing the art and science of healthcare and to educating, training, and developing individuals to provide competent, patient-centered care. The University consists of five colleges: the College of Pharmacy, the College of Medicine, the College of Health Sciences, and the College of Psychology. The College of Medicine and the College of Psychology offer a Doctor of Medicine (MD) degree and Doctor of Psychology (Psy.D) respectively. The College of Pharmacy offers both a Doctor of Pharmacy (PharmD) and a Masters of Pharmaceutical Sciences degree. The College of Health Sciences offers a Bachelor of Science (BS) degree in Health Sciences, along with a BS-MD, BS-PharmD, and Pre-Med/Post-Baccalaureate programs.



## THE COLLEGE OF HEALTH SCIENCES

DEGREE/MAJOR: BACHELOR OF SCIENCE IN HEALTH SCIENCES

CONCENTRATIONS: REFER TO WEBSITE

PROGRAMS: PRE-MED TO MD, PRE-PHARM TO PHARM D, PRE-MED POST-BACCALAURATE, PRE-PSY TO PSYD, PRE-DENT TO DMD

Students can begin the BS in Health Sciences degree program as a freshmen or transfer student.

### Why the College of Health Sciences is the right choice:

- Strong health science-focused curriculum  
Student interested in a career in medicine, pharmacy, dental medicine, or psychology will benefit from the Pre-Med to MD, Pre-Pharm to PharmD, Pre-Dent to DMD, or Pre-Psy to PsyD Combined Programs which offer the chance to complete a professional degree at an accelerated pace.
- Superb faculty and research: Whether interested in researching DNA repair or exploring the world of advanced molecular and cellular biology, our [award-winning faculty and staff](#) will mentor students through cutting-edge research projects.
- Supportive student services: The College guides students with first-class [academic advising](#) and [career services](#) so students can reach their goals.
- Guaranteed space in courses allow students to graduate on time.

### Bachelor of Health Science [Concentrations](#)

- Human Biology
- Biopsychology
- Health Science Administration

Each concentration has a defined curriculum progressing from introductory to advanced courses. All concentrations include the same General Education (GE) requirements that fulfil a common set of learning outcomes spanning communication and critical thinking skills, natural sciences, liberal arts, and the social sciences.

This comprehensive program delivers a robust university education that prepares graduates to think independently and creatively. Additionally, the three concentrations are aligned with specific options for career paths in healthcare.

The College offers several academic and career opportunities:

- Students who want a traditional four-year degree may choose from four concentrations to prepare for professional schools or an administrative role in health sciences
- Students interested in a career in medicine or pharmacy will benefit from the Pre-Med to MD and the [Early Assurance Doctor of Pharmacy Program options](#) Combined Programs which offer the chance to complete a Doctor of Medicine or Doctor of Pharmacy degree in as little as six or seven years, versus the usual eight or more years
- Students who already have a college degree and simply want to [complete pre-requisites for medical or professional school](#) will benefit from the Pre-Medical Post baccalaureate I & II programs.



## COLLEGE OF MEDICINE

DEGREE/MAJOR: DOCTOR OF MEDICINE (MD)

The California Northstate University College of Medicine is four-year MD program dedicated to educating students to become competent, patient-centered healthcare professionals. Education will be provided using an innovative, integrated basic and medical science system-based curriculum. Service will be encouraged with faculty supervised service learning clinics. Scholarship will be encouraged with hypothesis driven Self-Directed Student Scholarly Research. Social Accountability, both locally and globally, will be the focus of the Masters Colloquium Course and Global Health discussions and opportunities, with the goal of graduating healthcare providers who can meet the challenges in the 21st century.



## COLLEGE OF PHARMACY

DEGREE/MAJOR: DOCTOR OF PHARMACY (PHARM D)

California Northstate University College of Pharmacy (CNUCOP), located just outside of Sacramento, offers a number of accelerated Doctor of Pharmacy (PharmD) program options. The 0-6 Direct Entry PharmD program, established in conjunction with the College of Health Sciences, our undergraduate program, provides the opportunity for students to enter into the PharmD program directly from high school, contingent upon fulfilling the established admission and progression requirements. Students complete the first two years of pre-professional coursework at the College of Health Sciences and then advance into the professional four year PharmD program at the College of Pharmacy. The College of Pharmacy also offers a traditional PharmD program for undergraduate students wishing to enter into the PharmD program after completing the prerequisite courses.

Our College is dedicated to educating and training future pharmacists to provide competent, evidence-based care focused on improving patient outcomes and advancing the pharmacy profession through leadership and service. CNUCOP provides unique learning experiences to our students through the use of active learning, specifically team-based learning, to deliver our curriculum. Through team-based learning, students are exposed to a diverse population of students from a variety of different backgrounds. Team discussions are stimulated by instructor facilitation, and practical application of the material through a variety of exercises and self-reflections solidifies the students' knowledge base and understanding. As a result of student participation in a variety of inter-professional activities, delivered by the College of Pharmacy in association with CNU's College of Medicine and Sacramento State University School of Nursing, our students learn how to work effectively as part of a multidisciplinary care team. Furthermore, hands-on experiences gained through high fidelity simulation, the Advanced Pharmacy Practice

laboratory, through research collaborations with faculty and preceptors, and experiential education rotations in a variety of settings, collectively provide opportunities for our students to bridge theory and practice across the pharmacy curriculum.

The College of Pharmacy also offers two dual or combined degree programs. The Executive Master of Business Administration (EMBA)/PharmD dual degree program is offered in conjunction with Sacramento State University. Students enrolled in this program take coursework related to accounting, leadership, and management, which better situates them to pursue leadership or management positions. Students enrolled in the MPS/PharmD combined degree program receive fundamental knowledge and skills in the pharmaceutical sciences, which helps to prepare students interested in assuming positions within a pharmaceutical industry, academia, or the government.



### COLLEGE OF PSYCHOLOGY

DEGREE/MAJOR: DOCTOR OF PSYCHOLOGY (PSYD)

The California Northstate University College of Psychology is a five-year Doctor of Psychology degree program. Students are provided with the guidance, support, and exemplary training required to excel as professional psychologists who treat mental health disorders, provide clinical services to individuals, families, communities, and organizations, design and implement treatment programs, perform intellectual, learning, personality, and disability assessments, and function as leaders in the healthcare community. The college fosters a graduate culture with high student engagement, individualized attention, inter-professional collaboration, and rigorous academics. It offers smaller class sizes, lower student-to-faculty ratios, and does not require weekend, evening, or summer classes.



### MASTER OF PHARMACEUTICAL SCIENCES

DEGREE/MAJOR: MASTER OF PHARMACEUTICAL SCIENCES (MSPS)

The MPS Program is a two-year graduate degree program available to students who are interested in developing fundamental knowledge in the pharmaceutical field. Graduates of the MPS program will obtain the laboratory and research skills needed to pursue careers in the pharmaceutical industry field, regulatory affairs, academia, and other clinical research areas. Completion of the MPS program also helps to establish our graduates as competitive applicants as they pursue additional professional training (e.g. MD or PharmD degrees), if desired.

## APPLYING TO CALIFORNIA NORTHSTATE UNIVERSITY

The California Northstate University admission website pages contain the most up to date applicant information. Applicants must review the admission process and requirements and for the degree program of interest prior to starting an application for admission. The admission information provided in this publication has been developed to provide interested applicants with a **general overview** of the admission process and requirements. International students applying for admission to one of the CNU College degree programs must complete the requirements listed under the following areas to be considered a candidate for admission:



### ADMISSION WEB PAGES

COLLEGE OF HEALTH SCIENCES  
BACHELOR OF SCIENCE DEGREE (BS)

<http://healthsciences.cnsu.edu/admissions-home>

COLLEGE OF PHARMACY  
DOCTOR OF PHARMACY DEGREE (PHARMD)

<http://pharmacy.cnsu.edu/admissions/admission-information>

COLLEGE OF MEDICINE  
DOCTOR OF MEDICINE DEGREE (MD)

<http://medicine.cnsu.edu/students-com/admissions>

COLLEGE OF PSYCHOLOGY  
DOCTOR OF PSYCHOLOGY (PSY.D)

<http://psychology.cnsu.edu/admissions/application-overview>

### Evidence of Sufficient Funds

The U.S. Department of Homeland Security's Student and Exchange Visitor Program (SEVP) requires that all international applicants who may attend school under the F-1 visa provide evidence of sufficient funds to cover the period of their studies before their SEVIS Form I-20 can be issued. A confidential statement is required providing documented evidence that the student possesses sufficient funds to cover expenses without financial assistance from CNU. Bank authorities can verify bank accounts. Total costs vary by degree program. Tuition and fee information can be located on the CNU Admissions websites listed above. CNU is unable to provide graduate financial stipends at this time. The information and forms required for the Evidence of Sufficient Funds are listed below and can be found on the CNU Financial Aid webpages under International Students.

- Financial Support and Documentation Handbook
- Certificate of Finances
- Student Information Form
- CNU Student Room And Board

# COLLEGE OF HEALTH SCIENCES APPLICANT INFORMATION

## BACHELOR OF HEALTH SCIENCE DEGREE

### I. ALL APPLICANTS

#### Required forms and documents for the undergraduate admission application:

- A completed California Northstate University College of Health Science (CNUCHS) Application Form.
- A high school diploma (or international equivalent) with a minimum Cumulative GPA of 2.70 on a 4.00 scale.
- Transcripts\* of all schools attended showing completion of the courses shown below. If the original document is not in English, please include a certified English translation.
  - 4 years of English
  - 3 years of mathematics at the level of Algebra I and higher (4 years recommended)
  - 2 years of laboratory science (3 years recommended)
  - 2 years of social science
  - 2 years of the same world language
- Standardized College Entrance Exam Scores:
  - Official SAT (College Code 7669) or ACT (College Code 7032) dates taken and scores

### II. INTERNATIONAL APPLICANTS

#### Additional forms and documents required for International applicants for the undergraduate application:

#### Proof of Proficiency in English - Applicants from non-English speaking countries only

Because the courses are taught in English and move at a fast pace, fluency in English is necessary for understanding concepts and to effectively communicate in the class environment. Applicants receiving a diploma from a country identified in the list shown below meet the English Language requirement, no exam will be required. Applicants whose native language is not English must provide evidence of English language proficiency by submitting test scores from **one of the following**:

- Test of English as a Foreign Language (TOEFL): Minimum 550 paper/64iBT. CNUCHS School Code for the TOEFL is **B651**, or
- International English Language Testing System (IELTS) (Academic): minimum 6.5 (5 for the COP/COM), or
- Pearson Test of English (PTE): 50 minimum

American Samoa	Canada	Guyana	Nigeria	Tanzania
Antigua or Barbuda	Cayman Islands	Hong Kong	Papua New Guinea	Tonga
Australia	Dominica	Ireland	Philippines	Trinidad & Tobago
Aruba	Falkland Islands	Jamaica	Puerto Rico	Turks & Caicos
Bahamas	Fiji	Kenya	Sierra Leone	Uganda
Barbados	Gambia	Liberia	Singapore	United Kingdom (England, Scotland, Wales)
Belize	Ghana	Lesotho	South Africa	Tanzania
Bermuda	Gibraltar	Malta	St. Catalina	Tonga
Botswana	Grand Cayman	Mauritius	St. Kitts & Nevis	United States Virgin Islands
British Virgin Islands	Grenada	Micronesia	St. Lucia	Zambia
Cameroon	Guam	New Zealand	St. Vincent & Grenadines	Zimbabwe

- International Transcript Evaluation** - Applicants from non-English speaking countries only.

I am applying as a:

- Freshman undergraduate applicant** currently in my last year in high school or international equivalent academic level. I'll complete my coursework and receive my diploma prior to entering the University, if.
  - ✓ **Evaluation Service Required:**
    - Transcripts of completed high school coursework and **certified** English translation.
    - A Document-By-Document evaluation of the completed diploma by an International Transcript evaluation service (after the diploma has been awarded).
- Transfer applicant** from a college outside the United States with a high school diploma or international equivalent academic level with some college coursework.
  - ✓ **Evaluation Service Required:**
    - Course-By-Course Evaluation.

Evaluated transcripts must be sent directly from the international evaluation service to the Office of Admission at California Northstate University College of Health Sciences. The transcript evaluation **MUST** be completed by one of the following International Transcript Evaluation Services:

- IERF - <http://www.ierf.org/for-individuals>
- Education Credential Evaluators (ECE) - <https://www.ece.org>
- World Education Services (WES) - <http://www.wes.org/students>

- Bank Statement and Affidavit of Support** (PDF) from sponsor (if the bank statement is not in your name).

### III. BS TO MD APPLICANTS ONLY

#### Candidate Interview

Eligible applicants for the BS to MD program will be contracted within 28 days of receiving a complete application to schedule an in-person, telephone or Skype interview. Applicants will be notified of the admission status within 28 days of the interview.

#### Holistic Admission Application Review

The College of Health Sciences will also take into account the following when considering applications for admission:

- Academic, Extra-Curricular and Volunteer Experiences, such as:
  - Demonstrating a commitment to leadership and community service in the community and/or school
  - Athletic accomplishments
  - Employment
  - Demonstrating cultural awareness or unique experiences
  - Academic Distinction Awards/Honors received
- Personal Statement:
  - This section is your chance to share what is important to you and who you are, including accomplishments and extenuating circumstances that might have impacted your academic performance.
- Official Advanced Placement/International Baccalaureate tests taken and scores

The application filing period is August 1 through January 2 or the first business day in January.

## COLLEGE OF MEDICINE APPLICANT INFORMATION

The College of Medicine currently does not accept international student applications for the regular MD program.

## COLLEGE OF PHARMACY APPLICANT INFORMATION

### Doctor of Pharmacy (PharmD) Degree

#### INTERNATIONAL APPLICANTS

##### General Requirements

Applicants seeking admission to California Northstate University College of Pharmacy must have a cumulative GPA of 2.6 or greater; a 2.6 science GPA is recommended. A minimum of 51 semester units (76 quarter units) of prerequisite credit must be completed prior to matriculation into the program. Additionally, a minimum of 12 semester units (18 quarter units) of general education courses are required prior to matriculation. Science and math prerequisite coursework must be designed for science majors and must not have been taken greater than ten years from the date of matriculation. Public speaking and science courses requiring a lab component (biology, general chemistry, and organic chemistry) cannot be taken online or through distance education. Prospective students are strongly encouraged to carry full course loads (15 units per semester) during their undergraduate studies. AP exam scores of 3 or higher, with 4 being preferred, will be accepted for prerequisite coursework and/or general education requirements. AP credit must be reported by subject and credit and must be mailed directly from your institution or testing services to the College of Pharmacy by using college code: 7306. The AP exam must have been taken no greater than ten years from the date of matriculation. Please note, AP exam scores will only count towards the first course in a series of science courses. For instance, an AP exam score of 3 or higher for chemistry would only count towards the General Chemistry I requirement.

Two letters of recommendation are also required as part of the application and must be sent directly to PharmCAS; one letter must be from a healthcare professional or supervisor and the other letter from a science faculty member at your institution. Letters of recommendation from relatives and/or friends are not permitted. All applicants are required to review the Professional and Technical Standards of the Doctor of Pharmacy program to ensure they meet the stated professional and technical criteria. The Professional and Technical Standards are located on the College of Pharmacy webpage. The table below displays the prerequisite coursework that must be completed prior to the start of orientation, in mid-August.

##### Application Requirements

1. An electronic application to the Doctor of Pharmacy program, [available through PharmCAS](#), an online central pharmacy application service. Prospective students must submit applications through PharmCAS beginning on July 18th. California Northstate University College of Pharmacy uses a rolling admissions process; the application deadline to apply to the program is June 1st; however, application extensions can be granted until June 1st. Visit [pharmacy.cnsu.edu](http://pharmacy.cnsu.edu) or email [COPadmissions@cnsu.edu](mailto:COPadmissions@cnsu.edu) for additional information.

2. A [Supplemental Application](#) and non-refundable Supplemental Application fee of \$50 is required. It must be submitted prior to the start of New Student Orientation in mid-August.
3. Candidate interviews will be conducted in person or through an internet platform such as SKYPE. The type of internet interview will vary depending on the student's residence and other circumstances.
4. Successful completion of the courses listed in the table below.

Course Title	Semester Hours	Quarter Hours
General Chemistry I and II with lab	8	12
Organic Chemistry I and II with lab	8	12
General Biology I and II with lab or lab equivalent	8	12
Biochemistry or Cell and Molecular Biology	3	4
Microbiology	3	4
Human Physiology	3	4
Physics	3	4
Calculus	3	4
Statistics	3	4
Public Speaking	3	4
English Composition I and II	6	9
General Education Requirements: - Psychology - Economics - 2 additional courses (Humanities or Social and Behavioral Sciences)	12	18
<b>Total Semester/Quarter Hours</b>	<b>63</b>	<b>91 (est.)</b>

### **Additional Admission Requirements**

In addition to the requirements described above, all prerequisite coursework must meet the following requirements:

1. Must be completed at a regionally accredited US institution or its equivalent abroad.
2. Science and math courses, along with any AP credits, must have been completed no greater than ten years from the planned date of matriculation.
3. In addition to the 51 semester units (76 quarter units) of prerequisite coursework, applicants who will not have a Bachelor's degree prior to matriculation must complete 12 semester units (18 quarter units) of general education courses, which include:
  - Psychology
  - Economics (Microeconomics or Macroeconomics)
  - Two additional general education courses in the Humanities and/or Social and Behavioral Sciences (2 courses in one category is permitted)
4. Must be completed with a grade of C- or higher.
5. May not be taken on a pass/no pass or credit/no credit basis
6. All prerequisite coursework taken from non-US institutions (including Canada) must be submitted the World

Education Services (WES), Inc. for an evaluation of coursework. WES evaluations should be sent directly to PharmCAS.

7. International applicants who have not completed at least two years and at least 48 semester units (72 quarter units) at a US college or university are required to take the TOEFL IBT or IELTS exam. Exam scores are only valid for a two year period from the date of the exam. The minimum TOEFL IBT and IELTS scores, along with minimum section requirements, are provided below.

- The minimum total TOEFL IBT score is 88 with minimum section score requirements of:
  - Reading: 20
  - Listening: 20
  - Speaking: 25
  - Writing: 23
- The minimum total IELTS score is 6.5 with minimum section score requirements of:
  - Reading: 6.5
  - Listening: 6.5
  - Speaking: 7.5
  - Writing: 6.0

8. General Education requirements are waived for applicants who have or will be receiving a Bachelor's degree or US equivalent prior to matriculation in the pharmacy program.

9. Qualified applicants will be invited to an interview.

10. All prerequisites and general education requirements must be completed prior to Orientation, which is held in mid-August of each year; however, applicants may still interview prior to the completion of all prerequisite coursework.

- Bank Statement and Affidavit of Support** (PDF) from sponsor (if the bank statement is not in your name). Refer to the section in this handbook under **ALL APPLICANTS/IV. EVIDENCE OF SUFFICIENT FUNDS** for information to complete this requirement.

# COLLEGE OF PSYCHOLOGY APPLICANT INFORMATION

## Doctor of Psychology (Psy.D) Degree

### I. ALL APPLICANTS

#### Admission to the Doctor of Psychology Program

Students must apply to the College of Psychology through the APA's centralized application service for psychology graduate programs called PSYCAS. Instructions for applying can be found on the [college's website](#).

#### Applicants to the Clinical Doctor of Psychology (Psy.D.) Program must meet the following minimum requirements:

- Undergraduate Degree:** An undergraduate (BA or BS) degree in any subject from an accredited college or university is required to attend the Psy.D. Program at CNU. We do not require a degree in psychology.
- Minimum GPA:** We require an undergraduate GPA of no less than 3.0 or a graduate GPA of no less than 3.3.

*GPA Exemption Petition* – Applicants who do not meet the minimum GPA requirement may submit a petition for exemption if they feel that extenuating circumstances have adversely impacted previous academic performance. Petitions should include a brief personal statement explaining the factors involved and the reasons why an exemption from the GPA requirement should be considered. Applicants are strongly encouraged to submit supplemental documentation demonstrating academic ability and previous intellectual/academic achievement. Examples include: GRE score, scholarly publications, other indicators of academic potential

Please complete the [GPA Exemption Request Form](#) and email to [psyadmissions@cnsu.edu](mailto:psyadmissions@cnsu.edu).

**Coursework:** Applicants are required to have completed at least 3 units in each of the following courses (or equivalents) before beginning classes at CNU (applicants who have an undergraduate (BA or BS) or graduate degree in psychology are exempt from this requirement. Applicants with degrees in related fields (e.g. counseling) will be evaluated on a case-by-case basis).

- General Psychology
- Developmental Psychology
- Abnormal Psychology
- Statistics

#### The following are not required, but are encouraged:

- Clinical, Volunteer, and/or Research Experience:** While not required, preference is given to applicants with demonstrated interest in the field (e.g. volunteer work, community outreach, crisis line work, ABA experience, counseling, case management, research/lab assistant experience, etc.).
- Graduate Records Exam (GRE):** We encourage applicants to take the GRE general test (the psychology subject test is not necessary). GRE scores provide our admissions committee with valuable information concerning aptitude and preparedness for graduate-level coursework.

The CNU College of Psychology institutional code is 4045. Enter this code on the ETS website to electronically send your GRE scores directly to CNU College of Psychology.

### **Application Materials:**

The following materials should be submitted through PSYCAS, not directly to the CNU Admissions Office.

- Application Form: The application form should be submitted through the PSYCAS online application portal.
- Resume or Curriculum Vitae (CV): Follow instructions within the PSYCAS portal to upload a resume or CV that lists all employment, training, and any volunteer work relevant to the field of psychology.
- Personal statement: Personal statement: Follow instructions within the PSYCAS portal to upload a personal statement of no more than 1,200 words. Your personal statement should tell us: something about who you are as a person and what makes you tick; your interest in the field of psychology; defining experiences, circumstances, or relationships that have had a substantive impact on your intellectual and/or psychological development (or that have shaped your desire to become a psychologist); your professional and/or academic goals.
- Official Transcripts: Transcripts from undergraduate and graduate institutions attended must be sent directly from the institution, even if a degree was not awarded. Official transcripts should be mailed by the issuing institution directly to the PSYCAS Transcript Processing Center. Request forms are made available by the PSYCAS service during the application completion process. International transcripts must be evaluated by World Education Services (WES) under the following conditions: 1) the institution awarded a degree that is being used as a prerequisite for the Psy.D. program, or 2) credits for prerequisite coursework were obtained at the institution. Please see the section on International Students below for more information.
- Letters of Recommendation: We require three (3) letters of recommendation from individuals who are familiar with your abilities and potential to succeed in a rigorous clinical training program. Follow the instructions within the PSYCAS portal to send requests to your references for letters of recommendation.
- Application Fee: PSYCAS charges a standard application processing fee of \$65 for the first program application, and \$35 for each additional program application. The APA offers a fee waiver for students who qualify.
- GRE Test Scores: The GRE is optional but strongly encouraged. Scores should be submitted following instructions in the PSYCAS application portal. The CNU College of Psychology institutional code is 4045. Enter this code on the ETS website to electronically send your GRE scores directly to CNU College of Psychology.

## **II. INTERNATIONAL APPLICANTS**

The College of Psychology is excited to announce that it is now able to accept international applicants. International transcripts must be evaluated and/or translated for U.S. equivalency by World Education Services (WES) if either of the following apply: 1) the institution awarded a degree that is being used as a prerequisite for the Psy.D. program, or 2) credits for prerequisite coursework were obtained at the institution. Applicants can request an evaluation through the PSYCAS system.

English Proficiency: If the student has attended an international university with instruction in a language other than English, they must demonstrate proficiency by obtaining a score above 80 on the TOEFL or a score of 6.5 or higher on the IELTS. If transcripts are in a language other than English, they must be translated before review. A request for such services can be made through the PSYCAS system.

Results of English language proficiency tests may be mailed to the following address:

*California Northstate University  
College of Psychology  
Admissions  
2525 West Taron Court, STE 100  
Elk Grove, CA 95757  
United States of America*

**Deadlines:**

The application process will be opened on our website and through PSYCAS beginning in the month of September. Applications will be accepted and evaluated on a rolling basis, and offers of admission made throughout the winter and spring until available spaces in the following year's cohort are filled.

**Decisions:**

Admissions Interviews: Applicants will be notified by email if they have been selected for invitation to attend an onsite interview. Skype interviews are available for applicants who are unable to travel. Applicants who have not been selected for an interview will be notified that their application is no longer being considered. Interviews will take place at the CNU College of Psychology campus in Elk Grove. Offers of admission and notice of waitlist status will be sent by email.

Admissions Decisions: Each application will be thoroughly reviewed by the admissions committee and all areas of the application will be carefully considered. It is important that the student body at the College of Psychology represents the best of future clinicians and the admissions committee will pay particular attention to professional, research, education, and life experiences. Along with academic excellence, the Admissions Committee will be looking for students with diverse cultural, socioeconomic, work, and educational backgrounds. We are a diverse faculty and student body and it is the admissions policy of the University and the College of Psychology that no applicant will be discriminated against on the basis of disability, gender, religion, military obligations, veteran status, marital status, race, creed, ethnicity, color, sex, gender expression, age, physical or mental ability, sexual orientation, national identity, or national origin.

The CNU College of Psychology reserves the right to withdraw an offer of admission if false statements are made on the application materials, academic performance of the applicant drops significantly or they fail to earn an undergraduate degree, or the applicant engages in behavior prior to matriculation that violates legal, professional, or ethical standards or otherwise raises concerns about the applicant's judgement or integrity.

**Transferring Credits from Other Institutions**

The College of Psychology will consider transfer credits from other doctoral psychology programs on a case-by-case basis and makes no guarantee regarding the transferability of such credits. Review of transfer credits is done to determine eligibility to enter more advanced cohorts already progressing through the program and not to determine if credit should be applied for individual classes in the program.

# MASTERS OF PHARMACEUTICAL SCIENCES APPLICANT INFORMATION

## Master of Pharmaceutical Sciences (MPS) Degree

### I. ALL APPLICANTS

#### Critical Date:

The deadline to submit an application for Fall 2019 enrollment will be July 2019. All supporting documents must be received prior to July 2019 for Fall 2019 enrollment and official transcripts must be received by 8/29. The online application must be completed fully.

#### Educational Prerequisites:

- A bachelor's degree (B.S. or B.A.) or higher in Biology, Chemistry or relevant science disciplines.
- A cumulative grade point average (GPA) of 2.8 is considered competitive. When evaluating applicants, greater emphasis will be placed on courses that are relevant to our program.
- Completion of the GRE. No minimum requirement for GRE scores- only the General Test is required.
- Completion of an English proficiency test for international students from non-English speaking countries:
  - Minimum TOEFL paper-based test (PBT) score: 550
  - Minimum TOEFL internet-based test (IT) score: 80
  - Minimum IELTS score: 6.5
  - International applicants are exempt only if you are a native English speaker or have completed at least two years as a full-time student at a college or university where English is the primary language of instruction at the time in which you apply.

#### Requirements and Materials for Applying to M.S. in Pharmaceutical Sciences:

1. Application Fee: \$100 for U.S. citizens and permanent residents; \$120 for international applicants. Applicants who demonstrate financial need can request an application fee waiver.
2. Personal Statement: Please provide a personal statement describing your professional goals as well as the characteristics you possess that make you a qualified candidate for entry into the Masters of Pharmaceutical Science Program.
3. Official Transcripts: Your academic records from each college-level institution you have attended are required and must be directly submitted from your institution or educational credential evaluators. Canadian applicants and all other foreign applicants must submit a foreign coursework evaluation; CNU accepts evaluations from ECE, IERF, WES, and Education Perspectives.
4. Official GRE General Test scores
5. Official TOEFL scores for international applicants
6. Three Letters of Recommendation: At least two letters must be submitted from faculty members who are knowledgeable about your academic capabilities and interests. You will be asked to list the names and contact information for those references as well. They will each receive instructions for uploading their letter of recommendation.

#### Additional Admission Requirements:

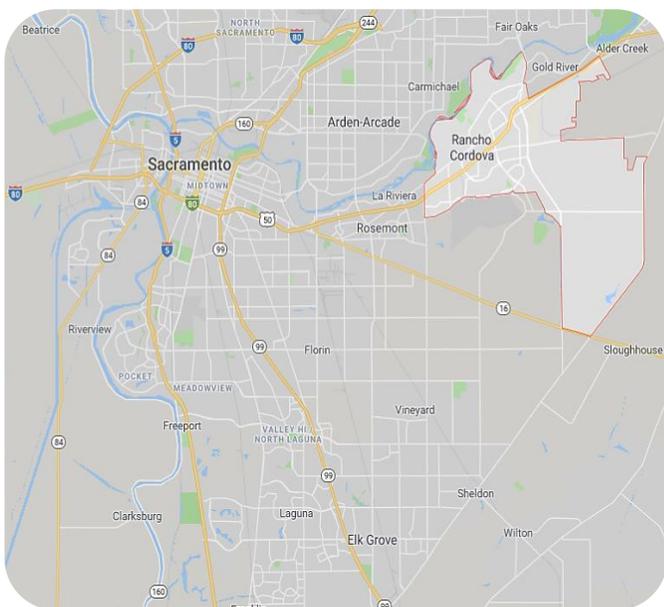
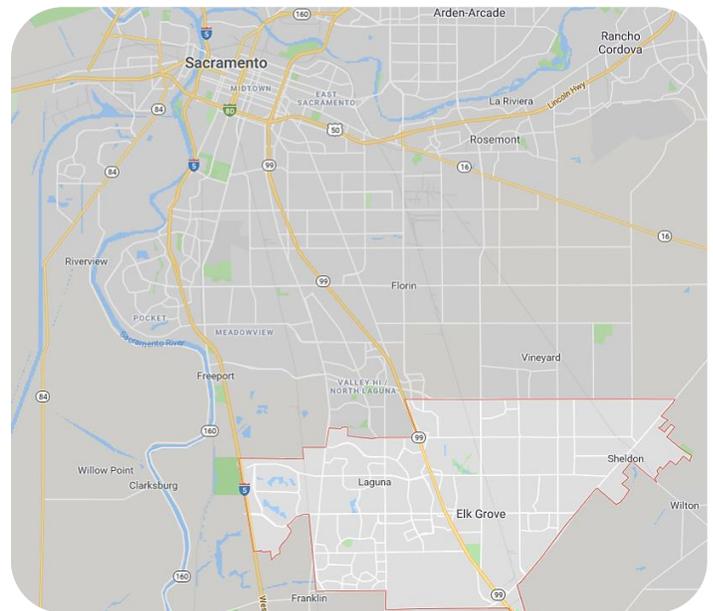
Applicants are strongly encouraged to communicate with potential CNU research advisors listed in the graduate program prior to the admissions process. It is important to identify a research mentor and anticipated area of research prior to beginning the program. Formal research laboratory rotations with faculty members will be implemented after your admission. Onsite interviews are also provided to enable applicants to familiarize themselves with CNU faculty and their research areas.

# COMING TO CALIFORNIA NORTHSTATE UNIVERSITY

## AREA INFORMATION: Elk Grove/Ranch Cordova/Sacramento

Home to an entrepreneurial spirit and superior quality of life, **Elk Grove** and **Rancho Cordova** (all part of the greater **Sacramento area**) are family-oriented communities where opportunity is around every corner. The area offers everything from starter homes to ranch estates, and provides a safe, youthful environment where families put down roots. Each city has a population of more than 160,000 residents diverse in ethnicity, age and income.

**Elk Grove's** location provides easy access to two major freeways, the Sacramento International Airport, rail lines and two ports. The City of Elk Grove is known for an award winning school district, a variety of outstanding restaurants, a historical district, first-rate parks, and much more. Elk Grove has a prosperous business community that boasts a diversity of shops, services and promising careers. Named the first city to incorporate in California during the 21st century (in July 2000), Elk Grove has blossomed with new businesses, residents, and employment opportunities. The city services include an outstanding police department, animal care services unit and a first-rate public transportation system.



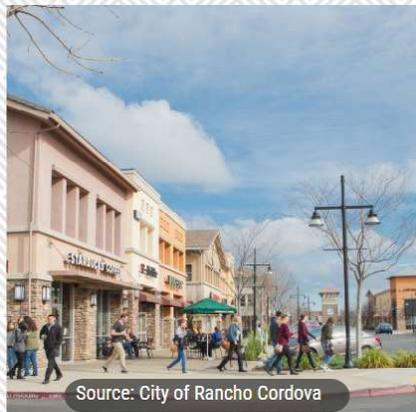
**Rancho Cordova** is adjacent to the cities of Folsom and Gold River and is considered a suburb of Sacramento - the capital of the state of California. The campus is located within minutes of the American River which offers rafting & kayaking. Slightly upriver you'll find Lake Natoma and the Sacramento State Aquatic Center, known for its rowing, stand up paddle-boarding, sailing, & canoeing. The 32 miles of river is paralleled by the American River Parkway Bike Trail, a favorite of all cyclists. A little further east is Folsom Lake which offers these activities along with boating and camping. The California Gold Country cities of Jackson and Placerville are also a short distance. Beautiful Lake Tahoe is less two hours away for winter ski, snowshoeing and snowboarding enthusiasts and summer kayaking, boating, paddle boarding, camping, and other activities.

# ELK GROVE



California Northstate's main campus is located in Elk Grove, CA, just 15 miles south of Sacramento. Elk Grove is a safe-city, full of good schools, thriving businesses, great food, and the site of continued, substantial growth in the past two decades. CNU's Pharmacy, Medicine, Psychology, and MPS programs are located on the main campus.

# RANCHO CORDOVA



California Northstate's second campus is located in Rancho Cordova, a suburban town located some 14 miles east of Sacramento. Within minutes of campus, you will find the American River, for activities like rafting & kayaking. The city is less than two hours from both Lake Tahoe and San Francisco. The College of Health Sciences campus is located in Rancho Cordova.



# SACRAMENTO

## Top Attractions

### CALIFORNIA STATE CAPITOL

10th and L Streets  
Sacramento, CA 95814  
[assembly.ca.gov/statecapitol](http://assembly.ca.gov/statecapitol)



### CROCKER ART MUSEUM

216 O St.  
Sacramento, CA 95814  
[crockerart.org](http://crockerart.org)



### MIDTOWN SACRAMENTO

East of Downtown  
Sacramento, CA 95816  
[exploremidtown.org](http://exploremidtown.org)



### OLD SACRAMENTO

West of Downtown  
Sacramento, California 95814  
[oldsacramento.com](http://oldsacramento.com)



### AMERICAN RIVER

Sacramento through Folsom  
[theamericanriver.com](http://theamericanriver.com)



Just around 10 miles north of Elk Grove, Sacramento is the capitol of California. With districts for every interest -- from food, nightlife, nature, and everything in between, Sacramento has something offer for everyone.

Your visit to Sacramento, California, can begin with food because you will be in America's Farm-to-Fork Capital; it can begin with history because the Gold Rush and California beginnings started here; or it can begin with nature because rivers, trails and park wind through the city for your recreation and admiration. Sacramento begins with you. Whether it's your first time, a weekend whim aboard the train, or your 10th time on a trip to see friends and family, you'll find plenty of things to do on your visit to Sacramento.

The best way to see Sacramento is to jump right in and do as the locals do for an authentic California experience. Coast along the American River Bike Trail, tour world-class museums, catch a show at Golden 1 Center or get out and explore Sacramento wine country. More than 230 days of sunshine each year make outdoor activities a must, especially the outdoor concert series and music festivals."

[\\*visitsacramento.com\\*](http://*visitsacramento.com*)

## Sacramento Climate

The Sacramento area is classified as a hot-summer Mediterranean climate. Winters are mild and damp, while summers are hot and dry. The average high temperature in winter is in the mid to high 50s (10-15°C). The spring season brings temperatures averaging from the mid-60s to low 80s (18-26°C). The summer temperature averages range from the mid-80s to upper 90s (30-36°C). The fall season temperature can average highs from the low 80s to 60s (15-26°C). The Sacramento area can get very warm during the summer, so it's advised you wear sunscreen and dress accordingly during these temperatures. A recent study by the [World Meteorological Organization](#) measured that Sacramento has the most average hours of sunshine from June to September of any city in the world.



# INTERNATIONAL STUDENT PRE-ARRIVAL AND POST ARRIVAL PLANNING

## F-1 Pre-Arrival and Post-Arrival Checklist

The F-1 Pre-Arrival and Post-Arrival Checklist will help students to plan for their travel to the campus. The checklist is available electronically and can be downloaded using the link below. Paper copies can be requested for mailing through the staff in the Office of Student Affairs. Download the F-1 Pre-Arrival and Post-Arrival Checklist on the CNU website.

## When to Arrive

All F-1 students should plan to arrive before the International Student Orientation and I-20 start date.

If this is your first time study in the United States and you have an Initial attendance I-20, you can only enter the United States within 30 days of the I-20 start date. If you are transferring from another SEVP-certified school in the U.S. and have a Transfer Pending I-20 from CNU, you are not subject to the 30-day rule. However, you must arrive Sacramento early enough to find permanent housing, apply for a social security card, purchase a car (if needed) and attend the Mandatory International Student and New Student Orientation.

## What to Expect at the Airport

[U.S. Customs and Border Protection: Arrival Procedures for Students or Exchange Visitors](#) (U.S. Customs Video)

## Airport Information

The **Sacramento (SMF)** and **San Francisco airports (SFO)** both serve many international airlines. Sacramento Airport is the closest international airport to the California Northstate University campuses in both Elk Grove and Rancho Cordova, as the airport sits around 25 miles from each college. For other airport options, travel from San Francisco Airport to your local housing and California Northstate University may take up to two hours travel time.



1: Sacramento Municipal Airport (from Prayitno via Flickr.com)

## STUDENT ORIENTATION

### INTERNATIONAL STUDENT ORIENTATION

The international Student Orientation will be provided to accepted applicants after the enrollment verification has been received by the Office of Admission. During this mandatory program students will meet and learn valuable information related to campus services for international students, SEVIS reporting requirements, academic advising, how to apply for a California identification card, banking services, obtain maps of the area, and other local information. Student Ambassadors will provide small group tours of the local area to interested students. Please arrange to arrive in Elk Grove or Rancho Cordova campus area a few days before the International Student Orientation to adjust to your new housing and the Pacific Time Zone.

#### Tentative Fall 2019 Dates

COLLEGE	DATE	CAMPUS	ROOM
College of Health Sciences	August 30 <sup>th</sup> , 2019 @ 12:00pm – 1:00pm	Rancho Cordova	108
College of Pharmacy	August 23 <sup>rd</sup> , 2019 @ 10:00am – 11:00am	Elk Grove	A1
College of Pharmaceutical Sciences & Psychology	September 6 <sup>th</sup> , 2019 @ 12:00pm – 1:00pm	Elk Grove	A1

### NEW STUDENT ORIENTATION

All incoming students are required to attend the New Student Orientation to learn important information about student and academic policy and procedures and meet the faculty, staff and Student Ambassadors. The New Student Orientation date, time and schedule will be provided to accepted students prior to the event. The orientation program is mandatory for all new students.

**New student must read the International Student Handbook, General Catalog, and the Student Handbook to prepare for both student orientation sessions. The handbooks and catalog are available in electronic form on the college websites.**

## IMMIGRATION INFORMATION

### F-1 VISA

A citizen of a foreign country who wishes to study in the United States must first obtain an F-1 Student visa. F-1 visas are issued by U.S. Embassies and Consulates outside the United State, and it is not possible to obtain an F-1 visa within the United States.

**IMPORTANT: California Northstate University does not currently accept M-1 students.**

F-1 visa is a ticket for F-1 students to enter the United States. The expiration date shown on your F-1 visa does not reflect how long you are authorized to stay within the United States. You can stay in the United States on an expired F-1 visa as long as you maintain your student status. However, if you are returning home or traveling to a country where [automatic re-validation](#) does not apply, you must have a valid visa to return to the United States.



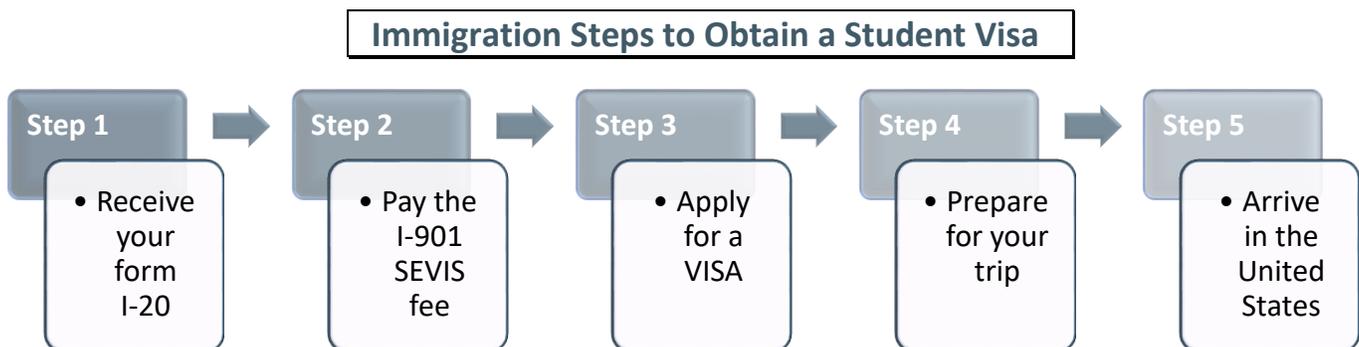
2: F-1 Visa (from the Wikipedia Commons)

Here is a list of useful resources:

- U.S. Immigration and Customs Enforcement (ICE): [Student Process Steps: How to Navigate the U.S. Immigration System](#)
- [List of U.S. Embassies, Consulates, and Diplomatic Missions](#)
- Education U.S.A - [Prepare for the Student Visa](#)
- [How to complete an F1 visa application form \(DS160\)](#) (video)
- [Visa Wait Times - for Interview Appointments and Processing](#)
- [Check visa application status](#)

### NEW F-1 STUDENT VISA APPLICANTS

The steps to immigrate to the United States to start your new program of study at California Northstate University are as simple as following the 5 steps shown and described below. If you have any questions regarding the immigration process you should seek assistance from the Designated School Official (DSO) at the campus. Contact information for the California Northstate University DSO is located in this Handbook under Contact Information.



**Step 1****Receive Your Form I-20**

Once you have been accepted to California Northstate University, the Designated Student Officer (DSO) within the Office of the Registrar will send you the Form I-20, "Certificate of Eligibility for Nonimmigrant Status." Once you receive the document check your Form I-20 against your passport information. Make sure your name and birthday are listed and spelled correctly. The Form I-20 and your passport must match exactly.

**Step 2****Pay the I-901 SEVIS Fee**

All prospective international students must pay the I-901 Student and Exchange Visitor Information System (SEVIS) Fee before the U.S. Department of State can issue you a visa.

Description	Amount
For students attending California Northstate University	\$350
For spouses and dependent children of students attending California Northstate University	None

**\*Please be advised that starting on June 24<sup>th</sup>, 2019, the SEVIS fee has increased from \$200 to \$350 for all international students studying in the United States.**

**How do I pay the I-901 SEVIS Fee?**

- A prospective international student with a country of citizenship or country of birth of Cameroon, Ghana, Kenya, Nigeria or Gambia must pay by money order, Western Union Quick Pay or certified check drawn from a U.S. bank.
- All other prospective international students also have the option to make a credit card payment on [FMJfee.com](http://FMJfee.com)

**Do I need a receipt?**

Yes. You must present proof of your I-901 payment to receive your student visa. Please print a receipt of payment after you have completed your transaction.

**Step 3****Apply For a Visa**

To apply for your visa, please visit the [student visas](#) page on [travel.state.gov](http://travel.state.gov), as well as the instructions at the website of the [embassy or consulate](#) where you will apply for a visa. After you receive your visa, check to see that you received the right type of visa and that your name and date of birth are correct and match the information in your passport.

#### Step 4 Prepare For Your Trip

It is always a good idea to carry your original documents with you at all times. Do not put them in your checked baggage.

Please make at least two sets of copies of your original documents. It is a good idea to leave one copy with your family before you depart and you will need to provide one copy to give to your school officials. These documents include your passport, visa, and Form I-20, "Certificate of Eligibility for Nonimmigrant Status."

#### Step 5 When You Arrive in the United States

At the airport:

You will receive a Form I-94, "Arrival/Departure Record" from a U.S. Customs and Border Protection officer. This is a critical record which shows you have been legally admitted to the U.S.

### F-1 VISA TRANSFER

#### Transferring From One SEVIS Institution to Another

An F-1 student is permitted to remain in the United States when transferring between schools or programs as long as the student begins classes at the transfer-in school in the next available term or within five months of his or her last day of classes at the transfer-out school, whichever is sooner, or within five months of the program completion date on his or her current Form I-20 or EAD granted for post-completion OPT.

#### Student Responsibilities at the Transfer-Out School

In order to maintain status while transferring between SEVP-certified schools, F-1 students must be aware of their responsibilities. Prior to transferring, F-1 students must do the following:

- Contact the Designated Student Officer (DSO) at California Northstate University College of Pharmacy (CNUCOP) which will be referred to as the transfer-in school by DSO's and SEVIS. The DSO's at CNUCOP are located in the Registrar's Office.
- Inform the DSO at your current institution (transfer-out school) of your desired transfer date to your new school.
- Provide the DSO at your transfer-out school with proof of acceptance at CNUCOP (the transfer-in school). The proof can be a copy of your Admission Letter of Acceptance, your CNUCOP Enrollment Agreement, or an official letter for the Registrar's office at CNUCOP.

The student must maintain status by attending classes until the transfer release date. An F-1 student cannot decide to transfer in the middle of a term and immediately stop attending classes at the transfer out school. Such an action would be a violation of status and the student's SEVIS record should be terminated.

## Transfer Release Date

The transfer release date is the date that access to a student's SEVIS record shifts from the transfer-out school to the transfer-in school. Typically, the transfer-release date is the end of your current academic school term, typically a semester or quarter. However, you may transfer from one institution to another outside of the normal academic cycle. You should consider the following when setting the transfer release date with both your transfer-out school and your transfer-in school.

- Do you require time to complete the current term at your transfer-out school?
- Do you need to allow time for travel outside the United States?
- Do you need to allow for work during school vacation?

## Student Responsibilities at the Transfer-In School

You must contact the Office of the Registrar at your new school (transfer-in school) shortly after the transfer release date from your previous school. Make sure ensure the DSO has a copy of your biographical and financial data needed to update your SEVIS record. If you are entering the Doctor of Pharmacy program your biographical data will be located on your PHARMCAS application. CNUCOP Admissions will provide a copy of your application to the Registrar's Office. International students should keep a paper or electronic copy of the PHARMCAS application and Letter of Acceptance for Admission with important files that can be accessed quickly while attending CNUCOP.

You must also report to the school within 15 days of the program start date and enroll full time.

## Reporting to the School

You may enter the U.S. 30 days prior to your official program start date. You must report to California Northstate University by the program start date listed on your Form I-20. Please contact one of the DSO's, the Registrar's Office, or the Office of Student Affairs and Admissions immediately after entering the U.S. so we can better assist you with your transition.

**Important Notice:** All candidates accepted for admission to CNUCOP must ensure outstanding or in progress pre-requisite coursework is completed prior to entry in order to complete admission requirements. Accepted candidates who do not complete all pre-requisite coursework will not meet the institutions admission requirements and stipulations to enroll in the program and register for classes. International students seeking to transfer their F-1 visa who do not complete the pre-requisite coursework will be denied the transfer and SEVIS will be notified of the change of the F-1 visa status. Additionally, admission to CNUCOP may be revoked.

## STUDENT RESPONSIBILITIES AND REPORTING

### MAINTAINING YOUR VISA STATUS

While studying in the United States, it is important to maintain your F-1 or M-1 student status. Your status relates to the purpose, or reason for why you want to come to the United States. The U.S. [Department of State](#) issues you your visa based on your intended purpose.

If the Department of State issues you an F student visa, this means that you are coming to the United States to study. You should not take any action that detracts from that purpose. Maintaining your status means:

- Fulfilling the purpose for why the Department of State issued you your visa.
- Following the regulations associated with that purpose.

F-1 and M-1 students share the same primary purpose for coming to the United States however, F-1 students enroll in more traditional academic programs, while M-1 students enroll in vocational programs. Because these two types of programs are different in nature, the types of benefits an international student may be eligible for and how long they may remain in the country depend on whether they are an F-1 or M-1 student. Learn more about these specific differences by reviewing the [F&M Student Status: Know the Difference infographic](#).

Below are actions to take in order to properly maintain your status.

### ARRIVAL

When arriving to the United States, F-1 students must:

- Enter the United States no more than 30 days before your program of study begins.
- Immediately contact your designated school official (DSO) when you enter the United States.
- When you arrive at school, you need to contact your DSO again, no later than the program start date listed on your [Form I-20, "Certificate of Eligibility for Nonimmigrant Student Status."](#)

### Attendance and Legal Requirements

**While studying in the United States, F-1 students must:**

- Attend and pass all your classes. If school is too difficult, speak with your DSO immediately.
- If you believe that you will be unable to complete your program by the end date listed on your Form I-20, talk with your DSO about requesting a possible program extension.
- You must take a full course of study each term; if you cannot study full-time, contact your DSO immediately.
- Do not drop a class without first speaking with your DSO.

## WORK AND PRACTICAL TRAINING FOR F-1 STUDENTS

An F-1 Student may only work when authorized by a DSO in some cases, and [U.S. Citizenship and Immigration Services \(USCIS\)](#) in others. If you choose to work without authorization, you will be forced to leave the United States immediately, and you may not be able to re-enter the United States at a later date.

While F-1 students are eligible for curricular practical training (CPT) at either the undergraduate or the graduate level, California Northstate University **does not currently offer** it at this time.

F-1 students are eligible for optional practical training (OPT) during or following the program of study. OPT is a form of temporary employment that directly relates to your program of study. Your DSO can give you the school's policy on this option.

For more information about employment and training options available for F-1 students, visit the [Working in the United States page](#) and talk with your DSO.

## UPON PROGRAM COMPLETION

F-1 students must take action to maintain legal status or depart the United States after completing your program of study. Once you complete your program of study and any authorized period of practical training, F-1 students have 60 days after completion of your program (the program end date on your Form I-20) to leave the United States. If you wish to extend your stay in the United States, talk with your DSO to learn more about doing one of the following:

- [Transfer to another school](#).
- Change your education level (e.g. bachelor's to master's).
- [Apply to change status](#) to another visa status (e.g. H-1B-temporary worker; O-extraordinary ability in science, art or business; P-athlete).

F-1 students have 30 days after completion of their program (the program end date on your Form I-20) to leave the United States. The latest date you may remain in the United States is the "admit until" date on your [Form I-94, "Arrival/Departure Record,"](#) unless you filed for an extension with USCIS.

## LEGAL REQUIREMENT QUESTIONS

### Talk With Your DSO First

If you are an F-1 student studying in the United States, your DSO should be the first person you talk with if you have any questions regarding the legal requirements of your stay in the United States. Your DSO can assist in answering your questions or help you find someone who can help.

F-1 students should speak with their DSO if you are planning to do any of the following:

- Change your major, program, or degree level.
- Change your education level.
- Transfer to a new school or take a leave of absence.
- Take a break from school.
- Travel outside the United States.
- Move to a new address.
- Request a program extension.

F-1 students may contact SEVP by email at [sevp@ice.dhs.gov](mailto:sevp@ice.dhs.gov) if your DSO is unable to assist you or if you would prefer to ask someone else.

In your email, please describe your situation and include any questions you have. SEVP provides responses on a first-come, first-served basis. Answer times may vary depending on the current number of inquiries.

### **SEVP Resources**

[USCIS Change of Status Fact Sheet](#)

## INTERNATIONAL STUDENT RESOURCE INFORMATION

The following information has been extracted from the [SEVP website](#) to provide resource information.

### WHAT ARE MY BENEFITS WHILE STUDYING IN THE UNITED STATES?

The Student and Exchange Visitor Program (SEVP) website provides valuable information for international students. As an F student, you may be eligible for benefits when you are in the United States. Some of these benefits are working, getting a Social Security number, training after your program is completed (OPT – optional practical training), and getting a driver's license.

#### Social Security Number (SSN)

- [Getting a Social Security Number](#)

#### Driver's License

- [Department of Motor Vehicle \(DMV\) Factsheet](#)

#### Practical Training

If you are an F-1 Student, you have the option of working in the United States by doing practical training during your program or after it ends. Click on one of the links below for more information.

- [Practical Training – CPT, OPT and STEM](#)
- [F-1 Optional Practical Training Quick Links](#)
- [STEM-Designated Degree Program List](#)

#### Working in the United States

- [Student and Exchange Visitor Program Employment](#)
- [Students and Employment - USCIS](#)
- [Employment Authorization Documents](#)

### DEPARTING THE UNITED STATES - AFTER COMPLETION OF STUDY

If you have completed your program, you have a number of options:

- Change program levels – For example, you can apply to another graduate program after you finish your bachelor's program or apply to another graduate program after completion of your professional doctorate.
- Transfers – You can [transfer](#) to a different program at the same school or another school.
- OPT – You may participate in [optional practical training \(OPT\)](#) which allows you to work in the United States after your program end date.
- STEM OPT – optional practical training for [science, technology, engineering, or math](#) (STEM).
- Change to a B or [other visa classification](#). Please visit U.S. [Citizenship and Immigration Services](#) for more information.
- [Leave](#) the country.

## CONTACT INFORMATION

### VISA OR SEVP PROBLEMS

If you are having an immediate problem and need assistance quickly, please speak with your designated school official (DSO) or responsible officer (RO). If that person cannot help you, feel free to contact the SEVP Response Center (SRC) at 1 (703) 603-3400 or at [SEVP@dhs.gov](mailto:SEVP@dhs.gov). Otherwise, the following documents may be able to assist you: [SEVIS Tips for Emergency Evacuations](#)

### INTERNATIONAL STUDENT CAMPUS CONTACTS AND IMPORTANT OFFICES

#### Registrar's Office

Student Records - [registrar@cnsu.edu](mailto:registrar@cnsu.edu)

#### Campus DSO Office

F-1 Document Request Form

F-1 Regulations

Health Insurance Information

### CAMPUS INTERNATIONAL STUDENT DESIGNATED STUDENT OFFICIALS (DSO)

CONTACT NAME	POSITION	EMAIL
Dr. Xiaodong Feng (PDSO)	Vice President for Admissions and Student Services	<a href="mailto:xfeng@cnsu.edu">xfeng@cnsu.edu</a>
Jonathan Hooton (DSO)	CNU International Student Specialist	<a href="mailto:jonathan.hooton@cnsu.edu">jonathan.hooton@cnsu.edu</a>
Jonathan Ballard (DSO)	COP Student Affair & Career Services Coordinator	<a href="mailto:jonathan.ballard@cnsu.edu">jonathan.ballard@cnsu.edu</a>

#### Financial Documentation and Requirement Information:

Financial Assistance and Financial Aid Office

Office Phone: (916) 686-8784

Fax: Country Code (1) (916) 647-0450

Email: [financialaid@cnsu.edu](mailto:financialaid@cnsu.edu)

## OFFICE OF STUDENT AFFAIRS AND ADMISSIONS:

### RANCHO CORDOVA CAMPUS

#### **College of Health Sciences**

**Location:** First Floor College of Health Science Office Complex

**Email:** [admissions.chs@cnsu.edu](mailto:admissions.chs@cnsu.edu)

**Hours:** Monday through Friday, 8:00AM to 5:00PM

**Mailing Address:**

California Northstate University College of Health Sciences  
Office of Student Affairs and Admissions  
2910 Prospect Park, Rancho Cordova, CA 95670 U.S.A.

### ELK GROVE CAMPUS

#### **College of Pharmacy**

**Location:** Second Floor College of Pharmacy Offices

**Email:** [studentaffairs@cnsu.edu](mailto:studentaffairs@cnsu.edu)

**Hours:** Monday through Friday, 9:00AM to 4:00PM

**Mailing Address:**

California Northstate University College of Pharmacy  
Office of Student Affairs and Admissions  
9700 West Taron Drive, Elk Grove, California 95757 U.S.A.

#### **College of Medicine**

**Location:** First Floor College of Medicine Offices

**Email:** [COMadmissions@cnsu.edu](mailto:COMadmissions@cnsu.edu)

**Hours:** Monday through Friday, 9:00AM to 4:00PM

**Mailing Address:**

California Northstate University College of Medicine  
Office of Student Affairs and Admissions  
9700 West Taron Drive, Elk Grove, California 95757 U.S.A.

## RESOURCES FOR STUDENTS

### HOUSING

California Northstate University does not offer on-campus housing. However, there is available housing that is easily accessible to the campus. The Rancho Cordova and Elk Grove campus areas offer housing accommodations ranging from apartments, condominiums, or single family homes within a 15 minute commute. Other cities within a short commuting distance include Sacramento, Davis, and Folsom. Rental prices within these cities range from \$600 - \$1,600 for apartments depending on the number of bedrooms and amenities offered. Single family homes for rent or sale vary considerably within these areas; the most current listings available through classified ads websites such as [www.sacbee.com/classified-ads](http://www.sacbee.com/classified-ads) and the CNU website. Students seeking roommates to share housing accommodations can notify the office of Student Affairs and Admissions of their interest and provide personal email contact information to share with other incoming or current students who are also seeking roommates.

#### Finding an Apartment/House

Rental information for several apartment complexes near the Elk Grove campus is available on the college websites. Contact the College of Health Sciences for housing information nearest the Rancho Cordova campus.

When you are in search of and selecting an apartment or house to rent or lease, keep in mind that there may be other fees such as utilities which includes electricity, telephone, and cable in addition to the rent fee. You may need to have a guarantor who must be a U.S. citizen. If you do not have a guarantor, there may be other stipulations from the landlord. A contract or lease agreement with the rental or leasing firm will be required. It is important to understand the terms of the lease before signing it. Once it is signed, you are lawfully obligated to follow the terms (see list of terms below).

#### Housing Contract Terms Commonly Used

Tenant - Person who occupies the apartment.

Landlord - Person who rents a building, apartment or land to the tenant.

Lease - A contract between the landlord and the tenant.

Security Deposit - an amount of money held for surety when signing the lease. This money may be used by the landlord to fix damages if any, after the lease is up. If the apartment is left in good standing, the tenant will be able to get the security deposit back.

Furnished - The landlord supplies the apartment with fundamentals such as a bed, couches, tables, lamps, and kitchen supplies.

Unfurnished - The apartment is not supplied with the fundamentals.

Utilities - The heat, electricity, and gas. Make sure to find out what utilities are covered in the lease and which utilities must be paid for separately.

Sublet - To rent out your apartment to another person for a short period of time, still abiding the original terms of the lease.

Evict - Involuntary departure from your apartment due to having violated the lease.

#### RENTAL INFORMATION AND TIPS

Here are some things that you may want to do to get started.

Good luck in your search!



**Things to consider:**

- How much rent can you afford?
- What style of living do you want? An apartment? A house? A quiet or social atmosphere or both?
- What area of the community would you like to live in?
- What kind of transportation will you need?

**Get organized:**

- Plan a realistic budget so that you can determine how much rent you can afford to pay.
- Keep thorough notes and use checklists when looking at rental properties.
- Consider keeping all of the information in one notebook or folder so that you know where it is.
- Get a good map of the area.
- Have checkbook available to make deposits, pay application fees, etc.

**Gather tenant information:**

- Be prepared to provide information regarding your income, your rental history (if any), your credit and possibly personal references.
- If your income will not qualify you to rent a property, ask if the landlord will accept a co-signer who can show adequate income and will also assume responsibility on the lease.

**Where do you want to live?**

- Check out publications, local newspapers, and do internet research to find out more about the various neighborhoods.
- It is strongly recommended that you drive around the area and check out the neighborhoods.
- Remember to visit the area both during the day and at night. The atmosphere could be very different.
- Driving around can also assist in finding those rental units that are not advertised. You may see for rent signs in the yard or see someone moving out.
- What transportation options do you have in the area? Is public transportation available? Near the bike path? Within walking distance?
- What is the commute time to campus?

**Put your best foot forward:**

- Some landlords may be hesitant to rent to students due to frequent turnover, loud parties, lack of steady income, etc.
- Be clean and neat in your appearance.
- Make appointments to see rental units. Be on time for your appointment. If you are delayed or need to cancel, make sure to notify landlord in a timely manner.
- Be honest and positive when answering questions.
- Be prepared to sell yourself as a good tenant!

**Rental or Home Rentals Roommate Assistance**

This student service provides assistance to students seeking roommates to share housing. A list will be available through the Office of Student Affairs prior to the start of the fall semester. Students seeking a roommate or roommates will need to fill out a student housing form. The form will be sent to all incoming students by the Office of Student Affairs in one of the new student electronic CANVAS notifications prior to entry. Once you have filled out the form and returned it to the Office of Student Affairs you will be added to the roommate request listing. Shortly after, incoming students can begin networking to match up with a roommate you connect with. The connection may be common hobbies, various shared interest areas, cleanliness preferences, or study habits. The roommate list will be sent out bi-weekly for you to match up with a student(s). Please keep an eye out for the form in your new student CANVAS documents. You will also receive emails regarding information on any housing openings or rentals in the area that are provided to the college.

## LIVING IN THE UNITED STATES



Living in a new country can be both a liberating and intimidating experience. While it's nearly impossible to write a page or two encompassing all that it means to be American and what it's like living in the U.S., we've put forth some tips for your studying abroad. Along with studying abroad, be prepared for what they call "culture shock", which is a common phenomenon.

### ADJUSTMENTS AND CULTURE SHOCK (COURTESY OF [STUDENTSABROAD.COM](https://www.studentsabroad.com))

While the introduction to new and foreign cultures greatly benefits students, it can also be overwhelming. The new cultural elements a student encounters in the country of your choice may be so different that they seem "shocking" in comparison to cultural norms they are used to at home. As Bruce La Brack writes in his article "The Missing Linkage: The Process of Integrating Orientation and Reentry":

*"Just as you can't really describe the taste of a hot fudge sundae to someone who has never experienced one, it is difficult to actually convey just how disorienting entering another culture can be to a student without any cross-cultural experience."*

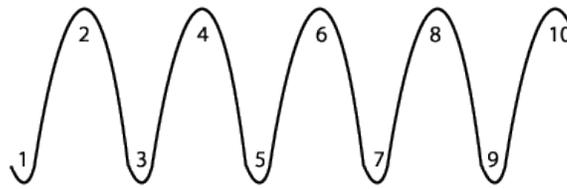
### Rhinesmith's Ten Stages of Adjustment

Culture shock and its effects can occur in a number of stages. However, culture shock is not an exact step-by-step process; every student doesn't experience culture shock the same way or at the same time. The following 10 steps of cultural adjustment outlined by Steven Rhinesmith show how culture shock can be like a roller coaster ride of emotions:

1. Initial Anxiety
2. Initial Elation
3. Initial Culture Shock
4. Superficial Adjustment
5. Depression–Frustration

6. Acceptance of Host Culture
7. Return Anxiety
8. Return Elation
9. Re–Entry Shock
10. Reintegration

Riding the roller coaster of culture shock, a student actually follows a natural pattern of hitting peaks and valleys. The high points of excitement and interest are succeeded by lower points of depression, disorientation, or frustration. Each student will experience these ups and downs in different degrees of intensity and for different lengths of time. The process is necessary in order to make the transition from one culture to another; it helps a student or traveler to balance out and adjust.



3: *Returning Home*, Canadian Bureau for International Education, 1984, p. 7

### Stages 1 – 5: Exposure to a New Culture

Prior to going abroad, students may be excited about new adventures to come. A student arrives in the country of your choice and perhaps begins to develop increasing independence as he/she starts to experience a citizen of the country of your choice culture or another country's culture. At first, a student's expectations may be too high. He or she may see things almost as a tourist would during the first few weeks in the country of your choice. A student may be heavily comparing and contrasting his/her home culture with the culture abroad. It is common for students to focus on what they see as weaknesses in foreign cultures. Students tend to point out what a foreign culture lacks; this often leads to feelings of frustration over what is "missing" or what can't be obtained in the country of your choice in the same ways it can be at home. Students may be challenged on a regular basis by different ways of living in the country of your choice (banking, eating, relationships, etc.). Negative feelings and frustrations may reach a level where you begin to recognize you are going through "culture shock".



### Stage 6: Acceptance of a New Culture

As a student gets used to a citizen of the country of your choice ways, things that seemed like a "crisis" may now simply be seen as different ways of doing things. Most students gradually adjust their lifestyles to be balanced with a country's own cultural norms. The cultural traits that once annoyed or bothered a student generally come to be accepted as normal. Students



usually begin to understand and appreciate the cultural differences between the United States and the country of your choice. However, if significant problems arise, a student may briefly return to the "frustration" stage of culture shock. As a student begins to adapt more and more, he/she may have a new set of friends, may be traveling more, and may even be dreaming in another language. The "a citizen of the country of your choice way" may now become the "normal" way of living.

### Stages 7 – 10: Leaving a New Culture Behind

As a student becomes integrated to the ways of the country of your choice's culture, the more difficult it may be to re-adapt to the United States upon return home. The United States just won't look the same way it did before leaving to study abroad in the country of your choice; a student may see home with new eyes and may also be more critical of U.S. cultural traditions once thought to be "normal". This is called *reverse culture shock*. Fear of experiencing reverse culture shock should not



deter students from trying to integrate as fully as possible while in the country of your choice. No matter how integrated a student becomes while abroad, he or she will probably still be "shocked" by differences noted at home after so much time spent in the country of your choice and the other countries to which you will be traveling. However, over time, a student will learn to re-adapt and reintegrate into his or her home culture.

### Other Resources:

International Student.com – [Culture Shock](#)

University of Washington – [International Students and Cultural Shock](#)

### COUNSELING

Students pursuing a higher education often experience financial, familial, and personal stress that can threaten mental and physical health and wellbeing. International students may also face additional challenges adjusting to US culture.



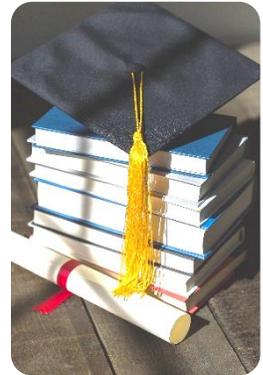
California Northstate University is [proud to provide](#) mental health and counseling services to support students in maintaining their mental and emotional health. Counseling is provided free of charge by trained mental health counselors who specialize in providing psychological support and counseling to students in higher educational settings. Counseling records are confidential and are not made available to University faculty, staff, or administration.

Students are welcome to seek counseling services for help with stress, overwhelm, depression, anxiety, relationship problems, support in setting and achieving personal goals, conflict resolution, grief, substance abuse, and many other mental health issues. The counseling office may also refer students to community resources for specialized care when needed.

The Counseling Office is located at [2525 West Taron Ct., Suite 100, Elk Grove, CA 95757](#), and the phone number for this office is [\(916\) 686-8549](#). Appointments may be requested through e-mail or over the phone.

## TIPS FOR INTERNATIONAL STUDENTS LIVING IN THE U.S. (COURTESY OF [INTERNATIONALSTUDENTS.ORG](http://INTERNATIONALSTUDENTS.ORG))

- Americans generally show a fair amount of pride in their country. Do not make comments that make fun of the United States. Feel free to ask genuine questions about your host country.
- Nobody enjoys waiting in line, but most Americans will wait patiently for their turn rather than try to find ways to get ahead.
- Out of respect for age and/or disability, Americans generally hold open doors, give up seats and/or help those struggling to manage. Common courtesy assumes that people in the vicinity will do what they can to make the situation easier to handle.
- Many people will smile and/or say hello as they pass. They simply intend it as a nice, friendly gesture.
- Never make racial comments about anyone. Americans consider this very offensive.
- Although American society and people are generally friendly and open, keep in mind that most do value their privacy and independence. Do not get too personal too quickly. For example, many people might say, "Come over any time," but they do not mean it literally.
- While difficult to gauge, the best estimates for comfortable personal physical space for an average westerner is about 24.5 inches (60 centimeters) on either side, 27.5 inches (70 centimeters) in front and 15.75 inches (40 centimeters). Americans usually have larger personal space boundaries than people from other cultures. If you notice someone backing up a little while talking to you, don't step toward them as they most likely feel uncomfortable with the lack of distance between you.
- If you receive an invitation, they will expect you to arrive very close to the time they gave you, either a few minutes early or a few minutes late. If you arrive too early, they will likely not feel prepared, but if you arrive too late, you communicate disrespect for their time. If you find that you are running late, call and explain that you still plan to come and give them an estimate of when you will arrive.
- The most common form of greeting between acquaintances and colleagues in the U.S. is a hand shake. Men shake other men's hands, men shake women's hands and women shake other women's hands.
- If you get to know someone well enough, a hand shake can sometimes turn into a hug or brief pat on the back or shoulder. Women-to-women turn their greetings into warm embraces much more often and sooner than men-to-men, or men-to-women. While in many countries men kiss the cheek(s) of women when they meet, in the U.S. that action is reserved for very close friends.
- If you feel unsure how to greet someone, a handshake is probably your best option. Observe the greetings of those around you for clues to what might be expected in each situation.
- Do not ask an adult their age, or salary, or why they don't have children, if they do not.
- In the U.S. staring at someone intensely is considered rude.
- Women in the U.S. have come a long way in acquiring a status equal to men, and many hold positions of leadership. Remember that showing courtesy and acting patronizing (superior) or disrespectful toward women are two very different things. Treating any woman disrespectfully, let alone one in a position of authority or prominence, can lead to a great deal of trouble.
- Join community groups or events to get involved in your area.
- Get involved with community sports teams just for fun and to meet people.
- Ask questions, interact. Don't sit quietly off to yourself because you don't feel your English measures up. People enjoy interesting people, so get out there and get involved.



### FINANCIAL SUPPORT AND DOCUMENTATION

California Northstate University complies with the Department of Immigration Services regulations that govern the financial eligibility of international students. Under current regulations, international students must provide evidence of sufficient financial support for their studies while in the United States.

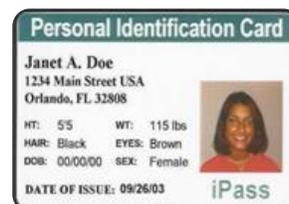
International students must submit a current bank statement or a letter on bank letterhead indicating the applicant's and/or sponsors have sufficient funds available balance in U.S. dollars with original signature of an authorized bank official. Students are issued an I-20 after they have confirmed their enrollment and demonstrated in their financial Certification Statement that they have the funds necessary to cover their living and education expenses. Financial Support and Documentation Forms will be sent to international students by the Financial Aid Office.

### IDENTIFICATION CARDS

Identification cards are required for a variety of reasons on campus, in the Sacramento community, in California, and throughout the U.S. Although a passport is a very valid and important form of identification, it is not acceptable in many circumstances. In addition, it is not advisable to carry your passport around Elk Grove and risk losing it. We recommend that you carry a **photocopy** of your passport, I-94, and I-20 or DS-2019 with you at all times. If you plan to travel far from Sacramento, carry your important documents mentioned above with you.

The following forms of identification will be important for you:

- CNU Student Identification Card
- Social Security Card
- Driver's License
- California Identification Card (Not needed if you obtain a Driver's License)



#### CNU Student Identification Card

Student identification cards are programmed with an electronic key access code. The card provides access to the building as well as some of the interior classroom and other spaces designated for student use. The campus building hours will be posted prior to each semester and the hours may be extended prior to exam dates. Student card entry is logged and entry information is monitored. Professional behavior dictates respect of equipment, furnishings, and building access by all pharmacy students. Any student not exhibiting professional behavior in regards to building access, including destroying property, allowing unauthorized guest in the building, or compromising building security, will be addressed through the judicial procedures.

## Social Security Card

The Social Security Number (SSN) is primarily intended to identify participants in the US federal government's Social Security Program. SSNs are generally assigned to people who are authorized to work in the United States and are used to report their wages to the government.



## F-1 International Student and SSN

Social Security will not assign an F-1 International student a number just to enroll in a college or school. You are not required to have a SSN to open a bank account nor apply for a California Driver's License. If you are currently in F-1 status and have found an on-campus job or have been authorized to work off-campus, you should be eligible to apply for a SSN.

SSN is not a work authorization. Just because you have a SSN does not mean you are eligible to work in the United States.

## Applying for SSN

### [Applying for a Social Security Number \(YouTube\)](#)

New F-1 students must register full-time and have been physically present in the United States for at least 10 days before they apply for a SSN.

Students apply for a SSN with the Social Security Administration (SSA). Find the nearest Social Security Administration office at [www.ssa.gov](http://www.ssa.gov)

SSA will not process request if it is more than 30 days in advance of the scheduled employment start date. SSA will not process request before the employment authorization start date. This date will be shown on the on Employment Authorization Document (EAD) card you will receive from an employer.

F-1 students must present the following documents to the SSA when applying for a SSN:

1. Valid passport
2. Original CNU State I-20
3. I-94 arrival record (print from <https://i94.cbp.dhs.gov/>)
4. Support letter

## Driver's License Identification Card

California State Driver's License and ID Cards are good for:

- Banking
- Admission to certain businesses requiring proof of age
- Purchase of Alcohol or Tobacco
- Writing personal checks
- Authorization to drive a motor vehicle (Driver's License only)



The Driver's License application process requires completion of a written and driving exam. International students may obtain California Driver's License or ID Card information near the campus in Elk Grove at the locations below. Obtaining a driver's license booklet to understand the licensure requirements and to use to study for the required exam is highly recommended. A driver's permit may be required for a specific amount of time prior to obtaining a license if you have not driven a motor vehicle in your home country.

[7775 La Mancha Way, Sacramento, CA 95823](#)

(800) 777-0133

Hours: 8:00 AM - 5:00 PM

Other locations: [apps.dmv.ca.gov](https://apps.dmv.ca.gov) | [more info](#)

## California Identification (ID) Card

A state ID is an acceptable replacement for a driver's license typically used by minors, the elderly or by anyone who does not want a driver's license, but still needs identification in California. In California, there are two types of ID cards, a regular ID card valid for up to six years, and a senior citizen ID card valid for up to 10 years.



## Obtaining a new California ID card

To apply for an ID, first, you should plan a visit to your [local driver's license office](#).

You will need to bring your Social Security card and \$8 - free for a senior citizen ID - (cash, ATM/debit, cashier's check or money are all acceptable) along with:

- Certified U.S. birth certificate (or)
- U.S. passport
- Certificate of Naturalization
- Certificate of Citizenship
- U.S. Certificate of Birth Abroad
- Resident Alien Card
- Valid foreign passport with valid U.S. immigration document

## TRANSPORTATION, PHONE, AND MAIL

### PERSONAL TRANSPORTATION REQUIREMENT

All students must have personal transportation such as a car available throughout the program. This requirement is stated in the Student Handbook. The purpose of this requirement is to assure student have the ability to provide their own transportation to and from the campus and experiential education pharmacy sites. Although the city of Elk Grove, Rancho Cordova, and surrounding areas offer several public transportation options, the options may not be sufficient for student needs. A majority of student housing options are within a few miles of the campus. Current student have reported that bus service from student housing areas does not always coincide with class schedules and after school study hours on campus. Local public transportation is a good option for personal days off and travel. A list of public transportation options is listed in this section.

Experiential Education sites for the introduction to pharmacy practice (IPPEs) are located within a 50 mile radius of the campus. This wide range of distance mandates the personal transportation requirement to insure all students have the ability to participate in all components of the degree program. Additionally, a student may be required to relocate to another area, region, or state during the Advanced Pharmacy Practice Education (APPE) year. The CNU sites are primarily based in the Sacramento, Eureka, San Francisco, Marysville/Yuba City, Palm Springs, Los Angeles, and Reno Nevada areas. The location site will be determined by various factors developed by the Experiential Education Program department for site allocation. More information regarding site allocation can be obtained through the Experiential Education Program (EEP) department staff and [EEP Handbook](#).

### Automobile Insurance

California state law requires drivers of automobiles carry an appropriate level of automobile insurance. Automobile insurance agencies are listed on various web sites on the internet. The school cannot recommend one over other. The staff in the Office of Student Affairs will help student identify top agencies and companies to avoid based on information from the Better Business Bureau.

## LOCAL PUBLIC TRANSPORTATION



With 64 bus routes and 37.5 miles of light rail, the Sacramento Regional Transit District (RT) helps residents and visitors reach their destinations while enjoying the benefits of public transportation. The Yolobus (operated by the Yolo County Transportation District) is available for transport to and from the Sacramento International Airport as well as transportation between the area's cities. Due to social media, as well as smartphones, the Sacramento area is also home to many independent ride service programs. Uber and Lyft are downloadable applications on your smartphone that will have drivers pick up and drop off passengers for a fee.

- [www.elkgrovecity.org/city\\_hall/departments\\_divisions/transit\\_e-tran](http://www.elkgrovecity.org/city_hall/departments_divisions/transit_e-tran) (e – Tran/ public bus)
- [www.sacrt.com/schedules/current/routes.stm](http://www.sacrt.com/schedules/current/routes.stm) (Regional Transit)
- [www.mapquest.com/](http://www.mapquest.com/) (MapQuest – Find directions from any location)
- [www.lyft.com/](http://www.lyft.com/) Lyft app
- [www.uber.com/us/en/ride/](http://www.uber.com/us/en/ride/) Uber app
- <https://gigcarshare.com/sacramento/> (GIG Car share – all-electric car sharing in Sacramento)

## CABLE TV, INTERNET, AND TELEPHONE SERVICE

### Consolidated Communications (Surewest) Services

Phone: (866) 787-3937

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

### Comcast Cable TV

Phone: 1-800-COMCAST

<http://www.xfinity.com>

### FrontierNet DSL

Phone: (916) 691-5596

<http://west.frontier.com/internet>

### Frontier Communications

Phone: (855) 600-0829

<http://internet.frontier.com>

### WhatsApp

<https://www.whatsapp.com>

### AT&T/Direct TV/UVerse Cable TV & Internet Service

Phone: (844) 723-0252

<http://att.com>

WhatsApp Messenger is a cross-platform mobile messaging app which allows you to exchange messages without having to pay for SMS. WhatsApp Messenger is available for iPhone, BlackBerry, Android, Windows Phone and Nokia and yes, those phones can all message each other! It also works via internet browser. Because

WhatsApp Messenger uses the same internet data plan that you use for email and web browsing, there is no cost to message and stay in touch with your friends. In addition to basic messaging WhatsApp users can create groups, send each other unlimited images, video and audio media messages.

WhatsApp is similar to messaging apps such as WeChat, LINE, and Zalo.

## CELL PHONE SERVICE COMPANIES

### AT&T Wireless

- 9170 W Stockton Blvd. Elk Grove, CA 95758

Phone: (916) 684-1808

- 1971 Zinfandel Dr. Ste 300, Rancho Cordova, CA 95670

Phone: (916) 859-0470

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

### Sprint

8259 Laguna Blvd #100 Elk Grove, CA 95758

Phone: (916) 683-6111

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

### T-Mobile

- 7221 Elk Grove Blvd #109, Elk Grove, CA 95758

Phone: (916) 478-2018

- 3195 Zinfandel Dr. Ste 2, Rancho Cordova 95670

Phone: (916) 228-4248

[www.t-mobile.com](http://www.t-mobile.com)

### Verizon Wireless

9620 Bruceville Rd #101 Elk Grove, CA 95758

Phone: (916) 714-5105

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

## MAIL AND SHIPPING

The United States Postal Service, also known as the Post Office, U.S. Mail, or Postal Service, often abbreviated as USPS, is an independent agency of the United States federal government responsible for providing postal service in the United States

- [www.usps.com](http://www.usps.com) (United Postal Services)
- [www.fedex.com/us/](http://www.fedex.com/us/) (FedEx)
- [www.dhl.com/en.html](http://www.dhl.com/en.html) (DHL)
- [www.paypal.com/home](http://www.paypal.com/home) (PayPal)



## SHOPPING

There is something for everyone in the Sacramento area. Home to a number of antique shops, grocery, department and jewelry stores, specialty boutiques, restaurants, downtowns and midtowns, this area has whatever you need.

### Shopping in Sacramento and Surrounding Areas:

#### Arden Fair Mall (Clothing)

1689 Arden Way #1167  
Sacramento, CA 95815  
(916) 920-1167  
<http://www.ardenfair.com>

#### Target (Convenience)

- 7505 Laguna Blvd.  
Elk Grove, CA 95758  
(916) 683 - 5356  
- 10881 Olson Dr.  
Rancho Cordova, CA 95670  
(916) 503 - 2512  
<https://www.target.com>

#### Downtown Commons

660 J Street  
Sacramento, CA 95814  
(916) 273-8124  
<https://www.docosacramento.com>

#### Roseville Galleria (Clothing)

1151 Galleria Blvd.  
Roseville, CA 95678  
(916) 787 – 2000  
[westfield.com/galleriaatroseville](http://westfield.com/galleriaatroseville)

#### Folsom Premium Outlets (Clothing)

13000 Folsom Blvd.  
Folsom, CA 95630  
(916) 985-0312  
[premiumoutlets.com/outlet/folsom](http://premiumoutlets.com/outlet/folsom)

#### Walmart (Convenience)

- 8465 Elk Grove Blvd.  
Elk Grove, CA 95758  
(916) 684-7100  
- 10655 Folsom Blvd.  
Rancho Cordova, CA 95670  
(916) 361 – 0296  
[www.walmart.com](http://www.walmart.com)

### FINDING PLACES TO SHOP, EAT, AND VISIT

In America, there are many ways to discover businesses, companies, and events around you. One of the most common ways of finding new places is an app/website called Yelp.  Yelp is present in many different countries as a way for users to rate and review every business using a 5 star system. Users can post photos, videos, and provide inside tips for those reading the reviews. Yelp is similar to apps like Dianping (China), Buurp/Revaalo/UrbanClap (India), Foody.vn (Vietnam), and Zomato.

You can also use sites like TripAdvisor to find tourist destinations near Sacramento, the Bay Area, etc. Foursquare also operates as a way for users to share reviews, photos, and insider tips. A cursory Google search will also yield you good results, along with talking to other students, staff, and faculty.

### Sales Tax

In the state of California the sales tax is 7.5%. In the city of Elk Grove the sales tax is 7.75% which is about average for cities in Sacramento County. Tax is included on all retail sales of tangible items in California such as, furniture, giftware, toys, antiques and clothing.

# Grocery Options in the Sacramento Area

Grocery Store	Address	Distance	Grocery Type
Raley's	4900 Elk Grove Blvd, Elk Grove, CA 95758	2.3 miles (6 min)	American
Safeway	5021 Laguna Blvd, Elk Grove, CA 95758	3.2 miles (9 min)	American
KP International Market	10971 Olson Dr, Rancho Cordova, CA 95670	1.6 miles (6 min) from CHS	Asian/European
99 Ranch Market	4220 Florin Rd, Sacramento, CA 95823	8.3 miles (20 min)	Asian
Adam's International Market	9175 Elk Grove Florin Rd. Ste 3, Elk Grove, CA 95624	7.4 miles (10-20 min)	Middle Eastern
Trader Joe's	9670 Bruceville Rd, Elk Grove, CA 95757	3.9 miles (10 min)	American
India Spices & Music	9059 Bruceville Rd. Ste 100, Elk Grove, CA 95758	5.2 miles (13 min)	Indian
Bel-Air	2155 Golden Centre Ln, Gold River, CA 95670	3.7 miles (9 min) from CHS	American

# Dining Options in the Sacramento Area

Restaurant	Address	Distance	Cuisine
Thai Chili	8696 Elk Grove Blvd, Elk Grove, CA 95624	5.8 miles (15 min)	Thai
BJ's Restaurant	9237 Laguna Springs Dr, Elk Grove, CA 95758	6.0 miles (15 min)	American
Sky Sushi	2252 Sunrise Blvd, Rancho Cordova, CA 95670	2.9 miles (10 min) from CHS	Japanese
India Oven	7423 Laguna Blvd #100, Elk Grove, CA 95758	5.2 miles (12 min)	Indian
Oz Korean BBQ	2605 Riparian Dr, Elk Grove, CA 95757	0.4 miles (2 min)	Korean
Firehouse Crawfish	6519 Savings Pl, Sacramento, CA 95828	12 miles (20-25 min)	Cajun
Famous Burgers	3101 Zinfandel Dr. Ste 132, Rancho Cordova, CA 95670	1.1 miles (5 min) from CHS	Burgers
The Bank	629 J St, Sacramento, CA 95814	13.9 miles (20 min)	American
Poke Cube	3161 Zinfandel Dr. Ste 4, Rancho Cordova, CA 95670	0.9 miles (4 min) from CHS	Hawaiian/Seafood
Tasty Pot	8461 Elk Grove Blvd, Elk Grove, CA 95758	5.4 miles (12-15 min)	Taiwanese
Pho Le	8785 Center Pkwy, Sacramento, CA 95823	6.0 miles (15 min)	Vietnamese
La Favorita Taqueria	5940 Florin Rd, Sacramento, CA 95823	9.0 miles (20 min)	Mexican
Fire Wings	8144 Delta Shores Ste 140, Sacramento, CA 95832	5.2 miles (10 minutes)	Chicken Wings

Sacramento is known as the *"farm-to-fork"* capital, because the majority of the produce comes from the surrounding area. Sacramento, and the area around it, is home to a combined 1.5 million acres of farmland -- making it the largest agricultural producer in America. Sacramento was also called "the most diverse city in America" by a 2002 Harvard University study, indicating that the area contains different cuisines from many cultures.



## PERSONAL SAFETY

### Cleary Act

The [Jeanne Cleary](#) Disclosure of Campus Security Policy and Campus Crime Statistics Act (20USC §1092(f)) is a federal law, originally known as the Campus Security Act, that requires University/Colleges and universities across the United States to disclose information about crime on and around their campuses since 1990. All Title IV funding recipient University/Colleges and universities are subject to its requirements. The most up to date information regarding crime statistics for the CNU campus, the immediate campus vicinity, and the City of Elk Grove can be found on the college web site.

### Disclosure of Campus & Local Area Crime Statistics

The categories on the chart on the following page show crime statistics for the campus, certain non-campus properties, and certain public property areas which have been reported to local police and campus security authorities must be disclosed for the most recent four calendar years: (Please see student handbook at <http://pharmacy.cnsu.edu/shareddocs/StudentHandbook.pdf>)

### Annual Security Report – Tables and Additional Information

The CNU Annual Security Report contains data for crime information in the immediate area surrounding the campus. The report can be obtained on our web site at the following web address. A paper copy is available upon request. <http://pharmacy.cnsu.edu/annual-security-report>

An overview of campus security, emergency alert, and response procedures is provided at the new student orientation. Additional safety and security information, tips, and alerts will be delivered to students through campus email. The school offers several safety awareness courses and special speaker sessions as well as self-defense classes throughout the year.

### Meagan's Law

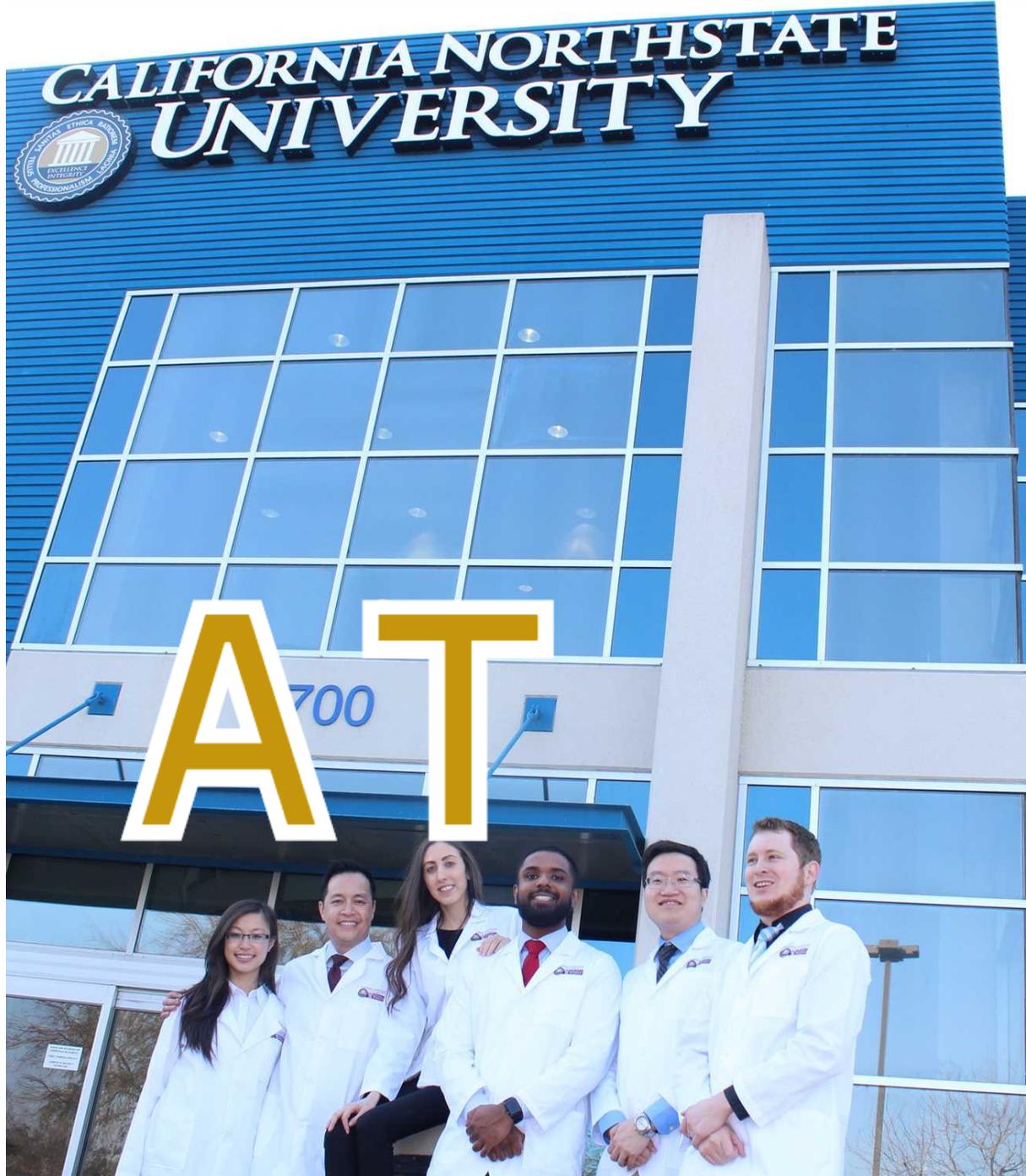
For a listing of registered sex offenders in the adjacent community and other pertinent information, please review the law enforcement database at <http://meganslaw.ca.gov/>.

### Campus Access Cards

All students who have authorized access to campus will be issued an electronic entry access card that permits entry to the campus main entrances. This type of access to campus facilities helps provide students with a more secure campus environment by restricting campus entry and the possibility of unauthorized visitors. Campus access is tracked and monitored through an electronic security camera system. Access is tracked and monitored.

### For All Emergencies – Dial 911







California Northstate University (CNU) has grown tremendously over the past eight years and is currently home to 500+ students growing. CNU students are actively involved in assisting to shape the future of our institution and the surrounding communities through their active engagement in community service.

We recognize the significant role of students in institutional decision-making. In order to facilitate this role, CNU encourages students to serve on college-level committees with faculty and staff to review current policies, assess dynamics within the educational component of their program, as well as address future needs and concerns of their future profession. Our students are engaged as members of the Assessment Committee, Curriculum Committee, Student Affairs Committee, and Student Body Council. CNU students' thrive in community service activities such as the American Heart and Stroke Association, the American Diabetes Association, senior communities, non-profit organizations and Celebrando Nuestra Salud – a community health fair serving the Hispanic community in the Sacramento region. CNU students also promote the study of science and pursuit of careers in health care to local high school and college students.

### The College of Health Sciences



Students from the College of Health Sciences have many opportunities for enrichment outside of the classroom. Students can seek leadership in the Student Government Association or any of the college's clubs and organizations. We at the College of Health Sciences offer such groups including UNICEF, Health & Fitness, Fusion Dance, Student Outdoor Club, CHS Basketball Club and Tournament, Sports Medicine Club, Chess Club, Pharmacy Club, and the Breakfast Club.

The college is always open to students forming new student organizations with college administration approval. Students have also participated in cultural nights, blood drives, environmental health fairs, movie nights, college cookouts, and many other activities. The college highly encourages students to get involved in student life.



### The College of Medicine



Service and leadership are two of the most important qualities of a physician. At the California Northstate University College of Medicine, we instill this sentiment into our students on day one through encouraging and requiring student involvement outside of the classroom. Students have the responsibility to service the community and shape their campus experience through participation in Student Body Council (SBC), class government, development committees, Student Interest Groups (SIG), and Wellness Committee. These organizations

are established out of the professional interest of our student body and are tasked with representing the university through the highest level of professionalism. Our student organizations and government provide the

CNSU student body opportunities to explore interest in career specialties as they navigate through their education. Student involvement creates tight bonds among peers, as well as it provides crucial professional avenues and insight into what is waiting on the other side of the significant accomplishment that is completing med school.

Working with their peers and professors, students will be involved with their community through hosting events, partnering with outside organizations, shaping student experience, and spreading the word on the importance of health and wellness. Students have the opportunity to run for leadership positions in student government and existing organizations or start new SIGs based on an identified need and interest amongst their peers. Each medical student is required to be an active participant in at least one (1) SIG during their tenure with the university.



## The College of Pharmacy

California Northstate University College of Pharmacy has 11 different student organizations focused on a variety of pharmacy specialty areas, including but not limited to pharmaceutical industry, cancer research, clinical pharmacy, managed care pharmacy, and many others. The College also has three professional pharmaceutical fraternities, along with Rho Chi Society, a national honor society, and Phi Lambda Sigma, a national leadership society.

Through involvement with pharmacy organizations, our students are provided with opportunities to give back to the community and ultimately the profession of pharmacy through the provision of healthcare services, such as immunizations, at local and regional health fairs. As a result, our students have received regional and national recognition for their contributions to public health, leadership, and research. Participation in student organizations enables our students to gain leadership experience through serving as a board member of an organization, a chair of subcommittee, or a delegate. Through their organization involvement, our students are able to travel to regional and national meetings to represent the College of Pharmacy and gain a wealth of information through networking and collaboration.

