

## **F-1 and J-1 Student Regulations:**

**In order to maintain legal status in the U.S., F-1 and J-1 students must follow all of these federal regulations, state regulations, and Appalachian State policies:**

- **ENROLLMENT:** Always enroll full time. Undergraduate students must take at least 12 credit hours per semester and graduate students must take at least 9 credit hours per semester.
- **DROPPING CLASSES:** If you must drop below full time or take a leave of absence, get authorization from ISSSO ahead of time. It is a violation of your status if you drop a class first and seek authorization later.
- **ADDRESS:** Update your local residential address in Appalnet within 10 days of moving. This applies while you are still a student and then when you graduate and begin OPT (F-1 students) or Academic Training (J-1 students).
- **PROGRAM EXTENSIONS:** If you need more time to complete your program than the end date listed on your I-20 or DS-2019, you must apply for an extension with ISSSO before the program end date.
- **PASSPORT:** Keep your passport valid. Contact your embassy to renew your passport well before the expiration date. We recommend that you renew it approximately one year before it expires.
- **TRANSFERRING:** If you plan to transfer to another school or go on to another degree program you must contact ISSSO in order to complete the appropriate immigration procedures before the end of your grace period (60 days for F-1 students; 30 days for J-1 students).
- **WORKING ON CAMPUS:** NEVER work on campus for more than 20 hours per week while you are registered for classes. You can only work on campus for more than 20 hours per week during summer break, winter break, or spring break. Remember that Appalachian State University must be your employer for a job to be considered “on campus.”
- **WORKING OFF CAMPUS:** NEVER work off-campus (paid or unpaid) without prior authorization. Always discuss off-campus work authorization with ISSSO before you start working off-campus.
- **FOLLOW THE LAW:** Comply with all other U.S. federal and state laws. For example, never drive while under the influence of alcohol or drugs, and never carry a weapon.
- Comply with all other Appalachian State University academic and conduct policies.
- **TRAVELING:** Always carry the required documents when traveling. This includes your I-20 or DS-2019, your valid passport with valid visa, and preferably your Appalachian State University acceptance letter. For students on OPT, this also includes your EAD card and your employment offer letter.
- **OPT:** Students who have graduated and are on OPT or STEM OPT must complete the required reporting on time.
- **GRACE PERIOD:** Depart the U.S. within the grace period following program completion or OPT, unless another immigration status is obtained. The grace period is 60 days for F-1 students and 30 days for J-1 students.

## **J-1 Scholar Regulations:**

**In order to maintain legal status in the U.S., J1 scholars must follow all of these federal regulations, state regulations, and Appalachian State policies:**

- Complete an immigration check-in with ISSSO within 10 days of arrival.
- Update your local residential address in Appalnet within 10 days of moving.
- If you need more time to complete your program than the end date listed on your DS-2019, you must apply for an extension with ISSSO before the program end date.
- Maintain the level of health insurance coverage required by the U.S. Department of State.
- Depart the U.S. within the 30 day grace period permitted for J scholars following the end of their J program.
- Contact ISSSO if you plan to transfer to another school, change the terms of your current position at Appalachian State, or change to another status. You must complete the appropriate immigration procedures with ISSSO before the end of your grace period.
- NEVER work off-campus without prior authorization. Always discuss off-campus work authorization with ISSSO before you start working off-campus.
- Maintain the program objectives described in the DS-2019 form.
- Comply with all other U.S. federal and state laws. For example, never drive while under the influence of alcohol or drugs, and never carry a weapon.
- Comply with all other Appalachian State University academic and conduct policies.
- Always carry the required documents when traveling. This includes your DS-2019, your valid passport with valid visa, and preferably your Appalachian State University employment letter.

## **Dependents:**

**F-2 and J-2 dependents rely on the F-1 or J-1 to maintain conditions of status. The F-2 or J-2 will lose legal status if the F-1 or J-1 loses legal status. In addition, the dependents must adhere to the following regulations:**

### **F-2 Dependents:**

- Cannot work in the U.S.
- Must comply with all federal and state laws.

### **J-2 Dependents**

- Must not work in the U.S. without valid work authorization from DHS.
- Must be fully covered by health insurance minimums required by the U.S. Department of State.
- Must comply with all federal and state laws.