

# Success Strategies for Adapting to US Culture

Graduate College Orientation

August 27, 2025

# Today's Presenters

**Kelly Plazibat** (she/her)  
**Program Manager, International Services**



**Rebecca Hale** (she/her)  
**Assistant Director, Bearcat Promise Career Studio**

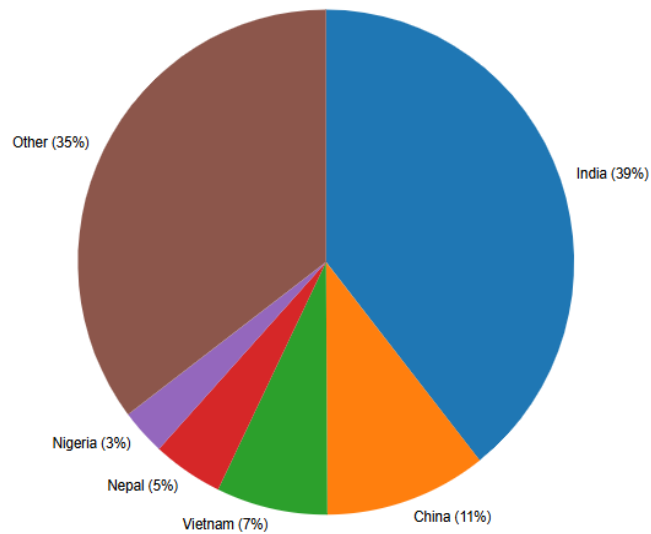


# **Agenda**

- **Overview of U.S. Academic Culture**
- **Career Success Strategies**
- **Thriving Socially & Finding a Bearcat Community**

## Student Reports: Countries

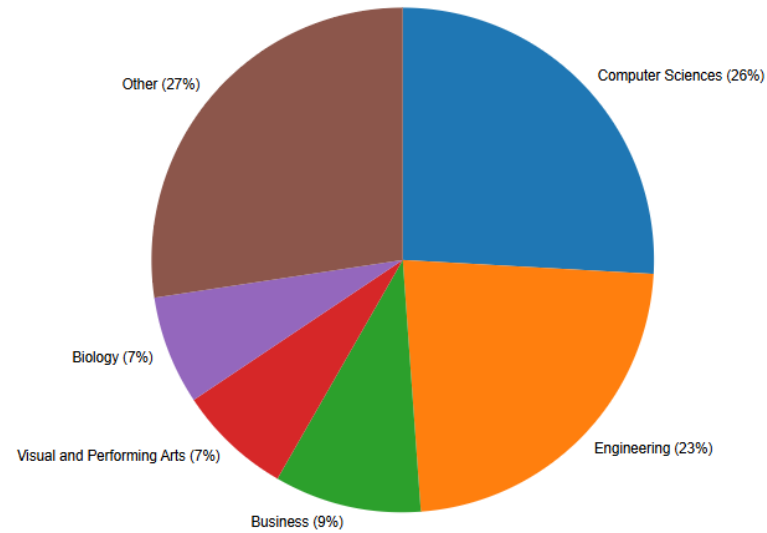
University-Wide International Students for Fall 2025



Country	Population
India	1407
China	377
Vietnam	259
Nepal	164
Nigeria	105
Other	1262

## Student Reports: Fields of Study

University-Wide International Students for Fall 2025



Field of Study	Population
Computer Sciences	925
Engineering	821
Business	338
Visual and Performing Arts	262
Biology	249
Other	979

A faint, light gray world map is visible in the background, centered on the Atlantic Ocean. The map shows the outlines of continents and major landmasses.

# Overview of U.S. Academic Culture

# Syllabus

- Instructor's contact information
  - *Office location, office hours, email address, etc.*
- Course descriptions
  - *Overview of what will be covered in the course, learning objectives*
- Course schedule
  - *Readings, assignments*
- Important dates
  - *Deadlines, exam days, etc.*
- Policies
  - *Grading, attendance, late assignments, academic misconduct, AI use*



# U.S. Classroom Environment

## Preferred Teaching Methods:

- Lecture
- Discussion in large and small groups
- Application of theory
  - Case studies, group projects, etc.
  - Co-op, internships, etc.



# U.S. Classroom Environment

## **Your Role as a Student:**

- Active listening, taking notes, reading material
- Thinking critically about content
- Participating in dialogues
- Demonstrating understanding through assignments, quizzes, etc.



# How You Will Be Evaluated

Attendance

Group  
Projects

Papers

Quizzes



Class  
Participation

Written  
Exams

Canvas  
Discussion

Oral Exams

# Relationship Between Professor & Students

- Might be more formal or less formal than you're used to
- Email is best method of communication outside of class
- How to address them?
- Classroom dress code: **informal**
- Office hours & appointments
- Communication style: **Directness and specificity** are valued

# Your Academic Advisor

- Works with you to navigate your university experience
- Advises you about your progress towards your degree
- Discuss course planning/ requirements
- Advocates for you
- Refers you to resources
- Stay in touch with them!

# Academic Campus Resources

- Your **Academic Advisor**
- **UC Libraries**
  - Library Liaison for International Students
    - Aja Bettencourt-McCarthy,  
[bettenar@ucmail.uc.edu](mailto:bettenar@ucmail.uc.edu)
- **Learning Commons**
  - Academic Coaching
  - Peer Tutoring
  - Academic Writing Center
  - Success Skills Workshops
  - ...and more!
- **English Language Support**



# Success Skills Workshops

**Free** one-hour sessions offered through the Learning Commons that focus on skills students need to be successful in college

- Preparing for the Semester
- Study Smarter, Not Longer
- Manage Your Time Wisely
- Presenting Like a Pro
- Group Work
- Pushing Past Procrastination
- Focus and Concentration
- ...and more!

# Academic Integrity & Plagiarism

## UC Defines Plagiarism as:

- Submitting **another's** published or unpublished work **as one's own** without crediting the author
- Submitting **as one's own** original work **without reference** to the source of the material
- Submitting as one's own original work produced through **unacknowledged collaboration** with others
- Submitting **one's own previously written work without modification and instructor permission.**

*UC Student Code of Conduct:*

<https://www.uc.edu/campus-life/conduct/student-code-of-conduct.html>



plagiarism



# AI in the Classroom

- **Review Course Syllabi**

- Syllabi often contain vital information about course policies regarding the use of technology, including AI tools.

- **Check with Faculty Members**

- Openly communicate with your instructors about the acceptability and appropriate use of AI and Generative AI tools in your coursework.
- Faculty members can provide clear guidance on how these tools may or may not fit into their learning objectives and evaluation criteria.

- **Understand Academic Integrity**

- Remain cognizant of [UC's policies on academic integrity](#). The responsible use of technology, including AI technology, should align with principles of honesty, fairness, and respect for the intellectual work of others.

# English Language Support

- **Center for English as a Second Language (CESL)**
  - Academic unit that provides for-credit ESL courses to international graduate and undergraduate students at UC. Focused on reading, writing, listening, and speaking skills.
- **Conversation Café through UC International**
  - FREE!
  - Weekly meetings to practice English conversation skills in a casual environment
  - Tuesdays, 6:45-8:00 p.m., Edwards One, Room 6154 (Global Engagement Lounge)





The UC Mobile App provides convenient access to UC maps, shuttle trackers, OneStop and more.



Microsoft Teams is a messaging and videoconferencing app that your professors may use for collaboration and communication, meetings and file sharing.



On Canvas, students can submit assignments, participate in discussions, view grades and course materials.



Professors may also use Zoom, a communications platform that allows users to connect with video, audio, phone, and chat.



Log into the Outlook web app with your UC username and password to access your email and calendar.

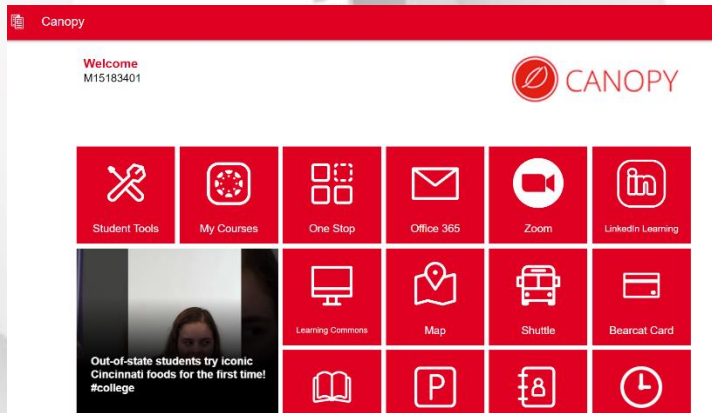


Bearcat Guardian is a safety app that allows you to turn your cell phone into a safety device.



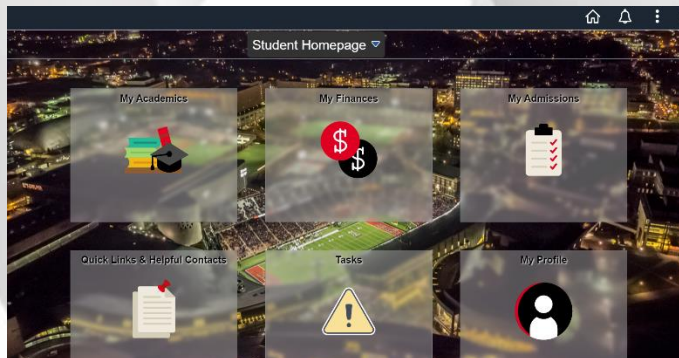
INTERNATIONAL SERVICES

## iBearcatsGlobal



iBearcatsGlobal is the system that you will use to fill out electronic forms (e-forms), set up appointments with UC International advisors and maintain your visa status in the United States.

The Bearcat Portal is your student information hub and self-service center for actions you need to take prior to attending Orientation and your first semester.



Catalyst is the University of Cincinnati student information system. This online resource and student portal is the entry point to your academic record, university billing, financial aid, and more.

# Additional Campus Resources

- **Counseling & Psychological Services (CAPS)**
  - Mental health counseling, group therapy, crisis intervention
- **University Health Services**
  - Primary care, immunizations, prescriptions & pharmacy
- **Student Wellness Center**
  - Alcohol education, financial wellness, healthy relationships
- **Campus Recreation**
  - Fitness classes, intramural sports, personal training





# Career Success Strategies



# Career Studio

## What is UC's Bearcat Promise Career Studio?

- A place where Bearcats can meet with a trained team of career professionals to discuss and design their futures

## Who We Serve

- 7,500+ undergraduate and graduate students annually
- Recent alumni (graduated within last 3 years)

## Location

- Tangeman University Center (TUC) 310 →
- Next to PNC Bank



# Good Questions to Start With

- **What**, if any, is your experiential learning **requirement** to graduate? A co-op, capstone, internship, practicum, or something different?

## Curricular Requirement



- **Who** in your academic program is **authorized** to approve your CPT request for an internship, capstone, etc.?

## Point Person



- **When** do you need to **target** landing an internship, capstone, etc.? Where does this fit into your graduation plan? Do you have flexibility for a program extension?

## Timeline



Ask your advisor **first**.

# Pursue On-Campus Employment

## Types of On-Campus Jobs

On campus positions generally fall into one of three categories:

1. On-campus, paid by UC
2. On-campus, not paid by UC
3. On-campus employment at an off-campus location

Expand All

Collapse All

On-Campus Jobs (Paid by UC)



On-Campus Jobs (Not Paid by UC)



On-Campus Employment at an Off-Campus Location

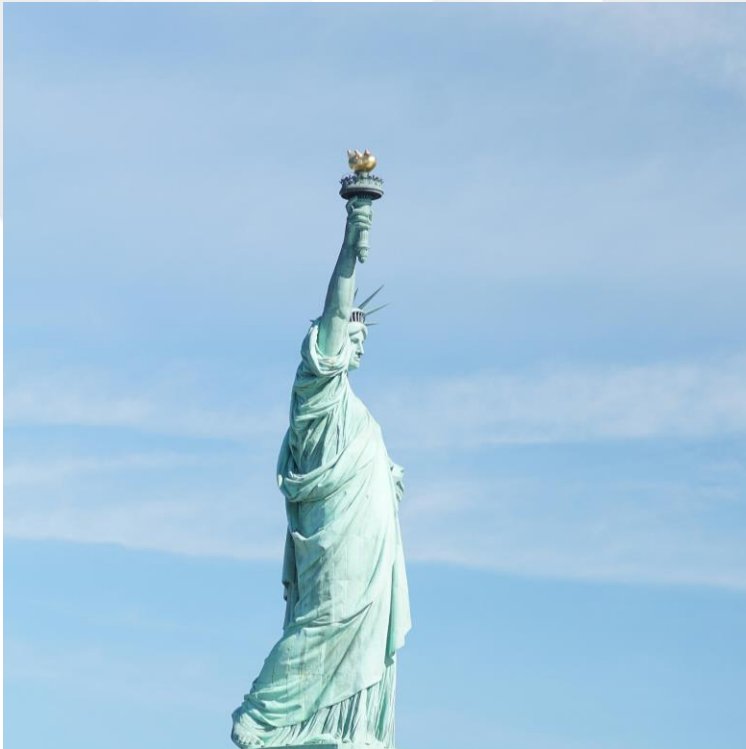


Most jobs are posted in  
**Handshake!**



# Take proactive steps to...

Master your knowledge of work authorization and immigration terms & processes



Learn what employers and ATS are looking for; customize **each** resume and cover letter

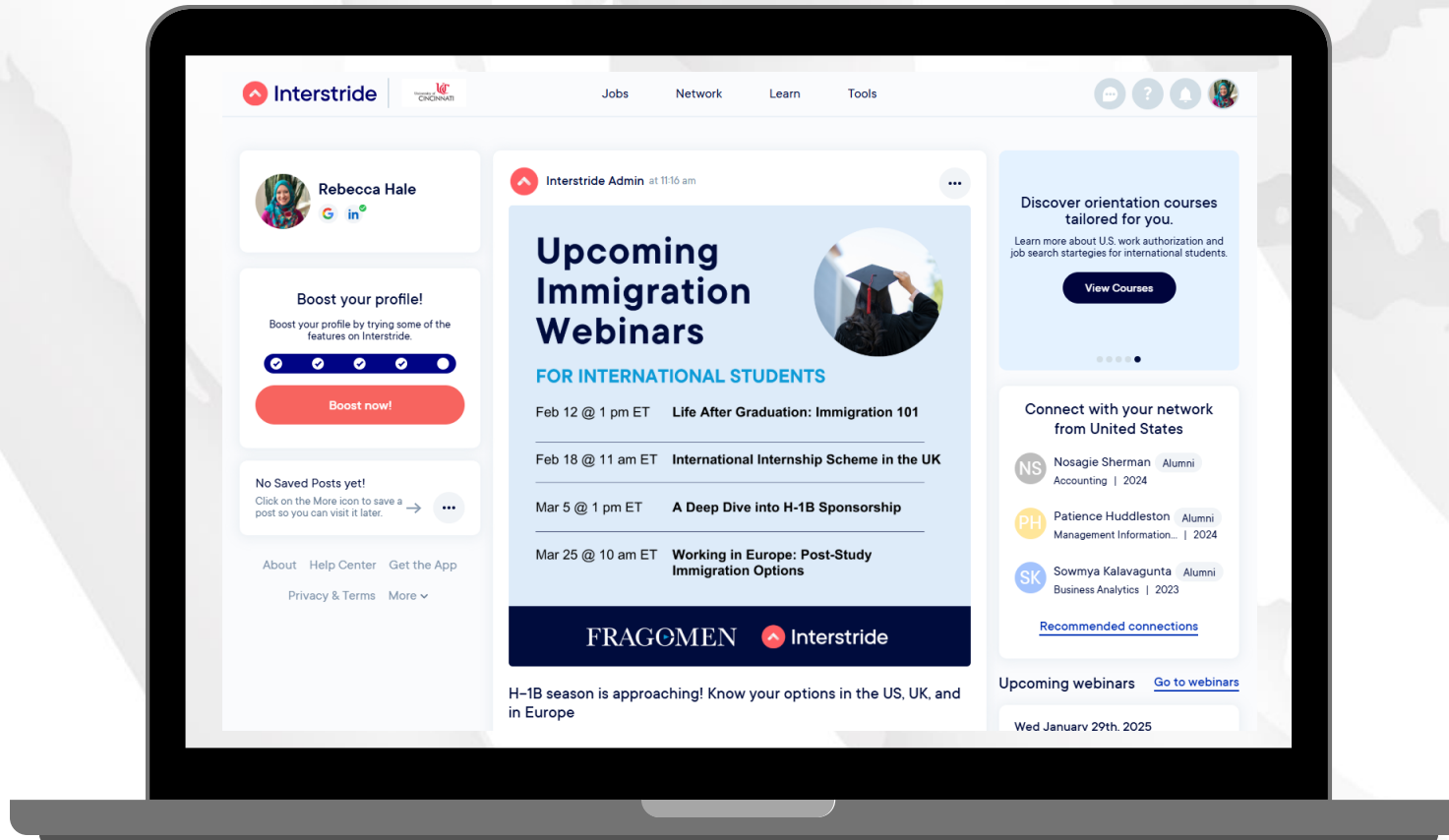


Utilize data on where international Bearcats have been getting hired, and on employers' sponsorship history



# Interstride

An amazing tool for international students seeking employment in the US **and** internationally!



Activate your account at  
[interstride.com/Cincinnati](https://interstride.com/Cincinnati)  
using your 6+2 and UC password.





## Employment Data Hub ⓘ

 Graphs Data

My School

All Interstride Schools

## Top employers for international alumni

Filter

Degree ▼

Major ▼

Nationality ▼

Year ▼

Type ▼

Job Location ▼

University of Cincinnati 371

Amazon 269

Cincinnati Children's Hospital 147

Medpace 87

Intel Corporation 67

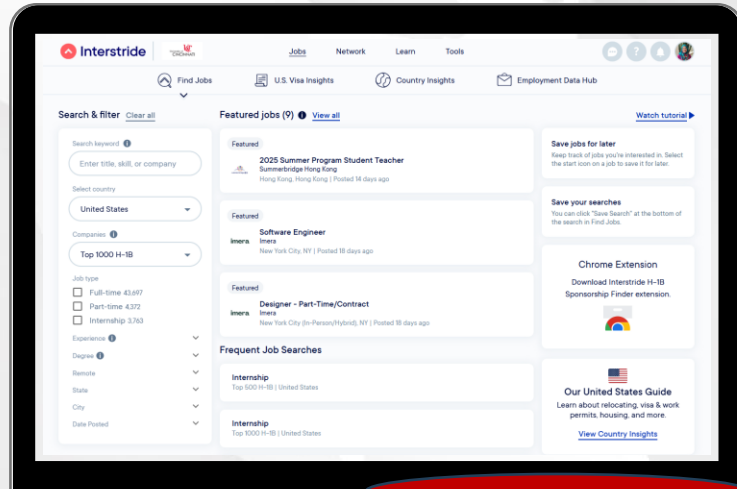
JP Morgan Chase 66

Walmart 63

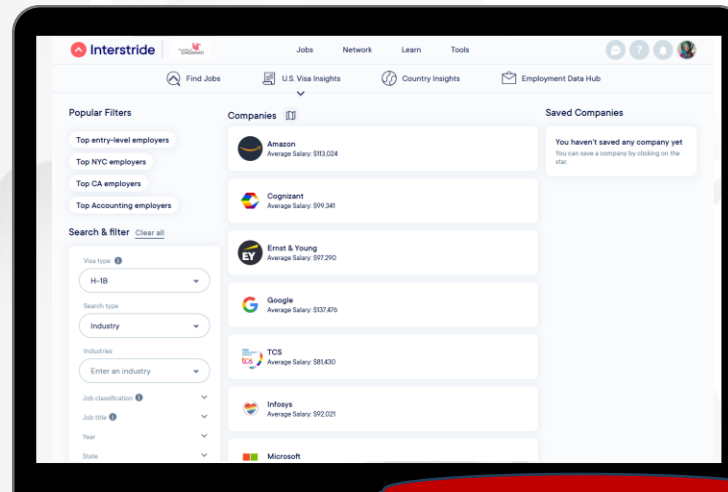
Dataflake 52



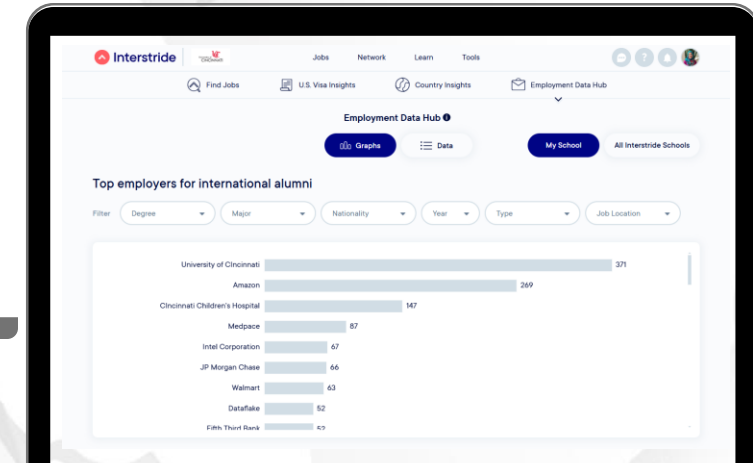
# Interstride



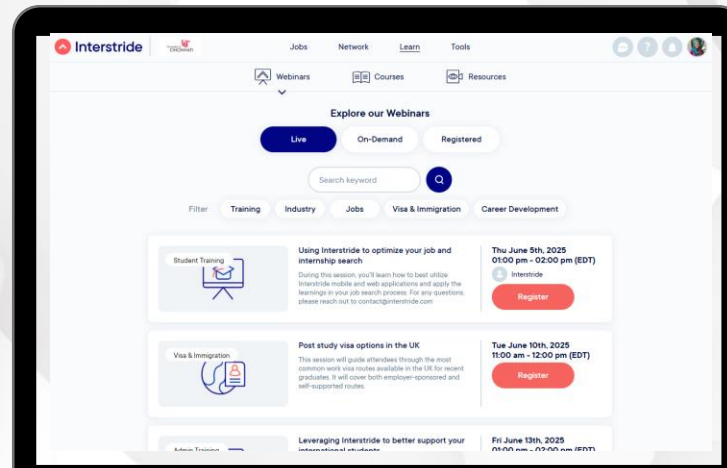
**Search for jobs with employers who hire international talent.**



**Research companies' H-1B and green card sponsorship history.**



**Research where Bearcats are getting hired on CPT, OPT, and STEM OPT.**



**Learn effective job search and application strategies.**

**...and SO MUCH MORE!**



# Also be sure to...

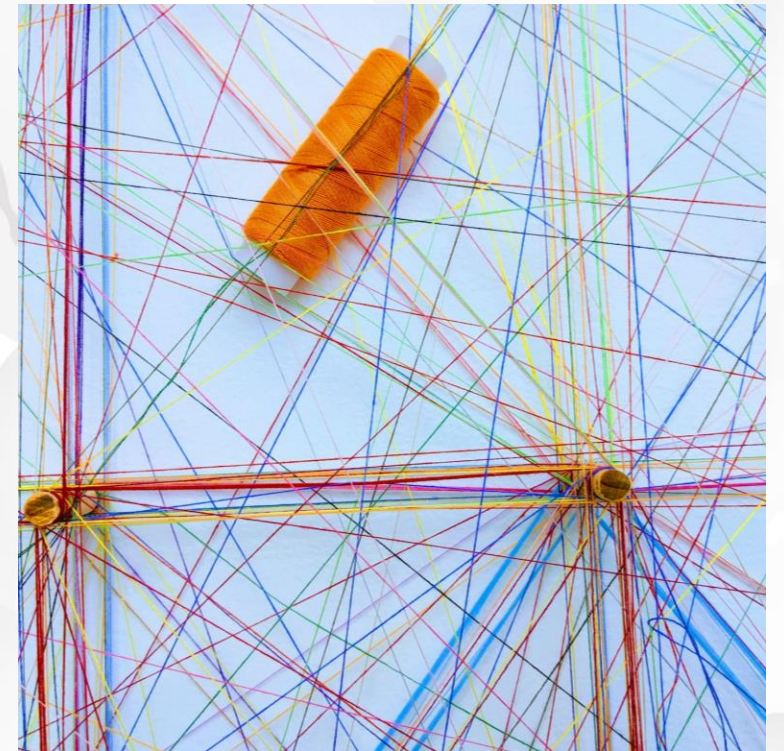
Network with UC alumni and hiring managers at companies of interest



Make several parallel plans (including back-up plans)



Conduct a proactive job search while building your network



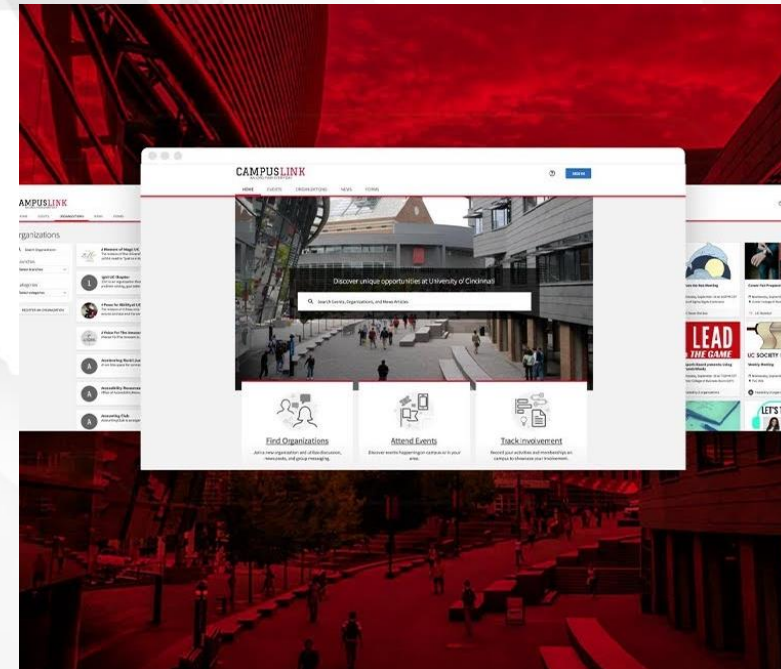


# Networking Tools

volunteer.uc.edu




GetInvolved




campuslink.uc.edu



 explore  
international  
student  
organizations

 > Opportunities

# Opportunities

 Use my location to show opportunities near me

SEARCH BY

SORT BY -- SELECT SORTING --




FILTER BY -- SELECT A FILTER --

-- SELECT INTEREST --

-- SELECT INTEREST --

- Advocacy & Fundraising
- Aging & Elderly
- Children/Families
- Civic Engagement & Placemaking
- Clerical & Technology
- Education
- Environment & Sustainability
- Food Insecurity
- Health & Wellness
- Homelessness & Affordable Housing
- LGBTQ+/Gender Equity
- People with Disabilities
- Physical Labor
- Racial Equity
- Tutoring
- Women's Issues

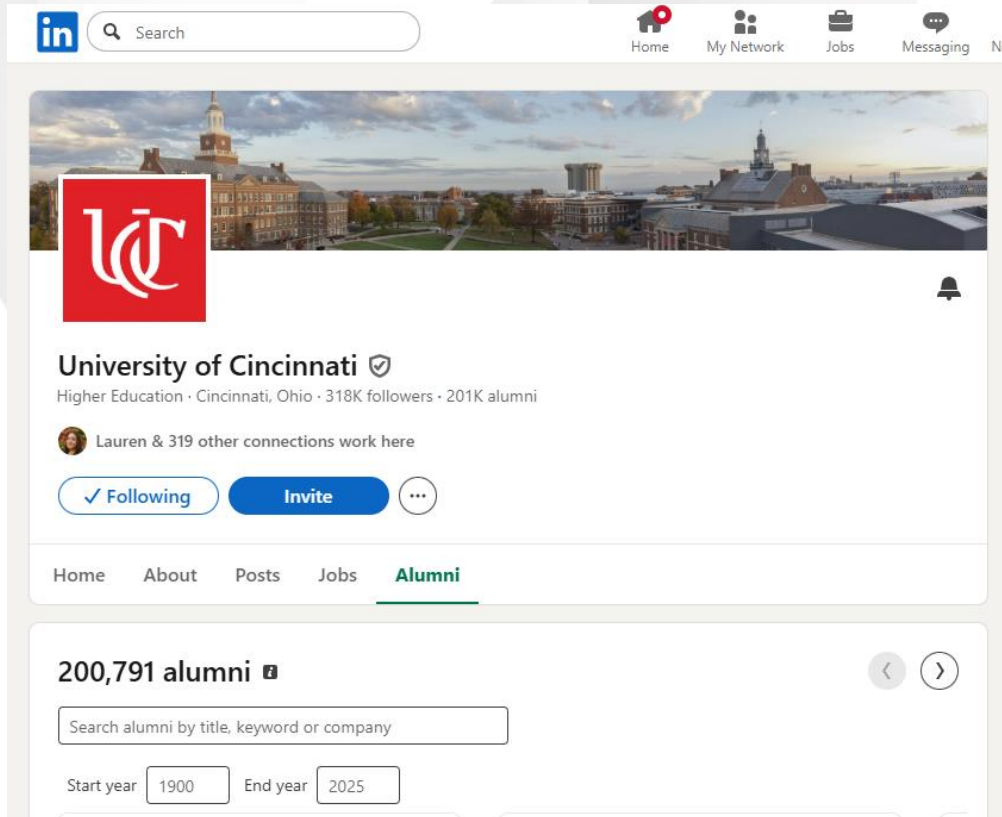
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OPPORTUNITY/ORGANIZATION	DATE/TIME
 <u>College Companions BBQ &amp; Bridging Generations Event</u> College Companions	Happens On Apr 18, 2025
 <u>Looking for tutor volunteers</u> Covedale Elementary	Is Ongoing
 <u>Origami Flowers &amp; Speaker Event</u> College Companions	Happens On Mar 5, 2025

VIEW DETAILS

# More Networking Tools

## LinkedIn Alumni tool



## What Can I Do With This Major? tool



### Professional Associations

- [Academy for Criminal Justice Sciences](#)
- [American Correctional Association](#)
- [American Parole and Probation Association](#)
- [National Association of Criminal Justice](#)
- [National Association of Legal Assistants](#)
- [National Narcotic Officers Association](#)



### Related Resources

- [Bureau of Alcohol, Tobacco, Firearms & Explosives \(ATF\)](#)
- [Central Intelligence Agency](#)
- [Criminal Justice Degree Schools \(Explore Criminal Justice Careers\)](#)
- [Criminal Justice Programs](#)
- [Criminal Justice USA](#)
- [Department of Defense](#)

# Finally, be sure to...

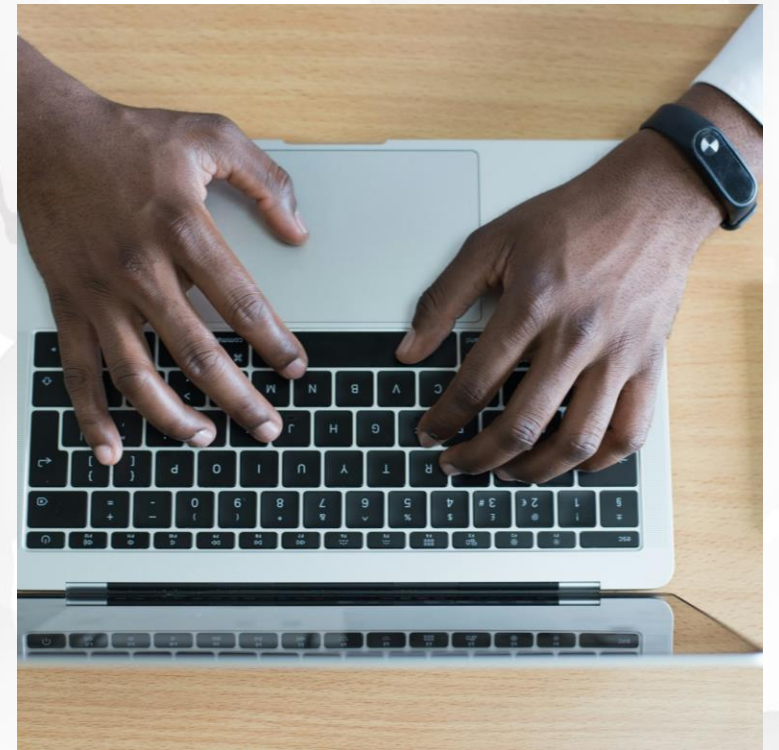
Develop fluency in your strengths and values; craft a strategic elevator pitch and personal brand



Prepare how to discuss sponsorship with potential employers



Employ a follow-up strategy in both networking and job searching





# CLIFTON BEARCAT CAREER COACHING OPTIONS

- Bearcat Promise Career Studio
- schedule in [Handshake](#)

## All Other Programs

\*plus CECH



- Amanda McLaughlin
- schedule in [Outlook](#)

## CEAS (Graduate)



- Charlie Thornton
- schedule in [CECH Student Success](#) bookings

## \* CECH



- Center for Professional Development
- contact [cpdlaw@uc.edu](mailto:cpdlaw@uc.edu)

## Law



- Lindner Career Services
- schedule in [MyBearcatNetwork](#)

## Lindner



- Medical Student Career Development
- contact [alice.mills@uc.edu](mailto:alice.mills@uc.edu)

## Medicine (MD)



- Pre-Professional Advising Center
- attend [workshop](#), then schedule in [MyBearcatNetwork](#)

## Pre-Health & Pre-Law







# Upcoming Career Events



University of   
**CINCINNATI | INTERNATIONAL**  
& Bearcat Promise Career Studio

Open to ALL  
students!

# Answering Sponsorship Questions + Mastering Your Elevator Pitch

**Interactive Workshop. Free Food!**

**Friday, August 29, 2:30-4:30 p.m.**



Learn how to strategically navigate sponsorship and work authorization (CPT, OPT, STEM OPT) questions in your job search; craft and practice an effective elevator pitch, and enjoy free food!

← **REGISTER** to save your spot in Handshake.





# Alumni Panel & Networking Session: Job Search Success + Navigating Work Authorization

Learn and network with alumni. Free Food!

Wednesday, September 10, 5-7:30 p.m.

## I: Panel Discussion



Hear real-life success stories about navigating CPT and OPT and achieving career goals. Ask alumni questions to guide your journey.

Separate registration required for panel discussion (part I) and networking session (part II). **REGISTER** to save your spot in Handshake.

Open to ALL  
students!

## ALUMNI PANEL ON JOB SEARCH SUCCESS & NAVIGATING WORK AUTHORIZATION

HOSTED BY THE BEARCAT PROMISE CAREER STUDIO  
COLLEGE OF COOPERATIVE EDUCATION & PROFESSIONAL STUDIES



## II: Networking





# OPT/CPT Workshop for International Students on F1 Visas



## Date and Time

Monday, September 15 2025 at 4:00 PM EDT to  
Monday, September 15 2025 at 5:00 PM EDT

Add To [Google Calendar](#) | [iCal/Outlook](#)



## Location

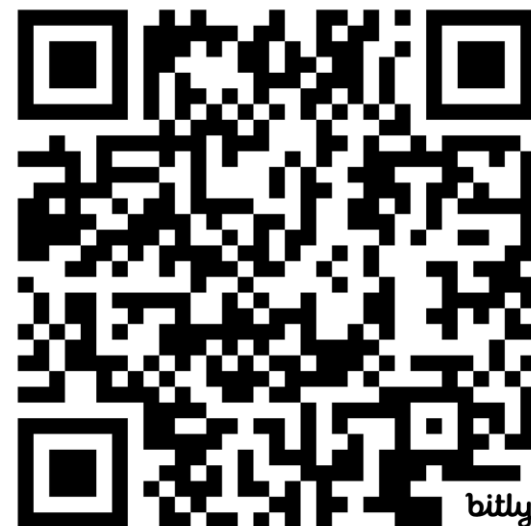
TUC Cinema

## Description

Join UC International Services for an informative program designed to explain and explore Curricular Practical Training (CPT) and Optional Practical Training (OPT) for F1 International Students.

Registration: <https://forms.office.com/r/p7JyNieCVQ>

Final submission of Registration due by September 12<sup>th</sup>, Noon.





University of   
**CINCINNATI | INTERNATIONAL**  
& Bearcat Promise Career Studio

Open to ALL  
students!

# Interviewing Tips + US- Style Mock Interview Workshop

**Interactive Workshop. Free Food!**

**Tuesday, October 7, 3:30-5:30 p.m.**



Learn effective strategies to prepare for US-style interviews, practice the STAR method, experience an interview simulation with UC staff and faculty, and enjoy free food!

← **REGISTER** to save your spot in Handshake.







# Thriving Socially & Finding a Bearcat Community

# UC Sporting Events

Students can attend UC sporting events for a discounted rate!

If you are interested, you can purchase them at the link below:

<https://gobearcats.com/sports/2020/5/18/tickets-hub-student-tickets.aspx>



# Student Organizations

You can find student organizations through GetInvolvedUC:

<https://getinvolved.uc.edu/>

- Over 600 registered student organizations!



International student groups:

<https://www.uc.edu/about/international/life/social.html>

- International Graduate Student Association
- Indian Student Association
- African Student Association, and many more!



## International Partners and Leaders (IPALS)

- Student Leaders
- Undergrads and Grads
- Domestic and International
- 18 Countries Represented
- Over 30 Languages Spoken
- Volunteers for UC International
- Competitive Membership Selection

# UC International New International Student Fall Retreat 2025

**Event:** Overnight Fall Retreat to Camp Higher Ground with Kayaking

**Date:** September 12-13th, 2025

**Cost:** \$50 (\$175 value per person)

\*includes transportation, lodging, meals at retreat center, activities, kayaking ticket, snacks and drinks at retreat center.




**Registration:** <https://bit.ly/UCIFallRetreat2025>







# Social Media

## UC International

-  @ucinternational
-  @UCInternational
-  University of Cincinnati – International

## IPALS

-  @ucipals
-  @IPALSatUC

