

4 MILEstones: Road to Success for International Students

Make a successful culture transition and build a foundation for a fulfilling college experience.

FIRST YEAR

| CULTURE IMMERSION | ACADEMIC SUCCESS | SOCIAL NETWORKING | CAREER PREPARATION |
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| <ul style="list-style-type: none"> ☐ Digest and understand resources and information from the 4MILE orientation program. ☐ Visit and meet with staff at Office of International Students and Scholars (OISS) to learn about F-1 visa requirements and Bryant resources for international students. ☐ Meet regularly with your 4MILE Global Partner and participate in the Center for Diversity's (CDI) sponsored social activities. ☐ Understand legal requirements and take responsibility as a student and member of the Bryant Community. ☐ Recognize your own cultural stereotypes through daily interaction with domestic students. ☐ Make a specific plan for healthy lifestyle choices (nutrition, rest, relationships, and exercise). ☐ Attend an Org. Fair and join an organization or a club. ☐ Join a sports club or play intermural sports of your interest. ☐ Attend at least one sporting event and one cultural event on campus. ☐ Explore Rhode Island and New England during weekends or holiday breaks. | <ul style="list-style-type: none"> ☐ Meet with your professors during office hours. ☐ Meet with your academic advisor about your 4-year academic plan at Bryant. ☐ Meet with your academic support contact in ACE to set personal goals and to create a time-management plan that balances your academic, social, emotional, and intellectual well-being. ☐ Utilize ACE and the Writing Center for writing, tutoring, and English language support services; attend workshops to find out what your learning style is, how to become an active learner, and how to support successful college-level essay writing. ☐ Save noteworthy projects, papers, and assignments to include in your portfolio of academic achievements. ☐ Explore, and if you are ready, declare a major. ☐ Learn about the Sophomore International Experience (SIE). ☐ Complete all coursework with a GPA that makes you proud. | <ul style="list-style-type: none"> ☐ Maintain a friendship with your 4MILE counselor. ☐ Build friendships through the 4MILE Global Partners Program. ☐ Attend the Organization Fair at the beginning of the fall semester. ☐ Get involved in at least one community service activity. ☐ Join the International Student Organization (ISO) to meet friends from around the world. ☐ Join at least one other student organization related to your personal interests. ☐ Find opportunities to share your culture with the Bryant community. ☐ Actively engage with at least one professor and one staff member who will become a Bryant resource or mentor for you. ☐ Attend institutional events such as Convocation, Homecoming, Festival of Lights, and Spring Weekend with a group of friends. ☐ Get to know and build a relationship with your roommate, suitemates, hall mates, RA, and RD. ☐ Go with a group of friends to meals. ☐ Identify a group of friends that you will live with in sophomore year. | <ul style="list-style-type: none"> ☐ Visit and meet with a career coach at the Amica Center for Career Education to set realistic expectations and start your search process EARLY. ☐ Understand all legal requirements of international student work authorization in the U.S. by attending OPT/CPT information sessions by OISS. ☐ Consider attending the Career Planning 101 course offered by the Amica Center for Career Education. ☐ Participate in the alumni SHADOW program, and experience a typical day in a U.S. work environment. ☐ Read the online workshop titled "Résumé Writing." ☐ Write a résumé in the country-specific style based on where you are conducting your search. <i>In most cases, you will have two, or more versions of your résumé.</i> |



For detailed services and support for international students, please visit www.bryant.edu/international.

Expand your self-awareness and broaden your involvement in University-wide programs and activities.

SOPHOMORE YEAR

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| <ul style="list-style-type: none"> ☐ Visit and meet with staff at Office of International Students and Scholars (OISS) for updates on F-1 visa requirements. ☐ Continue to engage in activities that promote a healthy lifestyle. ☐ Participate in at least one community service activity each semester. ☐ Experience important American holidays and events. ☐ Explore various landmarks and cultural sites in the U.S. (e.g. visit a U.S. national park). ☐ Participate in Bryant's Spring Break trips in the U.S. ☐ Take advantage of opportunities to explore diverse cultural communities. ☐ Explore a county other than U.S. and your home country. | <ul style="list-style-type: none"> ☐ Meet with your professors during office hours. ☐ Meet with your academic advisor to discuss your long-term academic plans and other post-Bryant goals. ☐ Meet with your academic support contact in ACE to set personal goals and to implement a time-management plan. ☐ Utilize ACE and the Writing Center for writing, tutoring, and advanced English language support services to improve and sustain academic achievement. ☐ Consider working at ACE as a trained peer-tutor, developing expertise and résumé-building professional experience. ☐ Declare your major by the end of the year. ☐ If possible, participate in the Sophomore International Experience (SIE). ☐ Begin to plan for study abroad. ☐ Continue to save noteworthy projects, papers, and assignments as you develop your academic portfolio. | <ul style="list-style-type: none"> ☐ Maintain a core group of domestic and international friends and attend events with them. ☐ Foster deeper relationships with professors and staff members who you can connect to academically, culturally, or socially. ☐ Serve as an executive board member of a student organization to enhance your leadership skills. ☐ Take responsibility for a specific project within an organization. ☐ Join a campus committee. ☐ Join at least one club or organization related to your major and academic interests. ☐ Share your culture in a formal setting, such as a class presentation or Diversity University event. ☐ Get to know at least 3 faculty and 3 staff members. ☐ Take the lead in a major project. ☐ Take weekend/holiday trips with roommates/friends and meet their families. ☐ Reevaluate living arrangements with friends. | <ul style="list-style-type: none"> ☐ Search for an internship during your sophomore summer, in your home country or other countries. ☐ Utilize the Going Global website to find international internships and country-specific résumé tips. ☐ Understand how to communicate your legal requirements of international student work authorization in the U.S. to potential U.S. employers. ☐ Create a Bryant Career Connection (BCC) profile and make a list of companies that hire international students. ☐ Use that list to connect with companies at the Career Fair. ☐ Create a LinkedIn profile and start to find Bryant alumni who are working for companies you are interested in. ☐ Finalize your résumé and learn how to write a cover letter. Read the online workshop titled "Cover Letters and Other Correspondence." ☐ Get your documents reviewed during Quick Questions in the Amica Center. |

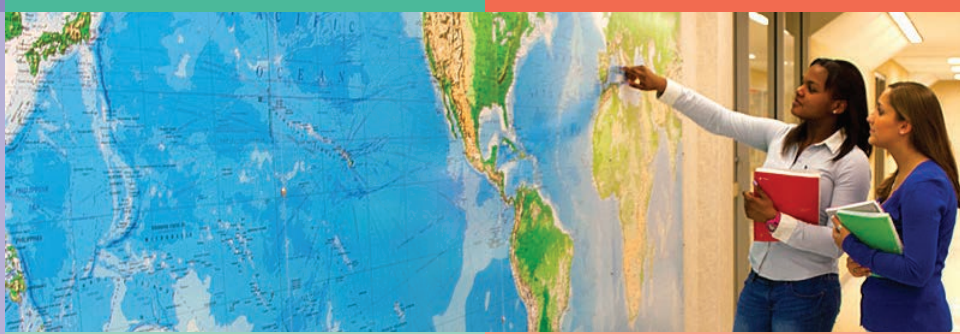


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Build your academic achievements and lay a solid foundation for your career path.

JUNIOR YEAR

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| <ul style="list-style-type: none"> ☐ Visit and meet with staff at the Office of International Students and Scholars (OISS) to learn about F-1 visa requirements and Bryant resources for international juniors. ☐ Continue to engage in activities that promote a healthy lifestyle. ☐ Commit to explore various community service programs. ☐ Experience an important American holiday with a domestic student/family. ☐ Enjoy American cultural events, such as professional sports, concerts, or other public events (e.g. Providence WaterFire). ☐ Participate in Bryant's Spring Break trips in the U.S. ☐ Consider taking part in 4MILE as a Peer Counselor to promote cultural immersion for new international students. ☐ Engage in non-academic conversational use of English by interacting with domestic students. | <ul style="list-style-type: none"> ☐ Meet with your professors during office hours. ☐ Meet with your academic advisor to refine your long-term academic plans and post-Bryant goals. ☐ Meet with your academic support contact in ACE to monitor your academic achievement. ☐ Utilize ACE and The Writing Center for writing, tutoring, and advanced English language support services to improve and sustain academic achievement. ☐ Consider working at ACE as a trained peer-tutor, developing expertise and résumé-building work experience. ☐ Define the emphasis within your major/concentration/minor in connection with your career plan. ☐ Participate in a study abroad program if possible. ☐ Engage in an in-depth research project with one-on-one mentoring by a professor. ☐ If you plan to apply for graduate school, start preparing for standard tests (GMAT, GRE, etc.) and graduate school applications. Read the online Workshop titled "Considering Graduate School." ☐ By the end of the year, complete your academic achievement portfolio (3 years). | <ul style="list-style-type: none"> ☐ Broaden your network of friendship with American domestic students and other international students. ☐ Continue building deeper relationships with professors and staff members with whom you can connect academically, culturally, or socially. ☐ Start building connections with Bryant alumni through events and activities on and off campus. ☐ Take a leadership role in a recognized club or organization. ☐ Provide mentoring/assistance to international first-year students as a 4MILE counselor and/or through other programs. ☐ Develop relationships with professors in your major who can serve as a reference to your academic ability when you apply for an internship or a job. ☐ Develop a relationship with a staff person who can serve as a reference to your leadership abilities. ☐ Develop effective working relationships with peers. ☐ Reevaluate the people with whom you are living. Consider a group of friends for townhouses where cooking, cleaning, and chores are shared responsibilities. | <ul style="list-style-type: none"> ☐ Be able to communicate your unique skill set in person and in writing. ☐ Know when and how to communicate your legal requirements of international student work authorization in the U.S. Timing is everything! ☐ Practice your interview skills by scheduling a mock interview appointment at the Amica Center. ☐ Use the BCC (Bryant Career Connection), and LinkedIn to find personal connections to as many companies as possible. ☐ Meet with a Career Coach to learn how to make the most of your contacts. ☐ Learn about gaining academic credit towards your internship. ☐ Attend Career Fairs at Bryant. ☐ Talk to current international students who have found internships. |



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Complete your degree requirements and be fully prepared for your post-Bryant endeavor as a successful Bryant graduate.

SENIOR YEAR

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| <ul style="list-style-type: none"> ☐ Visit and meet with staff at the Office of International Students and Scholars (OISS) to learn about F-1 visa requirements and Bryant resources for international senior and graduates. ☐ Continue to explore communities outside of Bryant through community service and volunteer opportunities. ☐ Seek opportunities to experience and understand American work culture. ☐ Pursue genuine interpersonal relationships with someone outside of your culture. | <ul style="list-style-type: none"> ☐ Meet with your professors during office hours. ☐ Meet with your academic advisor to confirm your graduation status and all remaining degree requirements. ☐ Meet with your academic support contact in ACE for direction in requesting letters of recommendation. ☐ Utilize The Writing Center to polish papers, edit graduate school applications and essays, and elicit feedback on research projects. ☐ Consider working at ACE as a trained peer-tutor, developing expertise and résumé-building work experience. ☐ Engage in an in-depth research project with one-on-one mentoring by a professor. ☐ Update your academic achievement portfolio to use in job and/or graduate school applications. ☐ If you plan to continue with graduate school, complete your applications by deadlines. ☐ Complete all requirements for your degree. | <ul style="list-style-type: none"> ☐ Visit Office of Alumni Relations to learn opportunities to establish connections with Bryant alumni. ☐ Network with Bryant alumni in the country you plan to work/continue graduate studies. ☐ Strengthen your friendship network and connections with professors and staff members. ☐ Participate in senior class-sponsored programs. ☐ Provide mentoring/assistance to international freshmen as a 4MILE counselor and/or through other programs. ☐ Provide mentoring and assistance to other student leaders in your clubs or organizations. | <ul style="list-style-type: none"> ☐ Visit and meet with your career coach at Amica Center to finalize your employment/graduate plans. ☐ Update and finalize your résumé and cover letter with advice/critique from your career counselor. ☐ Obtain three recommendations from professors or staff members for internships, future employment, and/or graduate study. ☐ Participate in job fairs and other career-planning and job-seeking activities. ☐ Fully understand the legal requirements for working in the U.S. after graduation (OPT & H1B Visa) by visiting OISS. ☐ Apply for OPT early. ☐ Apply for jobs in the U.S., your home country, and/or other countries. |



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