

THE INTERNATIONAL STUDENT HANDBOOK

Southern Methodist University | 2024-2025



LETTER FROM THE ISSS DIRECTOR



Dear International Student/Scholar:

On behalf of the International Student & Scholar Services team (ISSS), I would like to welcome you to Southern Methodist University. You have chosen to attend one of America's premier comprehensive universities, and we are pleased that you are part of the SMU family. The SMU campus and community provide a variety of resources to ensure that your time here as a student or scholar is productive on both a personal and academic level. The International Student & Scholar Services team is committed to facilitating and enriching your experience before you arrive on campus and while you are here in the U.S. All members of the ISSS team work diligently to provide the best and most useful resources prior to your arrival through a comprehensive pre-arrival information packet that will assist the visa application process. Once you arrive on campus, we welcome you with various immigration orientations in order to inform you of the various visa compliance regulations that you must follow as an international student or scholar in order to maintain your visa status. Our team is responsible for reporting to the federal Government all compliance events relating to our international population through SEVIS (Student and Exchange Visitor Information System). For this reason it is important that you check your SMU e-mail regularly, since regulations sometimes change. Once you arrive, it is our desire that you take every opportunity to participate in our programming events. Our office coordinates several events throughout the year in order to celebrate the different cultures and contributions from our international population. Our staff consists of a group of professionals who are prepared to respond to your unique needs through our excellent immigration advising system. Our staff is also prepared to help you navigate through all the resources that SMU has to offer that will help you achieve your academic goals. Once again, welcome to SMU. We are happy that you are with us. Please contact any member of the ISSS team if you have any questions or concerns. If we do not know the answers to your questions, we will try to find someone who does.

Best Regards,

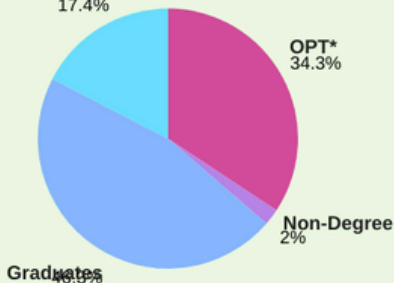
Claudia Sotomayor Hart

POPULATION BY COUNTRY, REGION

Algeria	1	El Salvador	5	Latvia	2	Serbia	2
Angola	2	Ethiopia	2	Lebanon	8	Singapore	3
Argentina	2	France	5	Libya	2	Slovenia	1
Australia	13	Germany	6	Malawi	1	South Africa	9
Bahamas	1	Ghana	2	Malaysia	1	Spain	8
Bangladesh	13	Greece	5	Mexico	55	Sri Lanka	17
Belarus	1	Guatemala	7	Myanmar	5	Suriname	1
Belgium	1	Haiti	1	Nepal	9	Sweden	1
Bolivia	1	Honduras	11	Netherlands	1	Switzerland	3
Brazil	17	Hungary	1	New Zealand	3	Tanzania	2
Canada	37	Iceland	1	Nicaragua	4	Thailand	4
Cayman Islands	1	India	307	Nigeria	21	Turkey	11
Chile	2	Indonesia	7	N. Macedonia	1	Turkmenistan	2
China	424	Iran	35	Norway	3	United Kingdom	17
Hong Kong	2	Ireland	1	Pakistan	12	Venezuela	3
Taiwan	19	Israel	2	Panama	5	Vietnam	26
Colombia	14	Italy	13	Paraguay	1	Zimbabwe	3
Congo, DR	2	Japan	3	Peru	5		
Costa Rica	2	Jordan	4	Poland	4		
Cote d'Ivoire	7	Kazakhstan	2	Romania	1		
Denmark	4	Kenya	3	Russia	5		
Ecuador	5	Korea, S.	34	Rwanda	1		
Egypt	10	Kuwait	1	Saudi Arabia	25		

86
COUNTRIES,
REGIONS
REPRESENTED

Undergraduates
17.4%

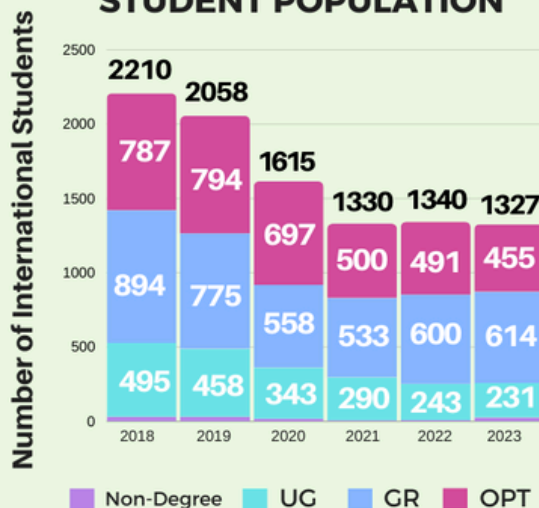


Non-Degree (IEP and others)	27
Undergraduate	231
Graduate	614
Optional Practical Training*	455

*Students working in their field of study

TOTAL 1,327

INTERNATIONAL* STUDENT POPULATION



TOP COUNTRIES, REGIONS REPRESENTED

1. CHINA
2. INDIA
3. MEXICO
4. CANADA
5. IRAN

59.4% male  40.6% female 

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Life in Dallas, Texas



POPULATION: Dallas is the **9th largest city** in the US and the third largest in Texas with a population of 1,300,000.



LOCATION: Dallas is located in the Central Time Zone in North Central Texas, 35 miles east of Fort Worth, 245 miles north, northwest of Houston and 300 miles north of the Gulf of Mexico.



CLIMATE: Spring (Mar–May) and fall (Sep–Oct) are warm. Summer (Jun–Aug) is hot. Winter (Nov–Feb) is cool to cold.

Average annual snow days: 1.3

Average rain days: 81 days



BUSINESS CLIMATE: The Dallas area is home to 21 Fortune 500 companies including Exxon Mobil, JC Penney, AT&T, Texas Instruments, and others.



SPORTS & RECREATION: Dallas is home to five professional sports teams: The Dallas Cowboys (NFL); Dallas Stars (NHL); Dallas Mavericks (NBA); Dallas Wings (WNBA); FC Dallas (MLS) and the Texas Rangers (MLB) plus NASCAR and Indy racing.

DID YOU KNOW?

- The 52 foot 'Big Tex' statue that greets visitors at the annual State Fair of Texas is the tallest cowboy in Texas.
- With the roof enclosed, the entire Statue of Liberty could fit into the Cowboys Stadium.
- The first convenience store, 7-eleven, got its start in Dallas and the corporation is headquartered there today.



Q&A with International Mustangs



Guatham T.
India
Datacenter Systems
Engineering



Ousmane T.
Senegal
Economics and Statistical
Science

What do you do on weekends in Dallas?

I enjoy going on hikes with friends. I love the white rock lake trail, cedar springs trail etc. There are also a lot of Indian restaurants around Dallas and we explore those as well!

During weekends, I play soccer with a group of friends or mostly play video games. I also occasionally hang out at Deep Ellum at night.

What helped you make friends at SMU?

People are generally nice at SMU. They respond to conversation positively, so all I had to do was just walk up to the person I wanted to talk to and start a conversation. I found that sports and food are two easy icebreakers.

At SMU, what helped me make friends was to join organizations such as the International Leadership Program and the African Student Association, where I got to meet some wonderful people. Going to the Fondren Library and forming study groups has also helped me meet people from different backgrounds.

What's your favorite restaurant in the area?

My favorite restaurant in Dallas is an authentic South Indian restaurant called Madurai Thattu Kadai and traditional south indian foods involving biryani, fish curries, dosas and idlis are really good here.

My favorite restaurant I'd recommend is Velvet Taco, which is not far from campus and they serve Mexican food. They literally have the best tacos in town.

What helped if you felt homesick?

I felt homesick a lot when I initially came here. Going to Indian restaurants helped through that initially. But I learnt to cook well the major food dishes back home and everytime I feel homesick cooking food that reminds me of home, helped me get through it. And always be in contact with your parents/friends back home. Regular Facetime calls to them kept me in a good mood throughout my stay here in Dallas.

I video call my friends and parents or try to go meet some other Senegalese people. A piece of advice is don't stay in your corner, get out of your comfort zone, and meet new people. Also, take advantage of the lots of resources and opportunities at SMU.

#YouAreWelcomeHere



Get Involved!

Getting involved on campus is a great way to get connected to the SMU community! There are **over 200 student organizations** at SMU including academic, athletic, cultural, and interest groups! Some of these organizations include...

- International Leadership Program
- K-pop Club
- Intramurals Sport Clubs
- Indian Student Association
- Virtual Reality Club
- Asian Council
- Esports Club
- Outdoor Adventures

Discover all the organizations at SMU at [Connect.SMU.edu](https://connect.smu.edu)



Check out the SMU International Student & Scholar Services Channel for our #YouAreWelcomeHere video.

Our favorite SMU Traditions



“We don’t tailgate, we boulevard” is one of the most common phrases that comes up when talking about SMU tradition. A day or two before each football game, beautiful white tents are put up all along the Boulevard and the lawn in front of Dallas Hall. Then, three hours before the game, SMU students, faculty, alumni and friends come out to enjoy food and games on the Boulevard.

At the beginning of each school year there are many events to enjoy and make new friends. Usually there is also a chance to get free food too! The New Student Welcome Party hosted by ISSS has always been a good one!

Homecoming is always a big tradition at SMU. There is banner making, window painting, Peruna painting and float building. Then there is also the much-anticipated Homecoming court in which each organization nominates a candidate for homecoming queen and king. The week builds up to the Homecoming parade to showcase the floats students have worked on.

The Celebration of Lights! Every year in December thousands of lights are displayed on Dallas Hall and it’s surrounding area. SMU students come out to sing, listen to groups perform and hear President Turner read The Christmas Story. The finale of the night is always the lighting of the Christmas tree, Dallas Hall and the surrounding trees with more than 100,000 twinkling lights that helps everyone feel the holiday spirit.

WELCOME NEW STUDENTS!

Here's what to expect from now until your arrival in Dallas, Texas.

1 Pre-Arrival

Pay close attention to your SMU email address inbox. The ISSS office and other campus offices will be reaching out to you with important information. We will also have webinars available to help you get ready for your arrival and life at SMU.

2 Immigration Compliance Course & Government Document Check-In

All **F-1 or J-1 visa holders** are required to complete the Immigration Compliance Course. Then, you must complete the **mandatory government document check-in** once you arrive at SMU.

3 Campus Welcome

We are looking forward to welcoming you to the SMU community. We'll host opportunities for you to develop new friendships, become familiar with U.S./Texas culture and help prepare for the next stage of your professional life. These include; Orientation, Welcome Party, and More!

You are **welcome** here.

For details visit the ISSS website and review "New Student Information"

STEPS TO RECEIVE YOUR SMU I-20

In order to receive your SMU I20 please follow the steps below. Contact your admitting department directly for instructions on how to submit the required documents.

STEP 1: Have a photocopy of valid passport ready

STEP 2: Prepare financial documents

- Funds available must meet or exceed cost for 1 year of student expenses
- Dated no more than 6 months prior to submission
- Printed on bank or financial institution letterhead
- Must be printed in English
- Includes account holder name and account information
- Financial Commitment Form - this will only apply if funds are not personal funds
- Funds must be liquid without restrictions

Student Loans

Student loan applications are not accepted. Approved loans with a dollar amount will be accepted.

Financial Documentation not accepted:

Stocks or Bonds, Life Insurance, Property or Land, Proof of Employment or Tax Documents

[For more information about the estimated tuition, fees and other expenses for your program please visit the *Estimated Expenses for I-20* page on the International Student and Scholar Services website.](#)

STEP 3: If requesting an F-2 Dependent Visa

The F-2 dependent visa is a nonimmigrant visa which allows dependent spouses and children (unmarried, under 21 years old) of F-1 student visa holders to enter into the U.S. The following is required if your dependents will apply for an F2 visa and travel to the U.S. with you:

- Photocopy of Valid Passport for all dependents
- Photocopy of Marriage Certificate (translated in English) for dependent spouse
- Copy of Birth Certificate (translated in English) for dependent children
- F1 must provide additional funds for each dependent

STEP 4: Receiving your I-20 Form

Form I-20's are sent to students via SMU email. Students should monitor their SMU email address for their I-20 document. Students should then print and sign their I-20 in ink.



GETTING READY FOR YOUR ARRIVAL

- ✓ **Request an I-20**

- ✓ **Verify information on I-20/DS2019 is accurate.** If you see any errors contact ISSS immediately at iss@smu.edu

- ✓ **Pay SEVIS fee ***

- ✓ **Apply for New Visa, F or J ***

Prepare for your visa interview and take the following documents with you:

 - SEVIS Fee Receipt
 - Letter of Admission
 - Form I-20/DS-2019
 - Passport
 - Proof of funding and/or educational sponsorship documents reflected on I-20/DS-2019

- ✓ **Check your SMU email regularly for updates related to class registration, orientation and notices from campus departments**

- ✓ **Register for health insurance & complete immunizations** to ensure there are no holds on your account. You can register through my.SMU.edu. For more information visit the SMU Health Center website.

- ✓ **Complete the International Student Compliance Course**

- ✓ **Plan for housing and an SMU meal plan if required**

- ✓ **Book your flight and plan travel to campus.** Be sure to enter the U.S. with your F-1 or J-1 student visa; do not enter the U.S. with a tourist visa. You are allowed to enter U.S. up to 30 days prior to program start date listed on I-20/DS-2019

- ✓ **Prepare for payment of tuition** for more information visit the SMU Bursars Office website and view the section about "**Paying Tuition as an International Student**"

A guide from students, for students

How to Pack for SMU

Packing for a long trip can be stressful and that's okay. We're here to help.



Top 4 Packing Tips

1. Bring Just the Essentials

A lot of items can be purchased locally upon arrival and saves room in your suitcase.

2. Plan Ahead

Get to know what the weather is like in Dallas to plan your clothes accordingly.

3. Bring a Few Sentimentals

Have a few pictures or small mementos that remind you of home.

4. Don't Forget Anything

Make a packing list and check it twice. Include what you plan to buy here in the states!

How to Pack for SMU

Must-have items:



Wallet & Money



Passport



Printed Compliance Course



Important Documents



Medical & Immunization Records



Emergency Contact

Clothing and Accessories



Clothes



Glasses



Shoes



Under Clothes

Recommended

Small Towels



Electronics & Chargers



Universal Adapter



Medicine

Hygiene Products

Snacks

Protective Lotions





ONCE YOU'VE ARRIVED IN THE U.S.

We hope you had safe travels!



Continue checking your SMU email regularly. You will be receiving updates related to expectations upon arrival and other important information.



Update your U.S. residence address and U.S. phone number in your My.SMU account. Department of Homeland Security requires you to update your U.S. local address and phone number within 10 days of any change.



Manage holds on your account if you have any remaining to register for classes if still needing to do so. To view, access your Student Center from your My.SMU account and holds will be listed at the top of the right hand side of the screen.



Ensure that you have completed the International Student Compliance Course on SMU Canvas smu.instructure.com. Log-in with SMU ID number and password.
**video tutorial is available on ISSS website under "New Student Information"*



Complete Mandatory Document Check-In. Link is available on the ISSS website under Students Tab > "New Student Information" > Mandatory Government Check-in



Review SMU shuttle, parking services and transportation options at parking.smu.edu



Pay your tuition and fees through the Bursar's Office
<https://www.smu.edu/EnrollmentServices/Bursar>

International Student & Scholar Services Office

No matter where you are across the globe, the International Student and Scholar Services (ISSS) team is here to support you. ISSS provides services to help you maintain your immigration status and promote your success here at SMU. Stay up to date via our website www.smu.edu/enrollmentservices/international.

Laura Lee Blanton Building, Suite 338

6185 Airline Rd, Dallas, TX 75205

214-768-4475

iss@smu.edu

ISSS Document Pick-Up Hours:

Monday - Friday:

9:00 AM - 4:00 PM

ISSS Advising Hours:

Meet with an advisor on Zoom or in-person

Monday to Thursday:

Virtual: 9:00 AM - 11:00 AM

In-person: 2:00 - 4:00 PM

Follow us:



@smuinternational



@smuintlservices



SMU International Student and Scholar Services



TRANSPORTATION IN THE U.S.



Concerned about how you are going to get around when you come to Dallas? Don't worry- there are a lot of options!

On-Campus

Walk

Most students walk to class. Just make sure you leave with enough time to make it to class! Google Maps works great in the area and on campus.

Bikes

When going to a university, lots of students may bring a bicycle for transportation around campus. SMU provides various areas to keep your bikes, just bring your lock.

Look into purchasing a bike at popular stores such as Walmart, Target, Dick's Sporting Goods, or Academy Outdoors!

Tapride

If you find yourself feeling uncomfortable walking alone after a long night in the library, call a safe ride using the app *Tapride*. An SMU security officer will pick you up in a golf cart and take you wherever you need on campus.



Pro Tip: It's a good idea to consider how far away your classes are from each other when selecting them, especially since most classes are 10 minutes apart

Off-Campus

Ride Share Services

The most popular option for transportation around Dallas are ride sharing services such as Uber and Lyft. Just download the apps and input your destination! Always make sure the license plate matches.

DART

The *Dallas Area Rapid Transit* service is a railway that travels around the Dallas area including to the airport and NorthPark Mall. Conveniently, across the street from SMU campus is a DART station! SMU students are eligible for a free SMU DART transit pass by enrolling through the Parking and ID Card Services Office with a valid U.S. phone number. DART is typically much cheaper than ride sharing options.



Pro Tip: While the DART is typically safe it would be smart to travel with a friend and avoid riding the DART late at night.

SMU Express

The SMU Express is a DART operated bus that goes on campus and makes stops at nearby apartments, shopping centers and restaurants.

For more information visit [the SMU Parking and ID Services Office website](#).



Transportation from the airport upon arrival in the U.S.

Most students use ride sharing options such as Uber or Lyft for their commute from the airport to campus, but others may use DART.

U.S. LAWS & SAFETY

Did You Know?



Emergency Blue Lights

There are over 55 emergency Blue Light phones across SMU's Campus, typically placed outside or in parking garages. If you are in danger, find the nearest blue light phone, press the emergency button, and you will be connected with the police department and an officer will be dispatched.

SMU Alerts

In the case of a campus wide safety threat, SMU will send out alerts through the Emergency Notification System (ENS) to alert everyone on campus that there is a threat. Alerts will also be posted on all official SMU social media sites, emailed, and in buildings alarms will sound.

Seatbelts

In the U.S. it is **required** to wear a seatbelt in a vehicle, regardless of whether you are driving or not.

Drinking and Driving

In the U.S. it is not permitted to operate a vehicle under the influence of alcohol. If you do, you will jeopardize your student visa status.

Alcohol on Campus

Alcohol is not permitted in any public area on SMU's campus including the residence halls regardless of your age.

Legal Ages in the U.S.

Drinking Age: 21+

Tobacco Age: 21+

Smoking on Campus

Smoking is prohibited within twenty-five (25) feet of any entrance to buildings on campus.

EMERGENCIES AT SMU: KNOW WHAT TO DO

In the case of an on-campus emergency, alarms will sound across campus buildings with audio instructions on what to do. Students will also get an emergency alert to their emails and phones with updates on the situation.

Emergency Guidelines

Lockdown

When

You will receive this notice if there is an active shooter or other violence on campus

Actions

Depending on the situation: run away, or hide where you are, under furniture; lock or barricade doors; turn out lights; remain quiet. As a last resort fight to defend yourself.

Call 911 if you have information for the police.

Warn others if possible.

Wait for official notice to resume normal activities.



Evacuate

When

You will receive this notice if there is danger inside or near the building.

Actions

Leave the building - do not use elevators.

Assist the disabled.

Take your cell phone, keys, and valuables with you.

Proceed to assembly area outside.

Wait for official notice before attempting to re-enter the building.



Seek Shelter

When

Outdoor sirens signal severe weather or an environmental danger outside

Actions

Seek shelter inside a building and remain there.

Go to the lowest level of the building, stay in interior hallways, away from glass doors and windows.

Monitor TV or website news, if possible.

Wait for official notice to resume normal activities.





HEALTH AND WELLNESS

Dr. Bob Smith Health Center

The health center is an on campus clinic that provides students with access to medical, counseling, and dental services.

Also, the health center has a pharmacy and offers student health insurance.

[Learn more at smu.edu/studentaffairs](https://smu.edu/studentaffairs)

Office of the Chaplain & Religious Life

“Inspiring the Expression of Religious Faith and Discourse in the University”

The Office of the Chaplain works to ensure that SMU is a place that welcomes religious diversity while offering student support.

[Learn more at smu.edu/studentaffairs](https://smu.edu/studentaffairs)

Dedman Center for Lifetime Sports

The recreation center offers a free-weight and cardio gym as well as basketball, volleyball, and tennis courts. You will also find indoor and outdoor pools and countless fitness classes including spin and yoga!



Check out the SMU International Student & Scholar Service Channel for our mental health video.

ACHIEVING ACADEMIC SUCCESS AT SMU

Altshuler Learning Enhancement Center (A-LEC)

The ALEC offers *free* peer tutoring, writing center, academic counselors, and academic success workshops to undergraduates.

smu.edu/alec

Disability Accommodation and Success Strategies (DASS)

The DASS office advocates, assists, and accommodates students with physical or learning disabilities. DASS also provides mentoring, self-advocacy, time management, and other success strategies to aide in the academic success of students with disabilities.

smu.edu/provost/sasp/DASS

ESL (English Second Language)

The Department of Intensive English Program partners with the ISSS Office regarding free classes for students who are having academic difficulties due to the English language.

smu.edu/Dedman/Resources/Students/ESL

Fondren Library

Online Databases

Fondren offers an extensive online library database to aide students in their research.

Study Spaces

Need a quiet place to study? Reserve a private study room in the library or go to the Centennial Reading Room, otherwise, Fondren library offers many places for you and your friends to study!

Research Support

Need help navigating research, finding scholarly sources, or creating citations? Fondren library offers support both online and in-person in these areas.

smu.edu/libraries/fondren



Pro Tip: Don't forget to go to your professors office hours with any questions about lectures, due dates, grades, or anything at all. Professors are there to help you so make sure you take advantage!

Understanding SMU's Honor Code

WHAT IS ACADEMIC DISHONESTY?

SMU's Student Handbook defines academic dishonesty in five different ways...

1. **Academic Sabotage.** Intentionally taking any action which negatively affects the academic work of another student.
2. **Cheating.** Intentionally using or attempting to use unauthorized materials, information, or study aids in any academic exercise.
3. **Fabrication.** Intentional and unauthorized falsification or invention of any information related in an academic exercise.
4. **Facilitating Academic Dishonesty.** Intentionally or knowingly helping or attempting to help another to violate any provision of the Honor Code.
5. **Plagiarism.** Intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise.

Note: This includes ghostwriters.

WHAT ARE POSSIBLE SANCTIONS?

1. Informal Warning. Not a part of the student's formal conduct record.
2. Formal Conduct Warning. Part of the student's formal conduct record.
3. Conduct Probation. A warning that is
4. Deferred Suspension
5. Suspension
6. Expulsion

To learn more about Academic Dishonesty and Conduct Proceedings, please view the SMU Student Handbook at smu.edu/StudentAffairs/officeofthedeanofstudents/StudentHandbook

STUDENT TIPS FOR CLASS REGISTRATION



Sohyun 'Jun',
Junior - Accounting

1

Review All Your Options

University course catalog, major track, ratemyprofessor.com

If you have decided your major, browse through the university course catalog and major track to learn about your required courses. If not, you still have plenty of time to discover your interests and passions by taking advantage of all the diverse classes that SMU has to offer. I personally like to check out the course overview on the university course catalog and instructors reviews on the ratemyprofessor website.

2

Make Your Own Schedule

"Wunderlist", "Class Timetable", "Coursele"

As an undergraduate I usually enroll in 4 to 6 classes and try to evenly spread them out over the week. Remember that as international students we are required to enroll full-time every fall and spring semester. If possible, try to have a day off from a school to dedicate for your work, internship, exam prep and more. You can utilize apps like Wunderlist and Class Timetable that will help you visualize your college schedule.

3

Talk To Your Academic Advisor

This will vary depending on your academic level and department

New undergraduate students will be able to schedule an appointment with an academic advisor from the University Advising Center (UAC) for assistance with class selection and registration. New graduate students have a difference process based on the academic department. Something I found helpful when deciding between classes was to contact the instructor of the class to ask if you can be added or just simply for class information. You can always find instructors contact information on the SMU faculty website.

4

Be Strategic Selecting Classes

Excel templates for college courses

Create an excel file to keep track of a list of courses you need to take at SMU per semester at a glance. While still making sure to keep a balanced life, I worked on getting the core classes and University Curriculum (UC) credits out of the way as soon as possible. Note: undergraduates there are classes that meet 2-4 UC requirements - keep an eye out for these, they are a timesaver!

5

Complete all Requirements Needed to Complete Class Registration

Set a reminder for the time/date you can register for classes

Make sure to put classes in the cart to make the registration process smooth and fast. Remember that before you can register, you will need to complete the Immigration Compliance Course on SMU Canvas. Then upon arrival at SMU, attend the Mandatory Government Document Check-in to remain in good visa status. Register in advance for the document-check-in on the ISSS website.



JOB PREP AND EMPLOYMENT *at SMU*

Job Preparation

- SMU's **Hegi Career Development Center** offers career fairs and other career resources including resume building, cover letter writing, job research tips, interview tips, career counseling, and even professional headshots!

Learn more at smu.edu/StudentAffairs

- **Handshake** is an employment search engine that connects students to potential off-campus employers and on-campus job opportunities.

Learn more at smu.joinhandshake.com/



On-Campus Employment

- International students may get an on-campus job
 - **Note:** F-1 and J-1 visa holders are not eligible for federal work study positions.
- Students who obtain employment are **REQUIRED** to visit the ISSS Office and get permission **BEFORE** you begin your job for authorization.

Off-Campus Employment

- Students who have maintained their status for one academic year are eligible to apply for Curricular Practical Training (CPT) or Optional Practical Training (OPT) which allows them to work off-campus.

Learn more at smu.edu/EnrollmentServices/international



Pro Tip: Meet with a Hegi Career Center advisor to create a U.S. style resume and form a strong career plan!

The Market in Hughes-Trigg Student Center

Mon - Thu 9:00AM - 8:00PM
 Fri 9:00AM - 4:00PM
 Sat 9:00AM - 4:00PM
 Sun 2:00PM - 6:00PM

Arnold Dining Hall

Breakfast

Mon - Fri
 7:00AM - 10:30AM

Brunch

Sat - Sun
 9:30AM - 2:00PM

Lunch

Mon - Sun
 11:00AM - 2:00PM

Dinner

Mon - Thu.
 5:00PM - 9:00PM

Dinner

Fri. and Sat.
 5:00PM - 7:00PM

Dinner

Sunday
 5:00PM - 8:00PM

Umphrey Lee Dining Hall

Breakfast

Mon - Fri
 7:00AM - 10:30AM
 Sat - Sun
 9:30AM - 2:00PM

Lunch

Mon - Fri
 11:00AM - 2:00PM

Dinner

Mon - Fri, Sun
 5:00PM - 8:00PM
 Saturday
 5:00PM - 7:00PM

Other On-Campus Dining Options

- Starbucks** - Fondren Library
- Lawyer's Inn** - Law School Quad
- TeaCo** - Law School Quad
- Chick-Fil-A** - Hughes-Trigg Student Center
- Panera** - Hughes-Trigg Student Center
- Sushic** - Hughes-Trigg Student Center
- ShakeSmart** - Dedman Center for Lifetime Sports
- Mac's Place** - McAlvaney Commons



Eating Vegetarian at SMU

In Dallas

Being vegetarian can feel daunting in situations when it seems hard to find options to fill one's appetite. However, the proximity of SMU to downtown Dallas provides students with a greater variety of choices.

Every corner gives rise to a new discovery of small restaurants with unique styles and food. Right across the North East dorms there is the *Sinder Plaza* which is a common place for students to hangout while studying or to visit restaurants or ice cream shops.

If one wants to go further off campus, there is an abundance of opportunities to explore new and wonderful flavors on the weekends by planning an adventure with your friends to downtown Dallas using the DART (Dallas Transit) which is free for all SMU students

At SMU: Dining Halls

Umphrey Lee

The brownies at the Vegan Dessert Section at Umph are delicacies and if you are an SMU student the Umph cookies have a fame of their own. If you consume dairy products and have a sweet tooth, the Umph Dessert Section is a blessing.

Another captivating feature is the make-your-own sandwich and salad area at Umph, it provides you with the flexibility to choose your own ingredients to make your own veggie salad or sandwich.

Arnold

Arnold, has their own make-your-taco section which again, could be made vegetarian with only a red bean paste filling.

Arnold also has a Mongolian grill station where students can make their own grill with rice or noodles hence, vegetarians have the ability to personalize their food.

Other Options on Campus

Something notable about **Mac's place** is that it offers *Beyond Meat* style burgers for us vegetarian lovers. Another favorite are the salads here! Though they are made available in the menu with meat it could be replaced while you are placing your order. A vegetarian or vegan is in for a treat at the **Food Market!** There is a whole section dedicated to vegan versions of food. It ranges from vegan ice creams to vegan oven cooked food and biscuits. It is my haven.

We also have restaurants on campus which are Chick-fil-a, Lawyer's Inn and Cinco Taco. While at Chick-fil-a there are not many vegetarian options, it is a go-to for french fries. The potato tots at Lawyer's Inn are my vegetarian choice.

Tips from Upperclassmen

- **Tread with Caution!** It might be hard to differentiate between the meat option and vegetarian options sometimes, so when in doubt check with the staff and double check yourself!
- **Double Check!** Check before consuming boiled or cooked vegetables since sometimes in the cooking process butter is added.
- **Take Advantage!** If you're at the SMU dining halls, there are a variety of fruit options available to take and it is a healthy snack between meals and classes to keep around. So grab a fruit on your way out!



**Dedeepya 'Deepu'
Chinnam**

Junior in Business,
Economics, and Statistics

Ethnic Grocers and Restaurants

African

Maru Grocers

8353 Park Ln Dallas, TX
75231

Quick Shop

17509 Coit Rd Ste 6 Dallas,
TX 75252

Desta Ethipoian

12101 Greenville Ave Ste
105 Dallas, TX 75243

Asian

Hong Kong Market

9780 Walnut St Dallas, TX
75243

Thai Oriental Food Store

5615 Sears St Dallas, TX
75206

Patel Brothers

8150 Walton Blvd Irving, TX
75063

Gui-Rock Korean BBQ

2625 Old Denton Rd Ste 700
Carrollton, TX 75007

Royal Thai

5500 Greenville Ave Ste 608
Dallas, TX 75206

European

Cafe Madrid

4501 Travis St Dallas, TX
75205

Bavarian Grill

221 W Parker Rd Ste 527
Plano, TX 75023

Wooden Spoon

Scandinavian Shop

1617 K Ave Plano, TX 75074

Middle Eastern

Cafe Istanbul

7300 Lone Star Dr Ste 160
C Plano, TX 75024

Ali Baba Mediterranean Grill

2103 N Central Expy
Richardson, TX 75080

Food From Galilee

6710 Snider Plz Dallas, TX
75205

Haji Foods Market & Deli

4621 W Park Blvd Ste 108
Plano, TX 75093

Latin

El Rio Grande Latin Market

5308 Maple Ave Dallas, TX
75235

Fiesta Mart

5334 Ross Ave Dallas, TX
75206

Nazca Kitchen

8041 Walnut Hill Ln Ste 854
Dallas, TX 75231



For more
information and
reviews of Dallas
Restaurants,
please visit: Yelp,
Zomato, or Guide
Live

Post Office

SMU has a conveniently located mail center in Hughes-Trigg Student Center where you can send letters and if you live on-campus you can pick-up packages. The on-campus post office also offers international shipping and mailing supplies such as envelopes, stamps, and boxes.

Front Counter Hours

Monday - Friday
8:00 AM - 4:30 PM

Mail Pick Up

Monday - Friday
8:00 AM - 5:30 PM
Saturday
11:00 AM - 2:00 PM

For questions email postoffice@smu.edu or call 214-768-4450.

Copy Center

The copy center, located next to the Post Office in Hughes-Trigg student Center, prints posters, yard signs, booklets, resumes, and projects.

Copy Services

Monday - Friday
8:00 AM - 5:00 PM

For questions or job submissions email copycentral@smu.edu or call 214-768-7901

Learn more at the SMU Mail and Copy Center website.

Important Contact Information

United States Emergency

Phone Number:

911

Campus Police:

214-768-3333

Campus Police

(Non-Emergency):

214-768-3388

International Student & Scholar Services:

214-768-4475

isss@smu.edu



ISSS Document Pick-Up Hours:

Monday to Friday:

9:00 AM - 4:00 PM

ISSS Virtual Advising Hours:

Monday to Thursday:

Virtual: 9:00 AM - 11:00 AM

In-person: 2:00 PM - 4:00 PM

SMU IT Help Desk:

214-768-4357

help@smu.edu

help.smu.edu

Bob Smith Health Center:

Medical Services:

214-768-2141

Nurse Advice:

214-768-3194

Pharmacy:

214-768-2149

Counseling Services:

214-768-2277

Health Education:

214-768-2393

Violence Prevention and Support Services:

214-768-4512

SMU General Helpline:

214-768-2000

What's the difference between U.S. emergency number and the campus police?



Campus police are *real* police officers that deal specifically with campus safety. They monitor and patrol campus 24 hours a day to ensure SMU is a safe place! Call the campus police when there is an incident on-campus.

Learn more (including how to report an incident) at smu.edu/BusinessFinance/Police

The ISSS office is looking forward to welcoming you to SMU. If you have any questions, please do not hesitate to contact us at iss@smu.edu.

SMU

You Are Welcome Here.