

Food & Safety

UMSL's Millennium Student Center has several places to eat.



Eating on campus

August 12 - August 14:

The Nosh	Monday-Friday 10:30am-2pm	Breakfast and lunch
Einstein's Bagels	Monday-Friday 7:30am-1pm	Breakfast and lunch
Subway	Monday-Friday 10am-8pm Saturday 10am-3pm	Sandwiches
Café TJ	Monday-Thursday 10am-4pm	To-go meals
Southside Café	Monday-Friday 8am-1pm	Breakfast and lunch

Visit umsl.edu/~msc/Food_Services/index.html for locations and fall hours.

Eating off campus

To get to most restaurants in St. Louis, you need to bike, drive, or take the MetroLink train. The Delmar Loop and Central West End metro stops are two good neighborhoods for restaurants.

For restaurants near UMSL, walk west on Natural Bridge Rd toward North Hanley Rd—Spiro's Greek Restaurant, Breakaway Café, and Para-Dice Grill are nearby.

Safety

UMSL has the safest university campus in St. Louis; however, be careful at night. When it is dark, it is best to walk in groups. If you do not feel comfortable walking somewhere on campus, contact the UMSL Police Department at **314-516-5155** for an escort. They will come walk or drive with you. Also take caution at night in the area around UMSL and in St. Louis city. Some neighborhoods are more dangerous than others. Be aware of your surroundings, walk in groups, and ask UMSL staff or students if the place you're going is safe.



International Student & Scholar Services

Guide to Your First Week at UMSL

Where to eat, what to do,
& your orientation schedule

Checklist

Complete these tasks during your first weeks at UMSL. Note the deadlines and learn more at orientation. For details on each step, visit www.umsl.edu/international → Admitted Students.

- ❑ **Attend orientation in the Millennium Student Center** – Monday, August 12 through Wednesday, August 14
- ❑ **Get your MetroLink pass and/or parking pass** – during orientation
- ❑ **Get your student ID card** – during orientation
- ❑ **Look up your SSO ID & password** – by Tuesday, August 13
- ❑ **Set up your student email account** – by Tuesday, August 13
- ❑ **Register for classes with your academic advisor** – on Thursday, August 15 (appointment automatically made for you by ISS)
- ❑ **Buy your textbooks** – after you register for classes on August 15
- ❑ **Take the math placement test** – August 10, 13, or 19 (only if you want to take math this semester or if your advisor recommends it)
- ❑ **Set up emergency notification system** – recommended first week
- ❑ **Attend your first day of class** – Monday, August 19
- ❑ **Pay your tuition at the Cashiers Office** – first monthly payment due September 1 (to avoid extra charges, pay the full amount)
- ❑ **Pay your health insurance bill** – by Friday, August 30
- ❑ **Enroll your dependents in health insurance** – by Friday, August 30 (only if your spouse/child is in the US)
- ❑ **Submit missing admissions documents to ISS** – as soon as possible (only if you were admitted *provisionally*)
- ❑ **Complete your health record** – as soon as possible
- ❑ **Begin transfer credit process** – as soon as possible (process can take two months)
- ❑ **Create Aetna student health account** – anytime
- ❑ **Get a social security number** – after you get an on-campus job
- ❑ **Purchase a meal plan** – anytime, if you choose to
- ❑ **Give access to your family or others to see your student records or pay your student bill** – anytime, if you choose to

Schedule

View the full orientation schedule at www.umsl.edu/international → Admitted Students → Orientation.

Orientation

Orientation begins **Monday, August 12** at 8:30am with breakfast and registration. You must register between 8:30am and 9:30am. Come to the Millennium Student Center on North Campus. See www.umsl.edu/maps.html for directions.

Bring your passport, I-20 or DS-2019, your new US address, and a fun photo that depicts your life at home.

After orientation: Weeks of Welcome

WOW Adventures in St. Louis: Thursday, August 15

Go to the Arch, Cardinals baseball game, the Zoo, or the History Museum with other new students. The first six weeks of classes are packed with social activities. Click Weeks of Welcome at www.umsl.edu/newstudentprograms/ to sign up and see the schedule.

Shopping Shuttle: Friday, August 16 and Saturday, August 17

Need to go shopping to decorate your room, get food, or buy school supplies? Take the Friday shopping shuttle. Reference the WOW website for times and pick-up locations.

Welcome Picnic and Serendipity Sendoff: Sunday, August 18 4pm-6pm

Join us at the MSC for food, music, games, and more during one of UMSL's greatest campus traditions! Then take part in a new tradition to wish good fortune for new students.

Orientation leaders

These 13 current UMSL students are your orientation leaders. They are undergraduate and graduate students from the U.S., China, Nigeria, El Salvador, and more. They cannot wait to meet you on Monday, August 12!

