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1
Welcome to the United States!

Arrival Information

Customs and Immigration
Before landing at any International Airport, flight assistants will give you immigration forms. A flight assistant will also distribute Customs Declaration Forms. Follow the instructions on the forms and have them ready for Customs.
After disembarking, you must go to immigration to present your passport and visa to DHS. Inside the airport a DHS inspector will examine your passport, customs forms, and I-20 form (or DS-2019 for J-1 students). The immigration officer may ask you questions. Students leaving the United States will return the I-94 when checking-in for the departing flight. When you finish with immigration, go to Customs with your passport and Customs Declaration Form and then go to the Baggage Claim area.

TRANSPORTATION TO CAMPUS
From Logan International Airport: Boston’s Logan International Airport is about an hour from Framingham State University. You can either take a taxi from the airport to Framingham for about $90.00 or take the Framingham Logan Express.
Logan Express offers regular shuttles from Logan to Framingham for about $12.00. Service from Logan to Framingham starts at 6:30AM and ends at midnight on weekdays and runs every 30 minutes. Weekend service runs hourly.
Once at the Framingham station, take a taxi to Framingham. Do not accept a ride from anyone not driving a Taxicab. Taxi fare should be between $18-20 and it is customary to tip the driver 10-15% of the total cab fare.
Tommy's Taxi, 167 Franklin St., Phone: 508-872-3500.
Town Taxi Co., Phone: 508-875-4241.
Executive Coach, Phone: 508-872-6100.
Typically several taxis are waiting for arrivals from the airport at the Logan Express station.

Checking in your residence hall at Framingham State University
For undergraduate students living in an on-campus dormitory: Tell the taxi driver to take you to 100 State Street and your dormitory name. Please be certain to check on the day and time you will be expected to check in to your room.

Students staying with a sponsor usually make arrangements to get to their Massachusetts address with their sponsor

Immigration Issues
Federal Tracking System
SEVIS is the web-based tracking system that is used by the U.S. Citizenship and Immigration Services (USCIS, formally INS) to monitor all non-immigrants. SEVIS stands for the “Student and Exchange Visitor Information System”. The regulations for F1 international students are stricter than in the past, as well as carrying more severe consequences if violated. The two main violations of status are unapproved employment and enrolling less than full-time while at Framingham. Therefore, be sure to review all of the following information on immigration issues. Keep this handbook with you during your entire time at Framingham so that you can review it as necessary. In addition, always ask the Office of International Education (OIE) at Framingham if you have any questions or are uncertain of policy. The main contact at Framingham is Jane Decatur, Director of International Education. All of Framingham’s Designated School Officials can sign your immigration documents when you travel.

Framingham State University Designated School Official (DSO):

Jane Decatur, Director of International Education, McCarthy Center room 518, (508) 626-4585

Changes in Name or Address
All students must report to Framingham’s DSO any name or address changes within 10 days. These changes will be recorded into the SEVIS system. It is a legal requirement to keep your current address accurate.

Employment

On-Campus Employment
Any Framingham student can apply for on-campus jobs. During the academic year, many Framingham students work part-time and a few remain on campus over winter and summer breaks to work full-time. You may inquire about positions at offices or facilities at the beginning of the academic year. Once you find a job on campus, you will need to obtain a letter from your campus employer and one from Jane Decatur in order to apply for a social security number. F1 students may work on-campus part-time (20 hours/week) during the academic year and full-time (40 hours/week) during the summer and University breaks without formal authorization. You are NOT allowed to work off-campus your first year of attendance and never without applying for authorization.

ESL Program
The ESL programs at Framingham State University offer courses designed for international students seeking to increase their English proficiency for academic study or to improve their general English skills to prepare for and enhance their careers.

Students with an F-1 Visa must enroll in at least 18 hours of class per week. New students seeking an F-1 student visa must submit their application and supporting documents. You will receive an I20 from Framingham in order to enroll in the ESL program and you will be subject to all rules and regulations of full degree seeking students, especially as related to restrictions on working and maintaining full-time status, which means, you may NOT work off-campus.

Off-Campus Employment

F1 Students: Stop by the Office of International Education to pick up brochures on the two types of employment that an international student may undertake; one is Optional Practical Training (OPT) and the other is Curricular Practical Training (CPT). Off-campus employment due to an emergency
severe economic hardship may be applied for, please see Jane Decatur for all requirements. APPROVAL FROM USCIS TO WORK CAN TAKE UP TO 90 DAYS, so you should plan ahead and apply early. YOU MAY NOT WORK WITHOUT APPROVAL FROM USCIS.

Optional Practical Training (OPT) - F1 Students
If you have been enrolled as a full-time student for at least nine months, you are eligible for Optional Practical Training. An OPT job must be related to your academic major and be intended to cultivate practical experience. As an F1 student, you have a total of 12 months of OPT. You may use the OPT during the summers or all of it after graduation; just keep in mind that the total of all OPT is 12 months. The only exception to this is the recent addition of certain science, technology, engineering, and mathematics degrees. Students with degrees in these areas may qualify for an OPT extension, if your employer is designated as a STEM employer. You should discuss this with the Director of International Education if you are planning a major in one of these fields. You are excluded from OPT if you use one year of Curricular Practical Training. OPT can be granted while school is in session, summer breaks, or after graduation. See the OPT brochure for further detailed information.

Curricular Practical Training (CPT) - F1 students
Curricular Practical Training allows F-1 students to work before graduation in an internship or independent study related to their field of study, but you must receive academic credit for this to be approved. You must have been a full-time student for at least nine consecutive months to qualify for CPT. The benefit of CPT is that it does not reduce the amount of OPT available, unless you use 12 or more months of CPT. See the CPT brochure for further detailed information.

Off-Campus Employment Due to Severe Economic Hardship- F1 Students
F-1 students who encounter unforeseen, severe economic hardship after completing one academic year (also defined as nine consecutive months) may apply to the USCIS for permission to work off-campus. To apply, you must document an unanticipated change in your financial support showing that your expenses have increased significantly or that your income has decreased significantly. You must also show DHS that you have exhausted other employment opportunities. Students who can document that they have encountered an unforeseen economic hardship after completing one academic year in the U.S. should contact the Office of International Programs. Generally, it takes the USCIS two months to approve an application for off-campus work based on severe economic hardship. This type of approval is not frequently granted.

Enrollment – Part time approval
All F students are required to be enrolled in a minimum of 3.0 credits or more, full time status, and a normal course load is 4.0. A student must receive permission from the DSO prior to enrolling part time in any semester. Generally, the only possible scenarios for approval are medical emergencies (which require medical documentation) and the final semester prior to your degrees. If permission is not granted prior to part time enrollment, a student’s record in SEVIS will reflect the violation of status and the student’s record will be closed in SEVIS. The only possibility to reopen the record is to apply for a reinstatement through the USCIS; reinstatements are difficult to obtain.
Extension

The timeframe given to a student for completion of the degree is indicated on the I20 form. In rare situations it is possible that a student may need more time to complete the degree in various, for instance a medical emergency or adding another major. In this case, a student must request the extension prior to the ending date on the I20. A new I20 would be issued including the extra semester(s) needed.

Grace Periods for Departures

Students are given varying times to leave the country based on the circumstances at hand:
- completion of degree or authorized employment: 60 days after the expiration date of I20
- authorized withdrawal by DSO: 30 days after the expiration date of I20
- violation of status: immediate departure, NO grace period

Graduation

Student records in SEVIS are automatically completed once the student’s graduation date is reached. If a student applies for OPT, the student’s record remains open until the OPT is completed. Students who wish to transfer their F status from Framingham to a graduate school must notify Framingham’s DSO so that the transfer process can be completed. Otherwise, the student’s record in SEVIS will be completed automatically upon graduation.

Income Taxes

All people employed in the United States must pay state and federal income taxes. These taxes are deducted from employees’ paychecks and go to fund various local, state, and federal programs. The tax deducted from your paycheck each pay period is called Income Tax Withholding. Income tax forms are due on or before April 15th.

Frequently, full-time students make so little income that they usually get a tax refund, which means that too much tax was withheld from your yearly income. In this case, when you file your taxes, you will determine the amount owed to you by the United States government and/or Massachusetts.

All international students must file tax forms with the government, even if no money was earned. International students and scholars must file Form 8843 to report their presence in the United States. If you were a nonresident who had no source income in that tax year, you still must file, but you only have to file Form 8843; you do not need to file Form 1040NR or Form 1040NR-EZ if you had no U.S. source income (you also file only Form 8843 if your only U.S. income was interest earned by your U.S. bank account; this is not considered U.S. source income for nonresidents).

Social Security Number

Students who work while in the United States are required to get a Social Security Number (SSN). All United States workers must have a SSN so the government can track earnings and appropriate state and federal taxes. Once you have a job offer, come to the Office of International Programs to pick up an application form and ask Jane Decatur for a letter indicating that you are eligible for employment and enrolled full time.
International students are not permitted to work off-campus during their first year of study in the U.S.

Take the following items to the Social Security Administration Office:

- a letter from Jane Decatur indicating that you are eligible for employment on campus and are enrolled full-time
- a letter from your supervisor describing your job on campus and total hours per week of work.
- your completed SSN Application
- your passport
- your form I-94
- your form I-20

Social Security Administration Office, Suite #2A, 100 Concord St., Framingham, MA. The office is open Monday-Friday from 9:00AM – 4:00PM.
For more information, call the Social Security's toll-free number 1-800-772-1213.

*The office can be reached by taking the MetroWest Regional Transit Authority bus, their website is: [http://www.mwrta.com/index.cfm?event=RoutesList](http://www.mwrta.com/index.cfm?event=RoutesList)*

**Study Abroad**

Some international students at Framingham choose to study abroad during their 4 years here. Keep in mind that a new I-20 is needed if you are out of the U.S. for 5 months or more. In this case, Framingham’s DSO will send a new I-20 to the student abroad. You must meet with Jane Decatur to discuss all aspects of study away including the financial issues, and length of time you expect to be out of the United States.

**Travel and Non-Immigrant Status**

Your I-20 must be signed by one of Framingham’s Designated School Officials in order to reenter the country when you travel. The signatures are good for one year. (Except during OPT when signatures are good for only 6 months.) You should have your I-20 endorsed before traveling if you are before, but close to, the one-year mark on the previous signature. **It is advisable to make a copy of your I-20 and take it with you when you travel.**

Remember that no one can guarantee your entry back into the United States. A DHS Official can decide not to let you back in if there are problems with your documentation or other related issues. Framingham has not had this problem as of yet, but you should keep it in mind.

In light of stricter policies at ports of entry, international students should travel with several documents: your signed I-20, your passport with the visa page, evidence of financial support (that you used to obtain your visa), and a transcript showing your full-time enrollment at Framingham. The
DHS Official may not require anything in addition to your passport and I20, but it is always good to be prepared.

**Visas**

International students must have a visa to attend school in the United States. All international students (including IDP students) are required by law to be full-time students in order to get a student visa. For full-time status, Framingham students enroll in a minimum of 3 credits.

Once you are accepted at Framingham State University, you will receive an I-20 form from Framingham State University. Sign this form immediately and have it with you whenever you enter or leave the country.

As an F1 student, you may enter the country **30 days** prior to the start date on your I20. However, housing at Framingham is not available until regular dormitory check-in Fall semester, or the beginning of the semester in the Spring.

An F-1 visa allows you to enter the United States as a nonimmigrant to attend school. Prospective F-1 students will receive an I-20 (Certificate of Eligibility for Nonimmigrant Student Status) form from Framingham State University. Your name on the I20 should match that on your passport.

Note the financial portion of the I20 that indicates the amount of money you (or your parents) are expected to contribute at Framingham under Personal Funds. Strictly speaking, the U.S. embassy will require you to provide documents that prove you have personal funds for your entire program in the U.S. At Framingham, this means four years of study. In practice, the U.S. Embassy will normally look for funds for one year of study and sufficient income from your parents. Proof of funding may be established though U.S. tax returns, employer letters, pay stubs, accountant statements, bank statements, etc. Each U.S. Embassy will require different documentation based on the location.

**Do not enter the U.S. with a B-1, B-2, or B-1/2 Visa unless it is marked “Prospective Student”. As a tourist you are not eligible to study. You will not be allowed to change your status to F1!!**

Do not attempt to enter the U.S. without a visa (unless you are Canadian citizen)!! Canadian citizens must still pay the SEVIS fee and obtain an I20 from Framingham in order to enter the country. The U.S. allows individuals from certain countries to simply show a round-trip ticket to enter the US. Do not do this. You will not be allowed to stay past 90 days and you cannot change to student status.

**Applying for a Student Visa at the U.S. Consulate**

1. Pay your SEVIS fee and bring your receipt to the Embassy (see your packet from International Programs for instructions on how to pay the fee).
2. Go to the United States Embassy or United States Consulate with jurisdiction over your permanent residence with all the pages of your I-20 form issued by Framingham State University, the letter of your acceptance to Framingham, your passport, and proof of sufficient funds to live and attend school in the United States.

3. At the Embassy or Consulate, fill out a visa application form DS-156. The application fee is non-refundable.

4. You must provide documentation that shows a residence in your home country to return to when your student visa expires.

5. In addition, you may be required to prove that you are qualified to attend school in the United States. Proof includes transcripts of past grades or TOEFL scores.

6. Visa applications require the following information: address in country of origin; names and addresses of spouse, children, parents, and siblings; references who can verify accuracy of application; employment history including names and addresses of employers.

7. Consulates will run background checks on all visa applicants from Cuba, Iran, Iraq, Libya, North Korea, Sudan, and Syria. This will add significantly to the processing time to obtain a visa.

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## Adjusting to Life in the United States

By electing to study abroad, you have asserted a desire to immerse yourself in a different culture for the purpose of learning. This adventurous and courageous act sets you apart from other students who may never explore the world around them and the energy and enthusiasm required to get you this far are qualities that will help you be a successful student. The initial thrill of international study, however, may wane if unfamiliar cultural systems, customs, and languages begin to overwhelm you. This phenomenon is colloquially referred to as “culture shock.” The best defense against culture shock is an understanding of the circumstances that create it and a cursory understanding of the new cultural environment you are about to enter.

### What is “Culture Shock?”

Cultures are made up of various spoken and unspoken rules. A student who wishes to learn about another cultural system can read about the history of a country, study its political structure, or become acquainted with the national religious practices. These aspects of culture are often clearly stated and accessible to visitors. Other aspects of culture are less clearly articulated.

When we are home, there are many different cultural cues that we unconsciously experience and respond to. For example, when you are in your home country, you seldom consider how to greet a friend or how to behave in a classroom. These are all things that a person does easily while at
home. Cultural cues govern these simple acts. People assimilate their cultural cues throughout their lives until certain behavior becomes “automatic.” When familiar cultural cues no longer apply and unfamiliar ones begin to threaten security and confidence, culture shock may result.

Culture shock is the feeling of being out of place in an unfamiliar environment. The initial excitement of moving to a new country often subsides when different cultural expectations challenge you to attend to daily responses and behaviors previously taken for granted. The potential stress of dealing with these persistent challenges can result in feelings of hostility and frustration with your host country as well as a profound longing for home. If you are a person who has already exhibited the courage and sense of adventure required of embracing international study, overcoming culture shock can be a cultural and personal educational opportunity particularly suited to your sense of adventure.

American Culture

Americans value individualism. European immigrants who rejected the religion, politics, and economics of their home cultures established a new American culture in the early 1600s. As a result, early American culture evolved out of a commitment to individual desire and rebellion against authority. This commitment to individual religious and political beliefs was so powerful that it resulted in the colonization of a continent that was already inhabited by Native Americans. American colonizers who believed they were culturally superior to their home countries and to Native American culture felt justified in leaving home and country and colonizing the “New World.”

Individualism and the American Family

America’s early history established a commitment to individualism, aggressive capitalist development, and rebellion against authority and remnants of this cultural philosophy remain today. Americans’ commitment to individualism results in less family cohesiveness than you may be accustomed to in your own life. Many U.S. households only include the “nuclear family,” the parents and children. When children become adults, the cultural expectation is that they will move out and establish their own nuclear family.

In the U.S., elderly parents seldom live with their grown children and often live in senior citizen communities or, if they require medical attention, in nursing homes. This cultural difference can seem quite strange to international students whose cultures assert the importance of caring for elderly family members. Regardless of this fractured family structure, many Americans are devoted to their nuclear and extended families even though they may not reside together.

Many U.S. families are “blended families” with stepparents and stepsiblings and so a cultural tradition has evolved of welcoming family and non-family members equally, especially around American holidays. Most Americans families who live separate daily lives regard holidays as
important family gatherings. For this reason, you will find that your American friends will probably become concerned if they discover you have no plans to “go home” for the holidays and will likely extend invitations for you to join their family celebrations. Holiday celebrations are a great insight to cultural traditions so take advantage of the invitations!

**Individualism and the American University Environment**

Dedicated American students tend to be competitive and driven. American students, especially at Framingham, tend to take on a lot of work and tend to be involved with many different academic, extra-curricular, and social activities. You may find this frenetic pace a bit overwhelming (so do many Americans!). The focus on individual achievement results in the culturally conditioned drive to achieve as much as possible, in as many areas as possible, with the hope of enhancing personal growth and occupational prospects. The drive to earn money is powerful, and as a result you will see that many students do what they can to make themselves more marketable in the American workforce.

American students’ strong sense of individualism is also apparent in the classroom. Students assert their opinions and question professors easily and vigorously. This is the result of both the American commitment to the sovereignty of individual opinion and a tradition of challenging authority. International students may find this behavior aggressive and disrespectful, which at times it may be, but it is important to understand the underlying cultural drive to be heard. Questioning authority and trusting individual perceptions of reality are particular points of pride in American society and when employed wisely enhance the classroom environment with the free and respectful exchange of ideas.

Another aspect of the classroom that some international students may find jarring is informality. Students and professors alike tend to dress and behave casually with one another; for example, they wear baseball caps or put their feet up on chairs. In classrooms, it is not unusual for people to speak without raising their hands, to address the professor by his or her first name, to debate with classmates or the professor, or to eat and drink in class. Professors tend to make it clear by example or by explicit statement, the level of formality they expect in a classroom. If you are uncertain, ask your professor what classroom behavior he or she expects.

**Greetings and Conversation**

Meeting new people can be exciting and at times stressful, particularly in a new environment where many others already have established friendships. Of course the best way to start a friendship is to say “hello” to a stranger. In America, people tend to greet each other by saying “Hi,” “Hello,” “What’s up” or “How are you?” “How are you?” is an expression used as a greeting and not usually used as a question. If someone keeps moving past you as they say “How are you?” they mean it as “Hello.” If an acquaintance stops walking to chat with you and then asks “How are you?”, they usually expect a short, positive answer. The typical response is, “Fine.” This may seem impersonal,
but it has become a part of the American cultural greeting practice between strangers and acquaintances.

American men usually shake hands when they meet someone for the first time. Some American women will also shake hands with men or women they first meet, but as this is a fairly new cultural convention in America, Americans tend to wait for the woman to offer her hand first. Unlike many countries, it is uncommon for Americans, especially American men, to hug or kiss each other when they greet one another. You may notice, however, that men who are particularly close friends may greet each other with vigorous, backslapping hugs from time to time.

When Americans speak to each other, they tend to maintain a conversational distance of about three feet from one another. Americans often feel uncomfortable with someone who stands too close to them, even if the person is a close friend. Despite this seemingly distant behavior, you may find that Americans you have just met may ask you intimate questions. The questions Americans might ask of you usually come out of a genuine curiosity about you and your culture, with which they may be totally unfamiliar. Trust your instincts about whether a person is being curious or intrusive and remember you can politely refuse to answer anything that makes you uncomfortable without compromising a new friendship.

**Tips for Adjusting to a New Cultural Environment**

1. Be open-minded.
2. Have a sense of humor.
3. Communicate your feelings and thoughts with others
4. Be curious about your new environment
5. Be tolerant of other cultural beliefs. Be positive.
6. Maintain a strong sense of self
7. Don't compare American Culture/people with your own

**Climate**

Climate varies from season to season in Framingham. Below is a chart that provides average temperatures by season to give you an idea of what to expect. Keep in mind, however, that
Massachusetts weather is notoriously changeable, so be sure to have a variety of clothes handy for unexpected heat, cold, rain, or snow.

<table>
<thead>
<tr>
<th>Season</th>
<th>Temperature (Fahrenheit)</th>
<th>Temperature (Celsius)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Autumn</td>
<td>Low 46° to High 60°</td>
<td>Low 8° to High 15°</td>
</tr>
<tr>
<td>Winter</td>
<td>Low 0° to High 37°</td>
<td>Low -17° to High -3°</td>
</tr>
<tr>
<td>Spring</td>
<td>Low 38° to High 60°</td>
<td>Low 3° to High 15°</td>
</tr>
<tr>
<td>Summer</td>
<td>Low 60° to High 90°</td>
<td>Low 15° to High 35°</td>
</tr>
</tbody>
</table>

**Fall** in Massachusetts is typically breezy and mild, with a frequent tendency for “Indian Summers” - when the temperature rises to summer temperatures after a period of cooler weather. In Autumn, it is helpful to keep light jackets, sweaters, and rain gear handy. Being in New England, this is the time to see the world-famous foliage of fall trees in the region.

**Winter** in Massachusetts can either be mild or snowy. You can expect everything from mild, Fall-like days to sleet storms. For the winter, be sure to have warm sweaters, winter coats, hats, gloves, sturdy boots, and thick socks.

Massachusetts **Springs** are often quite rainy though the temperatures are mild. Keep some of your warm clothes handy, but you can begin to break out some warm weather clothes as well. This may be a good time to give in and buy an umbrella or raincoat.

If you stay in Framingham for the **Summer**, expect mild, pleasant weather in the early part of the season, but be prepared for hot, humid days through July and August. It is always hotter in the city than in the countryside, so if you are in Massachusetts during a summer, you can cool off by taking a road trip to the mountains or to the shore.

Regardless of the temperature outside, the dormitories are notoriously cold before the heat kicks in around late fall and notoriously hot for the rest of the year. With this in mind, you may want...
to keep some warmer clothes handy in the fall, and some cooler clothes handy the rest of the year so you can be comfortable in your dorm room.

Money & Banking

American paper currency (dollars) comes in denominations of $1, $5, $10, $20, $50, and $100. American dollars are all the same size and color. Coins or “change” make up the smaller units of money called cents. They come in the amounts of 1 cent (a penny), 5 cents (a nickel), 10 cents (a dime), 25 cents (a quarter), and 50 cents (a half-dollar – this is rarely used).

You should open a bank account in Framingham to have easy access to your money and to avoid keeping large amounts of money on you or in your apartment or dorm room. To open a bank account, bring your passport, I-20 and another form of identification like your student ID. Basic banking services for most Americans include a checking account, a savings account, an ATM card, and sometimes a debit card.

Checking Account
You open a checking account by depositing money into the account, which you access with checks. Checks are paper documents issued by your bank that have your name, address, phone number (if desired) printed on them and function as money when you write one for a purchase. Most stores require you to present some form of ID when you write a check that includes your address and picture.

Savings Account
A savings account is less active than a checking account. If you want to save money and gain interest on it, opening a savings account is your best option. The more money you deposit, the more interest you earn on it. This is ideal for money that you do not touch unless you really need it.

ATM (automatic teller machine)
When you open a checking or a savings account with a bank, you can also get an ATM card attached to that account. An ATM card allows 24-hour access to your money. There is an ATM on campus in
the Campus Center that you can use by inserting your ATM card, PIN and entering the amount you want to withdraw. The money is then deducted from your account and the cash is produced from the machine.

**Debit Cards**
Debit cards function like an ATM card and a credit card combined. They can be used like credit cards for most purchases, but unlike a credit card, for which you receive a bill with interest, the debit purchase comes directly out of your bank account. This is a nice option especially if you are concerned about getting into credit trouble or would rather not pay interest to the credit card company for your purchases.

**Depositing checks**
If you work on campus, you will get paid every other week on Friday. You can take the check to your bank in person to deposit it. In order to deposit your check, you have to sign (=endorse) the check on the back with your full name. This way the bank will know from your signature that you are the one to whom the check really belongs.

**Area Banks**
There are many banks to choose from; below is a list of the banks within a short walking distance for Framingham students.

- **Citizens Bank** (508) 875-1333 - 35 Edgell Rd, Framingham, MA
- **Sovereign Bank** (508) 620-3041 - 39 Edgell Rd, Framingham, MA

Expedia.com has an excellent “Currency Converter” on [http://www.expedia.com](http://www.expedia.com)
Samples of US Currency

One Dollar Note
George Washington

One Dollar Note
Great Seal of the United States

Five Dollar Note
Abraham Lincoln

Five Dollar Note
The Lincoln Memorial

Ten Dollar Note
Alexander Hamilton

Ten Dollar Note
U.S. Treasury

Twenty Dollar Note
Andrew Jackson

Twenty Dollar Note
The White House

Fifty Dollar Note
Ulysses S. Grant

Fifty Dollar Note
U.S. Capitol
Holidays: Religious and Secular, 2014

In the United States, there are ten federal holidays set by law. Four are set by date (New Year's Day, Independence Day, Veterans Day, and Christmas Day). The other six are set by a day of the week and month: Martin Luther King, Jr.'s Birthday, Washington's Birthday, Memorial Day, Labor Day, Columbus Day, and Thanksgiving. All but the last are celebrated on Mondays to create three-day weekends for federal employees. All Jewish and Islamic holidays begin at sundown the day before they are listed here.

New Year's Day, Sun., Jan. 1. A federal holiday in the United States, New Year's Day has its origin in Roman times, when sacrifices were offered to Janus, the two-faced Roman deity who looked back on the past and forward to the future.

Epiphany (from Greek epiphaneia, "manifestation"), Thur., Jan. 6. Falls on the 12th day after Christmas and commemorates the manifestation of Jesus Christ to the Gentiles, as represented by the Magi, the baptism of Jesus, and the miracle of the wine at the marriage feast at Cana. One of the three major Christian festivals, along with Christmas and Easter. Epiphany originally marked the beginning of the carnival season preceding Lent, and the evening preceding it is known as Twelfth Night.

Martin Luther King, Jr.'s Birthday, Mon., Jan. 16. A federal holiday observed on the third Monday in January that honors the late civil rights leader. It became a federal holiday in 1986.

Groundhog Day, Thurs. Feb 2. Legend has it that if the groundhog sees his shadow, he'll return to his hole, and winter will last another six weeks.

Chinese New Year, Mon. Jan 23, is the most important celebration in the Chinese calendar. Chinese months are reckoned by the lunar calendar, with each month beginning on the darkest day. New Year festivities traditionally start on the first day of the month and continue until the fifteenth, when the moon is brightest. In China, the New Year is a time for family reunions. In the United States, however, many early Chinese immigrants arrived without their families, and found a sense of community by celebrating the holiday through neighborhood associations.

Lincoln's Birthday, observed Mon., Feb. 13. A holiday in a few states, this day was first formally observed in Washington, DC, in 1866, when both houses of Congress gathered for a memorial address in tribute to the assassinated president.

St. Valentine's Day, Mon., Feb. 14. The holiday's roots are in an ancient Roman fertility festival. Circa 496, Pope Gelasius I recast this pagan festival as a Christian feast day in honor of St. Valentine, but there are at least three different early saints by that name. How the day became associated with romance remains obscure, and is further clouded by various fanciful legends.

Mawlid al-Nabi, Sat Feb 4. This holiday celebrates the birthday of Muhammad, the founder of Islam. It is fixed as the 12th day of the month of Rabi I in the Islamic calendar.

Washington's Birthday or Presidents' Day, Mon., Feb. 20. (The actual date of his birthday is Feb. 22.) A federal holiday observed the third Monday in February. It is a common misconception that the
federal holiday was changed to Presidents' Day and now celebrates both Washington and Lincoln. Only Washington is commemorated by the federal holiday; 13 states, however, officially celebrate Presidents' Day.

Shrove Tuesday (Mardi Gras), Feb 21. Falls the day before Ash Wednesday and marks the end of the carnival season, which once began on Epiphany but is now usually celebrated the last three days before Lent. In France, the day is known as Mardi Gras (Fat Tuesday), and celebrations are held in several American cities, particularly New Orleans. The day is sometimes called Pancake Tuesday by the English because fats, which were prohibited during Lent, had to be used up.

Ash Wednesday, Feb 22. The seventh Wednesday before Easter and the first day of Lent, which lasts 40 days. Having its origin sometime before A.D. 1000, it is a day of public penance and is marked in the Roman Catholic Church by the burning of the palms blessed on the previous year's Palm Sunday. With the ashes from the palms the priest then marks a cross with his thumb upon the forehead of each worshipper. The Anglican Church and a few Protestant groups in the United States also observe the day, but generally without the use of ashes.

St. Patrick's Day, Sat March 17. St. Patrick, patron saint of Ireland, has been honored in America since the first days of the nation. Perhaps the most notable observance is the annual St. Patrick's Day parade in New York City.

Purim (Feast of Lots), Thurs March 8. A day of joy and feasting celebrating the deliverance of the Jews from a massacre planned by the Persian minister Haman. According to the Book of Esther, the Jewish queen Esther interceded with her husband, King Ahasuerus, to spare the life of her uncle, Mordecai, and Haman was hanged on the same gallows he had built for Mordecai. The holiday is marked by the reading of the Book of Esther (the Megillah), by the exchange of gifts, and by donations to the poor.

Palm Sunday, April 1. Observed the Sunday before Easter to commemorate the entry of Jesus into Jerusalem.

Passover (Pesach), Sat April 7. The Feast of the Passover, also called the Feast of Unleavened Bread, commemorates the escape of the Jews from Egypt. As the Jews fled, they ate unleavened bread, and from that time the Jews have allowed no leavening in their houses during Passover, bread being replaced by matzoh.

Good Friday, April 6. The Friday before Easter, it commemorates the Crucifixion, which is retold during services from the Gospel according to St. John. A feature in Roman Catholic churches is the Liturgy of the Passion; there is no Consecration, the Host having been consecrated the previous day. The eating of hot-cross buns on this day is said to have started in England.

Easter Sunday, April 8. Observed in all Western Christian churches, Easter commemorates the Resurrection of Jesus. It is celebrated on the first Sunday after the full moon that occurs on or next after the vernal equinox (fixed at March 21) and is therefore celebrated between March 22 and April 25 inclusive. This date was fixed by the Council of Nicaea in A.D. 325.

Orthodox Easter (Pascha), Sun., April 24. The Orthodox Church uses the Julian calendar when calculating Easter, rather than the more contemporary Gregorian calendar. For this reason, Orthodox Easter generally falls on a different date than the Western Christian Easter.
Mother's Day, Sun., May 13. Observed the second Sunday in May, as proposed by Anna Jarvis of Philadelphia in 1907. West Virginia was the first state to recognize the holiday in 1910, and President Woodrow Wilson officially proclaimed Mother's Day a national holiday in 1914.

Memorial Day, Mon., May 28. Memorial Day became a federal holiday in 1971 and is observed on the last Monday in May. It originated in 1868, when Union General John A. Logan designated a day in which the graves of Civil War soldiers would be decorated. Originally known as Decoration Day, the holiday was changed to Memorial Day within 20 years, becoming a holiday dedicated to the memory of all war dead.

Ascension Day, Thurs., June 2. The Ascension of Jesus took place in the presence of his apostles 40 days after the Resurrection. It is traditionally thought to have occurred on Mount Olivet in Bethany.

Shavuot (Hebrew Pentecost), Wed., June 8. This festival, sometimes called the Feast of Weeks, or of Harvest, or of the First Fruits, falls 50 days after Passover and originally celebrated the end of the seven-week grain-harvesting season. In later tradition, it also celebrated the giving of the Law to Moses on Mount Sinai.

Pentecost (Whitsunday), Sun., June 12. This day commemorates the descent of the Holy Ghost upon the apostles 50 days after the Resurrection. Whitsunday is believed to have come from "white Sunday," when, among the English, white robes were worn by those baptized on the day.

Flag Day, Thurs June 14. This day commemorates the adoption by the Continental Congress on June 14, 1777, of the Stars and Stripes as the U.S. flag. Although it is a legal holiday only in Pennsylvania, President Truman, on Aug. 3, 1949, signed a bill requesting the president to call for its observance each year by proclamation.

Father's Day, Sun., June 19. Observed the third Sunday in June. The exact origin of the holiday is not clear, but it was first celebrated June 19, 1910, in Spokane, Wash. In 1966 President Lyndon Johnson signed a proclamation making Father's Day official.


First Day of Ramadan, Fri July 20. This day marks the beginning of a month-long fast that all Muslims must keep during the daylight hours. It commemorates the first revelation of the Qur'an. Following the last day of Ramadan, Eid al-Fitr is celebrated on Tues. August 30.

Labor Day, Mon., Sept. 3 A federal holiday observed the first Monday in September. Labor Day was first celebrated in New York in 1882 under the sponsorship of the Central Labor Union, following the suggestion of Peter J. McGuire, of the Knights of Labor, that the day be set aside in honor of labor.

Rosh Hashanah (Jewish New Year), Thurs., Sept. 29. This day marks the beginning of the Jewish year 5768 and opens the Ten Days of Penitence, which close with Yom Kippur.

Yom Kippur (Day of Atonement), Mon Sept 17 This day marks the end of the Ten Days of Penitence that began with Rosh Hashanah. It is described in Leviticus as a Sabbath of rest, and synagogue services begin the preceding sundown, resume the following morning, and continue to sundown.

Columbus Day, Mon., Oct. 8. A federal holiday observed the second Monday in October, it commemorates Christopher Columbus's landing in the New World in 1492. Quite likely the first
celebration of Columbus Day was that organized in 1792 by the Society of St. Tammany, or the Columbian Order, widely known as Tammany Hall.

Thanksgiving (Canada), Mon., Oct. 10. A national holiday celebrated on the second Monday in October to give thanks for a successful harvest.

Shemini Atzeret (Assembly of the Eighth Day), Thurs., Oct. 20. This joyous holiday, encompassing Simchat Torah (Rejoicing in the Torah), falls immediately after the seven days of Sukkot. It marks the end of the year's weekly readings of the Torah (Five Books of Moses) in the synagogue, and the beginning of the new cycle of reading.

Halloween, Wed. Oct. 31. Eve of All Saints' Day, formerly called All Hallows and Hallowmass. Halloween is traditionally associated in some countries with customs such as bonfires, masquerading, and the telling of ghost stories. These are old Celtic practices marking the beginning of winter.

All Saints' Day, Tues., Nov. 1. A Roman Catholic and Anglican holiday celebrating all saints, known and unknown.

Eid al-Adha, Sun., Nov. 6. Eid al-Adha, or the Feast of Sacrifice, commemorates Abraham's willingness to obey God by sacrificing his son. Lasting for three days, it concludes the annual Hajj, or pilgrimage to Mecca. Muslims worldwide sacrifice a lamb or other animal and distribute the meat to relatives or the needy.

Election Day (legal holiday in certain states), Tues., Nov. 8. Since 1845, by act of Congress, the first Tuesday after the first Monday in November is the date for choosing presidential electors. State elections are also generally held on this day.

Veterans Day, Sun. Nov. 11. Armistice Day, a federal holiday, was established in 1926 to commemorate the signing in 1918 of the armistice ending World War I. On June 1, 1954, the name was changed to Veterans Day to honor all men and women who have served America in its armed forces.

Thanksgiving, Thurs., Nov. 22. A federal holiday observed the fourth Thursday in November by an act of Congress (1941), it was the first such national proclamation issued by President Lincoln in 1863, on the urging of Mrs. Sarah J. Hale, editor of Godey's Lady's Book. Most Americans believe that the holiday dates back to the day of thanks ordered by Governor Bradford of Plymouth Colony in New England in 1621, but scholars point out that days of thanks stem from ancient times.

Muharram, Sat., Nov. 26. The month of Muharram marks the beginning of the Islamic liturgical year. On the tenth day of the month, many Muslims may observe a day of fasting, known as Ashurah.

First Sunday of Advent, Dec 2 Advent is the season in which the faithful must prepare themselves for the coming, or advent, of the Savior on Christmas. The four Sundays before Christmas are marked by special church services.

Hanukkah (Festival of Lights), Sun. Dec 9. This festival was instituted by Judas Maccabaeus in 165 B.C. to celebrate the purification of the Temple of Jerusalem, which had been desecrated three years earlier by Antiochus Epiphanes, who set up a pagan altar and offered sacrifices to Zeus Olympius. In Jewish homes, a lamp or candle is lighted on each night of the eight-day festival.

Christmas (Feast of the Nativity), Sun., Dec. 25. The most widely celebrated holiday of the Christian year, Christmas is observed as the anniversary of the birth of Jesus. Christmas customs are centuries
old. The mistletoe, for example, comes from the Druids, who, in hanging the mistletoe, hoped for peace and good fortune. Comparatively recent is the Christmas tree, first set up in Germany in the 17th century. Colonial Manhattan Islanders introduced the name Santa Claus, a corruption of the Dutch name St. Nicholas, who lived in fourth-century Asia Minor.

Kwanzaa, Wed Dec. 26. This secular seven-day holiday was created by Black Studies professor Dr. Maulana Karenga in 1966 in the U.S., to reaffirm African values and serve as a communal celebration among African peoples in the diaspora. Modeled on first-fruits celebrations, it reflects seven principles, the Nguzo Saba: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.

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Traveling in the United States

You probably want to take advantage of your time in the U.S. to travel. Thanksgiving break, winter break and spring break or after the school year has ended are the perfect times to explore.

On the road

Bus – Greyhound (http://www.greyhound.com) is the bus company with which can get to anywhere. You can buy tickets on line or at their offices at:

PETER PAN GREYHOUND STATION
1 WORCESTER RD
Framingham, MA 01701
Telephone Numbers
Main: 508-872-2272

OR

SHOPPERS WORLD
RT 9
Framingham Flutie Pass, MA 01701
Telephone Main: 508-872-2272
**Chinatown bus** – If you want to go to New York or Washington DC, you may want to consider the Chinatown Bus, which is much cheaper than Greyhound, however it only runs twice a day. For information, schedule and prices go to [http://www.ivymedia.com](http://www.ivymedia.com).

**Amtrak** – As an international student, taking the train is the cheapest way to travel. There are usually specials that are a great bargain. [Go to Amtrak - Hot Deals](http://www.amtrak.com) for more details.

**Flying** – Internet search engines such as Orbitz, Expedia or Travelocity have great deals on plane tickets. The sooner you book your ticket, the cheaper it is!

**Accommodations**
Finding a place to stay is easy and cheap if you chose to stay at a hostel instead of a hotel. Hotels can be over $100 a night, whereas you can stay for $18 a night, for example, in a Las Vegas hostel. Hostels are aimed at the traveler with little money but lots of sense of adventure. [http://www.hostels.com](http://www.hostels.com) allows you to search by location and has great detailed information on hostels throughout the word and the U.S. You can read reviews of places and reserve your accommodation on line.

### Clothing Size Conversion

#### Women’s Clothing Conversion Chart

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<thead>
<tr>
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<th>United States</th>
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<td>Japan</td>
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For U.K. women’s clothing sizes, add 2 sizes to U.S. sizes.
For European women’s clothing sizes, add 28-30 to U.S. sizes.
For Japanese women’s clothing sizes, subtract 1 size from U.S. sizes.

#### Men’s Suits and Coats

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<th>United States</th>
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</table>
Europe | 44 | 46 | 48 | 50
Japan  | S  | S  | M  | M

U.K. and U.S. sizes are the same.
For European men’s suits and coat sizes, add 10 to U.S. sizes.
Japanese men’s suits and coat sizes are marked by letters, 34/S 38/M 40/L 44/LL.

### Women’s Shoes

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For U.K. women’s shoe sizes, subtract 1.5 from U.S. shoe sizes.
For European women’s shoe sizes, add 30 to U.S shoe sizes (round up for half sizes).
For Japanese women’s shoe sizes, add 17 to U.S. show sizes. (Japanese sizes are the same as U.K./U.S./Euro narrow sizes.)

### Men’s Shoes

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<td>Japan</td>
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For U.K. men’s shoe sizes, subtract .5 from U.S. shoe sizes.
For European men’s shoe sizes, add 33.5 to U.S. shoe sizes.
For Japanese men’s shoe sizes, add 19 to U.S. shoe sizes.

### Men’s Shirts (collar size)

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Getting Familiar with Framingham, Massachusetts, USA

Framingham, sited on the ancient trail known as the Old Connecticut Path, was first settled when John Stone settled on the west bank of the Sudbury River in 1647. In 1660, Thomas Danforth, an official of the Bay Colony, formerly of Framingham, Suffolk, received a grant of land at "Danforth's Farms" and began to accumulate over 15,000 acres (61 km²). He strenuously resisted petitions for incorporation of the town, which was officially incorporated in 1700, following his death the previous year. Why the "L" was dropped for the new town's name is not known. The first church was organized in 1701, the first teacher was hired in 1706, and the first permanent schoolhouse in 1716.

On February 22, 1775, the British general Thomas Gage sent two officers and an enlisted man out of Boston to survey the route to Worcester. In Framingham those spies stopped at Buckminster's Tavern. They watched the town militia muster outside the building, impressed with the men's numbers but not their discipline. Though "the whole company" came into the tavern after their drill, the officers managed to remain undetected and continued on their mission the next day.[1] Gage did not order a march along that route, instead ordering troops to Concord on April 18-19. Framingham sent two militia companies totaling about 130 men into the Battles of Lexington and Concord that followed; one of those men was wounded.

In the years prior to the Civil War, Framingham was an annual gathering-spot for members of the Abolitionist movement. Every Independence Day from 1854 to 1865, the Massachusetts Anti-Slavery Society held a rally in a picnic area called Harmony Grove near what is now downtown Framingham. At the 1854 rally, William Lloyd Garrison burned copies of the Fugitive Slave Law of 1850, judicial decisions enforcing it, and the United States Constitution. Other prominent Abolitionists present that day included William C. Nell, Sojourner Truth, Wendell Phillips, Lucy Stone, and Henry David Thoreau.

During the Post-World War II baby boom, Framingham, like many other suburban areas, experienced a large increase in population and housing. Much of the housing constructed during this time consisted of split-level and ranch-style houses.

The Town of Framingham is located in eastern Massachusetts, 20 miles (32 km) west of Boston, midway between Boston and Worcester. At nearly 67,000 inhabitants, Framingham is the largest town in
the Commonwealth of Massachusetts and the hub of the Metrowest region. It is bordered by Southborough and Marlborough on the west; Sherborn and Ashland on the south; Natick on the east; Wayland on the northeast; and Sudbury on the north. Framingham is 197 miles (317 km) from New York City.

The town of Framingham is divided by Route 9, which passes east-to-west through the middle of the town. South Framingham includes Downtown Framingham (the town government seat), and the villages of Coburnville, Lokerville and Salem End Road. North Framingham includes the villages of Nobscot, Pinefield, Ridgefield and Saxonville plus Framingham Center (the physical center of town, featuring the town commons).

Framingham is known for the Framingham Heart Study, as well as for the Dennison Manufacturing Company, which was founded in 1844 as a jewelry and watch box manufacturing company by Aaron Lufkin Dennison, who became the pioneer of the American System of Watch Manufacturing at the nearby Waltham Watch Company. His brother, Eliphalet Whorf Dennison, developed the company into a sizable industrial complex, which merged in 1990 into the Avery Dennison, with headquarters in Pasadena, California, and active corporate offices in the town.

The business section on the West Side of Framingham runs primarily along Route 9, starting at Temple St.; it is dominated by two large office/industrial parks: the Framingham Industrial Park on the north side of Route 9 and the Framingham Technology Park on the south side, both on the Ashland/Southborogh border. Bose and Staples both have their world headquarters in these parks.

In the year 2000, Framingham celebrated its Tercentennial

Accommodations

There are many hotels in the Framingham area. Rates vary according to the time of the week, availability, and time of year. Call ahead of time to check the rates of each hotel.

**Sheraton-Framingham**
(2.3 miles west of campus)
1657 Worcester Rd. Framingham
508.879.7200 or 800.325.3535
http://www.sheraton.com

**Crowne Plaza Boston-Natick**
(2.7 miles east of campus)
1360 Worcester Rd. Natick
508.653.8800 or 800.2.CROWNE
http://www.vervehotelnatick.com

**The Hampton Inn**
(3 miles east of campus)
319 Speen St. Natick
508.653.5000
http://www.hamptoninn.com

**Residence Inn by Marriott**
(2.6 miles west of campus)
400 Staples Dr. Framingham
508.370.0001
http://www.residenceinn.com
Storage

Since your dorm room may not be able to accommodate all of your clothing for every season, or if you plan to leave certain items in America when you return home for a summer vacation, you may want to purchase a storage space. You may want to call other facilities on your own to get the best possible deal. Framingham does not provide any on-campus storage for students. Below are some of the closest storage facilities in the area. Be sure to make your reservation for a space as early as possible since they fill up quickly.

**E/Z Storage**  
501 Cochituate Rd.  
Framingham  
(508) 270-4500  

**PODS**  
http://www.pods.com/default.aspx  
(888) 776-7637

**Framingham Self Storage**  
160 Fountain St.  
Framingham  (508) 875-5599

**Storage USA**  
1590 Concord St.  
(508) 877-5566

Shopping

If you enjoy shopping, Framingham is definitely the place in eastern Massachusetts to visit. There is every major retail chain from Wal-Mart to Best Buy and more. The shopping district, nicknamed "The Golden Triangle", is located along Route 9 (Worcester Rd) in the eastern part of town and extends into neighboring Natick. The shopping district includes Shoppers World (on the border with Natick), a vast outdoor mall featuring 795,308 square feet of retail space.

Absolutely do not miss Jordan's Furniture Store. It may sound strange that a furniture store is considered an attraction, except that this particular furniture store has a Mardi Gras celebration nearly every hour, intensely themed rooms, an IMAX theatre (strange as that may seem), virtual reality arcades, and more. Even the roast beef stand is worth seeing just for the giant aquarium in it.
Pharmacies

In the United States, most pharmacies are also convenience stores with everything from school supplies to extension cords:

CVS Pharmacy
1280 Worcester Rd
Framingham MA
(508) 872-7463
Accessible on foot

Entertainment

Theater, CONCERTS, MUSEUMS, Recreation

You are in the midst of an area overflowing with things to do and see! Boston and its surrounding areas are rich in history, culture, shopping, restaurants, museums, the list is endless. A great place to start your search to explore the area is http://www.bostonusa.com/. This website is sponsored by the Greater Boston Convention and Visitor’s Bureau. Downtown Boston is easily accessible through public transportation from Framingham. Please see the sections on the MetroWest bus service and MBTA service into downtown Boston in this booklet for transportation information.

Sometimes you may wish to explore things closer to campus, and the list below is a quick overview of some of the offerings in and around Framingham.

Culture
Amazing Things Arts Center
Framingham Community Theater
Framingham Historical Society and Museum
The Danforth Museum
Performing Arts Center of Metrowest

Parks

Bowditch Field located on Union Avenue midway between Downtown and Framingham Center is the main athletic facility for the town. It houses a large multi-purpose football stadium that includes permanent bleachers on both sides of the field. Additionally there is a baseball field, tennis courts, a track and field practice area, and the headquarters of the town Parks Department. Bowditch, along
with Butterworth and Winch Parks, were all built during the Great Depression of the 1930s as WPA projects.

**Butterworth Park** is located at the corner of Grant St and Arthur St. The park occupies a square block near downtown. The park has includes a baseball stadium that includes permanent bleachers on one side of the field, a basketball court and a tennis court. There is street parking available on three sides.

**Winch Park** is the sister park to Butterworth and is located in Saxonville adjacent to the Framingham High School. It includes a baseball stadium that includes permanent bleachers on one side of the field, a basketball court, tennis courts and two large practice fields used for football, soccer and lacrosse. There are two additional multi-use fields located on the other side of the high school's gymnasium building.

**Callahan State Park** is a large state park run by the DCR located in North Framingham in the northwest corner of town.

**Cochituate State Park** on Lake Cochituate has a small section in Framingham where Saxonville Beach is located on the north western shore of the lake.

**Danforth Park** located on Danforth Street, not far from the Wayland town line. The small park has playground with a half basketball court and a small baseball/kickball field.

**Framingham Common** is located in Framingham Center in front of the old Town Hall along Edgell Rd and Vernon St. It features the town Christmas Tree and an outdoor stage used for concerts and other fair weather events. It is a favorite of the students of Framingham State University, and the site of their annual graduation ceremonies.

**Cushing Park** on the South Side is a passive recreational area. The Framingham Peace and 9/11 Memorials are located within the park across the street from Farm Pond, along with the Cushing Chapel. After WWII ended, this land used to be the Cushing Veterans Hospital.

**Recreation**

_Garden in the Woods_, operated by the New England Wildflower Society, is a botanical garden that features the largest landscaped collection of native wildflowers in New England. It is located in Nobscot, off of Hemenway Road.

_Framingham Country Club_, located along Salem End Road on the South Side, is a private club that features an 18-hole course with 6,580 yards (6,020 m) of golf from the longest tees for a par of 72.

Millwood Farms Golf Course off Millwood Street is a public 14-hole, par 53 golf course. Originally a 9-hole course, it was expanded to 14 holes in the late 1970s. Attempts to purchase land for a full 18-hole were unsuccessful.

Nobscot Mountain Reservation is a private facility owned by the Knox Trail Council of the Boy Scouts of America and is open to the public during most of the year.

The town has several public beaches including Saxonville beach on Lake Cochituate, Washakum Beach on Lake Washakum, and the beach at Learned Pond.

The former Cushing hospital grounds serve as walking, biking, rollerblading and picnic areas.
Farm Pond, located in South Framingham, once used to host Fourth of July Fireworks, now serves as a picnic area. Edward F. Loring Skating Arena, located near Farm Pond at the corner of Fountain and Dudley Roads, is a municipal skating arena for area groups on a rental basis and public skating and stick time is available September through April.

Movies
AMC Framingham Premium Cinema
(508) 628-4422
22 Flutie Pass, Framingham, MA 01701

Restaurants
There are many restaurants serving American and International cuisine in the Framingham area that are easily reached by foot. Below is a list of some nearby area restaurants. For a more extensive list consult the Yellow Pages or Internet searches.

Ipanema Restaurant
17 Edgell Rd
Framingham, MA

Friendly’s Restaurant
27 Temple St
Framingham, MA

Taste of China
855 Worcester Rd
Framingham, MA

Rpr Restaurant Group
1253 Worcester Rd
Framingham, MA

Marconis Italian Restaurant
1138 Worcester Rd
Framingham, MA

Center Pizza
961 Worcester Rd
Framingham, MA

Local Transportation

Campus Shuttle: The Framingham State University shuttle bus hours of operation are as follows:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>8 AM – 2 AM</td>
</tr>
<tr>
<td>Monday</td>
<td>7 AM – 2 AM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>7 AM – 2 AM</td>
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<tr>
<td>Wednesday</td>
<td>7 AM – 2 AM</td>
</tr>
<tr>
<td>Thursday</td>
<td>7 AM – 2 AM</td>
</tr>
<tr>
<td>Friday</td>
<td>7 AM – 2 AM</td>
</tr>
<tr>
<td>Saturday</td>
<td>8 AM – 2 AM</td>
</tr>
</tbody>
</table>
The shuttle bus stop is located in front of Crocker Hall. It stops at Maple Street Lot, Maple Lot #1, Maple Lot #2, Union Avenue Lot, and then returns to upper campus. Depending on traffic flow, it takes approximately twenty minutes for the entire route.

Please be advised that **NO** escorts will be offered during daylight hours when the shuttle is not in service. Please plan accordingly.

**Ram Tram**

Framingham State University is now offering a Ram Tram service which runs Monday-Sunday. It runs to Target, Shopper’s World, AMC Movie Theatre, Natick Mall, and the West Natick Commuter Rail.

**Note:** The schedule varies on a day to day basis; please see the Student Transportation Desk for the most up to date version of the schedule. The Student Transportation Desk is located in the lobby of the McCarthy Center.

**Bus**

Local transportation in and around Framingham is well served by:

The [MetroWest Regional Transit Authority (MWRTA)](http://www.mwrtaadot.org) operates a regional bus service which provides service to other local routes connecting the various regions of town and fixed route public bus lines servicing multiple communities in the MetroWest region, including the towns of Ashland, Holliston, Hopkinton, Milford, Marlborough, Sudbury, Sherborn, Natick and Weston.

MassPort operates the [Logan Express](http://www.massport.com) bus service bus service seven days per week providing direct connect service [Logan Airport](http://www.massport.com). The bus terminal and paid parking facility are located on the Shoppers' World Mall property, off the Massachusetts Turnpike Exit 13, between Route 9 and Route 30, at the intersections of East Road and the Burr Street connector.

Greyhound ([http://www.greyhound.com](http://www.greyhound.com)) is the bus company with which can get to anywhere. You can buy tickets on line or at their offices at:

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PETER PAN GREYHOUND STATION</strong></td>
<td>1 WORCESTER RD</td>
<td>508-872-2272 Main Telephone Number, 800-345-9999</td>
</tr>
<tr>
<td></td>
<td>Framingham, MA 01701</td>
<td></td>
</tr>
<tr>
<td><strong>SHOPPERS WORLD</strong></td>
<td>RT 9</td>
<td>508-872-2272 Main Telephone Number</td>
</tr>
<tr>
<td></td>
<td>Framingham Flutie Pass, MA 01701</td>
<td></td>
</tr>
</tbody>
</table>
RAIL
This will be how you get into downtown Boston!
MBTA(Massachusetts Bay Transportation Authority) commuter rail, [http://www.mbta.com/](http://www.mbta.com/) service is available to South Station and Back Bay Station, Boston via the MBTA Framingham-Worcester Commuter Rail Line which connects South Station in Boston and Union Station in Worcester. Travel time to BBS is 42-45 minutes. From the train station you can easily connect with public transportation throughout the city.

Car Insurance: Students do not normally need cars. Massachusetts State law requires that all registered vehicles be insured. Even if you do not own the car you plan to be driving, you must be insured on the owner’s insurance policy. There are many companies that provide car insurance and it is worth it to shop around for the best deal. The American Automobile Association (AAA) may help you find the best insurance rates for your car. Many other websites are available to compare costs for insuring a car.

To get insurance quotes from AAA, call (800) JOIN-AAA.

Massachusetts Driver’s License
To drive while residing at Framingham, you must get a Massachusetts State Driver’s License. You can apply for a driver’s license at the Massachusetts Registry of Motor Vehicles (DMV) in Framingham, MA at 10 Pearl Street

A non-US citizen who does not have a SSN and who is not eligible for a SSN under current federal regulations or policies may still be issued a learner’s permit, driver’s license or ID Card. The person must provide acceptable identification documents, acceptable evidence that he or she has applied for a SSN but has been denied by the Social Security Administration, and must otherwise qualify for the permit, license or ID Card being sought.

Registering a Car
You can register your new or used car at the Department of Motor Vehicles. The process differs depending on whether or not the car is new.

For more information about obtaining a driver’s license or registering a car, go to the RMV Webpage at [http://www.mass.gov/rmv/index.htm](http://www.mass.gov/rmv/index.htm)
## Important to Know...

### Administrative Offices

<table>
<thead>
<tr>
<th>Office Name</th>
<th>Phone</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office of International Education</td>
<td>508-626-4585</td>
<td>General information about international student services and study abroad</td>
</tr>
<tr>
<td></td>
<td>518 McCarthy Center</td>
<td></td>
</tr>
<tr>
<td>Office of International Education</td>
<td>508-626-4585</td>
<td>Immigration law, information about working on and off campus, visa information,</td>
</tr>
<tr>
<td>Director – Jane Decatur</td>
<td></td>
<td>authorized signature for I-20</td>
</tr>
<tr>
<td>Admissions Office</td>
<td>508-626-4500</td>
<td>Applications, information about Framingham State University</td>
</tr>
<tr>
<td></td>
<td>Welcome Ctr.</td>
<td></td>
</tr>
<tr>
<td>Information Technology Services</td>
<td>508-626-4357</td>
<td>Computing questions, problems, and information</td>
</tr>
<tr>
<td></td>
<td>Hemenway Hall</td>
<td></td>
</tr>
<tr>
<td>Financial Aid Office</td>
<td>508-626-4537</td>
<td>Loan information, scholarship information</td>
</tr>
<tr>
<td></td>
<td>McCarthy Center</td>
<td></td>
</tr>
<tr>
<td>Office of Multicultural Affairs</td>
<td>508-626-4645</td>
<td>Diversity issues, concerns, support, and information</td>
</tr>
<tr>
<td></td>
<td>504 McCarthy Center</td>
<td></td>
</tr>
<tr>
<td>Registrar’s Office</td>
<td>508-626-4545</td>
<td>Academic calendar, course information, transcripts, grades, exam schedule, transfer</td>
</tr>
<tr>
<td></td>
<td>McCarthy Center</td>
<td>credit</td>
</tr>
</tbody>
</table>
Campus Services

<table>
<thead>
<tr>
<th>Campus Services</th>
<th>Phone Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Safety</td>
<td>508-626-4911</td>
<td>Security issues, parking tickets and permits, campus shuttles and escorts, questions about campus safety</td>
</tr>
<tr>
<td>McCarthy Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Counseling Center</td>
<td>508-626-4640</td>
<td>Personal counseling sessions, free of charge for Framingham students</td>
</tr>
<tr>
<td>Foster Hall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dean of Students Office</td>
<td>508-626-4596</td>
<td>Pre-orientation programs, academic issues, counseling, discipline issues, support for students with learning disabilities and physical disabilities</td>
</tr>
<tr>
<td>McCarthy Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>First Year Program Office</td>
<td>508-626-4637</td>
<td>General information and support for first year students</td>
</tr>
<tr>
<td>Dwight Hall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health Services</td>
<td>508-626-4900</td>
<td>Information about immunizations, health concerns, medical help</td>
</tr>
<tr>
<td>Foster Hall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Residence Life</td>
<td>508-626-4636</td>
<td>All housing information</td>
</tr>
<tr>
<td>Towers 100</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Information Technology and Computer Services

An important component of the University’s mission is the infusion of information technology throughout the curriculum. Our technology goal is for all graduates to be fluent in information technology as it applies to their majors and future professions. Everyone who works within Information Technology Services (ITS) continually strives to provide you with the best possible technology and support services available as part of this institutional goal.

The "Student Guide to Framingham State University Information Technology Services" provides you with basic yet useful information that will help you get started using the tremendous resources available to you as a Framingham State University student. It also serves as a reference for you to determine where and how to access specific information technology services throughout the year.
As you make the most of your college experience here at Framingham State, also keep in mind that computer and network services constitute a shared resource that is used by all of us. The use of this shared resource is a privilege, and we all need to use it responsibly. Information in their booklet also contains helpful guidelines, best practices, acceptable use policies, and information on available training. These are the things that we as a community need to adhere to out of respect for one another.

Finally, Information Technology often looks for student workers who are eager to learn even more about information technology to assist in delivering services to the community. If you are interested in a job on campus with them, please apply.

**Getting Started**

If you experience a problem or have questions, please stop by the Student Helpdesk located in Hemenway Hall G17 or the Laptop Helpdesk located on the lower level of the Arthur Doyle Technology Center. The Student Helpdesk is staffed:

- Monday – Thursday 8:00 a.m. to 10:00 p.m.
- Friday 8:00 a.m. to 6:00 p.m.
- Saturday 10:00 a.m. to 8:00 p.m.
- Sunday 10:00 a.m. to midnight

The Student Helpdesk provides you with a first level of support for all computer related issues. The Laptop Helpdesk should only be used for advanced laptop troubleshooting and all problems with college owned laptops.

To contact the Student Helpdesk from campus call ext. 5950. If you are off campus, please call (508)-215-5950.

During the first week of school, the Laptop Helpdesk is staffed between 9:00 a.m. and 4:00 p.m. For the remainder of the year, the Laptop Helpdesk hours are Monday to Friday 8:00 a.m. to 5:00 p.m.
Student Guide to Information Technology Services

Network Access on Campus

Framingham State University offers both wireless and hardwired access to its network. The advantage of wireless is mobility. In comparison, the hardwired connection offers reliability and faster response time. Given the choice between the two, we suggest that you plug in whenever a hardwired connection is available.

Wireless access to the FSU network and the Internet exists in most areas where laptop computers are commonly used. The best places to get good wireless connections outside of the classroom are the:
* McCarthy Center
* Juice bar in the Athletic Center
* Library
* Patio outside of the Arthur M. Doyle Technology Center

These locations offer you a comfortable social atmosphere where students meet, work or socialize, and surf the net. If you are outdoors and experience a connection problem, try moving closer to a campus building.

Main Computer Lab - Hemenway Hall G20

The main computer lab in Hemenway Hall G20 is open 7 days a week. There may be times when this lab is closed due to upgrades. However, expected downtime will be posted in advance.

The main computer lab is open:
Monday – Thursday - 8:00 a.m. to 10:00 p.m.
Friday - 8:00 a.m. to 6:00 p.m.
Saturday - 10:00 a.m. to 8:00 p.m.
Sunday - 10:00 a.m. to midnight
A twenty four hour general computer lab, with eight PCs and one network printer, is open in the commuter lounge in the McCarthy Center.

Other Computer Classrooms and Academic Department Labs
Students are also permitted to use the computers in the following locations, when there is no class in session and according to the schedule posted on the door for each location:
* Hemenway Hall G01 - Classroom
* Hemenway Hall 208 - Classroom
* Hemenway Hall 301 - Classroom
* Hemenway Hall 239 - Geography Lab
* Hemenway Hall 428 - Psychology Lab
* May Hall 406 - Art Lab (Macintosh)
* Whittemore Library G07 - Communications Arts Lab (Macintosh)
* Dwight Hall 104 - Education Lab (Macintosh)
* Center for Academic Support and Advising - "CASA"

The workstations in the computer classrooms and general labs are the All-In-One Dell SX-270’s in the main computer lab and the Dell Ultra-slim GX270’s in all the academic labs.

Most of the machines in the General Lab do not come with floppy drives or Zip drives. Users will need to rely on CDR/CDRWs, flash drives (a.k.a USB memory keys,) and our web server for storing and moving files. A few computers will be available that have floppy drives and zip drives to be used on an as needed basis or to convert files onto new media.

Please visit http://its.frc.mass.edu/itn/slabs.htm for more information pertaining to our campus computer labs.

**Residence Hall Computers**

Residence Hall labs are all equipped with networked computers. Log into these computers as you would any lab computer. Residence Hall computers are checked daily. If you experience a problem, contact the Student Helpdesk at ext. 5950 (on campus) or (508) 215-5950 for assistance. The following is a breakdown of the number of computers and their location in each residence hall:

North Hall down entrance hallway to the right
Horace Mann Kitchen area directly behind the front desk
Larned Room in the main lobby across from the front desk
Linsley Room directly across from the main lounge area on the first floor
O'Connor Basement lounge
Peirce Side room to the left of the main entrance, directly off the main lounge area on the first floor
Towers Room directly off of the main lobby on the first floor
Library Computers
The public access PCs and networked printers in the Library are located on the main floor. These systems are available for research purposes only. Use these computers to gain access to the Library Catalog, online research databases, and electronic journals. If you need to check Email or type a paper please use the computers in the Main Computer Lab located in Hemenway Hall G20.

Questions about the Library computing resources should be directed to ext. 4650 (on campus) or (508) 626-4650. For more information, visit the Library's Web site at http://www.framingham.edu/wlibrary.

Network Printers
Networked printers are located across campus for your convenience. Information Technology Services has implemented a print management system, Uniprint by Pharos, that helps students monitor their print jobs, enables access to more printers, and increases document security. Students are limited to 500 pages of printing per semester. All PCs in the main computer lab (Hemenway Hall G20), the McCarthy Center Commuter Lounge lab and residence hall labs have the ability to print to the networked printers though the Pharos system. Laptop users can also print to the networked printers around campus.

In order to print to the network printers using a laptop, software called Pharos Uniprint Popup will need to be installed. The requirements for this installation are as follows:

Your laptop must meet the minimum requirements and be connected to Framingham State University's network.

You must have an active student network account in order to print. If unsure as to whether your account exists or is active please visit the Student Helpdesk in HHG17 (bring your student ID).

Below is list of network printers available for printing using Pharos:
North Hall- Lobby
Hemenway Hall - G20 (3 printers available)
McCarthy Center Commuter Lounge
Horace Mann Hall - Lobby
Larned Hall - Computer Lab
Linsley Hall - Computer Lab
O'Connor Hall - Basement Lounge
Peirce Hall - Lobby
Whittemore Library - Circulation Desk area, Periodicals area, Lower Mezzanine

Directions for printing using Pharos and releasing your print jobs are available at http://its.frc.mass.edu/itn/sprint.htm.

**Student Helpdesk**
If you experience a problem with your personal laptop or desktop computer, contact the Student Helpdesk. The Helpdesk staff is available to troubleshoot and diagnose the problem as well as resolve network issues. The staff also assists to resolve general computing issues in the main computer lab (HHG20), academic computer labs or residence halls. The Helpdesk is not available to install hardware, software and/or operating systems on personally owned computers.

To contact the Student Helpdesk:
Phone (off-campus): 508-215-5950
Phone (on-campus): ext. 5950
E-mail: shd@stumail.frc.mass.edu
Location: Hemenway Hall G17

**Laptop Helpdesk**
If you experience a problem with your laptop computer, please go to the Student Helpdesk. A technician will diagnose the problem and send you to the Laptop Help desk if repairs are needed.

To contact the Laptop Help Desk:
Phone (off-campus): (508) 215-5906
Phone (on-campus): ext. 5906
E-mail: laptopsupport@frc.mass.edu
Location: lower level of the Arthur M. Doyle Technology Center

The Laptop Helpdesk is staffed Monday - Friday from 8:00 a.m. to 5:00 p.m.
Best Practices

Computer Viruses
Unfortunately, computer viruses are very common and can cause serious problems. For that reason, all students need to use anti-virus software on their own personal computers. Symantec Antivirus software is available for students to download for free from http://www.frc.mass.edu/studentav/avdl.htm. In order for the anti-virus software to be effective, you will need to run the updates on a regular basis. The recommended Dell laptop does come with Symantec Antivirus software preloaded.

Backing Up Files
Good computing practice calls for backing up files on a routine basis. Accidental deletion or hardware failure could result in the loss of hours of hard work unless files are backed up. In order to back up your files, you should save copies of your files to an additional media storage device (other than your local hard drive). Additional media storage devices can be USB mini drives or writeable CDs or DVDs.

Registration

Courses
All class and registration information is now completed online and your gateway into this area is through myFramingham, where you will need your userID and password. You will also want to utilize the resources found on the Registrar’s website, http://www.framingham.edu/Registrar/.

ESL Program
The ESL programs at Framingham State University offer courses designed for international students seeking to increase their English proficiency for academic study or to improve their general English skills to prepare for and enhance their careers.
Our **Intensive English** program is offered during the day and our **Community ESL** classes are offered in the evenings. This is NOT a degree seeking program and special immigration rules related to your F1 status apply to students participating in this program.

**Course Books**
Books are very expensive in the United States. Expect to spend about $400 per semester. You can purchase your books for classes at the campus bookstore. There are also a limited number of used books on the shelves, which cost the fraction of a new book. Get your books as soon as they are available at the bookstore, because used books run out fast. At the end of each semester, you will also have the chance to sell back your books to the bookstore. For advice about how to find the books you need for courses, turn to the helpful staff!

Another way of getting hold of cheap books is going online. Amazon ([www.amazon.com](http://www.amazon.com)), E-Bay ([www.ebay.com](http://www.ebay.com)), Half ([www.half.com](http://www.half.com)) all have used books, so check out their websites before you make your purchase. A search engine ([www.bookhq.com](http://www.bookhq.com)) allows you to compare prices of various on-line bookstores, so may want to start here.

Your cheapest (basically free) way to get your course books is the library. See if they have any copies of what you need. If they do, you can borrow the books for the entire semester!

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**The Framingham State University ID Card**

When you arrive in campus, you will be issued a Framingham ID card. Have this with you at all times, you will need it for lots of things:

- To get into campus buildings and dorms
- Use the fitness facilities
- Check out books at the library
- Campus dining and dining dollars
- Local business: CVS Pharmacy, Domino's Pizza, Pepperoncini's, Subway, J Winter Hair Salon, La Cantina Restaurant
Using your card for other purchases:

**Ram Cash**

RAM CASH is a pre-paid debit account that allows students, faculty, and staff with a valid FSCard to make purchases at any one of our Dining Services locations and at the FSU Bookstore. Your RAM CASH funds may also be used for Laundry in the Residence Halls and snack purchases from select vending machines throughout campus.

**How it Works**

1. Visit the Dining Services office located in the McCarthy Center or logon to Blackboard and choose the FSCard Tab.
2. Make a deposit via cash, check or credit card. Only credit cards may be used for online deposits.
3. Your card will be ready to use in minutes.

**SAFETY**

Framingham State University employs its own security force to help preserve the safety of Framingham community members. Being safe, however, is not just a matter of having a security force. You can avoid precarious situations by following a few recommended precautions. Below are safety tips recommended by Campus Safety and important emergency numbers. *Remember the ultimate responsibility for a crime rests with the perpetrator, not the victim.*

**General Personal Safety Tips:**

1. Be aware of your surroundings and avoid dark, secluded areas.
2. If you think you are being followed, walk quickly to a lighted area or group of people.
3. **Don’t walk alone at night.** You can call for an escort from Campus Safety or take the on-campus shuttle if you need to go out at night.
4. Keep your door locked when you are in or out of your room. Always ask who is at your door before you open it.
Shuttle Bus

The Framingham State University shuttle bus hours of operation are as follows:

Sunday: 8 AM – 2 AM  
Thursday: 7 AM – 2 AM

Monday: 7 AM – 2 AM  
Friday: 7 AM – 2 AM

Tuesday: 7 AM – 2 AM  
Saturday: 8 AM – 2 AM

Wednesday: 7 AM – 2 AM

The shuttle bus stop is located in front of Crocker Hall. It stops at Maple Street Lot, Maple Lot #1, Maple Lot #2, Union Avenue Lot, and then returns to upper campus. Depending on traffic flow, it takes approximately twenty minutes for the entire route.

Please be advised that NO escorts will be offered during daylight hours when the shuttle is not in service. Please plan accordingly.

Emergency Services:

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Phone Number</td>
<td>508-626-4911*</td>
</tr>
<tr>
<td>Campus Safety</td>
<td>508-626-4911</td>
</tr>
<tr>
<td>Framingham Police Department</td>
<td>911**</td>
</tr>
<tr>
<td>Framingham Police (non-emergency)</td>
<td>508-872-1212</td>
</tr>
<tr>
<td>Framingham Fire Department</td>
<td>911</td>
</tr>
<tr>
<td>Health Center</td>
<td>508-626-4900</td>
</tr>
<tr>
<td>Framingham Sexual Assault Counselor</td>
<td>508-626-4640 (in an afterhours emergency, call (508) 872-3333</td>
</tr>
<tr>
<td>Ambulance</td>
<td>4911 or 911</td>
</tr>
</tbody>
</table>

*On campus, just dial 4911 from any on-campus phone

**Throughout the U.S., 911 is the standard emergency number. If you are on-campus, you must dial 8 to get an outside line, and then 911.
Telephones

Residents have access to local service, voice mail and a campus phone number through their room jack. Students are strongly encouraged to set up and utilize their individual voice mail systems to provide an easily accessible means of communication with the many University offices.

Service is provided by NetVersant and all service matters should be addressed to (877) 747-7422. Calls between 8:00 a.m. and 5:30 p.m. EST will be processed by NetVersant's Boston office. Calls after 5:30 p.m. will be automatically directed to the Network Operations Center in California.

For long distance access, students should use "1-800-type*calling cards, which can be purchased at the University bookstore or through local retailers. NetVersant is for service problems only, not for information or advice on long distance service.

On Campus Calls
Whenever you use a campus phone to call another campus number, just dial the last four digits of the number. For example, to call the Office of International Programs, just dial 4585. All on-campus calls are free. To set up your voice mail, dial 4000 and follow the instructions.

Long Distance Calls
In order to make long distance phone calls, you need to use a calling card from any campus phone by following the instructions on the card. In the U.S., whenever you dial a long distance number or an “800” number, you must dial “1” first. This is understood, so the “1” is seldom written when numbers are listed. All 1-800 calls are toll free.

International Calls
For international calls, dial 011-Country Code-City Code-Local Number.

Calling cards
You can purchase calling cards from any of the surrounding general stores, including CVS.
Internet Communication
You may also explore internet peer to peer voice services for low cost communications with home. Sites such as www.skype.com and www.google.com/talk are good places to explore.

Telephone Directory
area code for all numbers is 508
(When on campus, just dial the last four digits.)

Student Life at Framingham

About Framingham State University

Framingham State University offers small, personalized classes to undergraduate and graduate students on a traditional New England campus. The public University prides itself on its friendly, family-style community.

Student success is central to the mission of the University. Many options are available for student support, including programs to help freshmen transition to college. The University also has a well-developed honors program for exceptional students.

When students are asked why they chose to attend Framingham State University, they mention its outstanding academic reputation, interesting course offerings, exciting location, sense of community spirit, and, of course, its affordable cost.

The breadth of programs offered by Framingham State University reflects diverse faculty expertise. Its many undergraduate programs range from Art to Biology to Communication Arts, while graduate offerings include the MBA, MEd, and MS. The University also has undergraduate degree evening programs along with online courses.
Location
Located just 20 miles west of Boston, the University offers all the cultural and social benefits of the city without the pressures and inconveniences of living there. The University is located on a beautiful, 73 acre, traditional New England campus in Framingham, the largest town in Massachusetts. Whether you choose to participate in an internship, take a part-time job, or attend a concert or visit a museum, our location provides an exciting environment with countless opportunities.

Message from Dr. Robert A. Martin, Interim President of Framingham State University:  
Welcome to Framingham State University. Founded in 1839 by education reformer Horace Mann, Framingham State is the nation’s oldest public university founded for the education of teachers. In 2014, FSU celebrates its 175th anniversary.
While we are proud of our history as the nation’s first normal school, the University has evolved over the years into a vibrant, comprehensive arts and sciences institution with more than 6,500 students, including about 2,000 graduate students, and 53 undergraduate and graduate degree programs in the arts, humanities, sciences, social sciences and professional fields. Framingham State is just the right size - small enough for learning to be personal and collaborative, yet large and diverse enough to broaden students' understanding of their world. This broadening of perspectives and appreciation of diversity is one of the hallmarks of a first-rate undergraduate education.
Framingham State University's faculty members are exceptionally well educated, and they share a deep and genuine dedication to the teaching-learning process. Faculty members are active scholars in their fields, and keep abreast of theoretical and applied developments in their disciplines. The University supports the professional growth and development of its faculty and staff, enabling them to remain on the cutting edge in their areas of expertise. Our faculty is committed to the success of their students and takes great pride in their many accomplishments.
Student life at Framingham State University offers a rich array of opportunities to augment classroom work with participation in numerous cultural, athletic, and social events, over 60 student clubs and organizations, internships, and study abroad programs.
The University is located on a beautiful New England campus in the heart of MetroWest, amid fortune 500 companies such as Bose, Staples, Reebok, Genzyme, EMC and IBM, as well as thousands of mid-size companies, high-tech startups and public sector organizations. Many of our more than 40,000 alumni live in the area and work in the area in a wide variety of different careers.
I encourage you to visit Framingham State and take a walk around our beautiful camps, meet with our faculty, staff and students, attend an open lecture or cultural program and learn more
about our excellent and exciting academic programs. I think you will find that Framingham State is a place where you can thrive socially and academically.

Best Wishes,

Robert A. Martin, PhD
Interim President

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**Academic Support**

The Center for Academic Support and Advising (CASA).

The staff at CASA encourages you to check out our services designed to help you be successful in your academic pursuits. We look forward to your visits to CASA. We are located in the annex at Peirce Hall, directly behind Horace Mann residence hall. All services at CASA are free for current students. CASA has something for every FSC student, from A and B students wishing to maintain their good grades to those students in academic difficulty:

- Tutoring in math, writing and a host of academic subjects
- Seminar room for study groups who need a meeting place
- Workshops: MTEL preparation for education majors, grammar review, reading and Academic Success
- Academic advisors who will discuss your academic program; changing majors; adding a minor or withdrawing from a course
- A networked computer lab with printer
- Individual study carrels for quiet study--excellent for students studying between classes

**Hint:** Don’t wait until you are overwhelmed to get help. The best students are the ones who ask questions and find new ways to learn and perform better.

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**Classroom Format**

In American classrooms, students are encouraged to share their opinions, ask questions and challenge professors and classmates. It is not considered rude to disagree or debate in class at
the appropriate times. While it would be rude to debate a point with a friend in whispered
tones while a professor lectures, it would not be rude to present your opinion to the class when
the professor pauses or stops lecturing. Class participation is often an essential part of your
grade at Framingham.

**First Year Experience Program (FEP)**
Each fall, 60 First Year students share a floor in Larned Residence Hall, forming a community of
learners who support each other in adjusting to the academic, intellectual, emotional, and
social demands of life in a college setting. Entering First Year students who are interested in the
FEP program secure their place on the floor through the Office of Residence Life.

**First Year Academic Honor Society:**
Framingham State University has established a chapter of *Alpha Lambda Delta*, a national
academic honor society for First Year students who achieve a 3.50 QPA in either their first
semester or cumulatively over the first year. New members are initiated in March each year.

**Course Clusters (First Year Fall Semester):**
At registration each year, new students are offered the option of choosing three "clustered"
courses and one additional course (rather than four "stand alone" courses). The clustered
courses are taught by faculty members who are interested in the first year teaching and
learning experience. Students who choose a Course Cluster enjoy a simplified advising and
registration process at Orientation, and can easily form peer support and study groups with
other new students in the cluster once classes begin.

**Math Center (part of the Center for Academic Support and Advising-CASA)**
The Math Center offers free drop-in tutoring in math to students who need help with the
quantitative requirements for any course in which they are enrolled. Workshops and organized
study groups are routinely scheduled for math and math-related courses. The Center also
offers videotapes ad computer-assisted learning modules for student use.

**Writing Center (part of the Center for Academic Support and Advising-CASA)**
The Writing Center provides free tutoring in writing, drop-in or by appointment, to students
seeking assistance with written coursework. Writing workshops, individualized writing skills
assessment, and course-specific writing support groups are also featured.
Health Issues

Immunization Records

Before arriving to Framingham, you should receive a packet from the Health Services, which will introduce you to Framingham policies and requirements of some examinations by your family doctor. A copy of the form that must be completed and submitted is also on the Health Services web, look for: Immunization and Physical Form.

The Commonwealth of Massachusetts requires by law a Certificate of Immunizations for all full-time (any day/night combination of three or more classes) and all Health Science students in order to register for classes. You must present documentation of having received:

- Current Tetanus/diphtheria vaccine (within the last ten years)
- 2 doses of Measles, Mumps and Rubella vaccines
- 3 doses Hepatitis B vaccine (You must have received at least the first dose)
- New this year is a requirement for Meningococcal vaccine.

TUBERCULOSIS SCREENING

- Tuberculosis screening is required if: you were born or traveled in Africa, Asia (except Japan), Central/South America, Mexico, Eastern Europe, the Caribbean or the Middle East
- you or a household member have HIV or use intravenous drugs
- you have worked in a high-risk congregate setting such as a prison

All immunizations (except meningitis) can be given to students at Health Services for a charge of $15 per immunization. TB testing can also be done and is free of charge. All students requiring a TB test for Field Study or Student Teaching are welcome to come in. TB testing is done on Mondays, Tuesdays, and Wednesdays only from 8 am to 3 pm.

If you have questions about immunizations, call the Health Services at 508-626-4900 (X-4900 on campus).

Health Insurance Policy:

- The Health Insurance requirement at Framingham State University is based on the Massachusetts General Law Chapter 15A, Section 28, which requires all full-time
students (any day/night combination of three or more courses) to participate in a health insurance plan.

- To fulfill this requirement you may either:
  - Apply for the Framingham State University Health Insurance Plan,
  - OR
  - Show evidence of a comparable or better health insurance plan of your choice. If you choose this option, you must complete a student Health Insurance Waiver attached to the FSU website. The insurance waiver must be submitted every year.
  - The Health Insurance Waiver page is available by clicking below. Returning students are also asked to complete the waiver online. Waivers should be completed online when tuition payment has been submitted.
  - Students failing to show proof of Health Insurance; either by submitting a waiver, or by purchasing the FSC Insurance Plan, are subject to withdrawal from classes. In addition, registration for future classes will be withheld.

Currently Framingham State University's Insurance Plan is Aetna Life Insurance.

- The insurance policy is available to full time students, 3 courses (12 credits or more) Annual coverage starts August 1st and ends the following July 31st.
- Cost of the 2008-09 policy is $1189.00. This premium must be paid in full to have health insurance coverage.
- Payment is made directly to Student Accounts in McCarthy Center in the Student Services Center (SSC). See Day Division All About Tuition and Fees for more information.
- Fall term insurance is available only to December graduating seniors.
- Family plan options are available directly through Aetna. See their web site. (see below)

TO ACCESS PRINTABLE APPLICATION FOR SCHOOL-SPONSORED INSURANCE CLICK HERE
TO WAIVE THE INSURANCE, CLICK HERE

For information about the health plan (policy explanation and benefits) and/or to download an application, please go to:
Residential Living

What will be in your room when you arrive
Framingham provides each student with a bed frame, standard-length twin mattress, desk, desk chair, shelf, chest of drawers, mirror and wardrobe. You will need to purchase or bring sheets, towels and blankets. Making an empty room feel like home will be your job!

What you need to bring
Personal items (such as clothing, pictures of the family...etc) are really all you need to bring from home. A rule to go by is don’t pack anything you can buy here. Pack lightly, as by the time you go home, you will have more stuff than you could ever take home.

You can purchase the items you need for yourself (e.g. toiletries), for school (e.g. stationery), for your room (bedding, small rugs, decoration, hangers, waste basket) and electrical appliances (hair dryer, alarms clock, iron, lamp, phone) here. Remember that appliances you bring from home will not usually work in the U.S. because of voltage and plug differences. Bring a voltage transformer and/or plug adapter purchased in your home country as ones purchased here do not work with foreign appliances/laptops. Note that consumer goods (like groceries, clothing, and electrical appliances) are rather inexpensive in the United States if you go shopping in the right place. So you may want to delay purchasing some items and buy them here (e.g. winter coat, hat, boots) and not bring them all the way from home.

The bookstore also has items you need every day, but their prices may be more expensive than what you can find off-campus.
Many vendors also come to campus at the beginning of the year selling posters, blankets and other decorations you could put up in your room to make it feel more like your space.

What you shouldn’t bring
Many items are forbidden in residence halls for safety reasons. Candles, incense, cooking appliances, halogen lamps, dart boards, among other items, are not permitted.

RAs
RAs (Residential Assistants) are students themselves living in every dorm. They are there to help you with any problems or issues you may have (both academic and personal) and organize
programs for the people on their floor. They also post information on the bulletin boards about the shuttles and on-campus activities.

**Campus Dining**

All students that live on-campus are required by the University to choose one of the following plans:

**19 Meal Plan**

This plan offers the best value for the student accustomed to eating 3 meals a day. This plan allows you to utilize any 19 meals in the Dining Commons available Monday through Sunday. Included are 10 guest passes that may be used at any time during the semester.

**19 Flex Meal Plan**

All options offered with the 19 Meal Plan plus $100 “Dining Dollars” that can be used in The Snack Bar, The Juice Bar or the Cyber Cafe.

**14 Meal Plan**

This plan is perfect for a student who is a moderate eater or goes home on the occasional weekend. This plan allows you to utilize any 14 meals in the Dining Commons available Monday through Sunday. Included are 5 guest passes that may be used at any time during the semester.

**14 Flex Meal Plan**

All options offered with the 14 Meal Plan plus $150 “Dining Dollars” that can be used in The Snack Bar, The Juice Bar or the Cyber Cafe.

**10 Meal Plan**

This plan is ideal for the light eater or for a student who is frequently away from campus on the weekends. This plan allows you to utilize any 10 meals in the Dining Commons available Monday through Sunday. Included are 2 guest passes that may be used at any time during the semester.

**10 Flex Meal Plan**

All options offered with the 10 Meal Plan plus $200 “Dining Dollars” that can be used in The Snack Bar, The Juice Bar or the Cyber Cafe.
Non-Resident Students (commuters)

Non-residents may purchase one of the meal plans above, or one of the specifically designed one below. In addition, you can purchase RAM CASH to use in the dining facilities.

Block 50 Plan
This plan is designed especially for students who commute to Campus every day. It allows you to utilize any 50 meals in the Dining Commons during the semester.

Block 25 Plan
This plan is designed especially for students, faculty & staff who commute to Campus every day. It allows you to utilize any 25 meals in the Dining Commons during the semester.

Post Office

Receiving mail
Residence Hall Mailbox Service:
Mailboxes are located near the lobby in each residence hall. Mail is delivered Monday - Friday with the exception of holidays. Students are assigned box numbers within the first two weeks of the academic year. All mail addressed to residents should include the following information:

Name
Residence Hall - Room #
Mailbox #
Framingham State University
100 State St., P.O. Box 9101
Framingham, MA 01701-9101

Package slips are used to inform students about mail too large for their mailboxes. To retrieve this material, students must turn in package slip, show their Framingham State University identification card and sign for the package with the Resident Assistant on duty because all residence halls do not have staffed and secure package areas. Residents should use caution when having packages of value shipped to the residence halls. If students choose to have packages (defined as any item which will not fit into the mailbox) shipped to the residence halls,
the staff will do its best to receive and maintain packages, but it will not be responsible for loss of and/or damage to any such packages.

Students can mail packages or letters at the Framingham Post Office in Trolley Square (across Route 9). In addition, a mailbox is located in front of O'Connor Hall.

Residents are strongly advised to notify those business subscriptions or individuals sending them mail of a forwarding address prior to the end of each semester, or any time they complete a room change or vacate a hall.

Mailboxes are used to deliver official campus mail. Students are expected to check their boxes daily. Concerns or problems with mail delivery should be reported to the Residence Director.

Address letters and packages the following way:

Your name
Residence Hall - Room #
Mailbox #
Framingham State University
100 State St., P.O. Box 9101
Framingham, MA 01701-9101

Laundry

Coin operated washers and dryers are available in all residence halls. If a student should experience difficulty with a machine, please report directly to our provider MacGray at the following web address: http://www.macgray.com/laundry/cs-laundry.cgi. You may use your RAM CASH on your ID to operate the machines. You need to have your own detergent and fabric softener. You can leave your laundry unattended while it is being washed and pick it up at the end of the cycle to then transfer it to a dryer.
Drinking Age and Framingham’s Alcohol Policy

In the United States, you must be 21 years old to drink alcohol. The sale or service of alcohol to anyone who has not reached the age of 21 is prohibited. Bars and clubs also require over 21 IDs to enter. The following residence hall policies regarding alcohol and other drugs are in effect at Framingham State University:

1. Possession, use, or manufacture of alcoholic beverages is prohibited in any residence hall or campus facility. (Residence Directors are the only people to whom permission has been granted).
2. Possession or use of any machine used to ingest alcohol in a non-liquid form (e.g. "awol") is prohibited.
3. Any alcohol that is brought past the front doors by a Framingham State University student will be confiscated and not returned. Small amounts of alcohol in open containers may be thrown away prior to the judicial hearing.
4. Containers that once contained alcohol are not allowed, not even for decorative purposes. Such containers may be used as proof of an alcohol policy violation.
5. The use, possession, sale, distribution and/or manufacturing of illegal substances, including marijuana, LSD, cocaine, mushrooms, mescaline, peyote, heroin, and others is prohibited.
6. Possession of drug-related paraphernalia including roach clips, bongs, water pipes, cocaine spoons, rolling papers, or any item containing illegal residue is also prohibited and will result in disciplinary action.
7. Unauthorized possession, sale, distribution and/or manufacturing of prescription drugs is prohibited.
8. In accordance with the alcohol and other drug policies, the University reserves the right to check all bags or possessions brought into the residence halls, or refuse their entry.
9. Public intoxication is prohibited in all residence halls. Public intoxication is defined as an intoxication which causes a disturbance or is dangerous to self, others, and/or property, or in any way requires the attention of the University staff.
10. Students involved in the excessive consumption of alcohol or other drugs leading to intoxication or overdose that leads to a medical emergency and/or intervention jeopardize continuance in housing and will likely be required to immediately fulfill evaluation and/or educational requirements as a condition of continued residency.
Framingham and Student Activities

The Office of Student Involvement and Campus Events encourage all Framingham State University students to get “involved” in campus life. Being “involved” means making a connection to the campus community. Through attending a campus event or joining a club, students can meet new friends and faculty, experience new ideas, or learn new skills. Connection to campus can make all the difference in a student’s experience and investment in his/her education. The office is located on the 5th floor of the Campus Center, room 510 and is a great place to learn more. Their web is:


They regularly offer students the opportunity to buy tickets for local events, movies, etc.

**How to Get Involved**

Involvement comes in many ways, shapes, and forms. From campus employment to student organizations, there are a variety of potential involvement opportunities awaiting Framingham State students. The Office of Student Involvement and Leadership Development offer several chances for involvement on campus.

**Attend the CLUB FAIR** at the beginning of the fall semester - Registered clubs will have tables to recruit new members ... just like you!

**Stop by a club’s meeting.** Meeting times are available in the Student Involvement office (McCarthy Center [CC], Room 510).

**Drop a note to a club** requesting more information. Club mailboxes are located outside CC 404 (SGA) OR you can e-mail the general e-mail contact information available through Club Connection.

**Meet with a Student Involvement staff** member to discuss your interests.

**Attend an event** on campus. You'll meet new people, and find out more about what a club does on campus. Check out Toilet Times or Campus Happenings for a monthly calendar.

**Start a new club!** You may have a talent or interest that fills a need on campus. Stop by Student Involvement for more information.

**Apply for Emerging Leaders.** Meet new people; learn new skills ... stop by Student Involvement for an application.

**Apply for a campus job.** Many departments need student assistants, and it’s a great way to meet staff, faculty, and other students.

**Understand** that it may take some investigation to find the right opportunity for you
Clubs and Organizations

There are many clubs and organizations on and off campus that provide support and host social activities. Below is a link to the most updated list of organizations at Framingham. Remember that any Framingham student can start his or her own club by following the guidelines in the Student Handbook. Please go to https://framingham.collegiatelink.net/Organizations for a complete description of each organization, meeting information and the opportunity to send a request to join a club.

International, Ethnic, and Religious Organizations

In the Local Area

For a complete listing of local religious organizations and churches, please see http://framingham.areaconnect.com/churches.htm

If you are interested in exploring local organizations from the American Red Cross to United Way to the Special Olympics, please see http://www.framingham.com/org/index.htm. You will find a myriad of opportunities for involvement off-campus within the greater Framingham community.

Whether on or off campus, Framingham offers a wealth of opportunities to get more involved in activities. As you become more involved in local activities, you will quickly feel much more a part of everyday life in the United States and you will become comfortable with the various nuances of daily life both on and off campus.