**WELCOME TO CMU** .............................................................. 3

**PROGRAMS OF STUDY** .................................................. 4

**GRAND JUNCTION AND SURROUNDING AREA** ............... 7
Weather and Climate ............................................................ 8
Local Sights and Activities ..................................................... 8

**ADMISSION REQUIREMENTS** ......................................... 9
International Undergraduate Students ............................... 10
International Transfer Students ......................................... 11
Frequently Asked Questions for International Transfer Students ........................................................................... 12
International Graduate Students ....................................... 13

**FINALIZING YOUR ENROLLMENT** ................................. 14
Health Insurance .................................................................. 14
Immunization Records ......................................................... 14

**VISAS** ............................................................................ 15
Once Admitted Begin the Visa Application Process ........ 15
11 Points to Remember for Your Interview ...................... 16

**HEALTH INFORMATION** ............................................... 17
Immunizations .................................................................... 17
Student Wellness Center .................................................... 17
Health Care and Insurance in the U.S. .............................. 17

**FINAL STEPS FOR STUDENTS** ..................................... 19
Things To Do Before Coming to CMU ............................... 19

**ON CAMPUS LIVING** ..................................................... 21
On Campus Living .............................................................. 21
Web Cams .......................................................................... 21

**CLUBS AND ORGANIZATIONS AT CMU** ..................... 22

**GRAND JUNCTION, COLORADO** .................................. 24
Transportation .................................................................... 24
Airline Information ............................................................ 24
Local Dining and Accommodations ................................. 25
WELCOME TO CMU

Colorado Mesa University in Grand Junction, Colorado is committed to making your international experience exceptional. Home to students from more than 35 nations, international students bring wonderful diversity to campus. A multitude of cultures and life experiences offer unique perspectives of the world. These views enrich the classroom and social experiences of all CMU students.

Founded in 1925, the institution has more than 11,000 students, offering a full-range of undergraduate programs, a growing number of graduate programs and numerous associates and certificate options. CMU is dedicated to providing a personalized educational experience in a student-centered environment, offering small class sizes and a high level of student-faculty interaction.

Learn more about CMU at coloradomesa.edu/future.
110 majors at the certificate, associate, baccalaureate, master’s and doctoral level with 75+ areas of concentration or emphasis and 46 minors.

coloradomesa.edu/academics
COLORADO MESA UNIVERSITY
PROGRAMS OF STUDY

Ecology, Evolution and Organismal Biology
Teacher Licensure
Chemistry
Biochemistry
Civil Engineering**
  CMU/CU-Boulder Partnership
Computer Information Systems
Computer Science
Construction Management*
Cyber Security
Decision Support Systems
Electrical/Computer Engineering**
  CMU/CU-Boulder Partnership
Environmental Science and Technology
Geographic Information Science and Technology
Geosciences
  Environmental Geology
  Geology
  Teacher Licensure
Mathematics
  Actuarial Science
  Applied Mathematics
  Statistics
  Teacher Licensure
Mechanical Engineering**
  CMU/CU-Boulder Partnership
Mechanical Engineering Technology
Physics
Sustainability Practices
Watershed Science (minor only)
Web Application Development

SOCIAL AND BEHAVIORAL SCIENCES
Addiction Studies
Applied Anthropology and Geography
  Archaeology (minor only)
  Classical Studies (minor only)
Criminal Justice
  POST Academy
  Forensic Investigation (minor only)
Cultural Resource Management
Emergency Management and Disaster Planning
Forensic Anthropology (minor only)
Forensic Science (minor only)
History
  Teacher Licensure
  International Studies (minor only)
Political Science
Psychology
  Counseling Psychology
  Forensic Investigation (minor only)
Public History (minor only)
Social Science
Social Work
Sociology
Women’s and Gender Studies (minor only)

TEACHER EDUCATION
Early Childhood Special Education
Teacher Licensure
Elementary Education
  Liberal Arts
Secondary Education
  Biological Sciences
  English
  Geosciences
  History
  Mathematics
  Spanish
K-12 Education Licensure
  Art
  Kinesiology
  Music
  English for Speakers of Other Languages
  Exceptional Learner/Special Education
  Initial Teacher Licensure
  Rhetoric and Literary Studies
  Social Sciences
  Teacher Leader
  Post-Baccalaureate Licensure: Elementary, Secondary, K-12 Physical Education

* 3+2 Program available. Earn a bachelor’s and master’s degree in five years.
** Degree conferred by University of Colorado Boulder

21:1
STUDENT TO FACULTY RATIO
110
MAJORS, 70+ AREAS OF CONCENTRATION AND 46 MINORS
76
OPEN COMPUTER LABS WITH 1,443 COMPUTER STATIONS
12
RESIDENCE HALLS — TRADITIONAL, SUITE STYLE AND APARTMENTS
9 OUT OF 10
STUDENTS RATE INSTRUCTION AS EXCELLENT
CMU is one of only a few universities in the country with a community college division. Students can take career and technical education courses, live on campus and participate in all university activities.

[link: coloradomesa.edu/wccc/programs]
Grand Junction is the largest city in western Colorado with a population of 150,000. It is bordered to the north by the Bookcliffs, a series of high sandstone cliffs, to the east is the Grand Mesa, a large flat-top mountain and to the southwest is the Colorado National Monument, a series of colorful sandstone canyons.

Grand Junction’s economy is primarily driven by agriculture, with orchards, vineyards, farms and ranches surrounding the city and the nearby towns of Clifton, Palisade, and Fruita. Other important economic interests are retail sales, oil fields, education and health care. With abundant year-round outdoor recreational activities like river rafting, hiking, mountain biking, skiing and more, tourism is also important to the economy.

CMU is conveniently located near the center of Grand Junction, on 12th Street and North Avenue. It is surrounded by residential areas and local businesses, with grocery stores, coffee shops, parks and a public swimming pool. The downtown area with shops and restaurants is also within walking distance.
WEATHER AND CLIMATE

Grand Junction’s weather is relatively mild, and residents enjoy over 300 days of sunshine a year. The climate in Grand Junction is dry and arid, since it is considered high desert. Winters are cold and dry, with some snowfall that usually melts quickly, and summers are hot, with as much as a 30°F/16.7°C difference in day and night temperatures. Spring is typically windier than other seasons and has greatly varied weather, with snow possible into early May. Fall tends to be mild and pleasant, with warm days and cool nights.

LOCAL SITES AND ACTIVITIES

On the west side of Grand Junction you will find Bananas Fun Park, movie theaters, the Mesa Mall and other retail stores and restaurants.

To the west of Grand Junction lies the Colorado National Monument, which offers beautiful hiking and biking trails and camping. West of the Colorado National Monument is the McInnis and Colorado Canyons which also provide hiking and mountain bike trails.

The Grand Mesa National Forest, located east of Grand Junction, is home to one of the world’s largest flattop mountains. The Mesa offers recreational activities year-round, from downhill and cross-country skiing to fishing. The summit is around 11,000 feet/3,353 meters.

East of Grand Junction is the small town of Palisade, which is known for its fruit orchards, vineyards and the Palisade Peach and Bluegrass Festivals, among others. One hour east of Grand Junction is the town of Glenwood Springs, a popular tourist destination located at the entrance of the beautiful Glenwood Canyon and right next to the Colorado River. In the summer, rafting companies take customers on guided raft trips down the river. Other popular attractions are two hot springs facilities and the Glenwood Caverns accessed by a gondola.

Further away but still within reasonable driving distance are other mountain ranges such as the picturesque San Juans and the beautiful mountain towns of Ouray and Telluride. Vail, Aspen, Snowmass, Crested Butte and Loveland ski resorts are all within a few hours’ drive. About two hours to the west of Grand Junction in Utah is the town of Moab and Arches National Park, which preserves over 2,000 natural sandstone arches and makes for a great day trip.
You are an international student if:

- You are not a U.S. citizen or a U.S. permanent resident, and
- You have, at a minimum, completed or are completing high school/secondary school

Each student’s application will be carefully reviewed for consideration. All international student applicants seeking direct admission to CMU must meet certain academic standards as well as:

- Show proficiency in English at the college level (see page 11)
- Submit documentation of sufficient funds to cover all educational and living expenses for the first full year of study. The cost of attending a university in the U.S. is generally high. In most cases, Colorado Mesa cannot provide financial support to international students and immigration regulations severely restrict the employment of international students. Therefore, you must have sufficient funds from other sources.

To ensure adequate time for processing applications and the delivery of I-20s, international students are encouraged to apply no later than May 1 for the fall semester and October 1 for the spring semester.
ADMISSION REQUIREMENTS FOR UNDERGRADUATE STUDENTS

1. Application
   Complete an online Application for Admission.

2. Application Fee
   Pay the $30 non-refundable online application fee.

3. Official Secondary/High School Transcripts
   “Transcript” refers to a course list, grade list, mark book or other document detailing classes and grades.
   a. Submit an official transcript in English from the last high school/secondary school attended. A transcript is considered “official” only if imprinted with the issuing institution’s official seal or is a certified true copy.
   b. If the student has taken college or university classes, please refer to Transfer Students on pages 11-12 of this manual. Official high school transcripts must be submitted by transfer students only if you have less than 30 U.S. equivalent credit hours of college-level coursework.

4. Official Bank Statements
   a. Students must show proof of funds for at least $39,613 (or equivalent in foreign currency) to cover estimated expenses for the first academic year. Fund requirements are subject to change because of tuition increases, cost of living increases, etc. If the student is married and/or has dependents, an additional $5,000 for their spouse and $4,000 for each child must be shown.
   b. If you have more than one source of funding, you must submit an official bank statement for each person/source. A financial bank statement is only “official” if it is printed on organization letterhead with the amount clearly displayed.

   Estimated annual cost attendance for undergraduate programs:
   - Tuition/fees $23,163
   - (15 credit hours per fall and spring semester)*
   - Residence Hall & Meal Plan Average $11,300
   - Personal Expense Average $3,500
   - Books & Supplies Average $1,650
   - Total $39,613

   *Please note that the CMU-CU Boulder Mechanical Engineering Partnership Program has a different tuition structure.

   c. The chart above reflects the average cost of attendance for a full-time undergraduate student during the academic year. These are estimated expenses. Tuition and fees are direct costs while all other expenses will vary based on living arrangements, major, marital status and lifestyle. These costs are based on the 2019-2020 academic year and are subject to change.

5. Notarized Statement of Financial Support
   The Statement of Financial Support shows how the student’s education and living expenses are to be financed over the first academic year of study.

   a. Each sponsor who submits a bank statement must also submit a Statement of Financial Support and have it notarized by a public official or notary who verifies the identity of the person signing the form.
b. Applications cannot be processed until proof of adequate funding is demonstrated.

6. English Language Proficiency Requirement
   If the student is from a country where English is not the primary language, please submit ONE of the following:
   a. A Test of English as a Foreign Language (TOEFL) minimum average score of 70 (internet-based) or 525 (paper-based). See TOEFL to learn more or find a test site.
   b. An International English Language Testing System (IELTS) minimum test score of Band 6. See IELTS to learn more or find a test site.
   c. Other evidence of English proficiency, such as attending an English-speaking institution. All evidence will be assessed on a case-by-case basis.
   d. If a student does not meet these minimum English proficiency requirements, international students can attend an approved intensive English program. Upon successful completion of the program, students are eligible to study at Colorado Mesa University as long as all other admission requirements have been met.

7. SAT/ACT Test (optional)
   a. The SAT or ACT test is optional but recommended. First-time students who have not taken this test will need to set up a placement exam (taken remotely or immediately upon your arrival) with Colorado Mesa University’s Testing Center before registering for their classes. This ensures that students are placed in the correct math and English classes.
   b. Please note that any student wishing to be considered for athletics must submit an SAT or ACT score.

Send all supporting documents to:
Colorado Mesa University
Attn: International Student Admissions & Programs
1100 North Avenue
Grand Junction, Colorado 81501
USA
coloradomesa.edu/admissions/requirements/international/
frequently-asked-questions

ADMISSION REQUIREMENTS FOR INTERNATIONAL TRANSFER STUDENTS

Colorado Mesa University welcomes international transfer students to apply for admission. You are considered a transfer student if:

• You are not a U.S. citizen or a U.S. permanent resident, and
• You have graduated from high school/secondary school and received a school-leaving certificate, and
• You are currently taking or have taken college/university-level courses (either at a U.S. or foreign college/university).

Transfer students transferring from a U.S. or international institution must complete the same admissions checklist as a First-Time Undergraduate Student (see pages 10-11) as well as a few additional items:

1. Transfer Student Verification Form
   If you are currently on an F-1 visa and transferring from a U.S. college or university, print and fill out the top portion of the Transfer Verification Form and have the appropriate school official at your current institution fill out the bottom portion. The form can either be
faxed or mailed to CMU. The SEVIS release date can be left blank until you have officially decided to transfer.

2. Official Secondary/High School Transcripts
High school transcripts must only be submitted if you have less than 30 credit hours of college-level coursework (approximately one year of full-time classes).

3. Official University/College Transcripts
“Transcript” refers to a course list, grade list, mark book or other document detailing classes and grades.

   a. Submit an official transcript in English from each institution attended. A transcript is considered “official” only if imprinted with the institution’s official seal.

   b. If your university credits are from an accredited institution outside of the U.S., the transcript(s) must be accompanied by a certified literal English translation and evaluated by a third party before Colorado Mesa University will process the application and accept possible transfer credits. Evaluation is optional but no credits/degree will be considered for transfer without a professional evaluation.

   c. “Transfer credit” refers to acceptance of a course from the previous accredited college or university to satisfy a requirement in a Colorado Mesa University degree program.

   d. Colorado Mesa University recognizes and uses Educational Credential Evaluators, Inc (ECE) and World Education Services (WES) for evaluation services or any service listed at the National Association of Credential Evaluation Services (NACES).

   e. Official evaluated transcripts from previous institutions will be evaluated on an individual basis after you have been accepted to Colorado Mesa University. Transfer credit cannot be guaranteed.

FREQUENTLY ASKED QUESTIONS FOR INTERNATIONAL TRANSFER STUDENTS

What documents are required for admission as a transfer student?
Please refer to the Admissions Checklist for transfer students, on pages 10–11.

I have attended another university/college, but did not do well. Can I apply as a first-year student?
No. If you have attended any post-secondary institution in any country, you must apply as a transfer student. However, you can decide whether to start your degree from the beginning at CMU or have your transcripts evaluated for possible transfer credit.

Can I transfer credits from another university to Colorado Mesa University?
Yes, if your college credits are from an accredited institution outside of the U.S. the transcript(s) must be accompanied by a certified literal English translation and evaluated by a third party before Colorado Mesa University will process the application and review for transfer credits. Colorado Mesa University uses ECE and WES for evaluation services or any agency listed at www.naces.org. Once a transfer student has applied, been accepted to Colorado Mesa University and a professional evaluation of the foreign transcripts/degree has been received, a transfer credit evaluation will be done. A grade of C (2.0) or better in each course is required to be considered for transfer of credit. Courses will only transfer to Colorado Mesa University from institutions accredited by recognized accrediting agencies, and transfer credit is not guaranteed. In some cases, Colorado Mesa University will request course descriptions from the student to determine the transferability of courses.

I am a transfer student from a college or university in the U.S. Do I need to submit an English proficiency test score?
The need for English proficiency test scores will be determined on a case-by-case basis depending on the academic progress at the institution from which the student is transferring.
I have met all other admission requirements but English proficiency. Can I still apply?
Yes, a student that meets all admission requirements except for English proficiency may apply for conditional admission to CMU and attend an approved intensive English program until proficiency is met. Please note that for graduate admission, students may still be required to submit a minimum TOEFL or IELTS score.

ADMISSION REQUIREMENTS FOR INTERNATIONAL GRADUATE STUDENTS

Colorado Mesa University currently offers several graduate programs. All prospective graduate students must apply for admission with International Student Admissions & Programs in addition to applying for admission with the graduate program.

Please review the graduate admission process at coloradomesa.edu/international.

1. Notarized Statement of Financial Support
The Statement of Financial Support shows how the student’s education and living expenses are to be financed over the first academic year of study.

   a. Each sponsor who submits a bank statement must also submit a Statement of Financial support and have it notarized by a public official or notary who verifies the signature of the person signing the form.

   b. Applications cannot be processed until proof of adequate funding is demonstrated.

   Estimated annual cost of attendance for graduate programs (2019-2019 academic year):
   Tuition/fees $14,040
   (Nine credit hours per fall and spring semester; cost varies slightly based on degree)
   Residence Hall & Meal Plan Average $12,788
   Personal Expenses Average $4,500
   Books & Supplies Average $1,650
   Total $32,978

2. English Language Proficiency Requirement
If the student is from a country where English is not the primary language, you must submit ONE of the following:

   a. A minimum TOEFL test average score of 80 (Internet-based) or 550 (paper-based). See TOEFL to learn more or find a test site.

   b. A minimum IELTS test score of Band 7. See IELTS to learn more or find a test site.

   c. Other evidence of English proficiency, such as attended a English-speaking institution. All evidence will be assessed on a case-by-case basis.

   d. If a student does not meet these minimum English proficiency requirements, international students can attend an approved intensive English program. Upon successful completion students are eligible to study at Colorado Mesa University as long as all other admission requirements have been met. Please note that graduate programs may still require a TOEFL or IELTS score for admission.

Send all supporting documents to:
Colorado Mesa University
Attn: International Student Admissions and Programs
1100 North Avenue
Grand Junction, Colorado 81501
USA
Anytime during the admissions process but before registering for classes, students must submit:

• Proof of health insurance
• Certificate of immunization

Health insurance
Proof of health insurance with a clear expiration date is required while studying in the United States.

• If you do not have health insurance that covers you while in the U.S., CMU has a group health insurance plan available specifically for international students. You will be enrolled in the plan one week prior to the start of classes. The plan’s details are sent to each student prior to the start of the semester.

• See page 17 in this manual for information on health care and the importance of health insurance.

Immunization records
College students in Colorado are required to show proof of two vaccinations for measles, mumps, and rubella (MMR). Visit coloradomesa.edu/registrar/documents/immunizations.pdf for a Certificate of Immunization form. Your options for completing the form are:

1. Email a copy of your immunization records in English to our Registrar’s Office at registrar@coloradomesa.edu OR
2. Have the form filled out by your physician or approved health authority and scanned/mailed to the Registrar’s Office at registrar@coloradomesa.edu (or bring with you when you arrive).

If you oppose the MMR vaccine or any other vaccines for personal, religious, or medical reasons you may sign the waiver at the bottom of the form. The only required vaccine for which we need documentation is the MMR (two occurrences/shots needed). The other vaccines listed on the form are recommended for all college students.

Please note that you must also read the second page of the form and either list on the front page if you have had the meningitis vaccine or sign the form on the second page if you prefer not to receive it.
Once fully admitted to Colorado Mesa University, a student can begin the visa application process. Details on this process can be found on the U.S. Department of State Student Visa webpage. The process is summarized below. Note: Canadian students are exempt from the visa process but still must pay the SEVIS I-901 fee and present the I-20 to Customs and Border Patrol upon entry.

1. Receive your scanned SEVIS I-20 and admission letter by email.
2. CMU will mail the hard copy admission letter and the signed SEVIS I-20 to your mailing address in your home country.
3. Pay the SEVIS I-901 fee and retain a copy of your receipt.
4. Find the nearest U.S. Embassy/Consulate in your home country and follow the instructions to apply and schedule an interview for your F1 student visa. You can check visa wait times online. Note that visas can be issued only up to 120 days in advance of the start date for a course of study.
5. Be sure to prepare and bring all required documentation as listed on the Embassy’s website and on the Student Visa information from the Department of State.
6. Complete the interview. See the next section for tips on how to have a successful interview.
7. If the visa is approved, you will be given an F-1 visa foil in your passport.

Tips for a successful visa interview:

1. Ties to home country/intent to return to your home country
   Under U.S. law, all applicants for non-immigrant visas are viewed as intending immigrants until they can convince the consular officer that they are not. You must therefore be able to show that you intend to return to your home country and that you have reasons for returning to your country that are stronger than those for remaining in the United States. “Ties” to your home country may include the following: family, job, financial assets that you own or will inherit, investments, etc. If you are a prospective undergraduate student, the interviewing officer may ask about your plans for future employment, family or other relationships, educational objectives, long-term plans in general, and career prospects in your home country. Each person’s situation is different, of course, and there is no magic explanation or single document, certificate or letter, which can guarantee visa issuance.

2. English language
   Anticipate that the interview will be conducted in English and not in your native language. Practice English conversation with a native speaker before the interview.

3. Speak for yourself
   Do not bring parents or family members with you to the interview. The consular officer wants to interview you, not your family. A negative impression is created if you are not prepared to speak on your own behalf.

4. Know your degree program and how it fits your career plans
   If you are not able to discuss the reasons you will study in a particular program in the United States, you may not succeed in convincing the consular officer that you are indeed planning to study, rather than to immigrate. You should also be able to explain how studying in the United States relates to your future professional career when you return home. See CMU’s degrees and programs for more information.

5. Be concise
   Because of the volume of applications received, all consular officers are under considerable time pressure to conduct a quick and efficient interview. They must make a decision, for the most part, on the impressions they form during the first minute or two of the interview. Consequently, what you say first and the initial impression you create are critical to your success. Keep your answers to the officer’s questions short and to the point.
6. Supplemental documentation
It should be clear to the consular officer what written documents you are presenting and what they signify. Lengthy written explanations cannot be quickly read or evaluated. Remember that you will likely have 2-3 minutes of interview time.

7. Not all countries are equal
Applicants from countries suffering economic problems or from countries where many people have stayed in the United States as immigrants will have more difficulty getting visas. Statistically, applicants from those countries are more likely to be asked about job opportunities at home after their study in the United States.

8. Employment
Your main purpose of coming to the United States should be to study and not to work before or after graduation. While many students do work during their studies, such employment is incidental to their main purpose of completing their U.S. education. You must be able to clearly articulate your plan to return home at the end of your program. If your spouse is also applying for an accompanying F-2 visa, be aware that F-2 dependents cannot, under any circumstances, be employed in the United States. If asked, be prepared to address what your spouse intends to do with his or her time while in the United States. Volunteer work and attending school part-time are permitted activities.

9. Dependents remaining at home
If your spouse and children are remaining behind in your country, be prepared to address how they will support themselves in your absence. This can be an especially tricky area if you are the primary source of income for your family. If the consular general officer gains the impression that your family members will need you to remit money from the United States in order to support themselves, your student visa application will almost certainly be denied. If your family does decide to join you at a later time, it is helpful to have them apply at the same post where you applied for your visa.

10. Maintain a positive attitude
Do not engage the consular officer in an argument. If you are denied a student visa, ask the officer for a list of documents he or she would suggest you bring in order to overcome the refusal, and try to get the reason you were denied in writing.

11. Important additional point: be familiar with CMU and Colorado
Spend time on CMU’s website so that you can speak intelligently about the university, and Grand Junction, Colorado. It is common to be asked about why you chose a specific university and about its location in the U.S.
IMMUNIZATIONS

Colorado State law requires college students born after January 1, 1957 to show proof of two measles, mumps and rubella immunization shots. Please complete a Certificate of Immunization signed by an approved health authority or submit a copy of your official records in English signed by an approved health authority. See page 14 for additional information. Failure to comply with this law will result in a medical hold placed on your account which prevents you from registering for classes, adjusting your schedule and requesting transcripts.

Additional information

• Ask your doctor if they have the records on file and ask them to complete the Certificate of Immunization form.

• When you arrive in the U.S. you may take the titer test to prove you had both shots or complete your two MMR shots.

• An appointment can be scheduled at the Student Wellness Center or by calling 970.256.6345.

• If there are special circumstances regarding your immunizations, please speak with the Registrar’s Office.

STUDENT WELLNESS CENTER

The Student Wellness Center, located north of campus at 1060 Orchard Avenue, Suite N, offers discounted prices for students. While it can be helpful for common ailments, any potentially life-threatening condition should be taken care of immediately at one of the local hospitals.

All registered Colorado Mesa University students who have paid their student fees may use the Student Wellness Center. A $15.00 co-pay is required at time of service. Additional fees may be charged for special services such as simple medical procedures, laboratory tests, vaccinations, etc. If possible, please wait to visit the health center until you have international student health insurance otherwise you may have to pay the entire cost of the visit on your own. The Wellness Center also offers behavioral health services and counseling.

HEALTH CARE AND INSURANCE IN THE U.S.

Did you know the cost of...

• an off-campus doctor visit is between $100-$500.
• a hospital emergency room visit is more than $600.
• hospital charges (not including surgery) are approximately $2,500 per day or night.

Health care is very expensive in the United States and the U.S. government does not pay any part of the medical expenses for international students or their family members. This is why having health insurance is mandatory. If you do not have an insurance plan and end up needing medical treatment, be prepared to pay expensive bills without any reimbursement options.

Buying an insurance plan after you get sick or injured is impossible because insurance companies do not pay for services which occurred in the past.

Therefore, ALL students are required to have health insurance.
You should be familiar with the following terms:

- “Co-pay”: The co-pay is the amount that must be paid for each visit to a doctor’s office.
- “Deductible”: The amount you pay for covered health care services before your insurance plan starts to pay. With a $2,000 deductible, for example, you pay the first $2,000 of covered services yourself. After you pay your deductible, you usually pay only a copayment or coinsurance for covered services.
- “Out of pocket expenses”: Expenses that will not be reimbursed.

**Insure yourself through Colorado Mesa University**

- CMU has a group health insurance plan specifically for international students. The group plan costs approximately $80 per month and coverage for each semester is added to your university semester bill.

**Two ways to insure yourself or your family members:**

- Home country company - Purchase an insurance plan in your home country. If the plan is international, verify that it is accepted in the U.S. while in student status.
- Private U.S. company - Purchase a health insurance plan from a private company in the U.S. Here are just a few of the options available: International Student Insurance, ISO Student Health, Summit America, HTH Worldwide, and Compass Student Health.
We look forward to welcoming you soon at CMU. Before you come there are several important steps to complete to ensure a successful start.

THINGS TO DO BEFORE COMING TO CMU:

1. Confirm your attendance
   CMU does not require a deposit but please let International Student Admissions and Programs know whether you’ll be attending CMU as soon as you have made your decision.

2. Apply for on-campus housing
   It is important that you apply for housing as soon as possible. Freshman and sophomores are required to live on campus unless you are over 21 years of age, a transfer student or married. See the “On Campus Living” section on page 21 for more information on how to apply.

3. Register for classes
   As soon as you have been accepted to CMU, you will receive a “Next Steps” email with details about your program of study and how to pick classes for your first semester. You will need to work closely with International Student Admissions and Programs to choose classes. If you do not have an SAT or ACT score, be prepared to take the ACCUPLACER (placement) exams in Math, English and Reading when you arrive so that you can be placed into the correct level of courses. Prior to arriving, you will be able to register for other courses apart from English, Math and Reading.

   Please note: If you do not register for classes before you arrive, you risk choosing classes that may not be your first choice as class selection and availability is not guaranteed.

4. Confirm arrival and travel plans
   Once you have your flight itinerary, please forward the information to International Student Admissions and Programs. Please make sure to reserve a plane ticket all the way to Grand Junction, Colorado (GJT). Airport pick up can be arranged once your itinerary is finalized.

   If you have not sent your information in advance, or if your flight is delayed, you may need to call a taxi, Uber or Lyft to transport you to your hotel or to campus. A taxi can be called upon your arrival at the airport at 970.242.4652 or 970.245.8294 by using the courtesy phone located near the rental car desks.

   If you have applied to live on campus in one of our residence halls, you may move in on the Friday before school starts for fall semester during normal move-in hours (spring semester move-in date varies, contact the International Student Admissions and Programs office for more information).

   If you are moving in during the normal move-in days/times, you may check-in with Residence Life when you arrive or go directly to your residence hall to
check-in after you go to the University Center to get your student ID (MAVcard).

If you plan to arrive in Grand Junction before the official move-in weekend, you may coordinate with the International Student Admissions and Programs office to move-in early.

If you qualify for and plan to live off-campus, you will need to stay in a local hotel until you find an apartment/house. Please note that the International Student Admissions and Programs office does not assist students in finding off-campus housing. Please refer to page 25 for suggested hotels. The hotels nearest to the CMU campus are the hotels downtown.

While waiting for wire funds to be transferred from your home bank to a bank in Grand Junction, it is important to arrive in the U.S. with enough U.S. dollars or a valid credit card for a week of expenses.
ON CAMPUS LIVING

Just minutes from everything you need!
All twelve residence halls are just minutes from classrooms, labs, library, dining services, the student health center and athletic recreation facility.

By living on campus, you get the total college experience. You are close to all of the action including sporting events, theatrical productions and other campus activities. To help build community and add to the vibrancy of the college atmosphere, the Residence Life Staff, Residence Hall Association and Residence Hall Councils sponsor educational, cultural, social and recreational programs for residents.

Apply to live on campus
After you have been accepted to a CMU degree program, please log on to MAVzone to apply online for Fall, Spring or Summer housing. Your MAVzone login information can be found on your acceptance letter and in a “Next Steps” email that is sent as soon as you are accepted to CMU.

Residence life process
• Students are encouraged to apply early.
• The earliest applications are submitted 12-18 months prior to the student’s start term.
• Applications are given priority based on the date the completed application is received.
• A completed Residence Life application includes the application, Residence Life and Dining Contract and security deposit.

After applying for housing
• Application confirmations are sent via email to the student’s CMU email account within two weeks of when the application is received.
• Students are advised to logon to MyHousing via MAVzone to review and update their personal and living preferences.

Assignment process and online room selection
• Incoming students for fall are assigned using an automated matching process based on the hall preference and roommate matching criteria from the application. Hall preferences are not guaranteed, so include multiple choices on the application. Rooms will be assigned starting in early May.
• Incoming students for spring are assigned using an automated matching process. Assignment notifications are sent mid-December for the following spring term and can be viewed on MyHousing via MAVzone.

Living off campus
The campus is centrally located and surrounded by residential areas. Freshmen and sophomores are required to live on campus but upperclassman (juniors and seniors), transfers, and those over 21 years of age wishing to live off campus must make arrangements on their own, as the university does not provide services for off campus housing. Some of the local realtors can provide information on rental houses and apartments, and the local newspaper also has a rental section, including rooms for rent or roommates wanted. You may also check with International Student Admissions and Programs for off campus housing tips.

Web Cams
Click below to view CMU webcams and more of CMU’s campus.

University Center  Walker Field
We understand that experiences outside the classroom are as valuable to your growth as those in the classroom.

**International Student Alliance (ISA)**
The International Student Alliance is a club open to any student, and is a good way to get involved in college life and connect with other international students as well as domestic students. The club embraces diversity, and has regular meetings as well as scheduled events. Like them on Facebook at CMU ISA.

**Club Advisory Board (CAB)**
The Club Advisory Board (CAB) is a student-run organization responsible for the establishment of new clubs and the allocation of monies to established clubs. There is something for almost everyone, and if there isn’t a club that fits your interests, CAB has the tools and information to help such students get their own club started with an account and $50.

**Cultural Inclusion Council (CIC)**
The student-led Cultural Inclusion Council strives to promote and support the ethnic and cultural groups on campus by providing educational resources and support services. The CIC Board encompasses six different clubs: Black Student Alliance, Gay Straight Alliance, International Student Alliance, Native American Student Alliance, Latin Student Alliance and Polynesian Club Alliance.

**Programming Activities Council (PAC)**
The Programming Activities Council is a student-run organization which provides high-quality entertainment to enrich the lives of students outside the classroom. Like them on Facebook at CMU PAC to stay current with what’s happening on campus.

**Outdoor Program**
The Outdoor Program is an inexpensive way to explore Colorado’s great outdoors. This program coordinates a variety of activities including trips, clinics, equipment rentals and free weekly outdoor activities. Types of trips that are offered include hiking, rock climbing, snowshoeing, kayaking, river rafting, camping, ice climbing and more.

Trips range from afternoon or one-day excursions to overnight, weeklong and international trips. In addition, the Outdoor Program rents equipment such as bikes, canoes and skis to students at reasonable prices. See their website for a
schedule of trips and activities. Make it a goal to do at least one OP trip before you graduate! Visit coloradomesa.edu/outdoor-program or find them on Facebook and Instagram @cmuoutdoorprogram.

Athletics
Colorado Mesa University has a strong winning tradition as a member of the NCAA Division II and Rocky Mountain Athletic Conference. The University competes in 32 inter-collegiate varsity sports. There is no charge for students to attend regular season athletic events. You must present your Colorado Mesa University MAVcard to gain entrance.

Intramural & Club Sports Program
The Intramural Sports Program offers structured, competitive and social opportunities in a variety of individual and team sports. Team intramural sports include flag football, volleyball, men’s basketball, women’s basketball, men’s softball, coed softball, indoor soccer, dodge ball, ultimate Frisbee and inner tube water polo. Individual sports include tennis, racquetball, disc golf and badminton. Club Sports are organizations that compete with other institutions and offer a competitive opportunity in any given sport for CMU students. Like them on Facebook at CMU Intramural & Club Sports.

For a full list of clubs and organizations, please visit coloradomesa.edu/student life.
TRANSPORTATION
Grand Junction is nestled on the western slope, about a four-hour drive from both Denver and Salt Lake City. Located at the crossroads of Interstate 70 and Colorado Highway 50, the city is easily accessible from every direction. Whether you are hitting the road or taking to the skies, below are a few options for getting here.

- Driving
coloradomesa.edu/campus-info/directions

- Airport
gairport.com
denverairconnection.com

- Bus
greyhound.com
roadrunnerstagelines.com

- Taxis
K2 Taxi service, 970.242.4652
Sunshine Taxi, 970.245.8294

- Train
amtrak.com/stations/gjt

Grand Junction has a bus system called Grand Valley Transit (GVT) that serves Grand Junction and the surrounding areas, including Palisade, Clifton, Orchard Mesa and Fruita during daytime and early evening hours. A free bus pass can be picked up at the University Center information desk.

- Other transportation
Uber and Lyft are additional transportation options.

AIRLINE INFORMATION
Grand Junction Regional Airport is located in Grand Junction. It is a small airport, but has regular flights to Denver and other major cities.

Commercial Airlines serving Grand Junction Regional Airport

Allegiant Air
Service to Las Vegas and Los Angeles
1.702.505.8888

American Airlines
Daily Service to Dallas/Ft. Worth
1.800.433.7300

Delta Airlines
Daily Service to Salt Lake City
1.800.221.1212

DenverAir Connection
Direct flights to Centennial Airport in Denver
1.866.373.8513

United Airlines
Daily Service to Denver and Houston
1.800.864.8331
Local Dining and Accommodations
Grand Junction boasts many local dining and accommodation options that are sure to meet your needs. The Grand Junction Visitor and Convention Bureau has the most up-to-date list of dining options. CMU discounted accommodations are on the CMU website at coloradomesa.edu/campus-info/accommodations.

Dining
Whether you are looking for sit-down fine dining or a quick bite on the go, Grand Junction has options for any taste. You can choose from a variety of chain restaurants or local establishments.

Accommodations
Colorado Mesa University has partnered with the following hotels to give family, friends and visitors a discounted rate. Use the Corporate/Promotional Code listed while making your reservation. Please note that some rates may be seasonal and vary throughout the year and rates are based on room availability.

• Hotels in downtown Grand Junction
  Located just a few minutes from campus, historic downtown Grand Junction features locally owned shops, restaurants and tree-lined streets dotted with sculptures and fountains. For more information on things to do and upcoming events visit the Downtown Grand Junction website.

  Fairfield Inn and Suites by Marriott, 225 Main Street
  Make a reservation with Fairfield Inn and Suites
  Corporate/Promotional Code - K8U

  Hampton Inn by Hilton, 205 Main Street
  Make a reservation with Hampton Inn
  Corporate/Promotional Code – 0002773988

  SpringHill Suites by Marriott, 236 Main Street
  Make a reservation with SpringHill Suites
  Corporate/Promotional Code - K8U

• Hotels near the airport and Horizon Drive
  Just off I-70 at Exit 31, adjacent to the Grand Junction Regional Airport and only five minutes from campus, Horizon Drive is a welcoming and convenient entrance to Grand Junction.

  DoubleTree by Hilton, 743 Horizon Drive
  Make a reservation with DoubleTree
  (special CMU rate will be automatically applied)

• Hotels in Palisade
  Located just east of Grand Junction, Palisade offers exquisite accommodations in the heart of Colorado’s wine-making district.

  Wine Country Inn
  777 Grande River Drive
  Palisade, Colorado 81526
  Make a reservation with Wine Country Inn
  Corporate/Promotional Code - CMUP

See You Soon!