

Helpful Hints for Exiting Scholars

Dear Scholar:

ISSP has compiled the following information to assist you as you prepare to leave Emory University. It has been a pleasure having you as a part of our international community. We hope you will stay in touch after you return home and as you continue your career endeavors. Please let us know if we can be of further assistance to you.

-ISSP Staff

International Student & Scholar Programs
PO Drawer V V, 605 Asbury Circle
Dobbs University Center, Room 340E
Atlanta, GA 30322
Phone: 404-727-3300
Email: issp@emory.edu
Website: <http://www.emory.edu/issp>

Go confidently in the direction of your dreams. Live the life you have imagined. --Henry David Thoreau

- **The Emory Magazine:**
 - Located online at http://www.emory.edu/EMORY_MAGAZINE
 - This publication is a great resource to keep you updated on the activities of Emory University.
- **Emory University Homepage:**
 - If you wish to refer prospective students to Emory University, you may suggest they visit the Website to learn more about the schools and the different degrees offered at Emory University. In general visit the Website for any information regarding Emory: <http://www.emory.edu>.

Below is a contact list for Emory programs. We encourage you to tell others to apply to Emory University.

Admission Office Contact Information

Emory College (undergraduate degrees):	Office of Admissions, 200 Boisfeuillet Jones Center Emory University, Atlanta, GA 30322	Tel: 404-727-6036
Graduate School of Arts and Sciences:	Office of Admissions, 550 Asbury Circle, 200 Candler Library Emory University, Atlanta, GA 30322	Tel: 404-727-0184
Candler School of Theology:	Office of Admissions and Financial Aid, Bishops Hall 216 Emory University, Atlanta, GA 30322	Tel: 404-727-6326
Emory School of Medicine:	Office of Admissions, 1440 Clifton Road, NE Emory University Atlanta, GA 30322	Tel: 404-727-5660
Rollins School of Public Health:	Office of Admission, 1518 Clifton Road, NE, Emory University, Atlanta, GA 30322	Tel: 404-727-3956
Goizueta Business School:	Goizueta Business School Admissions, 1300 Clifton Road, NE Emory University, Atlanta, GA 30322	Tel: 404-727-6311
Nell Hodgson Woodruff School of Nursing:	Office of Admissions and Student Services, 1520 Clifton Road NE, Emory University, Atlanta, GA 30322	Tel: 404-727-3130
Law School:	Office of Admissions, Gambrell Hall, 1301 Clifton Road, NE Emory University, Atlanta, GA 30322	Tel: 404-727-6801

Why Should I Be Worried About Going Home? It Is Not a Foreign Country!

(Excerpted from *Going Home, A Guide to Professional Integration*)

People who have lived abroad often find that the adjustment to returning home is more difficult than their adjustment to the foreign culture. Why? Expectations play a major role. We expect to have some difficulty when we go to a new place, speak a different language and learn the rules of a different culture. . . but home?...we know that place! **What can we do to prepare? Here are some suggestions by previous sojourners:**

What can we do to prepare? Here are some suggestions:

1. Be prepared for an adjustment process. Give yourself time to work through what you are feeling and give your family and friends time for the same. Family and friends are waiting to greet you with open arms, but not always with open eyes.
 2. Just as when you came to the United States, you will be more aware of how your home looks when you go back. You will have a heightened sense of awareness that will last just a short time. Take advantage of that time by writing your perceptions on paper. Look at it later, and think about why you noticed the things you did, and how your perceptions changed because of your experience in another culture.
 3. People at home will ask "Tell me about your trip" and then they listen for a few minutes and tell about the new engine they put in their car or about cousin Kim's wedding party. After a while they do not ask at all! Learn to give short responses, focusing on just one or two ideas about what you did while you were abroad. Save your long discussions for those who have been in the United States. Maybe in local civic organizations or schools you can give short lectures, illustrated with photographs, slides, videos, etc.
 4. Try not to idealize the United States or criticize your own country and vice-versa. Attempt to remain objective. Be careful about how to phrase your comments and criticism about your country. An individual is not born with culture but only with the capacity to learn it and use it.
 5. Talk about your experiences with others who have recently traveled abroad and who may be experiencing the same feelings you are having. They may be able to share some tips with you on how they learned to deal with their feelings.
 6. Remember that reactions are numerous and unique to each individual. Most important, remember that the time, energy and expense spent living abroad was well spent.
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Pre-Departure Checklist

- Fill out forwarding address forms at the Post Office. Request "change of address" postcards from the Post Office. Send them to your friends.
- Contact the telephone company to disconnect your telephone. Call your long distance company to be sure all your telephone calls are paid.
- Clear all of your accounts (natural gas, rent, electrical, etc.) Leave money with a trusted friend if bills are still outstanding.
- Leave your permanent address with your department and return any departmental keys.
- If you will be traveling before leaving the United States, leave contact information with ISSP in case of emergency.
- Remember that as a J-1 and after your DS-2019 expires, you have thirty extra days to remain in the country to take care of the above errands (**no work is allowed in that period of time.**)
- Know your tax requirements before departure. In most cases, J-1 visa holders are tax-exempt by filling out a *sailing permit*. Other visa holders such as H-1B, TN, and O-1 are not exempt. You can obtain the tax filing information and forms online at <http://www.irs.gov/>
- H-1B, TN, or O-1 visa holders have only ten days to voluntarily depart (**no work is allowed in that period of time.**)
- Be sure to change your address in the Human Resources system in order to obtain your last paycheck and W-2 Forms. Change your address by emailing: mzippy@hr1.hr.emory.edu or you may fax the update to (404) 727-4008. Be sure to include your full legal name and your 7 digit employee ID as they appear on your paystub or pay advice.