



Define Your Priorities

When searching for a graduate program in the United States, it is important to first decide what is most important to you. This will help guide you through each of ***Your 5 Steps to U.S. Study***. Please answer the following questions with as much information as possible.

Why do you want to study in the United States?

Every student is different, and it is important to think about your own primary reasons to study in a short-term program in the United States. These reasons may change over time, but they will help guide your short-term program search.

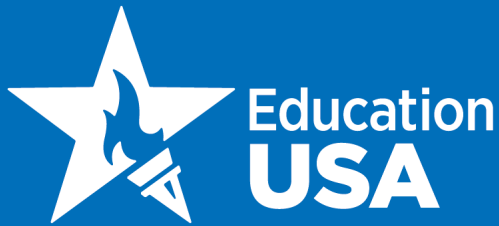
As you begin to search for a short-term program in the United States, you should think about:

Your Short-term Goals

- What is the purpose of your short-term study? Select all that apply.
 - ☐ **Academic**
Are you planning to transfer academic credit from this program back to an institution in your home country?
Please explain.
 - ☐ **Professional**
Do you need to learn a new skill or update an existing one?
Please explain.
 - ☐ **Personal**
Are you interested in gaining a new cultural experience or accomplishing other personal goals?
Please explain.
- How long do you plan to study in the United States?
 - ☐ **Less than 1 month**
 - ☐ **1–6 months**
 - ☐ **6 months–1 Year**
 - ☐ **Over 1 year**

Your Past Experience

- Do you have, or are you currently pursuing, any academic degrees or training?
 - ☐ **Yes**
Please explain.
 - ☐ **No**



How will you pay for your short-term program in the United States?

Short-term programs in the United States offer a wide range of tuition and living costs, making them affordable to many international students each year.

As you begin to find your own funding sources, you should think about:

Your Financial Contribution

- In total U.S. dollars, how much money will you and/or your family be able to pay for a short-term program?
 - ☐ **Less than \$1,000**
 - ☐ **\$1,000–\$5,000**
 - ☐ **More than \$10,000**

Which kind of short-term is best for you?

The United States offers several different short-term program options for international students.

As you begin to narrow down your choices, you should think about:

Program Type

When choosing a program type, think about your reasons to study in a short-term program. The program should help you reach your goals.

- Which program type would be a good match for you?
 - ☐ **University Exchange**
Under partnership agreements between their universities, American and international students can trade places and experience living in each other's countries and studying at each other's universities.
 - ☐ **Professional Exchange Program**
Short-term professional exchange programs vary widely. Some participants are able to accept a wide range of work, while others are restricted to experiences within a chosen career or a specific job. These programs are known as "J-1 professional exchange programs" because participants in a professional/work exchange travel to the United States on a J-1 visa.
- Which of the following professional exchange programs interest you? Select all that apply.
 - ☐ **Intern**
Permits students who are currently enrolled or have recently graduated from a foreign university to pursue an internship in the U.S. with a business or non-profit organization for up to 12 months.

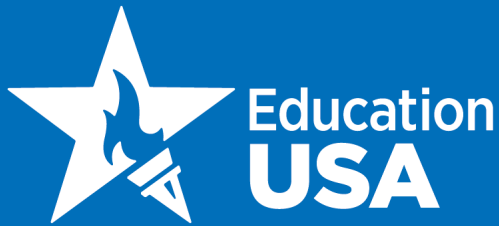


**Education
USA**

- ☐ **Camp Counselor**
Permits foreign nationals to work at a U.S. summer camp for up to four months.
 - ☐ **Summer Work/Travel**
Permits students to work in the U.S. during summer vacations for up to four months.
 - ☐ **Au Pair**
Permits foreign nationals ages 18-26 to live with an American family and provide up to 45 hours per week of childcare in the home. The program also includes a mandatory educational component.
 - ☐ **Trainee**
Permits foreign nationals to develop professional skills with a U.S. business or organization for up to 18 months.
 - ☐ **Teacher**
Permits foreign teachers to teach full time in U.S. primary or secondary accredited school for up to three years.

 - ☐ **Non-Degree Program**
Non-degree students may take classes in a specific institution and department or at several institutions and departments in a local area.
 - Which of the following non-degree programs interest you? Select all that apply.
 - ☐ **Summer Session Study**
Classes offered at a U.S. institution during six- to ten-week sessions during the break between May and August.
 - ☐ **Professional Short-Term**
Intensive training programs at a U.S. institution for professionals that lead to a certificate of knowledge in the field of study.
 - ☐ **Visiting Fellows & Scholars**
For students who already have a doctoral degree and want to pursue further research. These programs may also allow visiting fellows to audit graduate-level courses with access to academic facilities for personal research.

 - ☐ **Distance Education**
With access to the internet or postal mail, students can participate in a formal learning program with other students and instructors located in different places.
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How easily will you adjust to your new community and environment?

The United States is a very diverse country, offering a variety of climates, cultural heritage, and landscapes from coast to coast. Imagine yourself studying in the United States and think about the environment you want.

As you imagine the environment you want, you should think about:

Region

The United States is often divided into four distinct regions. Refer to the map below to see the different regions.

- Which region would be best for you?

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West

- › The largest region of the United States covering more than half its land area, making it the most geographically diverse area. It is known for mild and damp climates to very dry and hot ones, with greater access to mountain ranges, desert areas, forests, and the Pacific coastline.

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Midwest

- › Also called “Middle America,” it is known for low-lying plains, small hills, and access to large freshwater lakes bordering Canada. Seasonal climate change, ranging from mild summers to cold winters with heavy snowfall, is also common in the Midwestern states.

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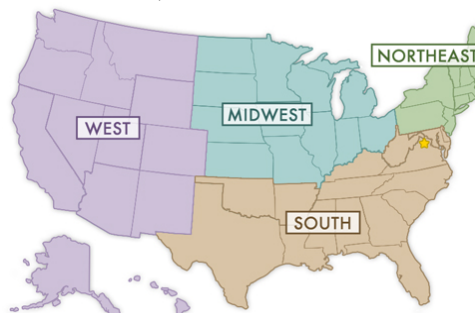
Northeast

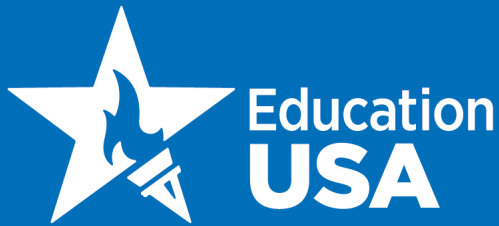
- › Comprised of the New England and Middle Atlantic states, this region is known for its forested interior and rocky Atlantic coastline. Seasonal climate change, ranging from mild summers to cold winters with heavy snowfall, is also common in the Northeastern states.

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South

- › A region known for its sub-tropical climate with humid summers and mild winters. Southern states have diverse landscapes, including mountains, wetlands, arid deserts, and the Gulf of America coastline.





Setting

Virtually every U.S. state includes a setting that can range from an urban city, suburban residential area, or a rural countryside. U.S. colleges and universities may be located in any one of these settings.

- Which setting would be best for you?

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Urban

- › Cities with larger populations providing convenient access to banking, stores, the arts, entertainment, public transportation, and international airports. Urban areas may have higher average living costs.

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Suburban

- › Residential areas close or farther from cities, with moderate populations and more spread-out restaurants and shopping areas. Suburban areas may have more moderate average living costs.

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Rural

- › Countryside areas with smaller towns of fewer people and areas of land used for mining and agriculture. Rural areas may have lower average living costs.

Housing

The type of housing you choose will depend on your personal needs and the options available.

- Which housing option is best for you?

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On-campus Housing

Residence Halls and Dormitories

- › Furnished with basic needs such as a bed, closet, desk, and chair. Rooms are usually shared with other students and can be a great place to meet new friends quickly.
- › Some dormitories may be for men only or women only, and some may allow both men and women in the same dormitory residence.

Married Student Housing

- › Demand for housing for married couples is usually high, so you should ask about this as early as possible.

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Off-Campus Housing

American Host Family or Apartment

- › Living with an American family can be an enriching experience and can be less expensive than other off-campus housing options.
- › Host family options may not be available at all colleges or universities, so it is important to check with the campus adviser if you are interested.



- › The student finds his/her own apartment and typically pays a deposit, monthly rent, and utility fees. 'Co-op' Housing
- › Co-ops are usually large houses where a group of students live together, sharing the costs and taking turns to do the cooking and cleaning.

Campus Life

Activities available in the local area may also be an important part of your U.S. experience. Will you be in a location that offers activities that interest you?

- Which activities will you want to be able to access?

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Sports

Which ones?

Arts

Which ones?

Clubs and Organizations

Which ones?

Hobbies

Which ones?

Other