Dear Student,

Welcome to the University of Missouri-Kansas City (UMKC)! We’ve compiled this guidebook to help you adjust to your new community. Within these pages you’ll find instructions on various day-to-day issues that may arise. From buying groceries to what to do when you’re sick, we’re here to help!

This guidebook is organized by three distinct information sections: UMKC, basic needs, and Kansas City. The UMKC section assists with travel around campus, learning about UMKC activities, and other essentials. The basic needs section includes where to shop, how to travel around town, and our local weather. Our Kansas City section familiarizes you with local attractions and information.

As always, please contact the International Student Affairs Office (ISAO) with any questions. Enjoy life at UMKC!

Sincerely,

ISAO Team
isao@umkc.edu
816-235-1113
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YOUR ISAO ADVISORS

Who is my advisor at the International Student Affairs Office (ISAO)?

You can find out who your current advisor is and what days and times you can make an appointment with them by going to the ISAO website at: http://info.umkc.edu/ISAO/current-students/international-advising/.
Advisors are assigned to students by their last/family name.

How do I make an appointment to meet with my advisor?

1. Please contact the ISAO Welcome Center by phone at 816-235-1113 or come to the office in person to request an appointment. (We do not accept emailed appointment requests.) Please note that we are unable to meet for appointments on the day the appointment is made, except for emergencies.

2. Provide a brief description of your question, or what you would like to discuss at your appointment.

What should I know before my appointment?

1. Please be sure to arrive on time for your scheduled appointments. If you arrive late you might not be able to see your advisor and will be asked to reschedule your appointment to a future date.

2. If you are not able to attend the appointment you have scheduled, please contact the ISAO Welcome Center (816-235-1113) to cancel and/or reschedule your appointment.

What is a “Walk-In”?

Walk-Ins are daily, scheduled times that you may stop by ISAO to see an advisor immediately. Walk-Ins are meant to handle simple questions that only require a few minutes for the advisor to answer. For questions or issues that will take more than a few minutes to address, please make an appointment.

WALK INS:
Monday through Friday: 3:00 to 4:30 pm

ADVISING APPOINTMENT TIMES:
Monday through Friday: 11:00am to 12:00pm

Online Services

Online Services is a tailored service where you can request a number of important documents and fill out forms. Go to https://www.umkc.edu/isao/srv/services/index.cfm and log on with your pathway account information to access it.
WHAT TO DO WHEN YOU ARE SICK

NON-EMERGENCY CARE

When you don’t feel well or become sick and need to see a doctor, **make an appointment** at the UMKC Health and Wellness Center by calling 816-235-6133 or online at [http://info.umkc.edu/studenthealth/](http://info.umkc.edu/studenthealth/)

*Always go to the UMKC Health and Wellness Center for non-emergency issues first!*  
*Examples of non-emergency care include: colds, flu, sore throat, aches, pains, inoculations (vaccinations), check-ups, well-women exams, contraceptive counseling, blood pressure measurement, seasonal flu shots, and sprained ankles.*

The UMKC Nurse Practitioners (NPs) and Registered Nurses (RNs) are able to prescribe medicine which can be filled at the UMKC Pharmacy or other pharmacies. They perform routine health exams, and will refer you to a specialist if you need further care. If you see a specialist with your referral, you won’t have to pay as much as just going to a specialist.

You will not need to use your health insurance card when you visit the Health and Wellness Center. **There is no charge for your visit**, but **some services will cost money**, such as tests and vaccines. It is best to bring your student ID card with you, or at least know your student ID number.

EMERGENCY CARE

When you need **IMMEDIATE, URGENT** care, go to a hospital emergency room!

Call 911 in extreme emergencies, or have a friend drive you to the nearest emergency room. See the following page for a list of local hospitals. Examples of emergency care include: **heart attack, severe bleeding, poisoning/allergic reaction, broken bones**.

**Emergency care is extremely expensive in the United States.**  
Emergency rooms are reserved for serious health issues. You will need your health insurance card.

INSURANCE CARDS

If you have not yet received a permanent insurance card and need to visit a health professional, you may print a temporary insurance card by completing the following steps:

- Visit [https://www.aetnastudenthealth.com/](https://www.aetnastudenthealth.com/)
- Select “University of Missouri – Kansas City (UMKC)” from the dropdown menu and click “View your school”  
- Click on “Print ID Card” icon  
- Complete the provided form with your UMKC ID number and date of birth  
- **Keep a copy of your insurance card with you at all times.**
  Aetna Customer Service at 1-877-375-7905
LOCAL HEALTHCARE OPTIONS

UMKC Student Health and Wellness Services
5110 Oak St. Brookside 51 Building, Ste 237
Kansas City, MO 64112
816-235-6133
http://www.umkc.edu/studenthealth/
Please call for an appointment.
No visit charge for UMKC students.

HOSPITALS AND CLINICS
Teaching hospitals for the UMKC School of Medicine:

**Truman Medical Center – Hospital Hill**
2301 Holmes St.
Kansas City, MO 64108
Call Patient Registration: 816-404-3575
M-F 8:00am-3:00pm

**Truman Medical Center – Lakewood**
7900 Lee’s Summit Rd.
Kansas City, MO 64139
816-404-7000

**Hospital Hill Medical Pavilion (UMCK Faculty)**
2301 Charlotte St.
Kansas City, MO 64108
816-404-3855
M-F 7:00am-7:00pm

**Children’s Mercy, Adele Hall Campus**
2401 Gillham Rd.
Kansas City, MO 64108
816-234-3000, 816-234-3816 (TTY)

**Medical Pavilion at Lakewood (UMKC Faculty)**
7900 Lee’s Summit Rd.
Kansas City, MO 64139
816-404-7600
M-Th 8:30am-7:00pm, F 8:30am-4:30pm

**Planned Parenthood**
1001 Emmanuel Cleaver Blvd.
Kansas City, MO 64110
816-756-2277

**City of Kansas City Health Department**
2400 Troost Ave.
Kansas City, Mo 64108
Health Department: 816-513-6008
Immunizations: 816-513-6108

**Kansas City Free Health Clinic**
3515 Broadway
Kansas City, MO 64111
816-753-5144
Hours: M-F 8:30am-8:00pm, Sat 8:00am-12:00pm

**UMKC School of Dentistry**
650 E. 25th St.
Kansas City, MO 64108
816-235-2100

**Sabates Eye Centers – UMKC**
2101 Charlotte St.
Kansas City, MO 64108
816-404-1780
Eye exams and eye problems

**CVS Minute Clinic**
Inside CVS/Pharmacy #8599
5170 Roe Blvd.
Roeland Park, KS 66502
913-432-0110

**Walgreens Take Care Clinic**
3845 Broadway Blvd
Kansas City, MO 64111
816-561-7620

**St. Luke’s Hospital**
4401 Broadway, Kansas City, MO 64110
Phone: 816-932-2000

**Saint Luke’s North Hospital – Barry Road**
5830 N.W. Barry Road, Kansas City, MO 64154
Phone: 816-891-6000

**Truman Medical Center**
2301 Holmes, Kansas City, MO 64108
Phone: 816-404-7500
Accepts UMKC Student Health Insurance

**Research Medical Center**
2316 E Meyer Blvd Kansas City, MO 64132
Phone: 816-276-4000

**Children’s Mercy Blue Valley**
6750 West 135th St., Overland Park, KS 66223 913-717-4700

EMERGENCY CARE
Emergency Room care is the most expensive form of healthcare and should be used only in true emergencies.

St. Luke’s Hospital
4401 Broadway, Kansas City, MO 64110
Phone: 816-932-2000

Saint Luke’s North Hospital – Barry Road
5830 N.W. Barry Road, Kansas City, MO 64154
Phone: 816-891-6000

Truman Medical Center
2301 Holmes, Kansas City, MO 64108
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Research Medical Center
2316 E Meyer Blvd Kansas City, MO 64132
Phone: 816-276-4000

Children’s Mercy Blue Valley
6750 West 135th St., Overland Park, KS 66223 913-717-4700
COUNSELING, HEALTH & TESTING SERVICES

Moving to a new country and starting school can be a difficult experience. UMKC has on-campus services to help students work through problems and assist with solutions. From being homesick or stressed about school, to discussing personal problems, students can seek assistance at the offices below.

<table>
<thead>
<tr>
<th>Counseling, Health &amp; Testing Center</th>
<th>Services Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>5100 Oak St, Broodside 51 Bldg, Ste 201 Kansas City, MO 64112 816-235-1635 *must call to set-up an appointment <a href="http://www.umkc.edu/counselingcenter/">www.umkc.edu/counselingcenter/</a></td>
<td>• Psychological counseling services  • Couples counseling  • Assessment services  • Group therapy  • Study skills and test anxiety  • Alcohol and other substance abuse</td>
</tr>
</tbody>
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The Counseling, Health, and Testing Center offers psychological counseling services to students free of charge for the first eight sessions. There are minimal fees for additional sessions. Visits to the center and the contents of counseling sessions are always strictly confidential.

The Mindbody Connection  
Atterbury Student Success Center, Rm 112  
Kansas City, MO 64110  
816-235-5169  
[http://www.umkc.edu/mindbody/](http://www.umkc.edu/mindbody/)

The MindBody Connection is here to provide a space where students can learn skills to manage academic and personal stressors.

The MindBody Connection enhances student development and academic success by helping students:

- Identify and capitalize on their personal strengths
- Learn and implement new skills
- Access relevant campus and community resources
CULTURE SHOCK

Culture shock is the process of adjusting to a new cultural environment—it happens to everyone and impacts people in different ways. Despite the name, *culture shock* is more of a feeling of prolonged homesickness than being “shocked” or offended by some cultural practice in the host country.

Culture shock has four recognizable phases:

1. **Honeymoon**
   - Excitement about new surroundings and experiences
   - Recognition of shared humanity of host culture (“They’re not so different from me!”)
   - *This phase may last from a few days to a month*

   **Tip:** Enjoy this part of the experience—embrace the different food and way of life.

2. **The Crash**
   - Extreme low-point immediately following the honeymoon phase
   - Intense feelings of homesickness or depression
   - Minor issues become major frustrations and are projected onto the entire host culture (“What’s wrong with these people?!”)  
   - *This phase typically lasts around three months*

   **Tips:** Realize these feelings are a normal part of the adjustment process. Combat homesickness by getting involved on campus or in the community. Proactively get involved with your host culture—don’t allow yourself to become isolated. *If your symptoms are severe, visit the UMKC Counseling Center at 5110 Oak St., Suite 201.*

3. **Adjustment**
   - Gradual period of adjustment to your host culture, learning to handle differences
   - Life begins to feel normal
   - *This phase may last for six months to a year*

   **Tips:** Continue involving yourself with the host culture. Make an effort to step out of your comfort zone. Develop a circle of friends outside your own cultural group.

4. **Multicultural**
   - You now feel comfortable with your host culture
   - You will retain traits from your original culture
   - *You will continue to experience ups and downs, but not as intense as the honeymoon or crash phases.*

   **Tip:** Embrace your new multicultural identity.
REVERSE CULTURE SHOCK
Some (but not all) people experience reverse culture shock upon return to their home country.

- Idealized memory of home country doesn’t live up to experience upon reentry
- People and the environment have changed (“Home is no longer home…”)
- Rose-colored memories of the culture you just returned from

- Like culture shock this too will pass.

Tips: Remember change is normal. While you were exploring UMKC, Kansas City and the US, your friends and family continued to grow personally as well. While you may feel that your friends and family have changed while you were gone, remember that you are no longer the same person you were when you left either. Your friends and family will have to adjust to the new you.

The best way to minimize reverse-culture shock is to be aware that it may occur. We expect a new country or culture to be different from our own, but we don’t always expect any changes in our own while we were away. Knowing that you may be faced with an adjustment period returning home can help you sort through your emotions and better understand what you’re feeling.

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**Culture shock on a graph**

![Diagram showing the stages of culture shock over time](image)
PLAGIARISM AND ACADEMIC DISHONESTY

Plagiarism is highly unethical and grounds for university dismissal. Plagiarism exists in many forms. It can be copying someone else’s work in total or just in parts. It also includes not correctly citing sources.

- When using a variety of sources for academic work, always cite your sources correctly.
- Give credit to people for their ideas and concepts.
- A source must be cited, even if no apparent author is noted.
- Don’t share your work with a friend or classmate, as both of you would risk dismissal.

The consequences for plagiarism and academic dishonesty range from failing the course to suspension or expulsion. Each of these consequences could cause you to fall out of status with immigration. Being out of status may lead to the termination of your I-20/DS-2019 and F-1/J-1 visa.

Use these handbooks to correctly cite sources:

Online resources for citing:

If you need help writing a paper or learning to cite correctly, you can always visit the UMKC Writing Studio. They offer excellent assistance for free!
UMKC Writing Studio: 816-235-1146 http://www.umkc.edu/writingstudio/index.cfm
Atterbury Student Success Center Miller Nichols
5000 Holmes, 2nd Floor 800 East 51st Street, 1st Floor
Kansas City, MO 64110 Kansas City, MO 64110
M-F: 8am-5pm M-Th: 5pm-7pm, Sun 1pm-5pm

Make an appointment: umkcwritingstudio@umkc.edu
If you have a quick question, you can call the writers hotline at 816-235-2244
HOW TO STAY SAFE ON (AND OFF) CAMPUS

- Avoid “Crimes of Opportunity” (theft/larceny)
  - Don’t leave laptops or phones unattended while they are charging
  - Always lock your apartment and car doors
  - Be smart about posting personal information on social media

- Don’t walk alone (especially at night)
  - Check out the on-campus Police Escort service below
  - Always be aware of your surroundings – look up, not at your phone
  - If you’re being followed, call a friend and walk to a busy, well-lit area
  - Going out as a group is always safer than going out alone

Safety Resources (816) 235-1515

- Property Registration – Register your phone, laptop, bike, etc. at umkc.edu/police in case of theft
- Police Escort – A police officer can walk with you on campus so you don’t have to walk alone
- Motorist Assistance – On-campus vehicle assistance if you get locked out or if you need jumper cables
- Women’s Self-Defense Class – Hosted by the Kansas City Police Department
- Lost and Found – Call UMKC PD to see if your lost property has been turned in
- Blue Emergency Phones – Use one of these to call UMKC Police directly

UMKC Police Department
816-235-1515
5005 Oak Street
Kansas City, MO 64110
1st Level (32N) of the Cherry St. parking garage

In an emergency, always call 911
Buildings and Parking
University of Missouri-Kansas City
Volker campus

NO FREE PARKING ON CAMPUS - DAY OR NIGHT

Legend:
- Metered parking
- Student permit parking
- Faculty/staff permit parking
- Electric vehicle charging station
- Zip car station
- Shuttle stop
- Shuttle route
- Motorcycle parking
- Accessible entrance
- Accessible parking
UMKC Volker campus buildings and addresses

51st St. Annex, 301 E. 51 Street, 64112

Administrative Center, 5115 Oak Street, 64112

African-American History and Culture House, 5245 Rockhill Road, 64110

Atterbury Student Success Center, 5000 Holmes Street, 64110

Berkley (Edgar L. and Rheta A.) Child and Family Development Center, 1012 E. 52 Street, 64110

Biological Sciences Building, 5007 Rockhill Road, 64110

Bloch (Henry W.) Management Building, 5110 Cherry Street, 64110

Bloch (Henry W.) Executive Hall for Entrepreneurship and Innovation, 5108 Cherry Street, 64110

Cherry Hall, 5030 Cherry Street, 64110

Cherry Street Parking Garage
Mail Services, 5009 Oak Street, 64112
Police, 5005 Oak Street, 64112

Cocke Fair, 5121 Rockhill Road, 64110

Debate House, 5311 Holmes Street, 64110

Education Building, 615 E. 52 Street, 64110

Fine Arts Building, 5015 Holmes Street, 64110

Flarsheim Hall, 5110 Rockhill Road, 64110

General Services Building, 1011 E. 51 Street, 64110

Grant Hall, 5220 Charlotte Street, 64110

Haag Hall, 5120 Rockhill Road, 64110

Johnson (Herman and Dorothy) Rosedome Hall, 5000 Oak Street, 64112

Katz Hall, 5005 Rockhill Road, 64110

Law Building, 500 E. 52 Street, 64112

Manheim Hall, 710 E. 52 Street, 64110

Newcomb Hall, 5123 Holmes Street, 64110

Nichols (Miller) Library and Learning Center, 800 E. 51 Street, 64110

Oak Place Apartments, 5050 Oak Street, 64112

Oak Street Residence Hall, 5051 Oak Street, 64112

Old Maintenance Building, 301 E. 51 Street, 64110

Olson (James C.) Performing Arts Center, 4949 Cherry Street, 64110

Royall Hall, 800 E. 52 Street, 64110

Scofield Hall, 711 E. 51 Street, 64110

Spencer Chemistry Building, 5009 Rockhill Road, 64110

Student Union, 5100 Cherry Street, 64110

Swimney Recreation Center, 5030 Holmes Street, 64110

Toy and Miniature Museum, 5235 Oak Street, 64112

University House, 5101 Rockhill Road, 64110
UMKC BUILDINGS

- Hospital Hill Swinney Annex.................................E5
- School of Dentistry--650 E. 25 St....................................B6
- School of Medicine--2411 Holmes St..........................C4
- School of Nursing--2464 Charlotte St..........................C5
- School of Pharmacy--2464 Charlotte St..........................C5

Non-UMKC Buildings

- Center for Behavioral Medicine...............................E3
- Children’s Mercy Hospital.........................................B4
- Children’s Mercy Hospital Modular Buildings B2
- Diagnostic and Treatment Center..............................B3
- DiastoleCompound..................................................C6
- Davita Dialysis Center............................................C2
- Hospital Hill Center.................................................C3
- Hospital Hill Medical Pavilion.................................D3
- Kansas City Health Department Building.................F4
- Old Health Sciences...............................................C2
- Ronald McDonald House........................................B6
- Truman Medical Center..........................................E
# IMPORTANT PHONE NUMBERS

## General Information

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<tr>
<th>Service</th>
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<tr>
<td>Academic Affairs</td>
<td>(816)235-1107</td>
</tr>
<tr>
<td>Aetna Health Insurance</td>
<td>1-877-375-7905</td>
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<tr>
<td>Bookstore</td>
<td>(816)235-2665</td>
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<tr>
<td>Bookstore (Health and Sciences)</td>
<td>(816)235-2191</td>
</tr>
<tr>
<td>Career Services Center</td>
<td>(816)235-1636</td>
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<tr>
<td>Cashier’s Office</td>
<td>(816)235-1365</td>
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<tr>
<td>Center for International Academic Programs</td>
<td>(816)235-5759</td>
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<tr>
<td>Counseling, Health &amp; Testing Center</td>
<td>(816)235-1635</td>
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<tr>
<td>Dining Services</td>
<td>(816)235-1077</td>
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<tr>
<td>Help Line</td>
<td>(816)235-2222</td>
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<tr>
<td>Information</td>
<td>(816)235-5555</td>
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<tr>
<td>Information Services Call Center</td>
<td>(816)235-2000</td>
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<tr>
<td>International Student Affairs Office (ISAO)</td>
<td>(816)235-1113</td>
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<tr>
<td>Library (Miller Nichols)</td>
<td>(816)235-1526</td>
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<tr>
<td>Operator</td>
<td>(816)235-1000</td>
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<tr>
<td>Parking Operations</td>
<td>(816)235-5256</td>
</tr>
<tr>
<td>Police (UMKC - on campus)</td>
<td>(816)235-1515</td>
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<tr>
<td><strong>Police (off campus EMERGENCY)</strong> 911</td>
<td></td>
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<tr>
<td>Registration and Records</td>
<td>(816)235-1125</td>
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<tr>
<td>Student Health and Wellness</td>
<td>(816)235-6133</td>
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<tr>
<td>Swinney Recreation Center</td>
<td>(816)235-2712</td>
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<tr>
<td>Writer’s Hotline</td>
<td>(816)235-2244</td>
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<tr>
<td>Writing Center</td>
<td>(816)235-1146</td>
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## Academic Advising

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<tr>
<td>Applied Language Institute</td>
<td>(816)235-1233</td>
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<tr>
<td>Arts and Sciences</td>
<td>(816)235-1148</td>
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<tr>
<td>Biological Sciences</td>
<td>(816)235-1388</td>
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<tr>
<td>Business and Public Administration</td>
<td>(816)235-2215</td>
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<tr>
<td>Civil and Mechanical Engineering</td>
<td>(816)235-5550</td>
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<tr>
<td>Computer Science and Electrical Engineering</td>
<td>(816)235-2360</td>
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<tr>
<td>Conservatory of Music</td>
<td>(816)235-2900</td>
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<tr>
<td>Dental Hygiene</td>
<td>(816)235-2050</td>
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<tr>
<td>Dentistry</td>
<td>(816)235-2100</td>
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<tr>
<td>Education</td>
<td>(816)235-2234</td>
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<td>Law</td>
<td>(816)235-1644</td>
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<tr>
<td>Medicine</td>
<td>(816)235-1808</td>
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<tr>
<td>Nursing</td>
<td>(816)235-1700</td>
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<tr>
<td>Pharmacy</td>
<td>(816)235-1609</td>
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</tbody>
</table>

If you are calling any (816)235-xxxx number from on an campus phone, only dial the last FOUR digits.
UMKC is a busy campus! There are many ways to get involved and many activities to attend. Here are some easy, quick ways to get involved:

**Join a club or organization!**
Visit the Office of Student Involvement website for a complete list of the many student organizations on campus.
http://www.umkc.edu/getinvolved/ There are many international student organizations!

**Attend campus events!**
The Office of Student Involvement maintains a calendar for university events. If you’re looking for something to do, check here first. It’s a great way to meet new people and have fun!
http://www.umkc.edu/calendar/

**The ISAO Blog**
The ISAO Ambassadors publish bi-weekly blogs with information about events and activities to attend as well as news relevant to international students. Be sure to check your UMKC email or visit http://info.umkc.edu/ISAO/about/news/

**ISAO on Facebook**
Connect with ISAO on Facebook for updates and information about events happening at UMKC and in Kansas City.

**Join an Intramural Sports team!**
Visit the Swinney Recreation Center.
This full service gym offers equipment checkout, aerobics room, pool, and court reservations.
www.umkc.edu/src
STUDENT LIFE

Student Organizations
UMKC Student Organizations, or RooGroups, are groups of students with similar interests who get together to share ideas and make the campus a better place. They are a great way to meet friends and get involved in UMKC’s campus community. There are over 300 student organizations at UMKC focused on a broad range of interests from recreation to religion and from politics to academics. Can’t find a group that fits you? Start your own student group! To learn more, go to http://info.umkc.edu/getinvolved/studentorgs/

RooGroup spotlight:
- **International Student Council**: International student body striving to (a) integrate international student community into UMKC local community, (b) improve international students’ on-campus experiences, and (c) represent international student body in Student Government Association.
- **+Energy**: This organization is all about performing random acts of kindness, along with putting positive energy into people’s lives. Creating a positive atmosphere everywhere by spreading a positive attitude towards life.

Religious Communities
- UMKC Religion-based Student Groups- There are many UMKC student groups dedicated to various religions as well as interfaith cooperation and unity. Find one for you here: https://roogroups.collegiatelink.net/organizations
- Community centers. There are many centers around the community for a variety of religions. This map, amassed by Harvard, shows centers for varied religions around the Kansas City area. http://worldmap.harvard.edu/maps/pluralism-kansascity

Volunteer Activities
There are numerous ways to get involved in the Kansas City community through volunteer work.
- **UMKC Service Student Groups**: student groups aimed at organizing UMKC students with similar interests and skills to help others in the Kansas City area.
- **Volunteer Match**: http://www.volunteermatch.org/?l=Kansas+City%2C+MO is a website dedicated to connecting you with organizations that need your help to aid the community. Use your special skills and interests to make our city a better place to live.

On Campus Events and Activities
UMKC student groups and academic departments often put on events for the community. This master calendar is a good place to check for exciting upcoming events! http://www.umkc.edu/calendar/
- **Music/Theater**: The conservatory and theater departments host and organize frequent events either showcasing the talents of their students or inviting outside experts to perform at UMKC. http://conservatory.umkc.edu/calendar.cfm
- **UMKC Sports**: Go and root on your fellow Roos at one of UMKC’s many sporting events or join an intramural sports team. http://www.umkckangaroos.com/main/CalendarSchedule.dbml
- **Intramural Sports**: Get enough of your friends together to make a team and sign up to play in any one of the number of just-for-fun sports leagues run by Swinney Recreation Center including soccer, softball, kickball, and more! http://www.umkc.edu/src/
- **RooGroup Activities**: find them here http://info.umkc.edu/getinvolved/studentorgs/ Most of the time, you don’t even need to be a member of the group to go to the event.
- **KCUR**: community radio station affiliated with UMKC that frequently holds and hosts community events. Look at their calendar here: http://kcur.org/community-calendar

Communiversity**: Browse through this free magazine to find extracurricular classes to take that are FREE for UMKC students. Ever wanted to learn how to make homemade ice cream, how to dance the Argentine Tango, or how to read tarot cards? This is the place to learn! http://info.umkc.edu/communiversity/
CAMPUS RESOURCES
The UMKC community works together to make sure each of its members feels welcomed and supported. Here are some resources you may find helpful during your time at UMKC

Kangaroo Pantry (816) 235-1407 If you’re stressed about the cost of your visit to the grocery store, he Kangaroo Pantry collects food to provide a food resource for the UMKC students, staff and faculty in need. http://info.umkc.edu/getinvolved/kangaroopantry/get-food/

Career Services (816) 235-1636 Need help finding an on-campus job? Unsure what to wear on your next big interview? Career services can lead you in the right direction. http://career.umkc.edu/

Counseling Center (816) 235-1635 The counseling center is there for you when you are stressed, sad, or in a fight with your best friend. Any time you need someone to talk to or could use some sound advice, you can reach out to them. http://www.umkc.edu/counselingcenter/

Disability Services (816) 235-5612 This resource makes sure that appropriate accommodations are provided to students with a broad range of disabilities. They also work to educate the entire campus about the unique challenges students with disabilities face daily. http://www.umkc.edu/disability/

International Student Affairs (816) 235-1113 ISAO helps guide international student through the admissions process, then advises them on their options as visa-holders as they continue through their education. http://info.umkc.edu/ISAO/

Multicultural Student Affairs (816) 235-1109 This resource promotes diversity on campus by providing programs and services to increase cultural awareness as well as meet the needs of UMKC’s diverse student body. http://info.umkc.edu/multiculturalstudentaffairs/

Student Health and Wellness (816) 235-6133 Staffed by Nurse Practitioners and Registered Nurses, this is where to go if you don’t feel well and need non-emergency health care. They also offer immunizations, lab testing, and other routine health care evaluations. http://info.umkc.edu/studenthealth/

Student Involvement (816) 235-1407 This resource is in charge of getting students involved in UMKC’s campus community. They oversee all of the RooGroups, Communiversity, Greek life, LGBTQIA, and more! http://info.umkc.edu/getinvolved/

Student Union (816) 235-1406 This is a great place to hang out, eat, study, play pool, or see a free movie. Just check their calendar for upcoming events. http://www.umkc.edu/union/index.asp

Swinney Recreation Center (816) 235-5820 Free for students, this gym has it all including a fitness center, swimming pool, indoor and outdoor tracks, soccer field, basketball court, sauna, and much more. You can even take fun fitness classes like yoga or boot camp to stay fit! http://www.umkc.edu/src/

UMKC Central (816) 235-6000 A single place where you can take care of your UMKC needs related to Admissions, Financial Aid and Scholarships, Cashiers and Collections, or registration and records. http://www.umkc.edu/central/

Women’s Center (816) 235-1638 This center’s mission is to advocate, educate, and provide support services for the advancement of women’s equity on campus and within the community. http://info.umkc.edu/womenc/

Violence Prevention and Response (816) 235-1652 This organization teaches students how to prevent and respond to violence and provides resources for those who have been affected by violence. http://info.umkc.edu/vpr/

Academic Support and Mentoring (816) 235-1174 If you ever need extra help in your classes, you can go here for some
extra help including math and science tutoring. [http://www.umkc.edu/asm/]

**Writing Studio** (816) 235-1146 Make an appointment or walk-in after class to either of their two locations to have a trained UMKC student help you with your writing assignments. [http://www.umkc.edu/writingstudio/]

**UMKC Libraries** (816) 235-1526 There are 8 libraries associated with UMKC. You can find excellent academic resources at the library or at home using their online catalog. It is also a great quiet place to study. [http://library.umkc.edu/]

**The Mindbody Connection** (813) 235-5169 Come here to recharge if you feel stressed out. Spend some time sitting in the massage chairs or playing Wii to get your mind off your troubles. [http://www.umkc.edu/mindbody/default.asp]

**UMKC Alert!** Sign up on Pathway for this free resource to receive updates by text message, phone call, or email about school closings and class cancelations due to inclement weather, emergency events, and other events regarding the health and safety of people on campus.

**Bookstore** (816) 235-2665 You can buy your textbooks and all your UMKC spirit gear here! [https://www.umkcbookstore.com/]

**Computer Labs** If you need to access a computer on campus, follow this link to find the nearest one to you and its daily hours. [http://www.umkc.edu/is/Labs/hoursLocations/]

**Information Services** (816) 235-2000 Call or email Information Services with questions about computer related issues having to do with your UMKC account. [http://www.umkc.edu/is/support/]
HOW TO FIND AN ON-CAMPUS JOB

If you are interested in finding an on-campus job, you will need to individually contact each department you are interested in and find out if they currently have any student job openings. Unfortunately, ISAO does not receive a list of departments who are hiring. You can complete a Student Assistant Application and submit it to each department for which you want to apply. Also check the Career Services website, www.career.umkc.edu. The Career Services office in the Atterbury Student Success Center assists students with job searches and runs the job posting website Roo Career Network, https://umkc-csm.symPLICITY.com/, where you can view campus jobs once they are posted.

OFF CAMPUS EMPLOYMENT F-1 and J-1 students must receive written authorization from the U.S. Federal Government to work off-campus. Unauthorized employment off-campus is considered illegal, and will result in the termination of the form I-20 or DS-2019. This makes you deportable under U.S. Federal Law. If you are experiencing severe economic hardship or have additional questions about off-campus employment, please see your ISAO advisor immediately to discuss options.

APPLYING FOR JOBS – TIPS FOR SUCCESS

Application

• Ask for an application (if you want, ask for 2 applications in case of a mistake)
• Smile and thank the person who gave the application to you
• Make sure you read the application carefully and follow the directions
• Fill out the application—print or type clearly and check your spelling

Resume/Cover letter

• Cover letter:
  o Always submit a cover letter with an application
  o Describe skills, achievements, personal qualities and experience you have that match the specification
  o Why you want the job
  o Why you want to work for that employer
  o Be detailed but brief, get to the point. The cover letter should not be more than a few paragraphs.

• Resume:
  o 1 page is recommended, 2 pages max
  o Employers will usually make a judgment about your resume in 5 seconds
  o Avoid fancy designs and details, keep it simple and clean. Make sure everything is lined up and properly capitalized.
  o Proofread it 3-4 times and check the spelling and grammar carefully
  o Put your contact information at the top of your resume, including a professional email address
  o Get to the point. Employers do not want to ready paragraph after paragraph. Use bullet points. Put the most important information first
  o Don’t attach pictures unless they request them
  o Tailor (meaning edit, change, or update) your resume and cover letter to each employer
  o Employers in the USA love to see statistics, too. List specific statistics related to your work accomplishments in your resume. This will really boost your resume’s credibility.

• After submitting the application/resume/cover letter, be patient. Do not call them every day as they may get annoyed
If you do not get the position, you can email the office and politely ask why so you will be able to work on it for future applications/interviews. Always thank them.

**Interview**

- **How to dress for success:**
  - Dress “up” (nicer, more formal) not “down” (less casual, never jeans or flip flops)
  - Wear a suit and tie, jackets and longer skirts or dress pants for women
  - Little or no jewelry, clean glasses!
  - Polished shoes, matching belt, dark socks
  - Make sure everything is clean and IRONED
- Be “on time” for your appointment; On-time often means being up to 15 minutes early
- Use a firm handshake
- Establish eye contact
- Display poised, confident body language, do not slouch!
- Be relaxed & SMILE!
- Ambassador Advice: American employers need a really good reason to hire you over a similarly-qualified applicant. You may not be used to boasting about your accomplishments, but in America your prior successes really count.
  - Think about the last time you successfully completed a project or helped create a “happy-customer” transaction.
  - Make a list of at least three success stories, and be prepared to tell the American employer about them.
  - Describe how your international experience helps you stand out from others. For example: Proven ability to work with others from diverse backgrounds, overcoming challenges, global perspective, fluency in multiple languages
- Ask for business cards from each person interviewing you
- Have questions prepared for your interviewer, for example:
  - what traits or characteristics past employees have had who were successful
  - what the company culture is like
  - what they enjoy about their job and what they find challenging
- Ask them what the next steps in the interview process are
- Don’t ask about salary or benefits
- Thank them for their time!
- Let them know you are excited and interested in the company
- Optional: Send them a short thank you note or email
- INTERVIEWERS SHOULD NEVER ASK YOU ABOUT YOUR RACE/RELIGION/AGE OR RELATIONSHIP STATUS
HOW DO I GET A SOCIAL SECURITY NUMBER?

The only way to get a Social Security Number is to have a job. There is no exception to this regulation. If you have found a job, you should bring a copy of your job offer letter to ISAO and turn it in to the staff at the ISAO Welcome Center. You will also need to visit the ISAO Online Services website at https://www.umkc.edu/isao/srv/services/index.cfm to request a Social Security Letter. After a few days, you will receive an email letting you know your Social Security Letter is ready to pick up.

When you arrive at the Social Security Administration office, you will need to complete the application form.

The items you will need to take to the Social Security Administration office are:

1. I-20 or DS-2019
2. Passport
3. Visa
4. I-94 Card
5. Social Security Letter from ISAO
6. Job Offer Letter

○ You will not receive your Social Security Card the same day. It will be sent to you in the mail.

○ You cannot apply for your Social Security Card until 10 days after your initial arrival in the United States.

Please note: It is illegal to require an international student to provide a Social Security Number for the purposes of obtaining a bank account, a cellular phone, cable television, or anything similar. If you are attempting to obtain any of these services and they are asking for a social security number, please log in to ISAO’s Online Services to request a Social Security Letter for Driver’s License and Other Applications. You may submit this letter to the company instead of a Social Security Number.
TRANSPORTATION

- **UMKC Shuttle Bus**
  - FREE!
  - Monday-Friday 7:00 AM – 7:30 PM
  - Track the bus using your smartphone: [www.umkcbus.com](http://www.umkcbus.com)

- **KCATA Metro Bus**
  - FREE with your UMKC student ID!
    - JOCO bus travels between Overland Park and UMKC
    - MAX buses have limited stops, so you get to your destination faster
  - FREE Wi-Fi on most buses!
  - Bike racks available on buses and at many bus stops
  - Find bus routes and timetables online: [www.kcata.org](http://www.kcata.org)
  - Foreign language assistance is available at 816-221-0660

- **KC Streetcar**
  - FREE!
  - Runs between River Market and Union Station
  - Arrives every 12-18 minutes
  - Bikes allowed in middle car
  - Wi-Fi available along streetcar route

- **Bicycle**
  - Many places to park and lock up your bike
  - FREE bike rentals at UMKC for one day or for the whole semester!
    - [www.umkc.edu/src/bicycle-checkout.asp](http://www.umkc.edu/src/bicycle-checkout.asp)
  - Need a repair shop? Visit The Hub for a bike mechanic
    - 5030 Cherry Street (Room B38)

- **Car**
  - Park at metered parking ($1/hour) or buy a student parking permit:
    - 24-hour = $135 for 1 semester
    - Evening = $115 for 1 semester
    - Oak Place/Hospital Hill = $171 for 1 semester
  - To get a student parking permit visit: [http://www.umkc.edu/finadmin/parking/permits.cfm](http://www.umkc.edu/finadmin/parking/permits.cfm)
  - Learn how to buy a car (ISAO links)
  - Need a car but don’t own one? Rent a Zipcar! [www.zipcar.com/umkc](http://www.zipcar.com/umkc)

- **Uber**
  - Smartphone app-based taxi service – [www.uber.com](http://www.uber.com)
  - Request a ride, pay your fare, and rate your driver all through the app
  - Prices vary depending on day and time

- **Kansas City International Airport (MCI)**
  - Can ride Metro buses to/from the airport for FREE (with UMKC student ID)!
  - Economy Parking is $7.50/day; free shuttle from parking lots to terminals
  - Shuttle, rental car, and taxi options listed online: [www.flykci.com](http://www.flykci.com)
HOW TO GET A DRIVER’S LICENSE OR STATE ID

Log in to ISAO’s Online Services at https://www.umkc.edu/isao/srv/services/index.cfm to request a Certificate of Enrollment. Please note that in order to receive this letter you must be enrolled in classes full-time, or as full-time equivalent. (To establish full-time equivalency, you must fill out a Full-Time Equivalency Form signed by your academic advisor for approval by your ISAO advisor). You cannot be issued this document without proper enrollment.

Newly arriving or transfer students may encounter some difficulty in obtaining a driver’s license for up to 15 days after registering for classes.

Items to take with you to the Department of Motor Vehicles (DMV):
1. I-20 or DS-2019
2. Passport
3. Visa
4. I-94 Card
5. Proof of Residence
   a. This can be a utility bill, bank statement, or housing rental contract
   b. The purpose of this is to prove you live at the U.S. address you have presented on your application
6. Certificate of Enrollment
7. Social Security Number Letter
8. Cash or money order (checks, credit and debit cards are only accepted at some centers)
   a. There is a fee associated with obtaining a Driver’s License or State ID. You can find the most up-to-date information on these fees at: http://dor.mo.gov/mvdl/drivers/license.htm#fe es

   ❖ If you are applying for a Driver’s License, you will also need to submit a Driver Examination Record (DOR-100) from the State Highway Patrol. The State Highway Patrol Office is usually located next door to or in the same building as the DMV. You must pass this examination with the Highway Patrol before going to the DMV.

   ❖ You can find the Missouri Driver’s Guide at: http://dor.mo.gov/mvdl/drivers/dlgui de/

Please note: ISAO highly recommends obtaining a Driver’s License or State ID. This way you will always have a form of legal identification with you and can leave your passport in a safe place. We do not recommend carrying your passport with you due to the difficulty and high cost of replacing the passport, visa, and I-94 card if it is ever lost or stolen. ISAO sponsors a trip to the DMV to get State IDs each semester. Make sure to check the ISAO Newscast Newsletter that is sent to your email inbox for the trip details.
HOUSING AND ACCOMMODATIONS

Finding a place to live can be a really stressful process, especially when you are not familiar with your new surroundings. Here are a few things to keep in mind when searching for housing and maintaining a healthy living environment.

**Off-Campus Housing Contracts**

1. **Application**
   a. Be prepared to fill out a rental application and pay an application fee (not always required).
   b. Be prepared to provide names and contact information of 2-3 references in the US.
   c. You might be asked to show the following documents:
      - Passport
      - I-20 (For apartments close to the university with landlords who are used to renting to international students, you might only be required to show your passport and I-20. Landlords farther away from the university will not request or recognize your I-20.)
      - Social security number (Many landlords will ask for this so they can do a background check. If you do not have one, you can get a letter stating that you do not have a social security number.)
      - Proof of employment

2. **Deposit**
   a. Required for all rentals.
   b. Keep your deposit receipt.
   c. Can be returned in part or in whole when you move out.
      a. Amount returned depends on any damage done to the property, cleanliness of the property, whether you leave at the time indicated on your lease, and any other terms stipulated in the lease.
         - When you move out, remember that you can get more of your deposit back if you leave the apartment in the same condition you found it in or even better condition—without additional damage and as clean as possible.
         - Make sure any pre-existing damage is detailed in your lease so you are not charged for repairs later.

3. **Lease (rental contract)**
   a. Read the lease and make sure you understand it before signing. Don’t be afraid to ask questions about your lease.
   b. The lease is a legally binding agreement. If you break lease, you will probably lose your deposit and could face further repercussions. (See lease for details.)
   c. People not named on the lease may not live at the rented location.
   d. Note what you are or are not allowed to do with the apartment. (For example, are you allowed to hang anything on the walls? Are you allowed to have pets? Etc.)
   e. Note how utilities are billed. (Which ones are you responsible for?)

4. **Role of the landlord**
   a. Manage the lease and deposit.
   b. Collect rent.
   c. Maintain the housing.
      - When you first agree to rent an apartment, note the process for dealing with maintenance issues.
      - Report problems immediately to minimize your responsibility for repairs.
   d. Can evict tenant if lease is broken.
   e. Landlord can provide a list of rules tenants must abide by.
      - If these are in the rental agreement, they are legally binding.
      - If they are not in the rental agreement, it is still important to follow the rules. Rules are generally given for safety and health reasons or to protect the owner’s property.
5. Co-tenancy agreement
   a. Regardless of the relationship of the person/people you live with, it is good to have a written and signed agreement outlining the expectations of everyone living in your home.
   b. Include things such as use of living space, payment of bills, household responsibilities, respecting others’ privacy, noise restrictions, and any other shared interests.

6. On-campus vs. off-campus housing

<table>
<thead>
<tr>
<th>On-Campus</th>
<th>Off-Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apply through <a href="http://www.info.umkc.edu/housing">www.info.umkc.edu/housing</a>.</td>
<td>Apply through landlord or rental agency.</td>
</tr>
<tr>
<td>Living space assigned by UMKC Residential Life.</td>
<td>Find your own living space.</td>
</tr>
<tr>
<td>UMKC Residential Life arranges your roommate(s).</td>
<td>Find your own roommate(s).</td>
</tr>
<tr>
<td>Rates, terms, contracts, maintenance requests, and other services outlined and managed online and by UMKC Residential Life staff.</td>
<td>Terms and services vary among properties and landlords.</td>
</tr>
<tr>
<td>Meal plans required.</td>
<td>Meal plans not included.</td>
</tr>
<tr>
<td>Flat rate for laundry, available on property.</td>
<td>Laundry paid for by the load. Facilities often available in your apartment building or in the apartment complex.</td>
</tr>
<tr>
<td>Not always available during summer, fall, and winter breaks.</td>
<td>Available at all times during the extent of your lease.</td>
</tr>
</tbody>
</table>

7. Resources for finding a roommate
   a. UMKC ISAO Facebook page
   b. Student organizations representing certain countries or regions
   c. The Housing group within the closed UMKC Facebook page
      https://www.facebook.com/groups/225141730918876/ (You will need a UMKC email address to join.)
   d. UMKC Homes
      http://www.cohenesrey.com/FindanApartment/ApartmentCommunity.aspx?p=234&f=0&s=0&t=0&c=0

Cleanliness
1. Importance of maintaining a clean home
   a. Improves your health
   b. Prevents mold and pests
   c. Makes you happier and more relaxed
   d. Helps you do better on your work or studies
   e. Reduces the risk of accidents
   f. Prevents having to do major cleaning
   g. Preserves your personal belongings
   h. Increases the chances of getting more of your deposit back

2. Kitchen
   a. Make sure the kitchen is clean before you go to bed every night.
   b. Be sure that all food and grease is cleaned off all surfaces (including the walls and sink) and the floor to avoid attracting bugs and mice.
   c. Use kitchen cleaner to clean the stove top, counters, and table.
   d. Clean the inside of your microwave every day.
   e. Clean any spills in your refrigerator or freezer as soon as you see them.

3. Bathroom
a. Make sure to use toilet bowl cleaner and a toilet brush to clean your toilet at least once a week. Don’t forget to scrub under the rim.

b. If you see a ring at the water line in the toilet, take a few seconds to use the toilet brush on it immediately while it’s easy to remove. Waiting will make it hard to remove.

c. Use bathroom or all-purpose cleaner to clean your shower, shower curtain, and sink at least once a week. You can spray it with a daily cleaner every day to make the weekly cleaning easier.
   - When you finish your shower, spread the curtain part way across the middle of the rod. Leave space on each end of the shower curtain for air to flow to prevent mold.

d. Use window cleaner to clean the mirror once a week.

e. Sweep and mop the floor once a week.

4. Trash
   a. Use trash bags in your trashcans.
   b. Keep kitchen trash covered.
   c. Take the trash out of your apartment every day. This is especially important for kitchen trash.
   d. Clean your trash cans at least once a month.

5. Laundry
   a. Wash your towels and bedding every week.
   b. Keep your dirty clothes in a clothes hamper until you are ready to wash them.

6. General
   a. Establish the habit of cleaning up messes immediately.
   b. Sweep, mop, and vacuum every week.
   c. Dust all surfaces every week.
   d. Pick up clutter daily.
   e. Keep the outside of your apartment (hall, porch, stairs, parking area, and yard) free of trash and clutter.
      Be especially careful that your stairs are completely clear.

7. Helpful cleaning tips:
   a. Spend 10-15 minutes a day cleaning your home.
   b. Whenever you are watching TV, use the commercial breaks to do some quick cleaning.
   c. It’s much easier to keep a house clean as a habit than to wait for it to get obviously dirty before cleaning.
   d. Consider starting to clean at one end of your living space and work toward the other end.
GROUP LIVING

Resource: [http://info.umkc.edu/housing/student-resources/roommate-relationships/](http://info.umkc.edu/housing/student-resources/roommate-relationships/)

To help you approach your new living arrangements with the right attitude and to make the best of your experience on campus, here are a few guidelines to have and to be a great roommate.

Roommate relationships begin first and foremost with the choices you make. Regardless of how dissimilar you and your new roommate (or even your suitemates) may be, you hold the power to make your living situation successful.

**You have to make the decision to get along or not.**

If you can’t make the decision to get along, all of the advice in the world will be useless when a conflict arises. So, open up your mind and prepare for a new experience. Make the best of your living situation and experience campus living with a fresh start.

**Share the space.**

Many incoming first-year students have never shared a living space before and are used to having things their own way when it comes to their living environment. Your roommate is working to share the space, just like you are. So, be respectful of your roommate’s belongings and area of the room and try to work out a living arrangement that is suitable for you both.

**Ask questions.**

A good way for you and your new roommate to get to know one another is to simply ask questions. This might seem somewhat intrusive and uncomfortable at first, but in the long run you’ll see that doing so proves worthwhile.

**Acknowledge your differences and similarities in the beginning, and don’t be afraid to speak up.**

Maintaining open communication is important. Establishing the similarities and differences in your living styles, habits, and interests is the basis for creating an enjoyable living environment.

**Lay down the rules beforehand.**

Create some ground rules from the start. When developing friendships, people generally try to be extra considerate, but it is important to have a mutual understanding of one another. Speak up from the start, and don’t just find a compromise. Collaborate and come up with a living plan to suit you both.

Establishing guidelines in the beginning will be much easier than doing so after you have already developed a relationship with your roommate. The longer you wait, the more difficult it is to give your opinion and state your views without the possibility of offending your roommate. Agree on some basic rules in the beginning and save yourselves an argument later on. Feel free to refer back to those rules periodically and make modifications if necessary.

**Regardless of how close you and your new roommate are or may become, conflict will arise.**

Conflict is perfectly normal, but knowing how to deal with the conflict can sometimes be a challenging task. When a conflict does surface, you have yet another choice to make. You can choose to constructively confront the situation(s) at hand or you can choose to ignore it. In general, ignoring a problem often makes the problem worse, and it doesn’t disappear like we might hope it will. Try to work it out as best you can.

Remember, there is no such thing as a “perfect” roommate relationship. Everyone squabbles, but how you choose to handle it will set the course for the remainder of the year.

**Try to devise a conflict resolution plan.**

Decide together how you will confront one another if an issue does come up, so you will feel comfortable in discussing the situation. Set up a meeting in a neutral place rather than diving into immediate confrontation. Be very straightforward. Say “When you do x in situation y, I feel z.”

Be honest about your needs, thoughts and feelings. If you find that you just need space away from one another, try making a schedule to allow each individual personal time in the room, get involved in the activities on campus, and
develop a life away from your room. This will not only give you and your roommate time apart, but it will help you to meet other people as well.

**Student conflict support**

If you live on campus, Residential Life is available to help mediate and work towards a resolution of the conflict. If you live off campus and need help resolving the conflict, utilize the [Counseling Center](#) to support you.
LOCAL STORES AND RESOURCES

SUPERMARKETS and GROCERY STORES

Cosentino’s Brookside Market
14 W 62nd Terrace
Kansas City, MO
64113 (816) 523-3700

Price Chopper
6327 Brookside Plaza
Kansas City, MO
64113 (816) 523-7700

ALDI
7511 Wornall Road
Kansas City, MO
64114

INTERNATIONAL FOOD MARKETS

888 International Market
10118 W 119th St
Overland Park, KS
66213 (913)341-8700

China Town Food Market
202 Grand Blvd, KC, MO 64106
(816) 472-6363

Joong-Ang Grocery
7800 Shawnee Mission Pkwy Overland Park, KS
66202 (913) 384-4989

Oriental Supermarket
10336 Metcalf
Overland Park, KS 66212
(913) 341-3345

Trader Joe’s
8600 Ward Parkway, KC, MO 64114
(816) 333-5322

Whole Foods
7401 W 91st Street
Overland Park, KS
66212 (913) 652-9633

World Market
535 Westport Road, KC, MO 64111
(816) 931-3590

City Market International Groceries
www.thecitymarket.org 20 E. 5th Street, Suite 201 Kansas City, MO 64106 (816) 842-1271

Al Habashi Middle Eastern Grocery 816-421-6727
Carollo’s Italian Gourmet Grocery 816-471-1860
Crossland International Market 816-448-3004
Cristina’s Produce 816-977-3447

ALL PURPOSE STORES (household goods, clothes)

Wal-Mart (open 24 hours)
11701 Metcalf Ave, Overland Park, KS
913-338-2202

Target
8509 Stateline Road Kansas City, MO 64114 (816) 444-6012

Big Lots
8236 Wornall Rd Kansas City, MO
64114

Dollar General
2852 W. 47th Ave Kansas City, KS
66103
(913) 722-0979

PHARMACIES (medicine, toiletries and various purchases)

UMKC Pharmacy
4825 Troost, Suite 115
Kansas City, MO 64110
(816) 235-6103

Albers Medical United Pharmacy
4400 Broadway Blvd
Kansas City, MO 64111
(816) 931-0100

CVS Pharmacy
6244 Brookside Blvd
Kansas City, MO 64113
(816) 444-0444
CITY RESOURCES

POST OFFICE
5104 Main Street
Kansas City, MO 64112 (800) 275-8777

POST OFFICE
200 Westport Rd
Kansas City, MO 64111 (800) 275-8777

DRIVER’S LICENSE AND AUTOMOBILE REGISTRATION BUREAU
Kansas City State Office Building
615 E. 13th St., Ste. 111
Kansas City, MO 64106
(816) 889-2672

SOCIAL SECURITY OFFICE
6320 Euclid
Kansas City, MO 64132
(800) 772-1213

CELL/MOBILE PHONE PROVIDERS

AT&T
4015 Mill Street
Kansas City, MO 64111 (816) 753-4333

T-Mobile
8600 Ward Parkway, Ste. 3505
Kansas City, MO 64114
(816) 822-2201

Sprint
3625 Broadway Ave
Kansas City, MO 64111 (816) 561-1234

Verizon
3385 Main Street
Kansas City, MO 64111 (816) 268-1322

TRANSPORTATION

The Kansas City Metro bus is the only public transit option available in Kansas City. Your student ID functions as a bus pass and allows you to ride the metro for free.

*Schedules are available at http://www.kcata.org/maps_schedules/

*For fare information and bus routes visit www.kcata.org or call (816) 221-0660

UMKC Shuttle Bus
This is a free bus service for all students available Monday-Friday. For schedules & more information call (816) 235-5256

Amtrak Station
(Train) 30 West Pershing Road
Union Station,
Suite 160
Kansas City, MO 64108
www.amtrak.com

Greyhound Bus
1101 Troost
Kansas City, MO 64106
www.greyhound.com

Megabus
www.megabus.com

TAXI SERVICES (ALL 24 HOURS)

Yellow Cab
(816) 471-5000

Atlas Cab
(816) 474-9000

Checker Cab
(816) 444-4444
WEBSITES FOR LOCAL SERVICES
Kansas City Public Library
www.kclibrary.org

VisitKC
www.visitkc.com

Craigslist Kansas City
http://kansascity.craigslist.org/

Yahoo Local
https://local.yahoo.com/?csz=Kansas+City%2C+MO

Google Maps
http://maps.google.com
<table>
<thead>
<tr>
<th>RESTAURANT</th>
<th>PHONE</th>
<th>ADDRESS/WEBSITE</th>
<th>PRICE RANGE</th>
<th>TYPE OF FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andre’s</td>
<td>816.561.3440</td>
<td>5018 Main Street <a href="http://andreschocolates.com/">http://andreschocolates.com/</a></td>
<td>$$</td>
<td>Swiss</td>
</tr>
<tr>
<td>Blanc Burgers</td>
<td>816.931.6200</td>
<td>4120 Pennsylvania Ave <a href="http://blancburgers.com">blancburgers.com</a></td>
<td>$$</td>
<td>American</td>
</tr>
<tr>
<td>Blue Bird Bistro</td>
<td>816.221.7559</td>
<td>1700 Summit Street <a href="http://www.bluebirdbistro.com">www.bluebirdbistro.com</a></td>
<td>$$$</td>
<td>Organic/Vegan</td>
</tr>
<tr>
<td>Blue Nile Café</td>
<td>816.283.0990</td>
<td>20 East 5th Street <a href="http://www.bluenilekc.com">www.bluenilekc.com</a></td>
<td>$$</td>
<td>Ethiopian</td>
</tr>
<tr>
<td>Bo Ling’s Chinese Restaurant</td>
<td>816.753.1718</td>
<td>4701 Jefferson St. <a href="http://www.bolings.com">www.bolings.com</a></td>
<td>$$</td>
<td>Chinese</td>
</tr>
<tr>
<td>Burger King</td>
<td>816.931.1432</td>
<td>1102 East 47th Street <a href="http://www.bk.com">www.bk.com</a></td>
<td>$</td>
<td>American</td>
</tr>
<tr>
<td>Chipotle</td>
<td>816.756.5158</td>
<td>4851 Main <a href="http://www.chipotle.com">https://www.chipotle.com</a></td>
<td>$</td>
<td>Mexican</td>
</tr>
<tr>
<td>Classic Cup Café</td>
<td>816.753.1840</td>
<td>301 West 47th Street <a href="http://www.classiccup.com">www.classiccup.com</a></td>
<td>$</td>
<td>American</td>
</tr>
<tr>
<td>Domo</td>
<td>816.333.6315</td>
<td>6322 Brookside Plaza <a href="http://www.domokc.com">www.domokc.com</a></td>
<td>$</td>
<td>Japanese</td>
</tr>
<tr>
<td>Eden Alley</td>
<td>816.561.5415</td>
<td>707 W 47th Street <a href="http://www.edenalley.com">www.edenalley.com</a></td>
<td>$$</td>
<td>Vegetarian</td>
</tr>
<tr>
<td>EggTc</td>
<td>516.561.0116</td>
<td>5107 Main Street <a href="http://www.eggtkc.com">www.eggtkc.com</a></td>
<td>$$</td>
<td>Breakfast and lunch</td>
</tr>
<tr>
<td>Einstein Bros. Bagels</td>
<td>816.931.2878</td>
<td>UMKC-Royal Hall <a href="http://www.einsteinbros.com">www.einsteinbros.com</a></td>
<td>$</td>
<td>Bagels and coffee</td>
</tr>
<tr>
<td>Fred P. Ott’s Bar &amp; Grill</td>
<td>816.753.0828</td>
<td>3205 Main <a href="http://www.gatesbbq.com">www.gatesbbq.com</a></td>
<td>$$</td>
<td>Barbeque</td>
</tr>
<tr>
<td>Gates BBQ</td>
<td>816.753.2878</td>
<td>4770 JC Nichols Pkwy. <a href="http://www.fredpottskc.com">www.fredpottskc.com</a></td>
<td>$</td>
<td>American</td>
</tr>
<tr>
<td>Go-Chicken-Go</td>
<td>816.361.6880</td>
<td>5101 Troost <a href="http://gochickengo.com">gochickengo.com</a></td>
<td>$</td>
<td>American</td>
</tr>
<tr>
<td>Grand Street Café</td>
<td>816.561.8000</td>
<td>4740 Grand Avenue <a href="http://www.grandstreetcafe.com">www.grandstreetcafe.com</a></td>
<td>$$$</td>
<td>American</td>
</tr>
<tr>
<td>Habashi House</td>
<td>816.421.0414</td>
<td>309 Main Street <a href="http://www.habashihouse.com">www.habashihouse.com</a></td>
<td>$</td>
<td>Middle Eastern</td>
</tr>
<tr>
<td>Houlihan’s</td>
<td>913.789.0808</td>
<td>2820 W. 53rd Street <a href="http://www.houlihans.com">www.houlihans.com</a></td>
<td>$</td>
<td>American</td>
</tr>
<tr>
<td>Tikka House</td>
<td>816.842.7232</td>
<td>411 Main <a href="http://www.odowdslittledublin.com">www.odowdslittledublin.com</a></td>
<td>$</td>
<td>Indian</td>
</tr>
<tr>
<td>Jerusalem Café &amp; Bakery</td>
<td>816.931.8575</td>
<td>1404 Westport Road <a href="http://www.jerusalemcafekc.com">www.jerusalemcafekc.com</a></td>
<td>$$</td>
<td>Middle Eastern</td>
</tr>
<tr>
<td>Jimmy John’s</td>
<td>816.561.6222</td>
<td>4300 Roanoke <a href="http://www.jimmyjohns.com">https://www.jimmyjohns.com</a></td>
<td>$</td>
<td>Sandwiches (delivery)</td>
</tr>
<tr>
<td>KC Smoke Burgers</td>
<td>816.931.4455</td>
<td>1610 W 39th St</td>
<td>$</td>
<td>American</td>
</tr>
<tr>
<td>Kentucky Fried Chicken</td>
<td>816.531.0345</td>
<td>4700 Troost <a href="http://www.kfc.com">www.kfc.com</a></td>
<td>$</td>
<td>American</td>
</tr>
<tr>
<td>Kin Lin</td>
<td>816.561.4334</td>
<td>314 East 51st Street <a href="http://www.kinlinrestaurant.com">www.kinlinrestaurant.com</a></td>
<td>$</td>
<td>Chinese (delivery)</td>
</tr>
<tr>
<td>Korma Sutra</td>
<td>816.931.7775</td>
<td>4113 Pennsylvania <a href="http://www.kckormasutra.net">www.kckormasutra.net</a></td>
<td>$$</td>
<td>Indian</td>
</tr>
<tr>
<td>Latte’land Espresso</td>
<td>816.931.7477</td>
<td>318 W. 47th Street</td>
<td>$</td>
<td>Café</td>
</tr>
<tr>
<td>McCormick &amp; Schmick’s</td>
<td>816.531.6800</td>
<td>448 W. 47th Street</td>
<td>$</td>
<td>Seafood</td>
</tr>
<tr>
<td>Minsky’s Pizza</td>
<td>816.561.5106</td>
<td>5105 Main Street <a href="http://minskys.com">minskys.com</a></td>
<td>$$</td>
<td>Pizza</td>
</tr>
<tr>
<td>The Mixx</td>
<td>816.756.2300</td>
<td>4855 Main Street <a href="http://www.mixxingitup.com">www.mixxingitup.com</a></td>
<td>$$</td>
<td>Salads/Sandwiches</td>
</tr>
<tr>
<td>O’Dowd’s Little Dublin</td>
<td>816.561.2700</td>
<td>4742 Pennsylvania <a href="http://www.odowdslittledublin.com">www.odowdslittledublin.com</a></td>
<td>$$</td>
<td>Irish pub</td>
</tr>
<tr>
<td>Restaurant</td>
<td>Phone Number</td>
<td>Address</td>
<td>Website</td>
<td>Price</td>
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<tr>
<td>----------------------------------</td>
<td>--------------</td>
<td>----------------------------------</td>
<td>-----------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>Osteria Il Centro</td>
<td>816.561.2369</td>
<td>5101 Main Street</td>
<td><a href="http://osterialcentro.com">osterialcentro.com</a></td>
<td>$5</td>
</tr>
<tr>
<td>Pak Halal</td>
<td>913.599.0700</td>
<td>12259 W. 87th Street</td>
<td><a href="http://pakhalalinternational.co">http://pakhalalinternational.co</a></td>
<td>$5</td>
</tr>
<tr>
<td>P.F. Chang’s China Bistro</td>
<td>816.931.9988</td>
<td>102 West 47th Street</td>
<td><a href="https://www.pfchangs.com/">https://www.pfchangs.com/</a></td>
<td>$5</td>
</tr>
<tr>
<td>Planet Sub</td>
<td>816.501.4000</td>
<td>1110 Rockhurst Rd</td>
<td><a href="http://planetsub.com">planetsub.com</a></td>
<td>$</td>
</tr>
<tr>
<td>Planet Sub</td>
<td>816.960.6696</td>
<td>4928 Main</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Panera Bread</td>
<td>816.931.8181</td>
<td>4700 Pennsylvania Avenue</td>
<td><a href="http://www.panerabread.com/">www.panerabread.com</a></td>
<td>$</td>
</tr>
<tr>
<td>Pickleman’s</td>
<td>816.931.3100</td>
<td>5050 Oak St</td>
<td><a href="http://www.picklemans.com/">www.picklemans.com/</a></td>
<td>$5</td>
</tr>
<tr>
<td>Pizza 51</td>
<td>816.531.1151</td>
<td>5060 Oak Street</td>
<td><a href="http://www.pizza51.com">www.pizza51.com</a></td>
<td>$$$</td>
</tr>
<tr>
<td>Plaza III</td>
<td>816.753.0000</td>
<td>4749 Pennsylvania Avenue</td>
<td><a href="http://plazaiiikcsteakhouse.com">plazaiiikcsteakhouse.com</a></td>
<td>$$$</td>
</tr>
<tr>
<td>Robot Café</td>
<td>UMKC-Miller Nichols Library</td>
<td><a href="https://umkc.sodexomyway.com/">https://umkc.sodexomyway.com/</a></td>
<td>$</td>
<td>Sandwiches, snacks and coffee</td>
</tr>
<tr>
<td>Rudy’s Tenampa Taqueria</td>
<td>816.931.9700</td>
<td>1611 Westport Road</td>
<td><a href="http://www.rudystenampa.com">www.rudystenampa.com</a></td>
<td>$5</td>
</tr>
<tr>
<td>Sahara</td>
<td>816.756.5444</td>
<td>320 East 51st Street</td>
<td>$</td>
<td>Mediterranean</td>
</tr>
<tr>
<td>Sama Zama</td>
<td>816.756.3600</td>
<td>425 Westport Road</td>
<td><a href="http://samakc.com">samakc.com</a></td>
<td>$5</td>
</tr>
<tr>
<td>Seva Indian Cuisine</td>
<td>816.407.9700</td>
<td>8674 NE Flintlock Rd</td>
<td><a href="http://sevacuisineofindia.com">sevacuisineofindia.com</a></td>
<td>$5</td>
</tr>
<tr>
<td>Spin Pizza</td>
<td>816.561.7746</td>
<td>4950 Main Street</td>
<td><a href="http://www.spinpizza.com">www.spinpizza.com</a></td>
<td>$5</td>
</tr>
<tr>
<td>Swagat Indian Cuisine</td>
<td>816.746.9400</td>
<td>7407 NW 87th Street</td>
<td><a href="http://swagatkc.com">swagatkc.com</a></td>
<td>$$$</td>
</tr>
<tr>
<td>Taco Bell</td>
<td>816.756.1621</td>
<td>1310 East 47th Street</td>
<td><a href="http://www.tacobell.com/">www.tacobell.com/</a></td>
<td>$</td>
</tr>
<tr>
<td>Tasty Thai</td>
<td>816.584.8801</td>
<td>7104 NW Prairie View Rd</td>
<td><a href="http://www.kctastythai.com/">www.kctastythai.com/</a></td>
<td>$$$$</td>
</tr>
<tr>
<td>Tomfooleries</td>
<td>816.753.0555</td>
<td>612 West 47th Street</td>
<td><a href="http://www.tomfooleries.com">www.tomfooleries.com</a></td>
<td>$</td>
</tr>
<tr>
<td>UMKC Café</td>
<td>UMKC-Student Success Center</td>
<td><a href="http://www.umkc.edu/foodservice/">www.umkc.edu/foodservice/</a></td>
<td>$</td>
<td>Feat. Starbucks</td>
</tr>
<tr>
<td>Vietnam Café</td>
<td>816.472.4888</td>
<td>522 Campbell St.</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Winstead’s</td>
<td>816.753.2244</td>
<td>101 Cleaver II Blvd</td>
<td><a href="http://www.winsteadssteakburger.com">www.winsteadssteakburger.com</a></td>
<td>$</td>
</tr>
</tbody>
</table>

*BOLDED RESTAURANTS ARE CLOSE TO CAMPUS

$ - Inexpensive  $5 - Moderately Priced  $$$ - Expensive

The Plaza area is within walking distance from UMKC. Plaza restaurants cater to all price ranges. Be sure to check menus, often posted outside the restaurant, to be sure it's in your price range.

**TIPPING IN THE UNITED STATES**

Tip: (also called a *gratuity*) is a voluntary extra payment made to certain service sector workers in addition to the advertised price of the transaction ([http://en.wikipedia.org/wiki/Gratuity](http://en.wikipedia.org/wiki/Gratuity) 06/21/2012). In the United States, people tip in a variety of situations – not just at restaurants. Calculate tip on the pre-tax total. Check your cell phone; many phones have a tip calculator application.

**EXAMPLES:**

<table>
<thead>
<tr>
<th>Service</th>
<th>Tip Percentage</th>
<th>Service</th>
<th>Tip Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Delivery (pizza)</td>
<td>10-20%</td>
<td>Haircuts</td>
<td>10-20%</td>
</tr>
<tr>
<td>Bars</td>
<td>$1 a drink</td>
<td>Taxi cabs</td>
<td>15%</td>
</tr>
<tr>
<td>Restaurants</td>
<td>15-20%</td>
<td>Valet parking</td>
<td>$1-5</td>
</tr>
</tbody>
</table>
**FOOD and DRINK Vocabulary**

**Cow products:** Beef, brisket, steak, (some) ribs, hamburgers, milk, cheese and other dairy products

**Pig products:** Pork, bacon, Canadian bacon, ham, hotdogs, pepperoni, sausage, ribs (most often)

**Vegetarian:** Meat free, not free of animal products (such as cheese, eggs, milk, etc.)

**Vegan:** Meat free, free of all animal products (no cheese, milk, or eggs, etc.)

**In the US you must be 21 to purchase and drink alcohol. This includes beer, wine, spirits, and liqueurs. Be prepared to show ID when ordering alcohol at restaurants, or buying alcohol at grocery stores**
TYPICAL HYGIENE PRACTICES IN THE UNITED STATES

In the United States, it is common practice to bathe/shower every day – once or more – depending on the season and activity level. Typically one immerses oneself entirely in the shower or bath while washing with a deodorant soap applied to the body and shampoo to wash hair. People who play sports often shower more than once a day. During the summer months, people also increase their bathing schedules.

After a bath or shower, one applies deodorant to their underarms before getting dressed. This is a standard, daily hygiene practice. Deodorants and antiperspirants can be purchased at pharmacies and grocery stores in a variety of scents for men and women. Some are solid for rolling on and some are aerosol spray.

After visiting the restroom/toilets/lavatories, wash hands in hot water with anti-bacterial soap. Washing hands after using the restroom/toilets greatly prevents the spread of illness-causing germs. Also wash your hands after coughing, sneezing, and rubbing your eyes. You may find that post-toilet washing commonly practiced in other countries has been replaced with daily showering practices in the U.S. As such, you may find it difficult to continue such practices in public restrooms on campus.

Dental hygiene is a daily routine as well. Brushing one’s teeth twice a day and using floss and mouthwash are common practice. These products are readily available at pharmacies and grocery stores and will prevent tooth decay, bad breath, and expensive dental visits.

It is also common practice to wear freshly laundered clothes every day; including undergarments, socks, shirts, trousers, etc.

LAUNDRY

- On-campus dorms have laundry machines in the building (cost: free, included with contract) and on-campus apartments will have a washer/dryer in each apartment.
- Off-campus: Most apartment buildings will have communal laundry machines or washer/dryer hook-ups in the unit.
- If not in the building, laundromats are located throughout the city--ex: Carol’s Laundry Mat, Troost Ave Laundry Mat, Walnut Place Laundromat near UMKC
- Expect to pay $1-2 per cycle of the washer/dryer (total of $2-4 for one load of laundry); payment is usually made in quarters at the machine or by laundry card specific to that building
- Clothes should be washed with detergent in the washer
MONEY AND BANKING

There are three ways you can open a bank account: online, over the phone, and in person.

If you chose to apply in person you will be expected to present proof of address and ID. Any document, such as a piece of mail, can be used to verify your residence if it has your name and address on it. Banks will often ask for a Social Security Number or employer identification number as ID, but other forms of ID, such as your student visa, can be used.

There is a U.S. Bank branch on campus in the Student Union.
5100 Cherry Street, Rm 212
Kansas City, MO 64110
(816) 444 4462
https://www.usbank.com/index.html

There are also nearby branches of these banks:

Bank of America
4720 Jefferson St Kansas City, MO 64112
(816)714-7010
bankofamerica.com

UMB
4920 Main Street Kansas City, MO 64112
(816) 960-3200
umb.com

Country Club Bank
414 Nichols Road Kansas City, Mo 64112
(816) 931-4060

Some banks charge a monthly fee if an account has less than a certain amount of money in it. Some accounts are also limited to a certain number of transactions per month. Be sure to ask questions so you fully understand any restrictions on your account(s).

Note: There are fees for exchanging currencies, for making purchases outside of the US, and for taking money out of the account from certain locations.
BUDGETING TIPS
A budget is important so that you are not spending more money than you have. Most people set up a monthly budget.

There are many free online sites to assist you in creating a budget. 
www.investopedia.com/university/budgeting/
www.debt.org/students/college-budgeting-101/

Be realistic in your budgeting.

Try to save some money each month, so you have it for bigger expenses later.

Give yourself an allowance, this is money you can use for whatever you want each week. Once you have used it, there is no more for that week.

Tuition and Fees
To help estimate your educational expenses you can utilize the fee calculator at: 
www.umkc.edu/finadmin/cashiers/fee-estimator/index.asp

To find out about payments or a payment schedule/plan at UMKC please see item “6) Semester Payment Schedule” at 
www.umkc.edu/finadmin/cashiers/policies3.asp

If you are being sponsored by a third party (a foreign embassy or government) please see item “12) Third Party Sponsorship Payments” at www.umkc.edu/finadmin/cashiers/policies3.asp

Books & Computers
The UMKC Bookstore has several options for books.
Purchase books: New, Used or Digital

If available, used books, digital books or renting books can save you money. Students who have taken the class before may be selling their books at a lower price than you can purchase them, just pay attention to edition numbers if you purchase from another student. Differences between editions can be small or large.

If you are purchasing a computer, laptop or software ask if the store has a student discount or student price. Shop “back to school specials” to save money.

Food
If you live on campus, utilize your meal plan instead of going off campus. 
Wanting to save money on food? Collect and utilize coupons and follow sales ads at local grocery stores.

Entertainment
Use your computer to watch television shows and save on paying for cable.
Pick up a local newspaper and check for upcoming free events like concerts, arts and crafts fairs, festivals or art galleries and museums. The Pitch is an example of a local newspaper. It is available in printed format around the city or at www.pitch.com/

Be creative in what you do. Plan a picnic, a pickup game of any sport, an impromptu game/movie night or read a book for fun. Attend events on campus, especially if they are free.

Tipping
In the United States it is customary to tip certain service workers.
Waiter/Waitress (for sit down restaurants only)- minimum 15% tip
Food Delivery (brought to your home)- $2 to $4 tip
Hairstylist/Manicurist- 15% tip
HOW TO GET A CELLPHONE

- Cellphones can be purchased online and at a variety of stores (see local stores on page 17).
- There are two ways to get cellphone service, by signing up for a monthly and prepaid plan. A monthly plan usually means signing a two-year contract with a cellphone company. Examples: Verizon, T-Mobile, Sprint, and a cheaper option Republic Wireless.
- On a prepaid plan a person pays for minutes/texts/data before they use them, and lose the remainder of what they have paid for after a certain date. These are available at Wal-mart or online.

Note: It often cost extra to make or receive international calls. Most service providers have a list of fees they charge for international calls available online.
# THINGS TO DO AND SEE IN KANSAS CITY

## MUSEUMS

**Nelson-Atkins Museum of Art**  
www.nelson-atkins.org  
4525 Oak Street, KC, MO 64111  
816.751.1278

**Kemper Museum of Contemporary Art**  
www.kemperart.org  
4420 Warwick Boulevard, KC, MO 64111  
816.753.5784

**National World War One Museum**  
www.theworldwar.org  
100 W. 26th Street, KC, MO 64108  
816.888.8100

**Negro Leagues Baseball Museum**  
http://nlbm.com/  
1616 East 18th Street, KC, MO 64108  
816.221.1920

**American Jazz Museum**  
http://americanjazzmuseum.org/  
1616 E 18th Street, KC, MO 64108  
816.474.8463

**Nerman Museum**  
www.nermanmuseum.org  
12345 College Blvd. Overland Park, KS 66210  
913.469.3000

**Union Station**  
http://www.unionstation.org/  
30 West Pershing Road, KC, MO 64108  
816.460.2020

## THEATER/PERFORMING ARTS

**New Theater Restaurant**  
www.newtheatre.com  
9229 Foster, Overland Park, KS 66212  
913.649.7469

**Starlight Theater**  
www.kcstarlight.com  
4600 Starlight Road, KC, MO 64132  
816.363.7827

**Kansas City Repertory Theatre**  
www.kcrep.org  
4949 Cherry Street, KC, MO 64110  
816.235.2700

**Unicorn Theatre**  
www.unicorntheatre.org  
3828 Main Street, KC, MO 64111  
816.531.7529

**Kauffman Center for the Performing Arts**  
http://www.kauffmancenter.org  
1601 Broadway Blvd, KC, MO 64108

**Lyric Opera Kansas City**  
http://www.kcopera.org/  
1725 Holmes St. KC, MO 64108  
816.471.4933

**Folly Theater**  
http://follytheater.org/  
300 West 12th St. KC, MO 816.474.4444

**Midwest Chamber Ensemble**  
http://www.midwestchamberensemble.org  
9100 Mission Road, Prairie Village, KS 66206  
913.396.9878
SHOPPING

Brookside Shopping District
www.brooksidekc.org
338 W 63rd, KC, MO
64113
816.523.5553

The Legends at Village West
www.legendsshopping.com
1843 Village West Parkway, KC, KS 66111
913.788.3700

Oak Park Mall
www.thenewoakparkmall.com
11149 W. 95th Street, Overland Park, KS
913.888.4400

Country Club Plaza
www.countryclubplaza.com
816.753.0100

Ward Parkway Center
www.wardparkwaycenter.com
8600 Ward Pkwy, KC, MO 64114
816.363.3545

Zona Rosa
www.zonarosa.com
8640 N. Dixson Ave, KC, MO 64153
816.587.8180

Power & Light District
www.powerandlightdistrict.com
1100 Walnut, KC, MO 64106
816.842.1045

Crown Center
www.crowncenter.com
2405 Grand Ave, KC, MO 641

MOVIE THEATERs

AMC Ward Parkway 14
www.amctheatres.com
8600 Ward Parkway Ste 14 Kansas City, MO 64105
816.333.1300

Alamo Drafthouse Cinema
http://drafthouse.com/kansas_city/mainstreet
1400 Main Street Kansas City, MO 64105
816.474.4545

Tivoli Theater
www.tivolick.com
4050 Pennsylvania Ave Kansas City, MO 64111
913.383.7756

Cinemark Palace at the Plaza
www.cinemark.com
526 Nichols Road Kansas City, MO 64112 816.756.5877
**ATTRACTIONS**

*Kansas City Zoo*
www.kansascityzoo.org  
6800 Zoo Dr.  
Kansas City, MO 64132 816.595.1234

*Paradise Park Family Fun & Adventure*
www.paradise-park.com  
1021 NE Colbern Rd Lee’s Summit, MO 64086  
816.246.5224

*Powell Gardens*
www.powellgardens.org  
1609 N.W. U.S. Highway 50, Kingsville, MO 64061  
816.697.2600

*Power Play*
www.powerplaykc.com  
13110 W 62nd Terrace Shawnee, KS 66216  
913.268.4386

*Worlds of Fun/Oceans of Fun*
http://www.worldsoffun.com  
4545 Worlds of Fun Ave Kansas City, MO 64161  
816.454.4545

*Schlitterbahn Waterpark*
www.schlitterbahn.com/kc  
9400 State Avenue  
Kansas City, Kansas 66112  
913.312.3110

**SPORTS**

*Adams Pointe Golf Club*
www.adamspointegolfclub.com  
1601 R.D. Mize Rd  
Blue Springs, MO 64014  
816.220.3673

*Heart of America Golf Academy*
http://www.hoagolfacademy.com/  

*Sporting KC (Professional Soccer)*
www.sportingkc.com  
One Sporting Way Kansas City, KS 66111  
913.387.3400

7501 Blue River Rd  
Kansas City, MO 64132  
816.513.8940

*Missouri Mavericks*
www.missourimavericks.com  
19100 East Valley View Parkway Independence, MO 64055  
816.252.7825

*Kansas City Chiefs (Professional Football)*
www.kcchiefs.com/arrowhead  
Arrowhead Stadium  
One Arrowhead Drive  
Kansas City MO, 64129  
816.920.9300 ext. 4401

*Kansas City Royals (MLB - Professional Baseball)*
http://kansascity.royals.mlb.com/index.jsp?c_id=kc  
Kauffman Stadium  
One Royal Way,  
Kansas City, MO 64129  
816.821.8000

*Kansas City T-Bones Baseball Club*
http://www.tbonesbaseball.com  
1800 Village West Pkwy,  
Kansas City, KS 66111  
Stadium: 913.328.2255

*Kansas Speedway*
www.kansasspeedway.com  
400 Speedway Blvd,  
Kansas City, KS 66111  
1.866.460.7223
KANSAS CITY’S MIDWEST WEATHER

Kansas City has four seasons per year, and each season has a different type of weather. The four seasons are fall, winter, spring, and summer. Kansas City weather changes quickly and unexpectedly. Be prepared by checking the weather forecast.

**FALL: SEPTEMBER through NOVEMBER**

This season is characterized mainly by its cool winds and falling leaves. This season is generally pleasant in Kansas City but it does bring thunderstorms, so an umbrella is recommended. The average high temperature is around 61˚ Fahrenheit (16˚ C) and the average low temperature is around 36˚ Fahrenheit (2˚ C). Towards the end of November, it’s a good idea to wear some warm clothing like hats, gloves, scarves and warm jackets. The trees on campus react to the cooler weather by changing color. As the wind blows, leaves fall from trees and land in big piles below. This is the perfect time to take walks through the parks of Kansas City.

**WINTER: DECEMBER through FEBRUARY**

This season is characterized by heavy snowfall and very cold winds. A warm coat, boots, hat, scarf, and pair of gloves are necessary. The ground will be covered in snow or ice for most of the month of January as this month has the highest snowfall of the year. The average high temperature in this season is 47˚ Fahrenheit (8˚ C) and the average low temperature is 21˚ Fahrenheit (-6˚ C). With the significant amount of snowfall (8 inches), there is also an average high of 1.45 inches or 36.5 millimeters of rainfall. The light and fluffy snow makes it perfect for sledding, ice-skating at Crown Center, or building a snowman.

**SPRING: MARCH through MAY**

This season is characterized by a generous amount of precipitation or rainfall and occasional tornados. If there is a danger of a tornado, or they are being tested, alarm sirens will go off. This is your signal to go to a basement or an interior room away from windows. The average high temperature is 76˚ Fahrenheit (24˚ C) and the average low is 56˚ Fahrenheit (13˚ C). After the rain, the weather becomes pleasant. Since the season starts on a cold note, a light jacket along with pants and t-shirt or sweater is encouraged. The end of this season brings new life to the trees and flowers on campus. Take time to stop and smell the roses and enjoy the warm spring air with a bike ride around the historic neighborhoods near UMKC.

**SUMMER: JUNE through AUGUST**

This season is characterized by extreme heat accompanied by large amounts of rainfall. The temperatures in late July/early August can reach into triple digits (100˚ Fahrenheit or around 40˚ C). Drink lots of water when you are out enjoying the sun. The average high is 90˚ Fahrenheit (32˚ C) and the average low is 67˚ Fahrenheit (19˚ C). An umbrella is strongly recommended for this season. Wear light, cotton clothes because of the high temperatures. Look for neighborhood pools for places to cool off and be sure to use fans and air conditioners during the hottest days.
GLOSSARY OF TERMS

A

Academic Advisor: A member of faculty or staff who helps and advises students purely on academic matters.

Academic Year: The period of formal instruction, usually late August/early September through late May/early June; may be divided into terms of varying lengths – semesters, trimesters, or quarters.

Accreditation: Approval of colleges and universities by nationally recognized professional associations or regional accrediting bodies.

Add/Drop: A process at the beginning of the term when students can change their course schedules, adding or dropping classes with the instructor’s permission.

ARO: Abbreviation for Alternate Responsible Officer. J visa holders are advised by the ARO.

Assistantship: A study grant of financial aid offered by graduate programs in return for certain services in teaching or laboratory supervision (teaching assistantship) or services in research (research assistantship).

Associate Degree: The degree awarded by a community college after a two-year period of study which can be either terminal (vocational) or transfer (the first two years of a bachelor’s degree).

Audit: To take a class without receiving a grade or credit towards the degree.

B

Bachelor’s Degree: The degree awarded upon completion of approximately four years of full time study in the liberal arts and sciences or professional subjects.

C

College: A postsecondary institution that provides mainly undergraduate education. College in a separate sense is a division of a university (e.g. College of Business).

College Catalog: Also prospectus; an official publication giving information about a university’s academic programs, facilities, entrance requirements and student life.

Co-Discipline: Secondary field of study for iPhD program

Core Requirements: Compulsory courses required for completion of the degree.

Course: Regularly scheduled class sessions of one to five hours (or more) per week during the term. A degree program is made up of a specified number of required and elective courses and varies from institution to institution.

Credit Hour: A unit of measurement used by American universities and colleges to determine the amount of educational attainment required to complete a degree. Each credit hour represents one hour of class per week.

D


Deductible: Any portion of a claim that is not covered by the insurance provider. Must be paid by the insured before the benefits of the policy can be applied.

Dissertation: Substantial academic paper written on an original topic of research, usually presented as one of the final requirements for the doctorate.

Doctoral Degree: The highest degree you can earn in the United States. Most Ph.D. programs require at least three years of study after the Master’s level.

Dorm: Shortened form of “dormitory”; also known as “residence hall.” A university building where students live while going to school, often with shared rooms.

DSO: The abbreviation for Designated School Official. F-1 visa holders are advised by a DSO.

E

Electives: Courses that students may choose to take for credit toward their intended degree, as distinguished from courses that they are required to take.

Exchange Award: A study grant of financial aid, as a condition of which recipients are expected to return to their home country upon completion of their study in the United States.

Extracurricular Activities: Organized student activities connected with school and usually carrying no academic credit, such as sports, clubs, and volunteer activities.

Fee: An amount charged by universities, in addition to tuition, to cover costs of institutional services.
Fellowship: A study grant of financial aid, usually awarded to a graduate student without requiring services in return.

Fahrenheit: Degree of temperature measurement used in the United States. To calculate Celsius from Fahrenheit use the formula \( ^\circ C = (^\circ F - 32) \div 1.8 \).

Final: A cumulative exam on a particular course in one term encompassing all material covered throughout the duration of the course.

Financial Aid: A general term that includes all types of money, loans, and work-study programs offered to a student to help pay tuition costs and living expenses.

Fraternities: Social and philanthropic organizations found on many U.S. campuses, usually male-only (see “Sororities”).

Grade/Grading System: The evaluation of a student’s academic work. Work rated B or higher is generally required of a graduate student to continue a program. Grade Point Average (GPA): A system of recording achievement based on a numerical average of the grades attained in each course. The U.S. works on a 4.0 scale.

Graduate: A student who has completed a course of study, either at high school or university level. A graduate program at a U.S. university is a postgraduate study program. Graduate study is designed to lead towards a master’s or doctorate and generally is open only to students who have completed an undergraduate degree. GMAT: Graduate Management Admissions Test, required for applicants to graduate business or management programs.

GRE: Graduate Record Examination, commonly required of applicants to graduate schools in fields other than business, law, and medicine.


IELTS: International English Language Testing System standardized English proficiency exam

IRS: The abbreviation for the Internal Revenue Service. International Student Advisor: The person associated with a university who provides information and guidance to international students in the areas of government regulation, visas, academic regulations, social customs, language, financial or housing problems, travel plans, insurance, and legal matters.

IPHD: Interdisciplinary PhD.

ISAO: The abbreviation for UMKC’s International Student Affairs Office.
**MCAT:** Medical College Admissions Test, required of applicants to American medical first professional degree programs.

**Midterm Exam:** An exam administered after half the academic term has passed which covers all course material up until that point.

**Mile:** A unit of distance equal to 1,609 meters.

**Minor:** A subject in which the student takes the second greatest concentration of courses.

**Miscellaneous fees:** Extra costs charged by the university for services such as transcripts, admission applications, and independent study.

**N**

**Non-Resident Student:** A student who does not meet the residence requirements of the state while attending a public (state) university. Tuition fees and admissions policies may differ for residents and non-residents. International students are usually classified as non-residents.

**Notarization:** The certification of a document (or a statement or a signature) as authentic and true by a public official (known in the United States as a Notary Public) or by a lawyer who is also a commissioner of oaths. Notarization of certain documents can be done by a notary at a Post Office or a Bank.

**P**

**Post-Doctorate:** Studies designed for those who have completed a doctoral degree.

**Prerequisite:** Program or course that a student is required to complete before being permitted to enroll in a more advanced program or course.

**Q**

**Qualifying Exam:** In many graduate departments, students who have completed coursework for a doctoral degree must pass an examination before embarking on the dissertation. A qualifying examination may be oral, written, or both, and must be passed in order for the student to continue.

**Quarter:** Period of study, approximately 10 to 12 weeks duration or one-quarter of the academic year. Also a term used to refer to the U.S. coin worth 25 cents (a quarter of a dollar).

**R**

**Registration:** Enrollment process through which students select courses to be taken during a quarter, semester, or trimester.

**S**

**Scholarship:** A study grant of financial aid, usually given at the undergraduate level, which may take the form of a waiver for tuition and/or fees.

**SAT I:** A primarily multiple choice test of mathematical and English abilities that is required by most colleges and universities for admission into an undergraduate program.

**SEVIS:** The abbreviation (acronym) for the Student and Exchange Visitor Information System.

**School:** Usually elementary, middle, or high schools. Also a catch-all term for any place of education such as law school, graduate school.

**Semester:** Period of study, approximately 15 to 16 weeks or one-half the academic year.

**Social Security Administration (SSA):** An independent government agency that is responsible for administering the Social Security program, which provides federal economic relief to citizens. The SSA also plays important roles in public health, including disability determination and supporting electronic death registration systems.

**Social Security Number (SSN):** A number issued by the U.S. government to people for payroll deductions for old age, survivors, and disability insurance. Anyone who works regularly must obtain a SSN. Many institutions use this number as the student ID number.

**Sororities:** Female social, academic and philanthropic organizations found on many U.S. campuses.

**Special Student:** A student who is not enrolled in a degree program and is therefore independent of the university’s academic requirements.

**Syllabus:** An outline of topics covered in an academic course.

**T**

**TA:** Teaching assistant, a graduate student acting as instructor for an undergraduate course in their field, for some form of financial aid from the university.

**TOEFL:** Test of English as a Foreign Language, an English language proficiency examination, required of applicants whose native language is not English.
**Transcripts:** A certified copy of a student’s educational record. For graduate applications this will state the date a degree was conferred, indicate the student’s overall grade point average and list the courses completed, their value in terms of credits and the final grade attained in each. For students with British qualifications, certified copies of degree or examination certificates along with a syllabus for each course from the college or university registrar will suffice.

**Transfer:** The process of moving from one college or university to another to complete a degree.

**Tuition:** The money the institution charges for instruction and training (does not include the cost of books).

**University:** A large postsecondary institution that offers both undergraduate and graduate degree programs.

**United States Citizenship and Immigration Services (USCIS):** Responsible for the administration of immigration and naturalization adjudication functions and establishing immigration services policies and priorities.

**United States Customs and Border Protection (USCBP):** A branch of the United States Department of Homeland Security, CBP is charged with regulating and facilitating international trade, collecting import duties, and enforcing U.S. trade laws.

**United States Immigration and Customs Enforcement (USICE):** The largest branch of the Department of Homeland Security, USICE is responsible for eliminating border, economic, transportation, and infrastructure security vulnerabilities. Usually referred to as “ICE”

**W**

**WIRD WEEK:** Walk in review days for university admissions