



Sewanee International Student Guide

Sewanee welcomes outstanding students from all around the world, and we hope that by the end of your four years on the Domain you'll be proud to call Sewanee your home away from home. This informational guide will tell you everything you need to know about your time at Sewanee, from booking your flight to life after graduation.

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The Mountain Is Calling



Getting to Sewanee

We highly recommend that you book your flight to America at least three months before Sewanee's move-in date. We suggest this for two reasons: 1) you are more likely to get a deal or discount on an international flight if you book several months in advance, and 2) you are likely to have more flight options to choose from (sometimes different flights have different numbers of stops and layovers, even if they are going to the same place! When you book early, you are more likely to be able to choose how many stops you have and which airline you use).

There are three airports located near Sewanee's campus:

[Nashville International Airport](#) (BNA) | 90 miles/145 km away

[Chattanooga Metropolitan Airport](#) (CHA) | 60 miles/96 km away

[Hartsfield-Jackson Atlanta International Airport](#) (ATL) | 170 miles/274 km away

[Groome Transportation](#) provides a shuttle bus service that can transport students to/from the Nashville, Chattanooga, and Atlanta airports. The Groome shuttle bus stops at Smokehouse Lodge Best Western in Monteagle, Tennessee, a town that is a 10 minute drive from campus.

Sewanee and Nashville are located in the Central Time Zone. Chattanooga and Atlanta are located in the Eastern Time Zone, meaning that if it is 5:00 p.m. in Sewanee or Nashville, it will be 6:00 p.m. in Chattanooga or Atlanta. Remember this if you are booking a Groome shuttle bus to/from the Chattanooga or Atlanta airport.

When you arrive in August for your first year at Sewanee, the Office of Global Citizenship can assist you in getting from Monteagle to campus. The Office also offers two free university shuttle buses on the Sunday you arrive. After August of your first year, you are responsible for organizing your own transportation from Monteagle to campus. Here are a few options:

1. Contact a local driver in Sewanee to provide transportation to campus for a small fee.
2. Contact a friend, post in your class's Facebook group and/or GroupMe, or ask your friendship family to help transport you from Monteagle to campus.
3. Contact the Sewanee Police Department +1 (931) 598-1111 if you arrive to Monteagle before 7:00 a.m. or after 10:00 p.m.

Some tips about flying to the States

1. Be careful not to overpack! Many airlines will charge you for overweight baggage. The size and weight limits for each bag will be posted on the airline's website. Make sure to check it before you arrive at the airport!
2. Bring a small carry-on bag to store your passport, visa, Form I-20, prescription medicine, and any other important items you need during the flight or immediately upon arrival in the U.S.
3. You are required to complete a customs form before you land in the United States. Ask your flight attendant if you have any questions. You will be required to show this form when your plane lands, so don't lose it.
4. If you are thirsty after you land in the U.S., you don't need to find a store to buy water. Just turn to any tap or drink from any fountain—the water is safe to drink!

What should I bring?

We understand that many international students have to pick and choose when they pack to come to Sewanee. In this section, we give you some helpful tips regarding what you **should** and **should not** bring with you.

Because we know you may have limited packing space, we recommend that you only bring essentials when you make your first trip to Sewanee.

Bring in your carry-on

- Passport
- Visa

- Form I-20
- Other important documents
- Prescription medications
- Electronic devices (laptop, phone, etc.)
- Charging cords
- Adapter for electronic devices
 - Remember that outlets for electronics vary between countries!
- One change of clothes
- Anything you may need within 24 hours

Bring in your checked baggage

- Bedding (Bring or ship prior to arrival)
 - Pillows, large blankets, etc.
- Toiletries
 - Toothbrush
 - Toothpaste (travel size)
 - Shampoo (travel size)
 - Conditioner (travel size)
 - Deodorant
 - Feminine Products
 - One pre-washed towel
- Clothing
 - Assorted shirts/tops: Long sleeve, short-sleeve, sleeveless, sweaters
 - Assorted bottoms: Skirts, shorts, trousers, jeans
 - Dresses for women
 - Undergarments
 - Socks
 - Sleepwear
 - Light jacket
 - Rain jacket or umbrella
 - Outdoor clothing (appropriate for hiking, swimming, etc.)
 - Exercise/workout clothing
 - One professional outfit
 - Men: professional pants, button-up, blazer, tie, dress shoes
 - Women: a professional dress or professional slacks/skirt with a blouse, dress shoes
- Shoes
 - Sneakers
 - Sandals

- Loafers/flats
- Rain boots
- Shower shoes (such as flip-flops or water shoes--these are helpful if you are sharing a bathroom)
- Miscellaneous
 - You may want to bring your country's flag, cultural artifacts, and/or a cultural outfit. We have several cultural celebrations on campus, and many international students like to participate in them.
 - You may also want to bring small gifts or candy/food for friends, faculty/staff, or your friendship family host.
 - You are also encouraged to bring items that remind you of home (pictures of family and friends, a favorite poster, etc.). Many students use these items to decorate their dorm rooms.

Things that are easily purchased after arrival

- Notebooks
- Laundry detergent
- Full-size bottles of toiletries
- Storage containers
- Large wall-hangings
- Hangers for your clothes
- Food (except for snacks for the journey)

Things to leave at home

- Large amounts of money in cash
- Anything illegal
 - Check [here](#) for a full list of what you can and can't bring on an airplane to the U.S.

To purchase electronic devices, dorm room decor, toiletries, electronic adaptors, and anything you generally may need, visit:

CVS Pharmacy | 340 W Main St, Monteagle, TN 37356 | 5 miles away

Wal-Mart Supercenter | 2675 Decherd Blvd, Winchester, TN 37398 | 15 miles away

Wal-Mart Supercenter | 525 Kimball Crossing Dr, Kimball, TN 37347 | 20 miles away

Target | 1851 Old Fort Pkwy, Murfreesboro, TN 37129 | 60 miles away

To purchase toiletries, over-the-counter medicine, and basic supplies, visit:

Dollar General | 915 W Main St, Monteagle, TN 37356 | 5 miles away

CVS Pharmacy | 340 W Main St, Monteagle, TN 37356 | 5 miles away

To purchase food, visit:

Mooney's Market and Emporium | 1265 W Main Street, Monteagle, TN 37356 | 3 miles away

Piggly Wiggly | 734 W Main Street, Monteagle, TN 37356 | 5 miles away

Wal-Mart Supercenter | 2675 Decherd Blvd, Winchester, TN 37398 | 15 miles away

Kroger | 1840 Decherd Blvd, Decherd, TN 37324 | 13 miles away

Wal-Mart Supercenter | 525 Kimball Crossing Dr, Kimball, TN 37347 | 20 miles away

What should I wear?

You may have heard that Sewanee students dress up for class. While this is true, this does not mean that all students wear suits and dresses every day. Students typically do not show up to class in sweatpants or leggings, but students do wear casual and athletic clothes for activities outside of class. Most male students wear button-downs or polo shirts to class with pants or jeans, and most female students wear a nice shirt or blouse with pants, jeans, or a skirt or choose to wear a dress.

There are some occasions when students do need to wear formal clothes. For formal events, men typically wear a suit and tie, and women wear either a dress, skirt and blouse, or dress pants and blouse. You will need to wear formal clothes when you sign the Honor Code on your first day as a student, so plan to bring these items with you.

Sewanee Weather

When you arrive on campus in August, it will be hot outside. Typically, it will be about 80-85 degrees Fahrenheit during the day (26-30 degrees Celsius) and about 65 degrees Fahrenheit (18 degrees Celsius) at night. So, consider bringing a pair of shorts (and even maybe a swimsuit!) so that you can be comfortable being outside and exploring all of Sewanee's 13,000 acre (5,260 hectare) campus.

In October and November, it will get colder and stay relatively cold through February. It rarely gets extremely cold on the Mountain, but we suggest bringing a heavy coat (if you have one), sweaters, long pants, and boots for those extra-cold days. During winter, temperatures usually stay around 32 degrees Fahrenheit (0 degrees Celsius), but sometimes it gets much colder. If you don't already have cold-weather clothes, they can be purchased at local stores.

In March and April it will begin to warm up, and by May you'll be able to wear the shorts and swimsuits you brought for August.

We highly recommend you bring a rain jacket, umbrella, and rain boots with you to Sewanee. It can rain a lot on the Mountain, and you'll want to be prepared!

Summer Storage

We know that storing clothes and dormitory items is a key concern for international Sewanee students. Sewanee has two storage rooms that international students may use to hold some of their belongings for free. Because space in these rooms is very limited, many international students choose to rent a storage unit at [Sewanee Mountain Storage](#) for the summer months.

International students also have the option to live in campus housing year-round. For more information about this option, please contact the [Office of Global Citizenship](#).

More questions?

If you have additional questions about getting to Sewanee and/or about international student orientation, see the [International & Exchange Student Website](#).

Living in Sewanee



Amenities in Your Residence Hall

Bedroom: Bed (size Twin XL), Desk, Chair, Wardrobe

Bathroom: Shower with shower curtain, Toilet, Toilet paper, Sink (hot and cold water)

Common Spaces: TV, Couches, Chairs, Bookshelves

Kitchen: Sink, Refrigerator, Oven, Stove, Microwave, Pots and pans

For specific questions about what **is** and **is not** allowed in the residence halls, look over the [Residential Life](#) website and get in contact with them directly.

Accommodations

Nearly everyone lives on campus for the four years that they study at Sewanee. There are a variety of living options for students on campus, but during your first year you will live in a residence hall and have a roommate. First-year students do **not** choose their first rooms and roommates. You will be asked to fill out a form describing yourself during the summer before you arrive on campus. The information you put on this form will help the Office of Residential Life find you a great first-year roommate. You will be notified about who your roommate is and

[where you will live](#) on campus in August before you arrive on campus. More information about residence halls and answers to common questions students have about living in Sewanee can be found on Sewanee’s Residential Life [website](#).

All residence halls have a team of Proctors and an Area Coordinator who are able to help with any situation and answer any further questions that you have. You will be introduced to your Proctors and Area Coordinator during International Student Orientation before classes begin.

International students also have a variety of options for staying in University housing during the summer months, from staying a couple extra days to staying for the whole summer. For more information about this option, please visit the [Office of Global Citizenship](#).

Laundry

Every residence hall on campus has laundry facilities for students to use free of charge. All laundry rooms are equipped with washers and dryers and are accessible anytime of the day or night. There is no cost to do laundry. All students are responsible for doing their own laundry and for taking care of their personal items.

Laundry detergent, fabric softener, and dryer sheets are **not** provided by Sewanee. These items can be purchased online from Amazon or from local stores such as:

CVS Pharmacy | 340 W Main St, Monteagle, TN 37356 | 5 miles away

Dollar General | 915 W Main St, Monteagle, TN 37356 | 5 miles away

Wal-Mart Supercenter | 2675 Decherd Blvd, Winchester, TN 37398 | 15 miles away

Wal-Mart Supercenter | 525 Kimball Crossing Dr, Kimball, TN 37347 | 20 miles away

Food on Campus

Meals at [McClurg Dining Hall](#) are included in every student’s tuition. McClurg is organized like an all-you-can-eat buffet—just grab a tray and a plate and start eating! You must have your Student ID to enter McClurg (you will be given your ID during orientation). When classes are in session during the academic year, McClurg is open every day of the week from 7 am - 8 pm. It has limited hours when school is not in session. If you have a food allergy or aversion, contact [the Director of Sewanee Dining](#), and the dining hall can accommodate your needs. There are many other dining options on and around Sewanee’s campus. On campus, we have Stirling’s Coffee House and the Cup and Gown Cafe in DuPont Library. In the Sewanee Village, there is the Blue Chair Cafe and Tavern and Shenanigans Pub.

Each student also has a service called “Domain Dollars” included with their meal plan. \$150 are automatically added to your Domain Dollars at the beginning of each semester. You can use this

\$150 at several eateries on and off campus. Just present your Student ID to the person at the counter. If you run out of Domain Dollars, don't worry—you can always add more! If you do not use all of your \$150 Domain Dollars during the fall, they will be added to your \$150 Domain Dollars in the spring. However, you will have to use them before the end of the spring semester because they do not transfer between academic years.

Friendship Family Program

Participating in the Friendship Family Program will give you the opportunity to connect with American culture in a unique way. You won't live with your Friendship Family (you'll live in a residence hall), but you can expect to spend time with your Friendship Family every 2-4 weeks. Typical Friendship Family activities include dinners, hikes, attending events on campus, etc. Friendship Family pairings are made for one academic year. You have the option to renew your pairing each year. Even though international students are not required to participate in this program, it is highly encouraged. As always, the more you put into this program, the more you will get out of the relationship you develop with your friendship family. Students sign up for the friendship family program on their [Applicant Status Page](#).

Transportation

As an international student, you can drive with an international driver's license for the first thirty days you are in the U.S. After 30 days, you will need to [apply for a U.S. \(Tennessee\) driver's license](#), which includes a written test and a driving test. Please see the section on getting a [driver's license as an international student](#) on the Office of Global Citizenship website.

Finally, the Office of Global Citizenship organizes trips to nearby metropolitan areas throughout the semester.

Bringing a Bike

Some students choose to bring bikes to school. You can purchase a bike from local stores, but many students recommend that you purchase a bike from another student (seniors and students who are studying abroad often sell or rent their bikes for reduced rates). If your bike breaks, take it to the office of the Sewanee Outing Program (SOP) in the Wellness Commons. The people who work there can fix your bike for free or refer you to someone else if there is a serious problem.

Banking

All international students visit Sewanee's local bank, Regions Bank, during orientation to set up a local bank account. Students must be 18 years old or older in order to open a bank account.

Debit cards and credit cards are accepted in most places in the United States. When paying tuition, you can choose to wire transfer or use a traveler's check. Traveler's checks are a safe way to transfer money. When you have your passport, traveler's checks are recognized almost everywhere. If you have an international credit card, we recommend using this card to pay large sums (such as an airline ticket).

Social Security

A Social Security number is not required to study at Sewanee. But, if you plan to work on campus at Sewanee, you will need a Social Security number to legally work in the United States. Check out the steps for applying [here](#).

Health and Fitness

The [University Wellness Center](#) is a campus resource that offers integrated and holistic health care, comprehensive wellness outreach, and peer health education for students. They are composed of Counseling and Psychological Services, University Health Service, and Wellness Outreach. If you develop an illness, need access to medication, or need someone to talk to about your mental health, call the [University Wellness Center](#) or request an appointment online. They are housed in the University Wellness Commons, which also hosts fitness, health and counseling services, and the Sewanee Outing Program.

Health insurance is necessary to visit a doctor in the United States (including the doctors at the University Wellness Center). As an international student at Sewanee, you will be automatically enrolled into [Sewanee's international health insurance plan](#). While having health insurance does not mean that you will be able to see a doctor for free, it does significantly reduce the cost of seeing a doctor or going to the hospital.

[The Fowler Center](#) is Sewanee's gym. All Sewanee students can use the gym for free. All you have to do is scan your Student ID at the front desk and then you can begin to sweat! There are various exercise machines and weight racks so you can do anything you need to get fit. There is also an indoor pool, running track, tennis courts, basketball courts, climbing wall, and racquetball courts. The Fowler Center is open every day, but the times change depending on the time of year. Be sure to check your email to see when the Fowler Center is open.

As part of Sewanee's General Education requirements, all Sewanee students are required to take two physical education classes (P.E. classes) before they graduate, and you can take exercise classes at the Fowler Center for credit. Examples of these classes are Introduction to Hatha Yoga, Fencing, Running, Badminton, Ultimate Frisbee, Pilates, Horseback Riding, Handball, and Tennis.

If exercising inside isn't what you want to do, you can always go for a hike or a swim outside! Check out the [Sewanee Outing Program](#) (SOP) in the Wellness Commons to learn about opportunities to get outside on the Mountain, and beyond. The SOP also leads more than 250 trips a year, so check your email to learn about how to sign up to go on a student-led hike, bike trip, canoeing trip, and more.

Mail and Packages

The [Sewanee Post Office](#) (SPO) is responsible for handling every Sewanee student's mail and packages. The SPO is located in the basement of the Bishop's Common. You will get an email notification when you receive mail.

Your address will be:

YOUR NAME

735 University Ave

Sewanee, TN 37383

You can also receive packages at Sewanee. If you order something online, put the mailing address as the address listed above. You will get an email when your package is delivered with instructions about how to pick it up from the SPO.

You can also send mail and packages from the SPO. Just tell the postal workers at the SPO that you'd like to send some mail or a package and they can help you find everything you need.

Internet and Web Access

All students at Sewanee have access to [campus-wide internet](#). Just login to Eduroam using your Banner ID and password (issued during orientation). If your computer breaks, go to the Academic Technology Center (ATC) located in the basement of DuPont Library. They can help fix your computer or refer you to other services.

Mobile Phone Service

Because Sewanee is located on top of a mountain, mobile phone service varies depending on which carrier students use. We recommend that you speak with your current mobile phone provider about their international plans before coming to Sewanee to find the plan that fits your needs best. AT&T provides the best mobile phone coverage in Sewanee, but other companies, including smaller and cheaper ones, are improving their coverage here. The closest AT&T store to Sewanee's campus is located at 2604 Decherd Blvd, Decherd, TN 37324. Any additional

questions you may have about mobile phones and mobile coverage on the Mountain will be covered during international student orientation.

Campus Safety

You will often see police officers around Sewanee's campus. They wear specific uniforms and can often be seen driving around the school in cars and trucks marked "Sewanee Police." Their job is to keep the campus safe and help you if you need assistance.

If there is an emergency, always call 911.

If you need help with something that is not an emergency (like you lost your Student ID or are locked out of your dorm room and cannot get in touch with your Proctor or Area Coordinator), call +1 (931) 598-1111. Police officers can help you get into your dorm for a small fee.

Because it is the job of campus police officers to keep everyone safe, they will have to issue citations or arrest you if you break state or federal laws. Remember that the federal drinking age in the United States is 21, so possession and consumption of alcohol under the age of 21 is illegal in the state of Tennessee. You may also be aware that marijuana is now legal in some states, but in Tennessee it is still illegal to possess, use, or distribute.

For a full list of rules and regulations (including information about Tennessee State Laws and U.S. Federal Laws), check out the [EQB Guide](#).

LiveSafe

[LiveSafe](#) is an app that Sewanee students download during orientation at the start of their first year in Sewanee. LiveSafe has many features that are designed to keep you safe and feeling secure. You can summon emergency help with the touch of a button, ask a friend to watch you on your walk home using the SafeWalk feature, and report suspicious activity to police easily when you use the app. LiveSafe can be downloaded from the Apple App Store and Google Play, and the app will be explained further during orientation.

Academic Life at Sewanee



The Honor Code

“The Concept of Honor: One shall not lie, cheat, or steal.”

Sewanee takes the [Honor Code](#) very seriously both inside and outside the classroom. You will sign the Honor Code on your first day as a Sewanee student and you will be expected to understand and follow the Honor Code.

Plagiarism is taken very seriously at Sewanee. When you plagiarize something, you take someone else’s work and present it as your own work. Plagiarism can occur when you take a paper someone else wrote and say that you wrote it, but plagiarism also occurs in smaller (but still serious) forms, like taking a sentence or phrase directly from someone else’s work or paraphrasing a sentence or phrase and not giving credit to the original author. Be sure to pay attention to rules on how to cite information in class projects and papers. If you have any questions or are worried about citing information properly, always ask your professor.

Choosing Classes and an Academic Advisor

Before you arrive on campus for your first year, you will fill out a form where you categorize classes offered for first-year students based on your level of interest in the classes offered. This is part of your enrollment checklist. Your first semester schedule will be chosen for you based on your answers on this form.

You will be assigned an Academic Advisor your first year at Sewanee. Your Academic Advisor is someone who works with you to help you find your best plan for studying here. They are there to help you choose which classes to register for in future semesters and to make sure that you are on track for receiving your degree.

Your first academic advisor that you are assigned may not teach classes in the major that you plan to pursue. After you declare your major (this can happen any time during your first two years at Sewanee), you will have the option to change your academic advisor.

When signing up for classes, choose subjects and topics that seem interesting to you! Even if you are certain that you want to major in a specific subject, you will have to take classes in other disciplines to fulfil your degree requirements, so have fun when you choose your classes and know that all Sewanee classes and professors are excellent choices. Remember your academic strengths and goals, but also remember to embrace the liberal arts tradition of taking a wide variety of classes.

Tutoring and Academic Help

If you need help in a particular class, the first step is to always reach out to your professor for that class. This may mean asking questions during class, or it may mean talking to a professor after class or during office hours. Many departments have [support services](#) available and your professor can give you specific instructions for accessing these services as well.

Do not be afraid to ask for help! The faculty at Sewanee professors want you to succeed.

If you need help with a paper or a class presentation, visit Sewanee's [Center for Speaking and Listening](#) and the [Writing Center](#). The services of the Center for Speaking and Listening and the Writing Center are free and available to all Sewanee students. Both Centers are located on the first floor of DuPont Library.

Resources



International students can find resources and support through the Office of Global Citizenship.

“We stand ready to serve our international students and help them make the adjustments—linguistic, cultural, educational, or personal—that often come with learning and living in a different culture. We offer advising to international students on academics, immigration, insurance, campus involvement, U.S. processes (social security numbers, driver’s licenses, taxes, etc.), employment, and many other topics.”

[Visit the OGC’s website](#) for important information including information on employment, social security cards, driver’s licenses, OPT, CPT, U.S. taxes, etc.

Common Questions & Misconceptions about Sewanee

“Is Sewanee called Sewanee or the University of the South?”

The University of the South is the official name of this school; however, most of the campus community refers to the school as Sewanee and not by its full name.

“There’s a huge church on campus, but I don’t go to church at home. Am I expected to go to church or be a Christian at Sewanee?”

No! Sewanee students are not expected to go to church and many aren’t Christians.

All Sewanee students will go into All Saints’ Chapel twice while they are at Sewanee because the chapel is used when you sign the Honor Code and when you graduate. Other than those two times, you are not expected to attend services in All Saints’.

“How Southern is Sewanee?”

Sewanee has students from all over the United States (and the world)! While you’re a student at Sewanee, you will see some references to Southern life and culture, like having fried chicken for lunch on Sundays, eating a huge Southern meal during Thanksgiving, or saying “y’all” in everyday language. While Sewanee has Southern roots and influence, it remains a place where everyone is welcome, whether they’re from the South or not.

“Is Greek life at Sewanee exclusive like it’s shown to be on TV and in movies?”

No! Greek life at Sewanee is nothing like you see on TV or in movies. Greek life is active on campus, but many organizations function more like social clubs rather than hyper-exclusive organizations. All parties hosted by Greek organizations are open to all Sewanee students. Sewanee also takes reports of hazing very seriously and will not tolerate abuse by anyone in any organization towards another.

“I’ve heard that Sewanee has a large drinking culture, but I don’t drink alcohol. Will I be expected to drink to have fun on the weekends at Sewanee?”

No, you won’t. Though some Sewanee students drink alcohol, many students choose not to drink! Because of the number of weeknight and weekend activities offered at Sewanee, you are likely to find a group of friends who like to do the same things as you. Students are encouraged to visit the Activities Fair at the start of each new academic year and look on [Sewanee Engage](#) to learn about all kinds of activities that are going on any day of the week at Sewanee and attend activities that appeal to them.

“Sewanee is so small. There must be nothing to do.”

Sewanee is a small town (some people even call it a village!), but don’t let its size fool you! There’s always something happening in Sewanee, whether it be a concert offered by the Sewanee Symphony Orchestra, a play at the Tennessee Williams Center, a concert out at Lake Cheston, or an open-mic night at Stirling’s. Students are encouraged to check their email often and log into the Sewanee Engage portal regularly for information about what’s happening on campus and in the community. Also, cities like

Chattanooga, Murfreesboro, and Huntsville are only one hour’s drive away, so if you really need to do something off the Mountain, you don’t have far to travel!

“Other than McClurg, where can I eat?”

There are many different dining options on and off campus. Students often go to Shenanigans, and the Blue Chair Tavern in the Sewanee Village when they want to go out to eat. Stirling’s is an awesome breakfast, lunch, and coffee shop that many students love (and where many students find jobs during the school year or over the summer!). The Pub on campus has great midnight snacks and grill food. The Mountain Goat Market in Monteagle (only a 10 minute drive from campus) is ranked as one of the best places to eat in Tennessee by Yelp and many students love going down the Mountain to Yamato’s Sushi and Hibachi in Winchester (a 20 minute drive from campus). Remember that tipping 15-20% (paying a little extra to your waiter or waitress) **is** expected at all the restaurants in the U.S.

Speak like a Sewanee Student

English slang can take a long time to learn. As a general rule, if you’re not sure what something means, ask! Americans frequently use slang terms in everyday life, and it is always okay to stop and ask what a word or phrase means. Below are some common terms that will be defined during international orientation.

Southern Vocabulary

“Bless your/his/her/its heart”	Phrase said when someone/something needs a blessing because they are struggling with a variety of issues, etc., OR phrase said when someone/something is facing something difficult.
“Hold your horses”	“Wait”
“I reckon” / “I figured”	“I think”/ “I thought”
“Y’all”	Used to refer to a group of people (“you all”)
“All y’all”	Used to refer to a large group of people (“all you all”)
Coke	Short for Coca-Cola, but is often used to describe any kind of soda
Folks	People

Beat around the bush	To speak about something indirectly or vaguely
Ain't	The contraction of "am not," usually used to add emphasis
"My bad"	"I am sorry"
"You're good"	"It is okay" / "You are forgiven"
Dawg	Affectionate term for a friend (usually used by men)
"I'm gonna pass"	Either used in reference to passing a class ("I'm going to get a passing grade in a class" or used to casually decline an offer ("I'm not going to do that activity right now"))
"I might as well"	This means: "I am agreeing to this, but I am hesitant"
Chatt	Abbreviation for Chattanooga
"I see you"	Usually said as a term of endearment, similar to "way to go!"
Badass	Said when something or someone is very cool
"Imma call it a night"	"I'm going to sleep" or "I'm headed back to my room for the night"
Over/Down Yonder	Over/Down there (usually something farther away)

Check out [The Odyssey Online](#) for more common Southern sayings.

Sewanee Vocabulary

YSR	Abbreviation of "Yea, Sewanee's Right!" This is Sewanee's cheer.
EQB	Abbreviation of Ecce Quam Bonum (Latin for "Behold How Good!"). This is the opening line of Psalm 133 and Sewanee's motto.
Pub Bucks	Domain Dollars
SPO	Student Post Office
SPD	Sewanee Police Department

SOP	Sewanee Outing Program
OCE	Office of Civic Engagement
MCC	Multicultural Center
BC	Bishop's Common
FM	Facilities Management
OG	Order of the Gown (Sewanee's local honor society)
The Board	The Campus Activities board (they plan events on campus)
Res Life	Office of Residential Life
Clurg	McClurg Dining Hall
ADT	Alpha Delta Theta Sorority
ADPi	Alpha Delta Pi Sorority
ATZ	Alpha Tau Zeta Sorority
GTU	Gamma Tau Upsilon Sorority
KD	Kappa Delta Sorority
KO	Kappa Omega Sorority
PKE	Phi Kappa Epsilon Sorority
PST	Phi Sigma Theta Sorority
TKP	Theta Kappa Phi Sorority
Theta Pi	Theta Pi Sorority
Fiji	Phi Gamma Delta Fraternity
Lambda	Lambda Chi Alpha Fraternity
Gamma	Gamma Sigma Phi Fraternity
Delt	Delta Tau Delta Fraternity
DKE	Delta Kappa Epsilon Fraternity
Snu	Sigma Nu Fraternity

Bene	Benedict Residence Hall
Slukes	St. Luke's Residence Hall
Trez	Trezevant Residence Hall or Trez soccer field
Rush	System where students choose Greek organizations
The Wick	The Bairnwick Women's Center
The Pig	The Piggly Wiggly (a grocery store) in Monteagle
The Pit	The Soccer/Field Hockey/Lacrosse field
Comp	(Noun) Slang for "comprehensive examination" (Verb) Slang for celebrating someone finishing their comprehensive examination.
Bacchus	Student-run van service on weekend nights
Vice-Chancellor/VC	The President of the University and and Mayor of Sewanee
Arcadians	Student volunteers for the Office of Admission
The Lib/DuPont	The Library
Co-ho	The Community Engagement House
Angel Park	Small park where many events are held in downtown Sewanee
Pledge	A new member of a Greek organization
BOGO	A weekly event at Shenanigans, short for Buy One, Get One Free
P-Trail	Perimeter Trail

Helpful Hints for Living in Sewanee

Always carry some form of identification (your Sewanee Student ID is best on campus) and know your phone number and complete address.

Always be cautious of using derogatory terms to describe someone's race, gender, ethnicity, nationality, sexual orientation, gender identity or expression, disability, or age. Even if you hear words in songs or movies that you think are cool, **always** be sure to check their meaning. Sewanee is serious about diversity and inclusion and will not tolerate verbal harassment by any student.

Sewanee is located in the Central Time Zone. If it is 5:00 p.m. in Sewanee, it will be 6:00 p.m. in Chattanooga, Atlanta, or New York (located in the Eastern Time Zone) and 3:00 p.m. in California (located in the Pacific Time Zone). Be sure to check time zones and time-changes when you are making travel plans. Also, be aware of the daylight saving time changes that happen around the beginning of the spring and in the fall.

Get involved on campus! There are many ways to get involved in campus life. Visit the Activities Fair after you sign the Honor Code to learn about many different student organizations and how to get involved. Getting involved will help you meet people and make friends who share your interests!

During International Student Orientation, you will be introduced to [Sewanee Engage](#), an online platform where you can learn about clubs and events that are happening across campus. You can search for service opportunities, club meeting times, and campus-sponsored activities with the click of a button!

Visit the Bishop's Common (BC) to visit the [Office of Campus Activities](#), the [Office of Civic Engagement](#), the [Sewanee Outing Program](#), and the [Office of Residential Life](#) to learn more about opportunities to get involved on campus.

Tips from Previous International Students

We asked some previous International Students to share some advice about living in Sewanee. Here is what they said:

Academics:

- “To print at the library, email webprint@sewanee.edu.”
- “Use the Speaking and Listening Center to help prepare for presentations!”
- “The research librarians in the library can help you with your research papers! They even have an online chat service you can use on the library’s website.”
- “The Writing Center is super helpful for any class, not only English classes.”
- “Use all the library resources, whether electronic or in-print. You can access a lot of scholarly journals through our library!”

Shopping:

- “Amazon Prime is a MUST HAVE! You can order almost anything online and get free and fast shipping! You get 6 months of free Prime and after that 50% off an Amazon Prime subscription by registering with your [@sewanee.edu](#) email.”

- “You can buy a lot of toiletries and dorm items and some food at Dollar General and Dollar Tree in Monteagle.”
- “The Sewanee Market has better and cheaper pizza than Pizza Hut.”
- “The best time to buy a bike is a couple days before graduation, from a senior.”
- “Beauty by Tabitha and Hair Depot (located within walking-distance of campus) are good places to get a haircut. It is cheaper to go to Great Clips but they are not as good as Beauty by Tabitha or Hair Depot”
- “You can get groceries at the Piggly Wiggly, but it tends to be expensive.”

Food:

- “Make a stash of paper plates or get plastic lunch boxes to get food from McClurg.”
- “You can make your own sandwiches and wraps in the deli line at McClurg.”

Health, Wellness, and Safety:

- “Counseling is offered FOR FREE at the Wellness Center.”
- “You can get free medicine from the Wellness Center, but there is a fee for visiting a doctor.”
- “If you are scared to walk back to your dorm on a dark, cold night, you can call Sewanee police to give you a ride.”

Stuff to do:

- “The library has Kanopy video streaming service that offers a wide variety of foreign films.”
- “You can check out chargers or headphones in the library.”
- “You can go on outdoor trips with the SOP!”
- “The event/evenings at Chen Hall are a great chance to get to know a lot of things about Sewanee.”
- “Go to the silent discos in the Multicultural Center!”
- “The themed houses host a lot of events during the academic year and not all of them are well-advertised.”
- “The Raulston Listening Room is a hidden gem on the second floor of the library.”
- “Check Sewanee Engage to see events that are going on at night and on the weekends.”
- “Follow the ResLife Instagram account to see the schedule of some events on weekends.”

Graduation and Life after Sewanee



Planning for Graduation

After you've successfully completed your degree requirements, you will be graduating from the University of the South! Because we know international students must reserve flights, hotel rooms, or on-campus housing rentals well in advance, the University Registrar publishes the university's academic calendar four years in advance. So, by the time you start as a Sewanee student, you will know the exact date that you will graduate (assuming you complete your degree requirements within four years). View the calendars published by the [University Registrar](#).

Visiting Sewanee

Families of international students are welcome to visit any time of the year. Certain weekends (like Family Weekend in the Advent term, the weekend of Lessons and Carols in December, the week of the Lunar New Year, Easter weekend, and Graduation weekend) are very popular times for families to visit, so we recommend families plan their trips to Sewanee well in advance.

Many families choose to rent rooms in the [Sewanee Inn](#) (located on Sewanee's campus) or rooms in the [Smoke House Inn and Suites](#) (located about 10 miles from Sewanee in the neighboring town of Monteagle).

Some families decide that they would like to rent an entire house or cabin. Available homes for rent can be found. Families are also encouraged to search [Airbnb](#) for rentals available in or around Sewanee.

Life after Sewanee

After international students graduate from Sewanee, many choose to 1) return to their country of origin, 2) stay and work in the U.S., or 3) pursue a higher-level degree in the U.S.

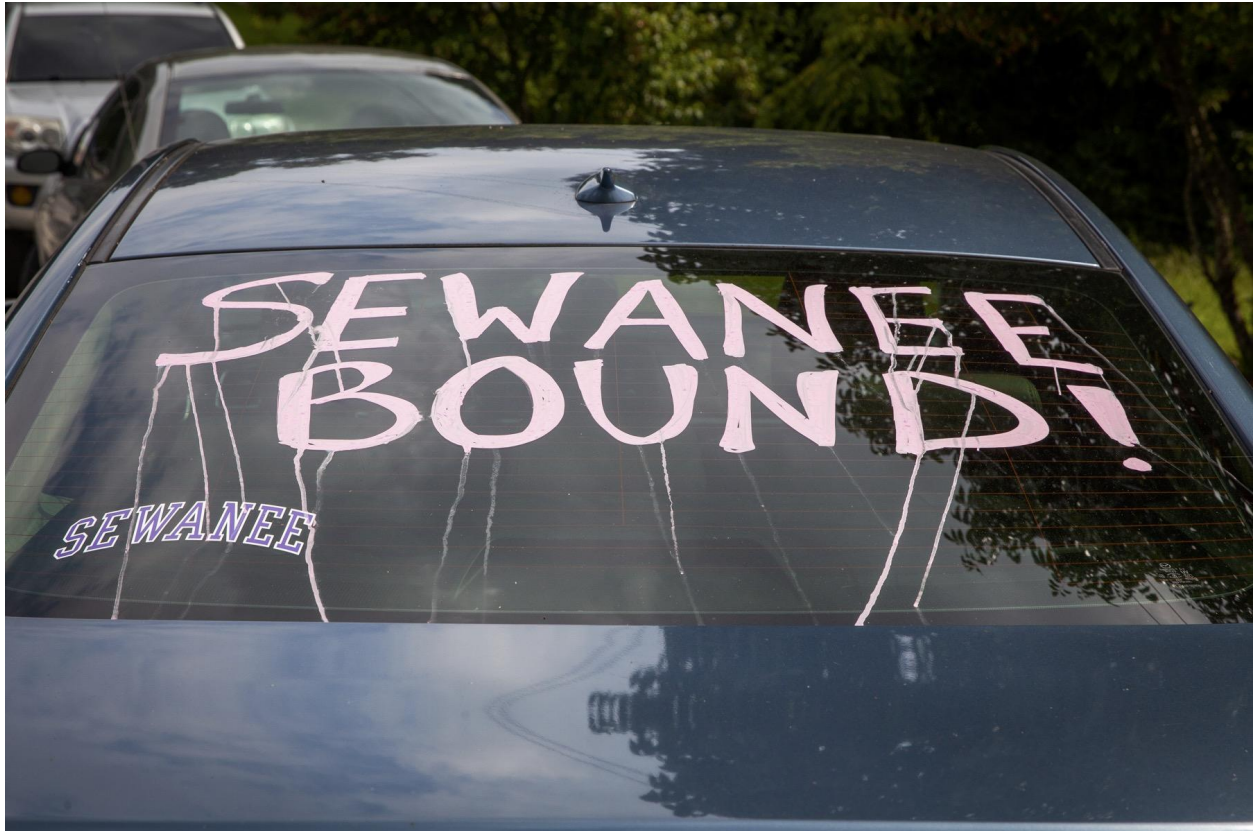
If you decide to return to your home country, you can stay in the United States for up to 60 days after the date stated on your Form I-20.

If you hold an F-1 Visa and decide that you would like to stay in the U.S. after your time as a Sewanee student, you are entitled to one year of work authorization on your student visa. Students with degrees in STEM fields, such as math, computer science, and chemistry, are entitled to three years of work authorization on their student visa.

If you want to go to graduate school in the U.S., make sure to have a plan to finance your studies. Graduate schools can be very expensive in the U.S., so it's important to begin thinking about which programs you are interested in early on so you can begin applying for scholarships, fellowships, research assistantships, or student loans. Also, be sure to pay close attention to the application process for graduate school (or schools) to which you apply. Not all graduate schools have the same deadlines, and deadlines for scholarships, fellowships, and research assistantships may be well before the deadline to apply to the school. Visit the Babson Center for Career and Leadership Development (located on Texas Avenue next to the Fowler Center) for information about applying to graduate schools and for career advice. They can help you stay on track throughout the application process and help you determine how to fund your studies.

For more information about life after Sewanee (including programs such as Curricular Practical Training (CPT) and Optional Practical Training (OPT)), visit the [OGC's Student Outcomes page](#).

See You Soon!



There is a lot of information in this booklet, and this is only the beginning of what you will learn in Sewanee. You're coming to Sewanee because you want to learn and experience new things, and the Office of Global Citizenship is here to support you through all your endeavors. Our door is always open, and do not hesitate to contact us with any questions you may have.

We are so excited to meet you on the Mountain!

YSR,

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