



The
Answer Book

for
UCM International Students

UNIVERSITY OF
**CENTRAL
MISSOURI**

LEARNING TO A GREATER DEGREE

Updated May 2019

Welcome!

We're very glad you will soon be coming to the University of Central Missouri (UCM) campus.

This **Answer Book** is designed to give you some basic information about UCM, the town of Warrensburg, and many other topics that will make your transition to living in America easier.

Chapters

1. **Where is the University of Central Missouri (UCM)?**
2. **What is the weather like in Warrensburg?**
3. **What clothes do I need?**
4. **What kind of transportation is available?**
5. **What is an American airport like?**
6. **Where will I live?**
7. **What will I eat?**
8. **Vaccination information**
9. **Getting Help at UCM**

1. Where is the University of Central Missouri (UCM)?



UCM is in a small town called Warrensburg. Warrensburg is in the state of Missouri.

Warrensburg is the red circle on this picture of Missouri:



What is Missouri?

Missouri is a state in America. Missouri is pronounced mih - ZER - ee.

Each state has an abbreviation (short word) that we use when we write our address. Missouri = MO.

Information About Missouri:

Population: 6,093,000

Population per square kilometer: 33.6 people

Population diversity: 80% white, 12% black, 4% Hispanic or Latino, 2% Asian, 2% other

Major cities: Kansas City, St. Louis, Jefferson City, Springfield

Major cities in nearby states: Chicago (Illinois), Topeka (Kansas), Omaha (Nebraska)

Do you like ice cream cones? The ice cream cone was created in Missouri at the St. Louis World's Fair in 1904.

Where is Missouri?

America has 5 main regions; these are geographic regions, not political regions. Missouri is in the middle of America, in a region called the Midwest.



Missouri is 68% farmland. Outside of the cities you can see corn, soybeans, wheat, cows, horses, chickens, goats, and sheep. Most families have dogs or cats as pets.

Missouri has a really big sky, with lots of stars at night.

Below are examples of what Missouri and the UCM campus look like in Spring, Summer, Fall and Winter.



2. What is the weather like in Missouri?

This is a really good question. Missouri weather changes all the time!

Temperature

Here is a chart with hottest and coldest temperatures for each month in 2016-17. The temperatures you experience each month will probably be between these two numbers.

In America, we use Fahrenheit (F) instead of Celsius (C) to measure temperature. This chart uses Celsius.

MONTH	COLDEST TEMPERATURE	WARMEST TEMPERATURE
January	-20	20.5
February	-9.4	25
March	-8.3	28.8
April	0	27.7
May	6	30.5
June	11	33
July	16.6	39.4
August	11.6	32.2
September	7.7	33.3
October	3.8	30.5
November	-5	26.6
December	-21	20.5

Information about temperatures:

In America, every building has heating in the winter and air conditioning in the summer. Sometimes, in the warmer months, classrooms are too cold because of the air conditioner.

At UCM, you will have to walk outside to go to different classes. You need warm clothes for winter because the cold temperatures are dangerous.

In the winter, we have **Wind Chill**. Your weather app might say, "The high temperature on Wednesday will be 10 degrees with a **wind chill** of 2 degrees." This means that the air is 10 degrees, but it will feel like it is 2 degrees, because the wind is cold.

Humidity

Humidity is the amount of water in the air. Missouri experiences all levels of humidity: sometimes, the air is so dry that all the plants die and water goes away. Sometimes, the air is so wet that you feel like you are breathing water. Missouri is not an island, but sometimes, the humidity feels like you are on an island!

The Four Seasons

Winter

Winter is very cold in Missouri. Sometimes there is snow, but sometimes there isn't. You should be careful when you drive in the winter time because the roads might have ice. Everyone needs to bring waterproof shoes and warm socks. You should also have a really warm coat, scarf, hat, and gloves. It feels cold from November until the beginning of March.

Spring

This season is from the end of March until May. Spring has crazy weather: some days are beautiful with a blue sky and sunshine, and some days are rainy and cold.

The temperature changes often, and this causes thunderstorms. Missouri has thunderstorms often so people here are used to them, but they might be scary for new students. We have weather applications to give us warnings about dangerous weather. We also have a loud **siren** which will go off if there is a weather announcement.

These are the weather announcements:

- **Thunderstorm Watch:** this means there might be a thunderstorm.
- **Thunderstorm Warning:** There will definitely be a thunderstorm. There will be a lot of rain, thunder, and lightning, and sometimes big wind.
- **Severe Thunderstorm Watch:** There might be a dangerous thunderstorm.
- **Severe Thunderstorm Warning:** There will definitely be a dangerous thunderstorm. This means you should stay inside if you can.
- **Flash Flood Watch:** There might be a lot of rain in a short amount of time, and there could be water on the road, and driving could be dangerous.
- **Flash Flood Warning:** There will be too much rain in a short amount of time, so be careful driving near rivers or lakes and where water covers the road. Do NOT drive through a flooded road!
- **Tornado Watch:** It is possible for a tornado to happen. (We often have a "tornado watch" but there is usually not a tornado.)
- **Tornado Warning:** There is a tornado somewhere near you, so go to a tornado shelter immediately. Go to the nearest basement quickly. If there is no basement, go to a bathroom or a room without windows, and cover your head.

NOTE: Sometimes, you might hear a weather siren but there is blue sky and sunshine! In Warrensburg, we test the weather sirens on the first Wednesday of each month at 10:00 AM. So if you hear a siren, first ask, "Is it Wednesday?" If it is the first Wednesday of the month, just remember that you might hear the sirens and there is nothing to worry about.

Summer

Summer in Missouri is really, really hot. Sometimes there are thunderstorms or rain. Sometimes the air is too dry and sometimes the air is too humid. We consider the summer months to be June, July, and August, but it is still hot in September.

Fall/Autumn

During this season, the trees become pretty colors and the temperatures become colder. It rains sometimes. Students sometimes wear rain boots to class because of the rain. Fall is from October until November.

3. What clothes do I need?

Clothes to Bring to be Ready for Missouri Weather

I will arrive in DECEMBER or JANUARY:

- A warm winter coat
- A warm hat
- Gloves or mittens
- A scarf
- Warm socks
- Waterproof shoes (there might be snow)
- Long pants
- Long-sleeve shirts
- Long underwear (thin knit garments to wear over your regular underwear and under your pants and shirt)

If you live in a really hot climate and are unable to buy a warm winter coat in your country, you can buy a coat online. You can also get a coat from the Campus Cupboard at UCM. It is important that you have warm clothes as soon as you arrive in America - we don't want you to be cold!

I will arrive between MAY and OCTOBER:

Bring clothes for warm days and cold days. You can buy warm clothes in America, but it is best if you can bring at least one warm sweater in your suitcase. The weather changes very quickly in Missouri.

Swimming:

- UCM has an indoor pool. There is also one at the Warrensburg Community Center.
- If you prefer to wear swim shirts and swim pants, you should bring them from your home country.

In Missouri, our swim clothes are mostly shorts, bikinis, tankinis, and monokinis. It's difficult to find swim pants or swim shirts.

Can I just buy the clothes I need in Missouri?

Yes! Here is a chart which shows the time of year an item is available, and the time of year when the item is cheapest to buy. You can use this chart to decide what to pack.

For example, some students who come to Missouri in August bring their warm clothes in their suitcases and choose to buy shorts and t-shirts because they are cheapest.

ITEM	AVAILABLE	CHEAPEST
Winter Clothes	January - March September - December	March - May
Winter shoes (boots, warm shoes)	January - March September - December	March - June
Jeans	All year	May - June
Shorts (short pants), short skirts	March - August	August - September
Swimsuits or swim clothes	April - August	August - September

How to Dress

How do people dress in Missouri?

- Missouri is in the middle of America, so we have many different styles from all across America.
- You might see people wearing casual clothes, work uniforms, cowboy boots and farm clothes, dress (formal) clothes, workout (exercise) clothes, or even pajamas.
- Americans also love to wear clothes to support their favorite sports team, club, music group, organization, or place.
- America is very individualistic, so each person can wear whatever is best for themselves.

How do American students dress at UCM?

- American universities do not have school uniforms
- Casual clothes, like jeans and a t-shirt, maybe a sweatshirt with a hood, even exercise clothes
- Clothes that support your favorite sports team, music group, club, or activity
- Clothes that have the name of your favorite place (Disney World, London, etc.)
- Some students wear pajamas to class, but most teachers consider this too casual
- Some teachers allow hats, some teachers do not like hats
- Wear professional clothes for class presentations

Should I wear American clothes? Can I wear clothes from my country?

You can wear whatever is best for you! If you want to wear jeans and a sweatshirt with a hood like American students, go ahead. If you want to dress formally for class because that is normal for you, that's also fine. If your country or region has special clothes, you can wear your country's clothes here, too. However, if you really like the clothes in your home country, you might not be able to find those clothes in America!

I want to wear American clothes. What should I do?

America doesn't have one special style of clothing, so you can choose whatever you like. Do you have a t-shirt for your favorite sports team? Do you have a t-shirt with the name of your hometown or country on it? Do you have a plain shirt with no writing at all? All of these things are perfectly fine!

Are there any dress codes?

No, however: If you visit a Christian or Catholic church, it is respectful to wear a shirt that covers your shoulders, long shorts or skirts, or long pants. Each church is different (most churches do not have dress codes), but if you are visiting for the first time and you're not sure about the church, these clothes will be fine. If you visit a mosque, you should wear a loose shirt that covers your elbows and loose long pants.

My country is very conservative. What should I expect in America?

- America is individualist, so each person wears what they want.
- Some Americans dress conservatively (modestly), but each person decides for themselves.
- Women wear pants, shorts, jeans, skirts, etc. Students might wear tank tops or crop tops to class.
- You should never feel any pressure to wear something that makes you uncomfortable, but you should know that other students or professors might wear clothes that are not allowed in your hometown.

In America, a person's clothes do not necessarily mean something about that person. For example, your classmate might wear a short skirt and tank top, but it does **not** mean she wants extra attention. Another classmate might wear pajamas or sweat pants to class, and it does **not** mean he is lazy.

4. What kind of transportation is available?

I don't have a car or a license. How can I go off campus?

Public transportation in America is not well developed. Almost everyone outside of big cities has their own car, because America does not have many buses or trains. Here are some ways you can travel without a car.

Traveling around Warrensburg

By Bicycle

UCM has a free bike rental program. As a student, you can check out (rent) a bicycle for 24 hours for free. To check out a bicycle, go to the Student Recreation and Wellness Center front desk. Bikes in America have different locks than some countries, and we might have different biking rules than you are used to. Please review this helpful guidebook before checking out a bicycle: <https://issuu.com/ucmbike/docs/bikebook>

Night Ryder Shuttle Bus

UCM has a shuttle bus that is free for students; you must show your UCM ID. You can call 660-238-6379 to request transportation anywhere in Warrensburg.

Go to this link for the most current schedule: <https://www.ucmo.edu/nightryder>

Walmart Shuttle

Tuesday nights, Bethel Baptist Church has a free shuttle for UCM students to go to Walmart. More information here: <http://www.bbc-burg.org/shuttle/>

Old Drum Bus

This bus goes on a fixed route around Warrensburg. It costs \$1.50 one way. You can find their schedule here: <https://www.oatstransit.org/johnson>.

ETS Taxi

This taxi service can take you anywhere in Warrensburg, and also to places outside of Warrensburg. Visit their website for more information: <http://www.warrensburgtaxi.com/>.

Traveling to Lee's Summit

If you have class in Lee's Summit, you can use the UCM shuttle bus for students who need to travel between Warrensburg and Lee's Summit.

Price information will be available when you arrive at UCM. Check this page for more information: <https://www.ucmo.edu/shuttle>.

Traveling Outside of Warrensburg: Public Transportation

Train: Amtrak

- Amtrak is the name of the train in America.
- Warrensburg has an Amtrak station just 10 minutes by walking from UCM.
- The train comes **2 times each day**. You should buy your tickets in advance (before you travel) online.
- There is a 15% discount for students! Click on “adult” and change to “student” when you order your ticket.
- The train can take you to other major cities, such as Chicago.
- Because Amtrak trains share the railroad lines with freight trains, Amtrak is slower than trains in other countries and sometimes has delays.
- More information is at <https://www.amtrak.com/home.html>.

Bus: Jefferson Lines

- This bus goes all over the Midwest and connects to Greyhound buses. There is a bus stop in Warrensburg.
- You can buy tickets and receive a student discount online. <https://www.jeffersonlines.com/>

Bus: Greyhound

- This bus connects both large and small cities all across America and Canada.
- This bus connects with Jefferson Lines from Warrensburg (you can get on a Jefferson Lines bus in Warrensburg and connect to a Greyhound bus in Kansas City, and go many places from there).
- Create an account online at greyhound.com if you want to use a student discount.
- Every bus has WiFi and outlets.
- <https://www.greyhound.com/>

Bus: Megabus

- There is NOT a bus stop in Missouri, so you have to get to a big city with a stop.
- This bus connects to some big cities across America and Canada.
- This bus is helpful if you are traveling and you want to visit different cities. For example, you can travel between New York and Washington DC.
- This bus is really cheap. Prices can be as cheap as \$1, but are usually \$20 - \$50.
- This bus has outlets (to charge your phone) and WiFi.
- <https://us.megabus.com/>

Public Transportation in Cities

Most cities have taxis, Uber, or Lyft. It is usually safest to use Uber or Lyft.

Uber and Lyft

- These are “rideshare” services.
- It is similar to a taxi service. Uber and Lyft drivers are certified employees. Their cars look like normal cars, but they have a sticker that says “Uber” or “Lyft” so you know it is them.
- You need to download an app (Uber app or Lyft app) on your phone to use them.
- Use the app to decide when and where you want a driver to pick you up.
- Pay on your phone with your debit or credit card. The price is per car ride, so if you and your friend travel together, you can share the cost.
- It is safer to use Uber or Lyft with at least one friend.

I want to fly somewhere. How can I travel to the airport?

There is no public transportation that will take you directly to the airport, unless you pay for a taxi, Uber, or Lyft (these options are really expensive from Warrensburg). The closest airport is the Kansas City International Airport (MCI). Here are a few options:

Ask a friend.

- In America, almost every student has a car. You can ask American students or other international students who have cars to drive you to the airport.
- Some students will ask for money (because gas is expensive).
- Discuss the price with your driver before you make a plan. If they tell you, “You don’t need to pay me,” you don’t have to pay. However, you could offer to buy their lunch or dinner to say “thank you.”
- It will take about 2 hours by car from Warrensburg to the airport. You should arrive at the airport 2 hours before your flight. So, if your flight time is 8:00 am, you should leave Warrensburg at 4:00 am.

Take the train + Uber or Lyft.

- You have to plan really well, and allow a lot of extra time for traveling in case the train is late.
- There are two trains each day. The train will take you to Union Station in Kansas City. (Approximately \$15-20 per person)
- You can take Uber from Union Station to the airport. This car ride will cost \$25-35 per car. (You can share the cost if you are traveling with a friend.)
- Total trip time is around 3.5 hours.

Take Uber or a Taxi from Warrensburg.

- This will cost \$80 - \$100 per car, so it is best to travel with many friends and share the cost.
- ETS Taxi in Warrensburg has a special for students traveling from UCM to the airport.
- If you choose to use Uber or taxi, you need to reserve the car one or two days before your trip.

5. What is an American airport like?

American airports really care about security, so there are many rules that might seem strange to you. There are many strange “airport” words.

Important Words to Know at the Airport

- **Carry-on bag:** This is the bag or suitcase that you bring onto the airplane and keep above your seat or under your seat.
- **Personal item:** This is the small bag that you can keep in your seat on the airplane.
- **Checked bag:** This is your large suitcase that stays in airplane storage, separate from you. Most airplanes allow you to bring 2 checked bags for free.
- **Baggage claim:** The place where you pick up your checked bag
- **Oversize or overweight bag:** Your bag is too big so you might have to pay an extra fee.
- **Fee:** Money that you have to pay because of a rule. For example: Baggage fees = money you have to pay because of baggage rules.
- **Passenger:** A person who rides in a vehicle or airplane.
- **Aircraft:** An official word for “airplane”
- **Board:** (verb) to enter the airplane. Example: “Passengers may begin boarding the aircraft”.
- **On-board:** This has the same meaning as “on” but we only use this phrase with airplanes and boats. For example: You cannot carry weapons on-board.
- **Toiletries:** Things like shampoo, conditioner, face wash, body soap, perfume, cologne, cream, makeup, lotion, etc.

Packing Rules

Liquids

- Read the information on the USA Transportation Security Administration website for the most accurate information: <https://www.tsa.gov/travel/travel-tips>
- In your carry-on bag, **liquids** must be **less than 100 milliliters**.
- This means toothpaste, eyedrops, toiletries, hairspray, makeup, contact lens solution, etc.
- “Liquids” includes liquid eyeliner, foundation (face cream), lip gloss (lip cream), and mascara.
- All liquids should go in a transparent bag that is not bigger than 1 liter.
- If you want to bring larger containers of liquids, you must put them in your checked bag.



Alcohol

- In the USA, you **must** be 21 years or older to have alcohol.
- You **cannot** bring alcohol on the plane (in any bag) if you are **NOT** at least 21 years old!

Electronic Cigarettes

These can go in your carry-on bag. They are not allowed in your checked bag.

Razors

These must go in your checked bag. (Any sharp object cannot go in carry-on.)

How to go through Security

- You might need to take off your shoes, belt, hat, and jacket. This is normal.
- If you are wearing a lot of jewelry, you might make the security alarm go off.
- There will be many trays for you to put your items in. (Look at the picture below.) Put your bag in one tray, and all your electronic devices (cellphone, laptop, etc) in a separate tray.
- Airport employees will not smile. They are not mad at you, don't worry.
- Airport employees might yell instructions loudly. They are not mad, they are just trying to be loud enough so everyone can hear them and move quickly.
- If there is a problem with your bag or suitcase, **do not worry**. Sometimes, the alarm goes off for no reason. The airport officers will ask you to wait and they will open your bag. They might ask, "Can I look in your bag?" You should say "yes." Don't worry - this happens all the time.
- Airport employees might ask you many questions. Use short and polite answers.
- If you need help, you can ask airport employees, even if they look mad. It's totally fine!



6. Where will I live?

Exchange and Undergrad Students

Students are required to live on campus for their first two years of school. (There are some rare exceptions; speak to University Housing about this.) Students may live off campus if they are 21 or older at the beginning of the semester. A student who turns 21 during a school year may not cancel their housing agreement with University Housing.

American students are also required to live on-campus for their first two years of school. As a result, you will find many American students in all residence halls.

Graduate Students

Graduate students usually live off campus. **UCM does not provide temporary housing when you arrive.** You should make arrangements to stay with a friend or in a hotel when you first arrive in Warrensburg. You can also make arrangements with a landlord in advance. Here is a list of rental properties and companies: <https://www.ucmo.edu/offcampusliving>.

Important Words to Know

Residence Hall: These buildings are where students live on campus.

Dorm: Dorm is the short word for “dormitory” which is the same thing as a residence hall. Students might ask you, “Which dorm do you live in?” It means, “Which building do you live in?”

Apartment: An apartment is different from a dorm room because an apartment includes a kitchen.

On-Campus: If something is on-campus, it is in a building that belongs to UCM. There are some buildings that are far away from UCM, but they are owned by UCM, so they are still on-campus.

Off-Campus: These buildings are not owned by UCM.

Furnished Apartments: Rooms have two beds, two desks, chairs, sofa, kitchen table with chairs, one dresser, and a coffee table.

Unfurnished Apartments: Do not have any furniture, so there is no bed, desk, or chairs.

Double room: These are in Residence Halls. These rooms have two beds, two desks, two chairs, and one dresser. Double rooms share a bathroom with another double room; this may be one or two other students.

Single room: These rooms are the same as double rooms but the student pays extra to live alone. Single rooms share a bathroom with a double room; this may be one or two other students.

Suite: At UCM, this means 2 bedrooms and 1 bathroom. People might ask, “Do you like your suite mates?” These are the people that share a bathroom (but not a bedroom) with you.

SHIP: Special Housing Interest Program. This is optional, and it allows students to live with other students in the same major. For example, in the Aviation SHIP, all the Aviation students in one building live near each other.

Deposit: The deposit is the amount of money you pay immediately for your housing. It’s how you say, “I promise I will live here for a certain amount of time.”

IMPORTANT:

- **Not every building has available rooms each semester.**
 - **This Answer Book provides general information about housing buildings.**
 - **You will receive information about what buildings are available from UCM Housing.**

On Campus Residence Halls

There are many housing options to choose from.

East side of campus

- **Ellis Complex:** Near the Student Recreation and Wellness Center and large soccer field. It is about a 5 minute walk from the library.
- **UCC (University Conference Center):** Extremely close to soccer field, 5 minute walk to Ellis Dining Hall, 5 minute walk to the library and Student Recreation and Wellness Center, 7 minute walk to the Elliott Student Union

West side of campus

- ***Fitzgerald (Fitz):** 2 minute walk across the street to Westside Market inside Todd Hall, 5 minute walk to the Elliott Student Union, 7 minutes to the library, 7 minutes to Student Recreation and Wellness Center
- ***Houts-Hosey:** Near American football stadium, 5 minute walk to Elliott Student Union, 10 minute walk to the library, 10 minute walk to the Student Recreation and Wellness Center, and connected inside to Westside Market inside Todd Hall
- ***Nattinger/Bradshaw (Natt/Brad):** Very near the tennis courts and the Multipurpose building (indoor swimming pool and basketball games), near Westside Market inside Todd Hall - about a 5 minute walk. It takes about 10 minutes to walk to the library and 10 minutes to walk to the Student Recreation and Wellness Center.
- ***Nickerson:** Closest to the American football stadium, and also near the Multipurpose building and baseball fields, 5 minute walk to Westside Market inside Todd Hall and the Elliott Student Union, 10 minute walk to the library.
- ***South Todd:** Near American football stadium, 5 minute walk to Elliott Student Union, 10 minute walk to the library, 10 minute walk to the Student Recreation and Wellness Center, and connected inside to Westside Market inside Todd Hall.
- ***South Yeater:** This building is the closest to the Student Union, about 2 minutes away. It's a 5 minute walk to Westside Market inside Todd Hall, 10 minute walk to the library.

* These Residence Halls are open for students to stay (for an extra cost) during fall/semester/spring breaks.

On Campus Apartments

There are several Apartments to choose from.

East side of campus

Foster-Knox: Furnished. Near soccer field and the Student Recreation and Wellness Center, 5 minute walk to the library, 10 minute walk to the Elliott Student Union, near Planet Sub (a sandwich restaurant which accepts Dining Dollars), near Hong Kong Express (an American-Chinese restaurant).

West side of campus

Todd Apartments: Furnished. Near American football stadium, 5 minute walk to Elliott Student Union, 10 minute walk to the library, 10 minute walk to the Student Recreation and Wellness Center, 5 minute walk to Fitz Dining Hall, and connected inside to Todd Dining Hall.

Nickerson Apartments: Furnished. Closest to the American football stadium, and also near the Multipurpose building and baseball fields, 5 minute walk to Todd Dining Hall and the Elliott Student Union, 10 minute walk to the library.

Central Village: Unfurnished. These apartments are a 15-20 minute walk away from the edge of campus. They are owned by UCM, but they are not near other UCM buildings. Address: 1010 S Holden St #7, Warrensburg, MO 64093. Near Lions Lake and Pertle Springs, which are local parks.

Greenwood Park: Unfurnished. These apartments are a 10-15 minute walk away from the edge of campus. They are owned by UCM, but they are not near other UCM buildings.

The Crossing: Furnished. At the American football stadium (you can watch a football game from a lounge). Very near Starbucks, SPIN Pizza, and the University Store (clothes and supplies). Far from the library (around 15 minutes walking). 5 minute walk to the Elliott Student Union.

Look at [this map](#) to see **where each Residence Hall and Apartment is**, and how close they are to other buildings on campus.

Check [this page](#) for the current **pricing information** for UCM housing, as well as information about the furniture in the rooms, how many closets each room has, and other information.

Full descriptions of each Residence Hall and Apartment are on [this page](#).

For answers to **common questions**, go to the [University Housing FAQ](#) (Frequently Asked Questions) page.



7. What will I eat?

While there are many restaurants in Warrensburg, UCM offers Meal Plans to make it easier and faster to eat your meals. Page 17 explains the Meal Plan options.

UCM has two different dining halls (or cafeterias): Ellis Dining Center on the east side of campus, and Westside Market inside of Todd Hall on the west side of campus.

In each dining hall, there are many different options for food. To enter the dining hall, you have to present your student ID card to eat. (When you arrive at UCM, you will make a student ID card. The money for your Meal Plan will be on your student ID card.) Once you are inside the dining hall, you can eat all the food you want!

Dining Dollars

“Dining Dollars” means money that is part of your meal plan that you can use at any dining hall or restaurant on campus (restaurants include Starbucks, Jazzman’s, Taco Bell, SPIN! Pizza, and many others).

Dining Dollars can only be used at on-campus locations (so you cannot use Dining Dollars at McDonalds, Sonic, or any other restaurant that is off-campus).

If you do not use all your Dining Dollars in one semester, they will stay on your card and you can continue using them next semester.

When you use Dining Dollars, you do not have to pay sales tax.

What kind of food is inside the dining halls?

Each dining hall will always serve salad, beef hamburgers, sandwiches pizza, soup, and desserts. There will also be a special option each day.

For example, one day, you might see barbeque chicken and mashed potatoes. The next day, you might see meatloaf and green beans or pasta and broccoli. So every day there will be a new special option, but there will also be salad, sandwiches, pizza, soup, and desserts.

Other important information:

When you move into your room, you may receive a reusable green plastic food box. You can use the green box to take food from the dining halls to your room. Maybe you want to eat in your room - so you can go to the dining hall with your green box, swipe your card, and fill your green box with dining hall food. It’s really helpful!

Meal Plan Options

We try to make sure accurate information is in this Answer Book. However, for the most current information about meal plan options, [click here](#).

First Year and Sophomore Meal Plans

Meal plans are required for all first year and sophomore students.

Plan 1: \$1,675/semester

- **Unlimited access to the dining halls:** You can enter all the dining halls as many times as you want - there is no limit! This means you can walk into the dining hall, grab a coke, and leave. Later, you can walk in, eat a meal, and leave.
- **\$150 in on-campus Dining Dollars:** These may only be used on campus. This Plan includes 3 guest passes, which means that up to 3 times per semester you can bring a friend with you to the dining hall and pay for their meal with your Dining Dollars. You cannot save your guest passes for the next semester; you must use them each semester.

Plan 2: \$1,775/semester

- **Unlimited access to the dining halls:** You can enter all the dining halls as many times as you want - there is no limit! This means you can walk into the dining hall, grab a coke, and leave. Later, you can walk in, eat a meal, and leave.
- **\$300 in on-campus Dining Dollars:** These may only be used on campus. This Plan includes 6 guest passes, which means that up to 6 times per semester you can bring a friend with you to the dining hall and pay for their meal with your Dining Dollars. You cannot save your guest passes for the next semester; you must use them each semester.

Plan 3: \$1,975/semester

- **Unlimited access to the dining halls:** You can enter all the dining halls as many times as you want - there is no limit! This means you can walk into the dining hall, grab a coke, and leave. Later, you can walk in, eat a meal, and leave.
- **\$500 in on-campus Dining Dollars:** These may only be used on campus. This Plan includes 8 guest passes, which means that up to 8 times per semester you can bring a friend with you to the dining hall and pay for their meal with your Dining Dollars. You cannot save your guest passes for the next semester; you must use them each semester.

Things to know:

- At any time you can add more Dining Dollars to your account in increments of \$50.
- Many students like to use Dining Dollars because there are more places on campus to use them.
- You can also use your Dining Dollars to pay for multiple friends at once. For example, if you are on Plan 2, you could bring 3 friends with you two times during the semester, or bring 6 friends with you one time during the semester.
- During breaks (fall, semester, spring) there are limited options for eating on campus. No dining halls are open and the on-campus restaurants are open for fewer hours - so plan ahead for these times.

8. Vaccination Information

You will receive information about mandatory vaccinations before you come to UCM. This topic can be really confusing, so here is an explanation.

Important Words

Mandatory: Something that is required

Vaccination: Sometimes we call this a “shot.” It is protection against a disease. A nurse or doctor will put a needle in your arm for a quick second.

Common Health Questions

Do I need to have a vaccination before I come to UCM?

All UCM students must have 3 vaccinations (Measles, Mumps, and Rubella = MMR). Students who will live at UCM must have the Meningitis vaccination, too. BUT, you can receive all of these vaccinations at UCM orientation at the University Health Center.

Your UCM health insurance will pay for all the vaccinations if you receive them at UCM.

I already had the MMR and/or Meningitis vaccination. Do I have to do it again at UCM?

You can bring a letter or paper from your doctor that shows your vaccination history. You should bring this paper with YOU - do not give it to your home university. If possible, please translate the paper into English as much as you can.

UCM requires all students to have 2 doses (portions) of the MMR vaccine. So if you had just 1 portion in your home country, you will receive 1 more portion at the University Health Center.

I had one or two vaccinations, but I did not have all of them.

You can do all your missing vaccinations at the University Health Center. In America, Measles, Mumps, and Rubella is together in one vaccination: MMR.

So, for example, if you received one Measles vaccination in your home country, you will still receive the entire MMR vaccination at UCM. This will not hurt you and will actually help you be healthier, so don't worry!

Do I need to do any papers or medical forms before I come to UCM?

No, you can do all of the medical papers during Orientation.

What is Tuberculosis or TB screening?

This is a quick medical test to see if you possibly have Tuberculosis. Everyone will do this at the University Health Center during orientation and your UCM health insurance will pay for it.

If this first TB test comes back Negative, you will be done with TB testing. If this first test comes back Positive, Borderline or Invalid, further testing will be done. These second tests are easy and painless, and the cost is covered by your insurance.

If these second tests show a Negative result for TB, you will be done with testing, but you will be asked to see a doctor to be sure you stay healthy. **If these second tests show a Positive result for TB, patient isolation is protocol, and UCM will help you with classes, food, and other needs.**

Important Reminders

- Your UCM health insurance will pay for all your mandatory vaccinations and medical tests, so you do not have to do them in your home country if you don't want to.
- If you already had a vaccination, bring a paper from your doctor. Please translate into English if you can.
- Do not give medical information to your university to give to UCM. Bring papers with YOU and give them to UCM directly when you arrive.



9. Getting Help at UCM

The staff at Graduate and International Student Services (GISS) and the Center for Global Education (CGE) are the ones who know the most about international students and what you need.

If you have a question it is a good idea to start by asking a CGE or GISS staff member. If they don't know the answer or don't provide the service you need, there are other offices on campus who can help too.

Graduate and International Student Services (GISS)

<https://www.ucmo.edu/graduate>

GISS is in the Ward Edwards building (WDE) in office 1800.
660-543-4621

Center for Global Education (CGE)

<https://www.ucmo.edu/cge/>

The CGE is in the Elliott Student Union (usually called "the Union") in office 302. Inside the CGE are the English Language Institute (ELI) and the Study Abroad office.

ELI: 660-543-8131
Study Abroad: 660-543-4195

University Housing

<https://www.ucmo.edu/housing/>

The University Housing office is in the Ellis Complex in office L23.

Campus Community Health

This is the office that put this Answer Book together. If you have a question about anything in this book, please contact:

Suzy Latare, Coordinator of Outreach, Access and Community Health
Campus Community Health
latare@ucmo.edu
660-543-8947

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