Delhi, India – July 8, 2018

Forerunner 2018

Your Penn life begins at Forerunner!
Greetings from the Provost of the University of Pennsylvania

Welcome to the University of Pennsylvania! We are delighted that you have chosen Penn as the place you’ll next call home. As Penn’s chief academic officer, I am confident that the Forerunner program will ease your transition to Philadelphia, giving you the tools and resources to pursue the most fulfilling experiences when you arrive on campus.

Penn is a thriving global campus with a long history of students coming from all over the world to study on our historic campus in Philadelphia. Founded by Benjamin Franklin, who was America’s first diplomat and one of our greatest statesmen, Penn has long valued international perspective in our classrooms, corridors, and common rooms. Our first international student enrolled in the 1820s from Latin America.

Today, we have more than 6,000 international students from more than 130 countries enrolled across our 12 Schools. International students are leaders on our campus in the arts, athletics, academics, student government, and more. In coming to Penn, you are contributing to a proud legacy of bringing the world to Penn and Penn to the world.

I am most grateful for the work of Penn Global and International Student and Scholar Services in making the Forerunner program possible. I hope you will find it both enjoyable and useful to learn something new and connect with your peers. Welcome to Penn!

Wendell Pritchett, J.D., Ph.D.
Provost, University of Pennsylvania

Greetings from the Vice Provost for Global Initiatives

Greetings from Philadelphia! Congratulations on your acceptance to the University of Pennsylvania! I am honored to welcome you to the Penn community and to Forerunner. After very successful 2016 and 2017 programs, we are pleased to extend the same opportunity to you to learn about your new home at Penn and how to navigate the range of resources and opportunities offered by the University and by the city of Philadelphia.

Soon, you will embark on an incredible journey on the other side of the world. Take full advantage of this opportunity to meet others that will be making that same journey and connect with them. Again, congratulations and enjoy your Forerunner experience. Your Penn life begins here!

Ezekiel Emanuel, M.D., Ph.D.
Vice Provost for Global Initiatives

Greetings from the Executive Director of Penn Global

Congratulations on your acceptance to the University of Pennsylvania! Whether you are an undergraduate, graduate, or professional student, I know that your time at Penn will be enriching on both an academic and personal level. I am delighted to welcome you to Penn’s Forerunner program! I hope you will take full advantage of this opportunity to get to know your peers, familiarize yourself with Penn’s many academic and extracurricular resources, and learn about the ways that you can become a student leader on Penn’s campus. I am confident that you will leave this program feeling prepared and excited to begin your studies at Philadelphia in the fall.

Congratulations again on your outstanding achievements, and I look forward to welcoming you to Philadelphia in person in August.

Amy Gadsden, Ph.D.
Executive Director, Penn Global
Greetings from the Director of International Student and Scholar Services

On behalf of International Student and Scholar Services (ISSS) and Penn Global, I would like to extend a warm welcome to all of the participants of Penn’s Forerunner Program. It is our hope that you will find this program to be beneficial and helpful. May all of you arrive at Penn with new knowledge and skills and ready to pursue a new chapter in your academic journey!

I would like to express my special gratitude to Vice Provost Ezekiel Emanuel and Penn Global Executive Director Amy Gadsden for their support in strengthening the Forerunner Program. Their commitment to this project is a reflection of their passion and advocacy for international education. I would also like to thank my colleagues from Penn schools and offices, Pan-Asian American Community House, Penn Rangoli, Penn India Association, and Graduate and Professional Student Assembly for partnering with us to make this event successful.

Finally, I would like to acknowledge the Penn Global ISSS staff, University of Pennsylvania Institute for the Advanced Study of India, Penn colleagues, students, alumni and parents whose hard work and expertise has made the Forerunner planning process efficient and effective. We hope that you will gain new insights from our sessions and connect with new found friends. Have an excellent Forerunner experience, a safe journey to the United States and an enriching life at Penn!

Greetings from the Forerunner Coordinator

Dear Forerunner participants:

I would like to congratulate you on your acceptance to Penn! As one of the oldest Ivy League Schools, Penn offers many avenues to find what you like and what you are good at, and allows you to meet peers who will become your lifelong friends. The Forerunner program is designed to help you transition smoothly into Penn’s unique culture.

We are excited to have you join the 2018 Forerunner program. The program is led by the International Student and Scholar Services (ISSS) of Penn Global and made possible thanks to great collaborations among Penn’s different schools and centers, as well as with Penn student organizations. It is our sincere hope that you will meet new friends, develop leadership skills, get a taste of Penn’s classroom experience, and learn about the many resources available to help you succeed at Penn. Forerunner will be one of many unforgettable memories that you will experience at Penn.

We also want to congratulate the parents of all Forerunner participants for making a great decision to send your children to Penn. We are delighted to have the chance to meet with you in person, and answer any questions or concerns you may have before sending your precious children far away.

A magnificent Penn education starts here at Forerunner!

Lily Zhang, M.A.
Senior Associate Director,
International Student and Scholar Services,
Penn Global
About Forerunner

As a host to over 8,000 international students, scholars and visiting faculty from all over the world, The University of Pennsylvania, also known as Penn, is truly a global university. Students from China and India make up nearly half of all international students at Penn. The University values the many different contributions that these students provide to enrich the community.

Now in its third year in India, Forerunner 2018 will prepare new Penn students from India by introducing expectations of the classroom culture of an Ivy League university, growing their social network by meeting new students, and learn where to turn when they face challenges during their time at Penn. A primary goal of Forerunner is to empower students to become leaders and positively influence the experience of their peers on and off campus.

http://global.upenn.edu/forerunner

About University of Pennsylvania Institute for the Advanced Study of India

The University of Pennsylvania Institute for the Advanced Study of India (UPIASI) is the arm, in India, of Penn’s Center for the Advanced Study of India (CASI). UPIASI has, over 1997-2018, developed a strong research program and academic presence of its own, and is increasingly playing a nodal role for a number of Penn-related initiatives in India. It has undertaken over a dozen multi-year, internationally collaborative research projects in two broad clusters – Governance and International Relations – focused on contemporary India.

115 scholars from India, the United States and third countries, mostly in Asia, have written a total of 180-plus articles (some co-authored) for UPIASI projects. These include scholars from Penn, Harvard, Yale, Columbia, Chicago, Berkeley, University of Wisconsin, Madison, University of Michigan, Ann Arbor, Johns Hopkins, Indiana, UC San Diego, SUNY Albany, and others, besides Hebrew University, University of Warwick, Tsinghua University, Senshu University and other institutions, and from India, JNU, Delhi, Jamia, Hyderabad, Calcutta, Mumbai, Jadavpur, Pune, Kerala, and other universities, and Centre for the Study of Developing Societies, Centre for Policy Research, IIM Ahmedabad and IIM Bangalore besides others.

The papers written have resulted in 10 edited volumes published by reputed publishers, 2 special issues of refereed journals, and numerous refereed journal articles.

UPIASI has, over 1998-2018, organised various academic conferences with international participation. It will be hosting a conference on “Comparative Constitutionalism in South Asia” in Colombo, Sri Lanka during July 2018.

The international refereed pan-social science journal on contemporary India, India Review, published by Routledge Journals, USA, is edited by the Director, out of UPIASI since 2008.

UPIASI is currently broadening its role from being a research centre to working with a number of Penn schools and departments, including the School of Arts and Sciences, Penn Global, the College of Liberal and Professional Studies, South Asia Center, The Lauder Institute, Penn Alumni Relations, and Penn's Alumni Interview Program. UPIASI also works closely with alumni groups in India, including the five Penn Clubs and the four Alumni Interview Committees.

See what past Forerunner participants had to say:

“It was great to interact with people from different offices at Penn. The student leaders helped provide a great perspective more relevant to what we will immediately face. It was also great to receive important information about the university from the panelists, through games, skits, and discussions. One of the best parts was meeting students who will be joining Penn with me.”

“It’s an amazing experience to meet new friends, officials, and alumni. It’ll definitely help me in settling in faster so that I can focus on the important stuff.”

Here is what parent participants had to say:

“Very informative. Now, I feel very comfortable in sending my son to Penn.”

“It was the need of the hour. Conducted in a very interactive and friendly manner, it managed to allay my fears and reassured in every possible way.”
THANK YOU TO ALL FORERUNNER 2018 SPONSORS!

Sponsors are Penn schools, centers and student organizations that provided financial contributions to facilitate the success of the Forerunner program.

PLATINUM LEVEL SPONSORS

**PennGlobal**

**University of Pennsylvania**

*Penn Global* provides strategic direction for Penn's global endeavors with a focus on efficient investment of university resources for global activities. Penn Global collaborates with Schools and Centers across the University and seeks to catalyze cross-school collaborations to integrate knowledge that addresses key issues. Penn Global partners with leaders from Penn and around the world to develop innovative interdisciplinary global strategies, initiatives and programs.

**International Student and Scholar Services (ISSS)**

*International Student & Scholar Services* of *Penn Global* provides core services to international students, visiting scholars, faculty and academic departments at the University of Pennsylvania. ISSS is dedicated to assisting all Penn international students and scholars by providing excellent support in immigration services as well as facilitating successful cultural, social, and academic integration into the Penn community.

DIAMOND LEVEL SPONSORS

Graduate and Professional Student Assembly (GAPSA) is the official student government body for graduate and professional students at Penn, representing over 13,000 students across twelve graduate schools. GAPSA members engage in an ongoing dialogue with the leaders of the university, sit in on the Board of Trustees, the University Council, and meet regularly with Penn's President and Provost to advocate for student interests.

It is also the primary source of funding for graduate student governments, student groups, student-led initiatives, travel grants, research grants and stipends. It plans a variety of academic and social events, throughout the year, to keep students connected and engaged in life at Penn.

GAPSA welcomes all incoming international students to their new home at Penn and will take every step to help them make their experience enjoyable and enriching.

BRONZE LEVEL SPONSORS

The **Undergraduate Admissions Office** welcomes the Class of 2021 to Penn. America's first university and a member of the Ivy League, the University of Pennsylvania is an inclusive community where teaching and innovation extend across disciplines. Founded by Benjamin Franklin to push the frontiers of knowledge to benefit society, Penn combines integrated study in the liberal arts and sciences with opportunities for research and practical, pre-professional education. Penn's intellectually flexible and useful education is accessible to talented students of all backgrounds who are inspired to use their knowledge to make an impact on the world.
**PennDesign**

Operating in the context of an urban research University that supports a culture of inquiry, **PennDesign** attracts an international community of scholars, researchers, artists and practitioners eager to promote interdisciplinary thinking that expands the scope of art and design and increases its opportunity to make an outsized impact. From reigniting the link between ecology and urbanism, to exploring how generative design not only produces new forms of building but smarter behavior and better performance, PennDesign’s eight degree programs are committed to thought leadership that impacts policy and engages both locally and globally to advance a sustainable future.

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**The Office of Parent Outreach and Development**

**Penn Parents** is the central resource for connecting undergraduate parents and families to the University. Through events, communications, volunteer opportunities and The Parents Fund, the Penn Parents team is committed to building relationships and creating avenues for parents to feel informed, connected and be uniquely involved in the life of the University and its advancement. PennDesign’s eight degree programs are committed to thought leadership that impacts policy and engages both locally and globally to advance a sustainable future.

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**Penn’s School of Social Policy & Practice (SP2)**

offers five degree programs:

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**FORERUNNER FACILITATORS**

Facilitators are representatives from Penn units that facilitate the sessions and activities of the Forerunner Program

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**Lily Zhang** - Lily Zhang is the Senior Associate Director of International Student and Scholar Services (ISSS). She has over a decade of work experience in International Education in the Higher Education field. Her responsibilities include supervising the advising services team, overseeing the ISSS operational team, leading the IT systems implementation and enhancement, advising students and scholars in immigration, travel, personal and cultural adjustment related matters, and ensuring Student Exchange Visitor Information System (SEVIS) compliance. She enjoys working and interacting with people with diverse backgrounds. In addition, she believes the beauty of higher education is integrating knowledge among different disciplines and building bridges across various cultures.

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**Sonya Gwak** - Dr. Sonya Gwak is the Director of Student Life and Undergraduate Education in Penn Engineering, overseeing all student-related issues for undergraduate and graduate students. She is particularly focused on student wellness as they pertain to academic success. She was born in South Korea, grew up in Ghana, and came to Penn as a freshman and never left, earning all her degrees (B.A., M.S.Ed, and Ph.D.) from Penn. Having been an international student herself, she is keenly aware of the challenges that new students face as they navigate Penn, Philadelphia, and the U.S. She now calls Philadelphia her home.

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**Ryan Villanueva** is the Program Coordinator for International Student and Scholar Services. Ryan develops and implements programs to help Penn international students adjust to their new environment. His global travels have taken him from the southern tip of Chile to the western province of China. He enjoys the exchanging of perspectives and ideas across cultures and is dedicated to helping students integrate into the Penn community and experience what Penn and Philadelphia have to offer. Ryan received a bachelor’s degree in Marketing with minors in Music Industry and Chinese Business from James Madison University and a bachelor’s in Spanish language from Virginia Commonwealth University. He is currently a part-time student completing a master’s in Intercultural Communication at Penn’s Graduate School of Education.

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**Meeta Kumar** - Dr. Meeta Kumar is a psychologist and an experienced professional in the field of college mental health. She currently serves as the Director of Outreach and Prevention Services at the Counseling and Psychological Services as well as adjunct faculty at the University of Pennsylvania. She is responsible for coordination, development and delivery of university wide programs that support mental health and wellness of students. She works closely with all campus constituencies including faculty/staff, student groups and parents/families. She is a national presenter on an array of college mental health topics. She is adjunct faculty in the Asian American Studies department. She is originally from India and received her Ph.D. from the Graduate School of Education, University of Pennsylvania.
Soumya Madabhushi - Soumya Madabhushi is a Staff Psychologist and the Outreach Training Coordinator at Counseling and Psychological Services at Penn. She is originally from India, came to the US as an international student, and earned her PhD in Counseling Psychology from the University of Nebraska, Lincoln. Though trained as a generalist she has two areas of particular interest: 1) minority mental health and social justice advocacy, and 2) violence and victimization. She is currently involved in providing clinical services to students, supervising and facilitating seminars to trainees, and developing and delivering outreach programming to the campus community as well as some local organizations. She has presented at numerous international, national and local conferences. She speaks English, Hindi and Telugu.

Julianne Reynolds – Julianne Reynolds is the Associate Director of the Office of Learning Resources and the Learning Instructor for International Students at the Weingarten Center. Over the past five years, she has helped numerous Penn international students transition to academic life in the U.S. through individual consultations and workshops on the topics of academic reading, writing, study strategies, and time management. Prior to joining Penn, Julianne taught English to speakers of other languages in Switzerland and Indonesia. She holds an A.B. in French from Bowdoin College and an M.A. in TESOL from Teachers College, Columbia University.

Sharon Smith - Sharon Smith, M.Ed. is the Associate Vice Provost for University Life and Student Intervention Services at the University of Pennsylvania. Sharon received her BA in Psychology from Pennsylvania State University and her Master’s in Counseling Psychology from Temple University. Sharon has worked at Penn for 27 years and has held various positions including, Director of New Student Orientation and the Pre-Freshman Program. Currently, as Executive Director, Sharon leads a multi-disciplinary team and oversees the coordination and the provision of support and advocacy services for students and/or families experiencing personal and or social crisis. In cases of University wide student emergencies, Sharon manages the process, convenes case conferences, and works with University offices to coordinate the delivery of services and follow-up. In addition, Sharon serves as a consultant for administrators and faculty from schools across the university regarding issues that affect academic performance, psychological and physical well-being of individual students.

Charquinta Sullivan - Charquinta is the Assistant Director of the Graduate Student Center at the University of Pennsylvania. She oversees graduate & professional student programming dedicated to first generation graduate student concerns, personal development, and community service opportunities. She is currently involved in facilitating workshops dedicated to student development, intercultural leadership, and community service. Charquinta has international living experience having resided in the Philippines, Thailand, and the U.S. Charquinta previously served as a United States Peace Corps Volunteer in the Philippines and as an AmeriCorps volunteer in Philadelphia. Charquinta received her B.A. in Psychology and Criminal Justice from Chestnut Hill College in Philadelphia, PA and her M.A. with a concentration in Global Studies from the University of Pennsylvania.
FORERUNNER SCHEDULE

9:30am – 10:00am  Registration

10:05am – 10:15am  Welcome
Lily Zhang, Senior Associate Director, ISSS
Sharon Smith, Associate Vice Provost, VPUL

10:15am – 10:20am  Alumni Remarks
Pia Singh (W’94), Director, DLF Foundation

10:25am – 11:45am  Penn Trivia
Ryan Villanueva, Program Coordinator, ISSS

10:50am – 11:45am  Preparing for Your Journey to the U.S. and Life at Penn
Ryan Villanueva, Student Leaders & Facilitators
This session will demonstrate different situations that you may encounter on your journey to Philadelphia and different aspects of life at Penn and in the U.S. that you may face.

11:50am – 11:55am  Special Remarks
Dr. Sridharan Eswaran, Academic Director and Chief Executive, University of Pennsylvania Institute for the Advanced Study of India

12:00pm – 12:50pm  Lunch

12:55pm – 1:10pm  Student Organization Introductions
Student Leaders

1:10pm – 1:15pm  Student Leader Recognition
Lily Zhang

1:20pm – 1:55pm  Alumni Panel
Moderated by Lily Zhang & Sharon Smith

2:00pm – 2:15pm  Words of Wisdom from Penn Officials
Moderated by: Lily Zhang

2:15pm – 2:20pm  Closing
Lily Zhang

2:25pm - 3:25pm  Breakout Sessions
Facilitators & Student Leaders
Parents will attend a Parents Panel while students will be broken into groups according to undergraduate and graduate levels.

3:30pm - 4:30pm  Closing Tea Reception
NOTES

PREPARATION LIST

VISA
• If you have not yet obtained your U.S. visa, learn more information here: https://global.upenn.edu/iss/new

HEALTH REQUIREMENTS
• Learn more about immunization requirements and health insurance on the Student Health Service website: https://www.vpul.upenn.edu/shs/compliance.php
• All students must carry comprehensive health insurance as a condition of student enrollment at the University of Pennsylvania.

TRAVEL
Always carry with you:
• Passport
• I-20
• SEVIS I-901 Fee
• Phone (roaming) with charger
• Cash for traveling and settling down
• Credit card
• Address
• Contact person

Also remember:
• Transcript
• Copy of diploma
• Glasses
• Jacket
• Medicine
• Checked luggage: 23kg / 158cm

FLIGHT INFORMATION & ARRIVAL AT CUSTOMS
• Fill in U.S. Customs and Border Protection Declaration form during flight
• Go to the appropriate line for Customs and carefully follow instructions from airport officials
• If carrying more than $10,000USD, you must declare on the form
• Be ready with passport, I-20 or DS-2019 and I-901 fee payment receipt
• If you fly into EWR (Newark) airport, there is an Amtrak train from EWR airport to Philadelphia
PREPARATION LIST (Cont.)

HOUSING UTILITY COMPANIES
• Electricity: PECO  https://www.peco.com/Pages/default.aspx
• Internet: Comcast  https://www.xfinity.com/ or Verizon  www.verizon.com
• Gas: PGW  https://www.pgworks.com/

PENNCARD
• Penn Card Center: 2nd floor of Penn Bookstore, 3601 Walnut Street ($30 Lost Fee)
• Photo: Take on-site, or upload before at  https://prod.campusexpress.upenn.edu/
• Bring your passport and I-20 or DS-2019
• Follow instructions to set up your Penn Key and Penn Email

CHECK IN WITH ISSS
• Complete the Online Immigration Tutorial
  (You can complete before arriving in the U.S.)
• Complete the Online Arrival Form (After arriving in the U.S.)
• Select your immigration Document Check time in iPenn
  (visit the ISSS website)
• For Document Check Bring your PennCard, Passport, I-20 or DS-2019, and
  I-94 stamp in passport marked with “F-1 D/S” or “J-1 D/S” or print I-94 from
  website:  http://i94.cbp.dhs.gov/I94
• Learn more about the Check-In Process:  https://global.upenn.edu/isss/orientation

MOBILE PHONES
• Some service providers: AT&T, Verizon, T-Mobile, Sprint
• Common plans: Pre-paid, Individual Plan, Monthly Plan, Family Plan

BANK ACCOUNTS & DEBIT CARD
• Documents: Passport, I-20 or DS-2019, Penn Card
• Check: usually bank will give you a check book, which could be used for rent
• Some common banks: PNC, BOA, TD Bank, Citizens Bank, etc.

TUITION
• Learn More about tuition payment on Student Registration & Financial
  Services website.  http://www.srfs.upenn.edu/
• Learn More about international wire transfers here:  http://www.sfs.upenn.edu/paymybill/wire-transfer.htm

PUBLIC SAFETY & TRANSPORTATION
• Penn Patrol Zone:  https://www.publicsafety.upenn.edu/about/penn-patrol-zone-and-area-map/
• UPennAlert Emergency Notification System:  https://www.publicsafety.upenn.edu/pennready/upennalert/
• Learn More:  https://www.publicsafety.upenn.edu/
• Walking Escort Service:  https://www.publicsafety.upenn.edu/about/security-services/walking-escort/
• PennBus/PennShuttle:  http://cms.business-services.upenn.edu/transportation/

NEW STUDENT ORIENTATION ACTIVITIES
Undergraduate Students
• Visit the ISSS website:  https://global.upenn.edu/isss/ug-iso
• Visit the NSO website:  https://www.nso.upenn.edu/

Graduate & Professional Students
• Visit the ISSS website:  https://global.upenn.edu/isss/gr-iso
• Visit the Graduate Student Center website:  http://www.gsc.upenn.edu/orientation/index.php
• Attend new student orientations offered by your specific program/school
Welcome to Penn

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