



International Student Services

Resources for F-1 Students Facing Financial Challenges

All students can face unexpected financial hardships. There are resources on campus and in the community that can help! Because F-1 international students are not eligible for *all* existing resources (such as FAFSA based federal and state aid) we have created this document.

If you have questions about how to access these resources, contact International Student Services (ISS) at international@century.edu or 651-779-3344.

Free Food and Groceries

- **[Century College Resource and Support Center](#)** helps students connect with a variety of campus and community resources to help them succeed inside and outside of the classroom. Stop by the Resource and Support Center for free groceries and toiletries, to pick up free lunch, and to learn about other resources! West Campus, W1490, 651-747-4098, resourcecenter@century.edu
- **[Food Shelves or Food Pantries](#)** are local places where you can get free groceries. Before you go to a food shelf, it is best to call and confirm hours and availability. There are MANY available locally. Use this [link](#) to search for the best options for you.

General Financial Assistance

- **Century College Resource Navigator** can help you look for additional community resources such as applying for energy assistance (help paying electric/heating bills) or other emergency assistance. Contact resourcecenter@century.edu or 651-779-5829.
- **Emergency Assistance Funds:** Students who are struggling with a financial emergency can meet with their assigned Counselor to see if they may be eligible for emergency funds for basic needs. Use [Starfish](#) to schedule an appointment with your Counselor.
- **Century College Scholarships:** Applications are accepted at different times of the year for a variety of scholarships. You can apply in every application round. F-1 students can qualify for those scholarships not based on financial need. The [website](#) has many resources to guide you through the application process. If you need help you can contact the Scholarship Coordinator, their contact information is on the [website](#).
 - Other organizations may also provide scholarships to International Students. Visit the [Association of International Educators \(NAFSA\) website](#) for more ways to search for scholarships. (These scholarships are not associated with Century College.)

Affordable Medical and Dental Care

- **[Student Health Clinic](#)** is a free clinic and a great place to start with a medical issue that is NOT an emergency. The Student Health Clinic is located on East Campus, E2232, and is staffed by registered nurses. Clinic appointments are confidential and free of charge. To speak to a nurse or set up an appointment, contact the Clinic at 651-779-3954.
- **[UHCSR Health Insurance](#)** is the required international student health insurance. If you need to go to a clinic outside of the Century College Student Health Clinic, be sure that you find an in-network provider and ensure the care is covered by your insurance. Use your [MyAccount](#) to review your coverage and benefits or contact ISS for assistance.

- Each year you have the option to purchase optional **dental and/or vision insurance coverage**. If you purchased the optional coverage, be sure to use it! If you did not purchase dental or vision insurance coverage you may still be able to. Use your [UHCSR MyAccount](#) to enroll.
- If you don't have dental insurance coverage, visit the [MN Dental Association website](#) to find low-cost dental care.

Employment and Training Options*

- **On-Campus Jobs:** F-1 international students are eligible for on-campus employment. Students can work up to 20 hours/week while school is in session and may work over 20 hours/week during summer and winter break. For more information visit the *On-Campus Employment* section of the [ISS webpage](#).
- **Severe Economic Hardship Employment Authorization:** Students facing new, unexpected circumstances beyond their control which create severe economic hardship may be eligible to apply for off-campus employment authorization. Students must work with International Student Services to apply for Economic Hardship Employment Authorization through United States Citizenship and Immigration Services. For more information visit the *Economic Hardship Employment Authorization* section of the [ISS webpage](#).
- **Pre-Completion Optional Practical Training (OPT):** OPT is temporary employment directly related to your major area of study to gain 12 months of practical experience. OPT used while you are still enrolled in your course of study is called "pre-completion OPT". Authorization will be for part-time employment (20 hours/week or less) while enrolled full-time. Pre-completion OPT is deducted from the 12 months of OPT eligibility. This may be a good option if you do not plan to use your OPT after graduation (post-completion OPT). Students must work with International Student Services to apply for OPT Employment Authorization through United States Citizenship and Immigration Services. For more information visit the *Optional Practical Training (OPT)* section of the [ISS webpage](#).

*A reminder about off-campus employment: If you decide that you want to work in the United States, the first step is always to talk with a DSO (ISS Staff). Even if the job is online, or your employer is outside of the US, you are considered to be working in the United States if you are in the US. You must have authorization before you work off-campus or online while you are in the United States. Contact international@century.edu with any questions.

Century College is a member of Minnesota State. We are an affirmative action, equal opportunity employer and educator. This document can be available in alternative formats to individuals with disabilities by calling 651.773.1745 or emailing access.center@century.edu.

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