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Welcome to Stephen F. Austin State University and Nacogdoches, Texas!

We are very glad you’ve chosen to study with us and we look forward to helping you have a wonderful experience here. This handbook is designed to help you learn more about our university, our city, and what you can expect when you attend SFA. Moving to a new place and starting at a new school is never easy, but we hope that we can provide you with enough information to make the transition as smooth as possible.

The Office of International Programs is here to assist you in any way we can, so please contact us if you have questions or concerns during your time at SFA.

Meet the Office of International Programs Staff:

- Heather Catton, Interim Director of International Programs – (936) 468 - 5597
- Elaine Lambright, English Language Coordinator – (936) 468 - 2388
- Inés Maxit, Study Abroad Coordinator – (936) 468 - 2961
- Rebekah Raney, Administrative Assistant – (936) 468 - 6604
- Lerin Russell, International Admissions Counselor – (936) 468 - 3927

The Office of International Programs (OIP) offers support services to international students in order to maintain the intercultural and international dimensions of the University. Although we like to see ourselves as your “home away from home”, please remember that there are also other offices on campus that are here to assist you.

Office of International Programs
Location: Liberal Arts North Building, Room 402
Phone: 936-468-6631 Fax: 936-468-7215
Email: international@sfasu.edu

The OIP office and its staff offer assistance regarding the following services: Health insurance, I-20 information, visas and immigration services, Curricular Practical Training and Optional Practical training. We also assist with student transportation, housing issues, and scholarship information and awards.
SFA ESSENTIALS – What you need to do first!

You will be assisted with these during orientation:

- Visit the Baker Pattillo Student Center (BPSC), 1st floor, and get your student identification card. The cost will be $10 - charged to your student account. Please note that you MUST bring your passport and student ID number.

- Go to Post Office and get your campus mailing box and address. The cost is $10 per semester and will be charged to your student account. The Post Office is located on the bottom floor of Student Center.

- Visit with Lerin Russell - International Admissions Counselor. She is located next to our office: Liberal Arts North (LAN), Room 430 and will be introduced and available during Orientation.

- Visit the Residence Life Department to sign your contract if you live in on-campus housing and did not already do this on-line. They are located in Austin Building, 1st floor, Room 131. If you have not paid your full $100 deposit you will owe an additional $50 payment when you sign your contract. You are eligible for a full $100 refunded when you move out, given the stipulations of your contract.

- Go visit your academic advisor (see campus map for location of your department) and register for classes (see MySFA information).

- Pay tuition bills at the Business office. It is in the Austin Building on 2nd floor, room 204. (note: it takes several days after you sign housing contract for your housing costs to be posted). You can also pay on-line through MySFA.

- The closest bank is Commercial Bank located in Student Center. Another is BanCorp South, located at 2400 North Street, just a few blocks from campus. When you go to set up an account, be sure and have your campus address, phone number, passport, campus ID. They will allow you to set up the account without a Social Security number.

- Come visit Office of International Programs at your convenience, or if you need any assistance. We are in Liberal Arts North room 402.
MySFA

MySFA is the information “doorway” that has been customized for your role as a student at SFA. It provides access to online services and other information needs.

What can you do with MySFA?
- Correspond with and receive important information from housing
- Register for classes
- Get grades, transcripts
- Pay tuition and fees
- Access courses, study tools and other online resources
- Read and send e-mail

FIRST – You will need your User Name and Password, please stop by the Registrar’s Office (Rusk Building room #202). Or you may call them at (936) 468-2057, (936) 468-6610. You will need your Campus ID number to get your User Name and Password.

#1 - Go to the SFA website and click on ‘Login to MySFA’

#2 - Continue by entering:
- Your User Name
- Your Password
Use MySFA to Register, Pay your Campus Bills, Manage your Housing and Meal Plan, and more

If you have problems, please contact the Student Help Center at (936) 468 - 4357

IMPORTANT!
Do not ignore your SFA Email!

You will receive important information from the Business Office, International Programs, Housing, etc.

You can FORWARD your email to another account – gmail, yahoo, etc.
IMMIGRATION ISSUES

Responsibilities of International Students:

- Maintain a full course of study each semester at SFA. This means at least 12 semester hours for undergraduate students and at least 6 semester hours for graduate students during the fall and spring semesters. There is no minimum course load required during the summer semester. **Do not drop below full-time status.**

- Do not accept any off-campus employment without proper authorization from the International Admissions Counselor and/or United States Customs and Immigration Services (USCIS).

- Make Normal progress towards degree completion.

- Report any change of address to the International Admissions Counselor (Lerin Russell, LAN 430) within 10 days of the change (this includes moving from one residence hall room to another).

- Report any changes of major to the International Admissions Counselor.

- Notify the International Admissions Counselor if you will be unable to complete your degree within the time allotted on the I-20. You should do this at least 30 days prior to the completion date on the I-20.

- Obey all federal, state, and local laws. Abide by rules requiring disclosure of information and prohibition of criminal activity.

- Keep Form I-20 valid by following proper procedures for extension of stay, change in educational levels, or programs of study, and for transfer of schools.

- Visit your International Admissions Counselor prior to any travel to insure your I-20 and other documents are in order for your return. Also be sure to visit the International Admissions office upon your return to SFA so that we may make copies of your new immigration documents.

- Obtain and maintain health insurance.

- Be sure to keep safe all documents issued by the U.S. government. This includes, but is not limited to your I-20, visa, and other documents.

**The International Admissions office provides the following assistance:**

- A letter for the Department of Public Safety used to secure a driver’s license.

- A letter for the Social Security Administration used to secure your social security card (needed for employment).

- Applying for Optional Practical Training (OPT), Curricular Practical Training (CPT), or the STEM extension.

- Applying for a Change of Status or Reinstatement.

- Letters of Invitation for family to visit you during your stay at SFA.
EMPLOYMENT

While international students have limitations on where and how many hours they can work, there are many opportunities for employment. **F-1 students are allowed to work up to 20 hours per week on campus.** Student employment is handled through the Human Resources – 2nd floor of the Austin Building. You can also find the job listings online at: [http://www.sfasu.edu/hr/100.asp](http://www.sfasu.edu/hr/100.asp)

If you are offered a job on campus, you are then eligible to apply for a Social Security Number (SSN).

**How to apply for a Social Security Number (SSN):**

You must receive a formal job offer letter from your potential employer which includes the employer EIN #. F-1 students must request a letter from the International Admissions office as well. You must wait at least 10 days after you initially entered the United States to visit the Social Security office.

The Social Security Office is located at 702 East Denman Avenue in Lufkin, TX. Lufkin is located about 25 miles South of Nacogdoches on Highway 59. To contact the Social Security Office, please call: (877) 407-3442. The office is open 9am–4pm (Monday – Friday, except Federal holidays).

When applying for your Social Security number, be sure to bring the following with you:
- Passport and I-94 Card
- I-20
- Letter from employer
- Letter from International Admissions Counselor, Ken Felts (OIP Office)
- Have your local mailing address and phone number with you.

Further information is also available online at [www.socialsecurity.gov](http://www.socialsecurity.gov).

The Nacogdoches City Transit may be able to help you with transportation to Lufkin. Fares run around $8.00 roundtrip, and students can catch the bus right here on campus. Please use this website for more information: [http://www.btd.org/Nacogdoches.htm](http://www.btd.org/Nacogdoches.htm)
**TAXES**

Filing federal income tax forms is the personal responsibility of each international student. Note: **All International students are required to file Form 8843** with the IRS each year. Tax forms must be postmarked no later than April 15 of each year. Volunteers from the Accounting Department on campus offer their services to assist international students with the forms. The OIP office will notify students via email with session times and contact information, so be sure to check your email early each year for this information.

I’m not working; do I have to fill out any tax forms?

- Yes, you do! All F-1 international students must complete and send a Form 8843 to the U.S. Internal Revenue Service (IRS).
- The Form 8843 requires information about your visa status, the school you attended, and the number of days you were present in the U.S. during the last three years. You will need to keep a copy of everything you send to the IRS. We recommend creating a “tax” file and storing these forms in a safe place each year.
- If you were present in F-1 status during any portion of a calendar year (January 1 through December 31), you must fill out a Form 8843 to report the number of days you were present. Even if you were present for only one day in a particular year (suppose you entered the U.S. as an F-1 student on December 31), you must file a Form 8843 for that year. Always keep a record of your departure and entry dates.

Why do I need to keep track of my days of presence?

- The IRS uses, among other things, the number of days an alien (an individual who is not a U.S. citizen or lawful permanent resident) is present in the U.S. to determine how the individual is taxed.
- Based on the number of days of presence, an alien's tax status maybe one of the following: (1) nonresident alien, (2) resident alien or (3) dual-status alien.
- Regardless of their number of days of presence, F-1 students are automatically considered nonresident aliens for tax purposes for the first five years of presence in the U.S. while in F-1 status. The Form 8843 serves as a record of the F-1 student's exemption from potentially being classified as a resident for tax purposes by disregarding the days of presence.

What if I worked on campus or received a room-and-board scholarship?

- If you obtain a job on campus or you receive a room/board scholarship, you will receive tax forms from the University. You will need to bring these forms with you to one of the Free International Student Tax Preparation Sessions hosted each year by the Accounting Department.

What about off-campus employment?

- If you receive permission to work off campus under the provisions of the F-1 status (CPT, OPT, or employment due to severe economic hardship), you must provide information about your tax status to the employer in order that the appropriate taxes may be withheld.
- Income for services performed by nonresident aliens in F-1 status is not subject to withholding of Social Security or Medicare taxes.
TAXES (continued)

What other types of income do students typically receive?

- For nonresident aliens in F-1 status, interest received on deposits held in the "banking business" is not taxable, unless the nonresident holds large sums in a bank for the purpose of earning money.
- Scholarships that cover tuition, fees, books, supplies and equipment that a student is required to buy, are not taxable. Amounts used for other purposes, such as room and board, are taxable.
- Some students invest in stocks or real-estate and may receive income such as interest or dividends, rent, or capital gains, while others may receive gambling winnings or prizes, perhaps even alimony and royalties. These types of income are taxable and must be reported on your tax return.

When and how will I receive tax forms?

- In January of each year, you will receive important tax documents pertaining to the preceding tax year. Be sure that your employers and the university are updated with your current mailing address so that you are sure to receive all your tax-related documents.

What are the tax forms I must file?

- For every tax year in which you received taxable income in the U.S., you must file a tax return in addition to the Form 8843. A tax return is a report of the taxpayer's income and taxes, filed by the taxpayer on an IRS form. Most F-1 nonresident aliens file a Form 1040NR-EZ and receive a partial or full refund of taxes that were withheld or paid in advance.

What if I have been present in F-1 status for more than five years or changed my visa status?

- If you did not receive taxable income during the sixth year in F-1 status, and you do not intend to remain in the U.S. beyond the sixth year, it is not necessary to file a Form 8843.
- Special rules apply for determining tax status for F-1 students who received income during the sixth year. Generally, if you expect to remain in the U.S. for more than six years, you should file a tax return as a resident alien in the sixth year and continue to do so for subsequent years, unless you choose to file a Form 8840 to establish a closer tax connection to your country of residence and intent to eventually leave the U.S. permanently.
- Special rules apply for F-1 students who received permanent residency status; changed nonimmigrant status to an H visa or other status; or left the U.S. permanently during the sixth year. The year in which any of these occurred may be a dual-status tax year.

What happens if I don’t file any tax forms?

- You are responsible for mailing the tax forms to the IRS and keeping a copy. Neglecting to do so, or filing the forms incorrectly, can result in severe penalties, including fines and interest on unpaid taxes. It can also impact future nonimmigrant or immigrant visa applications. If taxes were not withheld, and you do not file a tax return, you may receive a letter from the IRS years later, asking you to pay the taxes plus penalty and interest.
The Student/Instructor Relationship in the U.S. is generally more informal than in other countries. It is acceptable and expected for students to ask questions and discuss topics with the instructor.

Professors prefer it if students discuss ideas rather than just sit and listen. The manner in which you express your viewpoint is important, however. Show respect by acknowledging the professor or classmates’ point of view and then offer your opinion. **If you do not understand, ask!** If you are not yet used to asking questions in class, make an appointment with your professor.

At the start of each semester you will be handed a syllabus for each course. This is an outline of the course objectives, due dates for assignments, and more. Keep the syllabus for the duration of the course and refer to it if you are not sure about assignment requirements. Play close attention when the professor discusses the syllabus as he will often explain during this time how grades will be determined. This will also show you when your professor has office hours. You are free to go and talk with your professor in his or her office during this time.

You are expected to talk in class. A good rule to follow is to raise your hand to ask a question or make a comment at least once every week. Participation may be included in your grade.

You are expected to go to class on time, to notify your teacher ahead of time if you will be absent, and to participate. If you must miss class because of illness, you may need a doctor’s excuse, especially if you miss several classes because of a long illness. You can ask for a doctor’s note from the Student Health Clinic after you have seen the doctor.

**Grading:** Grades are on a 4.0 scale
A = 4.0 – Excellent  
B = 3.0 – Good  
C = 2.0 – Average  
D = 1.0 – Poor  
F = 0 – Failing  
W = Students withdraw from class with passing mark. Grade not included in the GPA.

**International students must always be full time students; you may never take less than 12 hours if undergraduate, or 6 hours if graduate,** unless you have consulted with the International Student Advisor and have medical or other emergency situations.  
WF – Student withdrew with failing grade. The F is averaged into the GPA.
Academic Honesty

What constitutes academic honesty varies from culture to culture, and it is important to understand the rules of academic conduct at SFA. All students are expected to do their own work. If you are caught cheating in any way, you will be severely penalized. Do not take the risk of copying someone else’s work.

Cheating includes, but is not limited to, the following:
- Getting or providing unauthorized assistance from another student on a paper or project
- Providing or receiving information during quizzes and exams (including using translation devices and websites)
- Falsifying, fabricating, or dishonest reporting of research results
- Taking the place of another student or enlisting another student to take your place for an exam
- Plagiarizing

Plagiarism means using someone else’s work in your own papers without attributing the work to the real author. While you are expected to draw on many research sources to write papers, you must not claim their work as your own. This is considered stealing. If you plagiarize, you will suffer serious academic consequences.

Stress

If you are feeling stressed or overwhelmed, do not stop going to classes. This will make the situation more difficult. Instead, talk to your professor about your situation. All professors have office hours when they are available to see students, and they encourage students to come talk to them. Don’t hesitate to visit or email your professor throughout the semester. Most of them are willing to help you if they see that you are making every effort to do well in their class.
LIBRARY

Where is the library?

The Ralph W. Steen Library can be found on the campus map – Building #49.

When is the library open?

Hours of operation for the library can be found in the "hours" section of the library's homepage, located in the purple bar towards the top of the page. This section includes standard, and special/holiday hours.

What is "My Account?"

Use “My Account” in the library’s Online Catalog to see what items you have checked out, if you owe a fine, or to place a hold on checked-out material. To use the “My Account” feature, contact the Steen Library or the Nacogdoches Public Library for assistance.

What rooms are available for meetings and group study?

Group study rooms on the 3rd and 4th floors are available on a first-come, first-served basis. There are eight such rooms on the 3rd floor, and ten on the 4th floor. The Wyatt Room on the first floor can be reserved for university-related receptions, large group meetings, lectures, etc. Capacity seating ranges from 60 to 100 people. Contact the Circulation Desk (468-1497) to reserve the Wyatt Room.

Are there soundproof rooms in the library?

Two soundproof rooms, equipped with listening equipment and electronic keyboards, are located in the Music/Audiovisual area on the 1st floor.

Where can I find computers in the library?

The Library Information Network Center and the LINC classroom together provide more than 130 networked computers. The LINC is located on the 1st floor of the library adjacent to the AARC. Infolab1 has 32 computers and Infolab2 has 29 computers; both labs come equipped with instructor stations. Infolab1 is on the 1st floor near the Circulation Desk. Infolab2 is in the northeast corner of the 2nd floor. Dedicated research stations are located throughout the library on all floors.
ACADEMIC ASSISTANCE AND RESOURCE CENTER (AARC)

Located on the 1st floor of the Steen Library, the AARC is a multi-disciplinary peer tutoring center (you will be tutored by fellow students). This is a FREE service for all SFA students.

There are several options for assistance:

1. Weekly Tutoring – you will need to make an appointment. Tutoring is available Monday through Thursday from noon until 8 p.m.

How can you get a tutor?

Sign up for a weekly tutor appointment at the AARC website: http://libweb.sfasu.edu/proser/aarc/

2. Walk In Tables - no appointment necessary! Simply stop at the Welcome Desk when you arrive and present your ID. At most walk-in tables, you will stay as long as you like while tutors “float” and answer questions. These tables are provided for many subjects, including Accounting, Chemistry, Computer Science, and Physics. At the Writing and English Center, you will work with a tutor individually for one or more 30-minute sessions.

3. Supplemental Instruction (SI) Groups - Attend a weekly study group just for your class! No appointment needed, no required visits - attend whenever you’d like. SI Leaders are hand-picked by your professors to conduct weekly review sessions. These tutors have already passed the course with an A, and they can show you how to succeed, too! There will be an in-class announcement if we have one for your class!

4. Online Services -
   Online Writing Lab (OWL) The OWL includes learning modules based on assignments specific to SFA as well as documentation instruction for APA, MLA, and others. The OWL also includes a submit feature where students can submit their papers electronically for a review.

   Math Online Lab (MOL) The MOL operates in a similar fashion to the OWL, with tutors responding to math questions via email.

Phone: 936-468-4108

Email: aarcwelcomedesk@sfasu.edu

Surf over: http://libweb.sfasu.edu/proser/aarc/

Walk in: First floor, Steen Library
HOUSING ON CAMPUS (Residence Life Office)

For all types of on campus housing, you will need to provide your own pillows, sheets, blankets, towels, dishes, silverware, and pots and pans. Soon after arriving on campus, you must sign your housing contract if you have not done so online before arriving. A total deposit of $100 must be paid. This will be refunded to you when you move out, provided there is no damage to the room.

Housing costs can be paid through MySFA, or by going over to the Business Office located in the Austin Building, second floor.

The Residence Life Office is located in the Austin building on the first floor in room 131. There is usually a person appointed to work with international students and it’s best to ask for that person if you go over, rather than just talk to whoever is at the window. Sometimes there are special situations the person at the window may not be aware of. Check with the OIP office to find out whom to ask for when you go over.

It is very important to check your MySFA titan email account for announcements from Residence Life. During certain breaks most residence halls close, and it is necessary to apply for break housing.
## HOUSING OFF CAMPUS (Apartments)

Students attending Stephen F. Austin State University who have earned fewer than 60 semester hours are required to reside in student housing if facilities are available. Please see the Residence Life website for more information on obtaining an off-campus permit. 

[http://www.sfasu.edu/reslife/176.asp](http://www.sfasu.edu/reslife/176.asp)

<table>
<thead>
<tr>
<th>Mercantile Properties</th>
<th>Town Parc At Nacogdoches</th>
<th>Northview Condominiums Apartments</th>
</tr>
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<tbody>
<tr>
<td>513 North St</td>
<td>1630 Cardinal St Apt 216</td>
<td>4100 North St</td>
</tr>
<tr>
<td>(936) 569-6281</td>
<td>(936) 568-9000</td>
<td>(936) 560-3369</td>
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<th>Rio Deloro Apts Inc</th>
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<td>1014 Ferguson St,</td>
<td>2807 Pearl St</td>
<td>133 Old Line Dr</td>
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<tr>
<td>(936) 560-2905</td>
<td>(936) 569-9413</td>
<td>(936) 564-0629</td>
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<tr>
<td>728 E Starr Ave</td>
<td>2614 N University Dr</td>
<td>4502 N University Dr</td>
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<tr>
<td>(936) 569-2477</td>
<td>(936) 564-7238</td>
<td>(936) 564-2618</td>
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<th>University Hill Apartments</th>
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<td>1811 North St</td>
<td>3022 N Pecan St</td>
<td>4704 N University Dr, Nacogdoches, TX 75965</td>
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<tr>
<td>(936) 569-0032</td>
<td>(936) 564-3373</td>
<td>(936) 462-8700</td>
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<th>Hampton Place West</th>
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<td>315 Ellington St</td>
<td>3027 N Pecan St Apt 208</td>
<td>4721 N University Dr, Nacogdoches, TX 75965</td>
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<tr>
<td>(936) 564-0900</td>
<td>(936) 564-2562</td>
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<th>Partovi Investments</th>
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<tr>
<td>201 Ellington</td>
<td>3300 Pearl St</td>
<td>200 E Lakewood St Apt 106</td>
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<tr>
<td>(936) 552-8900</td>
<td>(936) 569-2242</td>
<td>(936) 569-7901</td>
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<tr>
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<tr>
<td>1410 Martinsville St</td>
<td>1602 Park St</td>
<td>2912 Chimney Rock Dr</td>
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<tr>
<td>(936) 560-3119</td>
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<th>The Claridge Apartments</th>
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<th>Dogwood Village Apartments</th>
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<td>5109 Northway Dr, Nacogdoches, TX 75965</td>
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<tr>
<td>(936) 564-5621</td>
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<td>5301 Northway Dr</td>
<td>4203 NE Stallings Dr, Nacogdoches, TX 75965</td>
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<tr>
<td>(936) 560-4768</td>
<td>(936) 560-0031</td>
<td>(936) 560-4180</td>
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<td>1602 Cardinal St</td>
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<tr>
<td>(936) 715-9670</td>
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FOOD AND GROCERIES

Most students do their shopping for food and household items at Walmart Supercenter. Walmart is located at 4810 North St. (936-560-6969).

The University provides a free shuttle bus each Friday (check with OIP for times) to take students to Walmart for shopping. Call the OIP office if you have any questions about the Walmart shuttle.

Pickup location for the Walmart shuttle is behind the Math Building at the covered shed. The shuttle picks students up from Walmart to bring them back to campus. Be sure and check your SFA email in case there is a change in the schedule.

Please note: No alcoholic beverages (beer, wine, etc) are allowed on any SFA vehicle, including the Walmart shuttle. If you purchase these items at Walmart you must walk home or find your own transportation back to campus.

The closest grocery store is Kroger located on University Dr. and Austin St.

Walmart has a pharmacy (to buy medicines, etc.), but another pharmacy that is within walking distance to campus is CVS at 1424 North Street, (phone 936-569-9596).

Here are some suggestions of items you might want/need to buy when you arrive at SFA:

- PILLOW
- SHEETS
- COMFORTER OR BLANKET
- SNACK FOOD
- PAPER PLATES AND CUPS
- SLIPPERS FOR BATHROOM
- SOAP
- TOILET PAPER
- CLEANING ITEMS
- LAUNDRY SOAP
- NOTEBOOK PAPER AND NOTEBOOKS
- PENS, PENCILS, ERASERS, HIGHLIGHTER PENS
**EATING ON CAMPUS**

Opening times vary by location in accordance with residence hall opening dates. For current hours of operation for all on campus dining, please visit: https://sfasu.campusdish.com

**East College Cafeteria** - If you live in Steen residence hall, you will probably eat here. Open continuously from 7:00am – 7:30pm during the week (Monday – Friday), with the following meals being served:

- Breakfast = 7:00AM - 10:00AM
- Continental Breakfast = 10:00AM - 11:00AM
- Lunch = 11:00AM - 2:00PM
- Lite Lunch = 2:00PM - 5:00PM
- Dinner = 5:00PM - 7:30PM

**Sunday Hours:**
- Brunch = Sun10:00AM - 1:00PM
- Dinner = Sun5:00PM - 8:00PM

**Student Center Dining Hall** – Open continuously from 7:30am – 7:30pm during the week (Monday – Friday), with the following meals being served:

- Breakfast = 7:30AM - 10:00AM
- Continental Breakfast = 10:00AM - 11:00AM
- Brunch = 10:00AM - 1:00PM
- Lunch = 11:00AM - 2:30PM
- Lite Lunch = 2:30PM - 4:00PM
- Dinner = 4:00PM - 7:30PM

**Saturday hours** = Dinner ONLY 5:00PM - 7:00PM

On-Campus Dining Locations – Here are more places that you can eat besides the cafeterias. You can use your dining dollars (which are part of your meal plan) here. Again, opening times vary by location in accordance will residence hall opening dates. For current hours of operation for all on campus dining, please visit: https://sfasu.campusdish.com

In the **Student Center**, you can find:

- **Chick-fil-A** – Chicken Sandwiches, French fries
- **Which wich**. – Sandwiches, salads
- **Urban Brick's** – Pizza
- **Marble Slab Creamery & Great American Cookies**
- **SushiC** – Japanese sushi
- **Starbucks (2nd Floor of Student Center)** - Coffee
- **C3 Convenience Store** – Snacks, Drinks, Candy

In the **Library** (on the right, before you enter the Library), you can find:

- **Einstein Brothers Bagels** – Coffee, Bagels, Pastries
EATING OFF CAMPUS

**McDonald’s** – *Fast Food/Burgers*
(936) 569-0792
1717 NORTH ST, Nacogdoches, TX 75961-3421

**Raising Cane’s Chicken Fingers**
(936) 569-1700
1831 North Street, Nacogdoches, TX 75965-3975

**Taco Bueno** – *Fast Food/Mexican*
(936) 569-1073
1821 North Street, Nacogdoches, TX

**Chili’s Bar and Grill**
(936) 559-5775
1911 North Street, Nacogdoches, TX

**Jack In the Box** - *Fast Food/Burgers*
(936) 568-9690
2015 North Street, Nacogdoches, TX

**Taco Bell** - *Fast Food/Mexican*
(936) 560-2758
1605 North Street, Nacogdoches, TX

**Casa Tomas Mexican Restaurant**
1514 North St, Nacogdoches, TX 75965

**Pepper Jack’s Serious Burritos** – *Burritos/Greek Cuisine*
(936) 560-2522
1504 North Street, Nacogdoches, TX

**Little Caesars** - *Pizza*
(936) 564-5339
1500 North St, Nacogdoches, TX 75965

**Posados Cafe** - *Mexican Cuisine*
(936) 560-2940
1315 North St, Nacogdoches, TX 75961

**Schlotzsky’s Deli**
(936) 564-2867
2608 North St, Nacogdoches, TX 75965

**Panda Cafe & Taco Express**
(936) 568-0880
1224 North St, Nacogdoches, TX 75961

**Java Jack’s Coffee House** – *Coffee/Bakery*
(936) 560-3975
1122 North St, Nacogdoches, TX 75961

**Starbucks Coffee**
(936) 569-2815
2021 North St, Nacogdoches, TX 75965

**Jimmy John’s Gourmet Sandwich Shop**
(936) 462-1648
2023 North St, Nacogdoches, TX 75965

**Napoli’s** - *Italian*
2119 North St, Nacogdoches, TX 75965

**Lanana Creek Icehouse** – *Bar/Eatery*
(936) 462-9550
109 Wettermark St, Nacogdoches, TX 75965

**Quizno’s SUB Sandwiches**
(936) 564-7849
2419 North St, Nacogdoches, TX 75965

**Popeyes Chicken** - *Fast Food/Chicken*
(936) 560-0590
1519 N University Dr, Nacogdoches, TX 75961

**Chicken Express** - *Fast Food/Chicken*
(936) 559-0077
1614 N University Dr, Nacogdoches, TX 75961

**T Sandwiches** – *Vietnamese Sandwich Shop*
(936) 569-0464
1122 N University Dr, Nacogdoches, TX 75961

**Clear Springs Cafe** – *Steak/Seafood*
(936) 569-0489
211 Old Tyler Rd, Nacogdoches, TX 75961
EATING OFF CAMPUS (Continued)

**Pizza Hut Dine-In Pickup Dine-In Pickup**
(936) 569-7257
2619 North St, Nacogdoches, TX 75965

**Whataburger - Fast Food/Burgers**
(936) 564-4988
2617 North St, Nacogdoches, TX 75965

**Papa John's Pizza**
(936) 569-6611
2702 North St, Nacogdoches, TX 75965

**Subway Sandwiches**
(936) 559-8910
2721 North St, Nacogdoches, TX 75965

**Sonic - Fast Food/Burgers**
(936) 564-7910
2903 North St, Nacogdoches, TX 75965

**Burger King - Fast Food/Burgers**
(936) 560-1012
2921 North Street, Nacogdoches

**La Carreta Mexican Cafe**
(936) 569-2800
3000 North St, Nacogdoches, TX 75965

**Peking Restaurant – Chinese Cuisine**
(936) 564-0655
3103 North St, Nacogdoches, TX 75965

**Cotton Patch Cafe – American Cuisine**
(936) 569-6926
3117 North St, Nacogdoches, TX 75965

**Barnhill's Steak & Buffet**
(936) 560-2440
3217 North St, Nacogdoches, TX 75965

**Mike's Barbecue House**
(936) 560-1676
1622 South St, Nacogdoches, TX 75964

**Cici's Pizza**
(936) 560-3000
3801 North St Ste 19, Nacogdoches, TX 75965

**Ocean Buffet**
(936) 559-8883
3613 North Street, Nacogdoches, TX

**Wingstop Restaurant - Hot wings**
(936) 552-7867
4909 North St Ste 206, Nacogdoches, TX 75965

**Nijiya Restaurant – Sushi/Hibachi Grill**
(936) 569-2636
4919 North St Ste 104, Nacogdoches, TX 75965

**The Barbecue House**
(936) 569-9004
704 N Stallings Dr, Nacogdoches, TX 75965
TRANSPORTATION

Around Campus?

SFA Shuttle Service - *Jack Track*. The service operates continuously from 7:20 a.m. to 5:20 p.m. Monday through Friday. Evening hours are from 5:30 p.m. to 1:30 a.m. Sunday through Thursday. The route will circulate campus, stopping in high traffic locations (map here - [http://www.sfasu.edu/parking/images/bus_route_5-corrected_letter-size.pdf](http://www.sfasu.edu/parking/images/bus_route_5-corrected_letter-size.pdf)). The buses have NextBus technology, which allows passengers to use a smartphone to see when the next bus will arrive!

Around Nacogdoches?

There is a city bus that will take you to destinations around the city – Brazos Transit District. The fare is $1.00. Hours of operation are 5 a.m. until 7 p.m., Monday through Friday, except holidays. You can call 936-569-9100 if you have questions about this service, or visit their website at: [http://www.btd.org/Nacogdoches.htm](http://www.btd.org/Nacogdoches.htm)

Airport?

**SFA-provided Transportation**: International Programs provides a free university bus to the Houston IAH airport at the beginning and end of each semester for current students. You will receive an email notice in advance of the dates so that you can plan your trip.

The IAH airport is 251 miles (404 km) round trip from SFA. That’s why it’s important to schedule your flight around the free bus times.

**Alternate Transportation**: If you are unable to ride the free bus, you must make your own arrangements. Here are a couple of suggestions if you cannot take the SFA bus to the airport:

1. Van Service provided by Mr. Bill Frizzle of B & T Vans - 936-639-3070
   Mr. Frizzle runs a van service in Lufkin that will come to campus to pick you up and take you to the airport. The service is expensive (around $200), but if several students are going the cost can be shared. He can take up to 8 students in his large van.

2. Greyhound Bus Company in Nacogdoches that will take you to downtown Houston. From downtown Houston you will need to take the Houston Metro bus to the airport. The Kerrville Bus station is located at 4010 South Street. If you need to go during normal business hours, the OIP office will give you a ride if you arrange with us ahead of time. [www.Greyhound.com](http://www.Greyhound.com)

3. Most American students have cars, and many live in Houston and are going that way. It is a good idea to make friends with the American students anyway, but an added advantage is that you may be able to get a ride with them to the airport!
DRIVING

If you plan to drive a car in Nacogdoches, first make sure you have a valid driver’s license. Remember you are required by law to wear a seatbelt while driving or riding in a car. You are also required to buy automobile insurance, which can be expensive.

To get a drivers license, you can go by the Texas Department of Public Safety Drivers License Office, located at 5407 NW Stallings Dr. in Nacogdoches, phone 936-560-5826.

You must show acceptable identification documents, which includes a passport and visa and I-94, SFA ID and a letter from OIP verifying you are a current student in good standing with the university. You will be required first to take a written test which proves you know all the traffic rules and regulations. Then you will need to take the driving test which proves you have the skills to handle an automobile safely.

Driving is a big responsibility, especially for an international student. Some students have gotten tickets for speeding (this is very expensive), and there have been some accidents, resulting in thousands of dollars of medical expenses. Only mature students who will take the responsibility of driving very seriously should apply for a driver’s license.

Your car must be inspected by a registered safety inspector each year (usually a garage or mechanic can do this). You also MUST HAVE INSURANCE for your car. It is illegal to drive without insurance.

If you get stopped by the police, do not try to give them money. Be very polite. Do not argue with them or fight. They can take you to jail if you do.
MONEY AND BANKING

One of the first things you should do after arriving is to open a checking and/or savings account in Nacogdoches. Most new international students use Commercial Bank, which is conveniently located in the Baker Pattillo Student Center. They will allow you to open an account without having a Social Security Number. You will need to bring your passport to open the account. It’s best to open an account using traveler’s checks as a deposit, or have a wire transfer sent to the bank. If you give them a check from a foreign bank to deposit in your account, it can take 2 to 3 weeks for these funds to be available to you. Another banking option is Bancorp South, located a few blocks from campus on 2400 North Street.

DO NOT DEPOSIT ALL OF YOUR MONEY INTO A BANK ACCOUNT UPON ARRIVAL – YOU WILL NOT BE ABLE TO USE IT FOR UP TO 11 DAYS!

The university accepts the following credit cards for payment of tuition and housing costs: MasterCard, Visa, Discover and American Express.

The phone number to the Business Office on campus is 936-468-6960 if you have questions about your bill.

US MONEY FACTS

All U.S. paper money is the same size and color.

American coins have names:
- Penny = 1 cent
- Nickel = 5 cents
- Dime = 10 cents
- Quarter = 25 cents
- Half-dollar = 50 cents

When you open a checking account you will be issued a debit card. You will use it like a regular credit card, except the charges made are deducted from your checking account upon purchase. Be sure to keep track of your spending because if you spend more money than is in your checking account, the bank charges high fees ($25 or higher) every time you overdraw your account.

It is not safe to carry large amounts of cash with you. When you travel it’s best to use traveler’s checks or to carry your debit card.
**HEALTH CARE**

In the United States, the government does not pay for health care. Health care is very expensive. Without insurance, a visit to the doctor’s office may cost $100-500 and a trip to the hospital can cost thousands of dollars.

*All international students are required to have health insurance while at SFA.* You must purchase the university insurance policy, or provide your own.

**University Health Clinic** - located on the corner of East College and Raguet Street. Hours are from 8 a.m. to 5 p.m. weekdays by appointment.

The SFA University Health Clinic offers preventive and medical services to all students. You will need to present your SFA ID to obtain the services of the clinic, which include medical diagnosis, laboratory tests and any required treatment. Family planning services are offered to spouses of students at a nominal fee. Pharmacy and X-ray services are not provided, nor are dental and optometrist services available. For emergency situations you can call 936-468-4008 and if it is after hours a recording will give you instructions.

**Hospitals**

There are two hospitals that have emergency rooms for 24-hour, 7-day service.

- Memorial Hospital, 1204 Mound Street (936-564-4611)
- Medical Center Hospital, 4920 N.E. Stallings Drive (936-569-9481).

**Both the hospitals and the doctors charge for these services and it is quite expensive. Students should use the services of the health clinic if at all possible.**

**Other University Health Services:**

**COUNSELING SERVICES** - 3rd floor of the Rusk Building, (936) 468-2401, counseling@sfasu.edu. If you are in need of assistance after hours or on the weekend please call: University Police: (936)468-2608 or MHMR Crisis Line: (800)392-8343. If the situation is life threatening please dial 911.

Counseling Services are provided to assist students in achieving educational and personal goals that contribute to their development. Licensed Counselors are available from 8:00a.m.-5:00p.m. Monday-Friday. The department is closed on certain holidays, Spring Break and Winter Break when the university is closed.
SAFETY

Nacogdoches is a very safe community, and Stephen F. Austin rarely has crime reported, other than a rare burglary or drug and alcohol violation. Nonetheless, it is a good idea to be familiar with the services of the University Police.

The University Police provide 24 hour a day patrol protection to the University campus including all parking lots, residence halls, and academic buildings.

The University Police Department is located at 232 E. College, and the office is open from 8 am to 5 pm Monday through Friday. There is an officer on duty 24 hours a day. Persons requiring assistance or reporting a crime may contact the University Police at 468-2608 at any time.

No alcoholic beverages are allowed in Residence Halls or to any person less than 21 years of age. The University prohibits illegal drug use on campus. Any individual found in violation of this policy is subject to disciplinary sanctions.

Even if you are 21, you cannot buy alcohol for someone who is under 21. It is against the law to drink alcohol and drive!

Police Services

**Escorts:** In the interest of safety for the students, the UPD provides escort service to all on-campus destinations. If you are nervous about walking alone to a location across campus at night, feel free to use this service. To request an escort, call 468-2608.

**Vehicle Assists:** Should you have difficulty starting your car, or if you lock your keys in your vehicle, you may be 468-2608 for assistance.

**Emergency Call Boxes:** These have been placed at various locations on the campus. These call boxes are white with a large flashing blue light on top and are labeled “POLICE”. Operation is easy. You push the button, and talk directly into the speaker when the call is answered. Your call goes directly to our University Police Communication Center. Call boxes can be used to request police assistance, escorts, assist with vehicle problems, and information.

**Outdoor Alert Systems**

To promptly alert the campus in case of an imminent threat, SFA has installed an outdoor alert system. Sirens are located on the roof of the library to ensure the alert sound may be heard across the main University campus. The alert system will be sounded when there is an imminent threat to students, faculty, staff and visitors. This may include:

- Severe weather, such as a tornado.
- The unlikely situation of an active danger, such as an armed individual on campus.
JackAlert System

The JackAlert system provides us with enhanced capabilities when issuing campus alerts. The alerts will continue to be available to the campus user via text message, voice call, email, but now adds Facebook, and Twitter alerts as well.

How to Register
Currently enrolled students can register to receive JackAlerts by logging onto mySFA and clicking the “Sign up for Campus Alerts” button at the bottom of the screen. This directs you to the JackAlert device page where you can register and manage your devices.

When you access the JackAlert page, you will see that your SFA issued email address has been pre-loaded. This email address cannot be changed as it is used to verify your status as a current student.

What Devices Can I Register?
You may register:
- Cell phones to receive text messages and voice calls
- Home or office phones to receive voice calls, and
- E-mail addresses other than your SFA account

You can register up to three devices or addresses in each category. This will allow you to add parents, guardians, and/or spouses if you want them to receive alerts also. The two numbers used when receiving text alert are 67283 and 226787. Users should save these numbers in their contact list under JackAlert.

Be Careful with your Belongings!

Don’t leave your books, laptops, backpacks etc. unattended in the library or anywhere else on campus. Some students have had books stolen from the library table.

Be careful with your credit cards, Social Security card and information, and other personal information. Identity Theft has become a problem in the U.S. so it’s best to be alert and cautious.

Fire, Police, or Ambulance
Today, it's as simple as dialing 911. With those three numbers, you can reach the fire department, the police, or an ambulance. When you call 911, an emergency operator — called a dispatcher — immediately connects you to the person you need.
ACTIVITIES AND ENTERTAINMENT

There are so many things to do at SFA - Get involved and have fun!

Student Activities - http://www.sfasu.edu/studentaffairs/

Main Phone Line – (936) 468-3703

SFA offers the following international student organizations

- International Student Association
- Organization of Latin America
- African Student Association

Student Activities (SA) encourages students to explore campus life and learning beyond the traditional classroom setting. Since nearly 75% of your college experience occurs outside the classroom, SA provides students the opportunity to get involved early and stay involved throughout their tenure at SFA.

Participation in student organizations and programs is an integral part of the career of a successful student. Membership in student organizations provides students with a sense of accomplishment, enhances leadership skills, and increases personal knowledge of one’s individual skills and talents. SA assists students, as well as student organizations, in the coordination of campus-wide activities, events and celebrations in an effort to build a stronger campus community and to promote interaction among students, faculty, and staff.

Student Organizations and Greek Life

Student Involvement and Greek Life is here to help you find your place at SFA! As the coordinator of over 200 student organizations our office can help match you to the right involvement opportunity. Just come by our Involvement Center and meet with an involvement advisor or attend an organization fair. In addition we advise one of the most active Greek Life organizations in Texas.

Student Leadership and Service

The Office of Leadership and Service can help you build the leadership skills you will need to embark in a challenging career or simply help your student organization run more smoothly. We offer leadership opportunities for leaders of all abilities including the Freshman Leadership Academy, Lumberjack Leadership Academy, and the Omicron Delta Kappa Society. We also offer a number of service based activities including The BIG Event, MLK Day of Service, Service Saturdays and Alternative Spring Break. We are a proud partner with the President’s Volunteer Service Award.
**Spirit Programs**

We have more than spirit! The SFA Spirit office is home to 18 national championships in cheerleading and dance and is known as a leader in cheer and dance innovation. The SFA Spirit program is made up of the Large Co-Ed and Small Co-Ed Cheerleading teams, SFA Pom Squad and Jack Attack. Each year you can find our teams cheering at over 100 athletics events including football, volleyball, and basketball.

**Involvement Center**

The Involvement Center provides a personal consultant for students who are looking to get involved in the campus community. The consultants help students find activities and organizations that best fit their interests!

**Movies at the Student Center Theater – (936) 468 - 6554**

The Student Activities Association shows the latest movies at the Student Center movie theatre for a small fee. The movies are usually on Thursdays, Fridays, and Sundays at 7:00pm and 9:30pm.

**Recreation Center**

There are many activities available at the “Rec Center”. You can swim, work out, climb the rock wall, run, or join a sport team. All students with a valid student ID may use the facilities. For more information, go to [www.sfasu.edu/campusrec](http://www.sfasu.edu/campusrec).
CULTURAL ADJUSTMENT

Everyone who moves to a new country experiences a period of adjustment and adaptation to the new culture. This is sometimes referred to as “culture shock” because of the difficulty of leaving your home culture and living in a new culture. It includes the shock of a new environment, meeting lots of new people, and learning the ways of a different country. It also includes being separated from the important people in your life, such as family, friends, colleagues, or teachers.

Culture shock is entirely normal, usually unavoidable, and it does not mean anything bad about you or your new home. Actually, it can be a very significant learning experience, because it makes you more aware of your own culture as well as the new culture you have entered. It will give you valuable skills that will serve you in many ways in the future—it’s part of the benefit of international education. Some typical symptoms of culture shock are:

- Extreme homesickness or loneliness
- Avoiding contact with other people, especially Americans
- Negative feelings and hostility toward American culture and people
- Anger, frustration, confusion
- Tiredness or need for excessive amounts of sleep
- Boredom
- Inability to concentrate or work
- Loss of appetite
- Loss of enjoyment in daily activities
- Lack of confidence
- Depression and feelings of helplessness

Although you can’t stop culture shock, there are some things you can do to make yourself feel better. Here are some ideas:

- Understand that your reactions are normal
- Be open-minded and curious about your new environment
- Talk with an International Student Advisor about your feelings
• Make friends with Americans and other international students

• If you struggle with academics, talk with your professors and advisors

• Stay busy with academics, hobbies, friends, and other interesting activities

• Exercise or participate in sports

• Try a new activity that you can’t do in your home country

• Don’t forget the reasons you came to America

• Be patient with yourself and your new culture

When culture shock hits you, just remember that it is a normal part of being an international student. You will pass through periods of ups and downs, but in the end it will all be worth it. Try to focus on all the positive and rewarding aspects of your experience!
MEASUREMENT EQUIVALENTS

Weight

1 Kilogram = 2.2 U.S. pounds = 4 3/8 cups = 1000 grams
454 grams = 1 U.S. pounds = 16 ounces = 1 cup
100 grams = 3.5 ounces
28.3 grams = 1 ounce = 2 tablespoons

Capacity

1 liter = 4 cups + 3 1/2 tablespoons = 1.06 quarts (liquid)
1 cup (liquid) = 2.4 deciliters
1 deciliter = 7 tablespoons
1 cuillere a cafe ou the (coffee spoon) = 1 teaspoon = 2 grams
1 cuillere a dessert (dessert spoon) = 2 teaspoons
1 cuillere a soupe (soup spoon) = 1 tablespoon

Length

1 meter = 1.0936 yd. = 3.3 feet = 39.37 inches
100 centimeters = 1 meter
91.5 centimeters = 1 yard
30.5 centimeters = 1 foot
2.54 centimeters = 1 inch
1 centimeter = .3937 inch (approx. 3/8 inch)
1 kilometer = .62137 mile (approx. 5/8 mile)
1.6093 kilometers = 1 mile
1 hectare = 2.47 acres
1.4 hectares = 1 acre
U.S. HOLIDAYS

January 1 – New Year’s Day.
Beginning on the evening of December 31, Americans celebrate the New Year.

Third Monday in January – Martin Luther King Jr. Day.
This holiday celebrates the life of a leader of the U.S. civil rights movement.

Third Monday of February – Presidents’ Day.
This is a day to remember past U.S. presidents George Washington, the first U.S. president, and Abraham Lincoln, the 16th president who led the country during the Civil War and is credited with abolishing slavery.

February 14 – Valentine’s Day.
This holiday is a celebration of love and romance. Valentine cards, candy, or gifts are exchanged.

March 17—St. Patrick’s Day.
Named for the patron saint of Ireland, this day is often celebrated with parades and parties. Many people wear green clothing and put up decorations. If you do not wear green on this day, classmates may pinch you.

Springtime (date varies)—Easter.
This is a traditional Christian holiday, when people decorate Easter eggs and children are visited by the Easter Bunny.

Last Monday in May – Memorial Day.
This holiday is a time that Americans remember all of those who died in war for the United States.

July 4 – Independence Day.
On July 4, 1776, the Declaration of Independence, a document the United States used to declare its independence from England, was signed. Americans celebrate this holiday with picnics and fireworks.

First Monday in September – Labor Day.
This holiday recognizes the efforts of American workers.

October 31—Halloween.
People often celebrate this holiday by wearing costumes and carving scary faces on pumpkins. Children dress up in costumes and go trick-or-treating to get candy.

Last Thursday in November – Thanksgiving.
According to legend, the first European settlers of the United States gave thanks for their first harvest season by eating a feast with Native Americans. This is a traditional time for families and friends to eat a big turkey dinner and spend time together.

December 25 – Christmas Day.
This holiday, at one time a traditionally Christian one, is now a time for most people to exchange gifts, decorate homes, and attend gatherings and parties for the few weeks proceeding December 25.
## IMPORTANT PHONE NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Office of International Programs</td>
<td>936-468-6631</td>
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<tr>
<td>International Admissions, Visa, I-20, etc.</td>
<td>936-468-3927</td>
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<tr>
<td>Contact: Lerin Russell</td>
<td></td>
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<tr>
<td>Residence Life (Housing)</td>
<td>936-468-2404</td>
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<tr>
<td>Contact: Donna Hammond</td>
<td></td>
</tr>
<tr>
<td>Multicultural Center</td>
<td>936-468-1073</td>
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<tr>
<td>University Police</td>
<td>936-468-2608</td>
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<tr>
<td>SFA Post Office</td>
<td>936-468-2307</td>
</tr>
<tr>
<td>T.S.C. (Technical Support Center)</td>
<td>936-468-4357</td>
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<tr>
<td>Computer Assistance</td>
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<tr>
<td>SFA Health Clinic</td>
<td>936-468-4008</td>
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<tr>
<td>Greyhound Bus Station</td>
<td>936 707-2199</td>
</tr>
<tr>
<td>B &amp; T Vans (Shuttle Service)</td>
<td>936-639-3070</td>
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</tbody>
</table>
SLANG TERMS AND IDIOMS

At one’s fingertip: easily recalled

At the drop of a hat: at any time, immediately

Bar: place where alcoholic beverages are served

Bar-B-Q or BBQ (barbeque): an outdoor cooking party, like a picnic. Also the word for spicy sauce used with meat.

Beat around the bush: to avoid speaking directly

Break the ice: make a beginning (i.e. in a conversation)

Buck: dollar

Butt in: to interfere or intrude

BYOB: bring your own bottle or booze (liquor); may be included on a party invitation.

Cash: currency, as opposed to check and money orders

Change: coins. After you make a purchase, the money you get back is called your change

Check out: 1) to sign a book out from a library, or 2) to try to find out about something

Commuter: someone who lives at home and uses some form of transportation to get to campus or work

Cram: to study hard the night before a test

Cut: to skip class

Cut it out: stop it

Down in the dumps: gloomy, morose, depressed

Down to earth: practical, straightforward, simple (person)

Drop: to withdraw from a course

Drop by: visit

Dumb: a derogatory term for a person meaning stupid

Feel it in my bones: feel or sense what is going to happen

Finals: the last exams of a semester

Fixing to: a southern expression meaning “getting ready to”

Flunk: to fail a course (grade “F”)  

Gas: gasoline (petrol) for automobile

Give the cold shoulder: ignore rudely

Go Dutch: pay one’s own way, share expense on a date

Goof-off: lazy or idle person

Grass: slang word for marijuana (also pot, dope, weed)

Gross: crude, vulgar, disgusting

Gym: gymnasium, place to “work out”
Half-baked: not well thought out
Hassle: troublesome, a nuisance
Have a bone to pick with someone: have cause to argue or disagree
Have cold feet: to be nervous, uncertain
He put his foot in his mouth: he said something embarrassing
High: intoxicated from liquor or drugs
Hold your horses: be calm, be patient
In hot water: in trouble
Know the ropes: be familiar with the details of any undertaking
Let one’s hair down: relax, behave informally
Let the cat out of the bag: reveal a secret, thus ruining a surprise
Make ends meet: budget within one’s income
Make-up: 1) apologize after a fight 2) do an assignment after it was due; 3) cosmetics a woman uses
Mid-term: test held in the middle of a semester
No sweat: not a problem, okay
On a shoestring: support with very little money
Once in a blue moon: seldom, infrequently
On the house: free, no charge
Out of it: 1) somebody whose mind is far away or preoccupied, or 2) somebody not fitting in a certain group
Out of the question: unthinkable, impossible
Over my dead body: not if I can stop it!
Phony: something that is fake or insincere
Piece of cake: easy, simple
Psyched up: excited about something
Pull one’s leg: chide or tease a person
Rain cats and dogs: rain heavily
Run around with: be friends with
Spill the beans: to reveal a secret
Split: to leave or part
Split up: to break up or separate
Stoned: to get high on marijuana or alcohol
Take for granted: to assume
Under the weather: sick, not feeling well
Ya’ll: all of you (you all)
Yankee: southern expression for people from the northern U.S., especially the northeast