J-1 Students

Maintaining Status

- **Important Information about J-1 Exchange Visitor Status** [1]
- **Two-Year Foreign Residency Requirement and Waiver** [2]
- **Department of Homeland Security Address Notification Requirement** [3]

Change of Status

- **Change of Status to F-1** [4]
- **Change of Status to F-2 Dependent** [5]
- **Change of Status to J-1** [6]
- **Change of Status to J-2 Dependent** [7]

Enrollment Requirements

- **Full-Time Equivalency for Graduate Students** [8]
- **Reduced Course Load** [8]
- **Guest Student Information** [9]
- **Rackham Grace Period (Ph.D. Students)** [10]

Employment Options

- **Academic Training for J-1 Students** [11]
- **On-Campus Employment for F-1/J-1 Students** [12]
- **Off-Campus Employment Based on Economic Hardship** [13]
- **Employment and Volunteering** [14]

Transfer, Travel, Departure

- **Transferring to Another U.S. Higher Education Institution** [15]
- **Travel Outside the U.S. and Re-entry** [16]
  - **Travel Advisory** [17]
  - **Visa Information** [18]
  - **What to Expect When Traveling** [19]
  - **Re-entry to the U.S.** [20]
- **Departing the U.S.** [21]
  - **Departing/Transfer-Out Checklist** [22]
Dependents & Family Visitors

- **J-2 Dependents**
- **Other Family Visitors to the U.S. (B-1/B-2 Visitors)**

Resources

- [Forms for J-1 Students](https://internationalcenter.umich.edu/resources/forms/j1-students)