

As an F-1 student, it is your responsibility to maintain your F-1 status while studying in the US, and it is important that you understand F-1 rules and regulations.

Please reach out to the International Student Advisor with any questions regarding maintaining your F-1 status at international@saintpaul.edu or 651-403-4470. You can also schedule an appointment through [Navigate](#).

For more information on maintaining your F-1 status, please visit the Department of Homeland Security (DHS) Study in the States page: studyinthestates.dhs.gov/students/maintaining-status.

To maintain your F-1 status:

1. Register for a “full course of study” each Fall and Spring semester

- You must be enrolled in at least **12 credit hours* every Fall and Spring semester** (there is no requirement for Summer enrollment) to maintain your F-1 status.
- Of the 12 credits required, at least 9 credits must be either on-campus *or* blended/hybrid credits.
- You may not withdraw below 12 credit hours during Fall and Spring semesters without prior reduced course load authorization as documented on Form I-20.

**Students in the English for Academic Purposes (EAP) Program at the high intermediate or advanced level must enroll in at least 18 credit hours every Fall and Spring semester while completing EAP courses.*

2. Pay tuition

- You must pay your tuition every semester in order to register for the next semester. If you do not pay your tuition bill, you will not be able to register for classes to maintain your F-1 status.

3. Purchase the mandatory Minnesota State health insurance every semester

- Minnesota State policy requires all F-1 international students to purchase the system-approved health insurance plan each semester to enroll in courses.
- To be exempt from this requirement, a student must have their sponsoring agency or government certify that the student is covered under a plan provided by the sponsoring agency or government.
- Visit the Health Insurance section of the International Student Services webpage for more information.

4. Maintain Satisfactory Academic Progress (SAP)

- To maintain Satisfactory Academic Progress (SAP), you must:
 - Earn a cumulative GPA of 2.0 or higher
 - Complete 67% or more of registered credits with earned grades of A, B, C, D, P or AU
- More information can be found here: www.saintpaul.edu/studentservices/Pages/Satisfactory-Academic-Progress.aspx

5. Have a valid passport always

- You must have a valid passport at all times while in the US.
- If you need to renew your passport while in the US, you will need to search online for your country's nearest embassy location in the US.

- If you receive a new passport, you must submit a copy of this to International Student Services at international@saintpaul.edu.

6. Update and report address changes

- You must notify International Student Services of any change of address within 10 days of your move so this can be updated in SEVIS.
- To update your address, login to [eServices](#), click “Account Management”, then “Name and Address Info”. Click “Edit” to change your address.

7. Adhere to F-1 employment regulations

- **You cannot work off-campus** without prior approval from Saint Paul College or USCIS. Self-employment, working online/remotely for a company outside of the US, and most unpaid internships are also considered off-campus work in federal F-1 regulations.
- You can work an on-campus Student Employment job at Saint Paul College, at a maximum of 20 hours/week while school is in session.
- Visit the On-Campus Employment, Curricular Practical Training (CPT), and Optional Practical Training (OPT) sections of the International Student Services webpage for more information.

8. At the end of your program, request a program extension if needed, or plan your next steps

- There is a “Program End Date” on your Form I-20.
- If you are unable to graduate from your program before the program end date listed on your I-20, you must contact the International Student Advisor at least six weeks before the program end date to request an extension.
- Delays caused by academic probation or suspension are not acceptable reasons for a program extension.

9. Grace period

- You have a 60-day grace period in the US after the completion of your program of study, which starts the day you complete your program.
- You do not receive a grace period if you do not complete your program and graduate with an Associate degree.
- By the end of this grace period, to maintain legal status in the US, you must transfer to another SEVP-certified college or university, apply for post-completion OPT, or depart the US.
- Visit the Transfer Out/Departure section of the International Student Services webpage for more information.
- Visit the Optional Practical Training (OPT) section for more information on post-completion OPT.

You should also always let the International Student Advisor know if:

- You change your major or program
- You transfer to a new school or take a leave of absence
- You want to take a break from school
- You want to travel outside the US
- You are on Academic Warning, Suspension or Probation
- You apply to change your nonimmigrant status or apply for asylum
- You're change of status is approved or denied