

Take New Courses, Make New Friends, See New Places with NSE!

National Student Exchange (NSE)
Semester/Year Exchange Program Manual



Eastern Connecticut State University



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What is NSE?

The National Student Exchange, a not-for-profit education consortium, provides affordable and practical opportunities for students enrolled at member campuses to study and live in a new location. NSE students have found their exchanges culturally enriching, academically rewarding, and one of the most significant experiences of their undergraduate education.

Why do National Student Exchange?

- Broaden your personal and educational perspectives
- Explore and appreciate new areas
- Learn from different professors
- Experience personal growth
- Explore new areas of study
- Acquire life skills
- Investigate graduate schools
- Look for future employment
- Break out of your comfort zone
- Become more independent and resourceful
- Experience life from a different point of view

Where to Exchange?

NSE has nearly 200 colleges and universities in:

- United States
- Canada
- Puerto Rico
- U.S. Virgin Islands
- Guam

How long to Exchange?

- A Semester
- An Academic Year

Who can Participate?

- Second Semester Freshman
- Sophomores
- Juniors
- First Semester Seniors

Requirements to Participate

- 3.0 Cumulative grade point average
- Good academic, personal, financial, and judicial standing

How to Decide on a School?

- Location
- Majors
- Needs assessment

How to apply?

Applications are available at the International Programs office in Wood Support, First Floor, Room 100D. Fully completed applications for fall and spring semester are due by the end of February.

Cost

- \$150 nonrefundable cash or check payable to ECSU
- Applicable fees from host universities
- Room and Board to Host University
- Eastern only exchanges on Plan B

What is Plan B?

Plan B allows students to pay tuition to their home campuses and room and board costs to the host school. This is the only Plan Eastern participates in. Students should be certain to choose only schools that offer plan B.

What about Financial Aid?

Students eligible for financial aid may utilize it for NSE. The Financial Aid office should be consulted for additional information.

Application for Exchange

The application process is short and easy. There are several steps that must be followed to ensure the process runs smoothly. The student should first meet with the NSE coordinator to discuss the application process. Then the student must complete and obtain the required signatures for the application which includes: Application for Exchange, Academic Approval Form, Program of Study Statement, Academic Advisor Reference, Faculty/Staff Reference, and Other Reference. After completing and obtaining the signatures for each forms, the student should bring the form to the International Programs office in Wood Support Services, Room 100D or have the person designated to each form mail it to the office.

When will I know if I've been placed?

Most placements are made at the NSE annual conference in March. Host schools accept students on a space available basis. Students will be notified regarding their placement following the conference, scheduled for mid –March. Post conference placements may be possible, but will be limited to schools with space available.

List of the NSE Universities by State, US Territory, or Canadian Province

ALABAMA

- [Alabama A & M University](#)
- [Alabama State University](#)
- [University of Alabama](#)
- [University of Montevallo](#)

ALASKA

- [University of Alaska Anchorage](#)
- [University of Alaska Fairbanks](#)
- [University of Alaska Southeast \(Juneau\)](#)

ALBERTA

- [University of Calgary](#)

ARIZONA

- [Northern Arizona University](#)
- [University of Arizona](#)

CALIFORNIA

- [California Polytechnic State U, San Luis Obispo](#)
- [California State University, Bakersfield](#)
- [California State University, Chico](#)
- [California State University, East Bay](#)
- [California State University, Monterey Bay](#)
- [California State University, Northridge](#)
- [California State University, San Bernardino](#)
- [Sonoma State University](#)

COLORADO

- [Colorado Mesa University](#)
- [Colorado State University-Pueblo](#)
- [Fort Lewis College](#)
- [University of Colorado at Colorado Springs](#)
- [University of Northern Colorado](#)
- [Western State Colorado University](#)

CONNECTICUT

- [Eastern Connecticut State University](#)

FLORIDA

- [Florida International University](#)
- [New College of Florida](#)

GEORGIA

- [University of Georgia](#)

GUAM

- [University of Guam](#)

HAWAII

- [University of Hawai'i at Hilo](#)
- [University of Hawaii at Manoa](#)

IDAHO

- [Boise State University](#)
- [Lewis-Clark State College](#)
- [University of Idaho](#)

ILLINOIS

- [Eastern Illinois University](#)

INDIANA

- [Indiana University-Purdue University Fort Wayne](#)
- [Indiana University-Purdue University Indianapolis](#)

IOWA

- [Iowa State University](#)
- [University of Northern Iowa](#)

KANSAS

- [Emporia State University](#)
- [Fort Hays State University](#)
- [Wichita State University](#)

KENTUCKY

- [Murray State University](#)
- [University of Kentucky](#)
- [University of Louisville](#)
- [Western Kentucky University](#)

LOUISIANA

- [Louisiana State University](#)
- [Northwestern State University](#)
- [Southern University](#)
- [University of New Orleans](#)

MAINE

- [University of Maine at Farmington](#)
- [University of Maine at Presque Isle](#)

MANITOBA

- [Brandon University](#)

MARYLAND

- [Bowie State University](#)
- [Frostburg State University](#)
- [Towson University](#)

MASSACHUSETTS

- [Bridgewater State University](#)
- [Massachusetts College of Liberal Arts \(MCLA\)](#)
- [Salem State University](#)
- [University of Massachusetts at Amherst](#)
- [University of Massachusetts Boston](#)
- [Westfield State University](#)
- [Worcester State University](#)

MICHIGAN

- [University of Michigan – Flint](#)
- [Oakland University](#)

MINNESOTA

- [Minnesota State University Moorhead](#)
- [Minnesota State University, Mankato](#)
- [University of Minnesota Morris](#)
- [University of Minnesota Rochester](#)
- [University of Minnesota, Twin Cities](#)

MISSISSIPPI

- [Jackson State University](#)
- [Mississippi State University](#)

MISSOURI

- [University of Missouri - St. Louis](#)

MONTANA

- [Montana State University](#)
- [University of Montana](#)

NEBRASKA

- [University of Nebraska at Kearney](#)

NEW HAMPSHIRE

- [Keene State College](#)
- [Plymouth State University](#)
- [University of New Hampshire](#)

NEW JERSEY

- [Ramapo College of New Jersey](#)
- [New Jersey City University](#)
- [William Paterson University of New Jersey](#)

NEW MEXICO

- [New Mexico State University](#)
- [University of New Mexico](#)

NEW YORK

- [Binghamton University](#)
- [Queens College, CUNY](#)
- [Stony Brook University](#)
- [SUNY College at Buffalo](#)
- [SUNY Plattsburgh](#)
- [SUNY Potsdam](#)

NEWFOUNDLAND AND LABRADOR

- [Grenfell Campus, Memorial University of Newfoundland](#)

NORTH CAROLINA

- [North Carolina Central University](#)
- [East Carolina University](#)

NORTH DAKOTA

- [North Dakota State University](#)

NOVA SCOTIA

- [Cape Breton University](#)

OHIO

- [Cleveland State University](#)
- [Kent State University](#)
- [University of Toledo](#)

OKLAHOMA

- [Oklahoma State University](#)

OREGON

- [Eastern Oregon University](#)

- [Southern Oregon University](#)
- [University of Oregon](#)
- [Western Oregon University](#)

PENNSYLVANIA

- [Philadelphia University](#)
- [Indiana University of Pennsylvania](#)
- [Kutztown University of Pennsylvania](#)
- [West Chester University of Pennsylvania](#)

PUERTO RICO

- [Inter American U of Puerto Rico, Barranquitas](#)
- [Inter-American Univ of Puerto Rico-San German](#)
- [Polytechnic University of Puerto Rico](#)
- [Universidad del Sagrado Corazon](#)
- [University of Puerto Rico, Bayamon](#)
- [University of Puerto Rico, Cayey](#)
- [University of Puerto Rico, Humacao](#)
- [University of Puerto Rico, Mayaguez](#)
- [University of Puerto Rico, Rio Piedras](#)

QUEBEC

- [Bishop's University](#)
- [Universite de Montreal](#)
- [Université de Sherbrooke](#)
- [Université du Québec à Montreal](#)

RHODE ISLAND

- [University of Rhode Island](#)

SASKATCHEWAN

- [University of Regina](#)

SOUTH CAROLINA

- [South Carolina State University](#)
- [University of South Carolina - Columbia](#)

SOUTH DAKOTA

- [Dakota State University](#)
- [South Dakota State University](#)
- [University of South Dakota](#)

TENNESSEE

- [University of Memphis](#)

- [University of Tennessee at Martin](#)

TEXAS

- [Prairie View A&M University](#)
- [Texas State University](#)
- [University of Texas Rio Grande Valley](#)
- [University of Texas at San Antonio](#)

UTAH

- [Southern Utah University](#)
- [University of Utah](#)
- [Utah Valley University](#)

VERMONT

- [Johnson State College](#)

VIRGIN ISLANDS

- [University of the Virgin Islands, St. Croix](#)
- [University of the Virgin Islands, St. Thomas](#)

VIRGINIA

- [Virginia State University](#)

WEST VIRGINIA

- [Marshall University](#)
- [West Virginia University](#)

WISCONSIN

- [University of Wisconsin Oshkosh](#)
- [University of Wisconsin-Eau Claire](#)
- [University of Wisconsin-Green Bay](#)
- [University of Wisconsin-La Crosse](#)
- [University of Wisconsin- River Falls](#)
- [University of Wisconsin-Stevens Point](#)
- [University of Wisconsin-Stout](#)
- [University of Wisconsin-Superior](#)
- [University of Wisconsin-Whitewater](#)

WYOMING

- [University of Wyoming](#)

Required Procedures for NSE

- Sign Placement Acceptance Form (PAF)
- Complete NSE Advising Agreement Form
- Keep contact with Host and Home NSE Coordinator
- Register for classes at host and home campus
- Register for NSE 300 (send your course schedule from host university to home (Eastern's) NSE Coordinator)
- Send copies of transcript from host University to Home Registrar's office/International Programs office

What is Placement Acceptance Form?

The Placement Acceptance form (PAF) is a form where the student agrees to either accept or decline a placement at a host university. The original document will be sent to the host university, a copy will be kept in the student's file, and another copy will be given to the student to keep. The PAF must be signed and sent to the host university within a week of the annual NSE conference.

What is the NSE Advising Agreement Form?

The NSE Advising Agreement Form is a form that specifies the courses the student will take at the host University, how it will transfer to Eastern and the number of credits to be earned. The form must be filled out by the student in conjunction with their academic advisor. The form must then be signed by the Chairman of the Department, the student's Academic Advisor, the Advising Center, the student, and the NSE coordinator. The student is responsible for providing a completed copy of the form to the NSE coordinator at Eastern.

How to keep in touch with NSE coordinator?

The student should be in contact with both their host coordinator as well as their home coordinator. The student has to make sure they are constantly checking their email account since this will be the main method of contact of the NSE coordinators and important exchange instructions will be also given via email. The student should also post to Eastern's Study Away blog at ecsuaabroad.wordpress.com.

Registration

We recommend the student to register at their home university (Eastern) as well as their host university. The reason we recommend students to register at their home university is if anything was to happen and they are no longer able to do their exchange, they would not be set back (Some courses are required for graduation and some of them close fast!). Once the student has registered at their host university, he or she must email the NSE coordinator at Eastern (their home campus) the classes they have registered for at their exchange campus. Once this is done, the NSE coordinator will register the student in NSE 300, and the classes registered for at Eastern (their home campus) will be dropped.

Registration at Host campus

Most universities allow incoming NSE student's to register after their students have registered. This means that when you are allowed to register, you might not find the courses that you might need. This is one of the reasons we recommend outgoing NSE students to be prepared to take electives since they might not be able to register for classes in their major. The student must go over the class selection with their academic advisor; since many of the host universities only allow the incoming student to register later, this might be after a semester has ended. To prevent any complications, we recommend that the student approach their academic advisor in the middle of March or beginning of April to obtain help from their advisors in deciding what course to take and filling out the Advisement Agreement Form. We also recommend the student to pick up to at least 10 classes that fits their interest since some might no longer be available at the time of their registration and because some classes cancel due to insufficient enrollment.

What is NSE 300?

NSE 300 declares the student as an Eastern student on exchange. This is necessary because if the student is not registered as an Eastern student, he/she will be considered a student that has withdrawn from the university. This is also important to inform Eastern that the student will be paying Eastern's tuition instead of their host university's tuition. Also payments for housing will be paid directly to the host university.

Things to do before returning from exchange

- Register for classes at the home campus (Eastern).
- Pay housing deposit to ensure that you have on campus housing upon returning (if applicable). Housing deposits are due in mid-October and mid-March.
- Apply for a meal plan at home campus (if applicable).
- Request two official transcripts from the Host University to be sent to your home campus (One must be sent to the Registrar's office and another to the International and Study Away Programs office).

Things to do upon returning from exchange

- Make sure a copy of your transcript has been sent to registrars and another copy was sent to the NSE coordinator in the International and Study Away Programs Office in Wood Support Services, Room 100D.
- Complete an NSE evaluation form and submit it to the NSE coordinator.

"For me, going abroad seemed too far away; staying home seemed too close. NSE was the perfect choice!"

Lauren Flaherty
Sonoma State University
to the University of Northern Colorado

"Being on exchange...forces you to explore, experiment, to change, grow, and develop."

Eric Hansen
University of Massachusetts at Amherst
to the University of Montana
and Oregon State University

"My exchange was everything I wanted and more! I stepped out of my comfort zone to learn about a new way of life. It forever shaped the way I view the world."

Patrick Monicle
North Carolina State University
to the University of Hawaii at Hilo

"For me the NSE program was a life-changing and liberating experience. I not only discovered a different culture in the south, I found out a lot about myself along the way. I feel more independent now that I have gone through this experience; and no challenge seems too big."

Jacqueline Buinicki
University of Massachusetts at Amherst
to the College of Charleston

I acknowledge that I have read the information in this manual and I understand that I must follow all the instructions given in the manual including the following:

- I must certify that all Application forms needed to do National Student Exchange are in the International and Study Away Programs office before the deadline in February.
- I must come into the office to sign my Placement Acceptance Form within a week after the conference in March.
- I must meet with my Advisor and the Advising Center to get the approval and complete the Advising Agreement Form.
- I must bring a completed copy of the Advising Agreement Form to the International and Study Away Programs office.
- I must bring the original completed copy of the Advising Agreement Form to the Registrar's office.
- After I register for classes at my host University, I must send an email with the list of the classes to the NSE coordinator at Eastern and ask to be registered for NSE 300.
- I must check and respond to my Eastern's email regularly throughout the NSE process and while away at my host University.
- I must register for classes, housing, and a meal plan at Eastern for the upcoming semester after my exchange (if applicable).
- I must request two copies of my transcript from my host University Registrar's office to be sent to the Eastern's International and Study Away Programs office and to the Registrar's office before I end my exchange at my host university.
- I must verify upon returning to my home University (Eastern) that a copy of my transcript has been sent to both office and that my classes have transferred.
- It is highly recommended that upon returning I follow up with the NSE coordinator at Eastern to provide feedback and evaluate my NSE experience.
- (I understand that Facebook and the study-away blog is another way I can communicate with my home campus)

Name: _____
(Print your Name)

Signature: _____