

SOUTHEAST MISSOURI STATE UNIVERSITY
INCOMING EXCHANGE/VISITING STUDENT FACT SHEET
ACADEMIC YEAR 2024-2025



Southeast Missouri State University (SEMO) is situated in the charming town of Cape Girardeau, nestled along the picturesque Mississippi River, approximately 120 miles (200 km) south of St. Louis. SEMO is a welcoming and diverse institution with a student body of around 11,000, providing the academic variety of a larger university while maintaining the small class sizes and personalized attention of a smaller institution.

At SEMO, we pride ourselves on offering a broad spectrum of academic programs, including our Intensive English Program (IEP). We also offer conditional admission to SEMO, allowing you to transition smoothly into undergraduate or graduate study without the need for standardized English language tests like TOEFL or IELTS. SEMO's small-town feel with all necessary amenities such as shopping, dining, museums, and recreational trails makes it a safe and comfortable place for international students.

Our campus fosters a strong sense of community and inclusivity. The International Village, home to our Office of International Education and Services, serves as a hub for globally-themed activities and cultural exchange, encouraging our students to share and learn about the world around them. SEMO offers a safe and supportive environment, ensuring you feel secure throughout your academic journey.

Join us and experience what it means to be part of the SEMO family as you become a Redhawk, connecting with a vibrant and diverse community of students.



Eligibility:

Students that wish to be considered for admission as either visiting or exchange students at SEMO must meet the following minimum eligibility requirements:

- Be a student at one of our partner institutions in good standing
- Minimum University GPA of 2.50
- [Proof of finances](#) to cover anticipated expenses over the duration of stay in the U.S.
- Meet Language Proficiency Requirements:

	TOEFL (IBT)	TOEFL (PBT)	IELTS	PTE Academic	iTEP	Duolingo	Kaplan International Certified
Intensive English Program	Not Required	Not Required	Not Required	Not Required	Not Required	Not Required	Not Required
Undergraduate	61	500	5.5	45	3.7	95	Higher Intermediate
Graduate	79	550	6.0	53	3.9	110	Advanced

Academic Calendar:

This calendar – and subsequent ones – are published and updated on our website [here](#). See our [three-year academic calendar](#) for future term dates. These are the dates to keep in mind for the 2024-2025 academic year:

- Spring 2024: Tuesday, January 16 to Friday, May 10
- Fall 2024: Monday, August 19 to Friday, December 13
- Spring 2025: Monday, January 13 to Friday, May 9

Students may be asked to complete a virtual/online orientation prior to arrival and should plan to arrive before to the start of the semester to attend in-person orientation sessions. Throughout these events, exchange and visiting students will learn how the University works, find and use resources, and meet fellow students and University staff. The in-person orientation is



mandatory for all visiting and exchange students attending SEMO. The Study Abroad Coordinator will share more details regarding orientation dates and information after the student has been admitted for participation in the program.

Academic Workload:

Our international exchange and visiting students, including those in the Intensive English Programs (IEP), are categorized as non-degree-seeking students. IEP students are required to enroll in a full schedule of English language courses tailored to their proficiency level and academic goals within the IEP.

Exchange and visiting students must take a minimum of 4 courses (worth 12 credits) and a maximum of 5 courses (worth 15 credits) per semester. A standard SEMO course is 3 credit hours. There are a few courses that are under 3 credits and a few courses that are over 3 credits; exchange/visiting students can discuss their eligibility to take such courses with their advisor on a case-by-case basis. Thus, in one academic year, our international exchange/visiting students can take between 8 and 10 courses, or 24 to 30 credit hours.

International exchange/visiting students have access to the full course catalog, pending seat availability and specific requirements such as prerequisites. They may also enroll in courses in select graduate programs upon consultation with their advisor. Exchange/visiting students can take courses across all subject areas except Nursing, Education, Art & Design, Mass Media, Music, and Theatre and Dance. If exchange students are interested in taking courses from these subject areas, they must meet certain prerequisites and receive special approval from the department chair.



Grading Scale:

SEMO uses a 4.0 GPA grading scale and grades from A to F (called quality grades). More information can be found [here](#). A grade of X is assigned if a student has not attended, participated, or submitted academically related work since the official last day to drop that course or before. On a case-by-case basis, exchange students may take courses for Pass/Fail or Withdraw from courses. They must first discuss with their academic advisor if they want to opt for this.

Nomination and Application Process:

Fall Semester Dates:

- Nomination deadline: June 15, 2024
- Application deadline: July 1, 2024

Spring Semester Dates:

- Nomination deadline: October 15, 2024
- Application deadline: November 1, 2024

In order to participate in the program, students must be nominated by a school official from one of our partner institutions abroad. Nominated students can be of any major related to mass communications.

We accept nominations for different exchange durations, as discussed with our partners beforehand and in accordance with active agreements, but all nominated students must apply by the established application deadline.

The online nomination form link and instructions will be shared with colleagues at partner institutions. On this form, the exchange coordinator will specify when the student(s) will be in their program, how long they will remain at SEMO, and indicate whether the student is to be a(n):



- Exchange Student (receive an exchange waiver to cover all tuition and general fees at SEMO while paying tuition to home institution)
- Visiting Student (pays tuition and fees to SEMO but receives a scholarship to pay the in-state tuition rate)

Once the nomination form is received, SEMO will check the exchange balances and approve the nomination. Nominated students are not guaranteed admission. Once approved, SEMO will follow up with the partner institution coordinator with specific application information, including the link to the online application and the application fee waiver code for exchange/visiting students.

The partner coordinator is then expected to share application information with their student(s). All nominated students must apply by the established application deadline.



Estimated Cost of Attendance:

Customizing Your Estimate:

A detailed breakdown of fees can be found on our [Fee Schedule](#). Use this to modify the estimate below for specific housing, meal plan, or class choices.

Additionally, students may encounter program or course fees, depending on the classes they take, but one major advantage of attending SEMO is our [Textbook Rental](#) program. Most undergraduate textbooks can be rented for the semester at a fraction of the cost.



Cost of Living:

If planning to live on-campus, SEMO offers affordable [housing rates](#) and [meal plan](#) options. Not all residence halls cost the same amount, so students should choose one that fits their budget.

If planning to live off-campus, students must first ensure they meet [the criteria to live off campus](#). The cost of rent and utilities may vary depending on where they choose to live, but the average cost of rent and utilities generally ranges from \$550 - \$900 per month.

Additional Fees:

Please note that additional fees may be billed for services such as orientation, airport pickup, etc. Be sure to check your SEMO email regularly, as official billing correspondence will be sent there to notify you of the exact cost prior to any payment due dates.

If students bills are not paid on time, students may be cancelled from their course(s). If a student is cancelled for non-payment, they must contact us immediately to determine if reinstatement is an option.

Transportation and Housing:

Arriving at Southeast Missouri State University (SEMO) is an exciting step towards our students' academic journeys. To ensure a smooth transition, we've outlined important details about transportation and housing.

Transportation:

Whether arriving at Cape Girardeau Regional Airport, just 15 minutes away from campus, or at St. Louis Lambert International Airport, approximately two hours away, SEMO offers convenient options for every student's journey. For Cape Girardeau arrivals, our [pick-up service](#) is available during [recommended dates](#), which will be updated on our website. The \$25 pick-up service covers transportation from the airport to a dorm or designated housing. If opting for a St. Louis arrival, a charter bus service, priced at \$75, is available on select dates. Students must share arrival information by filling out the [Arrival Information Form](#) to coordinate pick-up.

If not arriving during the recommended arrival dates or arriving at a different airport other than Cape Girardeau Airport, students will need to arrange their own transportation to SEMO.





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For transportation around campus and the Cape Girardeau area, SEMO's [transit system](#), including shuttles and [W.I.N.G.S.](#), efficiently connects students across the main campus, River Campus, and the Cape Girardeau area. Explore [shuttle routes](#) to navigate seamlessly.

Housing:

SEMO provides diverse [on-campus living experiences](#) and meal plans, offering 12 options, including community and suite styles. Our halls boast amenities like computer access, television with HDMI hookup rentals, common or private bathrooms, kitchens, lounges, and laundry. Resident assistants and hall directors ensure a safe and friendly living environment. Students under 21 must live on campus, fostering a vibrant community.



For those choosing to live off-campus, SEMO facilitates the housing release process and provides [guidelines for eligibility](#).

Check out the [Living at Southeast webpage](#) for insights into on-campus living experiences. If you prefer off-campus housing, explore our [Cape Girardeau's Chamber of Commerce Rental Guide](#).

Please see our [international housing page](#) for more detailed recommendations.





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Exchange Student Estimated Cost of Attendance:

ESTIMATED COSTS & FEES <i>Total cost may vary based on class/housing choices, or other factors.</i>	Tuition-Waiver Exchange Students One Semester <i>(12 credits)</i>	Tuition-Waiver Exchange Students One Academic Year <i>(two semesters, 24 credit hours)</i>
Tuition and General Fee	waived	waived
Estimated Books & Supplies	\$182.50	\$364.90
Housing <i>On-campus housing rate based on Towers North/West Residence Hall for 2023-2024</i>	\$3,725	\$7,450.00
Meals <i>Meal Plan rate based on 180 meals and 396.50 flex dollars per semester for 2023-2024</i>	\$1,575.00	\$3,150.00
Estimated Personal Expenses <i>toiletries, local transportation, recreation</i>	\$500.00	\$1,000.00
*Health Insurance <i>(mandatory)</i>	\$653.50 <i>for five months (based on \$130.70/month)</i>	\$1,307.64 <i>for one academic year (based on \$130.70/month)</i>
Total	\$ 6,636.00	\$ 13,272.54

Exchange Student Estimated Cost of Attendance (with SPA Award):

ESTIMATED COSTS & FEES <i>Total cost may vary based on class/housing choices, or other factors.</i>	SPA Award Exchange Students One Semester <i>(12 credits)</i>	SPA Award Exchange Students One Academic Year <i>(two semesters, 24 credits)</i>
Tuition and General Fees	\$3,798.00 (\$316.50 per credit)	\$7,596.00 (\$316.50 per credit)
Estimated Books & Supplies	\$182.50	\$364.90
Housing <i>On-campus housing rate based on Towers North/West Residence Hall for 2023-2024</i>	\$3,725.00	\$7,450.00
Meals <i>Meal Plan rate based on 180 meals and 396.50 flex dollars per semester for 2023-2024</i>	\$1,575.00	\$3,150.00
Estimated Personal Expenses <i>(toiletries, local transportation, recreation)</i>	\$500.00	\$1,000.00
*Health Insurance <i>(mandatory)</i>	\$653.50 <i>for five months (based on \$130.70/month)</i>	\$1,307.64 <i>for one academic year (based on \$130.70/month)</i>
Total	\$10,434.00	\$20,868.54





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IEP Student Estimated Cost of Attendance (with SPA Award):

ESTIMATED COSTS & FEES <i>Total cost may vary based on class/housing choices, or other factors.</i>	IEP SPA Award One Semester (\$500)	IEP SPA Award One Year (\$1,000)
Tuition and General Fees	\$5,275.00	\$10,550.00
Estimated Books & Supplies	\$182.50	\$364.90
Housing <i>On-campus housing rate based on Towers North/West Residence Hall for 2023-2024</i>	\$3,725.00	\$7,450.00
Meals <i>Meal Plan rate based on 180 meals and 396.50 flex dollars per semester for 2023-2024</i>	\$1,575.00	\$3,150.00
Estimated Personal Expenses <i>(toiletries, local transportation, recreation)</i>	\$500.00	\$1,000.00
*Health Insurance (mandatory)	\$653.50 <i>for five months (based on \$130.70/month)</i>	\$1,307.64 <i>for one academic year (based on \$130.70/month)</i>
Total	\$11,911.00	\$23,822.54



International Health Insurance:

Health care costs in the United States can be substantial. Our insurance is designed to protect those with medical bills, and coverage is unlimited:

ITEM	MINIMUM COVERAGE
Medical benefits*	\$100,000
Repatriation of remains	\$25,000
Medical evacuation	\$50,000
Deductible per accident or illness*	\$500

1. Visiting and exchange students are required to purchase health insurance with a bank or credit card directly from the [Lewermark portal](#) before they can enroll in courses unless they present proof of coverage for the duration of the student's exchange experience that is equal to or better than the J-1 visiting student coverage requirements as established by the U.S. State Department (see "Insurance" at the following website: <https://j1visa.state.gov/sponsors/how-to-administer-a-program/>).
 - a. The deadline to submit proof of coverage for waiver eligible students is within 30 calendar days of the start of classes.
2. A course registration hold will go on F1 and J1 students' accounts and will remain in place until they purchase their insurance on the Lewermark portal. The course registration hold will be removed from their account the day after.
3. One semester exchange students must purchase 5-month health insurance unless they plan to leave the U.S. immediately after the semester ends.
4. Academic year (August – June) visiting and exchange students must purchase 10 months health insurance unless students are leaving the country earlier than June 14.

See [SEMO's International Health Insurance page](#) for more details.





Student Services:

SEMO is not just a place of learning; it's a community that supports you every step of the way, both academically and personally. Our commitment to your success extends beyond the classroom, offering a comprehensive range of support services tailored to ensure your time at SEMO is fulfilling and enriching.



Academic Support:

Embarking on your college journey is an exciting challenge, and we're here to make it a success. SEMO provides various resources to help you navigate your coursework. Our [Academic Support Centers](#) offer tutoring, mentorship opportunities, and more. Need textbooks? Check out our [Textbook Rental](#) service, providing course materials at reasonable prices. For tech support, our [IT services](#) ensure your technology stays up and running.

Advising:

Asking questions is crucial, and we encourage it. Our advising and course enrollment process, integrated into your pre-departure and orientation, is designed to create a roadmap for your success at SEMO. We're here to guide you through your academic journey.

Health & Wellness:

A healthy mind, body, and spirit are as important as your GPA. Our [Student Recreation Center](#) is a hub for personal fitness, offering group fitness classes, personal training, and nutritional counseling. For your medical needs, the [Campus Health Clinic](#) provides comprehensive



healthcare services, and our [Center for Behavioral Health and Accessibility](#) offers confidential visits with licensed counselors.

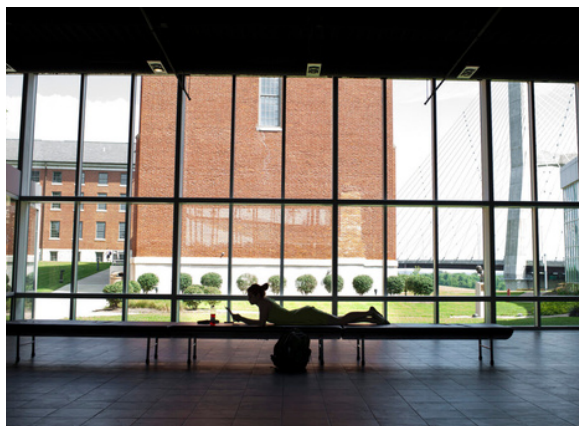
Careers:

Success extends beyond your academic journey, and [SEMO's Career Services](#) is here to help you soar. From resume reviews to mock interviews and career coaching aligned with your goals, we ensure you're prepared for the opportunities that await you.

Immigration and Visas:

Embarking on your journey to Southeast Missouri State University as an international student? Navigating the visa application process is crucial, and we're here to guide you. For a detailed, step-by-step overview and essential information, visit our [International Student Visa Process](#) page.

This comprehensive resource covers everything from visa types to SEVIS fees, document preparation, the visa interview, and what to do in case of approval or denial. Be well-prepared for this exciting chapter in your academic journey. If you have any specific questions or need further assistance, feel free to reach out to us at international@semo.edu.



The background image shows the Southeast Missouri State University building, a grand neoclassical structure with a prominent copper dome. To the left, the United States flag and the Missouri state flag fly on tall poles. The foreground is filled with the soft, white blossoms of a tree, likely a cherry blossom, which are slightly out of focus. The sky is a clear, bright blue.

Southeast Missouri State University

- **Established 1873**
- **200+ areas of study**
- **238+ student organizations**
- **20:1 student-to-faculty ratio**





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