National Student Exchange

Widen Your Educational Horizons Through Exchange Within the United States and Canada

www.nse.org
Founded in 1968, The National Student Exchange has established a reputation for quality service.

NSE has provided exchange opportunities for more than 90,000 students.
Why NSE?

Low-cost options to study across state, provincial, regional, and cultural borders for up to one full year

Geographically, culturally and ethnically diverse member campuses

-- Exchange sites in the United States and its territories of Guam, Puerto Rico and the U.S. Virgin Islands
-- Exchange sites in Canada
-- Land, Sea, Space and Sun-Grant Universities
-- Private/Independent Colleges and Universities
-- Public Liberal Arts Colleges (COPLAC)
-- Historically Black Universities
-- Urban Universities
-- Hispanic Serving Campuses

High degree of program compatibility
"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
Why NSE?

- Study at another NSE member campus
- Break out of your comfort zone
- Broaden personal & educational perspectives
- Explore & appreciate new cultures
- Become more independent & resourceful
- Experience personal growth
- Live in a different geographic area
Why NSE?

- Widen your University boundaries
- Learn from different instructors
- Investigate graduate and professional schools
- Look for future employment opportunities

"NSE is the ultimate college experience."

Michelle Ankenbauer
SUNY College at Buffalo to the University of South Carolina
Why NSE?

- Access honors courses
- Take courses not offered at home
- Exchange as a resident assistant
- Participate in study abroad programs
- Improve language skills

"I’d do it again in a heartbeat."
Ntki Awakessien, the University of Maine to the University of New Orleans
"Allow yourself to break out of your comfort zone and experience life from a different point of view."

Kate Getting
Humboldt State University
to the University of Alaska Southeast
Students Report that NSE has:

- Widened their horizons
- Expanded their visions
- Broadened their academic and personal perspectives
- Developed their self-confidence
- Prepared them for life outside the classroom
- Made them greater risk-takers
- Given them an appreciation for diverse people, ideas, and cultures
- Enhanced their ability to adapt to new environments and challenges
- Given them a competitive edge for graduate school and employment opportunities
Exploring Participation

Eligibility

Cost

Exploring Participation

The Exchange
Exploring Participation

- Meet with campus NSE Coordinator
- Study the NSE Directory
- Visit www.nse.org
- Review campus catalogs
- Consult academic advisor
- Talk to parents
- Determine if financial resources are sufficient for the exchange
- Talk to financial aid officer
Eligibility

- Be enrolled full-time at your home campus at time of application and in the term prior to exchange
- Have a cumulative 3.0 GPA or higher
- Be a sophomore, junior or senior at the time of exchange (must have at least 30 credits)
- Be in good standing (academic, behavioral, and financial)
- Meet any additional requirements of the home and host campuses
- Complete campus application and selection process
Cost

Exploring Participation

Tuition Payment Plans

**Plan A** -- Students pay in-state or provincial (resident) tuition/fees to their host campus.

**Plan B** -- Students pay their normal tuition/fees to their home campus.

Some schools use only one plan, while many participate in both.

Room and meals are always paid to the host campus.

Course related fees (i.e., laboratory, technology, studio art, photography supplies, internships, student teaching, etc.) are paid to the host campus.

Transportation and other related costs are your responsibility.
Financial Aid -- U.S. Federal

- U.S. Federally funded financial aid is applied for and disbursed by the campus where tuition/fees are paid
- Plan A – disbursed from HOST campus
- Plan B – disbursed from HOME campus
- FAFSA forms must be completed by February 15 with codes for your home campus and all selected Plan A campuses
- Aid awards are based on a real budget
- Aid awards may differ in amount, sources, and timing of distribution from funds you are currently receiving
Financial Aid
Canadian Exchanges

Whether you exchange from the U.S. to Canada or from Canada to the U.S., all financial aid must be applied for, and disbursed from, your home institution regardless of whether you exchange on Plan A or Plan B.
Financial Aid
Other Aid Sources

• Some forms of financial aid are portable to your host campus; other are not
• If you are receiving private, state-based or institutionally-based grants, scholarships, or fee remission for tuition, housing and/or meals, check with your NSE coordinator and home campus financial aid officer to determine use of such aid for exchange under Plan A and Plan B
• NSE host campuses do not award state or institutionally-based scholarships, grants, or fee-remissions to incoming exchange students
Before Exchange

- Talk to your family
- Meet with your academic advisor
- Complete your campus NSE application
- Pay NSE application fee
- Read the NSE Directory with particular attention to pages 10-18
- Select exchange sites
- Interview with NSE coordinator
- Attend a pre-placement meeting
- Attend a post-placement meeting
- Complete the Placement Acceptance Form
- Secure a written advising agreement
- Read, complete, and return enrollment materials to the host campus coordinator in a timely manner
During Exchange

- Meet with your host campus NSE coordinator
- Attend orientation
- Provide contact information to home and host coordinators as well as friends and family
- Adhere to home and host university rules and regulations
- Accept responsibility for your own decisions and actions
- Maintain all eligibility requirements
- Pay all bills in a timely manner

"Being on exchange forces you to explore, experiment, to change, grow and develop."
Eric Hansen, the University of Massachusetts at Amherst to Oregon State University
After Exchange

• Request that your host campus transcript be sent to the designated office on your home campus
• Verify that your exchange work has been entered on your home campus permanent record
• Volunteer to assist the home NSE coordinator in promoting NSE
Twenty years from now, you will be more disappointed by the things you didn’t do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails.

EXPLORE!

DREAM!

DISCOVER!
For More Information:

- www.nse.org, Student Information
- NSE Directory
- For campus procedures and application materials, contact:

"NSE has been like a seminar in diversity. I have learned to appreciate the diverse world in which we live and, most importantly, I now treasure the values and perspectives that differ from my own."

Yajaira Barbot, University of Puerto Rico, Mayaguez to SUNY College at Buffalo
“In the end, it was very hard to leave my new school to go back.”
Matt Sterling, California Polytechnic State University,
San Luis Obispo to the University of Connecticut
NSE will change your life and open the doors to new opportunities!
"Two roads diverged in a wood, and I— I took the one less traveled by, and that has made all the difference."

Robert Frost