

### Learning About the United States



The **U.S. is a diverse democracy** based on **freedom, equality, and opportunity**. Understanding its history, government, and culture helps new residents adapt.

#### Geography & Demographics

The **Census Bureau** tracks population data; [Nationalmap.gov](#) offers maps; and the **National Weather Service** offers local forecasts.

Learn about U.S. democracy, freedom, and history through:

- [OurDocuments.gov](#) hosts historic U.S. records.
- [House.gov](#), [Senate.gov](#), and [Whitehouse.gov](#) provide government insights.
- [Supremecourt.gov](#) covers major legal decisions.



For more information, visit [www.uscis.gov](#) and [www.usa.gov](#), a resource for new residents.

### Getting Settled in the United States

Adjusting to life in the U.S. requires important first steps. This guide will help you transition smoothly and settle in with ease.



- 1 **Get a Social Security Number** because it's needed for work, banking, and government services.
- 2 **Find a place to live** using temporary housing options or rental sites.
- 3 **Look for a job** through online searches, job centers, and portals like [USAJobs.gov](#).
- 4 **Set up finances** with a U.S. bank account and an understanding of credit scores.
- 5 **Understand transportation** with public transit, a driver's license, and navigation apps like Google Maps.
- 6 **Get health insurance** from an employer, Medicaid, or Medicare, with options available on HealthCare.gov.
- 7 **Set up essential utilities** such as electricity, water, gas, and internet before moving in.
- 8 **Know your emergency contacts** by calling 911 for emergencies and 311 for city services.

### Your Rights and Responsibilities

As a new U.S. resident, understanding your rights and responsibilities helps you maintain legal status and progress toward citizenship.

#### Your Rights



Work Anywhere in the U.S. without employer restrictions.



Legal Protection under federal, state, and local laws.



Travel Freely but follow re-entry rules.



Sponsor Family for their own green cards.

#### Your Responsibilities



File Taxes and report worldwide income.



Follow Laws and support the U.S. government.



Register for Selective Service if male, 18-25.



Maintain Residency to avoid losing status.

### Maintaining Your Resident Status

To keep your permanent residency, you must follow U.S. immigration rules and avoid actions that could lead to losing your Green Card.



#### Keep Your Status Active

Avoid long trips or actions that show intent to move abroad, as they may affect your residency.



#### Residency Requirements

You must reside in the U.S. and maintain strong ties like paying taxes and keeping a U.S. address.



#### Green Card Renewal

Renew your green card every 10 years using Form I-90.



## Education and Health Care

As a new resident, the U.S. offers your family free access to public schools, educational support, and lifelong learning opportunities. Here's what you need to know:



### Schools

Public schools are free and based on your address, while private schools charge tuition and may offer religious or specialized education.



### Language Support

Free or low-cost ESL classes offered at schools, libraries, and online at [USALearns.org](https://www.usalearns.org).



### College & Trade School

There are community colleges, universities, and job training programs available.



### Special Education

Children with disabilities are entitled to free services and personalized support.

Health insurance is essential and often comes from a job, private plan, or programs like Medicaid or CHIP. Here's what to expect in U.S. health care:



### Primary Care

Routine checkups and doctor visits for general health.



### Emergency Care

Hospitals must treat emergencies, even without insurance.



### Specialist Care

Referrals may be needed for services like dermatology or physical therapy.



### Mental Health Support

Many insurance plans include therapy and counseling.

Find a local health center near you at [findahealthcenter.hrsa.gov](https://findahealthcenter.hrsa.gov)

## Working in the U.S.

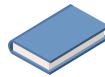
Getting a job is a key first step after settling in and There are many ways to look for a job in the United States. To increase your chances of finding a job, you can:



Talk to friends, neighbors, or community members about job openings.



Visit the [CareerOneStop.org](https://www.careeronestop.org), [USA.gov](https://www.usa.gov), or [USAJOBS.gov](https://www.usajobs.gov) to find jobs.



Explore job types, pay, and skills at the [Occupational Outlook Handbook](https://www.bls.gov/publications/occupational-outlook-handbook).



Go to an American Job Center for free in-person job search support.

## U.S. Work Culture

All workers in the U.S. are protected from discrimination and unsafe conditions. The links below provide information on employment standards in the United States.



Know your **legal rights and protections** as a worker by visiting [EEOC.gov](https://www.eeoc.gov).



Learn about fair **labor laws, wages, and benefits** at [DOL.gov](https://www.dol.gov).



Explore **workplace safety standards**, resources, and training at [OSHA.gov](https://www.osha.gov).



Report immigration-related job **discrimination or concerns** at [justice.gov/crt](https://www.justice.gov/crt).



## Becoming a U S Citizen

Becoming a U.S. citizen gives you important new rights and responsibilities, such as voting in elections and applying for federal government jobs. Learn what citizenship means and how to begin the process.

1

### Why Apply for Citizenship?

Citizens can vote, run for office, sponsor family more quickly, and access more opportunities, including federal jobs and scholarships.

2

### How to Get Started

Make sure you're eligible, fill out Form N-400, complete your biometrics and interview, then take the oath. Learn more at [uscis.gov/citizenship](https://uscis.gov/citizenship).

### Basic Requirements



You must be **18 years old** and have a green card for 5 years.



You must have a **good moral character** with no criminal record.



You must **pledge loyalty to the U.S.** by taking the Oath of Allegiance.



You need **basic English skills** and must pass a U.S. civics test.



You must **live in the U.S. for at least 30 months** out of the last 5 years

U.S. For New Residents

Cheat Sheet

your logo®

Learning About the United States

The U.S. is a diverse democracy based on **freedom, equality, and opportunity**. Understanding its history, government, and culture helps new residents adapt.

Geography & Demographics

The **Census Bureau** tracks population data; **Nationalmap.gov** offers maps; and the **National Weather Service** offers local forecasts.

Learn about U.S. democracy, freedom, and history through:

- [OurDocuments.gov](#) hosts historic U.S. records.
- [House.gov](#), [Senate.gov](#), and [Whitehouse.gov](#) provide government insights.
- [Supremecourt.gov](#) covers major legal decisions.

For more information, visit [www.uscis.gov](#) and [www.usa.gov](#), a resource for new residents.

Your Rights and Responsibilities

Getting Settled in the United States

Adjusting to life in the U.S. requires important first steps. This guide will help you transition smoothly and settle in with ease.

1 Get a Social Security Number

because it's needed for work, banking, and government services.

2 Find a place to live

using temporary housing options or rental sites.

3 Look for a job

through online searches, job centers, and portals like [USAJobs.gov](#).

4 Set up finances

with a U.S. bank account and an understanding of credit scores.

5 Understand transportation

with public transit, a driver's license, and navigation apps like Google Maps.

6 Get health insurance

from an employer, Medicaid, or Medicare, with options available on [HealthCare.gov](#).

7 Set up essential utilities

such as electricity, water, gas.

CustomGuide

Train Your Staff & Community

Add Your Logo For FREE

Make this cheat sheet yours with a [free account](#).

Add Your Logo

300+ Customizable Courses & Cheat Sheets

Why write your own training, when we've done it for you?

Business Skills

Accounting

Communication

Customer Service

HR

Marketing

Professional Development

Sales

Training & Education

Google

Calendar

Chrome

Classroom

Docs

Drive

Gmail

Sheets

Slides

Leadership

Leadership

Management

Project Management

Technology

A.I.

Digital Literacy

Software Applications

Career Development

Career

Higher Education

Job Hunting

Compliance & Safety

Active Shooter

Discrimination

Harassment

Safety

Security

Microsoft

Access

Copilot

Excel

OneDrive

Outlook

PowerPoint

Teams

Windows

Word

Wellness

Mental Health

Personal Growth

Well-Being

Work/Life Balance

Diversity & Citizenship

Bias

Diversity

U.S. Citizenship

Fewer Tools. Lower Costs. Smarter Training.

Includes	Paid Plans			
	Free	Starter	Custom Plans	
Num Active Users	1	5	10+	Compare To
Branded Cheat Sheets	Your Logo	Your Logo	Your Logo	None
Customizable Courses		300+	300+	LinkedIn Learning
Course Builder with AI				Articulate Rise
Skill Assessments				Northstar
LMS				Teachable
Annual Cost	Free 	\$495 		

"Customizing the courses saved hours of work."

"So impressed with your features and ease of use!"

★★★★★  
4.9 rating on