

30-Day Checklist for Single Adult New Immigrants to the USA

Week 1: Arrival & Setup

This is a fillable 30-day checklist. You can check boxes as you complete each task.

Keep passport and immigration documents safe

Apply for a Social Security Number (SSN)

Confirm U.S. address and phone number

Find temporary housing if needed

Learn local transportation

Week 2: Essentials

Open a bank account

Set up a U.S. phone plan

Create a professional email address

Find immigrant or community support centers

Learn emergency numbers (911)

Week 3: Work & Health

Create or update a U.S.-style resume

Apply for jobs or training programs

Find healthcare clinics or insurance options

Organize medical records

Practice English daily

Week 4: Confidence & Growth

Explore permanent housing options

Create a personal budget

Learn basic U.S. laws and rights

Build social connections

Reflect on your progress