

Dear USF International Students,

We hope this message finds you well and that you are adjusting to your new online learning routine. Tell us how you are surviving self isolation and navigating online learning. Share your photos and stay connected with dons from around the world by tagging us @globaldonsusf!

### **Let ISSS know where you are**

ISSS needs to report your address information to the US government to maintain your F1 or J1 visa status. We also want to know where you are and how to contact you so we can best assist you! Please [complete this form](#) and follow the directions in it to report your information. The deadline to complete this form is next Wednesday, March 25th.

### **Online Learning Tips and Tools**

USF has created a [webpage with tips and tools](#) to support you in your online learning. Read through the page and contact your faculty with questions about what technology you will need to complete your course, or ITS if you need technical assistance.

### **Deciding to Stay in the US or return Home**

This is an important decision and we want to make sure you have all the information to make the best choice for you and your family. At this time the San Francisco Bay Area is under a Shelter in Place order and we are required to self-isolate in our homes. However, this does not prevent you from traveling. The SFO airport is still operating and even more flights were added from SFO to China yesterday. It is possible that there may be additional movement restrictions or airport closures so if you are considering going home, we encourage you to do so as quickly as possible and we are here to support you and answer any questions you may have about travel or immigration.

### **Considerations for Returning to your Home Country**

If you are planning on going home, please check with your home government about the current requirements and procedures. Some countries have closed their borders, others are requiring that students complete a medical form before boarding the plane, and many have quarantine requirements upon arrival. Check with your home country and your airline for additional information. If you need to have a medical examination before you leave, you can book an appointment with the [USF student health clinic](#). Download your [USF student health insurance card](#) before you go. We want to remind all students, wherever you are geographically, that it is important to read carefully and adhere strictly to the guidelines of your local and national public health authorities.

### **ISSS is still Processing Requests**

Yes, we are open and processing requests from our remote location. All requests that require us to send you original documents will require you to pay the mailing fee at time of submission. Due to the circumstances ISSS has pushed our processing time to 10 business days. When [submitting your request](#) please consider the 10 business day processing timeline and the time it will take for us to mail your request to you. ISSS cannot email I-20s or DS-2019s.

### **Graduating and Applying for Optional Practical Training (OPT)**

Students who are graduating in May 2020 will want to submit their [OPT request](#) to ISSS via our [online submission form](#). Before you can apply for OPT you will need to complete one of our [OPT workshops](#). All workshops will be offered over Zoom and you will receive the Zoom information one day before the workshop. When selecting your OPT start date keep in mind that USCIS has already announced that they are closing some of their services and applications may be delayed. ISSS recommends picking a later start date. Remember that your OPT application needs to be mailed to USCIS from within the US.

### **Self-Care:**

This is an uncertain time and it is important to take care of yourself. If you experience additional stress or anxiety you should seek professional assistance. The USF Counseling and Psychological Services office (CAPS) is open, fully staffed, and ready to assist you with counseling and psychological needs. You are encouraged to contact CAPS at (415) 422-6352 to arrange therapy via HIPPA-secure video-conference or telephone during this time. Please review the [CAPS myUSF homepage](#) for a list of additional resources available to support your health and well-being, including a number of in-person help centers and 24/7 hotlines available to you. CAPS has also added [this page](#) for managing stress related to the coronavirus. Additionally, if you or anyone you know experiences coronavirus related bias, please let us know and [report it to BERT](#).

### **Graduation Ceremony Postponed but Your I-20/DS-2019 End Date is the Same**

The USF President announced yesterday that the graduation ceremony would be postponed and we would receive more updates in April. If you are completing all degree requirements this Spring 2020 and planned to walk in the graduation ceremony please note that the delay of the ceremony does not impact your I-20 or DS-2019 program end date. Those who complete their degree in Spring 2020 will still have a 60 grace period from the end date of the semester.

We know that all the changes in the past week can be overwhelming. We want to keep you informed and are here to support you. Please take care of yourself and let us know if you need anything.

Warm regards,  
Marcella Pitcher DeProto  
ISSS Director