



WEEKLY UPDATE – Mar. 30

ISSS Office Updates, COVID-19

For those in the San Francisco Bay Area and for those of you who have departed the US or are on your way home, our office hopes you are safe and settling into the pace of life. We know that this is a challenging time for students. Please know that the health and well being of our students is our top priority and we are here to support you through this transition. Check out some tips below to maintain your mental and physical health. Be well.

IMMIGRATION INFORMATION AND DEADLINES

Filing Your Taxes

It's important to be aware that, as a nonresident student in the US, you are legally required to file a tax return if you received US income during 2019. **Even if you didn't work or receive income in the US in 2019, you're still obliged to file a Form-8843 with the IRS.**

University of San Francisco has arranged free access to **Sprintax Tax Preparation** for you. Sprintax will guide you through the tax preparation process, arrange the necessary documents, and check if you're due a tax refund. Please follow the steps below.

1. **Register and follow the simple instructions**
2. Complete the online questionnaire
3. Enter your unique code **SpTx2019USF501F** in the box on the 'Review your order' page
4. Sprintax will prepare your tax return

Once you complete the preparation process in the Sprintax software, you must print, sign, and mail your documents to the IRS. If you have any questions, the Sprintax team will be happy to help via their 24/7 live chat facility. Check out their blog to learn **how to file your nonresident tax return outside of the US.**

We offer **tax workshops** to help you understand your US tax filing requirements for non-residents. Our next workshop will be Friday, April 3 from 1–2:15 p.m. and will be conducted via Zoom. Please **register for the workshop »**

Maintaining Your F-1 Status

The last day to drop courses or withdraw from a course is Monday, April 6. As a reminder, F-1 students must be enrolled full-time unless approved by ISSS for a reduced course load.

- Full-time status for undergraduate students is 12 or more units.
- Full-time status for graduate students is 6 or more units.

For the Spring 2020 semester it is fine for international students to take all of their classes online, however, you still need to maintain your full number of units to maintain your status. If you have questions about dropping or withdrawing from a course and are unsure of how it would affect your status, please contact your ISSS advisor. **See the Full Academic Calendar »**

Please note that USF is monitoring the situation to decide if any summer or fall classes should be online. This has not been decided yet and we will let you know as soon as we have more information.

EVENTS AND WORKSHOPS



Practice Mindfulness

During these unprecedented times, it's important to prioritize your mental and spiritual health. Check out free mental health and wellness apps like **Headspace**, which offers a library of guided meditations, or **Ten Percent Happier**, which has guided meditations, coronavirus-focused sessions, and a daily virus-focused livestream and Q&A. **University Ministry** is also offering resources, inviting students to use their online **Prayers and Devotional Tools.**



Stay Active

Looking for ways to stay active amidst the start of online classes and social distancing? Start by taking free online fitness classes from the comfort of your own home! Stretch with **Purusha Yoga**, strengthen your core with **CorePower Yoga**, or learn a new dance routine with **Steezy Studio**. Can't decide on a workout? Browse over 2,000 free video and audio workouts from top studios around the world on **ClassPass!**



Cafe International

How are you holding up with the many changes related to COVID-19? Join Cafe International this week for a stress-free, virtual coffee break with other international students to chat about your experiences and recharge your batteries. This virtual Cafe International will take place on **Tuesday, March 31 from 7–8 p.m. PDT.** All are welcome! Please **RSVP to this event »**



Career Services

Workshops

Looking for a summer internship? **Career Services Center** is offering two Zoom workshops to help you land a job! First, they'll host Getting Hired with No Experience, where they'll provide valuable tips on how to get a job or internship with minimal relevant experience on your resume. This workshop will take place on **Thursday, April 9 from 11:45 a.m.–12:45 p.m.** They'll also host How to Get a Job in 20 Minutes that will inform students how to use Handshake to find opportunities and prepare a resume that catches the recruiter's eye. It will take place on **Tuesday, April 14 from 12–2:30 p.m.** **Register for a workshop »**

ISSS OFFICE RESOURCES

Requesting a document from ISSS?

If you are requesting an immigration document or letter from our office, remember that we request **ten business days** to process requests. Make sure you plan accordingly so you have enough time to receive your document before you need it. **You can also make some document requests through an online submission.**

Adviser Appointments and Workshops

Appointments can be made online. Please visit the **ISSS website** to schedule an appointment. Appointments are still booked in 30-minute increments.

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