



WEEKLY UPDATE – April 6

## ISSS Office Updates

For those in the San Francisco Bay Area and for those of you who have departed the U.S. or are on your way home, our office hopes you are safe and settling into the new pace of life. We know that this is a challenging time for students. Please know that your health and well-being is our top priority and we are here to support you through this transition.

### IMMIGRATION INFORMATION AND DEADLINES

## Apply for OPT!

If you are an F-1 student graduating in May 2020, you may want to consider applying for **Optional Practical Training (OPT)**. OPT is a 12-month work authorization benefit that allows students to work in the U.S. in a job related to their field of study.

Students can apply as early as **90 days** before their program end date. Students are encouraged to apply early, as doing so allows for more flexibility in choosing work start dates. Before you can apply for OPT, you must attend an OPT workshop. Visit **the OPT page of the ISSS website to register for a workshop**. All initial OPT questions can be answered during the OPT workshop. Please refer to the top of the **OPT website** to find some important information about applying for OPT in light of COVID-19.

### EVENTS AND WORKSHOPS



## Food Resources

During this period of uncertainty, the office of the Dean of Students is committed to supporting students who may be facing food insecurity. Please refer to **their website**, which was created to provide students with food options in their respective areas. The page also features delicious recipes that will satisfy your appetite and help you save some money!



## Student Leadership and Engagement

Want to keep up to date with student life? The **Activity Time** podcast is bringing you updates, interviews, and moments of mindfulness. *Activity Time* is produced by the SLE Marketing Team, released every Tuesday at 11:45 a.m., and will be available online anytime.



## 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, April 7 from 7–8 p.m. PDT**. All are welcome! Please **RSVP to this event »**



## Center for Academic Student Achievement

Remember that **CASA** is committed to empowering students to achieve their academic goals. They remain open and ready to assist students in a remote environment. Connect with CASA through **Zoom, email**, leave a voicemail, or book appointments.

## 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.

### Connect with ISSS through Facebook »

Join the conversation **#USFCA**







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