



WEEKLY UPDATE – Sept. 7

## OFFICE HIGHLIGHT

### Health Promotion Services

While the university remains in an online format this semester, **Health Promotion Services (HPS)** is still open and committed to fostering a vibrant and safe learning community. HPS offers a full range of services dedicated to promoting the health and wellness of the USF student body. Check out what's new in their office as well as helpful services available to students below.

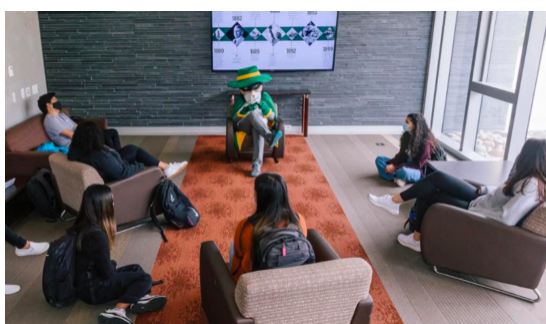
- **Educational Offerings** - HPS is offering a new lineup of virtual health and wellness events for you to participate in the coming weeks. **See what they're doing this fall semester.**
- **Appointments** - You can schedule a Zoom appointment with HPS staff. **Schedule your appointment online.**
- **Health Insurance** - Students on the USF-endorsed student health insurance through Aetna can phone or video chat with a doctor 24 hours a day using **Teladoc**, free of charge. Note that all USF students, regardless of insurance coverage, can use the **Student Health Clinics.**

## EVENTS AND WORKSHOPS



### OPT Workshops

If you are an F-1 student graduating in December 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 a workshop. Visit the OPT page of the ISSS website to **register for an online workshop »**



### Random Acts of Wellness

With COVID-19 changing the way we live, Random Acts of Wellness hopes to bring students closer to their wellness goals as they navigate their new normal. Hosted by HPS, Random Acts of Wellness will provide a space for students to de-stress, learn new ways to practice wellness, and provide tips to improve their health. The first event of the series will take place on **Sept. 10 from 11:45 a.m.–12:45 p.m.** **Register for this event »**



### Cafe International

How did your summer go? How are you doing with all the changes related to COVID-19 and the fall semester? Come to the kick-off of our Cafe International in the fall semester to enjoy a stress-free, virtual coffee break and chat about food, music, pop culture, and anything and everything to help you recharge. **RSVP for the event »**



### Recreation Sports Fall Challenge

Share your hobbies, passions, and interests with Koret Rec Center! Submit a photo or video via **@usfkoret** DM. All submissions will be entered into a weekly raffle drawing! **Find out more on their website »**

## 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 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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