Immigration Update - Authorized Period of Stay
On Sept. 25 the US government published a proposed rule to change the length of authorized stay for international students. Before this rule was just proposed and will not go into effect until the rule is finalized on Jan. 29. For now, ISSS will continue to operate our normal procedures. Under the new rule, F-1 and J-1 nonimmigrants will be required to register with the US Department of Homeland Security every 12 months for the duration of their stay if they are studying in the United States. If the rule is finalized, it will become a regulation.

This proposed rule has serious implications for students, scholars, and legal representatives to represent this issue. We hope the rule will be altered to respect the time and standards of action. To be removed from the Center for Global Education mailing list, please follow the unsubscribe instructions at the bottom of this email.

A Season for Self-Care
This weekend: ISSS encourages all of us to take extra time to focus on our physical, emotional, social, or psychological well-being. Here at the University of San Francisco, we want to remind students to focus on their health; physical, social, psychological, or spiritual. The university is offering a variety of resources that will help you navigate your own self-care this semester. In addition, CAPS' All Hours "warmline" can continue to provide support through phone calls, online chats, email, and text messages. Studying anxiety, loneliness, college adjustment, relationship struggles, and other concerns not requiring medical intervention. All students are invited to join CAPS' online Anxiety Toolbox workshop series and access our extensive website resources. In addition, CAPS' All Hours "warmline" can continue to provide support through phone calls, online chats, email, and text messages. This semester, ISSS encourages all of us to take extra time to focus on our physical, emotional, social, or psychological well-being. Here at the University of San Francisco, we want to remind students to focus on their health; physical, social, psychological, or spiritual. The university is offering a variety of resources that will help you navigate your own self-care this semester. In addition, CAPS' All Hours "warmline" can continue to provide support through phone calls, online chats, email, and text messages.

Counseling and Psychological Services (CAPS)
Counseling and Psychological Services (CAPS) is a great source of support for issues of sadness, anxiety, loneliness, college adjustment, relationship struggles, and other concerns not requiring medical intervention. All students are invited to join CAPS' online Anxiety Toolbox workshop series and access our extensive website resources. In addition, CAPS' All Hours "warmline" can continue to provide support through phone calls, online chats, email, and text messages.

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