



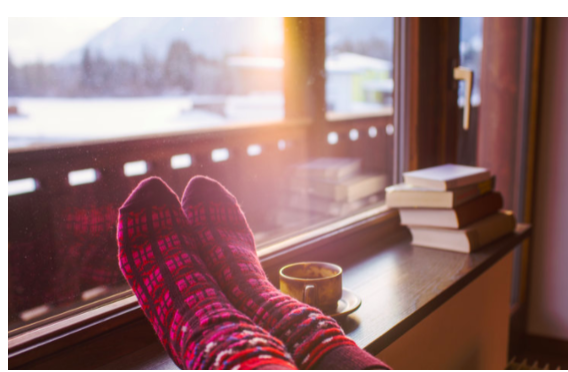
WEEKLY UPDATE – Sept. 28

Immigration Update - Authorized Period of Stay

On Sept. 25 the US government **published a proposed rule** to make changes to the length of authorized stay for international students. **Since this rule was just proposed and in the comment period, it is not final and currently has no impact on your immigration status.**

Under the current regulations, international students on F or J visas can stay in the US as long as they are maintaining their status. Under the new rule, if finalized, international students will have to be aware of when their authorized stay ends and apply for an extension of their stay if needed. ISSS would support international students through these applications and assist you in tracking when you need to file if this proposed rule becomes a regulation.

We expect in the coming weeks for universities, businesses, and legal rights advocates to oppose this rule and challenge it with legal action. ISSS will communicate with you as more information becomes available and explain how the changes will impact you.



A Season for Self-Care

This semester, ISSS encourages all of our students to dedicate some time to prioritize their health; physical, social, psychological, or spiritual. The university is offering a variety of services to help you navigate your own self-care and learn the best ways to stay healthy. Please know that your well-being is

our top priority and we are here to support you in any way we can. Check out some self-care tips below and be well this semester!

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 **workshop series**, including the three-session **Anxiety Toolbox**. You can request a consultation or referrals and access our extensive website resources. In addition, CAPS' All Hours "warmline" can be contacted by calling **(855) 531-0761**, or students can use the peer-led Crisis Textline by texting HOME to 741741. **Learn more about CAPS programs and services on their website »**



R.E.M.O.T.E. Workshop

During this time of remote learning and working, we must learn to become adaptable in our new environments and surroundings. That's why **Health Promotion Services** is hosting a new workshop about the six essential actions (R.E.M.O.T.E.) for thriving in our environments. Topics will include how to use adversity to your advantage, how to focus on your "controllables" and how to avoid the negative hypothetical traps. The online event will take place on **Tuesday, Sept. 29, from 11:45 a.m.–12:45 p.m.** **Learn more on the HPS website »**



UM Self-Care Mini Retreats

This semester, **University Ministry** is hosting a series of self-care retreats! These mini-retreats will foster learning around how to care for yourself, and leave you feeling renewed and refreshed! These retreats are open to USF students, faculty, and staff. The next retreat's topic will be *Overcoming Fear* on **Wednesday, Oct. 21, 12:15–1 p.m.** and the third and final retreat will take place on **Wednesday, Nov. 18, 12:15–1 p.m.** and will focus on *Gratitude*. **Learn more on the UM website »**



Stranger in the Shogun's City

Join the USF Center for Asia Pacific Studies for a book talk that presents a lively introduction to the social history of the great city of Edo (now Tokyo) in the first half of the nineteenth century, focusing on the unconventional life of a woman named Tsuneno. Amy Stanley, a professor of history at Northwestern University will guide this online book talk on **Tuesday, Sept. 29 from 5:30–6:45 p.m.** This event is free and open to the public. **Register for this event »**



Mid-Autumn Festival

The Mid-Autumn Festival is one of the largest festivals in mainland China and East Asia. This festival began as a celebration of the moon and has a tradition of deity, but it is also a time to reconnect with family members. Many traditions of the Mid-Autumn Festival are centered around family reunion and happiness. This celebration begins on the 15th day of the eighth month on the Chinese lunar calendar. It will take place on Thursday, Oct. 1. Be sure to enjoy this event and celebrate safely this year!

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.

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