



WEEKLY UPDATE – Oct. 12

While USF students who are in the U.S. on a student visa should typically be funded by a sponsor or other means indicated at the time of the admission and visa application, sometimes situations arise where there is a need for additional funds during your study. Due to the uncertainty of the COVID-19 pandemic, we have **resources available to international students** who are currently in the U.S. on a student visa.



First, in some situations, international students may consider taking out a private loan or applying for scholarships outside of the university. The **Office of Financial Aid** can help you search and apply for scholarships and private loans. Their website also outlines some of the **private loan** and **outside scholarship** options for international students. Please note that private loans require that students have a U.S. citizen or permanent resident co-sign for the loan. Note that ISSS does not endorse any loan companies and students considering loans should be sure they fully understand the terms.

Finally, the Office of the Dean of Students provides resources for students who may be experiencing **basic needs** challenges such as food and housing. Some emergency funds are available to undergraduate and graduate students who are unable to meet immediate, essential expenses due to a temporary hardship related to an emergency situation that may jeopardize their health, safety, and/or academic performance. If you would like to discuss options in more detail, please reach out to the **Office of the Dean of Students**.



Managing finances can be challenging, especially on a student budget. Financial stress may compromise your ability to focus in the classroom and negatively affects your mental and physical health. With the increasing costs of college and the rise in student debt, it is imperative students gain skills to manage finances while attending college. **Health Promotion Services (HPS)** understands this additional stressor for students and has compiled a **list of resources**, including the **Mint App**, to help you navigate budgeting and maintain your own financial wellness.



USF's food pantry is continuing its operation this semester. The goal of the pantry is to serve as a short-term resource for students who have limited or uncertain access to a sufficient quantity of food. The pantry is available to all currently enrolled USF undergraduate and graduate students. Students are not expected to pay for items from the pantry. Students can **complete the food pantry request form** on the website or visit the **food insecurity resource page** for alternative food resources.



The Center for Asia Pacific Studies is hosting a book talk by E.J. Koh, author and poet. Koh will discuss her book *The Magical Language of Others*, a powerful and aching love story in letters, from mother to daughter. The memoir weaves a profound tale of hard-won selfhood and our deep bonds to family, place, and language. This event will take place on Tuesday, Oct. 13 from 5:30–6:45 p.m. via Zoom. It is free and open to the public. Registration is required. [Read more and register for](#)



The Off-Campus Living (OCL) department has launched a new drop-in yoga series titled, *Rest & Restore: Mind Body Practice*. In this program, the instructors focus on rebalancing the nervous system from overabundances of stress and/or experiences of trauma. They use restorative practices of yoga, pilates, and optional discussion time to create a supportive healing and justice-centered space. This series takes place on Wednesdays from 7–8 p.m. with optional discussion time from 8–8:30 p.m. [Learn more about the program](#)

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**

Appointments can be made online. Please visit the **ISSS website** to schedule an appointment.

Connect with ISSS through Facebook »



CHANGE THE WORLD FROM HERE