Financial Wellness

Managing finances can be challenging, especially if you struggle to make ends meet. Financial stress can compromise your ability to focus in the classroom and negatively affect your mental and physical health. With the increased costs of college and the rise of student debt, it is important to be able to manage finances wisely while attending college. Health Promotion Services (HPS) understands this additional stressor for students and has compiled a list of resources, including the Micro Loan Program, to help you navigate budgeting and maintain your own financial wellness.

Student Food Pantry

USF food pantry is on-campus and available to all currently enrolled USF undergraduate and graduate students. USF's food pantry is to serve as a short-term emergency food resource for students who have limited access to or unable to meet basic food needs. Students are not expected to pay for food. To complete the food pantry request form visit the [food insecurity resource page](https://www.usfca.edu). Please visit the Student Food Pantry webpage for more information.

Appointments are still booked in 30-minute increments. Please visit the HPS website to schedule an appointment. 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

Adviser appointments can be made online. Please visit the ISSS website to schedule an appointment. Adviser appointments are available at several locations.

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