



WEEKLY UPDATE – March 8

Healthy Living

This week, we are focusing on healthy living by highlighting departments, events, programs, and services that can assist you in navigating your physical health. As always, if you have any immigration questions or concerns please reach out to ISSS by **email** or **make an appointment with your ISSS adviser online**.

Health Promotion Services

Health Promotion Services (HPS) is 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 spring semester.**
- **Appointments** - You can schedule a Zoom appointment with an HPS staff member. **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**.



CBSI Speaker Series

The China Business Studies Initiative (CBSI) is hosting a webinar series titled, **Saving Lives and Livelihoods: How will Moderna's COVID-19 vaccine change the course of the pandemic?** The event will feature keynote speaker, Dr. Michael Rosenblatt, the Flagship Pioneering senior partner and will take place on **Tuesday, March 23 from 3–4 p.m. PT. Register »**



USF Food Pantry

The **USF food pantry** will be operating during the spring 2021 semester. The pantry is available to all currently enrolled USF undergraduate and graduate students. Students are not expected to pay for items from the pantry. If students are in close proximity to San Francisco, in need of pantry resources, and have the ability to come to campus, they can complete the request form online. **Learn more »**



H1-B Workshops

Are you interested in learning about your options to remain in the U.S. after you complete your studies? At this workshop, a local immigration attorney will present information on employment options for F-1 students after the completion of their programs. The workshop will take place via Zoom on **Tuesday, March 9, 5–6:30 p.m. PT. Register for the event »**



University Ambassadors

The Office of Undergraduate Admissions is hiring their next cohort of university ambassadors! They are recruiting current undergraduate students from all majors, minors, interests, and backgrounds. Interviews will be conducted throughout the month of March and training will begin in mid to late April. Note that Work Study eligibility is *not* a requirement to apply. **Learn more and apply »**

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 submit a request online.**

Adviser Appointments and Workshops

Appointments can be made online. Please visit the **ISSS website** to schedule an appointment. Appointments are still booked in 15-minute increments.

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