



WEEKLY UPDATE – March 29

## ***Cura Personalis, Anti-Asian Racism and Solidarity***

When we talk about values at USF, what we're really talking about is who we are and what's important to us. The Jesuit hallmark of *cura personalis*, or care for the whole person, describes the respect we have for each person's intellectual, physical, and spiritual health and autonomy. Every day our Jesuit mission invites our community to intentionally prioritize this value.

As we care for the whole person, we are called to examine anti-Asian racism with the recent troubling increase of harassment, hate speech, and racist acts directed at Asians, Asian Americans, and Pacific Islanders (AAPI) in the United States. ISSS strongly condemns such violence and stands in solidarity with those in our community who have experienced harassment and racist acts.

If you experience or witness hate within our community, it's important to report it to USF's **Bias Education and Resource Team (BERT)**. BERT is a university-wide team that works to gather information about bias incidents and supports those individuals who have witnessed, or themselves have become a target of, an act of bias. There are also many external resources to report incidents. **StopAAPI Hate**, for example, provides **safety tips for those experiencing or witnessing hate**. This information is provided in English, Chinese (traditional), Chinese (simplified), Korean, Vietnamese, Japanese, Tagalog, Thai, Hmong, Punjabi, Hindi, Bengali, and Nepali.



Please see below for some additional USF resources and external events. Our office is committed to supporting you on your personal, educational and professional journey in the United States. Please do not hesitate to reach out to our team with questions or concerns.



## **CAPS Drop-in Support**

**Counseling and Psychological Services (CAPS)** is offering two weekly drop-in spaces for Asian American, Asian Pacific Islander, and intersectional identities seeking support around Anti-Asian discrimination and violence. Join CAPS clinicians virtually in a safe, supportive environment and connect with other students. Students are encouraged to attend once or join weekly as they see fit. The sessions will take place on Tuesdays beginning March 30 from 12:15–1 p.m. and on Wednesdays beginning March 31 from 5:15–6 p.m. **Register to attend »**



## **Bystander Trainings**

U.S. based organizations, **Hollaback!** and **Asian Americans Advancing Justice (AAJC)** have partnered to adapt free bystander intervention and de-escalation trainings. These one-hour trainings will teach attendees five strategies for bystander intervention: distract, delegate, document, delay, and direct; as well as how to prioritize your own safety while intervening. You'll learn how your identities can shape your experience of harassment and the impact that harassment has on you and your community as a whole. **Register to attend an event »**



## **Faculty-Student Roundtable**

The Faculty-Student Roundtable is a new forum for faculty and students to reflect on emerging dynamics in the classroom and discuss shared questions and goals as we face an evolving learning landscape. These roundtables aim to foster dialogue and deeper understanding across the university community as we face the challenges to come. **See upcoming dates below and register to attend »**

**April 7:** Maximizing Engagement Despite Digital Distance

**April 21:** Creating Community in a Virtual World

**May 5:** Wrap-up and Discussion of Next Steps



## **Cafe International**

Cafe International is a community space for international students to make friends and learn to live in the multicultural USF campus. It often features representatives from university departments and student organizations who share information about academic life, career development, campus resources, and student activities, as well as cultures and identities represented by our international students. This semester, these events will take place every second and fourth Sunday of the month from 7–8 p.m. PT. **Register for an event »**

## **ISSS OFFICE RESOURCES**

### **Requesting a document from ISSS?**

If you are requesting an immigration document or letter from our office, remember that we request **10 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 make 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 15-minute increments.

### **Connect with ISSS through Facebook »**

Join the conversation **#USFCA**



**UNIVERSITY OF SAN FRANCISCO**  
International Student and Scholar Services

(415) 422-2654  
**USFCA.EDU**  
**DIRECTIONS**  
**CONTACT US**

CHANGE THE WORLD FROM HERE