



WEEKLY UPDATE – Nov. 29

End-of-Semester Reminders

As you wrap up your fall courses, our office wants to share a few end-of-semester reminders. As always, please **email our office** with any questions or concerns. Wishing you luck as you prepare for your final exams!

Program End Dates

Reminder that all F-1 students are responsible to complete their program on time. Failure to complete your studies at USF before your I-20 program end date is considered a violation of your F-1 student status. Please note that the program end date listed on your I-20 also signifies the end of any student employment positions on campus. If you will not be able to complete your degree requirements by the program end date on your I-20, please **make an appointment with your ISSS adviser** to discuss your eligibility for an extension of your stay in the U.S. If you are eligible for an extension of your program, your request must be submitted at least ten business days prior to your I-20 program end date. **View additional information »**



OPT Reminders

If you are an F-1 student graduating in fall 2021, you may want to consider applying for **Optional Practical Training (OPT)**. OPT is a 12-month work authorization benefit that allows students to work in the U.S. in a job related to their field of study. Students can apply as early as **90 days** before their program end date. Students are encouraged to apply early, as doing so allows for more flexibility in choosing work start dates. Before you can apply for OPT, you must attend a workshop. Visit the OPT page of the ISSS website to register for an online workshop. Reminder that students on OPT are eligible to purchase the USF student health plan per semester for up to one academic year. To determine eligibility, please **submit a request** to voluntarily purchase the USF student health plan. For questions **contact Health Promotion Services**.



H-1B Workshop

Are you interested in learning about your options to remain in the U.S. after you complete your studies? At this H-1B workshop, a local immigration attorney with extensive experience working with international students will present information on employment options for students beyond their F1 or J1 visa. This presentation will take place on **Wednesday, Dec. 1 from 5:30–6:30 p.m.** and will focus on the H-1B work visa. All current international students and those on OPT and STEM OPT are invited to attend the Please **register for the workshop**. After registering to attend, you will be provided the Zoom link. The event will be recorded and shared with all of the participants after the workshop. **More information »**



Wellness Checks

The **Health Promotion Services (HPS)** department is offering resources to support student wellness. Wellness is defined as the optimal state of health and refers to a person's ability to live life to its fullness. All students can take the **wellness check**, a confidential assessment tool that can help you figure out different areas you can improve to achieve whole body health and wellness. After you take the wellness check, you can schedule a wellness coaching appointment. **Learn more and register »**



Hanukkah Wishes

Our office wishes all students observing a happy Hanukkah! Often referred to as the "Festival of Lights," Hanukkah is celebrated for eight days and nights, starting on the 25th of the Jewish month of Kislev. For eight nights, families say prayers and then light candles in an eight-branched candelabra called a menorah. Most families also serve special holiday foods, sing songs, play games, and give gifts. This year, Hanukkah will be celebrated **Sunday, Nov. 28–Monday, Dec. 6**.

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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