Spiritual and Psychological Care

This week’s newsletter focuses on spiritual and psychological care and resources below from University Ministry and Counseling and Psychological Services. If you have questions related to immigration, you can email ISSS or make a Zoom appointment with your ISSS adviser.

University Ministry
The University Ministry team supports students in developing a robust life of faith and commitment to justice, which is the hallmark of Jesuit education. All of their programs are open to USF community members of all beliefs, identities, and traditions. All are welcome. Please see some upcoming offerings and regular programming sponsored by their department below and on their website.

- Meditation Mondays: Take time out of your busy days to find inner calm and awareness at the start of each week. Sessions will be on Zoom. Learn more »
- Breathing Room and the Brain: Join UM for a self-discovery journey to explore the intersectionality between different spiritual traditions and LGBTQIA+ identities. This group meets every Thursday in the University Ministry Romero Room. Learn more »
- Interfaith Student Community: Learn about building community among faith traditions and solitude for an inclusive campus. Learn more »

Counseling and Psychological Services
USF’s Counseling and Psychological Services Center (CAPS) is a great source of support for issues of anxiety, depression, loneliness, college adjustment, relationship struggles, and other concerns not requiring medical intervention. All students are invited to join CAPS’ online workshops! In order to access consultation services, please visit the location below. Learn more about CAPS programs and services on their website »

- Located outside of California: Students outside of California, including in another country, can utilize the CAPS consultation services (not ongoing therapy), located outside of California, including in another country, can utilize the CAPS consultation services (not ongoing therapy), by calling +1(855) 531-0761.
- Located in California: Students located in California are able to utilize any CAPS services. You can also make an appointment by calling (415) 422-6352.

Fall Break Activities
Looking for an affordable adventure for the upcoming Fall Break? Koret Recreation Sports is a fun way to explore the unique offerings of the Bay Area! Important dates for current USF students include: Santa Cruz Beach Boardwalk, Aquarium of the Bay on Oct. 28, and Alcatraz Tour & Fisherman’s Wharf. These events are open only to current USF students and online registration is required. Sports in Center and registration open Monday, Oct. 11 at 10 a.m. To request accommodations or additional information, send Koret an email »

- Looking for more to do? Check out this list of local activities from SLE »

Connect with ISSS through Facebook »

Requesting a Document from ISSS
If you are requesting an immigration document or letter from our office, remember that we need 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 scheduled in 30-minute increments.

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Cafe International
Cafe International is a community space for international students to make friends and to live in the multicultural USF campus. These events take place on Tuesdays from 4:30-5:30 p.m. at the waterfront and the next event will be tomorrow Oct. 12. Come and enjoy a stress-free coffee break and chat about food, music, pop culture, and anything else you would like to exchange narratives about experience. Learn more »