



WEEKLY UPDATE – Feb. 6

Safety in the U.S.

Our office wants to make sure that your educational journey in the U.S. is safe and healthy, allowing you the space to learn and grow. In this week's newsletter, we're focusing on some important safety reminders for international students. As always, please **reach out to our office** if you have any questions or concerns.

Emergency Procedure Resources

In light of recent events in California, we urge students to be proactive in preparing themselves for emergency situations on and off campus. It's always important for students to be alert of their surroundings, so they can recognize signs of danger. Learn more by looking through the resources below:

Campus Resources

- Public Safety: **Emergency and Disaster Preparedness Plan**
- Sign up for **Dons Alert**: A system that allows the USF's Department of Public Safety to send emergency notifications to the USF community.

City Resources

- SF Safe: **Personal Safety**
- SF72: **Hazards**
- Sign up for SF Alerts: Text your zip code to 888-777 or visit **Alert SF**

All international students should keep their emergency contact information up to date.

Counseling and Psychological Services

Students seeking support are welcome to call CAPS any time at **(855) 531-0761** to talk to a counselor. To get connected with CAPS therapy services, you can call **(415) 422-6352** during business hours. We encourage you to stay connected with friends and loved ones and engage in extra self-care. Staff or faculty seeking additional support may utilize the Employee Assistance Program via CONCERN, which is accessible 24/7 by calling **(800) 344-4222**.

Tips for Recognizing Fraud and Scams

International students and visitors can be targets of crimes because they are less familiar with the area. These incidents are random, and with some knowledge and awareness, can often be avoided. A scam is when a person or persons try to get you to give money under false pretenses (a lie). It can also be called fraud. The most common scams include someone claiming to be from:

- A U.S. law enforcement agency (police, FBI, Department of Homeland Security, etc.)
- The IRS (U.S. tax department)
- A company offering a job
- A person offering an apartment or housing
- Someone on social media who you do not know (including on WeChat, Facebook, LinkedIn, etc.)

If you ever have any questions or concerns about the communication you receive, get the caller's name and contact details, then call or email ISSS. We can assist students in identifying potential scams and responding to any legitimate communication from a U.S. government official.

Learn more about safety and scams on the ISSS website »

Public Safety

The **Department of Public Safety** ensures a safe learning, working, and living environment at the University of San Francisco. Their office provides information on **crime prevention and tips for staying safe**. Public Safety suggests keeping phones and valuables out of sight, and avoiding wearing headphones when walking around. Being aware and vigilant allows you to pick up on subtle signals that warn you to be cautious and be able to react quickly. Stay safe and trust your instincts!

Learn more about ways to stay safe on their website »

Campus Jobs and Workshops



Handshake Workshop

Job search dos & don'ts: International Students Edition

Featuring Anson Tan, President, International Student Association

Friday, Feb. 10 | 10–10:45 a.m. PST | Register now »



Fitness for Busy Dons Workshop

Join HPS to learn about the benefits of physical activity for busy students, including improved mental health, sleep, and focus, as well as easy ways to contribute to your daily physical activity goal. Their team of certified peer health educators will share tools to help you identify realistic goals that will help you get started on, or continue, your fitness journey.

Wednesday, Feb. 8. | 5 p.m. | Register here »



Conference Assistant Position

The **Department of Languages, Literatures, and Cultures** will be hosting a conference from July 14–16. They are in need of a conference assistant to assist the program assistant in preparing and executing the conference. This position will only be until the end of July 2023.

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. All ISSS requests should be submitted through the **MyISSS student portal** (select the home icon, site home and then requests on the left-hand menu). You can view our **MyISSS Student Handbook** for assistance with your 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. To schedule a workshop, select workshops from the first menu option in our scheduler. Students must complete an OPT workshop before applying for OPT.

Connect with ISSS through Facebook »

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UNIVERSITY OF SAN FRANCISCO
International Student and Scholar Services

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