Health and Wellness

Campus Jobs and Workshops

Fitness for Busy Dons Workshop
Join SF72 and have the best professional fitness routine by setting goals, including easy ways to contribute to your daily physical activity, ways to stay physically active, and fun ways to stay physically active in your everyday life. The session will help you identify realistic goals, as well as easy ways to contribute to your daily physical activity.

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

Conference Assistant Position
The Department of Languages, Literatures, and Cultures (LWC) at USF is seeking qualified candidates to fill a Conference Assistant position at the Office of International Student Services. The primary responsibilities include the following:

- Support the department in the planning, organization, and implementation of academic and cultural events.
- Assist in the development of marketing and promotional materials.
- Coordinate with speakers, vendors, and participants to ensure smooth event execution.

Salary: $16.50 (subject to adjustment based on qualifications and experience)

Apply here »

ISSS Office Resources

Requesting a Document from ISSS
Requesting a document from ISSS is easy. Simply fill out an issue request form and email the completed form to an email address listed in the left-hand menu. You can view our request tracking system, MyISSS, at the ISSS website (select the home icon, site home and then requests on the left-hand menu). You can view our request tracking system, MyISSS, at the ISSS website (select the home icon, site home and then requests on the left-hand menu).

Contact us through Facebook »

PALS Safety

Tips for Recognizing Fraud and Scams
Tips for Recognizing Fraud and Scams are available at the ISSS website. Scammers may utilize the Employee Assistance Program via CONCERN, which is accessible 24/7 by calling (800) 344-4222.

Tips for Recognizing Fraud and Scams include:
- Identifying potential scams and responding to any legitimate communication from a U.S. government official.
- A common scam is someone claiming to be in crisis and asking for money under false pretenses (a lie). It can also be called fraud.
- Familiar with the area. These incidents are random, and with some knowledge and awareness, you can pick up on subtle signals that warn you to be cautious and be able to react quickly. Stay safe and trust your instincts!

The SF Department of Public Safety encourages 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 about safety and scams on the ISSS website.

Learn more about safety and scams on the ISSS website.

Learn more about ways to stay safe on their website.

Fitness for Busy Dons Workshop
Join SF72 to learn about the benefits of physical activity for busy students, including easy ways to contribute to your daily physical activity, ways to stay physically active, and fun ways to stay physically active in your everyday life. The session will help you identify realistic goals, as well as easy ways to contribute to your daily physical activity.

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