



WEEKLY UPDATE – Oct. 17

Spiritual and Psychological Care

This week's newsletter focuses on spiritual and psychological care and includes resources below from University Ministry and Counseling and Psychological Services. As always, if you have questions related to immigration, you can **email ISSS** or **make an 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 faiths, beliefs, and identities. 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 every week. Sessions will be on Zoom.
- **Breaking Bread and the Binary:** Join UM on 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.
- **Interfaith Student Community:** Learn about building community among faith traditions and advocate for an inclusive campus.

[Learn more about UM's upcoming events »](#)

Counseling and Psychological Services

USF's **Counseling and Psychological Services Center (CAPS)** is a great source of support for issues of sadness, anxiety, loneliness, college adjustment, relationship struggles, and other concerns not requiring medical intervention. For the fall 2022 semester, CAPS continues to offer teletherapy services and remote workshops via confidential video or phone to USF students currently enrolled in classes and residing in California. **Learn more about their services here »**

CAPS All Hours: Free, Reliable Consultation Service 24/7

CAPS All Hours is available to you for free! When you call their All Hours line at **(855) 531-0761**, you will be connected with a professional therapist. This line is available to serve on-campus USF students.

Additionally, all students are encouraged to take a look at **CAPS' Self-Help & Resources** — a selection of podcasts, videos, articles, and more. The resources listed on this page are CAPS staff favorites. Check them out and explore their other resources for managing stress, sleep, and much more!



Outdoor Adventure Program

Looking for an affordable adventure? Join Koret Recreation Sports for a fun trip to explore the unique offerings of the Bay Area! Trips for current USF students include: SF 49ers game (vs. KC Chiefs), Great America: Tricks and Treats, disco roller skating, and more! These events are open *only* to current USF students and **online registration** is required. Space is limited. To request accommodations or additional information, **send Koret an email »**



Culturescape: Tickets Presale

With 38 years of history, ISA has been the student club that organizes the highly anticipated annual event, Culturescape! It is a celebration of cultural diversity with performances and cuisines from the various cultural clubs that call USF home. Save the date for Friday, Nov. 11 at 6 p.m. in McLaren Conference Center. **Buy tickets »**

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** (go to **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 30-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.

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