



WEEKLY UPDATE – Oct. 04

Finance and Budgeting

This week, we are focusing on finance and budgeting. Please review USF's **resources available to international students** within this newsletter, and as always, if you have any immigration questions or concerns, please reach out to ISSS via **email** or **make an appointment with your ISSS adviser** online.

Office of Financial Aid

While USF students who are in the U.S. on a student visa should typically be funded by a sponsor or other means indicated at the time of the admission and visa application, sometimes situations arise where there is a need for additional funds during your studies. In some situations, international students may consider taking out a private loan or applying for scholarships outside of the university. The **Office of Financial Aid** can help you search and apply for scholarships and private loans. Their website also outlines some of the **private loan** and **outside scholarship** options for international students. Please note that private loans require that students have a U.S. citizen or permanent resident co-sign for the loan. Also, ISSS does not endorse any loan companies, and students considering loans should be sure they fully understand the terms.

On-Campus Employment

The university offers a significant number of student jobs on campus. International students in a degree-seeking program are eligible for student employment and can apply for these jobs once enrolled at the university. For more details visit the **On-Campus Employment web page**.

Office of the Dean of Students

The Office of the Dean of Students provides resources for students who may be experiencing challenges obtaining **basic needs**, such as food and housing. Some emergency funds are available to undergraduate and graduate students who are unable to meet immediate, essential expenses due to a temporary hardship related to an emergency situation that may jeopardize their health, safety, and/or academic performance. If you would like to discuss options in more detail, please reach out to the **Office of the Dean of Students**.



Financial Wellness

Managing finances can be challenging, especially on a student budget. Financial stress may compromise your ability to focus in the classroom and negatively impact your mental and physical health. With the increasing costs of college and the rise in student debt, it is imperative students gain skills to manage finances while attending college. Health Promotion Services (HPS) understands this additional stressor for students and has compiled a **list of resources**, including the **Mint App**, to help you navigate budgeting and maintain your own financial wellness.



Student Food Pantry

USF's Food Pantry is continuing its operation this semester. The goal of the pantry is to serve as a short-term resource for students who have limited or uncertain access to a sufficient quantity of food. The pantry is available to all currently enrolled USF undergraduate and graduate students. Students are not expected to pay for items from the pantry. Students can view **additional information about upcoming pantry dates on the website** or visit the **Food Insecurity Resources web page** for alternative food resources.

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.

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 International Student and Scholar Services

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