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 concerns or questions, please reach out to ISSS via email to make an appointment with your ISSS adviser online.

Office of Financial Aid

While ISSS students who use in the U.S. on a student visa should typically be funded by a sponsor, some international students may need to apply for OPT (Optional Practical Training). To help you search and apply for OPT, please make an appointment with your ISSS adviser.

Adviser Appointments and Workshops

Appointments are still booked in 15-minute increments. To schedule a workshop, select Adviser Appointments and Workshops from the first menu option in our scheduler. Students must complete an OPT workshop before applying for OPT.

On-Campus Employment

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 ISSS via email.“

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 sufficient quality and quantity of food. The pantry is available to all currently enrolled undergraduate and graduate students. Students are not expected to pay for items from the pantry. Students can view USF’s Food Pantry Handbook for assistance with your submission.

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You can unsubscribe from this list at any time. We will not sell, rent, or share your email address with anyone. The Center for Global Education holds the copyright to this newsletter and any content therein. The information contained herein is subject to change without notice. Please visit the ISSS website 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 need at least 10 business days to process requests. Make sure you plan accordingly so you have enough time to receive your document before you need it. All 10 business days must be spent at the office. Please visit the ISSS website or call the Office of the Dean of Students for alternative resources.

Adviser Appointments and Workshops

Appointments can be made online. Please visit the ISSS website to schedule an appointment. Adviser appointments are still available for in-person appointments. To schedule a webinar, contact our office for upcoming workshop dates on the website or email the Student Food Pantry. Resources can be found at the ISSS website or at 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 resources to help you navigate budgeting and maintain your financial wellness.

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