



WEEKLY UPDATE – Sept. 19

Health, Wellness, and Preparing for Job Fest

This week, we are focusing on healthy living by highlighting departments, events, and services that can assist you in navigating your health. We are also highlighting Job Fest, which is next week, and encourage you to register, prepare, and attend. 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. Please know that your health and well-being are our top priority, and we are here to support you in any way we can.

Health Promotion Services

The **Health Promotion Services Department (HPS)** is committed to fostering a vibrant and safe learning community. HPS offers a full range of services dedicated to promoting the health and wellness of the USF student body.

- **Educational Offerings** - HPS is offering a new lineup of virtual health and wellness events for you to participate in the coming weeks. [See what they're offering this semester.](#)
- **Appointments** - You can schedule a Zoom appointment with an HPS staff member. [Schedule your appointment online.](#)
- **Health Insurance** - Students on the USF-endorsed student health insurance through Aetna can phone or video chat with a doctor 24 hours a day using **Teladoc**, free of charge. Note that all USF students, regardless of insurance coverage, can use the **student health clinics**.

Prepare for Job Fest

Job fest is coming and there are many employers who are interested in hiring international students! For all job candidates, it is important to come prepared to make a good first impression. As an international student, this means knowing how to talk about your work eligibility. When going into the job search you want to be prepared to answer:

- **Are you authorized to work in the US?** Yes, international students on F1 visas are eligible to apply for two types of off-campus work authorization, **Optional Practical Training (OPT)** and **Curricular Practical Training (CPT)**. Students on a J1 visa are eligible to work off-campus through **Academic Training (AT)**. It is important to understand when you are eligible for these work benefits and how you would apply for them before talking with an employer.
- **Do you need sponsorship now or in the future?** There is not one right way to answer this question. OPT, CPT, and AT are not employer-sponsored work authorizations. If you have determined when you are eligible for work authorization and know that you will be able to work for the next year, or maybe even three years if you are in a STEM program, it is okay to say “no.” However, if you know you will want sponsorship in the future, you may want to say “yes.” Keep in mind that you are building a relationship with your prospective employer and you want to be honest with them but, based on your career plan, you may never need sponsorship. It is important to practice your response and be confident and clear. ISSS will host a Job Success Strategies Workshop in November where we will talk more about answering this question, we hope to see you there!

In addition to the above, make sure to attend the [resume review session with the Career Service Center on Monday, Sept. 19](#), and utilize their helpful web resources.



Job Fest

The **Priscilla A. Scotlan Career Services Center** is hosting a **Job Fest!** Meet hiring employers in person **Tuesday, September 20 from 11:30 a.m.–1:30 p.m. at the McLaren Complex!** Dress business casual and bring plenty of resumes. Take a look at the complete [list of employers](#) attending! Can't make it in-person? Attend their **virtual Job Fest on Wednesday, Sept. 21 from 3–5:30 p.m.** You must [register](#) in order to attend. [Learn more »](#)



Nutrition Hacks for Busy Dons

Health Promotion Services is hosting a workshop on **Wednesday, Sept. 21 from 5–5:45 p.m. at UC 402/403** to help you build the skills you need to achieve your healthy eating goals. From discussing approaches to eating and deciphering nutrition labels, to navigating the grocery store and cooking meals efficiently, having an eating plan is no joke. By attending their workshop in person, you will even take home a DIY spice blend to bring out your creativity and find a new favorite flavor! All in-person and virtual attendees will also be entered into a raffle to win a \$15 bookstore gift card. [Register here »](#)



Functional Movement Program

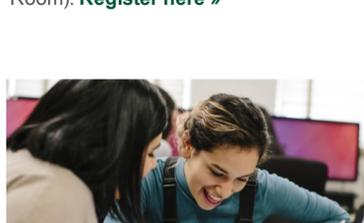
Health Promotion Services is now offering a new program called the **Functional Movement program**. It is designed to raise awareness of your body-mind connection. Through mat Pilates, you will be guided through various exercises to highlight ways you can improve your daily movement. From this program, you will be able to strengthen your connection to your breath, strengthen your deep postural muscles, and improve core strength and function. This program will run every **Tuesday from 4–4:45 p.m.** on Zoom with an option to attend in person at Koret Center (B03 - Combative Room). [Register here »](#)



USF Pantry

Students are invited to stop by the **USF Pantry** located on the first floor of Gleason Library in the Atrium, and take the items that they need. Items are available on a first-come, first-served basis until our supply is depleted. The pantry is an intermediate, short-term solution for any registered USF student to receive food and toiletry resources.

They are open on **Fridays from 2:30–4:30 p.m. on the following days: Sept. 30, Oct. 14, Oct. 28, Nov. 11, Dec. 2, and Dec. 9.** [Learn more »](#)



Academic English Support

If students are looking to develop academic skills or practice English, USF's **Learning, Writing, and Speaking Centers** offers **academic English support**. Students can schedule 60-minute sessions with an experienced English coach. These **appointments** are offered weekly in-person and virtually. When scheduling a session with a coach, students should note what they would like to practice ahead of time so that coaches are prepared for any specific topics. Students interested in taking advantage of this resource should reach out to kzagd@usfca.edu with any questions.

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 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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