



WEEKLY UPDATE – April 25

## Graduation and OPT Reminders

This week's newsletter includes information about spring 2022 graduation as well as Optional Practical Training (OPT) reminders for students completing their programs. As always, if you have any general questions, you can contact our office by chat, phone, or email. If you have specific immigration questions, you can **email ISSS** or **make a Zoom appointment with your ISSS adviser**.

### OPT Workshop Reminder

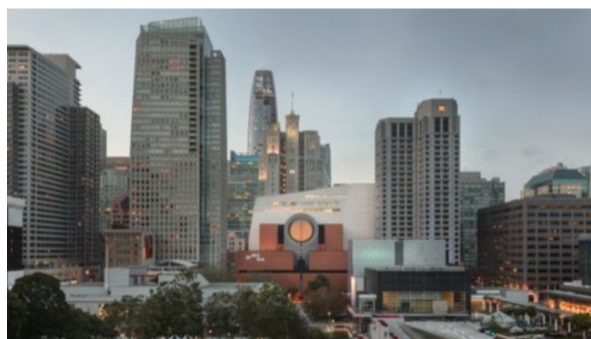
If you are an F-1 student graduating in spring 2022, you may want to consider applying for **Optional Practical Training (OPT)**. OPT is a 12-month work authorization benefit that allows students to work in the U.S. in a job related to their field of study. Students can apply as early as **90 days** before their program end date. Students are encouraged to apply early, as doing so allows for more flexibility in choosing work start dates. Before you can apply for OPT, you must attend a workshop. **Visit the OPT page of the ISSS website to register for an online workshop »**

### GoinGlobal

Looking for a job? GoinGlobal career and employment resources include more than 10,000 pages of constantly- updated content on topics such as: job search sources, work permit/visa regulations, resume writing guidelines and examples, employment trends, salary ranges, networking groups, cultural/interviewing advice, and much more. An H1B Plus database provides millions of visa application listings for American employers seeking to hire international talent in the United States. **Learn more about GoinGlobal here »**

### Graduation

Congratulations to the upcoming spring 2022 grads! A reminder that commencement ceremonies will be held in-person from **May 19–21** at a reduced capacity. Guest tickets will be limited to **two (2) tickets per student**. All guests will be required to be fully vaccinated, including a booster dose, or provide a negative COVID-19 test prior to entering the church. Note that all ceremonies will be streamed virtually on **USF's website, YouTube, and Facebook**. For additional information, please review the **commencement web page »**



### International Student Association Social

Join the International Student Association (ISA) on a fun trip to the San Francisco Museum of Modern Art (SFMOMA) on Saturday, April 30 from 1–5 p.m. Please meet at the undercaf in the University Center at 1 p.m. in order to attend. RSVP **here**. For more information or any questions, **please message ISA on their Instagram »**



### Wellness Checks

The **Health Promotion Services (HPS)** department is offering resources to support student wellness. Wellness is defined as the optimal state of health and refers to a person's ability to live life to its fullness. All students can take the wellness check, a confidential assessment tool that can help you figure out different areas you can improve to achieve whole-body health and wellness. After you take the wellness check, you can schedule a wellness coaching appointment. **Learn more and register »**

## 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. **You can also make some document requests through online 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.

### Connect with ISSS through Facebook »

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