



WEEKLY UPDATE – April 24

Graduation and OPT Reminders

This week's newsletter includes information about spring 2023 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 or summer 2023, 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. **Please note that there is only one last workshop left for the semester on Thursday, May 4 from 10-11 a.m.**

[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 »](#)

Graduation

Congratulations to the upcoming spring 2023 grads! This a reminder that commencement ceremonies will be held in person from **May 18–20** at a reduced capacity. Guest tickets will be limited to **two (2) tickets per student**. USF continues to monitor COVID-19 with our partners at the San Francisco Department of Public Health and will make any necessary changes if required to do so. *Currently wearing a mask is optional for students and guests and is subject to change.* Note that all ceremonies will be streamed virtually on **USF's website**, and **YouTube**. For additional information, please review the [commencement web page »](#)

**Monday, May 1****5:30-7 p.m.****Romero Room, University Ministry**

Come meet and chat with ISSS staff, University Ministry, international alumni, and current international students over cookies and tea. All international students are welcome!



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. 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.

Drop-in Hours

Have a question? Stop by our drop-in hours on UC 5th Floor! We have drop-in hours on Tuesdays from 11:45 a.m.–12:45 p.m. **Please note that we will not be having drop-in hours this week.**

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