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 phone, email, or chat: 415-422-2654 or USFCA.EDU.

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. Optimal 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. 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 »

Graduation

Congratulations to the upcoming spring 2023 grads! This is 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 »

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 a 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.

Advisor Appointments and Workshops

Appointments can be made online. Please visit the ISSS website to schedule an appointment. Advising is available; 15 minutes is recommended. To schedule, please visit the ISSS website and click on the MyISSS student portal. You can view our MyISSS Student Handbook for assistance with your submission.

Connect with ISSS through Instagram »

Join the conversation #USFCA

415-422-2654

USFCA.EDU

DIRECTIONS

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