



WEEKLY UPDATE – March 6

Health and Wellness

ISSS encourages all of our students to dedicate some time to prioritize their health; physical, social, psychological, or spiritual. The university is offering a variety of services to help you navigate your own self-care and learn the best ways to stay healthy. Please know that your well-being is our top priority and we are here to support you in any way we can. Check out some self-care tips below and be well this semester!

Counseling and Psychological Services

USF's **Counseling and Psychological Services Center (CAPS)** is a great source of support for issues of sadness, anxiety, loneliness, college adjustment, relationship struggles, and other concerns not requiring medical intervention. All students are invited to join CAPS' online **workshops** or request a consultation. **Learn more about CAPS programs and services on their website »**



International Support Group

CAPS is hosting a community gathering space for international students to discuss mental health-related issues and gain support from each other on the following dates:

- **Thursday, March 9 at 3 p.m.**
- **Thursday, March 16 at 3 p.m.**
- **Tuesday, April 4 at 1 p.m.**
- **Tuesday, April 18 at 1 p.m.**

Each group session will focus on a certain topic but may discuss other relevant issues. Potential themes include building social connections in the pandemic; navigating school systems & overcoming barriers; addressing homesickness and ways to engage in self-care; acknowledging strengths and integrating cultural practices into well-being.

Register here »

Our Student Staff SF Picks for Spring Break

We have compiled a list of ISSS student staff members' favorite SF spots! Check out some of our favorite restaurants and activities in San Francisco during Spring Break!

Restaurants:

- **Pink Onion:** \$55 for one appetizer/salad, one pasta, one pizza, and one dessert! 10/10 would recommend.
- **Good Luck Dim Sum:** Great dim sum at a great price! Bring cash!
- **Dandelion Chocolate:** Have a sweet tooth? Try their hot chocolate!

Activities:

- **SOMArts Cultural Center - Muni Raised Me:** Free art exhibition from Feb. 24 – April 9.
- **Ferry Building Farmer's Market:** Saturdays from 8 a.m.–2 p.m.
- **Clement St. Farmers Market:** The Clement St. market is open every Sunday from 9 a.m. to 2 p.m., year-round, rain or shine.

Looking for more things to do? **Click here »**

H1-B WORKSHOP RECORDING

Missed our H1-B Workshop?

Interested in learning about your options to remain in the U.S. after you complete your studies? At this workshop, a local immigration attorney presented information on employment options for F-1 students after the completion of their programs.

Watch the video »

STUDENT INSURANCE QUESTIONS?

Reach out to HPS

Health Promotion Services (HPS) is a great resource if you have any questions regarding your student health insurance. You can reach them via email at **hps@usfca.edu** or by calling **(415) 422-5797**.



Schedule a Nutrition Education Appointment

Students can **schedule a free individual nutrition education appointment** with a dietetic technician, registered (DTR) or certified peer health educator. This confidential appointment will help students identify dietary behaviors they can change to get them on track to healthy eating and a positive body image.

Once scheduled, please submit a **24-hour food record** prior to your appointment, or be prepared to do a 24-hour recall of your food intake on the day of your appointment. **Learn more about Health Promotion Services and the events they host »**



HPS Jumpstart Your Wellness

Get more information about the Jumpstart Your Wellness Program, where students take part in monthly wellness challenges by tracking minutes, online at **godonsgetfit.org/challenges**. All participating students will be entered for a chance to win awesome prizes.

This March, learn how to get involved in the Mindful Moving and Mindful Eating Challenge. Mindful movement focuses on your breath and how your body feels when it moves. Mindful eating focuses on how you feel both physically and emotionally while you are eating. Both of these stem from mindfulness practices to be intentionally present in the moment.

Sponsored by **Health Promotion Services** and **Exercise is Medicine On Campus Initiative**.



USF Food Pantry

Students are invited to stop by the USF Pantry located on the first floor of Gleeson Library, and take the items that they need. Items are available on a first-come, first-serve basis until our supply is depleted. The pantry is an intermedialte, short-term solution for any registered USF student to receive food and toiletry resources. They are open from 2:30–4:30 p.m. on the following days: March 10, March 31, April 14, April 28, and May 12. **Learn more »**

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. 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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International Student and Scholar Services

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