Tips and Resources for INTERNATIONAL STUDENTS IN THE U.S.
Dear International Students in the U.S.,

Despite the July 6 policy being rescinded, you may continue to feel vigilant and worried about your future. And it's totally normal to feel this way!

The constant changes and unknowns from COVID-19 and immigration policies are xenophobic and a reflection of this country's oppressive history and the current administration.

These tips were developed by APA Division 17 International Section (ICP) in response to the recent COVID-19 and anti-immigration policies. Please use this guide to manage this difficult time and continue to seek help!
You are important, and we recognize that oppressive systemic forces of capitalism, imperialism, colonialism are constantly pushing you to stay in survival mode; that your resilience is not a choice, it is the only way you can navigate the system that was not designed for you.

Please know that ICP sees you and wants to support you. We believe now more than ever that we come together and connect as a community to support each other!

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Special Thanks to International Mentoring and Orientation Committee
SEEK SUPPORT

- Reach out to your international students’ services, advisor, family, and friends to make the best decision for your next steps.
- Make a list of pros and cons with the help of people you trust and are close to. This can help you determine an action plan that you feel is safe and secure for your future.
- Remember you are not alone. AND you don't have to deal with everything all by yourself!
GATHER INFORMATION

Curious about your visa status and recent information related to COVID-19?

- Do an online search to read the FAQs for SEVP Stakeholders about COVID-19 document released by ICE
- Visit the STUDENTS: LEARN WHERE TO FIND GUIDANCE ON STUDENT VISAS website
- Check out the Resource List for latest news on visas, job search during this pandemic, and mental health resources: https://go.umd.edu/ICPSupport
SELF-CARE

- Gather virtually with your community for solidarity and support.
- Find ways to resist and fight through advocacy (as suggested and more) against the racist, xenophobic, and anti-immigrant structures in place.
- Take time either individually or collectively to experience joy and wellness by engaging in activities that make you happy.
Use these hashtags on social media when sharing news and updates on the crisis related to international students in the U.S.:
#ReclaimYourCampus
#ProtectInternationalStudents
#StudentBan

- Use the Reclaim Your Campus Toolkit by @wcl_ifwhenhow
- Take advocacy action steps as suggested by @internationalstudentaction and @ChrisMarsicano (Twitter)
JOB SEARCH

- Job search process varies by majors, visa types, personal goals and needs. **Reach out to another international student alumni in your field and discuss with people you trust** when developing your plan.
- Visit the **SEVIS HELP HUB: Student Employment Overview** website.
- Begin the job search process **6-12 months early** if possible.
- Utilize **career resources and services** at your university for consultation and preparation.
CAREER DECISIONS

- Consider all scenarios to seize as many job opportunities as you can. Research alternative job titles and common skill requirements.
- Every student’s situation is different, so it’s important to determine your needs and future goals.
- Seek advice from professionals in your field, a friend, family, and/or trusted community member.
- Check out these articles related to job searches
  
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