

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Despite the July 6 policy being rescinded, you may continue to feel vigilant and worried about your future.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!**

APA Division 17 International Section (ICP)

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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.

ADVOCACY

- 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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