

Tips & Resources for **INTERNATIONAL STUDENTS IN THE U.S.**

How to deal with the uncertainty of COVID-19
and immigration policies?



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Special Thanks to *International Mentoring and Orientation Committee (IMOC)*

Dear International Students,

This guide was developed by APA Division 17 International Section (ICP) in response to the recent COVID-19 and anti-immigration policies.

As you may know by now, ICE released a statement of new regulations that targeted international students on July 6, 2020, two weeks after the suspension of the H-1B and other work visas was announced in the Presidential Proclamation. Since then, the policy, which would have subjected international students to leave the country if their school goes fully online in the Fall has been rescinded.

Nevertheless, as an international student, you may have had to face the dilemma between prioritizing your academic career and risking your health amidst a pandemic. Despite the decision being rescinded, you may continue to feel vigilant and worried about your future. 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. Thus, creating a very difficult and distressing situation for international students to thrive with possible negative mental health implications.

Know that you are *important* and that you are a *valuable* member of U.S. society despite the rhetoric pushed by the current administration and ICE. 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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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

View the **Resource List** for updated news and guide on visa-related information, job search during this pandemic, and mental health resources.



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

Gear yourself up by searching and reading the below articles:

- [9 Job Search Tips for International Students in the Age of Coronavirus](#)
- [How to look for a job during a global crisis](#)
- [Top 10 Best Websites for Jobs](#)
- [Navigating Your First U.S. Job Offer](#)



APA Division 17

International Section (ICP)

<https://www.div17.org/sections/international/>

Click below to access **the Allies Guide**

A Practical Guide to Support

International Students in the U.S.

amid COVID-19 & Anti-Immigration Policies!

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