Keep important documents together (in a safe place)

- Buy a large folder or storage box
- Store items that are not in season
- Rearrange your room
- Organize your computer desktop and delete unwanted files
- Delete unwanted apps from your homescreen
- Wipe down shelves and drawers
- Review magazine and news subscriptions and cancel unwanted subscriptions
- Donate used items to Goodwill, St. Vincent DePaul or Salvation Army

Get rid of clutter

- Don't get overwhelmed, break it into manageable tasks
- Freshen up your space:
  - Organize your home screen and desktop
  - Refresh your space
  - Keep your computer clean

Rearrange your living space

- Get a fresh perspective on your living space
- Organize your home screen and desktop
- Refresh your space
- Keep your computer clean

WELLNESS ROUTES

- Walk to Muir Woods. Admission: $15 (16 years and older), Free (15 years and under).
- Make a reservation

WORKOUTS

- WORKOUT #1: Abs, Abs, Abs! Rent a personal trainer online and enjoy an advanced dryland workout.
- WORKOUT #2: Your Park Quiz. Find out what you know about local parks.
- WORKOUT #3: Self-care corner. Coach Maggie gives us a WOW that is all about abs, abs, abs!

REFRESH PROGRAM

- Student Health Services
- Recreation Services
- Counseling Services
- Career Services
- Wellness Center
- University Ministry
- Yuchengco Philippine Studies Program
- USF's Asian & Asian American Staff & Faculty Council (AAASFC)
- Asian American Solidarity: A Teach-in and Testimonial Space
- Asian American Pacific American Studies (APAS) program
- USF Institute for Nonviolence & Dr. Monisha Bajaj
- Gender and Racial Justice
- Patric Razafimahafaly, S.J. (Madagascar)
- Barwendé Médard Sané, S.J. (Burkina Faso)

On Wednesday, 4/28 @ 11:45am-12:45pm, the USF Institute for Nonviolence invites you to join students from the IME Department. The discussion will be moderated by IME Professors Dr. Emma Fuentes & Dr. Monisha Bajaj, and students from the IME Department.

Asian American Solidarity: A Teach-in and Testimonial Space

- Co-hosted by the Cultural Centers, USF’s Asian & Asian American Staff & Faculty Council (AAASFC), Asian American Pacific American Studies (APAS) program, USF’s Asian & Asian American Staff & Faculty Council (AAASFC)
- The event will share stories and lessons from their depth of experience engaging local communal violence.
- The discussion will be moderated by IME Professors Dr. Emma Fuentes & Dr. Monisha Bajaj, and students from the IME Department.
- The cultural centers will provide refreshments.

The discussion will include a panel of student leaders, led by Yuchengco Philippine Studies Program. The panel will provide some grounding history and experiences on anti-Asian racism in the United States and a panel of student leaders will recount their personal experiences of increased anti-Asian violence during the COVID-19 pandemic.

Register today!

- Register on the USF website
- Call 415-422-6821

You will need an eligibility form

- Registration is required!

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