International Graduate Essentials

UNIVERSITY OF CALGARY

Jan. 9, 2020

Territorial Acknowledgement

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Welcome to the University of Calgary.

We would like to acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes the Blackfoot Confederacy (comprising the Siksika, Piikani, and Kainai First Nations), as well as the Tsuut'ina First Nation, and the Stoney Nakoda (including the Chiniki, Bearspaw, and Wesley First Nations).

The City of Calgary is also home to Métis Nation of Alberta, Region III.

We would also like to note that the University of Calgary is situated on land adjacent to where the Bow River meets the Elbow River, and that the traditional Blackfoot name of this place is "Moh'kins'tsis", which we now call the City of Calgary.

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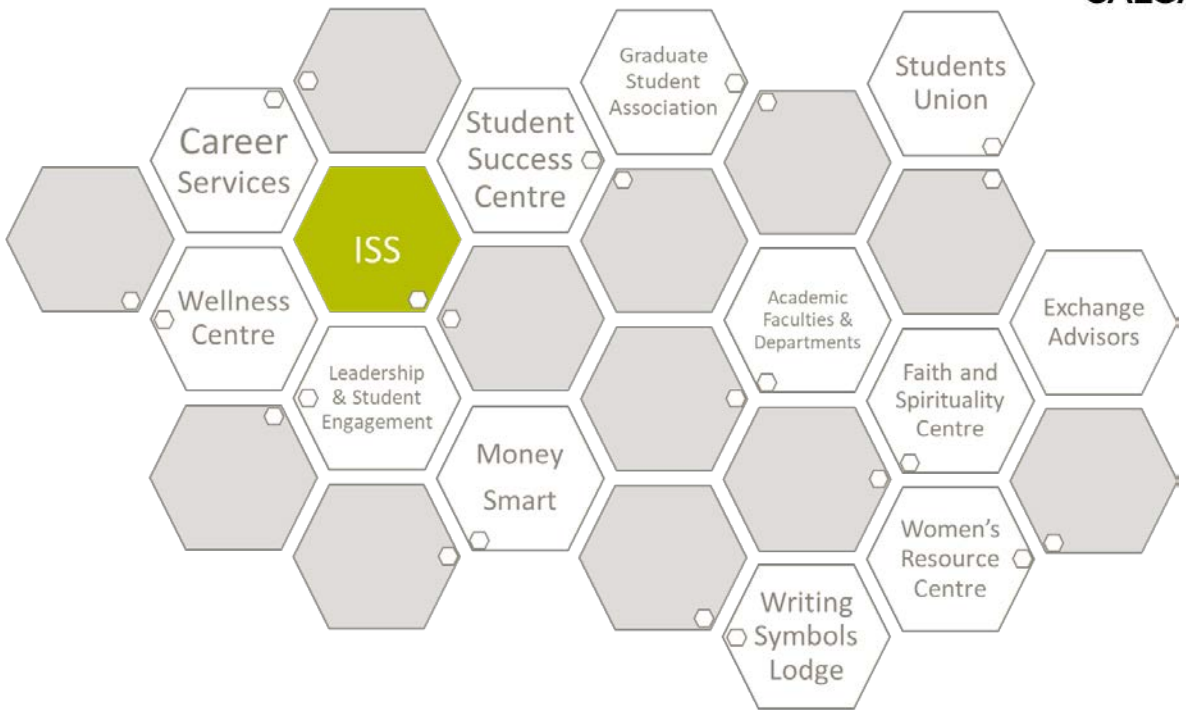

International Student Services

Ricky Ramdhaney,
Manager, International Student Services
Regulated International Student Immigration Advisor

UNIVERSITY OF CALGARY

International Student Services

(MSC 275)

- Drop-in advising on study permits, work permits, visas
- Ricky.ramdhaney@ucalgary.ca

Find out more about programs and supports:
http://www.ucalgary.ca/iss

International Student Services (ISS)
What do we do?

- Provide **advice and programs** to support all international students adjusting to life at the University of Calgary and to life in Canada.
- **Social events** to help you build connections with peers while exploring campus, Calgary, and Alberta.
- The **ISS student lounge** is open to everyone!
- Come visit us—we're here to help (MSC 275)

Why would I visit ISS?

Immigration Questions

Navigating Life in Calgary/Canada

Connecting with Other Students

Unsure where to access a service

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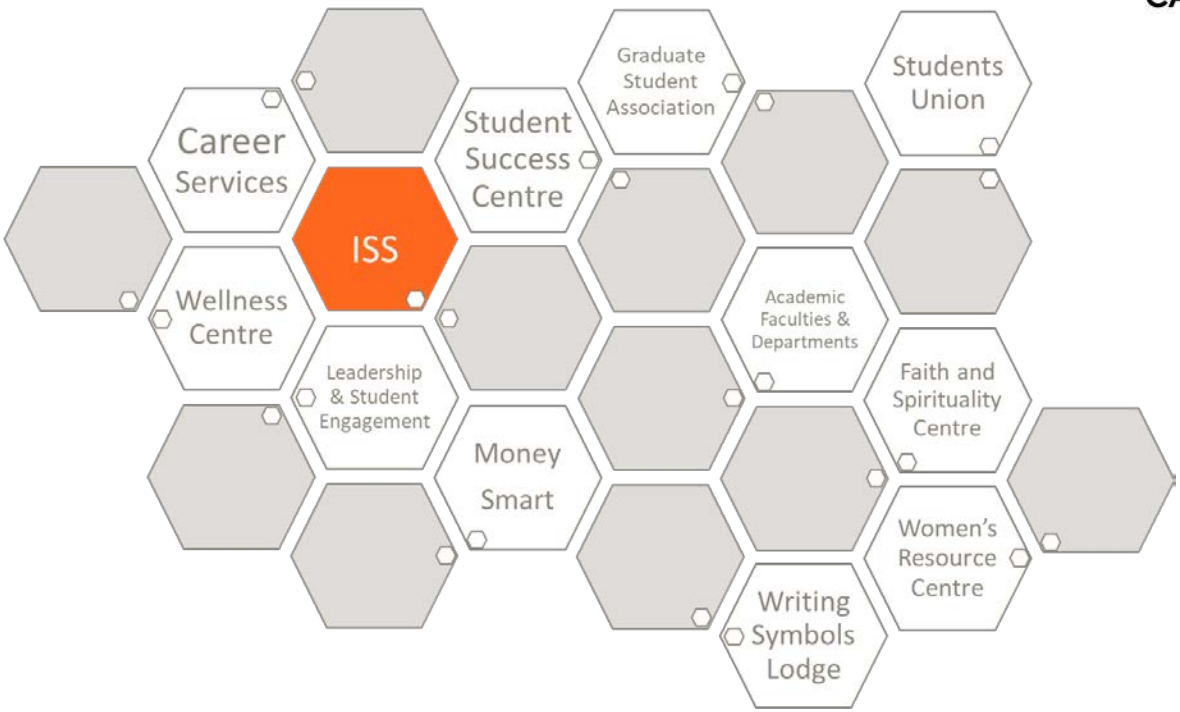

Immigration:

International Student Services

Lien Tran, International Student Immigration Specialist (RCIC)

UNIVERSITY OF CALGARY

International Student Services

(MSC 275)

- Drop-in advising on study permits, work permits, visas

International.advice@ucalgary.ca

Find out more about programs and supports: http://www.ucalgary.ca/iss

Top Reasons to come see an Immigration advisor

1. Can you work?
2. Travelling outside Canada
3. Extending your Study Permit

Working in Canada

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Degree Seeking Students:

- You MUST have a VALID STUDY PERMIT
- You MUST be registered FULL-TIME
- You may work on OR off-Campus (20hrs/week)
- You may have the ability to obtain a work permit upon graduation (Degree seeking students only)
- Graduate Students are NOT eligible for a Co-Op Work Permit

Social Insurance Number (SIN)

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Should you need to apply for a SIN, such as wanting to work and/or receiving funding or scholarships.

Make sure you bring to a Service Canada location:

- Passport
- Study permit
- Enrolment Verification Letter showing you are enrolled **full-time**

Social Insurance Number (SIN)

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Service Canada Office

One Executive Place, Suite 103
1816 Crowchild Trail NW
Calgary, AB

Closest C-Train Station: Banff Trail

Harry Hays Building, Suite 150
220 4th Avenue SE
Calgary, AB

Closest C-Train Station: Centre Street

Travelling Outside Canada

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Remarks/Observations:
MUST ACTIVELY PURSUE STUDIES AT A DESIGNATED LEARNING INSTITUTION. MAY ACCEPT EMPLOYMENT ON OR OFF CAMPUS IF MEETING ELIGIBILITY CRITERIA AS PER R186(F), (V) OR (W). MUST CEASE WORKING IF NO LONGER MEETING THESE CRITERIA.

*****THIS DOES NOT AUTHORIZE RE-ENTRY/CECI N'AUTORISE PAS LA RÉ-ENTRÉE*****

You may also require a valid entrance document (eTA or TRV)

Entry Stamps & Electronic Travel Authorization (eTA)

LOOK AT THE DATE WRITTEN BY THE OFFICER

Temporary Resident Visa (TRV)

Extending your Study permit

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- Apply to extend your study Permit 90 days before it expires
- Put your expiration date on your phone and set a notification/reminder for 3-4 months before the expiration date
- When you are ready to apply for an study permit extension, check out the ISS website for information and/or come visit the ISS office.

Study Permit

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ADDITIONAL INFORMATION/INFORMATION SUPPLÉMENTAIRE

Date Issued/Délivré le:	[illegible]	(yyyy/mm/dd - aaaa/mm/jj)
Expiry Date/Date d'expiration:	2016/07/30	(yyyy/mm/dd - aaaa/mm/jj)
Case Type/Genre de cas:	30	
Institution Name/Nom de l'institution:	DESIGNATED LEARNING INST.	
Field of Study/Domaine d'études:	ANY DESIGNATED POST SECONDARY INSTITUTION	
In Force From/En vigueur le:	2015/05/02	(yyyy/mm/dd - aaaa/mm/jj)

Conditions:

1. MUST LEAVE CANADA BY 2016/07/30
2. NOT VALID FOR EMPLOYMENT IN BUSINESSES RELATED TO THE SEX TRADE SUCH AS STRIP CLUBS, MASSAGE PARLOURS OR ESCORT SERVICES.

Know your expiry date

Statements needed for Service Canada

Study Permit

Document number (F)
UCI (Unique Client ID)

Maintaining your Status

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You are responsible for maintaining legal status in Canada.

Questions and/or doubts? We are here to help you! Visit our office in MSC 275 any time or send us an email

international.advice@ucalgary.ca

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Search UCalgary

INTERNATIONAL STUDENT SERVICES

UNIVERSITY OF CALGARY

Immigration | Resources | Student Life | Advising | Events | Contact Us

Immigration

International Student Services (ISS) has Immigration Advisors available to help you with your study permit, work permit, visa and other immigration questions. To use this service, you must bring along your UCalgary student ID and any Canadian immigration documents you may have.

www.ucalgary.ca/iss/immigration

Immigration Information

Study Permits
Learn more »

Travelling While You're a Student
Learn more »

Information for Accompanying Spouses and Children
Learn more »

Information on Permanent Residence
Learn more »

Visiting Student Researchers
Learn more »

Working in Canada as a Student
Learn more »

Post-Graduation Work Permit
Learn more »

Upcoming Immigration Sessions

- TBD: Visa Session
- Jan 16: Working in Canada

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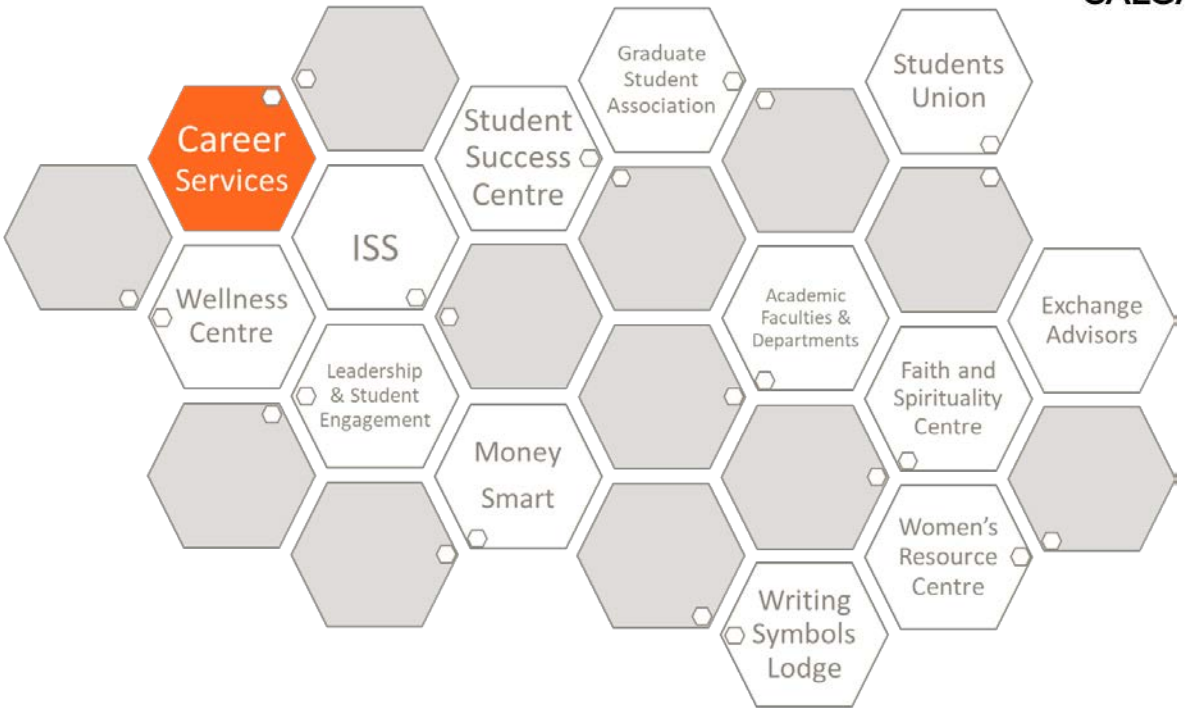

Career Services

Liliana Gonzalez, Career Development Specialist (International

Career Services

(MSC 188) across from bookstore

- Drop-in advising

Tuesdays 1:30- 3:30 pm

- Advising appointments through careerlink.ucalgary.ca

(403) 210 9619
gonzalml@ucalgary.ca

Find out more about services & online resources ww.ucalgary.ca/careers

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How do I find a job in Canada?

1. Learn about the Canadian job search process
2. Connect with employers
3. Gain Canadian experience
4. Prepare: (resume, cover letter, interview and learn about Canadian culture)

https://www.ucalgary.ca/careers https://careerlink.ucalgary.ca

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1. Learn about the Canadian job search process

Career Services offers workshops for international students throughout the year to help you learn about this process, including:

Workshop: Working in Canada

January 16th, 3:00– 5:00pm
for graduate students

Register here:
careerlink.ucalgary.ca

Presented by: Career Services & International Student Services

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2. Connect with employers:

Career Services plans various events to help you connect with employers:

- Career Fairs
- Panels
- Career in__ events
- Information Sessions

~80% of jobs in Canada are found through networking

Register here: careerlink.ucalgary.ca

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3. Gain professional Canadian experience:

It will help you build a strong resume, employability skills and professional references. Get involved!

Find a part-time job
(if you are eligible to work in Canada)

Volunteer

Get involved in associations

Join conferences

...and more!

Workshop: How to Gain Valuable Canadian Experience

February 3rd, 2:00– 3:30pm

Register here:
careerlink.ucalgary.ca

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4. Prepare:

Write a strong resume, cover letter

Identify/explore possible career options

Prepare for a Canadian Job Interview

Book an appointment with a Career Development Specialist at

Careerlink.ucalgary.ca

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How do I know which career to pursue?

We can help you with your career development:

- Planning your career
- Becoming self-aware (formal and informal assessments)
- Exploring career options
- Making career decisions

Specialized Services for International Students

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To **book an appointment:**
careerlink.ucalgary.ca
Select: "International student appointments"

International Student **Drop-ins** available every ***Tuesday from 1:30 - 3:30pm***

Liliana Gonzalez, Career Services
Career Development Specialist, International
Telephone: 403. 210.9619
Email: gonzalml@ucalgary.ca

For Graduate Students

Liliana Gonzalez
Career Development Specialist, International Students
(403) 210 9619
gonzalml@ucalgary.ca

Stephanie Warner
Career Development Specialist, PhD Students
(403) 220 5067
stephanie.warner@ucalgary.ca

Matthew Geddes
Career Development Specialist, Master's Students
(403) 210 7894
mjgeddes@ucalgary.ca

Sarah Jacknife
Career Development Specialist, Indigenous Students
(403) 210 9642
ltwchan@ucalgary.ca

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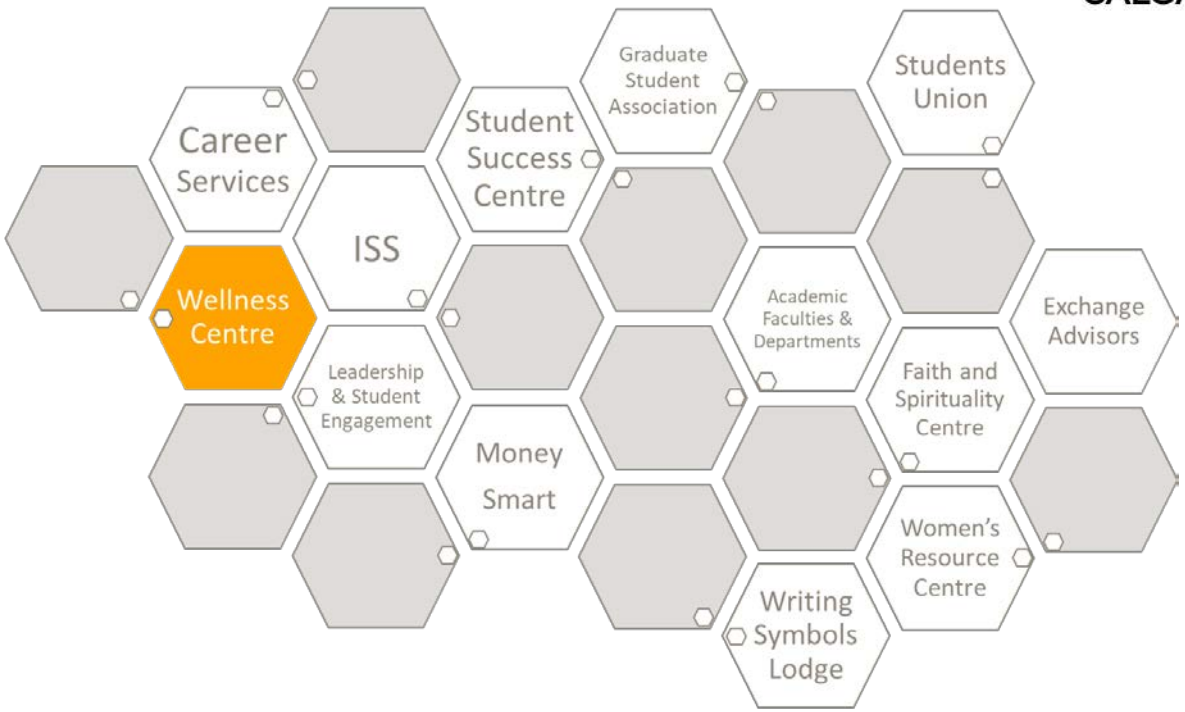
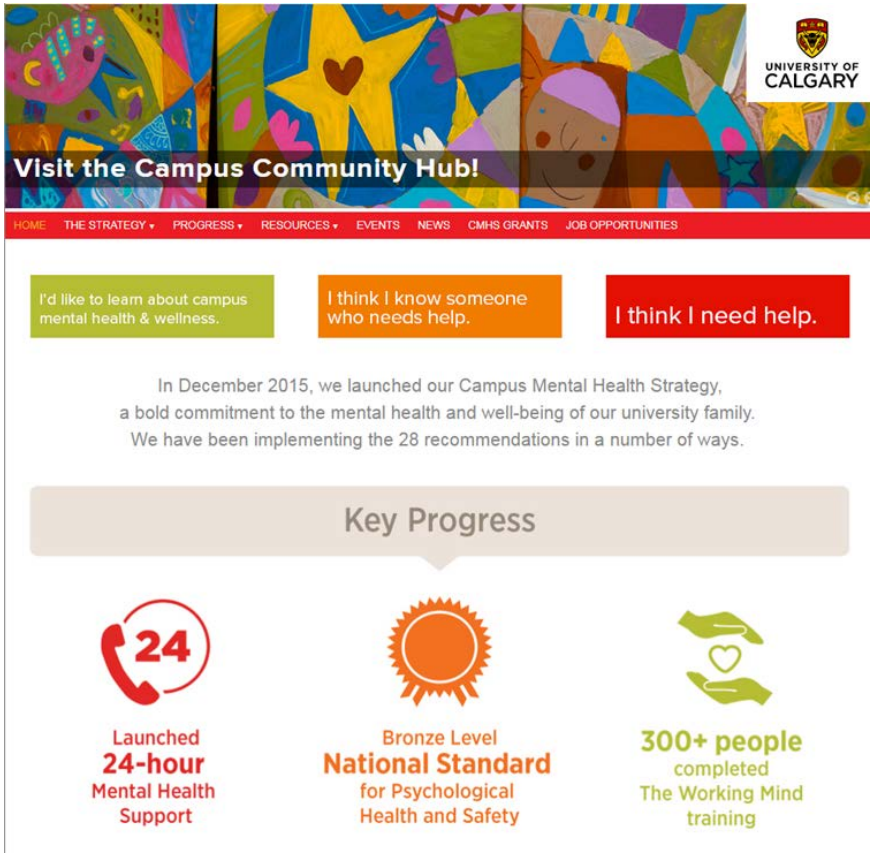


Supporting well-being in mind, body, & spirit

Student Wellness Services

Campus Mental Health Strategy



www.ucalgary.ca/mentalhealth

Student Wellness Services

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Location: 3rd Floor MacEwan Student Centre (MSC 370)
Contact: 403-210-9355
Hours (during Fall and Winter term):
Monday-Thursday, 9:00am-7:00pm; Friday, 9:00am-4:30pm

Also find us at **Foothills Campus**, **Campus Community Hub** (Wellness-in-Residence), **Writing Symbols Lodge**, **Engineering Student Services, Career Services,** and the **Student Success Center**.

Simply call our number above and mention the location that you're interested in! Available times might vary.

Services at a glance

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Health Services

- Family medicine for students and their dependents
- Walk in appointments
- Massage Therapy and Chiropractic Services
- Nutrition
- Psychiatric support
- Behavioural Health Consultant
- Travel Clinic and vaccination services

Mental Health Services

- Online Self-Help (Wellness Online)
- Wellness Workshops
- Relationship Seminars
- Skill Building Groups
- Group Counseling
- Individual counselling
- Case Management
- Student at Risk

Health Promotion Team

- Campus Community Hub
- Peer support
- Social activities
- Volunteering
- Trainings

Additional Supports

- 24-hour support : 403-210-9355 (WELL)
- Sexual Violence Support Advocate Team

Health Services

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- Confidential, quality service provided by caring staff with extensive university health experience
- Comprehensive care available which includes annual health screening, preventative health care, immunizations, and mental health services
- Services available to students and their dependents
- No cost for services covered under provincial health care plans

Online, Workshop, & Group Support

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- **Online Self-Help (Wellness Online)**
  Exam anxiety, procrastination, motivation, sleep, stress
- **Wellness Workshops***
  Anxiety, healthy thinking, stress management, mindfulness, sleep, self-compassion, perfectionism
- **Seminars***
  Relationship Seminar
- **Skill Building Groups**
  Mindfulness Practice
  Roots of Resiliency*
  Happiness Basics*
- **Group Counseling**
  Anxiety Management Group
  Mood Management Group
  Social Anxiety Group
  Navigating Distress
- **Individual counselling**

**= open to all students by self referral*
all others require referral by SU Wellness staff

Peer Supports

- Survive & Thrive Network

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Get Support

If you have been impacted by sexual violence, we believe you and can connect you to services, inform you of your rights, help you think through options, or just listen.

Contact the Sexual Violence Support Team

Sexual Violence Support Team

Support is different for everyone and can include:

- Talking through reporting options
- Providing information on therapeutic and self-care options
- Advocating for professional or academic accommodations
- Helping manage everyday challenges

svsa@ucalgary.ca | 403.220.2208

24 Hour Supports

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Homewood Health | Santé

Call Homewood Health toll-free, 24 hours a day, 7 days a week to book appointments, or access immediate help:

Toll Free English:1.800.663.1142
Toll Free French: 1.866.398.9505
TTY: 1.888.384.1152
International (call collect): 604.689.1717
Homewood Health Online:
www.homeweb.ca

UNIVERSITY OF CALGARY | WOOD'S HOMES | DISTRESS CENTRE 24 HOUR SUPPORT | COUNSELLING | RESOURCES

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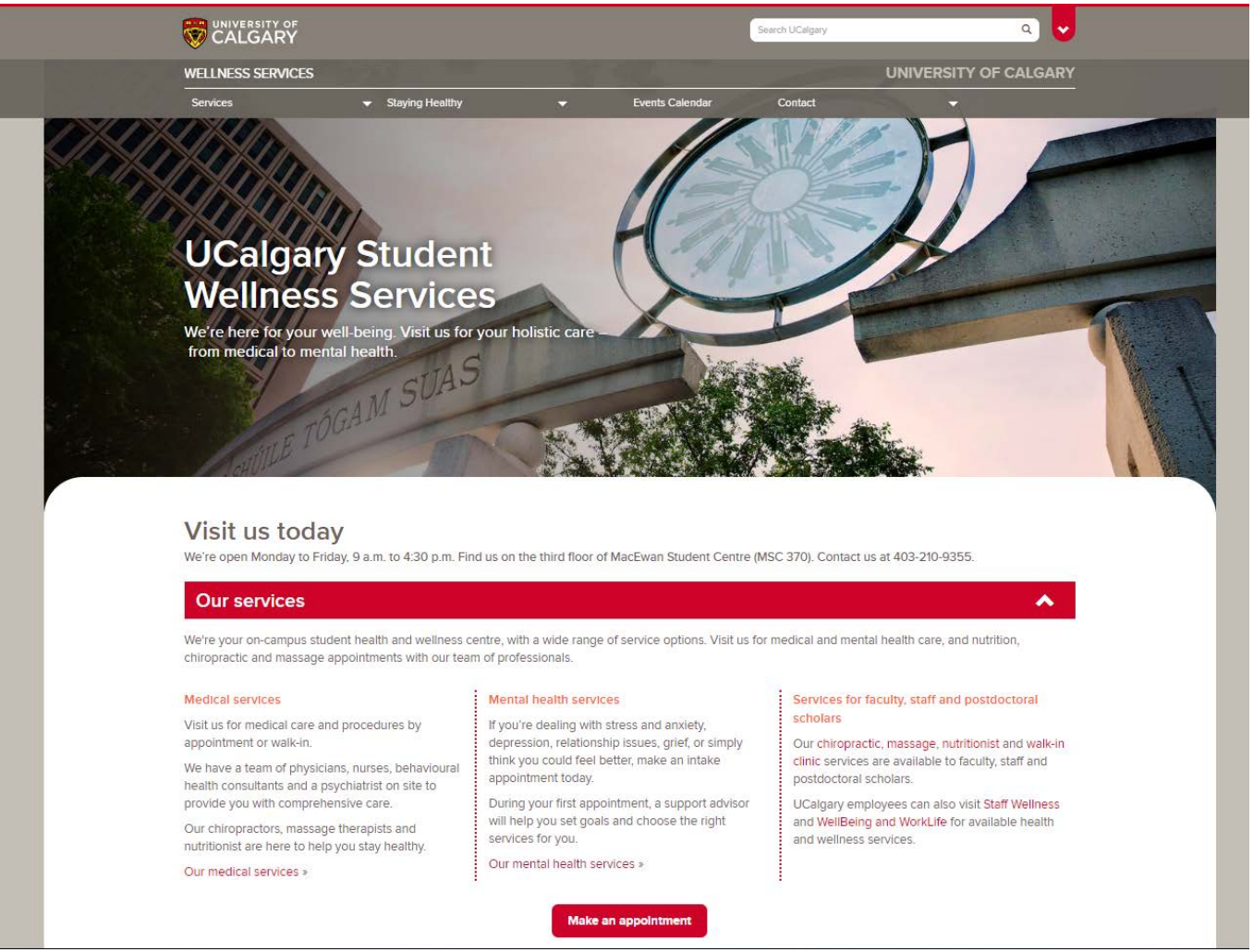

For More Information:
www.ucalgary.ca/wellnesscentre

Twitter:
@uofcwellness

Facebook: SU Wellness Centre – UofC

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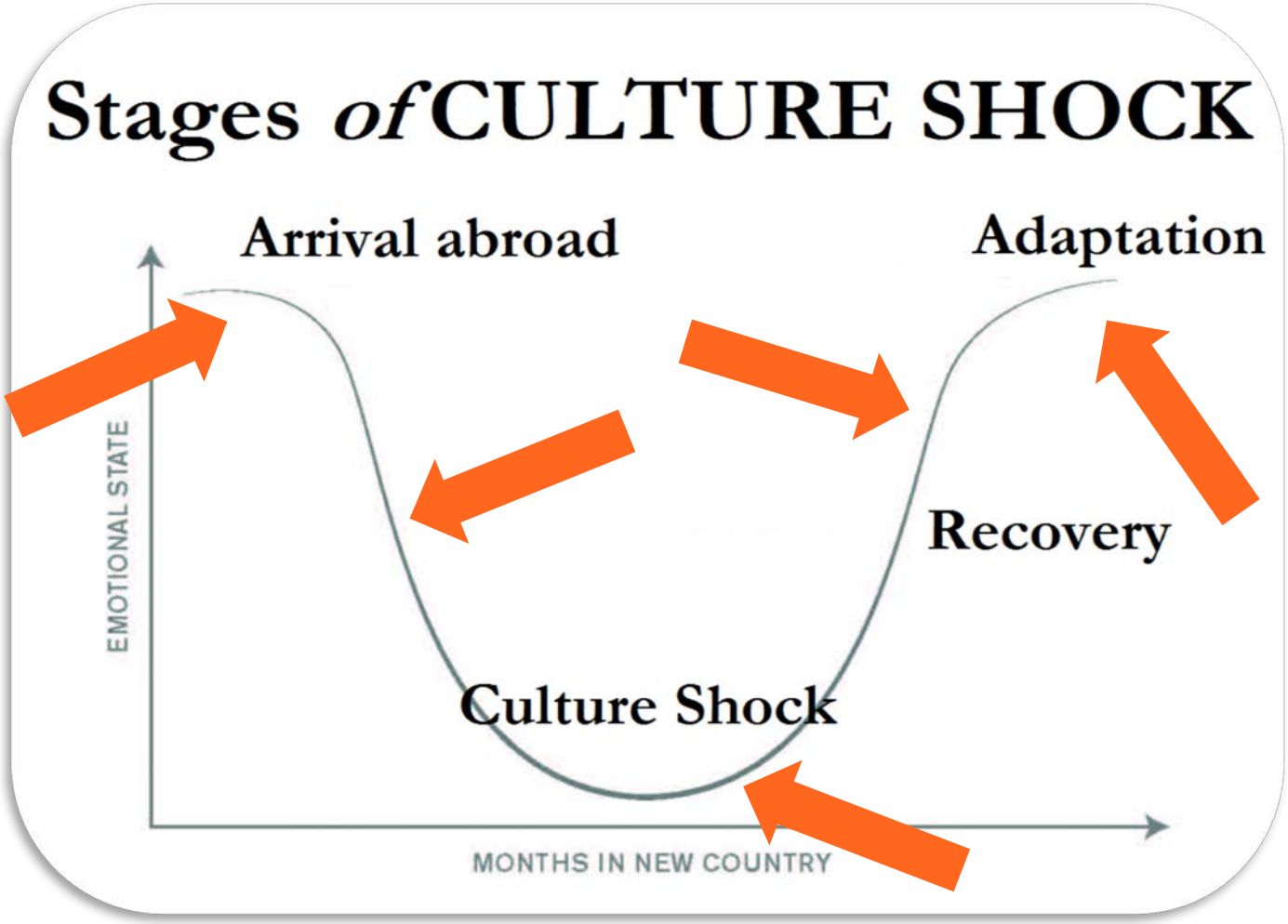
Culture Shock

- The feeling of uncertainty, confusion, or anxiety that people may experience when visiting, doing business in, or living in a culture that is different from their own.


Stages of CULTURE SHOCK
Arrival abroad
Adaptation
Recovery
Culture Shock
EMOTIONAL STATE
MONTHS IN NEW COUNTRY

Alcohol Use Guidelines

Lower Risk Guidelines Tips:

- Drink slowly. Have no more than 2 drinks in any 3 hours.
- For every drink of alcohol, have one non-alcoholic drink.
- Eat before and while you are drinking.

https://www.camh.ca/-/media/files/canadas-low-risk-guidelines-pdf.pdf

Cannabis use guidelines

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- The legal age to use cannabis in Canada is 18
  - Legalized in October, 2018

- Legal to buy or carry up to 30 grams or 1.05 ounces
  - Legal to grow up to 4 plants per household

https://www.camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf

Illicit Substances

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- Any illicit substance can contain opioids (including cannabis)
- Canada is in the midst of an **opioid crisis,** especially with fentanyl.
- It is important to know the strength, dosage, and purity of the illicit substance you are taking.
- If you or people around you use drugs, it is important to have a Naloxone kit.

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How can Student Wellness Services help?

- Student Wellness Services provides support for any concern a student may have with substance use, including:
  - strategies for safer use
  - brief counselling support
  - supported referrals to medical and treatment services
  - Naloxone training

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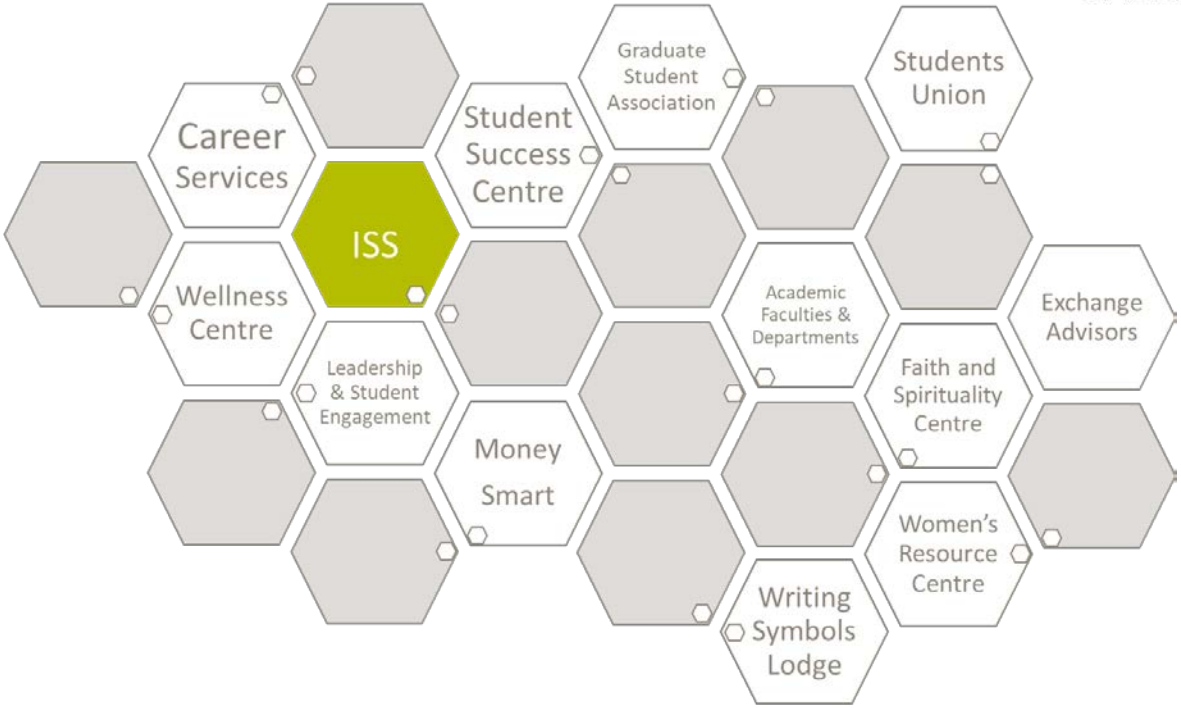

Medical Insurance:
International Student Services

Kirsty Gruber,
Advisor, International Student Transition Support

UNIVERSITY OF CALGARY

International Student Services

(MSC 275)

- Drop-in advising to assist with getting settled in Calgary
- Kirsty.gruber@ucalgary.ca

Find out more about programs and supports:
http://www.ucalgary.ca/iss

Medical Insurance: You Need It!

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- You need adequate insurance to cover any medical care or accidents while you are in Canada.
- Without medical insurance, you will have to pay the full cost of medical treatment which is very expensive (thousands of dollars).
- With medical insurance, many of these possible expenses are covered.

Understand Your Medical Insurance

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Do you have insurance coverage?

How does it work?

Where can you go if you have questions?

Two Parts to Medical Insurance

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+

Alberta Health Care Insurance Plan (AHCIP)

GRADUATE STUDENTS' ASSOCIATION
UNIVERSITY OF CALGARY

12 months or more

Part 1:
Alberta Health Care Insurance Plan

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- AHCIP is free and covers **basic services:**
  - **visits to the doctor**
  - **lab costs**
  - **hospital costs** if you are admitted
- AHCIP **does not** cover:
  - Prescription drugs
  - Rehabilitation needs
  - Dental services
  - Ambulance transport

You must apply to register for AHCIP!

Part 1:
Alberta Health Care Insurance Plan

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To register for AHCIP:

- Visit a registry office

- Bring:
  1. Proof of Residency (name and current address)
  2. Government issued photo identification (passport)
  3. Canada entry document (study permit)

https://www.alberta.ca/ahcip-eligibility.aspx

Part 1:
Alberta Health Care Insurance Plan

To register, visit a registry office

- "Lions Park" Train Station

Registry Express

in North Hill Mall

https://www.registryexpressinc.ca/

Part 2:
GSA Health & Dental Plan

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This plan helps to cover things not covered through the AHCIP, like:

- Prescription medication
- Dental services
- Vision services

- Managed by the Graduate Student Association
- All full-time students are automatically enrolled
- Add family members (Opt In) or Opt out if you have private insurance
- **Change-of-Coverage Period:** Jan. 10th -31st, 2020
- www.studentcare.ca/CalgaryGSA

Coverage for Family Members

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- For AHCIP, you must register together:
  - Spouses
  - Children under age of 21

- For GSA & Dental Health Plan, you may add family members by **Jan 31, 2020** for additional fee

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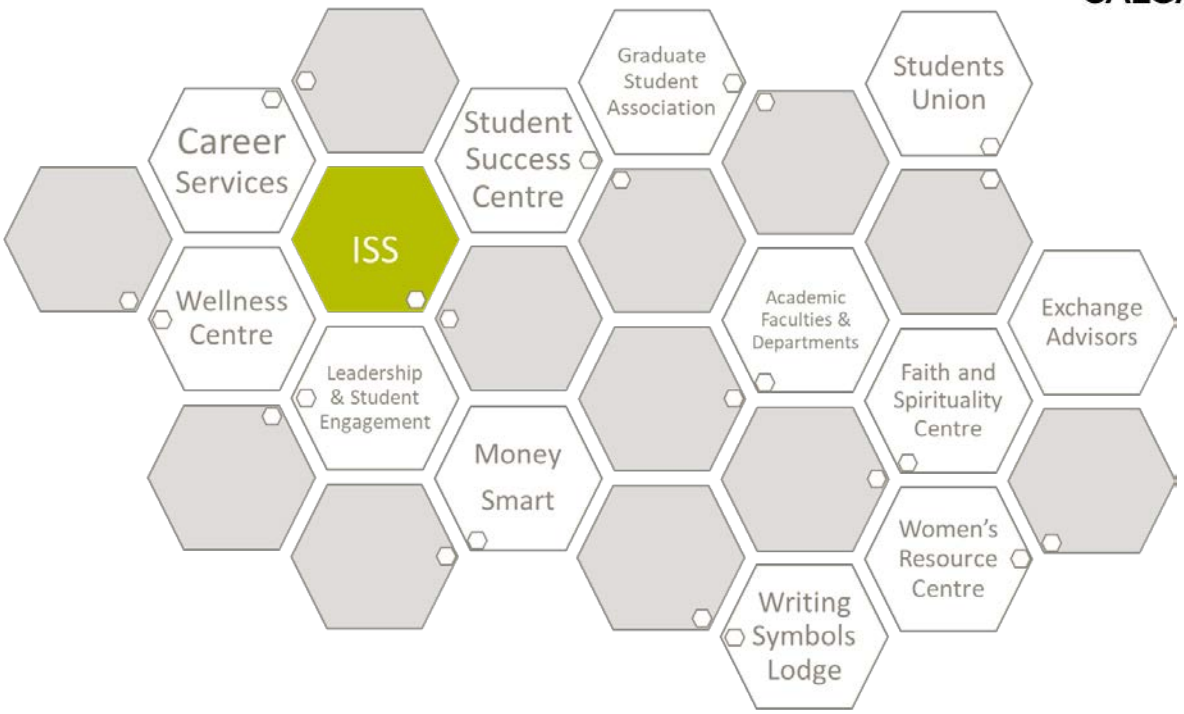

Important Contacts & Safety

Safety and Security on Campus

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- Campus Security
  - Emergency phones on campus
  - Closed Circuit Television
  - Patrols campus

UC EMERGENCY

- Safewalk
  - Call Campus Security 403-220-5333
  - One female and one male volunteer

- UC Emergency App
  - Receive alerts and updates

Important Community Contacts

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- **Emergency: 911**
  - Fire, Ambulance, & Police

811 Health Link
Health Advice 24/7

- **Healthlink: 811**
  - 24 hour free phone line for non-emergency health concerns
  - Speak with a registered nurse
  - Service available in multiple languages

Scams

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- Suspicious phone calls from people posing as:
  - Canada Revenue Agency (CRA)
  - Immigration Officials
  - Alberta Health Services
  - Fake job postings
  - Fake apartment/house rental postings

Avoiding Scams

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- Keep your personal information and documents safe
  - SIN keep protected
  - Credit or banking information
  - Use caution before clicking links in texts or emails

- Protect Yourself
  - Hang up—block phone numbers
  - Ask for a number to call back later
  - Research a potential rental property or job opportunity
  - If unsure, speak to ISS *before taking any action*

How to Protect Yourself from Scams

Wednesday, Jan. 15: Registration Required

Jan 15 | 10:30 a.m. to 11:20 a.m. | International Student Services classroom (MSC 275)

How to Protect Yourself From Scams

Presented by the Better Business Bureau (BBB) of Alberta.

Know Your Rights & Responsibilities

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- **Renting in Alberta:**
  - **Landlordandtenant.org**
  - Examples of rental agreements
  - Resources

LAWS FOR LANDLORDS AND TENANTS IN ALBERTA

- **Insure your belongings**
  - "tenant insurance" or "contents insurance"

- **Off-campus next year?** Info session!

Important Community Contacts

UNIVERSITY OF CALGARY

- **Emergency: 911**
  - Fire, Ambulance, & Police

811 Health Link
Health Advice 24/7

- **Healthlink: 811**
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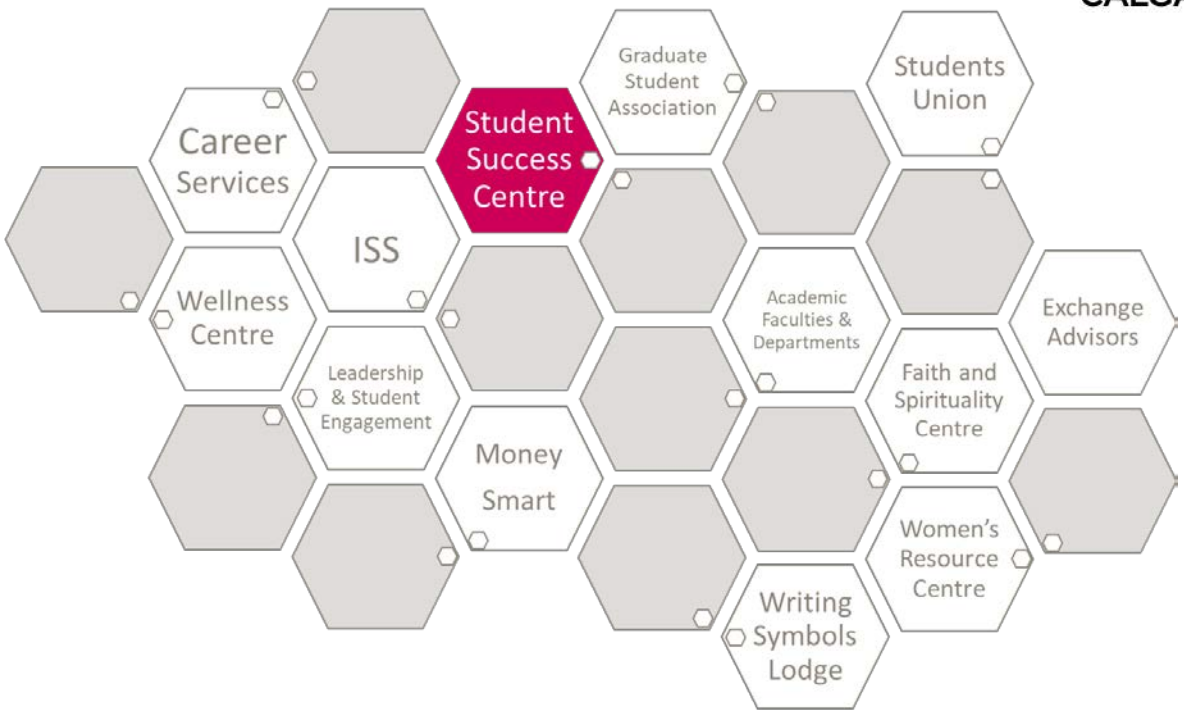

Student Success Centre

Jennifer Parsons,
Academic Development Specialist (International)

UNIVERSITY OF CALGARY

Student Success Centre

(TFDL, 3rd Floor)

- individual appointments to assist with academic and language skills
- jen.parsons@ucalgary.ca

Find out more about programs and supports: http://www.ucalgary.ca/ssc/international

Academic Challenges of International Study

- Preparation
- Understanding lectures
- Different academic style
- Language
- Supervisor relations
- Reading load
- Academic schedule
- Academic norms
- Social norms
- Class participation
- Work-life balance

Academic Development Appointments

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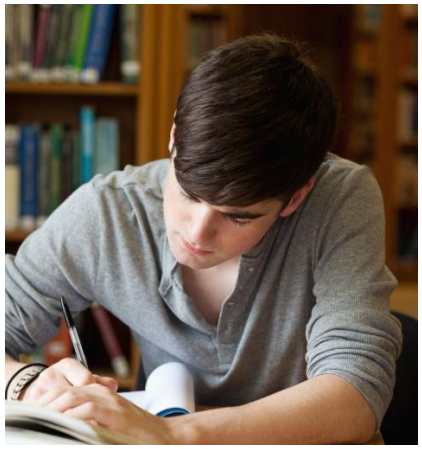
- Goal setting
- Time-management, school-life balance
- Effective strategies for studying and test preparation
- Presentation skills
- Scholarships and award opportunities and applications
- Preparing for candidacy/defense
- Working effectively with others

One-on-One Appointments with a Writing Tutor

- Writing process
- Effective writing strategies
- Citation



Evening Drop-In

- First floor, TFDL

Writing Workshops

- Writing at the Graduate Level
- Using Sources Effectively
- Developing Research Proposals
- Critical Thinking and Scholarly Writing
- Writing Scientific Research Reports
- …..and more

Online Resources

Many writing-support documents, including citation style guides!

Visit www.ucalgary.ca/ssc

Graduate Writing Community

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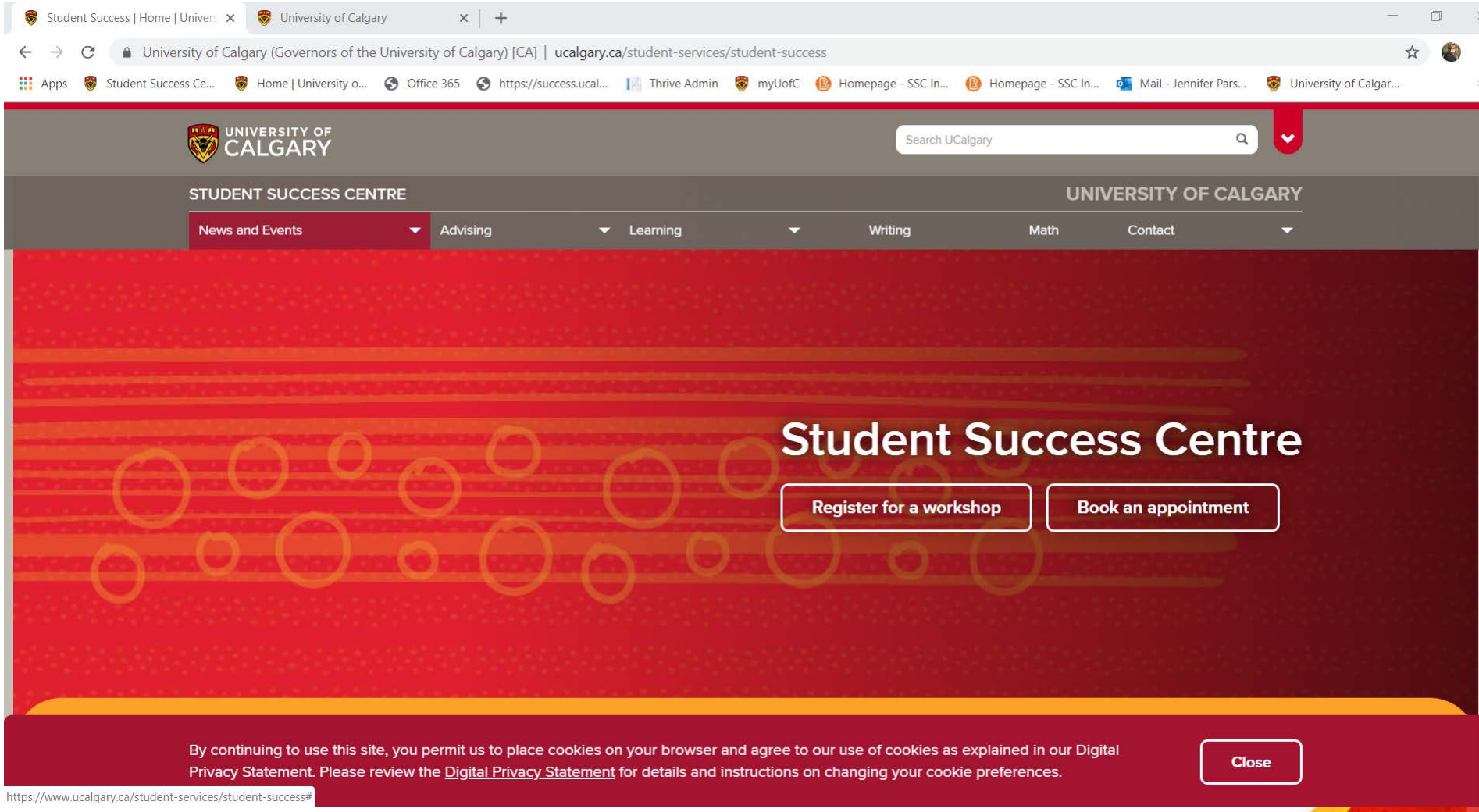
- Twice weekly intensive writing sessions
- Three hours per session
- Support from writing/language tutors
- Breakout sessions on topics of interest/graduate coaching
- **More information:** ucalgary.ca/ssc/graduatestudent

Accessing these resources

www.ucalgary.ca/ssc



Same day academic development appointments

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International Student Services (MacEwan 275)

Monday-Friday

10:00-12:00 (except Thursday)

1:00-3:00

Writing Support tutors are also available

Sign up in person at the ISS reception desk

Contact Jennifer for more information about….

- Language supports
  - Individual tutoring (RWRD program)
  - Conversation groups
  - Academic presentations
- Cultural adjustment
- Academic expectations
- Study skills
- jen.parsons@ucalgary.ca
- Drop-in advising at ISS
  - Monday/Tuesday 10:00-12:00 and 1:00-3:00
- Booked appointments at Student Success
  - Wednesday-Friday

Faculty of Graduate Studies

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- Advising and Support
- Policies and responsibilities regarding supervision
- Issues impacting graduate studies
- Failed first attempt at candidacy or thesis defense
- Barriers to timely completion
- Leave of absence or extension requests
- Your rights as a student

Jaya Dixit

Yan Zhang

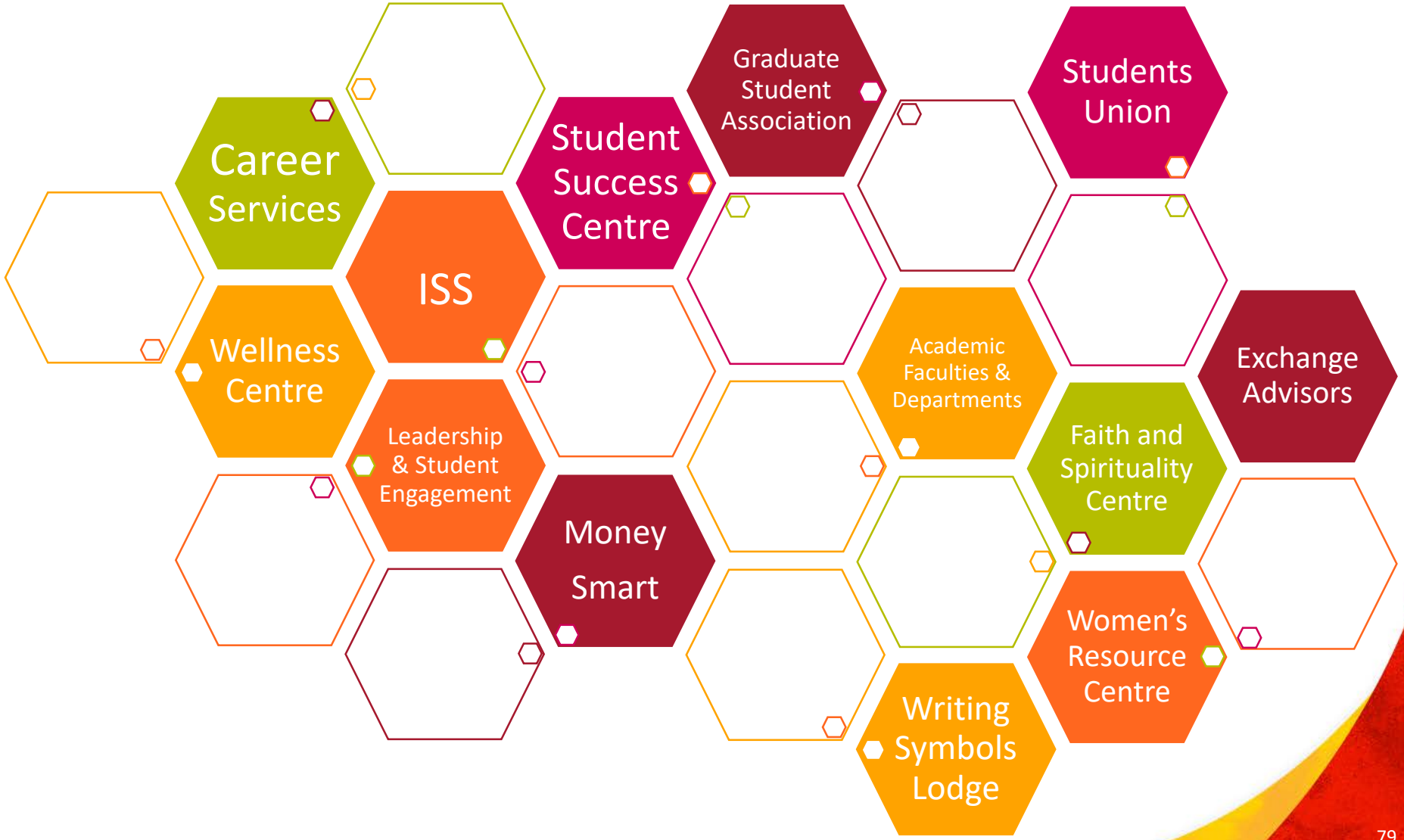
https://grad.ucalgary.ca/studentsupport

Do You Know…

- Who will help you adjust to studying here?
- What might you need to know?
- What might be a challenge?
- Where you can go for help or advice?

Connecting to Your Campus

UNIVERSITY OF CALGARY



Garrett Beatty, Advisor, International Student Intercultural Programs

UNIVERSITY OF CALGARY

International Student Services

(MSC 275)

gsbeatty@ucalgary.ca

Find out more about programs and supports:
http://www.ucalgary.ca/iss

Getting Connected

- Banff day trip – Sunday, January 26
  - Registration opens on careerlink.ucalgary.ca on Jan. 13
- Global Café and Friendship Night – Wed. Jan. 15
  - Register on careerlink.ucalgary.ca

Global Families

- Minds in Motion workshop – Wednesday, Jan. 29
- Climbing Wall – Sunday, Feb. 2
  - Register on careerlink.ucalgary.ca

UNIVERSITY OF CALGARY

CareerLink - linking students and employers

STUDENTS & RECENT GRADS

Login in using your MyUofC eID and associated password
Recent Grads: If you recently graduated continue to access your student CareerLink account up to one year after graduation.

Login

DS4Y Program Students
DS4Y Program Students may log in using the button below.

Login

ALUMNI

To access CareerLink, please log in using your email address or Student ID and password. If you have graduated more than one year and would still like access to CareerLink, email csstdnt@ucalgary.ca with your name, student ID# and current email address. We will review to see if an account already exists for you.

Login

EMPLOYERS

To access CareerLink, please log in or register below.

Login Register

CAREER & CO-OP STAFF

To access CareerLink, please log in using your username and password.

Login

www.careerlink.ucalgary.ca

Getting Connected

- Residence Services- get to know your Community Advisor (CA)
- UCalgary meet-up
  - Group based social meet ups
- Get involved with the Graduate Students' Association – join a subcommittee!
- Attend GSA social events

Active Living

- Active Living: Orientation Jan. 14!
  - Fitness facilities
  - Racquetball and squash courts
  - Swimming pools
  - Running tracks
  - Skating rink
  - Bouldering and climbing wall

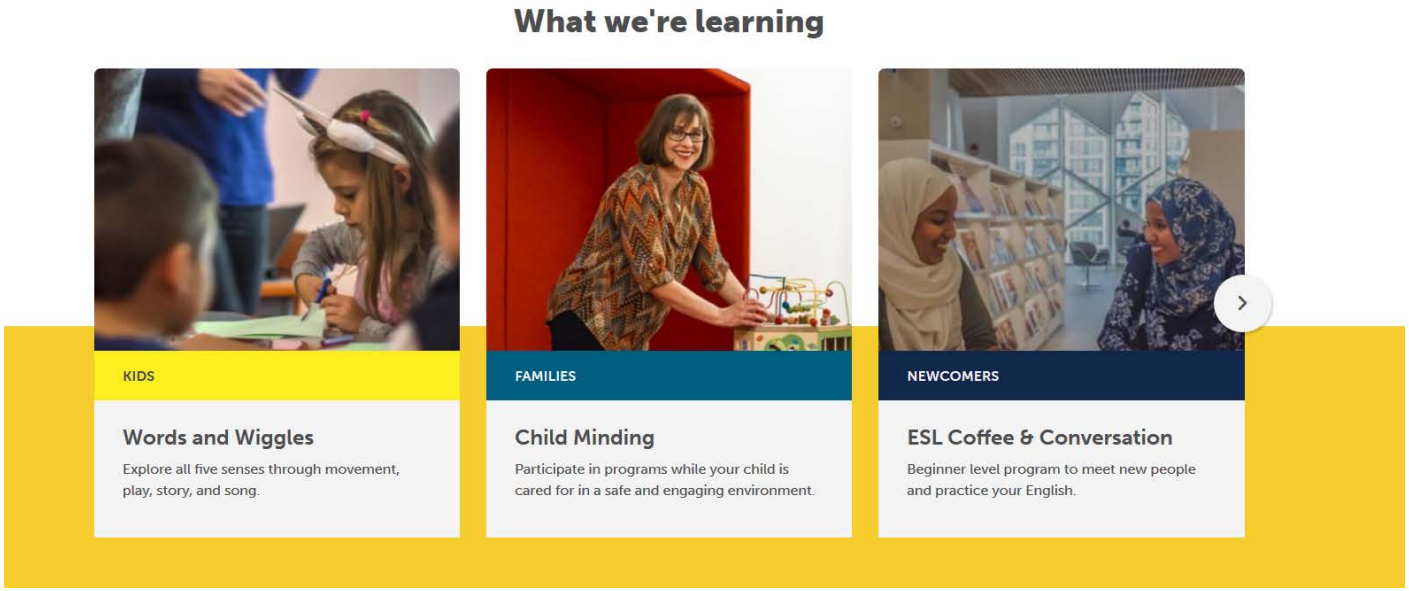
https://active-living.ucalgary.ca/

Finding Your Communities

- Faith & Spirituality Centre
  - Taste of Tuesday, Wisdom Wednesdays, Kaleidoscope Project
- Women's Resource Centre
  - Women Leaders Speaker series, Women's Leadership Conference
- Q Centre – SU Centre for Sexual & Gender Diversity
  - Pride Scholarships, Queer Mentoring

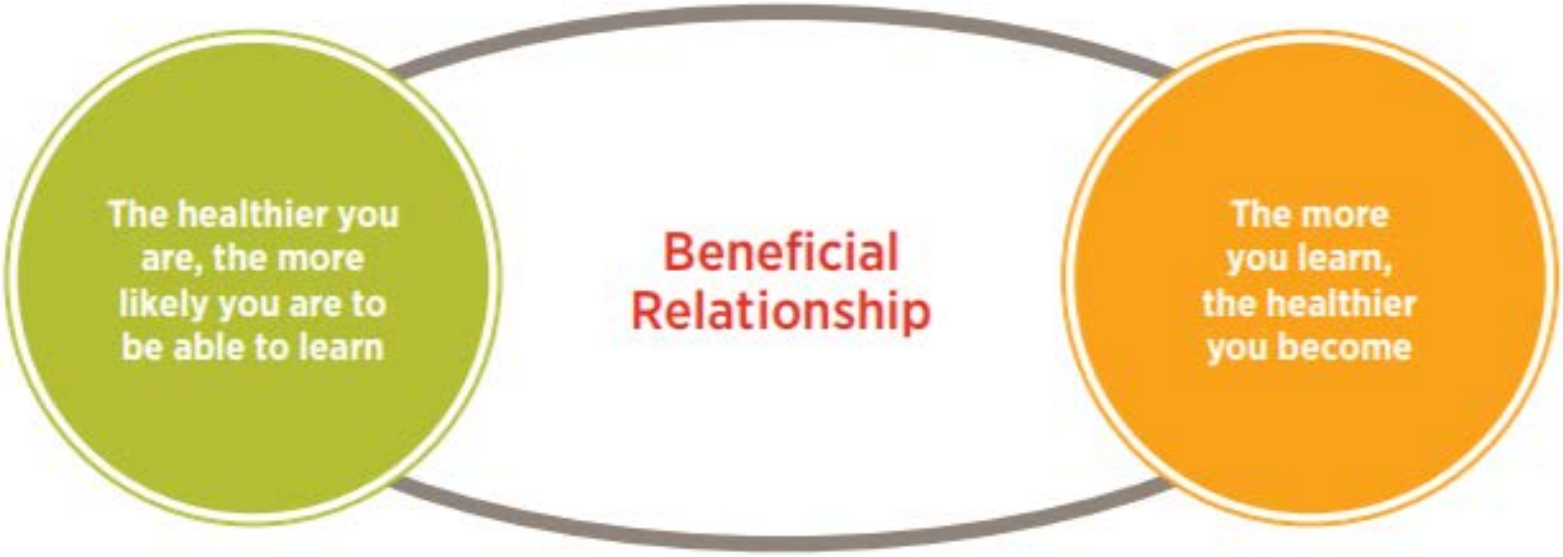
Activities with Spouses/Children

- GSA events and discounted tickets
- Calgary Public Library
- City of Calgary programs



https://www.ucalgary.ca/iss/advising/information-families

The Importance of Finding Balance



GRADUATE STUDENTS' ASSOCIATION

UNIVER

UNIVERSITY OF CALGARY

GSA Events and Discounted Tickets

Discounted Tickets

The GSA offers discounted tickets to many attractions in and around Calgary including:

- TELUS Spark
- Royal Tyrell Museum
- West Edmonton Mall's Water Park
- Cineplex
- Heritage Park
- ZOOLIGHTS
- Banff Sunshine
- Junior Claus - December 6

Learn more and purchase tickets HERE

Please pick up the actual tickets from the GSA Office after payment.

MENTAL HEALTH & WELLNESS SUBCOMMITTEE

GRADUATE STUDENTS' ASSOCIATION

Discussing the Mental Health and Wellness Benefits of GRATITUDE

December 9 | 10 am - 12 pm | HRIC Atrium (Foothills Campus) & That Grad Space (Main Campus) | FREE

Gratitude is a way for people to appreciate what they have instead of always reaching for something new. Drop by the Mental Health and Wellness Committee booth to have discussions and post a sticky note with suggestions on how

Make Natural Body Butter

December 4 | 3 - 5 pm | Multipurpose Room, Crowsnest Hall | FREE

Looking for a sustainable and original idea for your holiday gifts? Create and take home your personalized, natural body butter with your choice of scent, and learn about the ingredients and their benefits to the skin. All materials will be provided, click here to register.

Building Bridges Booth 4

December 5 | 12 - 2 pm | ICT Table 2 | FREE

Drop by our stall to share your concerns and ask any questions related to academics. Come for some interactive games, and a chance to win some cool prizes.

Sign up for the ISS Newsletter

Keep up-to-date with the latest news and upcoming events at ISS, around campus and in the community.

www.ucalgary.ca/iss

First Name:

Last Name:

Email Address:

Submit

Collection of personal information

Your personal information is collected under the authority of section 33(c) of the Freedom of Information and Protection of Privacy Act, and is required for updating your email subscription preferences. If you have any questions about the collection or use of this information, please contact the Office of Advancement at digital@ucalgary.ca