Territorial Acknowledgement

We 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, 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.

The University of Calgary is situated on land adjacent to where the Bow River meets the Elbow River, and the traditional Blackfoot name of this place is “Moh’kins’tsis”, which we now call the City of Calgary.
Garrett Beatty, Advisor, International Student Intercultural Programs

International Student Services

- gsbeatty@ucalgary.ca
- Coordinate USpeak Global language sharing program
- Supervises student leaders who run virtual social events for you!

Find out more about programs and supports: www.ucalgary.ca/iss
Orientation content online: Welcome!

www.ucalgary.ca/student-services/iss/resources/online-orientation
Orientation content online:

Virtual Events for You!

www.ucalgary.ca/student-services/iss/resources/online-orientation
Orientation content online: Canadian Immigration, Working in Canada, & Important Contacts for Your Health and Safety

www.ucalgary.ca/student-services/iss/resources/online-orientation
Orientation content online: 

**Classroom Culture at UCalgary**

www.ucalgary.ca/student-services/iss/resources/online-orientation

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**Navigating a new culture**

**Canadian classroom culture and academic success**

Learn about the resources provided through the Student Success Centre (SSC) through these short videos. You'll meet Jennifer Parsons, International Academic Development Specialist.

- Supports from the Student Success Centre
- Courses and Grading
- The Class Environment

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**Online Learning**

Online Learning Videos and Resources

The SSC is running a free D2L course called *Introduction to Online Learning.*

- The goal of this module is to provide first-time University of Calgary online students with opportunities to learn about and practice with common technology tools associated with online courses. These include:
  - Attending lectures and participating in lectures through Zoom
  - Using discussion boards
  - Online group work and setting up group study sessions
  - Submitting course assignments
  - Completing online tests and quizzes

Within each content area, you will also find links to resources and study strategies for online learning success. You can register at [https://survey.ucalgary.ca/forms/5V_6A7E-4C2TWC56L](https://survey.ucalgary.ca/forms/5V_6A7E-4C2TWC56L). After receiving your registration, a Student Success Centre staff member will enroll you in the course within 2-3 business days. After which time, the course will appear within your list of D2L courses.

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**Support for exchange students**

If you’re an exchange student, make sure to review the Incoming Exchange information on the **Site...**
Orientation content online: 
**Finding Community (even remotely)!**

www.ucalgary.ca/student-services/iss/resources/online-orientation

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Meeting other students and finding community

**ISS programs**

The ISS team and student leaders run social programs and remote events. Visit the ISS Student Life website tab to learn more about the programs, events, and best ways to stay in touch!

- **ISS events** are low-cost or free opportunities for students to meet with other new and returning students. Check the ISS events calendar to see what’s coming up.
- **Global Families events** are low-cost opportunities for students with children to meet other UCalgary students who are studying with families. Check the ISS events calendar for upcoming events.
- **USpeak Global** is a language sharing program that is open to all UCalgary international and Canadian students. Sign up if you are studying a language, have a general interest in languages, or if you enjoy helping others develop their own language skills.
- **International Student Mentorship Program** is a program that connects new international students (whether studying remotely or in Calgary) with current UCalgary students during their first term studying with UCalgary. Sign up through our website.

- Faith and Spirituality Centre (FSC)
- Women’s Resource Centre (WRC)
- Leadership and Student Engagement (LSE)
- The Students’ Union (SU)
- The Graduate Students’ Association (GSA)
Orientation content online:  
**Getting Settled in Calgary (eventually)**

www.ucalgary.ca/student-services/iss/resources/online-orientation

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**Getting settled in Calgary**

Many of the tasks below are outlined on our New International Student Checklist. Whether you’re starting remotely or in-person, it’s helpful to start thinking about these future tasks.

**Housing and accommodations**

View the slides from our webinar on August 26: [Finding Off-Campus Accommodation](#). If you can’t attend, consider attending when we run it again in the Fall term. Check our events calendar.

- Visit the Housing website for information in the meantime: ucalgary.ca/student-services/iss/resources/housing

  - Food and household goods
  - Alberta identification card
  - Transportation
  - Preparing for Calgary weather
  - Planning for expenses
  - Students with children
Orientation content online:

**What to do over the next few days**

[www.ucalgary.ca/student-services/iss/resources/online-orientation](http://www.ucalgary.ca/student-services/iss/resources/online-orientation)

[www.ucalgary.ca/student-services/welcome-centre](http://www.ucalgary.ca/student-services/welcome-centre)
ISS is online
To access advising services, you must contact iss@ucalgary.ca using your UCalgary email account. Our advisors will reply to you during advising hours (9 a.m. to noon, and 1 to 4 p.m. MST).

View our COVID-19 FAQs

ucalgary.ca/iss

Our Services

Immigration Information
Important information on visas, study permits and work permits.
Learn more »

Resources
From arriving at the Calgary International Airport to setting up a Canadian Bank Account, we have resources to assist you!
Learn more »

ISS Programs
Our programs and events are specifically designed to meet the unique needs of international students.
Learn more »

Advising
A wide range of support is available to all UCalgary International students.
Learn more »

Upcoming ISS events

Aug 31

Sep 3

Sep 13
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.

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

ucalgary.ca/iss
Welcome Reception: Graduate International Students

• Open to students in Calgary or elsewhere!
  • Thursday, Sept 3, 2020
  • 9:30 -10:30 am MST

• You’ll get to introduce yourself to other graduate international students and socialize

• Feel a sense of welcome to the UCalgary community

• Register on the ISS Events Tab @ucalgary.ca/iss

• Can’t attend? Another one Wednesday, Sept 9
Other Ways to help make your adjustment to UCalgary studies as smooth as possible:

• Check out the International Student Orientation Module information online: ucalgary.ca/student-services/iss/resources/online-orientation

• Review the ISS Immigration, Resources, & Events tabs @ ucalgary.ca/iss

• Visit the virtual Welcome Centre!

• Attend the international student welcome reception @ events.ucalgary.ca/international-student-services/

• Attend Graduate Orientation (at 10:45) & any sessions hosted by your department
Talk to a Welcome Centre student advisor!

The UCalgary Welcome Centre is open until Friday, September 4th from 9:30am-4pm MST.
• Ask questions about adapting to life as a UCalgary student!
• Get personalized advice, support, and referrals to helpful resources to ease you through your transition into university!
• For Undergraduate and Graduate students

ucalgary.ca/student-services/welcome-centre
Answers to questions you submitted in advance!
Lien Tran, International Student Immigration Specialist (RCIC)

International Student Services
(MSC 275)

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

issimmigration@ucalgary.ca

For more immigration information:
https://www.ucalgary.ca/student-services/iss/immigration
Can I apply for a Co-op work permit?

• If you are in formal Co-op program
• Your program requires that you complete a practicum to finish your degree

• Graduate Studies does NOT have a formal co-op program and you would not be able to apply for a co-op work permit.
• Transformative Talent Internship is not a requirement and is not eligible for a Co-op work permit.
What happens if I need to take a leave from my studies?

• Please contact ISS immigration if you are planning to take a leave from your studies.

• If you drop down to a part-time status or take leave from your studies, you will no longer be able to work using your study permit.

• In order to work and be eligible for a PGWP later you must be a full-time student
Can I work more than 20 hours a week when I’m not taking classes?

• For most graduate programs, students are registered as a full-time student throughout their program and do not have schedule breaks.

• If you **do not have a scheduled break** during the spring and summer semesters you can only **work 20 hrs a week off campus**.

• If your program **has a scheduled break** during the spring and summer semesters you can **work full time hours week off campus** during your break.

• You will need to determine if your program has a scheduled break (program advisor/academic calendar)
Can I come to Canada?

• Travel Restrictions are still on place.
• We do not know if or when travel restrictions will be lifted or modified.
• If you meet the travel exemptions, such as a valid study permit or a study approval letter issue before March 18th, 2020, you will still need to show that your travel is non-discretionary.
Can I study online?

- The announcement on July 14\textsuperscript{th} states students would be allowed to study remotely online without a study permit.

- However, if you are planning to apply for a Post Graduate work permit students would still need to be "approved-in-principle", the time studying remotely will then count towards their PGWP.

- IRCC is processing study permit on a 2 stage process. You will have to receive an approval on Stage 1 to be "approved-in-principle".


Kirsty Gruber,
Advisor, International Student
Transition Support

International Student Services

• Drop-in (& remote) advising to assist with getting settled in Calgary
• Coordinate International Student Mentorship Program
• Coordinate Orientation events for international students

• Kirsty.gruber@ucalgary.ca

https://ucalgary.ca/student-services/iss/resources/online-orientation
Once I’m studying in Calgary, what medical insurance coverage do I have?

• While traveling to Calgary, you need to arrange Travel Medical Insurance
• [https://ucalgary.ca/student-services/iss/resources/medical-insurance](https://ucalgary.ca/student-services/iss/resources/medical-insurance)
• Need to register for AHCIP:

  Alberta Health Care Insurance Plan (AHCIP)

  Graduate Student Association Health & Dental Plan
Will I need to self-isolate if I arrive in Calgary in the future?

• Review information from the government of Alberta and Canada before you plan your travel for up-to-date requirements:
  • Government of Alberta Isolation Requirements: [alberta.ca/isolation.aspx](alberta.ca/isolation.aspx)
  • Alberta Health Services Isolation Information: [albertahealthservices.ca/topics/Page16997.aspx#trav](albertahealthservices.ca/topics/Page16997.aspx#trav)
  • [ucalgary.ca/student-services/iss/resources/self-isolation-supports-international-students](ucalgary.ca/student-services/iss/resources/self-isolation-supports-international-students)
• How do I plan for self-isolation?
• What are the requirements?
• What are my accommodation options?
• How can I best prepare?
• How do I travel to my self-isolation accommodation?
I’m planning to move to Calgary with my partner/spouse/children. What resources are available?

• ucalgary.ca/student-services/iss/resources/information-families

• Accessing UCalgary services with a partner/spouse
• Housing & Getting Settled
• Childcare & Schooling for minor children
• Healthcare & Medical insurance
• Making Social Connections
Danni Lei, R. Psych.
Counsellor, Student Wellness Services

Mental Health Services – Counselling
• Provide single session counselling
• Provide brief individual counselling

Email: dlei@ucalgary.ca

https://www.ucalgary.ca/wellness-services/services/mental-health-services
I’ve never talked to anyone about mental health, why does it matter so much to my graduate degree and what is counselling even?

- Help reach academic goals easier when feeling mentally healthy
- Counselling as collaborative and confidential
  - Support in navigating unique challenges and different life aspects
  - Help cope with stress, anxiety, adjustment, etc.

- [https://www.ucalgary.ca/wellness-services/services/mental-health-services/counselling](https://www.ucalgary.ca/wellness-services/services/mental-health-services/counselling)
  (Available to students located outside of Canada)
Adrianna Cooper, BSW, RSW
Student Support Advisor,
Student Wellness Services

Mental Health Services – Coordinated Care
• Provide - Supportive discussions
• Provide - Mental health triage

Email: coopera@ucalgary.ca

https://www.ucalgary.ca/wellness-services/services/mental-health-services
Can I still access any of the services if I’m not in Calgary?

- Counselling, Coordinated Care, Groups, Workshops, Wellness Online, Peer Support
- Due to Covid-19 there are certain services that are accessible and through Coordinated Care appointments you can discuss all of your options
  - [https://www.ucalgary.ca/wellness-services/services/mental-health-services/counselling](https://www.ucalgary.ca/wellness-services/services/mental-health-services/counselling)
What groups and workshops are available?

- **Groups:**
  - Mindfulness Practice
  - Coffee & Connection
  - Happiness Basics
  - Anxiety Management
  - Making Connections: Social Anxiety

- **Workshops:**
  - Anxiety Management
  - Transitioning from High School to University
  - Stress Management
  - Motivation & Procrastination
  - Healthy Thinking
  - Discover Your Self Care
  - Ask a Counsellor
Jennifer Parsons

Student Success Centre (online access)

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
What supports are available to graduate students writing a thesis or dissertation?

• Academic Development Specialist Advising
• Writing Support
• Graduate Writing Community
• Graduate Peer Coaching

• https://www.ucalgary.ca/student-services/student-success/learning-support/graduate
How can I build a good working relationship with my supervisor?

- Understand roles and responsibilities
- Develop graduate level skills
  - https://grad.ucalgary.ca/my-gradskills/workshops-and-resources/my-gradskills-workshop-matrix
- Have a clear timeline and deadlines for completing your work
- Schedule regular contact – communication is key!
How can I improve my English while studying from my home country?

- Student Success conversation groups
  - Tuesdays 11:00 am
  - Thursdays 7:00 pm

- Student Success Writing Support
  - Online asynchronous support available

https://www.ucalgary.ca/student-services/student-success

Campus involvement when possible
Liliana Gonzalez, BSc, HNCP
Career Development Specialist, International Students

Career development and job search support:

Get one-on-one advice with a Career Development Specialist

- Appointments
- Drop-ins

Attend career workshops/webinars

Connect with employers

Email: gonzalml@ucalgary.ca
Book appointments: careerlink.ucalgary.ca
Website: www.ucalgary.ca/careers
Commonly Asked Questions by International Students

• How do I know which career to pursue?
• How do I find a job in Canada
Your Career Development

EXTERNAL FACTORS

PLAN AND CONNECT

ACT
- Apply
- Network
- Gain Experience

PREPARE
- Resume/CV
- Cover Letter
- Online Presence

EXPLORE
- Interviews
- Informal Interviews
- Informational Interviews
- Organizations
- Training
- Occupations
- Industries

REFLECT
- Attitude
- Traits
- Strengths/Skills
- Interests
- Values
• Complete informal and formal assessments
• Discuss assessment results with a Career Development Specialist
• Browse online resources (ucalgary.ca/careers)
• Attend employer events
Book an appointment with a Career Development Specialist:

- Resume/CV/cover letter review
- Mock Interview
- LinkedIn review
- and more...
Tips:

Gain professional experience

Learn about Canadian workplace culture

Develop a career plan
careerlink.ucalgary.ca

Book advising appointment!

Register for career workshops/webinars and employer events!

Search job postings!
Mary Zhang, Vice President Student Life

Graduate Students’ Association, University of Calgary

• Responsible for all matters that relate to non-academic matters of the graduate student experience.

• Some aspects of my portfolio include social events and discounted ticket sales, DGAs, GSGs and overseeing weekly newsletter.

• vpsl.gsa@ucalgary.ca

• https://gsa.ucalgary.ca/gradocr
How does the GSA Health and Dental (H&D) Plan work?

• **All full-time students are automatically enrolled**
  • Part-time, distance, visiting, and Executive MBA students aren't automatically covered, but may be eligible to enroll in the plan during the Change-of-Coverage Period.

• **Add family members, opt in, or opt out if you have private insurance**
  • Deadline: August 26 – September 25, 2020

• **Download: StudentCare app**
  • submit claims electronically

• **Empower Me: mental health support 24/7**

• [https://gsa.ucalgary.ca/health-dental-services/](https://gsa.ucalgary.ca/health-dental-services/)
• Sept 3rd Health and Dental Q&A with StudentCare
How do international students opt out of the H&D Plan if they are studying from home country?

- StudentCare will host a special retroactive change-of-coverage period in **July 2021**, for international students of the Sept. 2020/Jan. 2021 intakes who do not come back to Canada for the 2020-2021 academic year.

- International students may use the following as exceptional proof-of-coverage to opt-out of H&D:
  - letter of enrolment provided by the institution
  - approval-in-principle of a study permit (as per 2-stage process introduced in July 2020)
  - existing study permit (if residing outside of Canada)

- If you **do not use** the plan for the Fall 2020 and Winter 2021, you will receive a **full retroactive reimbursement** for your plan fee to your Canadian bank account.

- [https://gsa.ucalgary.ca/health-dental-services/](https://gsa.ucalgary.ca/health-dental-services/)
- askgsa@ucalgary.ca
What orientation events does the GSA have?

- GSA EXECUTIVES MEET & GREET
  - Tanille: President
  - Mary: VP Student Life
  - Alex: VP Academic
  - Kabita: VP Finance & Services
  - Christine: VP External
  - SEPT. 3 12:30 PM
  - Visit: gsa.ucalgary.ca/gradQ

- HEALTH & DENTAL PLAN Q&A WITH STUDENTCARE
  - SEPT. 3 2:00 PM
  - Send us questions in advance!
  - Visit: gsa.ucalgary.ca/gradQ

- GSA BINGO
  - Participate & win awesome prizes from the GSA!
  - Blackout
  - One line
  - Visit: gsa.ucalgary.ca/gradQ

- For more details and link, visit: gsa.ucalgary.ca/events
What events/tickets does the GSA provide for graduate student?

- **Online Events**
  - Instagram trivia, Paint nights, Yoga, Dance Crew, Strength Training, Book Club, etc.
  - Holiday events

- **Discounted ticket sales**
  - Cineplex Movie Code
  - West Edmonton Mall
  - Calgary Zoo
  - Royal Tyrrell Museum
  - Online Escape Room
  - More to come!

- **Thesis Talk Thursday**
- **Research Image Competition**
- **Peer Beyond Graduate Research Symposium**
How can graduate students get involved with GSA?

- Departmental Graduate Associations (DGA)
- Graduate Representative Council (GRC)
- Graduate Student Groups (GSG)
- GSA Volunteer Recruitment Program
- [https://gsa.ucalgary.ca/services/volunteer/current-volunteer-opportunities/](https://gsa.ucalgary.ca/services/volunteer/current-volunteer-opportunities/)
Welcome Centre
Welcome Centre provides support to new-to-University of Calgary students related to their transition to Calgary/remote learning as well as life on- and off-campus through drop-in advising.

Our Website:
https://www.ucalgary.ca/student-services/welcome-centre

Updates Fall 2020:
• Location: Remote Services on Zoom
• Hours: 9:30 a.m. – 4:00 p.m.
  August 20th – September 4th, 2020
• Contact us: welcome@ucalgary.ca
What are the services that the Welcome Centre offers for students starting at UCalgary remotely?

• Provide information on various on-campus and off-campus support and resources that are available to students
• Resources to support arrival to Calgary
• Direct students to resources for the support they are seeking
• Sharing our experience in transition to Calgary and campus life
What advice do you have for new to UCalgary students?

• **Plan Ahead**
  If you are new to Calgary, the International Student Services offers resources on important items that you can get done before your arrival to ease your transition to Calgary

• **Seek Out Support**
  UCalgary has tons of support and resources available to students - from academic advising, health and wellness support, and career services

• **Get Involved**
  Getting involved on campus is a great way to meet people, develop relevant skills, and have fun – Student Union clubs, Peer Helper program, and more!
What support is available if I move to Calgary after the Fall term?

• The International Student Services (ISS) offers advising, support workshops, and social events year-round

• The ISS website also has tons of resources on important things such as banking, housing, medical insurance, and more
Answers to questions we didn’t get to during the session.
I haven’t heard anything back from IRCC towards my study permit, shall I contact them?

*Answer provided by Lien Tran, RCIC Immigration Specialist (ISS)*

- The reality is that unfortunately, extensive delays are being experienced by our students in a number of countries around the world, and we regret that we are not able to affect or speed up applications in process at various visa offices. The University of Calgary would not be able to obtain information on your behalf.

- We would suggest that contact IRCC through a webform (link below) in order to inquire about your application.

What is a scheduled break?

Answer provided by Lien Tran, RCIC Immigration Specialist (ISS)

• **IRRC defines a Regularly scheduled break:**
  “To be considered a regularly scheduled break, the break must be part of the DLI’s academic calendar (for instance, winter and summer holidays, Reading Week). Each regularly scheduled break should not be longer than 150 days. The maximum cumulative duration of scheduled breaks is 180 days per calendar year.”

• It is a break in your studies that is shown in UCalgary’s academic calendar.
My program is only for two terms i.e., fall and winter. For summer term can I work only part time or also full time with my study permit?

*Answer provided by Lien Tran, RCIC Immigration Specialist (ISS)*

- No, you will not be able to work as you will no longer be a student.
- Once you complete your program and receive a letter of completion you would only be able to work if you apply for a Post Graduate Work Permit.
How do I get a Social Insurance Number (SIN) if I’m located outside Canada but will be an TA or RA?

Answer provided by Ricky Ramdhane, Manager & RCIC, ISS

• A SIN is required for you to receive income in Canada. A study permit is required for you to obtain a SIN. If you are outside of Canada, you will not be able to obtain a SIN at this time.

• The Faculty of Graduate Studies has been working with the UCalgary Human Resources Office to arrange for graduate students to receive payments for Teaching Assistantships (TA), Research Assistantships (RA), and/or scholarships.

• Please check with the Graduate Program Administrator in your Department who will connect with the Faculty of Graduate Studies regarding how you will receive your funding:
  
  • [https://grad.ucalgary.ca/current-students/important-dates-and-resources/find-your-graduate-program-administrator](https://grad.ucalgary.ca/current-students/important-dates-and-resources/find-your-graduate-program-administrator)
What advice do you have on housing if a student is coming after the fall semester?

Answer provided by Zareena H, Welcome Centre Student Advisor

• For international students, living on-campus is a great option if you are new to city or looking for accommodation closer to university. For more details on on-campus residence services such as types of residence options available to you, rent, application process, visit this page: [https://www.ucalgary.ca/ancillary/residence](https://www.ucalgary.ca/ancillary/residence).

• For off-campus accommodation, you can make use of online resources to find a house. Some of the common websites that are used in Calgary are: [Rentfaster](https://rentfaster.ca), [Rentseeker](https://rentseeker.com), [kijiji](https://kijiji.ca). Students’ Union has a house listing portal ‘[Places 4 students](https://www.ucalgary.ca/ancillary/residence’ that is updated every night. Other great option would be to checkout out Facebook Marketplace and Facebook groups for rentals. Going through the posted rental ads will give you a fair idea about the rental prices based on the locality and the type of accommodation so that you can work accordingly on your budget.

• Here is an excellent resource that summarizes all the information related to on and off-campus housing, short term accommodation, accommodation for self-isolation and your rights and responsibilities as tenants: [https://ucalgary.ca/student-services/iss/resources/housing](https://ucalgary.ca/student-services/iss/resources/housing).

• Review the slides from the “Off-Campus Accommodation” webinar (under New International Student Information Series): [https://ucalgary.ca/student-services/iss/resources/international-student-orientation](https://ucalgary.ca/student-services/iss/resources/international-student-orientation)
Still have questions?

- Review the resources and short videos we developed for you here: ucalgary.ca/student-services/iss/resources/online-orientation
- Contact the Welcome Centre (before Sept 4) to talk with a graduate or undergraduate student leader: ucalgary.ca/student-services/welcome-centre
- Contact the International Student Services (ISS) team: https://ucalgary.ca/student-services/iss/contact-us
Thanks for joining us & don’t forget to sign up for the ISS newsletter:

ucalgary.ca/student-services/iss/student-life/iss-newsletter