Dear Rachel,

Thinking about coming to Canada for your studies? Prior to making travel plans, please ensure you review these links from the Government of Canada for the most up-to-date information about travel restrictions:

- Coronavirus disease (COVID-19): International students
- Travel restrictions in Canada: Flying to and within Canada

We also recommend that you review UCalgary's quarantine information for students travelling to Canada and our list of self-isolation supports for international students for guidance on the quarantine process.

Have a great week!

International Student Services

---

Learn about K-Pop

Join ISS and the K-Pop Learn it Together club for music trivia, popular K-Pop tunes, a dance tutorial and a chance to meet others who love Korean music and culture. All K-pop knowledge levels are welcome!
Date: Friday, Feb. 26
Time: 5 – 7 p.m. MST
Register »

Important dates and information

- Feb. 20: End of term break

Opportunities

**Contest: Ignite your mood**

Regular physical activity helps reduce stress, anxiety, and depression. This winter, step away from the screens and get moving outdoors for a chance to win some prizes from the University of Calgary Bookstore and Mountain Equipment Co-op.

[How to enter »](#)

---

**SU Mental Health Award**

Are you an undergraduate student who champions mental health on campus? If so, you could receive $1,500 for your hard work and dedication. Apply for the SU Mental Health Award by March 5.

[Learn more and apply »](#)

---

**Community Helpers Training**

Want to learn how to support members of our campus community? This seven-week interactive training session, starting Feb. 24, will give you the tools needed to help your peers, colleagues and students.

[Learn more and register »](#)

---

**Online events and workshops**

**Make the most of your term break**

During the term break, conversation leaders and staff from the Student Success Centre are hosting a series of events to improve your English language skills using films, poetry and language-building games in interactive, small group sessions.
- Feb. 17, 11 a.m. MST: Documentaries and discussion
- Feb. 17, 1 p.m. MST: Films and discussion
- Feb. 17, 3 p.m. MST: Language-building games

---

**Online Unwind: Jeopardy**

Want to meet new people and have a chance to win up to $50 in prizes from Canary Goods or The Livery Shop? Join Leadership and Student Engagement for a fun game of Jeopardy, the interactive trivia game.

**Date:** Wednesday, Feb. 17  
**Time:** 1:30 – 3 p.m. MST  

[Register »]

---

**Social decision-making during COVID-19**

People hold a range of attitudes about what kind of social interaction is comfortable during a pandemic. Learn how to determine your personal comfort level when engaging with others during this time and how to use this to approach social interactions.

**Date:** Thursday, Feb. 18  
**Time:** 3 – 4:30 p.m. MST  

[Register »]

---

**Communicating with confidence at work**

As an international student, being able to communicate confidently will help you achieve your career goals in Canada. In this Career Services workshop, you'll learn how to demonstrate confidence when communicating and identify the behaviours that you can change and improve over time.

**Date:** Thursday, Feb. 18  
**Time:** 10 – 11:30 a.m. MST  

[Register on CareerLink »]
Virtual Board Game Café

Drop in and join Student Wellness Services for virtual games and activities. Make some new friends, de-stress and have fun in-between classes!

**Date:** Friday, Feb. 19  
**Time:** 9 – 10 a.m. MST

Register »

Understand the COVID-19 vaccine

Join this webinar by UCalgary professor Dr. Jim Kellner, who will provide a summary of what COVID-19 is, what vaccines are and how they work, as well as how the COVID-19 vaccine and vaccination process will work.

**Date:** Friday, Feb. 19  
**Time:** Noon – 1 p.m. MST

Learn more and register »

How to prepare for video and phone interviews

Want to learn how you can make a good impression in a remote interview? This workshop from Career Services will provide you with the information you need to succeed in a remote setting. You’ll learn how you can communicate clearly and fluently, appear professional and get tips on managing your body language.

**Date:** Thursday, Feb. 26  
**Time:** 10 – 11:30 a.m. MST

Register on CareerLink »

Simple Chefs

Want to learn how to cook a new meal? Join the Faith and Spirituality Centre for this cooking session with a special featured chef!
Online Unwind: Virtual Puzzles

Need a break? Want to make some new friends? Join Leadership and Student Engagement as they host a virtual game session to solve puzzles, and give you an opportunity to meet and chat with other students.

Date: Tuesday, Feb. 23
Time: 2 – 3 p.m. MST

Register »

Anger Management Group

Do you experience anger, frustration, or have negative feelings that impact your life? Join Wellness Services as they provide ways to stay calm, choose effective responses, and change thought processes.

Date: Wednesday, Feb. 24
Time: 11 a.m. – noon MST

Register »

Ask a Counsellor

Have questions about counselling, mental health, or how to stay well during school? In this interactive workshop, Student Wellness Services counsellors Danni Lei and Alex Klassen answer your questions about student life, relationships, personal wellbeing and everything in between.

Date: Wednesday, Feb. 24
Time: noon – 1 p.m. MST

Register »
Taxes 101: How to file your taxes online

Need help with your taxes? Learn how to file your taxes using a basic tax software program, as well as how to access your tax forms on your Student Centre. You'll also have a chance to win a one-on-one tax filling session with an advisor.

Date: Wednesday, Feb. 24
Time: 5 – 6:30 p.m. MST

Register »

Student success seminars

Looking for ways to succeed as a student? Sign up for a Student Success Centre workshop to get advice on topics related to learning.

- Feb. 23, 11 a.m. – noon MST: Reducing Test Anxiety
- Feb. 24, 6 – 7 p.m. MST: Navigating Online Assessments
- Mar. 2, 11 a.m. – noon MST: Study Smarter, not Harder

Not studying in Canada? Check out SSC's guide on studying at UCalgary from outside Canada.

The Inquiring Mind: Student Mental Health Training Series

Join Student Wellness Services for this two-part training series. Learn about the signs and indicators of declining mental health, how to maintain your own mental health, how to support friends and peers with mental health problems, and more.

Date: Thursday, Feb. 25 and Mar. 4
Time: 10 a.m. – noon MST

Register »

Stay active and connected with
UCalgaryTogether

Connect with others, find community and support and socialize while learning new skills, exercising or engaging in exciting conversation. Each event is hosted by volunteers from the COVID-19 Volunteer Support initiative.

Find and register for events »

Want more events?

Check out our events calendar for a complete list of events and workshops for international students.

ucalgary.ca/iss

This message was sent to rachel.joshaghani@ucalgary.ca because you are listed as subscribed to receive email communications from Student and Enrolment Services at the University of Calgary.

Don't want to receive this email? No problem. To unsubscribe from future messages like this, click here.