



Student and Enrolment Services

International Student Services (ISS)



Dear Student,

Whether you're studying in Calgary or elsewhere, it's important to prioritize your wellness. With winter upon us and continued restrictions for many areas, it can be hard to find the motivation and opportunity to stay active.

If you're looking for ways to improve your physical and mental health, Student Wellness Services has a list of great [services](#) and [resources](#) you can check out. You can also register for a [UCalgaryTogether session](#), with multiple events each week to get you connected and keep you active at home.

Have a great week!

International Student Services



International student stories: Finding support on and off-campus

Each month, we welcome a student to share their experiences adapting to life at UCalgary and/or in Calgary and Canada through a brief interview. You'll have an opportunity to submit questions in advance and network with other students.

Guest: Steven Arcus

Date: Thursday, Jan. 28

Time: 11 a.m. – noon MST

[Learn more and register »](#)

Can't make it? A recording will be available [here](#) after the event.

Important dates & information

- **Jan. 29:** Fee payment deadline for the winter term
- **Feb. 12:** Winter [conferral of a degree](#)
- **Feb. 14:** Start of term break (no classes)
- **Feb. 20:** End of term break

Protect yourself from scams, fraud and phishing

Students and new residents of Canada are common targets for scams, fraud and phishing attempts. Review the resources below to learn about common tactics and how you can avoid them.

- Career Services: [Protect yourself from job scams](#)
- Tips from online orientation: [Staying healthy and safe](#)
- Government of Canada's [Anti-Fraud Centre](#)

Online events and workshops



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, Jan. 27

Time: Noon – 1 p.m. MST

[Register here »](#)



Global Café: The art of origami with Ori-Aid

Need a break from your classes? Want to make some new friends? Grab some paper and join ISS and the Ori-Aid club for fun icebreaker games and an origami lesson.

Date: Thursday, Jan. 28

Time: 5 – 6:30 p.m. MST

[Register here »](#)



Kahoot! Israel Trivia Night

Join the Faith and Spirituality Centre as they host a virtual game session and give you an opportunity to meet and chat with other students.

Date: Thursday, Jan. 28

Time: 7 – 8 p.m. MST

[Join here »](#)



Career development for international students

Want to work in Canada but not sure where to begin? Liliana Gonzalez from Career Services will be hosting several workshops specifically designed for international students to help you prepare for a successful career in Canada.

- **Jan. 27, 2 – 3 p.m. MST:** Career planning, job search and networking
- **Feb. 5, 1:30 – 3 p.m. MST:** How to gain valuable experiences and find a job in Canada
- **Feb. 10, 10 – 11:30 a.m. MST:** Connecting with other people in Canada/Networking

[Learn more and register on CareerLink »](#)



Winter Virtual Career Fair

This Thursday, meet and chat with recruiters to learn about their companies and how you can get started with them for summer or full-time work.

Be sure to attend the 9 a.m. employer panel, where recruiters will share insight on new workplace trends, how onboarding has changed with remote work and which skills students can develop to stand out in their interviews.

Date: Thursday, Jan. 28
Time: 9 a.m. – 4 p.m. MST

[Register »](#)



Narratives of Color

Hosted by Narratives of Color and co-sponsored by the Calgary Institute of Humanities, this series of workshops intend to bring awareness of racial and multicultural issues among Black, Indigenous and People of Colour communities. Come learn about ways to heal, how to express your feelings, self-care practices, and more.

Date: Wednesday, Jan. 30 and Thursday, Jan. 31
Time: 5 – 7 p.m. MST

[Learn more and register »](#)



Navigating Alberta health insurance and services

Whether you've recently arrived in Calgary or have lived here for a while, it's important to understand how both healthcare insurance and health services work.

We're hosting two presentations with Alberta Health Services to help you navigate these important systems so you are confident when seeking support for physical or mental health challenges

- **Feb. 2, 10 – 11 a.m. MST:** The health insurance system in Alberta. [Register »](#)
 - **Feb. 3; 10 – 11 a.m. MST:** Your healthcare choices in Alberta. [Register »](#)
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Permanent residence information session

Interested in staying and working in Canada after you graduate? A Regulated Canadian Immigration Consultant (RCIC) will present basic information on permanent residence (PR) pathways that may be available to you.



Date: Wednesday, Feb. 3

Time: 9 – 11 a.m. MST

[Register to attend »](#)



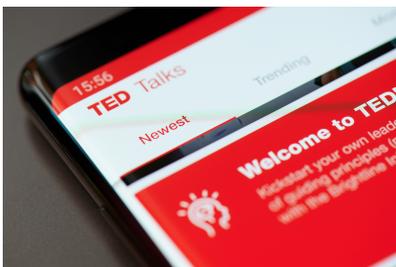
Student success seminar series

Looking for ways to succeed as a student? The Student Success Centre (SSC) is available to answer your questions about online learning, as well as learning in your first year at UCalgary. They'll provide advice on how to study for classes, creating a time management plan or any other topics related to learning that you wish to know about.

Upcoming workshops:

- **Jan. 27, 3 – 4 p.m. MST:** Study smarter, not harder. [Register »](#)
- **Feb 3: 3 – 4 p.m. MST:** Reducing test anxiety. [Register »](#)
- **Feb. 4, 11 a.m. – noon MST:** Supporting and maintaining online learning. [Register »](#)
- **Feb. 9, 6 – 7 p.m. MST:** Exam preparation. [Register »](#)
- **Feb 10, 3 – 4 p.m. MST:** Navigating online assessments. [Register »](#)

Not studying in Canada? Check out SSC's guide on [studying at UCalgary from outside Canada.](#)



TED Talks and Discussion

Want to improve your English listening and speaking skills? Join the Student Success Centre as they show a short TED Talk, and lead a friendly and interesting group discussion.

Date: Tuesday, Feb. 2 (weekly until April 13)

Time: Noon – 1:30 p.m. MST

[Register »](#)



Academic success, health and wellness: Keys for international students

Interested in learning how to take care of your physical and mental health? Join this interactive and informative workshop hosted by Student Wellness Services for tips and strategies you can use.

Date: Monday, Feb. 8

Time: 3 – 4 p.m. MST

[Learn more and register here »](#)

Want more events?

Check out our [event calendar](#) to find more events and workshops specifically for international students.

ucalgary.ca/iss

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