Dear Student,

We hope you're doing well this week. Please reach out to our team at iss@ucalgary.ca if you're in need of any support or non-academic advising services.

Continue reading below for helpful resources and opportunities to get involved.

Have a great week!

International Student Services

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**Game night with ISS**

Want to relax, play some games and meet other students? Join ISS for a game of Among Us! All are welcome — no previous game experience is required.

- **Date:** Friday, Mar. 5
- **Time:** 6 – 7:30 p.m. MST

[Register »](#)

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**Important dates and information**

- **March 31:** Deadline to apply for spring Convocation. [What does this mean?](#)
**Filing your personal income taxes**

The deadline to file personal income taxes for the 2020 year (Jan. 1 to Dec. 31) is **April 30, 2021**. Visit our [Taxes in Canada](#) page to find answers to frequently asked questions, resources and more information.

While the SU Volunteer Tax Clinic is not running this year due to Covid-19 restrictions, there are workshops and clinics available within the Calgary community:

- Find a tax clinic near you
- Momentum’s webinar: “Filing your 2020 Taxes—what you need to know”

Be sure to keep an eye on our [Instagram](#) and [Facebook](#) for helpful reminders.

**Opportunities & resources**

**Participate in research**

Want to be a part of some of the groundbreaking research at UCalgary? Check our [Get Involved](#) page to see what’s available for international students.

Are you a study coordinator in need of research study participants? Submit a [research participant request](#).

**Academic Advising**

Looking for support with your academic activities? Make an appointment with one of the Student Success Centre’s academic development specialists.

[Learn more and book an appointment »](#)

**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 by **March 5** for the SU Mental Health Award.

[Learn more and apply »](#)

**UGo Virtual Global Learning Grant**

This grant, valued at **$500 per grant**, is offered by UCalgary International to increase and support student participation in virtual global learning. The grant is awarded to students who will be undertaking a UGo virtual global learning program during the
Coping during COVID-19

How are you coping during the pandemic? Are you noticing an increased use in substances like alcohol or drugs? Make sure you're safe at all times with this PDF guide on safer substance use.

Read the guide »

Online events and workshops

**Happiness Basics Group Series**

Want to learn how to promote positive emotions and experiences, while improving your mood, health, relationships, vitality and energy? Join Wellness Services for this four-week positive, empowering and experiential workshop series on the principles of positive psychology.

**Date:** Thursday, March 4 (weekly until March 25)
**Time:** 10 a.m. – noon MST

Register »

**Online Unwind: Virtual BINGO**

Want to have some fun, meet some new people, and have a chance to win a $10 Starbucks gift card? Join the Leadership and Student Engagement team for a fun game of Bingo!

**Date:** Thursday, March 4
**Time:** 1:30 – 2:30 p.m. MST

Register »

**Question, Persuade, Refer**

Learn how you can support others who are struggling and/or in distress. Join Student Wellness Services for this free suicide prevention training session, which will guide you on safely and
compassionately responding to someone who may be struggling with suicidal thoughts.

**Date:** Tuesday, March 9  
**Time:** 3 – 5 p.m. MST  
[Register](#)  

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**Coping with disordered eating during COVID-19**

Hear UCalgary instructors discuss the research around the impact of the pandemic on disordered eating. They will discuss tips, strategies, and skills for coping with disordered eating and accompanying issues.

**Date:** Tuesday, March 9  
**Time:** 4 – 5:30 p.m. MST  
[Register](#)  

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**Financial planning support**

Want financial planning help on topics such as budgeting, saving, credit, debt management or taxes? Book an appointment with Money Smart.

**Date:** March 12 and April 23  
**Time:** 9:30 a.m. – noon MST  
[Learn more and book an appointment](#)  

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**Learn American Sign Language**

Want to learn or practice American Sign Language (ASL)? Join ISS and the American Sign Language Club to learn and practice some basic words, phrases and greetings in ASL.

**Date:** Monday, March 15  
**Time:** 7 – 9 p.m. MST  
[Register](#)  

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**Online Unwind: Spring Origami with Ori-Aid**
Need a break from your classes? Want to make some new friends? Grab some paper and join the Ori-Aid club for fun icebreaker games and an origami lesson.

**Date:** Tuesday, March 16  
**Time:** 5 – 7 p.m. MST  
Register »

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**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.

- **March 3, 1 p.m. MST:** Ace the interview  
- **March 4, 1:30 p.m. MST:** Professionalism in the Canadian workplace  
- **March 10, 10 a.m. MST:** How to write a Canadian resume and cover letter

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**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.

- **March 4, 3:30 p.m. MST:** Establishing motivation while studying online  
- **March 9, 11 a.m. MST:** Exam preparation  
- **March 9, 3:30 p.m. MST:** Supporting and maintaining online learning  
- **March 10, 11 a.m. MST:** Study smarter, not harder  
- **March 11, 3:30 p.m. MST:** Navigating online assessments  
- **March 17, 3 p.m. MST:** Establishing motivation while studying online

Not studying in Canada? Check out SSC’s guide on studying at UCalgary from outside Canada.
Want more events?

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

Student club feature

Polish Students' Club

If you like food, festivals, game nights, trips and fun social events, this club is for you! The Polish Students' Club is open to students of all nationalities and ethnicities.

Immerse yourself in European culture, meet new people, make new friends and most importantly, have a great time!

Follow them on Instagram and Facebook.

Want your student club promoted? Complete our submission form.

ucalgary.ca/iss

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