Dear Student,

Want your Students' Union (SU) club or Graduate Students' Association (GSA) group featured in our upcoming newsletters? Complete our submission form and explain why an international student might benefit from getting involved with your club or group.

Have a great week!

International Student Services

Important dates

- **Nov. 8 – 14**: Term break, no classes
- **Nov. 11**: Remembrance Day (university closed)

Opportunities

**International student mentorship program**

Be a guide for new international students at UCalgary for the upcoming winter term. As a mentor, you'll share your knowledge and experience with life at UCalgary, while making new friends and developing useful mentorship and leadership skills.
Learn more about the program and apply to be a mentor here. Applications close Dec. 1.

**Why be a mentor? Read about Goundo's experience**

ISS mentor Goundo Diarra shares how mentoring new international students also contributed to her personal growth and development.

[Read the article »](#)

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### Online events and workshops

#### Study break with ISS

Need a break from the books? Bring a little fun and excitement into your day and meet other UCalgary students for online games like Mafia and Codenames.

**Date:** Thursday, Nov. 5  
**Time:** 11 a.m. – noon

Register [here](#).

#### Coffee & connection: Resiliency

Want to explore a new topic and learn from other UCalgary students? During these unprecedented times, learn tips from Student Wellness Services on how to balance your life and studies.

**Date:** Thursday, Nov. 5  
**Time:** 11 a.m. – noon

Learn more and register [here](#).

#### Community Helpers Training

Looking for ways to give back and support others? Take advantage of the term break by taking this two-day Community Helpers Training session hosted by Student Wellness Services.

**Date:** Thursday, Nov. 12 and Friday, Nov. 13  
**Time:** 9 a.m. – 12:30 p.m.

Learn more and register [here](#).
How do UFlourish?

Until Nov. 13, UFlourish is hosting a series of online and in-person workshops and events to help you foster positive mental health, resiliency and community connection at UCalgary.

Learn more here. Today's events are:

- Listening in on Ancient Texts
- Doing Social Justice Compassionately
- Pet Play Date Together

Digital art exhibition

What does flourishing look like to you? Join the Wellness Health and Awareness Team for their digital art exhibition, featuring pieces from UCalgary students. Learn what inspired the submissions and participate in a discussion about wellness.

Date: Friday, Nov. 13
Time: Noon – 1 p.m.

Learn more and register here.

Want to share your work? Submit your photo for the exhibit here.

Question, Persuade, Refer

Want to learn how to support others who are struggling? Join Wellness Services for a suicide prevention training session. We can all respond with care and concern when we see someone in distress.

Date: Tuesday, Nov. 17
Time: 9:30 – 11:30 a.m.

Learn more and register here.

Navigating culture shock

New to Canada? Experiencing culture shock? Come join us to learn how culture shock functions, how
to identify some potential signs of culture shock, and useful strategies that will support your physical, mental and emotional health.

**Date:** Wednesday, Nov. 18  
**Time:** 10 – 11 a.m. 
Learn more and register [here](#).

### Career development

#### New Career Services drop-in hours
In a different time zone? Career Services has updated their drop-in advising hours to support students studying outside of Calgary.  
Visit their [site](#) for more information and for other ways to access career advising.

#### Virtual networking event
Put your networking skills and interview strategies to the test! Chat one-on-one with recruiters from Hitachi, TD Canada Trust, National Captioning Canada, Sherwin-Williams and more. They'll be sharing tips on how to be a competitive candidate, insight on their recruitment processes and career opportunities for students.

**Date:** Wednesday, Nov. 18  
**Time:** 4 – 6 p.m. 
Register on [CareerLink](#). Spaces are limited, so register quickly.

### Support and resources

#### Brief Action Planning
Are you looking for help with sleep, time management, physical activity or accessing resources? Book a 15-minute one-on-one appointment with a member of the Health Promotion team for support.

Learn more and book [here](#).
Get Money Smart: Financial planning support

Want financial planning help on topics such as budgeting, saving, credit, debt management or taxes? Book here for a one-on-one financial planning appointment. Questions? Please contact moneysmart@ucalgary.ca.