Dear Student,

Please note that the university will be closed on **Monday, Oct. 12** for Canada's Thanksgiving long weekend.

During these unprecedented times with the global COVID-19 pandemic and many other disruptions to "normal" life, we encourage you to take some time this weekend to reflect on the things you are thankful for, as well as spend quality time with friends and family either in-person or from afar.

Have a great week and enjoy the long weekend!

International Student Services

**Important dates**

- **Oct. 12**: Thanksgiving Day; University closed

**Career development**

**Student job opportunity**

Looking for work? Healthy Campus Alberta is hiring a Student Event Assistant. In this role, you will coordinate the spring mental health Summit for the Healthy Campus Alberta Community of Practice.
Deadline to apply is Oct. 13. For more information, please visit the job posting.

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**Career planning, job search and networking**

Are you an undergraduate student looking for career support? Listen to Career Services explain how you can take control of your job search, explore different careers and network effectively to create your own opportunities.

**Date:** Thursday, Oct. 8  
**Time:** 1:30 – 2:30 p.m.

Learn more and register here.

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**Communicating with confidence at work**

As an international student, being able to communicate confidently will help you achieve your career goals in Canada. Learn how to demonstrate confidence when communicating and identify the behaviours that you can change and improve over time.

**Date:** Friday, Oct. 16  
**Time:** 10 – 11:30 a.m.

Learn more and register here.

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**Coffee and connection**

Join Wellness Services for a relaxing conversation with other students. You'll have the opportunity to learn from each other and get tips on how to keep your life and studies on track during these challenging times. Topics change weekly.

**Date:** Thursday, Oct. 8 (weekly until Dec. 3)  
**Time:** 11 a.m. – noon

Learn more and register here.

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**Online international conversation group: TED**
**talks & 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, Oct. 13 (weekly until Nov. 24)  
**Time:** 11 a.m. – 12:30 p.m.

Learn more [here](#).

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**Permanent residency information session**

Interested in staying in Canada? Listen to a Regulated Canadian Immigration Consultant (RCIC) share useful information on permanent residence pathways that may be available to you.

**Date:** Wednesday, Oct. 14  
**Time:** 9 – 11 a.m.

Learn more and register [here](#).

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**Virtual RealiTEA**

Need help focusing? Feeling isolated? Get work done in a social setting with the Faith and Spirituality Centre. There will be a timer for task-focused intervals to keep you motivated. After each interval, the FSC will lead conversations, play games, do trivia, teach you a new skill, guide a stretch and more!

**Date:** Wednesday, Oct. 14 (weekly until Dec. 17)  
**Time:** 11 a.m. – 1 p.m.

Learn more [here](#).

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**Minds in Motion: Global Families workshop**

Are you an international student with children? Join Minds in Motion for a hands-on, interactive and educational workshop for kids in kindergarten through grade 9. Each Minds in Motion workshop is designed to teach young children valuable STEM
skills (science, technology, engineering and mathematics) they can apply in their futures.

**Date:** Thursday, Oct. 15  
**Time:** 5 – 6 p.m.  
Learn more and register [here](#).

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**Speak your truth**

ISS is partnering with the African-Caribbean Student Association to host this open forum. From race and racism, challenges related to COVID-19, to whether or not pineapple should be allowed on pizza, students from all walks of life are invited to come together and speak their truth. Bring a friend and come join us!

**Date:** Friday, Oct. 16  
**Time:** 6 – 9 p.m.  
Learn more and register [here](#).

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**Virtual study hall**

Having a hard time studying on your own? You should join the SSC’s virtual study hall. Sessions are held Monday through Friday, and they're hosted by SSC staff and UCalgary students. Check out the upcoming sessions.

ucalgary.ca/iss

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