Dear Student,

If you’re not sure whether or not you’re eligible to opt-out of the Students’ Union (SU) or Graduate Students’ Association (GSA) Health and Dental Insurance Plans, please visit their websites below to learn about your options and upcoming deadlines.

- **Students’ Union Health & Dental Plan**
  - Have questions? Email uofcalgaryplan@mystudentplan.ca

- **Graduate Students’ Association Health & Dental Plan**
  - Have questions? Email askgsa@ucalgary.ca

If you’ve moved to Calgary (or somewhere else in Alberta), please make sure you register for the Alberta Health Care Insurance Plan (AHCIP). It’s the free provincial health plan for Alberta residents. Learn more [here](#).

Have a great week!

International Student Services

**Important dates**

- **Sept. 25**: Tuition and fee payment deadline for fall term and multi-term courses
- **Oct. 12**: Thanksgiving Day; University closed

**Tuition payment tips**
International students with a Canadian account can initiate payment via Canadian online banking. International students without a Canadian bank account can initiate online payment via:

- Global Pay for students
- CIBC Student pay

Online events and workshops

**Online Unwind: Speed friend-making**

*Leadership and Student Engagement* (LSE) is hosting another event for students to meet and connect with others. Join them for fun icebreakers and activities to help you get to know other students. Bring friends or meet new ones — all are welcome!

**Date:** Wednesday, Sept. 23 (today)

**Time:** 1 – 2 p.m.

Register [here](#).

**Minds in Motion: Global Families workshop**

Join Minds in Motion for a hands-on, interactive workshop for students in kindergarten through Grade 9. This workshop was created with the Alberta science curriculum in mind, ensuring that content can be easily integrated into the classroom.

**Date:** Wednesday, Sept. 23 (today)

**Time:** 5 – 6 p.m.

Register [here](#).

**Transitioning to first year as an international student**

Have questions about learning in your first year? Join the Student Success Centre for small group sessions that focus on helping you succeed as a UCalgary student.

- **Sept. 30**, 11 a.m. – noon. Register [here](#).
**Student success seminars**

Is this your first time taking online classes? Join the Student Success Centre's seminar series as they provide tips and advice regarding online learning.

- **Sept. 30:** Study smarter, not harder. Register [here](#).
- **Oct. 1:** Getting started with online learning. Register [here](#).

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**International student game day: Continental Connection**

Want to learn interesting facts about the world or to share your global knowledge? Come share, learn, and laugh over a game of Continental Connection. This quiz-style game is the perfect chance to meet new people both in Calgary and abroad.

**Date:** Thursday, Sept. 24  
**Time:** Noon – 1 p.m.

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, Sept. 24 (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 participate in a friendly and interesting discussion.
Community helpers training

Join Wellness Services as they provide a seven-week training program on items such as developing communication, listening and collaboration skills, as well as learning skills and strategies for approaching and engaging in supportive conversations.

Date: Tuesday, Sept. 29
Time: Noon – 1:15 p.m.
Learn more and register here.

Ask a counsellor

Do you have questions about counselling, mental health, or how to stay well? Join this interactive workshop where Student Wellness Services Counsellors Danni Lei and Alex Klassen answer your questions about student life, relationships, personal wellbeing and everything in between.

Date: Wednesday, Sept. 30
Time: Noon – 1 p.m.
Register here.

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.