Dear Student,

Congratulations on completing the winter term! Please note that starting this month, we'll be sending out our newsletter on a bi-weekly basis as we head into the summer months. Be sure to follow us on Facebook and Instagram as we'll be sharing updates via social media between our newsletters.

If you have any questions or require assistance, please feel free to reach out to us at international.advice@ucalgary.ca. We also keep our COVID-19 FAQ page updated constantly with information specifically for international students.

Have a wonderful summer break!

International Student Services

Important dates

- **May 6**: Spring term begins
- **May 12**: Last day to add/swap a course or drop a course without financial penalty
- **May 15**: Fee payment deadline
- **May 18**: Victoria Day — university closed; ISS email advising will not be available

Resources
Financial resources for students

Are you a student who has been financially impacted by COVID-19? Check out this resource page to learn about some of the financial programs available to students during the COVID-19 pandemic, such as the Canada Emergency Student Benefit (CESB).

Information will be updated often so be sure to check back regularly.

Taxes

The Canada Revenue Agency (CRA) has extended the deadline for filing personal taxes to June 1, 2020 (it’s usually April 30 each year). Learn more about taxes on the ISS website, including:

- What does it mean to “file taxes”?
- How do I file taxes?
- Where can I find resources?

Access Service Canada online

Service Canada offices are currently closed to the public. If you need to contact Service Canada for information regarding your social insurance numbers, Canada Emergency Response Benefit (CERB) and more, Learn how to access their services online and through the mail here.

COVID-19

The Alberta International Medical Graduate Association has videos in 18 languages to help provide information on COVID-19. Topics include:

- What is COVID-19?
- What is social/physical distancing?
- When to seek medical information
- How to prevent the spread of COVID-19

IRCC update: Work regulations and new measure for international students

Undergraduate international students who were registered for full-time studies during the winter term and who will be registered full-time for fall 2020 are eligible to
work full-time from May to August 2020. **Graduate** international students who are working in an **essential service or function** are able to work more than 20 hours a week from May to August 2020. This temporary rule change will be in place until **August 31, 2020**.

Learn more [here](#) to determine eligibility.

**Career Services**

**Undergraduate workshop series: Virtual Power Hour**

**Interview: Behavioural and situational questions**

Get advice on how to reflect on previous jobs and how to tell engaging stories during interviews.

**Date:** Wednesday, May 6 *(today!)*

**Time:** Noon — 1 p.m.

[Register on CareerLink](#)

**Interview: Etiquette**

Get advice on how to present yourself professionally, and how to prepare for phone/video interviews.

**Date:** Thursday, May 7

**Time:** 1 – 2 p.m.

[Register on CareerLink](#)

**Drop-in career advising for international students**

Looking for summer work, or need to plan your career path? A career development specialist can help you review your resume, cover letter, or help you prepare for an interview. They can also provide guidance and assessments to help you find a career you love.

**Date:** Every Tuesday

**Time:** 1:30 – 3:30 p.m.

**Join URL:** [https://ucalgary.zoom.us/j/623642211](https://ucalgary.zoom.us/j/623642211)

**Online workshops and events**

**Online: Game night**

Want to test your artistic skills? Bring your friends and join ISS for a hilarious game of virtual Telestrations - a game of telephone with a twist! Each player must pass along a message by either drawing it or guessing what phrase another player has attempted to draw.
Academic development: Getting good reference letters

Learn how to plan ahead for developing strong relationships with faculty and other mentors, how to ask for references and other important steps.

Date: Monday, May 11
Time: Noon – 1 p.m.
Register here.

Student Success Centre online workshops

Getting started with online learning

Looking for advice about how to succeed in your online courses this spring and summer? Join this session about how to get started with online learning.

Date: Friday, May 8
Time: 11 – 11:50 a.m.
Register here.

Maintaining and supporting your online learning

Learn course-maintenance strategies, with a special focus on the active processing of reading and lecture material through note-taking. Also, learn about studying online with others, doing online group work, and practicing online etiquette in discussion posts and chats.

Date: Wednesday, May 13
Time: 1 – 1:50 p.m.
Register here.

Establishing and maintaining your motivation
Explore helpful approaches to structuring your study environment and strategies that foster ongoing motivation and daily accomplishments.

**Date:** Monday, May 18  
**Time:** 1:30 – 2:20 p.m.

Register [here](#).

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**Navigating online exams**

Want to feel more prepared going into your exams this semester? Learn the different ways that instructors may assess your knowledge this semester, as well as the different techniques that may be used to do so.

**Date:** Wednesday, May 20  
**Time:** 2 – 2:50 p.m.

Register [here](#).

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**Self-care and crisis response during COVID-19**

This webinar aims to discuss different strategies for self-care and will help you develop a personalized self-care plan.

**Date:** Tuesday, May 19  
**Time:** 10:30 – 11:45 a.m.

Register [here](#).

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**Student opportunities**

**International Student Mentorship Program**

ISS needs your help in introducing new international students to life at UCalgary this fall 2020 term. As a mentor, you can share your knowledge and experience while making new friends and gaining new perspectives.

[Click here](#) to apply as a volunteer international student mentor by May 31. Learn more about the program [here](#).

**Mentorship testimonial**

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

ucalgary.ca/iss

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