



## Student and Enrolment Services

# International Student Services (ISS)



### Dear Student,

You're almost there! There's only one more week before fall term classes end. If you have any questions or need support before the holidays, our team is here to help.

If you're currently studying outside of Canada, but plan to travel to Canada for the winter 2021 term, don't miss our upcoming session below about how to prepare for your arrival.

Have a great week!

International Student Services



### Preparing for your arrival in Calgary during COVID-19

Do you have questions and need support planning your arrival in Calgary? Join us as we present important and beneficial information for you about immigration requirements, your 14-day quarantine period, navigating how to get settled, and more.

**Date:** Tuesday, Dec. 8

**Time:** 9 – 10 a.m. MST

Register [here](#).

## Important dates

- **Dec. 9:** Last day of classes | last day to withdraw from a course
- **Dec. 12:** Fall final exams begin
- **Dec. 23:** Fall final exams end
- **Dec. 24:** End of fall term
- **Dec. 25 – 31:** Holiday observance (campus closed)

## Online events and workshops



### 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, Dec. 2 (weekly until Dec. 17)

**Time:** 11 a.m. – 1 p.m. MST

Register [here](#).

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### Yoga

Want to stretch, relax and feel revitalized? Join the Faith and Spirituality Centre as they host a one-hour virtual yoga session. All levels are welcome!

**Date:** Wednesday, Dec. 2 (monthly)

**Time:** 1 – 2 p.m. MST

Register [here](#).

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### Coffee and connection: Semester wrap-up

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

**Date:** Thursday, Dec. 3

**Time:** 11 a.m. – noon MST

Register [here](#).

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### Unwind: Holiday Card-Making

Join Leadership and Student Engagement and Ori-Aid for a very festive crafting event. You'll learn how to create and make special holiday cards with stockings, snowflakes and more! Bring friends or meet new ones — all are welcome.

**Date:** Thursday, Dec. 3

**Time:** 5 – 7 p.m. MST

Register [here](#).

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### Virtual study hall

Having problems sticking to a studying routine? Does it feel like you can't get yourself to work without being distracted?

If you'd like a structured online space for studying with designated breaks every half hour, join the Virtual Study Hall. Staff from the Student Success Centre will host the recurring Zoom meetings, and offer research-based advice about how to manage studying from home.

**Date:** Friday, Dec. 4

**Time:** 11 a.m– 1 p.m. MST

Register [here](#).

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### Holiday baking

Kick off the end of classes with a bake-along! Join Wellness and Health Awareness Team (WHAT) volunteers as they show you how to bake holiday cookies you can enjoy over the break. You can follow along or simply watch and relax.

There will also be an opportunity to share baking tips, as well as chat and meet other students.

**Date:** Tuesday, Dec. 8

**Time:** 4 – 6 p.m. MST

Register [here](#).



## **Chemical and Petroleum Engineering Graduate Students' Association (CPEGA)**

CPEGA is an organization that aims to improve the experiences of graduate students in Chemical and Petroleum Engineering through educational and social experiences. CPEGA provides opportunities for students to engage with other faculty members and students through events, workshops, social mixers, discussions, networking and more.

Learn more [here](#), and follow CPEGA on [Instagram](#), [Facebook](#) and [LinkedIn](#).

*Interested in having your club featured? Complete the submission form [here](#).*

**ucalgary.ca/iss**

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University of Calgary  
2500 University Drive NW  
Calgary, AB T2N 1N4  
CANADA

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