



Student and Enrolment Services

International Student Services (ISS)



Dear Rachel,

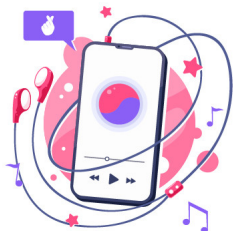
Want to hear first-hand experiences from your fellow international students? Tune in to our series, [International Student Stories](#). In each session, we interview an upper-year student about their experiences adapting to life at UCalgary and/or in Calgary and Canada through a brief interview with an ISS team member.

In our next International Student Stories event, on Thursday, Feb. 25 from 2 to 3 p.m. MST, we chat with Pedro D'avila about managing time and finances as an international student. [Register to attend »](#)

Missed a prior event? Don't worry, you can visit our page to [hear past interviews](#).

Have a great week!

International Student Services



Learn about K-Pop

Join ISS and the [K-pop Learn it Together](#) club for music trivia, popular K-pop tunes, a dance tutorial and a chance to meet others who love Korean music and culture. All K-pop knowledge levels are welcome!

Date: Friday, Feb. 26

Time: 5 – 7 p.m. MST

[Register »](#)

Important dates and information

- **March 31:** Deadline to apply for spring Convocation. [What does this mean?](#)
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IRCC Update

In order to support international students, the Government of Canada has made a recent update regarding **post-graduation work permit** (PGWP) regulations. For more information, please visit:

- [Further measures to support international students \(canada.ca\)](#)
- [Coronavirus disease \(COVID-19\): International students \(canada.ca\)](#)

For questions about these new updates, you can email our immigration advisors at issimmigration@ucalgary.ca.

Opportunities & resources

Coping during COVID-19

How are you coping during the pandemic? Are you noticing an increased use in substances like alcohol or drugs? Make sure you're safe at all times with this PDF guide on safer substance use.

[Read the guide »](#)

Contest: Ignite your mood

Regular physical activity helps reduce stress, anxiety, and depression. This winter, step away from the screens and get moving outdoors for a chance to win some prizes from the University of Calgary Bookstore and Mountain Equipment Co-op.

[How to enter »](#)



Visit the virtual study hall

Need help with your courses? Drop in to a [virtual study group](#) facilitated by a peer helper at the Student Success Centre. Learn how to establish a weekly study routine

while getting to know other students and campus resources.

Online events and workshops



Ask a Counsellor

Have questions about counselling, mental health, or how to stay well during school? In this interactive workshop, Student Wellness Services counsellors Danni Lei and Alex Klassen answer your questions about student life, relationships, personal wellbeing and everything in between.

Date: Wednesday, Feb. 24

Time: noon – 1 p.m. MST

[Register »](#)



Taxes 101: How to file your taxes online

Need help with your taxes? Learn how to file your taxes using a basic tax software program, as well as how to access your tax forms on your Student Centre. You'll also have a chance to win a one-on-one tax filling session with an advisor.

Date: Wednesday, Feb. 24

Time: 5 – 6:30 p.m. MST

[Register »](#)



Anger Management Group

Do you experience anger, frustration or have negative feelings that impact your life? Student Wellness Services will provide ways to stay calm, choose effective responses, and change thought processes in this online workshop.

Date: Wednesday, March 3

Time: 11 a.m. – noon MST

[Register »](#)

Game night with ISS

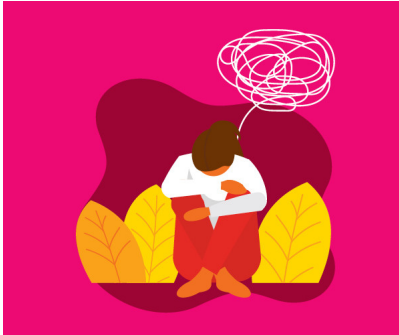


Want to relax, play some games and meet other students? Join us (ISS) as we play the game called **Among Us!** All are welcome - no previous game experience is required.

Date: Friday, Mar. 5

Time: 6 – 7:30 p.m. MST

[Register »](#)



Coping with disordered eating during COVID-19

Hear UCalgary instructors discuss the research around the impact of the pandemic on disordered eating. They will discuss tips, strategies, and skills for coping with disordered eating and accompanying issues.

Date: Tuesday, Mar. 9

Time: 4 – 5:30 p.m. MST

[Register »](#)



Career development for international students

Want to work in Canada but not sure where to begin? Liliana Gonzalez from Career Services will be hosting several workshops specifically designed for international students to help you prepare for a successful career in Canada.

- **Feb. 26, 10 – 11:30 a.m. MST:** [How to prepare for video and phone interviews](#)
 - **March 3, 1 – 2:30 p.m. MST:** [Ace the interview](#)
 - **March 4, 1:30 – 3 p.m. MST:** [Professionalism in the Canadian workplace](#)
 - **March 10, 10 – 11:30 a.m. MST:** [How to write a Canadian resume and cover letter](#)
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Student success seminars

Looking for ways to succeed as a student? Sign up for a Student Success Centre workshop to get



advice on topics related to learning.

- **Feb. 24, 6 – 7 p.m. MST:** [Navigating online assessments](#)
- **March 2, 11 a.m. – noon MST:** [Study smarter, not harder](#)
- **March 4, 3:30 – 4:30 p.m. MST:** [Establishing motivation while studying online](#)
- **March 9, 11 a.m. – noon MST:** [Exam preparation](#)
- **March 9, 3:30 – 4:30 p.m. MST:** [Supporting and maintaining online learning](#)
- **March 10, 11 a.m. – noon MST:** [Study smarter, not harder](#)

Not studying in Canada? Check out SSC's guide on [studying at UCalgary from outside Canada](#).

Want more events?

Check out our [events calendar](#) for a complete list of events and workshops for international students.

ucalgary.ca/iss

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