



Student and Enrolment Services

International Student Services (ISS)



Dear Student,

Interested in journalism and writing? Share your work and opinions with [The Gauntlet](#), UCalgary's student-run news publication. They're looking to add the unique perspective of international students to diversify their written content.

A new section in The Gauntlet, called "[Voices](#)," will be dedicated to representing student voices and ideas. This is an excellent opportunity for international students to speak about their UCalgary experiences.

Interested? [Learn more and apply »](#)

Have a great week!

International Student Services



Start planning your term break

Practice everyday language and connect with other international students during term break.

Conversation leaders and staff from the Student Success Centre will walk you through strategies to improve your English language skills using films, poetry and language building games in interactive, small group sessions.

[View all upcoming workshops and register »](#)

Important dates & information

- **Feb. 12:** Winter **conferral of a degree**
- **Feb. 14:** Start of term break (no classes)
- **Feb. 20:** End of term break

Online events and workshops



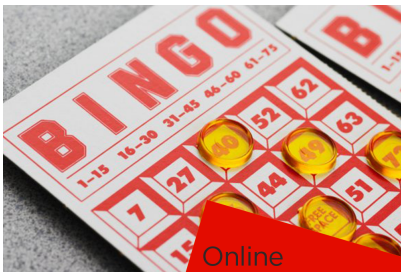
Simple Supper

Interested in an opportunity to dine (virtually) together? The Faith and Spirituality Centre invites people of all backgrounds, denominations, religious orientations and affiliations to come together and connect over conversation.

Date: Wednesday, Feb. 3 (weekly until Apr. 14)

Time: 6 – 7:15 p.m. MST

[Register here »](#)



Online Unwind: Bingo!

Want to take a break from classes, meet new people, and have a chance to win a mug or a book? Join the Leadership and Student Engagement team for a fun game of virtual bingo.

Date: Thursday, Feb. 4

Time: 2 – 3 p.m. MST

[Register here »](#)



Virtual Board Game Café

Drop in and join Student Wellness Services for virtual games and activities. Make some new friends, de-stress and have fun in-between classes!

Date: Friday, Feb. 5

Time: 9 – 10 a.m. MST

[Register here »](#)

Question, Persuade, Refer (QPR)



Learn how you can support others who are struggling and/or in distress. Join Student Wellness Services for this free suicide prevention training session, which will guide you on safely and compassionately responding to someone who may be struggling with suicidal thoughts.

Date: Monday, Feb. 8

Time: 10 a.m. – noon MST

[Register here »](#)



Academic success, health and wellness: Keys for international students

Interested in learning how to take care of your physical and mental health? This interactive and informative workshop hosted by Student Wellness Services will provide tips and strategies you can use to stay well.

Date: Monday, Feb. 8

Time: 3 – 4 p.m. MST

[Learn more and register here »](#)



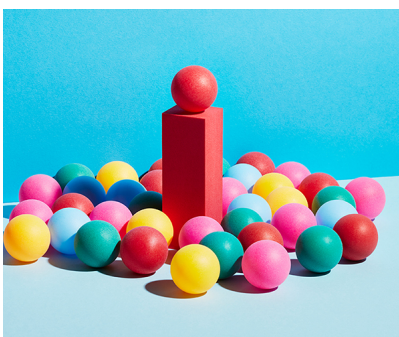
Virtual Show & Tell

Interested in a fun way to connect with your peers? Bring your pet or a beloved item to show and share as we play fun icebreaker games in this session hosted by Wellness Services.

Date: Monday, Feb. 8

Time: 4 – 6 p.m. MST

[Register here »](#)



Leadership challenge

Want to expand your leadership potential? Leadership and Student Engagement is hosting an online workshop that will help you understand five key practices of exceptional leadership.

Date: Tuesday, Feb. 9

Time: 4 – 5:30 p.m. MST

[Learn more and register »](#)



Celebrate Lunar New Year

Join ISS as we celebrate the Spring Festival with the Chinese Language Conversation Club. During this event, you'll get to practice calligraphy, learn how to write your Chinese name, find out which traditions are practiced for the new year, make new friends and much more!

Date: Friday, Feb. 12

Time: 7 – 9 p.m. MST

[Register here »](#)



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. 5, 1:30 – 3 p.m. MST:** How to gain valuable experiences and find a job in Canada
- **Feb. 10, 10 – 11:30 a.m. MST:** Connecting with other people in Canada/Networking

[Learn more and register on CareerLink »](#)



Student success seminar series

Looking for ways to succeed as a student? The Student Success Centre (SSC) is available to answer your questions about online learning, as well as learning in your first year at UCalgary. They'll provide advice on how to study for classes, create a time management plan or any other topics related to learning that you wish to know about.

Upcoming workshops:

- **Feb 3: 3 – 4 p.m. MST:** Reducing test anxiety
- **Feb. 4, 11 a.m. – noon MST:** Supporting and maintaining online learning
- **Feb. 9, 6 – 7 p.m. MST:** Exam preparation
- **Feb. 10, 3 – 4 p.m. MST:** Navigating online assessments
- **Feb. 11, 11 a.m. – noon MST:** Establishing motivation while studying online

[Learn more and register here »](#)

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

Want more events?

Check out our [event calendar](#) to find more events and workshops specifically for international students.

ucalgary.ca/iss

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