



## Student and Enrolment Services

# International Student Services (ISS)



### Dear Student,

Planning on working in Canada during your studies or after you graduate? Join us at **International Student Stories** today (March 25) at **2 p.m. MDT** to learn what it's like to work in Canada. You'll hear from fellow international students about their experiences with the job search process and Canadian workplace culture. They'll also share their tips for students who are just starting their job search.

[Learn more and register »](#)

See you there!

International Student Services

### Join our team

We're hiring student Program Assistants for the upcoming 2021/22 academic year. Visit our [Get Involved](#) page for information on the available positions and instructions on how to apply. Applications close **Thursday, April 1, 2021**.

### Important dates and information

- **March 31:** Deadline to apply for spring Convocation. [What does this mean?](#)
- **April 2:** Good Friday (university closed)
- **April 5:** Easter Monday (university closed)

## Online events and workshops



### 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!

**Date:** Friday, March 26 (weekly until Apr. 16)

**Time:** 9 – 11 a.m. MDT

[Register »](#)

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### Holi Celebration

Come celebrate Holi, the festival of colours, with the Faith and Spirituality Centre. There will be Bollywood songs and dancing, as they celebrate this festival to welcome spring.

All are welcome to attend this online event.

**Date:** Sunday, March 28

**Time:** 6:30 – 7:30 p.m. MDT

[Register »](#)

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### Stages of Change peer support group

This group is intended for students to openly and freely discuss their struggles with unhealthy habits. Join other students to hear their similar challenges, and have a place to discuss and explore change.

**Date:** Monday, March 29

**Time:** 3:30 – 4:30 p.m. MDT

[Register »](#)

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### Nutrition & COVID-19: What are the issues? Proactive tips for optimal health & well-being

Join this Wellness Services workshop to learn more about how to manage your nutrition during the pandemic, and how good nutrition habits can support your physical and mental health.

**Date:** Tuesday, March 30

**Time:** 4 – 5 p.m. MDT

[Register »](#)

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### **International students and the Canadian tax system**

Join us as we host outreach officers from the [Canada Revenue Agency \(CRA\)](#) to present an introduction to the Canadian Tax System and the benefits and credits international students may be entitled to.

**Date:** Wednesday, March 31

**Time:** 1 – 2:30 p.m. MDT

[Register »](#)

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### **Creative conversations**

Join ISS and Student Wellness Services to learn how art can help improve your personal well-being. With the help of Danni Lei, a registered psychologist, you'll learn what personal wellness is and the role that culture plays in understanding wellness. This online event will also conclude with a live art tutorial.

**Date:** Thursday, April 1

**Time:** 4 – 6 p.m. MDT

[Learn more and register »](#)

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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.

- **April 6, 11 a.m. MDT:** [Exam preparation](#)
- **April 6, 6 p.m. MDT:** [Establishing motivation while studying online](#)
- **April 7, 11 a.m. MDT:** [Supporting and maintaining online learning](#)
- **April 8, 6 p.m. MDT:** [Reducing test anxiety](#)

**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.

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## Participate in research

Want to be a part of some of the groundbreaking research at UCalgary? Check our [Get Involved](#) page to see what's available for international students.

- **CLIP Newcomer Survey** | Eligible participants will be entered to win a \$50 gift card
- **Language Brokering Initiative** | Eligible participants will receive a \$30 gift card

Are you a study coordinator in need of research study participants? Submit a [research participant request](#).

## ucalgary.ca/iss

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