



## Student and Enrolment Services

# International Student Services (ISS)



### Dear Student,

Want to hear first-hand experiences from your fellow international students? Check out International Student Stories. Each month, we welcome an upper-year student to share their experiences adapting to life at UCalgary and/or in Calgary and Canada through a brief interview with an ISS team member. You'll hear funny and heartwarming stories about things like the shock of their first day on campus, their advice for their fellow students, how to make your time at UCalgary memorable and more.

Check out the October edition, "[Navigating my transition to UCalgary](#)" with current students Caleb and Zareena.

Have a great week!

International Student Services

### Important dates

- **Dec. 9:** Fall term classes end; last day to withdraw

### Online events and workshops

#### Unwind: Paint and chat

Join Leadership and Student Engagement for a virtual painting and drawing tutorial. Bring friends or meet new ones — all are welcome!



**Date:** Wednesday, Nov. 18 (today)

**Time:** 2 – 3:30 p.m. MST

Register [here](#).

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### **Coffee and connection: Happiness**

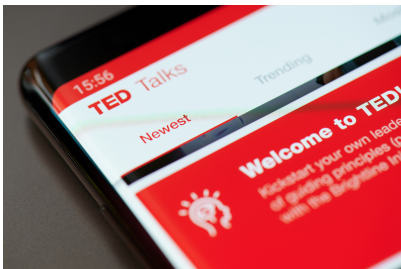
Want to explore a new topic and learn from other UCalgary students? Student Wellness Services will be sharing tips on how to balance your life and studies during these unprecedented times.

**Date:** Thursday, Nov. 19 (weekly until Dec. 3)

**Time:** 11 a.m. – noon MST

Learn more and register [here](#).

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### **Online international conversation group: TED talks and discussion**

Want to improve your English listening and speaking skills? Join the Student Success Centre as they show a short TED talk and lead a friendly and interesting group discussion.

**Date:** Tuesday, Nov. 24

**Time:** 11 a.m. – 12:30 p.m. MST

Learn more and register [here](#).

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### **Permanent Residence Information Session**

Interested in staying in Canada? Listen to a Regulated Canadian Immigration Consultant (RCIC) share useful information on permanent residence pathways that may be available to you.

**Date:** Wednesday, Nov. 25

**Time:** 9 – 11 a.m. MST

Register [here](#).



### 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, Nov. 25 (weekly until Dec. 17)

**Time:** 11 a.m. – 1 p.m. MST

Register [here](#).



### What to do after you graduate

Considering staying in Canada after graduation? Join Career Services, in collaboration with ISS, as they explain how to effectively explore career options, search for jobs and set goals.

**Date:** Thursday, Nov. 26

**Time:** 10 – 11:30 a.m. MST

Register on [CareerLink](#).



### Creating social connections during COVID-19

How can you create or manage relationships with others during a pandemic? Join Student Wellness Services and learn how to make new connections with others while practicing social distancing.

**Date:** Thursday, Nov. 26

**Time:** 3 – 4:30 p.m. MST

Register [here](#).

## Support and resources

### Managing finances during COVID-19

Interested in learning how to budget, save, manage debt and invest your money during the COVID-19



pandemic? Experts from RBC will walk you through how to navigate handling finances efficiently.

**Date:** Thursday, Nov. 19

**Time:** 12 – 1 p.m.

Register [here](#).

Need one-on-one financial planning support? Book an appointment [here!](#) There are spots still available.

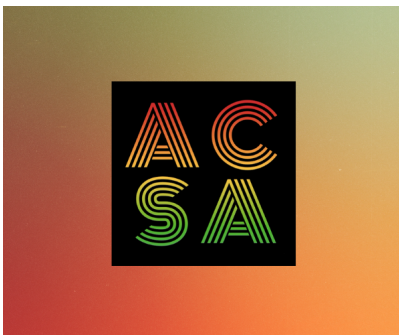


### Medical appointments

Need to book an urgent medical appointment? You can now book same-day appointments by contacting the Student Wellness Services at 403.210.9355. A nurse can assess your concerns and either book you an appointment or direct you to the correct service.

[Learn more](#) »

### UCalgary student club feature



### African-Caribbean Student Association

ACSA is a space to celebrate African and Caribbean people, history and culture. If you are looking to meet new people, to learn more about different cultures, and to have fun, ACSA is the club for you! Everyone is welcome to join, no matter your background!

Learn more [here](#), and follow ACSA on [Instagram](#) and [Twitter](#).

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

[ucalgary.ca/iss](http://ucalgary.ca/iss)

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