



Student and Enrolment Services



Dear Student,

We hope you had an enjoyable Thanksgiving long weekend!

It's important to stay informed and healthy, especially as we go into the flu season. If you're currently in Alberta, learn more about influenza (flu) symptoms, resources and vaccinations [here](#). Starting **Oct. 19**, students can get a free flu vaccine on-campus at the Varsity Pharmacy. Please visit [here](#) for more information.

Have a great week!

International Student Services

International SOS services

UCalgary students studying remotely from international locations can now access **emotional support services**, including a **mental health counsellor**, for up to five sessions per incident, per year. This service is available 24 hours a day, 7 days a week, 365 days a year.

To access these services, please call +1 215-354-5000 (call collect) or download the **International SOS app** to your phone.

If you have issues accessing the services, please contact Campus Security at +1 403-220-5333 (call collect) for emergencies or contact **Risk Management and Insurance** by email at riskmgmt@ucalgary.ca.

Important dates

- **Nov. 8 – 14:** Fall break, no lectures (university closed)
- **Nov. 11:** Remembrance Day (university closed)

Career development

Online workshops

Need help with preparing for an interview, managing your LinkedIn, or learning how to communicate effectively? Join Career Services as they host several workshops focused on supporting you in your career search.



- **Oct 14: Utilizing LinkedIn** - Learn how to create an effective LinkedIn Profile and how to use it to network and job search
- **Oct. 16: Communicating with confidence at work** - Learning how to communicate confidently will help you achieve your career goals.
- **Oct. 20: Interviews** (part 1) - Learn interview etiquette and how to prepare and speak confidently about your skills and accomplishments.
- **Oct. 21: Interviews** (part 2) - Learn what behavioural or situational questions to expect, and how to convey yourself with meaning and detail.
- **Oct. 22: How to prepare for video and phone interviews** - Learn what to do before, during and after an interview.
- **Oct. 29: Professionalism in the Canadian Workplace** - Learn about Canadian work environment expectations.

Register on [CareerLink](#).

Looking to stay in the loop with Career Services?

Subscribe to [The Week Ahead](#) to get reminders for student workshops, career fairs, new jobs on CareerLink and upcoming opportunities to meet and network with employers.



Online events and workshops



How do UFlourish?

From Oct. 13 to Nov. 13, UFlourish will be hosting a series of online and in-person workshops and events to help you foster positive mental health, resiliency and community connection at UCalgary.

Learn more [here](#).



Virtual RealTEA

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, Oct. 14 (weekly until Dec. 17)

Time: 11 a.m. – 1 p.m.

Learn more [here](#).



Coffee and connection

Join Wellness Services for a relaxing conversation with other students. You'll have the opportunity to learn from each other and get tips on how to keep your life and studies on track during these challenging times. Topics change weekly.

Date: Thursday, Oct. 15 (weekly until Dec. 3)

Time: 11 a.m. – noon

Learn more and register [here](#).



Minds in Motion: Global Families workshop

Are you an international student with children? Join Minds in Motion for a hands-on, interactive and educational workshop for kids in kindergarten through grade 9. Each Minds in Motion workshop is designed to teach young children valuable STEM skills (science, technology, engineering and mathematics) they can apply.

Date: Thursday, Oct. 15

Time: 5 – 6 p.m.

Learn more and register [here](#).

Preparing for midterm exams



Join the Student Success Centre's small group and learn about preparing for your midterms, including tips on taking tests and study strategies.

- **Oct. 15, 6 – 7 p.m.:** Register [here](#).
- **Oct. 22, 6 – 7 p.m.:** Register [here](#).
- **Oct. 23, 11 a.m. – noon:** Register [here](#).



UCalgary Global Online (UGo) info session

Interested in cross-cultural training, meeting new people, and gaining credits with no additional costs? Join this info session to learn how to "mix and match" your courses with other courses from universities around the world.

Date: Friday, Oct. 16

Time: Noon – 1 p.m.

Learn more [here](#).



Speak your truth

ISS and the African-Caribbean Student Association invite you to speak your truth at this open forum. From race and racism, challenges related to COVID-19, to whether or not pineapple should be allowed on pizza, students from all walks of life are invited to discuss what's on their mind. Bring a friend and come join us!

Date: Friday, Oct. 16

Time: 6 – 9 p.m.

Learn more and register [here](#).



Academic Integrity Week

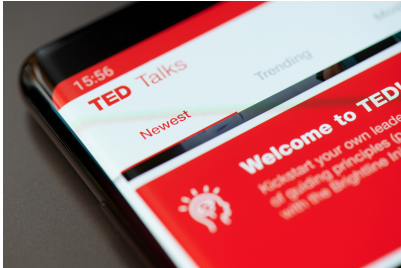
Next week, October 19 - 23, is Academic Integrity Week. Visit the [event's page](#) to learn about the various workshops being held. Some of the workshops include:

- Writing academically
- What are the rules for online exams?

- Is academic integrity in online courses different?

Have questions?

Contact: askacademicintegrity@ucalgary.ca.



Online international conversation group: TED talks & 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, Oct. 20 (weekly until Nov. 24)

Time: 11 a.m. – 12:30 p.m.

Learn more [here](#).



Unwind: Speed Friend-Making

Leadership and Student Engagement (LSE) is hosting another event for students to meet and connect with others. Join them for fun icebreakers and activities to help you get to know other students. Bring friends or meet new ones – all are welcome!

Date: Tuesday, Oct. 20

Time: 11 a.m. – 12:30 p.m.

Register [here](#).



Virtual Board Game Café

Need a break? Join Wellness Services for a fun time of board games and activities. Come meet other students, and take some time to relax and de-stress.

Date: Tuesday, Oct. 20

Time: 4 – 6 p.m.

Register [here](#).



Virtual study hall

Having a hard time studying on your own? You should join the SSC's virtual study hall. Sessions are held Monday through Friday, and they're hosted by SSC staff and UCalgary students. [Check out the upcoming sessions.](#)

ucalgary.ca/iss

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