



## Student and Enrolment Services

# International Student Services (ISS)



### Dear Student,

Looking for things to do for the upcoming long weekend? [Visit Calgary](#) has great activity recommendations to keep you active and entertained.

Are you returning to Calgary this fall? Please note that depending on where you're arriving from, you may need to self-isolate. If you need assistance or support for your required isolation, visit [our website](#) for information. You can also visit the Government of Canada's website for information about [your arrival to Canada](#).

Take care!

International Student Services

### Important dates and news

- **Aug. 3:** Alberta Heritage Day (university closed)
- **Aug. 12:** Summer intersession classes end; Last day to withdraw
- **Aug. 14:** Start of exams
- **Aug. 18:** End of exams

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### Have your voice heard!

The Students' Union is asking current **undergraduate** students to share how the COVID-19 pandemic has impacted their education, their

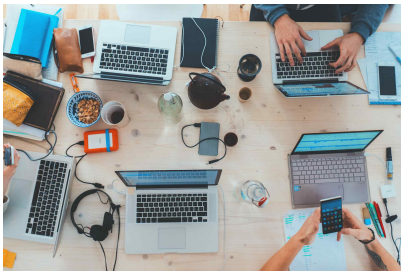


plans for the future and how they will live as students during the 2020-2021 academic year.

Your elected faculty representatives will use your anonymous feedback to be better informed in how it advocates for you and your fellow students.

Take the survey [here](#).

## Online events and workshops



### Virtual Study Hall

Looking for some support and connections? Let the Student Success Centre help you in this online study session!

**Date:** Wednesday, July 29 (M/W/F until August 14)

**Time:** 1 – 3 p.m.

Learn more and register [here](#).



### Unwind Online

The Leadership and Student Engagement (LSE) team are kicking off online summer Unwind events! Bring some friends or meet new ones — everyone is welcome.

#### Speed Friend-Making

**Date:** Thursday, July 30

**Time:** 1:30 – 2:30 p.m.

Learn more and register [here](#).

#### The Ultimate Jackbox Party

**Date:** Thursday, August 6

**Time:** 2 – 3 p.m.

Learn more and register [here](#).

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### Permanent residence information session

Planning to stay in Canada after you graduate? A Regulated Canadian Immigration Consultation (RCIC) will share useful information on permanent residence pathways that may be available to you.



**Date:** Wednesday, August 5

**Time:** 9 – 11 a.m.

Learn more and register [here](#).

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### **Mindfulness as a coping strategy in times of crisis**

This free online webinar will define mindfulness and how practicing it regularly can reduce stress. You'll also learn several mindfulness practices that can be beneficial in your everyday life, but especially during times of crisis.

**Date:** Tuesday, August 11

**Time:** 10:30 – 11:45 a.m.

Learn more and register [here](#).

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### **Question, Persuade, Refer (QPR)**

Join Wellness Services' webinar to learn how to recognize and support someone who may have suicidal thoughts, as well as learn about available resources on and off-campus.

**Date:** Wednesday, August 12

**Time:** 1 – 3 p.m.

Learn more [here](#).

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### **Financial Fridays**

Have questions about funding your education? Tune in to Financial Fridays **every Friday at 12:30 p.m.** to learn more about student finances and have your questions answered by an Enrolment Services advisor.

- **July 31:** Understanding Your Fees. Learn more and register [here](#).

- **Aug. 7:** Navigating Your Financials in the Student Centre. Learn more and register [here](#).
- **Aug. 14:** Updating Your Personal Information. Learn more and register [here](#).
- **Aug. 21:** Third-Party Authorizations. Learn more and register [here](#).



### Career Services workshops

Calling all international students! Need help making your job search more effective? Learn tips and tricks to make you stand out as a job candidate.

- **Aug. 6, 2 – 3 p.m.:** How to Continue Your Job Search and Develop New Skills During a Pandemic
- **Aug. 14, 11 a.m. – noon:** Video and Phone Interviews and How to Prepare
- **Aug. 20, 2 – 3 p.m.:** Communicating with Confidence at Work

Visit [CareerLink](#) for event details and to register.



### Connect with your campus community!

The UCalgary COVID-19 volunteer response team is hosting several online events to keep you connected over summer.

Find more events, like daily stretching sessions to keep you active, on the [main event page](#).

### Upcoming Faith and Spirituality Centre events

[Exploring the Mysteries of the Human Soul](#) (weekly until August 27)

[Outdoor Meditation](#) (weekly until July 30)

[Simple Chefs](#) (weekly until August 26)

[Quranic Study](#) (weekly until August 26)

**ucalgary.ca/iss**

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

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