Academic Development Specialist (International)

Jennifer Parsons
Student Success Centre (online and in-person access)

Find out more about programs and supports: http://www.ucalgary.ca/ssc/international
Support for International Student

- Academic Support
- Language support
- Cultural adjustment

Individual appointments to assist with academic and language skills

- jen.parsons@ucalgary.ca
New Student Registration Assistance

NSRA Support

NSRA supports incoming first-year UCalgary students intending to enroll in courses. NSRA is available from May 4 - Sept 2, 2022.

Students must setup their UCalgary IT account with Multifactor Authentication before accessing the online booking system.

- Book an appointment
- View booking instructions (PDF)

Cancelling appointment instructions »

Contact info

Book an appointment using our online booking system. Looking forward to meeting you in an online Zoom or an on-campus in-person session!

Email your questions to firstreg@ucalgary.ca
Exploratory Advising

Academic Advisors dedicated to helping you find the degree program that meets your unique goals and interests!

Reasons to visit Exploratory Advising:

• You did not get admitted to your program of choice
• You are not enjoying your current program
• You are not as successful as you could be in your current program
• You want to add more to your degree, such as second major, minor, embedded certificate or combined degree!

Best time to visit us is during the Fall semester.
Learning Strategies

• Goal setting
• Presentation styles
• Academic reading
• Time management
• Exam preparation
• Motivation
Writing Skills

- Style
- Mechanics (spelling, grammar...)
- Organization
- Thesis statements
- Citation
- Academic Integrity
Helpful sites

Academic Dates
• ucalgary.ca/pubs/calendar/current/academic-schedule.html

Faculty Advising
• https://www.ucalgary.ca/registrar/registration/advising

• First year degree guide
Textbooks and Course Materials

• Bookstore:

• [https://www.calgarybookstore.ca/](https://www.calgarybookstore.ca/)
  • E-books/digital
  • Hard copies

D2L course: materials posted by instructor – e.g. lecture slides, recordings, study outlines
Is it necessary for me to buy all the textbooks and complete all the readings or is this optional?

- Textbooks may be:
  - required (buy these)
  - recommended (will be useful)
  - Optional (helpful for deeper understanding, papers etc.)
- Readings often inform the lecture
- Some professors test on readings not covered in class
- Texts may include practice questions, online materials
What are some academic strategies to help me succeed in my first semester?

• Read your course outlines carefully (in D2L/Brightspace)
• Schedule by semester, month, week, and day
• Prepare before lectures, attend, and review afterwards
• Test yourself often

• Ask questions and use supports!
• https://www.ucalgary.ca/student-services/student-success
ISS Welcome Webinar:
Minor Students: Travelling & Studying in Canada

Session Etiquette

• Please keep your microphone off.
• Questions asked in the chat during the presentation will not be answered. After the presentation, we will answer questions. Please wait to post a question until then.
• If your question is not answered at the end of the webinar, first review the ISS website for resources (ucalgary.ca/iss), then email iss@ucalgary.ca.

• This session will be recorded. The presentation slides will be posted within 2 business days:
ucalgary.ca/student-services/iss/advising/iss-webinars-workshops
Territorial Acknowledgement

We acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes the Blackfoot Confederacy comprising the Siksika, Piikani, and Kainai First Nations, the Tsuut’ina First Nation, and the Stoney Nakoda including the Chiniki, Bearspaw, and Wesley First Nations. The City of Calgary is also home to Métis Nation of Alberta, Region III.

The University of Calgary is situated on land adjacent to where the Bow River meets the Elbow River, and the traditional Blackfoot name of this place is “Moh’kins’tsis”, which we now call the City of Calgary.

Image: The Cultural Model for the University of Calgary’s Indigenous Strategy, ii’ taa’poh’to’p
Today’s Presenters

International Student Services:

- Diana Jamal-Samborski, RCIC
  International Student Specialist, Immigration

- Jaeeun Lee, RCIC
  Advisor, International Student Transition Support

Student Success Centre:

- Jennifer Parsons
  Academic Development Specialist, International
International Student Services (ISS)  
What do we do?

• Provide advice and programs to support all international students adjusting to life at the University of Calgary and to life in Canada.
  • Canadian Immigration Advising
  • Transitional Support (non-academic)

• Social events to help build connections with peers while exploring campus, Calgary, and Alberta.

• Contact us—we’re here to help!

https://ucalgary.ca/student-services/iss
International Student Services

International Student Services (ISS) provides advice and programs to support all international students adjusting to studies at the University of Calgary and to life in Canada.

- Canadian Immigration Advising & Workshops
- Transitional Advising & Workshops
- Web Resources
- New International Student Orientation
- GPS (International Student Mentorship) Program
- USpeak Global Program
- Global Friendship Events
- Social Events

ucalgary.ca/student-services/iss

- Non-immigration/non-academic: iss@ucalgary.ca
- Canadian immigration: issimmigration@ucalgary.ca
- FAQ page: ucalgary.ca/student-services/iss/covid-19-faqs
International Student Services

Diana Jamal-Samborsk
International Student Specialist, Regulated Canadian Immigration Consultant (RCIC)

Jaeun Lee
Advisor, International Student Transition Support (RCIC)

Garrett Beatty
International Student Advisor, Intercultural Programs (RISIA)

Catherine Lee
Administrative Assistant

Lien Tran
Manager, Regulated Canadian Immigration Consultant (RCIC)
Due to the evolving and unpredictable nature of the Covid-19 pandemic, rules and regulations may change without advanced notice.

This information is current as of June 29, 2022.

While this is a helpful resource to get you started, you are responsible for staying informed of updated regulations and policies prior to travel to Canada.

- [https://ucalgary.ca/student-services/iss/covid-19-faqs](https://ucalgary.ca/student-services/iss/covid-19-faqs)
Custodianship – Minor Students

Minor Student:

• In Alberta the age of majority is 18 years of age. If you are below the age of 18, you are considered a “minor.”

• At the age of 17, you are able to study at the University of Calgary.

Custodianship:

The requirement to declare a custodian will depend on your age at the time of application.

A custodian is a responsible adult, who is a Canadian citizen or a permanent resident, who will take care of and support the minor child.

• They should reside in the same city or in a city or town near to the minor.

• At this time, the University of Calgary does not offer custodian services. In the past, we have recommended students to look into the Canada Homestay Network.

• Students may also look into custodian services through a private company, or ask someone to act as their custodian who is a Canadian citizen or permanent resident.

Age 17:

• A custodian is optional for study permit applicants who are 17 years old, but an officer can request one on a case-by-case basis.

Learn more: www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/study-permit/prepare/minor-children.html
Recent Government of Canada Announcement

• If aged **18 or older**, you must be fully vaccinated to enter Canada.

• **If fully vaccinated**, regardless of age, you are exempt from:
  • pre-entry COVID-19 test
  • quarantine
  • providing quarantine plan

• If aged **12-17** and unvaccinated or partially vaccinated, you must complete:
  • 14-day quarantine
  • [Pre-entry COVID-19 test](#)
  • [Arrival](#) and Day-8 testing
  • Travel and [quarantine plan](#) on [ArriveCAN](#)
Before You Travel

1. Confirm you can enter Canada and check provincial regulations.
2. Check eligibility for fully-vaccinated traveller exemption.
3. Check your airline’s boarding requirements.
4. Make and assess a quarantine plan (if non-exempt).
5. Register in advance for your arrival COVID-19 test (if non-exempt).


Are you eligible to enter Canada?

• International students who have a valid study permit or study permit approval letter that are coming to study may enter Canada

• Find out if you can enter Canada - https://travel.gc.ca/travel-covid/travel-restrictions/wizard-start
To be eligible for fully vaccinated traveller exemption:

- You must be asymptomatic, be eligible to enter Canada, and have entered your information into ArriveCAN
  - Received **approved vaccine**; last dose at least 14 days before entering Canada
    - Pfizer-BioNTech Comirnaty, Moderna Spikevax, AstraZeneca Vaxzevria/Covishield, Janssen/Johnson & Johnson, Bharat Biotech Covaxin, Sinopharm BIBP, Sinovac/CoronaVac/PiCoVacc, Novavax/Nuvaxovid/COVOVAX, Medicago Covifenz

- You must use ArriveCAN to enter proof of vaccination, and travel information.

How do I plan for quarantine?

Unvaccinated or partially vaccinated students aged 12-17 can enter Canada, but must prepare a quarantine plan and quarantine for 14 days.

• Use the Government of Canada’s quarantine assessment tool to verify that your quarantine plan meets requirements.

• UCalgary’s quarantine information webpage explains how to prepare before and after arriving in Canada.

• Mandatory Quarantine Sheet (multiple languages)

• albertahealthservices.ca/topics/Page17239.aspx
How & Where to Quarantine

• The Government of Canada advises to travel directly to your final destination and quarantine there.
  • Example: if you arrive in Vancouver, plan a connecting flight to Calgary. Arrange full quarantine time in Calgary.
  • You are not able to split your quarantine time between two locations (e.g. 2 nights in Vancouver, 12 in Calgary)


• Arrange at least 3 hours between your arrival in Canada and connecting flight to Calgary. Time to:
  • collect your bags, go through Canadian immigration,
  • clear Canada Customs,
  • complete your Arrival PCR test (if selected/required),
  • and transfer to the domestic terminal for your connecting flight (this can time some time)
International Students Boarding Connecting Flights in Canada

• Arriving unvaccinated minor aged international students may take a connecting flight that is scheduled to depart within 24 hours of the departure time for your flight to Canada.

• **Transit through Canada including to and from Alaska** – Travel restrictions in Canada – [Travel.gc.ca](http://Travel.gc.ca)
How & Where to Quarantine (if non-exempt)

• A suitable place where you:
  • Can stay for 14 days or possibly longer
  • have access to the necessities of life, including water, food, medication and heat without leaving quarantine
  • can avoid contact with others who did not travel with you
  • have no visits from family or guests

Assess Your Quarantine Plan

• Complete the online Government of Canada assessment to determine if your plan is suitable: https://travel.gc.ca/travel-covid/travel-restrictions/isolation/quarantine-start

• You will be asked about your plan when you arrive
Medical Insurance while in Quarantine

- Purchase travel medical insurance that provides coverage during your travels to Calgary and until you are eligible for coverage through the SU/GSA and Alberta Health Care Insurance Plan, if eligible
  - AHCIP: you must register after quarantine
  - SU/GSA plans: active Sept 1, but you may have to pay for services upfront, then request reimbursement
- At least covers doctor visits, hospitalization, prescription drugs, vision care, and dental care
  
  https://ucalgary.ca/student-services/iss/resources/medical-insurance

- Healthcare & Medical Insurance in Alberta Webinar
Arrival Testing: Unvaccinated Travellers must register in advance

- There are different testing providers depending on where you enter
- Learn more:

72 Hours before Your Flight into Canada – unvaccinated travellers

1. Get your Pre-Entry COVID-19 test
2. Submit travel & quarantine plans

Pre-entry COVID-19 test (if non-exempt)

• Pre-entry COVID-19 testing is required for unvaccinated or partially vaccinated students aged 12-17

• If you're flying to Canada, you must take a test within 72 hours of the scheduled departure time of your flight to Canada
  • Airlines will refuse boarding to travellers who are unable to provide a valid molecular test result
  • If you have a connecting flight, the test must be conducted within 72 hours of the scheduled departure time of your last direct flight to Canada

• You must provide an accepted test, not an antigen test

• You are responsible for any cost

• Information on accepted types of tests & searching for testing facilities
Submit Information in ArriveCAN app

- **ArriveCAN is free and secure**
- Download the ArriveCAN mobile app and submit your information
- If you are eligible to enter Canada, you are required to provide mandatory traveler information within 72 hours before your arrival in Canada
- You **must** submit your information electronically through **ArriveCAN** before you board your flight
- You must check-in on ArriveCAN everyday during quarantine (if non-exempt)
Submit Information in ArriveCAN app

<table>
<thead>
<tr>
<th>Fully Vaccinated Travellers</th>
<th>Non-exempt Travellers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your Contact Information</td>
<td>Your Contact Information</td>
</tr>
<tr>
<td>Purpose of Travel</td>
<td>Purpose of Travel</td>
</tr>
<tr>
<td>Date of arrival, port of entry, flight number, airport, airline</td>
<td>Date of arrival, port of entry, flight number, airport, airline</td>
</tr>
<tr>
<td>Vaccination information &amp; proof of vaccination*</td>
<td>Quarantine Plan*</td>
</tr>
<tr>
<td></td>
<td>information about your pre-entry COVID-19 test results and confirmation that you understand the testing requirements</td>
</tr>
<tr>
<td></td>
<td>Information about countries you’ve visited 14 days prior to arrival (not connections)</td>
</tr>
</tbody>
</table>

Unvaccinated/partially vaccinated international students must have a quarantine plan prepared.

*ArriveCAN app will not ask fully vaccinated travellers to submit a quarantine plan.*

Submitting Proof of Vaccination

- Details of first dose (date, country, vaccine)
- Details of second dose if required (Pfizer, Moderna, AstraZeneca)
- A photo/PDF of the record of each dose such as receipts, cards, or confirmations
  - PDF is preferred
- Uploaded proof must be in English, French or certified translation
  - Do not upload your proof of vaccination if it is not in English or French; upload the certified translation

Bring original proof of vaccination with you while you travel.

ArriveCAN Technical Support


- *Use the website or call 1-833-641-0343 daily during your quarantine period if encountering technical issues with mobile app.*
Arriving in Canada

1. Show your documents to border official for assessment & review your Study Permit for errors

2. Take a COVID-19 arrival test (if non-exempt)

3. Travel directly to quarantine location or continue direct travel to final destination. (if non-exempt)

4. Complete remainder of 14-day quarantine. (if non-exempt)

5. Stay in contact: ArriveCAN (if non-exempt)

When you first arrive to Canada

• Please let the Border Services Officer know that you are coming here as a student where you **FIRST** enter into Canada (first airport or land border crossing) - do not let them just move you through.

• Always answer all questions asked of you truthfully. If you do not know how to answer any questions, it is okay to say “I don’t know” just remember to remain calm and polite.

• Please review the [IRCC website](https://www.cic.gc.ca/) on preparing for your arrival to Canada for international students.
Required Documents To Bring for all Students:

- A valid study permit or A study permit approval (a port of entry letter of introduction)
- Your passport
- A copy of your UCalgary acceptance letter and updated enrolment letter
- Proof of Financial support
- Valid visa or eTA
- 14-day quarantine plan (if non-exempt)
- ArriveCAN receipt
- Pre-COVID test (if non-exempt)
Review of your study permit

- Your Name is spelled correctly;
- Your Date of Birth is correct;
- Your Country of Citizenship is correct;
- Duration of the study permit is correct.
- Your Study Permit includes a printed condition authorizing you to work 20 hours a week:

Your study permit should state one of the following:
- "May work 20 hours per week off-campus or full-time during regular scheduled breaks if meeting criteria outlined in section 186(v) of IRPR“

OR
- "May accept employment on or off-campus if meeting eligibility criteria as per R186(f), (v) or (w). Must cease working if no longer meeting these criteria."
If there are any errors or mistakes, please bring them to the attention of the Border Services Officer before leaving the area.
Travelling to Your Accommodation

Accommodations

• Students are responsible for arranging their own accommodations.
  • We encourage students to attend the “Choosing Accommodation in Calgary” webinar being held on 08JUL2022.
    • [events.ucalgary.ca/international-student-services/#!view/event/event_id/412277](http://events.ucalgary.ca/international-student-services/#!view/event/event_id/412277)
  • Students can elect to stay with family or friends; a hotel or AirBnB rental

Age restrictions: before you make a reservation, confirm if there is an age restriction for check-in. Some hotels & AirBnB require that you are 18 years or older to check-in

• We do not recommend signing a lease or rental agreement without seeing the property first or meeting with the landlord
• View resources at [ucalgary.ca/student-services/iss/resources/housing](http://ucalgary.ca/student-services/iss/resources/housing)

Travelling to Accommodations

All travellers

• Masking is required while you travel aboard all flights and interprovincial trains in Canada

Unvaccinated/Partially Vaccinated students

• Masking is required on your journey to your quarantine accommodation; recommended that you socially distance

Methods of Transportation

• Taxi, Rideshare (Uber); Calgary Transit

Learn more: [www.ucalgary.ca/student-services/iss/resources/getting-around](http://www.ucalgary.ca/student-services/iss/resources/getting-around)
What tools do you use to find housing?

• UCalgary Residence – full this term
• Online websites/ Apps – the following websites have rental listing:  
  RentFaster.ca  
  RentSeeker.ca  
  RentSpot  
  Point2 Homes  
• UCalgary Students' Union Off-campus Housing list: www.places4students.com  
• Other resources – Facebook Marketplace & WhatsApp groups. But use your caution!
Go to (Quarantine) Accommodation

Non-exempt:

• You will take the arrival COVID-19 test in the airport and will be given instructions on how to complete your day-8 test or given a home test kit.
• You will await results while you complete 14-day quarantine in final destination

Fully vaccinated:

• From **June 11 at 12:01 a.m. (EDT) to June 30, 2022**, the Government of Canada is temporarily suspending mandatory random arrival testing at all airports for travellers who qualify as fully vaccinated.
• You may be selected to complete arrival testing after June 30, 2022. If selected, you will be instructed to complete your testing at a location other than the airport. Follow instructions provided.
• You do not need to quarantine while you wait for your test results

• Travel checklist
While in Quarantine (if non-exempt)

1. Provide Updates: ArriveCAN
2. Complete day-8 Covid-19 test
3. Stay connected: reach out to family & friends
4. Learn about helpful resources & plan for settlement tasks

Complete Remainder of Quarantine (non-exempt)

• You must travel from the airport to your quarantine location directly (without making stops)

• While in Canada, you must submit a daily health report. You can submit by:
  • Using the ArriveCAN mobile App
  • Using the ArriveCAN online website

• If you are unable to use ArriveCAN after entering the country, call 1-833-641-0343 daily during your quarantine period
Monitor Your Health & Wellbeing: Contacts

- **Healthlink: 811**
  - 24-hour free phone line for non-emergency health concerns
  - Speak with a registered nurse
  - Service available in multiple languages

- **Student Wellness Services**: learn about services
  - [ucalgary.ca/wellness-services](ucalgary.ca/wellness-services)

- **Emergency: 911**
  - Fire, Ambulance, & Police
Complete Day-8 COVID-19 Test (if non-exempt)

• If the test were to be positive, your quarantine time may be extended
  • A government representative will call you to provide you with additional instructions.

• Learn more:

Stay Connected & Plan for Settlement Tasks

• Contact your family, friends, or loved ones while in isolation to check in:
  • Planned times for a phone/video call or shared remote activities (eg. video games, watch tv or videos together, stretches/yoga)
Stay Connected & Plan for Settlement Tasks

• You may be able to submit documents online for:
  • Canadian bank account
    (ucalgary.ca/student-services/iss/resources/banking)
  • Canadian cell phone plan
    (ucalgary.ca/student-services/iss/resources/choosing-cellphone-plan)
  • Social Insurance Number (SIN)
    (ucalgary.ca/student-services/iss/resources/sin)
• Schedule accommodation viewings for after quarantine is complete
• https://ucalgary.ca/student-services/iss/resources/new-international-student-checklist
Prepare for Your Needs while in Quarantine

- Health Canada resource
- ucalgary.ca/student-services/iss/resources/self-isolation-supports-international-students
What to pack to stay connected

Universal Travel Adapter

Confirm whether you’ll have internet connection before booking your accommodation

Working electronics and chargers
What to pack to stay connected

Video call applications

Credit cards

Cash
After Quarantine

1. Safely get to know Calgary & UCalgary campus
2. Ask questions & Seek Support as needed
3. Consider getting a COVID-19 vaccine (if unvaccinated or partially vaccinated)
4. Register for Alberta Health Care Insurance Plan

Alberta Health Care Insurance Plan (AHCIP)

If you are under 18 (a minor):

• You require a “custodian” (someone who is 18 or older, living in Calgary) who can add you to their AHCIP

• If you cannot find a custodian, you may consider purchasing a private travel medical insurance plan to provide you with comparable coverage until you are 18

• If you’re turning 18 soon after your arrival to Alberta, you may also try contacting the AHCIP office to determine if you can get your application in early to expedite the process: https://www.alberta.ca/ahcip-contact.aspx.

• More information about custodians and AHCIP is available here: https://www.alberta.ca/ahcip-students.aspx.
Making the most of student services

**Social & Wellness Events:** Check out the newsletters, social media, and websites for these offices to learn about free-events:

- Campus Community Hub
- Faith and Spirituality Centre
- International Student Services
- Leadership & Student Engagement (Unwind)
- Residence Services (if living on campus)
- Sustainability
- Wellness Centre
- Women’s Resource Centre
- Writing Symbols Lodge
Making the most of student services

• **Student Union & Associations:** Learn about the services and events provided through the Students Union or Graduate Students' Association. Some student clubs arrange discounts for events or services around Calgary.
  - UCalgary Students Union: [https://www.su.ucalgary.ca/](https://www.su.ucalgary.ca/)
  - Graduate Students' Association: [https://gsa.ucalgary.ca/](https://gsa.ucalgary.ca/)
Making the most of student services

• **UCalgary Services:** You pay student fees each term! Make sure you take advantage of the services and programs that are offered to you for no additional cost:
  
  • Active Living: access to fitness facilities (gymnasium, weight room, swimming pool, running track, racquet centre, climbing wall; students receive a $25 credit each year)
  
  • Career Services: advising and workshops to support your job search & success
  
  • International Student Services: immigration advising
  
  • Library: research support and access to academic resources
  
  • Student Success Centre: free advising and workshops
UCalgary Protocols: masking & isolation guidance

Isolation is not a legislated requirement, but isolation when ill is still a UCalgary requirement.

Masks are no longer required on UCalgary campuses, but masks are still strongly recommended for use on campus.

If you are not fully vaccinated, vaccination is encouraged, but not required.

ucalgary.ca/risk/emergency-management/covid-19-response
COVID-19 Vaccinations in Calgary

• If you have not yet registered for Alberta Health Care Insurance Plan, you can book a vaccination by calling Healthlink (811); you do not need insurance to get vaccinated.

• If you already have an Alberta Health Care card, you can book a vaccine online, with a pharmacy, or on-campus:
  • www.ahs.ca/covidvaccine
  • https://www.ucalgary.ca/wellness-services/services/medical-services/COVID-19-vaccine

• There is no cost

• Talk to a physician if you partially vaccinated and the same vaccine is not available in Canada
  • Once you are in Alberta, book an appointment with Student Wellness Services physician for questions/concerns about vaccines ucalgary.ca/wellness-services
Staying Informed

• Key UCalgary websites:
  • ISS COVID-19 FAQ
  • UCalgary COVID-19 page

• External websites:
  • Canada: https://travel.gc.ca/travel-covid
  • Alberta: https://www.alberta.ca/isolation.aspx

Questions?

Thank you
iss@ucalgary.ca
issimmigration@ucalgary.ca
ucalgary.ca/student-services/iss/contact-us