

TALK:

Talking about life in Canada

International Student Discussion Group

Every Tuesday, January 24-March 28

(No session on February 21)

12:30 pm- 1:45 pm

UCC 371

(Come to as many or as few sessions as your schedule allows)

- **Join other students in a relaxed and welcoming environment.**

All international & exchange students are welcome!



Joining a student discussion group can make all the difference.

Being an international student can be an exciting and life-changing experience. There are many new things to discover as you adjust to your new surroundings. If you are interested in discussing and sharing experiences about living and studying in a new culture, then this weekly group may be for you.

Weekly Discussion Topics Include:

- Adapting to a new culture
- Making new friends
- Communicating across cultures
- Managing change and stress
- Finding resources to achieve your academic goals
- Maintaining health and well-being while away from home

Organized By: The International and Exchange Student Centre and
The Student Development Centre