International Graduate Student Information Session

September 2, 2022
WELLNESS FROM AN INTERNATIONAL LENS

September 2, 2022
Today’s Agenda

• Culture Shock
• Selfcare
• Mental Health
• Resources at Western
Culture Shock

- The anxiety from moving to a new environment
- The fear of the unknown
- Lack of familiarity of new cultures or way of life
- Physical and emotional discomfort
Culture Shock

Culture shock could happen within the first few days, weeks or months. Some of the symptoms are:

- Feeling homesick
- Desire to avoid social gatherings
- Anger towards the host culture
- Low moods and feeling helpless
- Having issues concentrating at lectures
- Concerns related to new food, weather and way of life.
- Difficulties sleeping
• I came in ______________
• First thing I noticed was ______________
• I miss ______________
• I am looking forward to learning ______________
• Whenever I feel overwhelmed, I ___________
Culture Shock: Coping Mechanism

• Set realistic expectations – Acknowledging that adjusting to new culture takes time
• Avoid comparing your new culture with life back home
• Focus on the things you like
• Get to know people
What Does It Mean?

• It means to focus on YOU and take up activities that would help you achieve a better life balance
• Evaluating your wellness and taking steps to improve any aspect of wellness.
WELLNESS

PHYSICAL WELLNESS
Refers to attending to and maintaining the health of the body.

MENTAL WELLNESS
Refers to the degree to which you feel good about yourself and your life.

SPIRITUAL WELLNESS
Refers to orientation towards personal values and ethics; it’s about congruence between values and actions/behaviours.

SOCIAL WELLNESS
Refers to the quality and degree of social interaction and the ability to contribute to the common welfare of the community.

FINANCIAL WELLNESS
Refers to the capacity to plan and manage income and expenditures.

ACADEMIC WELLNESS
Refers to the ability to manage academic workloads and prepare for a future career.

ENVIRONMENTAL WELLNESS
Refers to living a lifestyle that is respectful of our surroundings, including interaction with nature and your personal environment.

Western
Discussion

• What does mental health mean to you?
• What does mental health look like?
• What does mental health sound like?
• What does mental health feel like?
Mental health Spectrum

IN CRISIS
- Very anxious
- Very low mood
- Absenteeism
- Exhausted
- Very poor sleep
- Weight loss

STRUGGLING
- Anxious
- Depressed
- Tired
- Poor performance
- Poor sleep
- Poor appetite

SURVIVING
- Worried
- Nervous
- Irritable
- Sad
- Trouble sleeping
- Distracted
- Withdrawn

THRIVING
- Positive
- Calm
- Performing
- Sleeping well
- Eating normally
- Normal social activity

EXCELLING
- Cheerful
- Joyful
- Energetic
- High performance
- Flow
- Fully realising potential
Ask for Help

• There are many things we can do to help ourselves and maintain good mental health.

• Sometimes our feelings of stress, isolation, anxiety or depression can be too much. **If you feel overwhelmed, ask for help!**

• You may need help with your job search, or your course work, or settling into your new life.

• If you are an international student, you can access many resources on campus.
Western Wellness Wheel

Many factors can influence your health and wellbeing. Western’s Wellness Wheel outlines 7 important interacting dimensions of health. To learn more about these dimensions and what Western offers, visit the QR link below:

https://linktr.ee/wellnessandequityeducation
Your Wellness & Wellbeing at Western

**Physical Wellness:** Attending to and maintaining the health of the body.
- Sports and Recreation: [https://www.uwo.ca/campusrec/](https://www.uwo.ca/campusrec/)

**Mental Wellness:** The degree to which you feel good about yourself and your life.
- Mental health support and resources:
  - Group care, psychological support, peer support, GBSV support and more: [https://www.uwo.ca/health/](https://www.uwo.ca/health/)
  - Racialized group support, International students support, crisis counselling, general and mental health resources: [https://www.uwo.ca/health/psych/index.html](https://www.uwo.ca/health/psych/index.html)

**Financial Wellness:** The capacity to plan and manage income and expenditures
- Financial support: [https://registrar.uwo.ca/student_finances/index.html](https://registrar.uwo.ca/student_finances/index.html)

**Spiritual Wellness:** Orientation towards personal values and ethics; it’s about congruence between values and actions/behaviours.
- [https://uwo.ca/se/digital/types/equity/spiritual-wellbeing.html](https://uwo.ca/se/digital/types/equity/spiritual-wellbeing.html)
Your Wellness & Wellbeing at Western

**Academic and Career Wellness:** The ability to manage academic workloads and prepare for a future career.

- Academic support: [https://learning.uwo.ca/](https://learning.uwo.ca/)
- Writing help: [http://writing.uwo.ca/](http://writing.uwo.ca/)

**Social Wellness:** The quality and degree of social interaction and the ability to contribute to the common welfare of the community and physical environment.

- USC peer support: [https://westernusc.ca/services/peer-support-centre/](https://westernusc.ca/services/peer-support-centre/)
- Social clubs: [https://westernu.campuslabs.ca/engage/organizations](https://westernu.campuslabs.ca/engage/organizations)

**Environmental Wellness:** Inspiring us to live a lifestyle that is respectful of our surroundings, including interaction with nature and your personal environment.

- Housing support and case management: [https://www.uwo.ca/health/student_support/student-support-case-manager.html](https://www.uwo.ca/health/student_support/student-support-case-manager.html)
Thank you
Career Education
International Graduate Students
September 2, 2022

David Feeney, Career Coach
Graduate Students
HELPING GRADUATE STUDENTS TO THINK CRITICALLY ABOUT THEIR TRANSFERABLE SKILLS

PLANNING FOR MEANINGFUL CAREERS

OUTSIDE OF THE BOX THINKING
## CAREER EDUCATION

### 1:1 Support
- Career Appointments
- Unlimited and open to all students
- Run year-round
- Can discuss any career-related topic
- Regular drop-in appointments

### Group Programs
- Career Workshops
- Outreach Workshops
- Presentations
- Own Your Future

### Peer-to-Peer Support
- Western’s Employment Resources Centre - drop-in for resume, cover letter, CV, and linkedin profile support.
- Mock Interviews

### Virtual Resources
- career.uwo.ca
- degreetocareer.uwo.ca
- eLearning modules
- interviewstream
- careercruising
- challenge cards
- youtube playlist
### OUR MOST POPULAR SERVICES & RESOURCES

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1:1 CAREER APPOINTMENTS</strong></td>
<td>One-on-one personalized support with virtually any career related topic</td>
</tr>
<tr>
<td><strong>INTERVIEW PREPARATION</strong></td>
<td>Individualized feedback and practical preparation strategies</td>
</tr>
<tr>
<td><strong>RESUME, COVER LETTER, &amp; CV REVIEW</strong></td>
<td>Daily, drop-in feedback options and access to real samples and resources</td>
</tr>
<tr>
<td><strong>SUPPORT WITH FURTHER EDUCATION</strong></td>
<td>How to research, apply, and interview for graduate and professional programs</td>
</tr>
<tr>
<td><strong>JOB AND INTERNSHIP SEARCH</strong></td>
<td>Support with where to look, what employers want, and resources for finding the best opportunities</td>
</tr>
<tr>
<td><strong>CAREER EVENTS AND WORKSHOPS</strong></td>
<td>Connect with employers, and learn from peers or our staff in a group setting</td>
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• Peer to peer assistance for all student, undergraduate and graduate

• Receive feedback on your resume, cover letters, LinkedIn profile and CV

• Practice your interview skills and receive feedback with a mock interview

• No appointment necessary, drop in or use our zoom link
• Building a Meaningful Life and Career
• Academic & scholarly pursuits
• Employment within and outside of academia
• Parallel planning
Reasons to Access Career Supports

• Connecting your degree to future work

• Self-exploration and career assessments

• Career decision-making and goal setting

• Getting experience

• Further educational options (applications/interviews)

• Networking and connecting with employers/alumni
• Resume, cover letters and LinkedIn profile
• Job search and interview strategies
• Diversity and employment
• Finding a job or internship
A professional development program for graduate students to maximize your success in graduate school and in your future career

- Including a skills assessment & 30+ workshops across 6 competencies
Identifying Your Skills

- What skills are employers looking for?
- Professional skills positively affect your performance in any workplace - timeless, transferable, and personal
- Skills in demand are those transferable skills that have been considered “soft” skills – empathy, problem solving, emotional intelligence, cultural intelligence, effective communication, flexibility/adaptability
Thank You

David Feeney, Career Coach
Graduate Students
Immigration Session

Sandra Pehilj
International Student Advisor, RCIC
STUDY PERMIT

- Study Permit is a document issued by IRCC that authorizes you to study and stay in Canada.
- It includes specific conditions that may authorize you to work on- and/or off-campus.
- It is usually valid for the period of your academic program plus 90 days.
- If you need to study longer, you can apply for an extension of your Study Permit from within Canada.
Am I in trouble if my TRV is already expired?

You can apply for a new TRV from within Canada AFTER you receive your new study permit.
Electronic Travel Authorization (ETA) is a type of visa issued to citizens of certain countries and is required to enter Canada.

- Valid for 5 years
WORKING ON CAMPUS

- Hold a valid Study Permit with working conditions
- Maintain full-time status at the designated learning institution (DLI)
- Get a Social Insurance Number (SIN) from Service Canada
- There is no limit in number of hours to work on campus
WORKING OFF CAMPUS

- Hold a **valid Study Permit** with working conditions
- **Maintain full-time** status at the designated learning institution (DLI)
- Get a **Social Insurance Number** (SIN) from Service Canada
- You can work up to **20 hours** per week during the academic year and full-time during scheduled breaks.
- Undergraduate students at Western have scheduled break during the summer.
- To work full time in the summer, you must be full-time student in a program before and after the scheduled break.

**Note:** Graduate students at Western are registered in three terms during the academic year and have no scheduled break during the summer.
WORKING CONDITIONS ON SP

Remarks/Observations should indicate one of the following:

- May accept employment on the campus of the institution at which registered in full-time studies

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
CO-OP WORK PERMIT

- Some students at Western may have work as a requirement of their degree.
- If internship, co-op, practicum, placement, experiential learning is an “essential part of your program of study”

You will need to apply for co-op work permit (CWP)

- Western University will be indicated as your employer.
- CWP cannot be used for working off campus in jobs that are not part of the academic position approved by your academic department.
WORKING AFTER GRADUATION

- Students don’t need a job offer to apply for work permit
- The PGWP is not employer specific
- You can work anywhere in Canada
- The job does not need to be related to your degree

To be eligible to apply for PGWP, students need to:

- Have completed all program requirements in program of study, approved for PGWP, that lasted at least eight months at a DLI
- CONTINUOUSLY studied FULL-TIME in Canada with the exception of part-time only in the final academic session
PGWP ELIGIBILITY

- Received written confirmation from Western that you have met the requirements for completing your academic program.

- Received official transcript. Unofficial transcript form DLI’s website may be accepted.

- You **MUST hold a valid study permit** when you apply for the work permit if you plan to start working under R186(w)
SPOUSE OR COMMON-LAW PARTNER

Your spouse or common-law partner may be eligible for an open work permit if you:

- have a valid study permit
- are eligible for a post-graduation work permit (PGWP) and
- are a full-time student at one of these types of schools:
  - a public post-secondary school, such as a college or university, or CEGEP in Quebec
  - a private college-level school in Quebec
  - a Canadian private school that can legally award degrees under provincial law (for example, Bachelors, Masters or Doctorate degree)
PERMANENT RESIDENCY

- Express Entry System (CEC, FSW)
- Ontario Immigrant Nominee Program – OINP
  - Master’s graduate stream
  - PhD stream
  - International Students with Job Offer
SOCIAL INSURANCE NUMBER

Service Canada

To receive payment from work

Confidential

Expires as your SP/WP expires

To receive payment from work
APPLYING FOR SIN NUMBER

You can apply for your Social Insurance Number at

- Western International on **Sept 9, 2022**
- In person at
  
  Services Canada
  Dominion Public Building
  457 Richmond Street
  London, Ontario

- Online
  

Documents: Valid Passport and Study/Permit with working conditions (proof of Canadian address for online application)
ADVISING SERVICES
FALL 2022

Office Hours

Monday – Friday, 8:30 am to 4:30 pm

Phone: 519-661-2111 ext. 89309
  ◦ If urgent, best option is to leave a voicemail with callback number. Reception will give to an advisor to call the student same day

Email: iesc@uwo.ca

Remote Advising Appointments & Immigration Drop-Ins

1. Students can book their appointment at https://iesc.uwo.ca/appointment/
2. Visit Western International for meeting in person with ISA

IESC Events Calendar:
http://www.events.westernu.ca/events/iesc/
CONTACT US

- **Visit:** International & Graduate Affairs Building
- **Call:** 519-661-2111 ext. 89309
- **Email:** iesc@uwo.ca
- **Website:** iesc.uwo.ca
- **Online appointment booking:** https://iesc.uwo.ca/remote/appointment.html
- **COVID-19 FAQs:** https://iesc.uwo.ca/COVID-19-FAQs.html

FOLLOW US

- **Facebook:** facebook.com/uwo.international
- **Instagram:** @westernuinternational
WASTE MANAGEMENT

Managing waste on campus is comparable to managing a small city's garbage and recycling! We all need to do our part to sort it right.

50% Diversion Rate
THE FACTS

- When recycling is not properly separated, it goes to landfill
- Paper-based food containers are the most common contaminant
- Unbagged garbage & recyclables like boxes clog the garbage chutes

THE FEEDBACK

- Most students are unaware of two-stream recycling
- Not enough Organics Bins
- Recycling rooms can be far from bedrooms (inconvenient)
- Students want more education / knowledge on how to sort correctly
PLEASE HELP :) 

When you see people not recycling... 

Are you putting your waste in the right place? 

Remember: If paper and containers are mixed, it's considered contaminated and goes to landfill. 

GUIDE TO WASTE DIVERSION IN RESIDENCES 
Made by students, for students. 

- Paper & Containers are kept separate 
- Clear bags only for recycling 
- Guide to Waste Diversion 
- Recycle Coach App 

Recyclables MUST be in a CLEAR BAG. Otherwise, they will go to landfill! 

How to get transparent bags for recycling? 
- They are found in recycling rooms, or can be asked for at the desk of your residence building 
- Recyclables should be put into the appropriate blue bins in the Recycling Room at your residence 

Dairy and Juice Cartons 

Blue Box - Containers 
Please rinse-out and recycle in Blue Box for Containers. Flatten cartons to conserve space and dispose of plastic caps.
WASTE DIVERSION SUMMARY

COVID has had a massive impact on waste.

Infrastructure and educational improvements are needed and underway (e.g. expand organics, better training).

Students have a huge opportunity to make positive impacts!

If all else fails...
Just remember...
it takes two!

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SUSTAINABILITY RESOURCES

@westernUsustain
https://sustainability.uwo.ca/
Jess Cordes
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Thank you!