Parent Orientation
September 1
11:00 am

Chanra Cragg
International Programs Coordinator
INTERNATIONAL AND EXCHANGE STUDENT CENTRE (IESC)
MEET THE IESC TEAM!

Megan Sager  Sandra Pehilj  Fabiana Tepedino  Heidi Liu  Chanra Cragg  Andrew Metcalfe  Kamaljeet Bindra
IESC PROGRAMS & SERVICES

- International Travel Arrival & Quarantine Support
- International Student Advising
- International Student Orientation
- International Peer Guide Program
- English Conversation Program
- Skill Building Workshops and Community-Building & Social Events
- International Experiences for all Students
INTERNATIONAL STUDENT ADVISING

• Immigration Advising (study permits, work permits, visitor visa, work regulations, etc.)
• Cultural adjustment and personal issues
• Financial concerns
• Academic concerns
• Referrals to Student Health Services, Student Case Management, and other on-campus resources
• Appointments and Drop-In Q&As

Book an appointment online:
https://iesc.uwo.ca/appointment/index.html
PEER SUPPORT PROGRAMS

• International Peer Guide Program
  Mentor and assist new international students with their adjustment to Canada and Western.
  iesc.uwo.ca/peer

• English Conversation Program
  Facilitate conversation on a variety of topics to help improve communication skills and confidence.
  iesc.uwo.ca/ecp

• Tea & Info Sessions for Spouses/Partners of International Students
  Weekly gathering for spouses and partners of international students every Friday at 1:30pm
EVENTS AND WORKSHOPS

WORKSHOPS
- Immigration Info Sessions (Study Permits, Work Permits, TRV, Inviting Family, PR)
- Travel to Canada
- How to Find a Job in Canada
- US Visitor Visa
- Tax Info Session
- Canada, Eh?! Series
- Academic Workshops

SOCIAL EVENTS
- Global Café (Thursdays, 3-5pm)
- Online Games Nights
- Thanksgiving Dinner*
- Trips (Niagara Falls, Sugarbush, Snowtubing, Columbia store, etc.)*
- Cultural Showcase events*
- Potlucks, & more!

iesc.uwo.ca/events
Who’s here?
Share your thoughts

What advice do you have for parents or supporters?
STUDENT LIFE

- Who am I?
- What are my interests?
- How can I connect that with a fulfilling career?
The W-Curve of Cultural Adjustment (Kalvero Oberg, 1960)

Figure 2. The W-Curve of Intercultural Sojourning

Based on Oberg (1960) and Gallahorn & Gallahorn (1963)
Common Symptoms of Culture Shock

- Disorientation
- Headaches
- Loneliness
- Change in appetite/weight
- Frustration
- Tiredness
- Loss of appetite
- Stomach problems
- Homesickness
- Sleep problems
- Lack of concentration

Physical symptoms can often be the result of stress, anxiety or even depression.
SUCCESSFUL STUDENTS

• Balance academics and getting involved outside the classroom
• Learning outcomes include…

- Leadership
- Communication
- Global citizenship
- Making personal connections
EXPERIENTIAL LEARNING

• Research shows that…

Experiential Learning

• Work part-time
• Volunteering
• Extracurricular Activities

Do better academically
## Health Plans

### Student Health Plans

<table>
<thead>
<tr>
<th>Type of Expense</th>
<th>UHIP</th>
<th>USC Purple Care/SOGS Benefit Plan (Health &amp; Dental Plan)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital visits</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>X-ray</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Doctor Appointments</td>
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<td>No</td>
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<tr>
<td>Surgery</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Prescription drugs</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Dentist appointments</td>
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<td>Yes</td>
</tr>
<tr>
<td>Optometrist appointments</td>
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<td>Yes</td>
</tr>
<tr>
<td>Eyeglasses/contact lenses</td>
<td>No</td>
<td>Yes</td>
</tr>
</tbody>
</table>
HOW PARENTS CAN HELP

• Be supportive (but not smothering)
• Don’t tell them to “suck it up”
• Encourage them to ask for help
• First year is about learning how to learn
• Focus on academics, but also invest time in other things
• Let them make mistakes
• Tell them to review what is available to them
• Encourage them to participate in programming
  • (Peer guides, ECP, Global Café)
• Tell them to check their email
• Encourage them to stay in contact with us!
CONTACT US:

Western International
2nd Floor, International and Graduate Affairs Building
519-661-2111 ext. 89309

International Exchange Student Centre:
iesc.uwo.ca
iesc@uwo.ca

Exchange & Study Abroad:
goabroad.uwo.ca
goabroad@uwo.ca

General:
international.uwo.ca
international@uwo.ca
Words of Encouragement
Questions and Answers

Students:
Lan Li – year 4, health science
Elnaz Farahani – year 1, PhD anatomy and cell biology
Thank you
Enjoy your lunch