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## Countdown to Haskayne... 6 weeks to go!

This weekly email will help to prepare you for success at Haskayne. If you have any questions, please contact the Haskayne Undergraduate Student Advising team at 403-220-6593 or [undergraduate@haskayne.ucalgary.ca](mailto:undergraduate@haskayne.ucalgary.ca).

Previous *Countdown to Haskayne* newsletters can be found on our [Haskayne Incoming Students](#) page.



## CAMPUS SERVICES

There are many students services on campus: from health and wellness to academic support to personal support. The services listed here are just a few examples to give you an idea of what you can expect to find on campus during your time here.

### STUDENT UNION (SU) WELLNESS CENTRE

The **SU Wellness Centre** offers comprehensive, holistic and accessible programs and services to foster all dimensions of wellness. As a full-time undergraduate students, you will automatically be added to a **Student Health and Dental Plan**. We would like to emphasize two core services offered by the SU Wellness Centre:

#### Health Services

Medical, chiropractic, massage, nutrition, and travel clinic services are available for all University of Calgary students.

#### Mental Health Services

University of Calgary students have access to counselling services, as well as programs and seminars in many areas to support and maintain your well-being. As long as you are a student through the University of Calgary, the cost of support services may be covered.

The SU Wellness Centre also runs training and workshops through out the year that are focused on building resiliency and capacity to promote wellness in body, mind and spirit. You can also visit them to discuss:

- Relationships
- Anxiety/Stress
- Depression/Grief
- Academic concerns
- Career concerns

### STUDENT ACCESSIBILITY SERVICES (SAS)

**Student Accessibility Services (SAS)** works collaboratively with the campus community to ensure an accessible, equitable, and supportive learning and living environment for University of Calgary students. If you have been diagnosed with a learning disability, medical disability, or a mental health disorder, you are strongly encouraged to contact SAS and meet with an Access Advisor before September to

explore available options for academic accommodations and funding for disability-related services.

An Access Advisor can help you with:

- determining eligibility for accommodations and services;
- arranging for assistive services (i.e. sign language interpreters, note-takers, scribes, academic strategists, etc.);
- applying for disability-related grants for services and support.

SAS also houses the [Nat Christie Adaptive Technology Centre](#) where students can be trained on, and make use of, a range of assistive and adaptive hardware and software options as well as a quiet study area.

**Important Note:** If you have not been formally diagnosed with a disability but you are experiencing significant challenges in your school and/or daily life, you are still encouraged to visit the SAS.

## INTERNATIONAL STUDENT SERVICES (ISS)

[International Student Services \(ISS\)](#) provides support services and customized advising for all international students studying at the University of Calgary. Here you can find:

- *Immigration Advisors* to help you with your study permit, work permit visa, and other immigration questions;
- Program such as the USpeak Global Program and the Global Friendship Program which offer great opportunities to connect with other students while improving your language skills and connect you with low-cost social activities in the Calgary area;
- International Student Advising directly related to your unique needs: from time management strategies to reading in a second language and revising your academic writing.

## AND MORE!

The *Writing Symbols Lodge* (formerly the [Native Centre](#)) provides academic, personal, and cultural support services and programs to prospective and current First Nations, Métis and Inuit students, and offers a welcoming and supportive learning environment for the whole campus community.

The [Q Centre](#) is a safe, comfortable and inviting space for the LGBTQA+ community at the University of Calgary. Featuring a library and peer support

services, the program coordinators and volunteers plan events and direct clients to relevant resources. Guests are also welcome to hang out and socialize.

The [Women's Resource Centre](#) provides a safe and supportive place to advance gender equality and build community through sharing, learning, and teaching where all experiences are valued, and everyone is offered the resources necessary to make informed decisions.

The [Faith and Spirituality Centre](#) offers a variety of spiritual and faith-based practices and encourages religious literacy, interfaith dialogue, cooperation, and action as a critical part of the student experience at the University of Calgary so that students can be their authentic selves in a religion-positive campus culture.

## Stay connected!

Make sure to keep an eye on your email for any upcoming events and important information regarding your registration. You can also join our [Haskayne School of Business - Class of 2023 Facebook page](#) to connect with other BComm students, ask questions, and stay up-to-date with what is happening in Haskayne. You can also find Haskayne on Twitter, Instagram and LinkedIn, or tag us in your photos using [#myhaskayne](#).

## Upcoming Events

### Block Week Classes | Monday August 26 – Friday August 30

You only need to attend if you are registered in a *Block Week Course*. As a first year student, this would not apply to you unless you are attending the seminar as part of UNIV 201. If you are unsure, make sure to consult your Student Centre ([my.ucalgary.ca](http://my.ucalgary.ca)).

### Fall Move-In | Sunday September 1

In addition to staff from Residence Services, the Unicard office and several other campus services offices are on hand to accept tuition payments and answer questions about meal plans, classes or other student services. You will be assigned a move-in time depending on which floor you are moving too. More information can be found [here](#).

### Fall Orientation | Tuesday September 3 & Wednesday September 4

This is your official welcome to the university, and is jam-packed full of fun events and activities. Information about registering for Fall Orientation will be sent to you in the August edition of the new student newsletter that is sent to all new University of Calgary students. There will also be additional orientation events on Thursday September 5 and Friday September 6, however regular classes will start on Thursday September 5. Be sure to check your @ucalgary.ca email address for more details.

### **First Day of Regular Fall Term Classes | Thursday September 5**

Check your official start date and schedule through your Student Centre ([my.ucalgary.ca](https://my.ucalgary.ca)). If you have any questions about your schedule, you can also contact the [New Student Registration Assistance](#) team.

#### **haskayne.ucalgary.ca**

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