

# Countdown to Haskayne...

## 2 weeks to go!

This weekly email will help prepare you for success at Haskayne. If you have any questions, or have received this email in error, please email us at [undergraduate@haskayne.ucalgary.ca](mailto:undergraduate@haskayne.ucalgary.ca)

Past *Countdown to Haskayne* emails can be viewed [here](#).



### ON CAMPUS SUPPORTS

#### STUDENT UNION (SU) WELLNESS CENTRE

The [SU Wellness Centre](#) offers comprehensive, holistic, and accessible programs and services to foster all dimensions of wellness. We would like to emphasize two core services offered by the SU Wellness Centre:

**Health Services:** Medical, Chiropractic, Massage and 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, 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 are covered through your student fees.

The SU Wellness Centre also runs [training and workshops](#) throughout 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 concerns about:

- 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 the start of the year 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 (e.g., sign language interpreters, note-takers, scribes, academic strategists) when appropriate;
- Applying for disability related grants for services and support.

**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](#).

### **FAITH AND SPIRITUALITY**

The Faith & Spirituality Centre seeks to cultivate a pluralistic community by encouraging cultural and religious literacy, community building, and social change as an integral part of the student experience.

[Learn more here.](#)

### **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.

[Learn more here.](#)

### **WRITING SYMBOLS LODGE**

The University of Calgary welcomes, respects, and supports the rich diversity of Indigenous learners, their communities, cultural traditions, and aspirations in post-secondary education.

[Learn more here.](#)

### **WOMEN'S RESOURCES CENTRE**

We offer a safe and welcoming place for students, staff, faculty, and the community to connect. We can help you develop practical skills to support feminist theory learned in the classroom.

[Learn more here.](#)

### **STUDENT AT RISK TEAM**

[The Student at Risk Team](#) is a multi-disciplinary group on campus that responds to concerns about students. The team is available to help other students, faculty, staff and postdoctoral scholars in responding to concerns about a student.

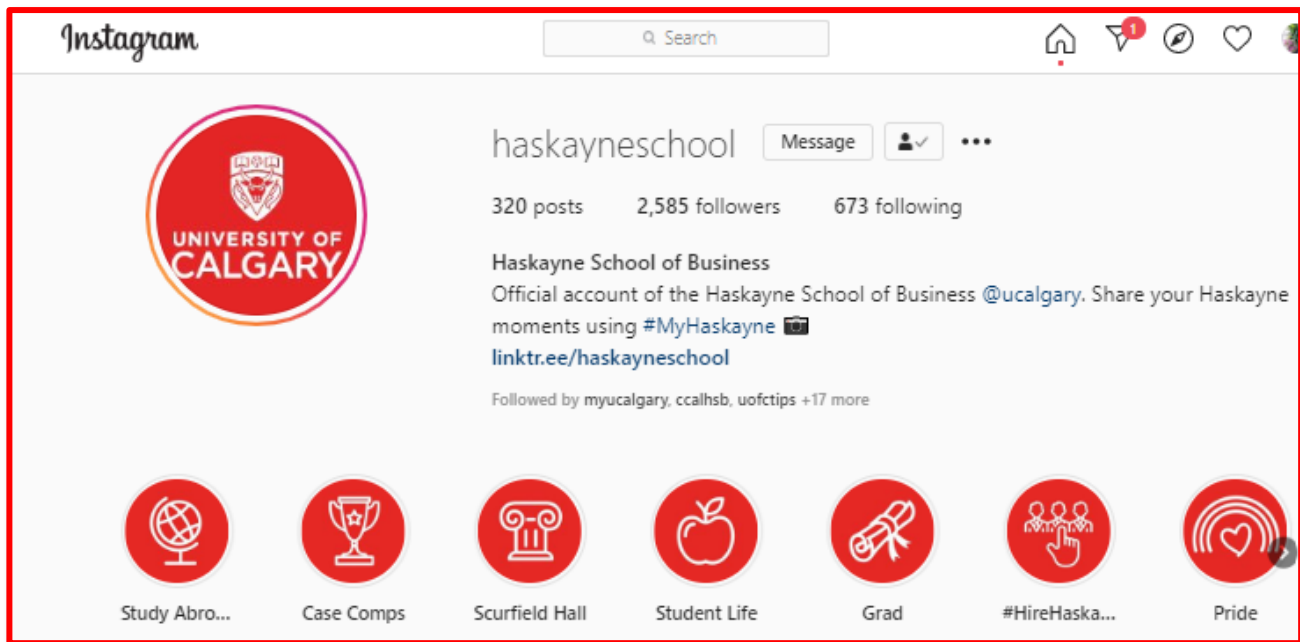
When a student is identified as being at risk, the team conducts an assessment for risk of violence, and engages with an identified student as early as possible to minimize the potential for harm.

The team is available during regular UCalgary business hours, and can be reached by email or by calling 403-220-4923.



## STAY CONNECTED

You can stay connected with Haskayne through [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#) and using #myhaskayne when you post.



## IMPORTANT DATES

- August 28 – September 5:** Residence Fall Move-In Week
- September 1 – 2:** UCalgary Fall Orientation ([register here](#))
- September 6:** Start of regular term classes

