



UNIVERSITÉ
DE L'ALBERTA



2026-27

Parent Orientation

AUGUST 2026

Campus Saint-Jean



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Welcome Parents and Families of First-Year Students!



Message from the Dean of
Campus Saint-Jean

Welcome to the University of Alberta's Campus Saint-Jean! It is our great pleasure to welcome you this year to a campus that is undergoing remarkable transformation and experiencing strong growth.

The Student Experience team looks forward to supporting students on campus this fall. With the launch of new academic programs, modern facilities, and beautifully renovated spaces, our community offers a leading-edge environment where students can get involved, learn both inside and outside the classroom, and build lasting connections.

Campus Saint-Jean is committed to fostering a deeply inclusive community where everyone feels genuinely welcome. Here, diversity is one of our greatest strengths: people of all backgrounds, cultures, and accents find not only a supportive environment but also a place where their unique identities are celebrated. This cultural richness, combined with our commitment to academic excellence, shapes an outstanding community of graduates whose achievements and successes are a source of pride for our institution.

We invite you to explore the information in this brochure, as well as our website, to learn more about our commitment to the holistic development of every individual.

The entire Campus Saint-Jean team is honoured to support you as you begin this exciting transition to university life. We look forward to helping make this journey memorable and the beginning of an exceptional academic experience.

Jason Carey, PhD, PEng
Dean and Executive Officer
Campus Saint-Jean
University of Alberta

Just Like Clockwork: The Rhythm of University Life

SEPTEMBER	OCTOBER
• Adjustment to university environment • Fears around not fitting in, not having what it takes to succeed in university • Being away from family and close friends • Excitement; meeting new people • Testing freedom • Frequent calls and visits home • Homesickness and loneliness • Anxiety about roommates, instructors, classes • First exams and projects	• Midterm exams and first test grades returned • Consequences of poor time-management and study skills may start to show • Roommate problems may begin to arise • Students' question: "Do I fit in here?" • Consequences of decision-making experienced • Excitement and/or anxiety regarding Thanksgiving holiday; for students living away this may be the first visit home
NOVEMBER	DECEMBER
• Midterm grades returned • The novelty of being in a new environment begins to wear off • Roommate challenges may become more pronounced • Many exams and papers due before Remembrance Day break • Stress-related illnesses (e.g., cold, flu, etc.) increase • Financial strains begin to develop; consequences of poor budgeting are felt	• Anxiety over preparation for final exams/projects • Excitement and/or anxiety regarding going home for holidays • Sadness about leaving new friendships and/or love relationships • Roommate challenges may continue
JANUARY	FEBRUARY
• "Fresh Start" mentality sets in with new term • Satisfaction and/or disappointment with Fall Term grades • Homesickness • Relief at being away from home and back at school • Seasonal changes start to impact studies; fewer hours of sunlight, cold temperatures and lack of outdoor activities may lead to feelings of depression, isolation and lethargy	• Feelings of claustrophobia and depression continue to set in with winter as students likely are not as active • Potential increase in alcohol and other substance abuse • Valentine's Day may bring out loneliness and isolation • Excitement and/or disappointment regarding Reading Week plans
MARCH	APRIL
• Social activities increase • Planning for next year begins • Concerns over summer employment • Anxiety regarding finding a roommate for next year • Concerns over winter weight gain • Once again, consequences of procrastination and difficulty with coursework show	• Final exam anxieties and end-of-semester pressures • Excitement with the arrival of spring • Concerns over planning program of studies for next year • Apprehension about returning home for the summer • Sadness over leaving new friendships and/or love relationships at school • Academic probation and required to withdraw issues

Major Differences Between High School and University

HIGH SCHOOL	UNIVERSITY
TEACHER / STUDENT CONTACT	
Contact closer and more frequent, five days a week.	Faculty are available to students during office hours a few hours a week and by appointment to address students' concerns. Contact initiated by students.
COMPETITION AND GRADES	
Academic competition is not as strong; good grades can often be obtained with minimum effort.	Academic competition is much stronger; minimum effort may produce poor grades.
COUNSELLING / DEPENDENCE	
Students can rely on parents, teachers and counsellors to help make decisions and give advice. Students typically abide by parents' boundaries and restrictions.	Students rely on themselves; they see the results of making their own decisions. It is their responsibility to seek advice as needed. Students set their own restrictions.
MOTIVATION	
Students get stimulation to achieve or participate from parents, teachers and counsellors.	Students apply their own motivation to their work and activities.
FREEDOM	
Students' freedom is limited. Parents will often help students out of a crisis should one arise.	Students have much more freedom and need to accept responsibility for their own actions.
DISTRACTIONS	
There are distractions from school, but these are partially controlled by school and home.	The opportunity for more distractions exists. Time management for students will become more important.
VALUE JUDGMENTS	
Students often make value judgments based on parental values; thus, many of their value judgments are made for them.	Students have the opportunity to see the world through their own eyes and develop their own opinions and values.

Important Dates and Deadlines

DATE	IMPORTANT PARCE QUE...
July 26, 2026	Deadline to register for CSJ's transition program for new students " Everything to Succeed! "
August 10 - 21, 2026	University transition program " Everything to Succeed! " - workshops and presentations offered to all new CSJ students
August 28, 2026	Orientation for New Undergraduate Students.
September 2, 2026	Fall Term and Fall/Winter two-term classes begin.
September 7, 2026	Labour Day; university buildings closed.
September 15, 2026	Fall Term Registration Deadline. Last day to add or delete Fall Term and Fall/Winter twoterm classes.
September 16, 2026	SU Health and Dental Plan Change of Coverage Deadline. Students wishing to opt-out of this service or change their coverage must do so through www.ihaveaplan.ca .
September 19, 2026	CSJ Orientation for FNMI students.
September 30, 2026	Fall Term Payment Deadline: Last day for payment of Fall Term and A portion of Fall/Winter two-term fees.
September 30, 2026	University closed in honor of the National Day for Truth and Reconciliation.
October 2, 2026	Fall Term Refund Deadline for classes offered in Fall Term: Students withdrawing from these classes after this date will be assessed full fees.
October 12, 2026	Thanksgiving Day; University buildings closed.
November 10-14, 2026	Fall Term Reading week.
November 11, 2026	Remembrance Day; University buildings closed.
December 2, 2026	Last day to withdraw from Fall Term classes.
December 10-22, 2026	Fall Term examinations.
December 25-31, 2026	Winter Closure; University buildings closed.
January 5, 2027	Winter Term classes begin.

A complete listing of important dates and deadlines can be found in the [University Calendar](#).

Important Contact Information

Campus Saint-Jean

CSJ Reception

780.465.8700

CSJ Faculty Association - AUFSJ

aufsj@ualberta.ca

Bilingual Counselling Services

Josée Ouellette, psychotherapist

jouellet@ualberta.ca

Counselling and Clinical Services (SUB)

780.492.5205

Student Services:

[Book an appointment with an Academic Advisor](#)

[Student Services Portal \(POSE\)](#)

[Book an appointment at La Centrale](#)

University of Alberta Protective Services (UAPS)

780.492.5050

[Click here](#) for more information

International Student and Visitor Service (ISVS)

[Click here](#) for more information

Accommodations + Accessibility

[Click here](#) for more information

Information Services & Technology (IST)

[Click here](#) for more information

Résidence Saint-Jean

(Residence Services Office)

780.492.3345

FNMI Liaison

Angelina Yellowbird

ayellowb@ualberta.ca

Scholarships, Awards and Financial Support

Each year, students at Campus Saint-Jean have access to more than \$500,000 in scholarships. These scholarships are divided into several categories, depending on the level of study.

Please visit the [CSJ scholarships](#) page for more information on each scholarship category.

Those who are unsure about the financial support they need or are eligible for can consult the [Financial Support Timeline Guide](#). They can also contact the [Student Service Center](#) and speak to an advisor. Students can also reach CSJ advisors through the [CSJ Student Services Portal \(POSE\)](#).

Individuals with permanent disabilities who require accessibility support to complete the scholarship application may [inquire and request accommodations in advance](#), or contact dosdean@ualberta.ca for assistance.

You may find more information about scholarships, awards, and financial supports offered at the University of Alberta on the [Office of the Registrar website](#).

Campus Map



**UNIVERSITY
OF ALBERTA**

Campus Saint-Jean

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uab.ca/csj