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**International Student Advisory Committee (ISAC)**

December, 2019

5:00 pm to 7:00 pm

Telus Center 215E Boardroom

**Attendees:**

- Kim Curtin, PhD – Policy, Location and Access in Community Environments (PLACE) Research Lab, School of Public Health, UofA
- Xiaobing Lin – International Student Specialist, UAI
- Wendy Yu – International Student Advisor – Career Development, UAI
- Sarah Bowes – Marketing and Communications Coordinator, UAI
- Gavin Palmer – International Student Engagement Program Coordinator, UAI

**Meeting Minutes:**

**1. Kim's notes:**

- Cooperate with LiveWell in similar programs like dance, yoga, etc.
- Do activities to relieve your stress and discuss them with Inter Advisor to improve the trial session
- Focus group => feedback on the process
- Students who participate will get a voucher to participate in a different program => get 2 programs with 1 payment

**1.1. Member #1, Shiva's opinion on the program:**

- Different activities emotional based on mental health make connection => group good place to make some friends since we are new to U of A
- Physical activity; 45 min not enough for physical activity
- New to the sport => do not know how to play => need time to learn to play and have fun with the team

**1.2. Member #2, Sina's opinion on the program:**

- Enjoyed how intensive physical activity was
- A variety of sports; Frisbee, volleyball => I would not take the courage to go out and try them but the program was an opportunity to learn and try them.
- Mental health/wellness, social activities, resources and get connected to resources
- Liked the connection between physical and mental health

**1.3. Concerns/suggestions**

- drop-in session; time commitment; schedule of program/event
- Sports popular in Canadian culture are nice to play
- Website not working
- Giving fact behind the program
- More pictures on the poster
- Set a goal for each activity

**2. International Advisor:**

- Learning support => how to get the most out of learning language
- Feedback for conversation club => more attendance => time does not work for everyone

- More casual environment => study abroad, learn along with other students
- Realistic activities => more related to Canadian culture
- Book club
- Free program => Food + student group partnership
- Enroll course => people interested in getting credit for being in the club
- Provide cooking class => conversation + cook
- Cooperate with education + topic come out of the topic
- Have a match event with family to meet biweekly
- Singing Karaoke, movie club
- Everyone is different => consider different club that can match people's interest
- Time rule => take a bit longer to say what you want
- Not knowing what's going on in Canada, locally (so topics are related to what happened in Canada for learning purpose)
- Debate => prepare to let other students know + prepare for five-minute talks
- Give reference letter if student facilitate the club
- Board game night

### 3. Wendy's notes:

- 1-2 workshops => start a job search, hiring processes, resume, prepare interview, prepare for career fair
- Networking
- Advising: question, issue to discuss => how to write a resume, prepare for an interview
- Summer job experience
- Collaborate with other faculty
- What kind of support I really need?
- Reach out + connect with alumni
- Give advice on an one-on-one event
- Provide info about what people look for
- Access those resources
  - Useful tip sheet on the webpage
  - Resume => access information
  - Go for soft skill => information might be useful
- Cultural fit in the workplace
- Expectation differences between non-Canadians and Canadians, show interpersonal skills, direction in finding jobs in summer + internship.
- When to look for jobs?
- How to improve my LinkedIn profile
- Breaking down job post
- Get feedback from student how they think about getting a job
- Statistics => how the trend for a market goes
- Market growth => the question is how much to rely on them?

### 4. Sarah Bowes' notes (Social Media):

- Hear from peers
- their preference about weather
- What to do upon arrival
- Their general experience, feeling about people
- What to eat? What to do around the campus?

- What to see? What is cool about it?
- Group, clubs => what is going on?
- Share a story => cultural experience => create videos about antifreeze
- Academic setting + TedTalk
- Research story