**** MINUTES

**International Student Advisory Committee (ISAC)**

March 21, 2018

5:00 pm to 7:00 pm

Telus Center 215E Boardroom

**Attendees:**

* Gavin Palmer (International Student Engagement Programs Coordinator)
* Meijun Chen (International Student Services Program Assistant)
* Avneet Hayer (Program Coordinator, Faculty of Kinesiology, Sport and Recreation – Campus & Community Recreation)
* Kimberly Curtin (Graduate Research Assistant, Faculty of Kinesiology, Sport and Recreation)

**Meeting Minutes:**

1. **Summary and Recall the past ISAC meetings**
2. **Questions for ISAC members**
   1. **What’s your experience interacting with CCR and LiveWell before?**

Members mentioned drop in sessions at fitness center, programming like paint night, dancing classes, personal training sessions, weekly free yoga drop in and so on.

* 1. **Did you see any events that are advertised specifically to international students?**

Member mentioned the trips to Elk Island but they think not too many events are specifically targeted to international students.

1. **Handout: Program designed and targeted for international students**

Two trial sessions will be launched in spring, the full program will be launched from Fall 2019. There will be different activities every week, for 10 weeks, half hour mental health talk and follow by one-hour physical activity.

* 1. **Discussion**

Members asked about the time of the mental health programs design, discussed the length, duration of each session, the weight of talk sessions and actual physical activity portion. Member also discussed the trial length, as there are many different events and activities are going on during orientation period, put all the events into one day instead of spreading the trial classes out in several weeks for students to try might save more time of the students.

* 1. **Suggestions for Better Promotion of the Program**

Members mentioned the media promotion to put the programs in the on-campus TV, working with International Student Services to promote together, directly approach the student cultural groups, approach students who are in the classes, that they have similar academic background, more dates selection for trail sessions, free coupons could be provided for the first year students at first few weeks of school, make the programs as drop in base, run programs for international students who stay on campus to study during Spring and Summer Terms.

* 1. **What’s the thing that you wish you knew when you first came?**

Members talked about the cultural differences influence the understanding of ‘seeing the counselors’ for new international students; the cultural shock about the discussion of mental health; international upper years students could act as mentor role to help introduce the campus environment and culture to the new incoming students.

* 1. **Tips and Tricks for scheduling the activities:**

Gym culture here actually helps making more students to participate, provide alternative options to different group of people who have different needs, work with cultural student groups that they can reach out to the students in their home country languages, ‘visual reading’ for the program instruction helps more than ‘listening’ for the new international students.

1. **Adjournment**

Next Meeting: Fall 2019