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Wong International Centre

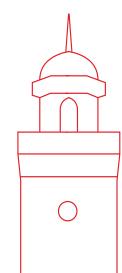




Alexis Mackey

Interim Coordinator and International Student Adviser of the Wong International Centre

Asma Lokhandwala International Education Program Intern



grow exponentially



Who are we?

- The Wong International Centre (WIC) is simply the heart of diversity at Acadia University because it encompasses community, social inclusion
- The Wong International Centre is special because it is the place where students and staff embrace different cultural backgrounds, and we allow our differences to connect us to form lifelong relationships!





Wong Centre Services/Resources

- Immigration Application Assistance
 - Study permit extensions
 - Post Graduate Work Permits
- Orientation and Settlement Help
 - Nova Scotia I.D, S.I.N, Tax Help
- Workshops
 - Networking
 - Career
- Events

• Photo Contests





The Iceberg

The Sandman









Events

Halifax Shopping Trips

Socials (Skating, Halloween parties, Pumpkin carving, and more)

Winter Events

Holiday Parties

Martock Ski Trips







The Annual International Banquet

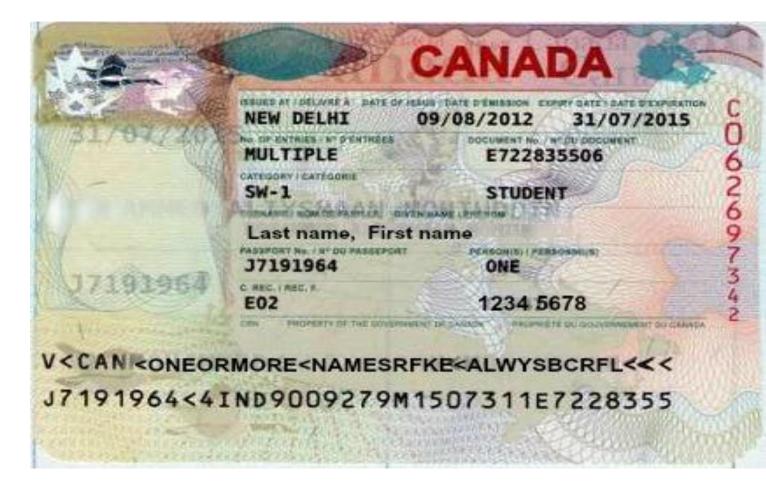
Students' Responsibility to Citizenship and Immigration in Canada, and the required documents

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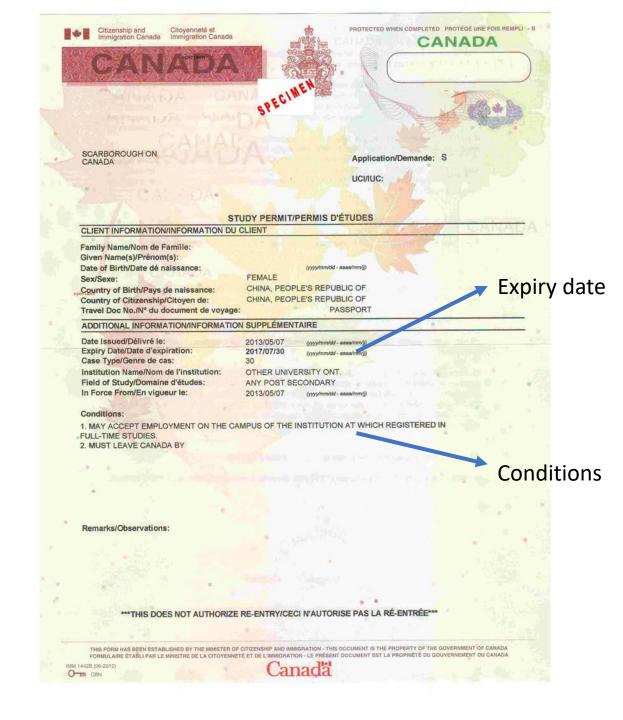
VISA

- A visa not a study permit
- Found inside the passport and can not be removed.
- Students from certain countries need this document
- If it says multiple entry on it the student can come and go until the expiry date
- This does not need to be renewed as long as the student stays in the country.
- It should be renewed well in advance if the student going home for winter or summer break



STUDY PERMIT

- Study permit, and not a visa
- It specifies what the student is doing in Canada (study)
- Conditions listed (work, work in specific fields, and more)
- It has an expiry date must be renewed 3 months before it expires



COVID-19 Updates Regarding Study Permit

Two-Stage Assessment Process

- You are eligible to register for classes entirely online for Fall 2020 but IRCC has made the <u>Two-Stage Visa Process</u> available for international students who cannot submit a completed study permit application.
- This temporary process is available to students who want to begin their fall studies online and who want to count their online studies towards their post-graduate work permit upon graduation. Deadline: September 15, 2020.

What is a Post Graduate Work Permit (PGWP)?

• "The <u>post-graduation work permit</u> allows students who have graduated from a <u>participating Canadian post-</u> <u>secondary institution</u> to gain valuable Canadian work experience"

If you are planning on coming in the Winter 2021, please apply for your study permit now!





https://www2.acadiau.ca/international.html



acadiainternationalcentre



Wong International Centre-@MyWIC



Thank you for listening!

Acadia Courselling Centre

Presenter: Julia Wassef

WELCOME Your Home Away From Home

Acadia Counselling Centre Julia Wassef, RCT-C, CCC September 8, 2020





Acadia Health and Wellness

About the Counselling Centre

- What is counselling?
 - A process where you meet with a trained counsellor to explore personal issues and difficulties you are having, and to help identify solutions.
 - It is private and confidential your information is not shared and there is no record on your university file.
- Asking for help can be difficult:
 - Due to stigma (viewed in a negative way that leads to judgement or discrimination).
 - Cultural or religious beliefs about counselling.
 - Negative past experiences.
 - Ideas we have about what it means:
 - I should be able to handle things.
 - It means I'm broken or sick.
 - I can't share things with a stranger.



We are here to help



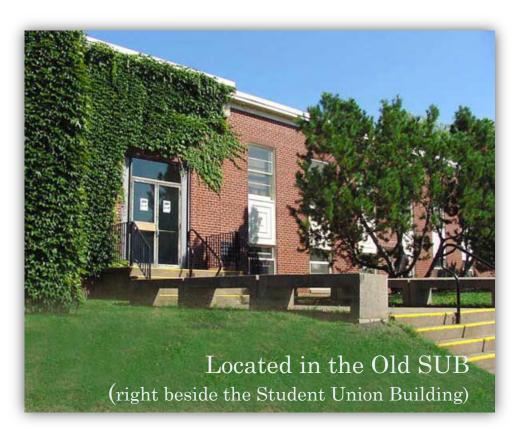
Counselling Around the World

- Counselling looks different in countries around the world and we have much to learn from that.
- Regardless of where we live and practice, professional counselors share a core identity, and that identity is informed and molded by culture.
- We are learning how western approaches don't always use a diverse and culturally sensitive approach.
- At the Counselling Centre, we are aware of these differences and will do our best to teach ourselves about these diverse approaches to be as culturally sensitive as possible.
 - Core values:
 - Building strong connections to create therapeutic changes so you can experience health and wellness.

Social justice and advocacy.

• To help people with problems adjust to life in a healthier, happier way.

Counselling Centre All services are online or by phone



- Mental Health Counselling
 - Loneliness and isolation
 - Depression and anxiety
 - Stress
 - Sexual violence
 - Suicidal thoughts
 - Substance abuse
 - Sexuality and gender

Career Planning and Counselling

- Myers Briggs Personality Indicator and The Strong Interest Inventory (fees apply).
- Goals & Visions
- Plans
- Challenges

Free and confidential

What is E-Mental Health



https://healthymindsns.ca

- The use of the internet and other communication technologies to deliver mental health information and care.
- Effective and complementary to traditional faceto-face mental health supports.
- Not a replacement for face-to-face.
- Accessible and convenient.
- Can access anytime at no cost.
- Confidential / Anonymous.

Podcasts • Blogs/Videos Apps • Websites Virtual Reality • Telehealth Texting

Good 2 Talk Crisis Phone and Text Numbers

Good 2 Talk – Crisis Talk Line

Dial 1.833.292.3698

• You'll be connected to a professional Canadian Counsellor who can provide support for a range of topics



Crisis Text Line

Just text:

Good2TalkNS to 686868

to be connected to a volunteersupporter from the privacy of your phone.

Powered by Kids Help Phone is a Canadian text-based volunteersupport service available 24/7/365.

24-hours per day, 7 days per week, 365 days a year

Therapy Assistance Online

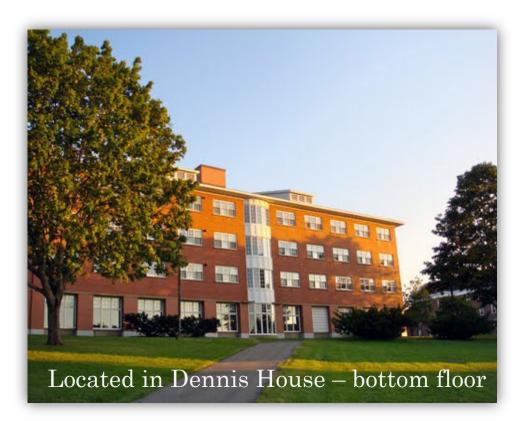




- Interactive website/phone app.
- Online access, easy to use.
- Available in English and French (in Canada).
- Service is 100% confidential.
- Free for all Acadia students.
- 9 Interactive Pathways.
- 24/7/365

thepath-ca.taoconnect.org Use Acadia Student ID #

Student Health Centre Non-Covid Related



- Medical diagnosis and treatment of health concerns
- Sexual and reproductive health care. STI checks.
- Allergy injections and travel vaccinations (fees apply)
- Health and wellness resources
- Emergency Contraception
- Free* and Confidential

Appointments by phone or email only

What to expect at your medical appointment

- All appointments will be booked by phone or email.
- Appointments will be done remotely unless an in-person appointment is determined necessary by the physician.
- If you are attending an in-person appointment you will be screened for COVID-19 prior to your appointment and will be texted as to when you are to enter the clinic.
- There will be no walk-in appointments available and students with urgent needs will be referred to local health centres or hospital emergency room.



For all COVID-19 related information:

https://www2.acadiau.ca/covid-19.html

- Family Crisis
- Financial Concerns
- o Discrimination
- o Health Concerns
- Adjusting to a new country
- \circ Homesickness
- \circ Racism
- Academic Pressures



Factors that can affect mental health

- Ask for help
- Keep physically active
- \circ Eat well
- Regular sleep
- Connect with others
- Do something you enjoy
- Develop coping skills
- Access the resources



Tips for looking after your mental health

Contact Us @

Make an Appointment or Contact Us

Counselling Centre

902 585-1246 counselling@acadiau.ca

Open year round:

Monday-Friday: 8:30-12 and 1:30-4:30

https://www2.acadiau.ca/stude nt-life/health-wellness/mentalhealth.html **Student Health Center**

902 585-1238 studenthealth@acadiau.ca

 $Open \; September - April$

Monday - Thursday 9am - 12pm, 1:30pm - 4pm Fridays 9am - 12pm

https://www2.acadiau.ca/studentlife/health-wellness/clinic.html



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Acadia Registrar

Presenter: Helen Tidcombe

Registrar's Office

From Registration to Graduation, and Beyond



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Who we are...

- Registrar Mark Bishop
- Associate Registrar Shawna Singleton
 - course schedules, advising, timetable
- Information Specialist Sara Sponagle
 - information requests
- Coordinator Exams and Transfer Credits
 Helen Tidcombe
 - exams, intersession, transfer credits
- Client Service Miriam Maenhout, Angela Jenereaux
 and Sarah Atkinson



What we do?

- Keep records / update information
- Assist students and departments with Registration
- Provide documents (enrolment verifications, transcripts)
- Establish timetables and book classrooms
- Establish dates and deadlines
- Assess transfer credits
- Graduation
- Interpret academic policies



Registration and Acadia Central

- Self-registration through Acadia Central
 central.acadiau.ca/my
- Notifications
- Important Dates and Deadlines
- Check your schedule
- Register and withdraw from courses
- Check your grades

•

Transfer Credits

- How do I get them put on my record?
 - Provide
 - Official transcripts
 - Course syllabi

You will receive an email notification of your assessment results. A minimum grade of a C- is required.

Dates and Deadlines

- Don't like the course you registered for? No problem! It's ok to withdraw and select another course.
- There are dates and deadlines to keep in mind. Withdrawing in time from courses can mean the difference between the course not appearing on your transcript or receiving a W or an F grade.
- Refer to the RO website or the Academic Calendar for withdrawal deadlines

It is your responsibility to know the dates.



Examinations

• Final Exams – Held in December and April

- Schedule posted in October and February
- Do NOT book flights until after the final examination schedule is available.
- Schedules can not be adjusted for travel plans

Academic Calendar

- Regulations, policies and procedures.
- Including
 - program requirements
 - dates
 - course descriptions
 - GPA scale

It is your responsibility to know the academic calendar. Posted on Registrar's website

Program Changes

What if I don't like my program?

- You are encouraged to try different courses and disciplines through electives.
- It's ok to change programs talk with the department into which you want to change.
- If you don't know what you'd like to take, talk with the Student Services Academic Advisor or the Head of the Department.



Grades at Acadia

Letter Grade	Grade Point Value	
A+	4.33	• The grade point average is the
А	4.00	 The grade point average is the weighted sum of the grade points
A-	3.67	earned divided by the number of
В+	3.33	courses attempted. Courses with a
В	3.00	notation of 'W' are not included in
В-	2.67	the GPA.
C+	2.33	Only the most recent grade in
С	2.00	repeated courses will be included in any GPA.
C-	1.67	 Some courses have a Pass/Fail
D+	1.33	marking scheme. This is not
D	1.00	counted in the GPA.
D-	.67	 A GPA calculator is available to you
F	0.00	on Acadia Central.
W	Withdrew	

Effective September 2019

Academic Standing

Academic Standing is the status of a student based on his or her grade point average.

Academic Standing is assessed once a year in the spring.

As a result of that assessment, students will find themselves in one of three situations:

Good Standing

GPA above 1.50

Probation

- registered full-time in both the fall/winter session
- sessional GPA of at least 1.00 and less than 1.50
- not already on probation

Dismissal

- registered full-time in both the fall/winter session
- sessional grade point average less than 1.00
- student previously on probation who obtains a GPA of less than 1.50

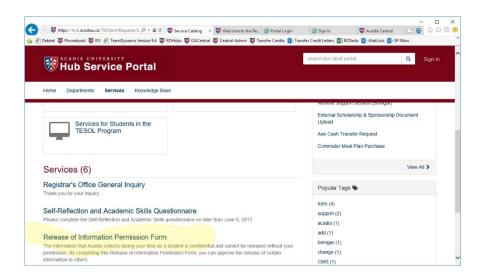


Release of Information

Your information is yours. We can not share it with others unless you grant us permission. If you wish us to share with a family member, please complete the Release of Information

• At: hub.acadiau.ca.

Select Registrar's Office from Departments.





Questions

• Please don't hesitate to contact us at any time. We are here to help you.

Registrar's Office, University Hall – Ground Floor Phone: 902-585-1222 Email: <u>registrar@acadiau.ca</u>

Web: registrar.acadiau.ca

Hub: hub.acadiau.ca

Office hours:8:30am to 4:30pm, Mon-Fri

By appointment

Cell Phone Plan

Presenter: Jamie Corbett

Acadia International Orientation 2020



Walmart Wireless Carriers

CSPrepaid Carriers

- Telus
- Koodo
- Lucky Mobile
- Chatr
- Public Mobile
- Postpaid Carriers
 - Telus
 - Koodo
 - Bell
 - Virgin
 - Rogers
 - Fido



Prepaid Services

CMOnthly Top ups

- Vouchers
- Credit Card

Canada-Wide Calling

International Texting

3G data speeds

Rate Plan Options

- \$25 Talk and Text + 500MB 3G data
- \$40 Talk and Text + 4.5GB 3G data
- \$50 Talk and Text + 8GB data



Postpaid Services

CM Monthly Bill

- Bank Payment Options
- Credit Card

Canada-Wide Calling

GInternational Texting

4G data speeds

5G once available

Rate Plan Options

- \$25 Talk and Text
- \$50 Talk and Text + 4GB 4G data
- \$75 Talk and Text + 10GB 4G data + Unlimited 3G data



How to Get Started

String Your Own Phone or Purchase an Unlocked Phone

- Free Sim Card with Activation (postpaid)
- C Prepaid
 - No ID or Age Requirements
- Postpaid
 - 19+ Years of Age
 - Passport or NS ID Card
 - +
 - Canadian Credit Card or Social Insurance Number (SIN)
- SPre-to-Postpaid
 - Activate Prepaid and move to Postpaid once IDs have been issued



Royal Canadian Mounted Police (RCMP)

Presenter: Jeff Wilson

Cst. Jeff Wilson Kings District RCMP

School Safety Resource Officer Media Relations Officer



Section 15: Canadian Charter of Rights

- All persons enjoy equal recognition at law as human beings or as members of Canadian society, equally capable and equally deserving of concern, respect and consideration.
- Rights under section 15 include
 - Racial equality
 - Gender equality
 - Mental disability
 - Physical disability



Alcohol Consumption

- You must be over 19 years old to drink alcohol in Nova Scotia
 - Fine from the RCMP (\$500)
- You must not be intoxicated in a public place
 - Fine from the RCMP (\$125) and/or arrest
- You cannot carry an open alcohol bottle or can
 - Fine from the RCMP (\$500)



<u>Cannabis</u>

• You must be 19

- 19 is the legal age to use, buy, grow or possess cannabis in Nova Scotia. If you're under 19, you can be fined or face criminal charges.
- Be aware of the penalties if you're under age
- If you're **under 19**, cannabis will be seized and you may be fined up to \$150. Parents or guardians may be notified. Restorative justice programs may apply.
- If you're **under 18** and in possession of **more than five grams**, it is a criminal offence. You will be prosecuted in the same way as youth drug possession.
- If you're over 18 and in possession of more than 30 grams, it is a criminal offence under the federal *Cannabis Act*.
- If you sell or give cannabis to someone under 19 or involve them in a cannabis-related crime you may be fined up to \$10,000.

Know where you can use it and where you can't

- The <u>Smoke-free Places Act</u> applies to the use of combustible cannabis in public places. You can be fined up to \$2,000 for a violation. Municipalities may pass additional bylaws that further restrict the use of cannabis in public places. Some have, so be aware of local bylaws.
- You can use cannabis in the privacy of your own home. If you rent, your landlord may amend your lease and put rules in place about cannabis smoking or growing. For more information, visit <u>Service Nova Scotia</u>.
- Cannabis in any form cannot be used in vehicles by passengers or drivers. You may be fined up to \$2,000 for consumption in a vehicle.



• There's a limit to how much you can possess

• If you're 19 or over, you can have up to 30 grams of dried cannabis (or equivalent) with you in public. There are no restrictions on how much you can keep in your home, as long as it's for personal use. Store cannabis safely and keep it away from children and pets.

There's a limit to how much you can grow

- Legal age adults can grow up to four cannabis plants per household. Each apartment in a house or building is considered a separate household. Take extra care to grow safely if you have children or pets at home.
- Municipalities may pass additional bylaws that further restrict cultivation. Some have, so be aware of local bylaws.

• You can only buy cannabis legally from NSLC

- The Nova Scotia Liquor Corporation is the only authorized retailer of cannabis in Nova Scotia. Cannabis can be purchased by adults 19 or over at designated NSLC stores or online. For more information, visit the Nova Scotia Liquor Corporation.
- While edibles can be produced at home for personal use, it remains illegal under federal law to sell edibles, including at restaurants and markets.

• Keep it closed and out of reach in your car

• The rules for transporting cannabis in a vehicle are the same as alcohol. Cannabis must be in a closed, sealed package and out of reach from anyone in the vehicle. You can be fined up to \$2,000 for improper storage.

• No changes to medicinal cannabis

- Cannabis legalization does not affect the way medical patients access cannabis.
- If you've been authorized by your health care practitioner and Health Canada to access cannabis for medical purposes, you can still buy it from licenced producer, grow your own for medical use, or designate someone to grow it for you. Health Canada will continue to regulate medical cannabis.



Wolfville Noise Bylaw

- You may not make any noise which disturbs the peace and tranquility of Wolfville, NS.
- You may not operate any device which makes a noise which can be heard on another's property (ex. stereo, TV, computer, etc).
- You may be fined for violating the bylaw.



Physical Assault

- You cannot physically assault anyone
- This includes any force applied to another person (pushing, shoving, hitting, punching, fighting, etc.)
- Domestic disputes





Verbal Threats

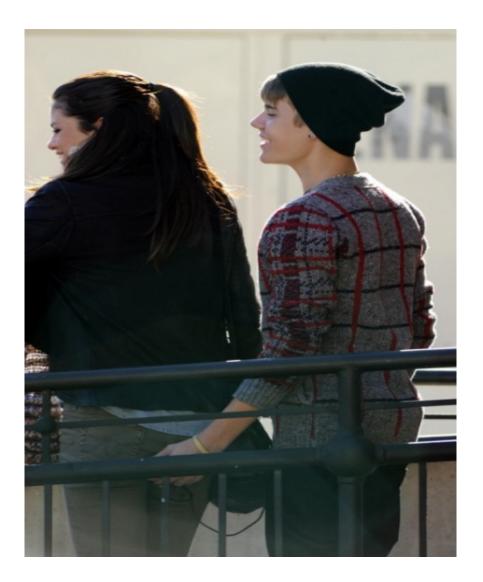
- You cannot threaten to hurt someone or someone's property
- Threats can happen in person, over the telephone, through text message, on facebook, etc.





Sexual Assault

- Someone must consent for you to touch them at any time, regardless of your relationship
- "No means no" even if it was agreed to before





Driving in Nova Scotia

- You must have a Canadian Driver's License
 - International Driving License only valid for 90 days when you arrive
- You **must** register your car and have car insurance
- You **must** follow the rules of the road and parking rules
- You **must not** drive while drinking

Expiration Date



Driver Designation

Eye Colour





Criminal Records

- Lifelong impact for people over 18 years old
- May affect future immigration applications
 - Study Permit
 - Temporary Resident Visa



Acadia Safety and Security

Presenter: Greq Deveau

Safety & Security Workshop for

International Students



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Department of Safety and Security General Overview

Where are we located?

Safety & Security is in room 519 Students' Union Building 30 Highland Avenue Highland Ave



The office operates year-round, 24 / 7 | 902-585-1103

Staffing

- 14 fulltime staff
- 50 casual and student staff employed
- at least two fulltime security personnel on duty at any given time
- female and male staff trained to assist in anyway possible.

Our External Partners

Acadia's Department of Safety and Security wants everyone's university experience to be a positive one. For that reason we work closely with key campus and community stakeholders, including Residence Life, Student Affairs, Student Resource Centre, Women's Centre, Equity Office, Town of Wolfville, and local Royal Canadian Mounted Police (RCMP).







What Services does DSS Offers?

- Information
- Emergency Response/911 Monitoring
- Parking Permits
- ID Card Administration
- Access Control
- Shuttle Service Walk Home Service
- Student Campus Patrol
- Lost and Found Service
- Emergency Planning
- Emergency Notification

What is Campus Patrol (CP)?

- Campus Patrols are on duty Friday and Saturday nights or as requested/required
- A typical patrol consists of 3 people; 2 students and 1 professional staff member. Students patrol in tandem and professional staff member can patrol independently or with any other member.
- In addition to Campus Patrol, residences may be visited by shift professional staff members.
- Campus Patrol are under the supervision of the shift professional staff member and report directly to him/her.

What are CPs Roles & Responsibilities?

- Campus Patrol are primarily tasked with patrolling the student residences but can also patrol the academic buildings and any campus property as directed.
- The primary function of the Campus Patrol team is to provide a high visibility presence on campus. They will act as additional **EYES** and **EARS** for the department.

CPs Roles & Responsibilities...

- Patrol and maintain high visibility on campus.
- Goal is infraction prevention and detection of any safety hazards.
- Patrol residences to ensure compliance to Acadia Policies and Procedures.
- Talk/Support with RAs/SRAs and discuss issues they may be experiencing in the building. Assist when required.

CPs Roles & Responsibilities...

- Check all fire exits in the residences to ensure that they are armed and unobstructed.
- Conduct Walk-homes as requested
- Provide assistance at events on campus as required.
- Respond to Fire Alarms and Medical Emergencies on campus and to assist as required.

CPs Roles & Responsibilities...

- Attend Axe Lounge closing to ensure no incidents occur. Check the SUB lower washrooms after closing.
- Be polite, professional, friendly, positive and approachable - say "Hi" to people and make small talk
- Report incidents or significant interactions to the shift supervisor on duty as soon as practical.

Sexual Assault

- Someone must consent for you to touch them at any time, regardless of your relationship
- "No means no" even if it was agreed to before

What is Consent?

- According to the Criminal Code of Canada consent is the voluntary agreement of the persons to have engaged in the sexual activity in question.
- Acadia University's policies and disciplinary procedures defines consent as the act of willingly agreeing to engage in specific sexual activity. This means that a person freely chooses between yes and no.
- Consent can be given and then taken back at anytime during a sexual encounter.



Tea Consent video

There Is NO Consent

- It is given by someone else
- The person is incapable of giving consent
- It is an **abuse** of trust, power or authority
- The person does not say yes, says no, or implies no by words or conduct
- The person changes their mind and says or implies no by words or conduct

Consent is NOT Given When...

- There is silence or non-communication
- A person is in a state of **diminished judgment**, asleep, unconscious or otherwise unable to communicate
- A person is threatened, coerced or drugged
- A person is **under the influence** of alcohol and/or drugs
- A person has a mental disability

COVID Information

https://www2.acadiau.ca/covid-19.html

Mask policy

Social distancing

Support Services

Counselling Center

Department of Safety and Security

International Office

And more.....

Safety & Security Workshop for

International Students



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