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