Attendees:

- Gavin Palmer (International Student Engagement Programs Coordinator)
- Meijun Chen (International Student Services Program Assistant)
- Avneet Hayer (LiveWell Program Coordinator)
- Caitlin Riddoch (LiveWell Internship PhD student)
- 30 student members represented more than 16 countries

Meeting Minutes:

1. Welcome and Introductions

2. Discussion about why the student members are here in the committee, who and what are they representing, what student clubs/on campus resources they involved in, where are they from, what lenses and community life they could bring to ISAC.

3. Terms of Reference:

   International Student Advisory Committee (ISAC) Purpose

   The International Student Advisory Committee (ISAC) is a student advisory-working group established by the University of Alberta International Student Services (ISS). The mandate of ISAC is to be a student-voice to inform ISS and campus partners on international students’ issues and concerns; support in outreach to students; and provide student input and perspectives on programs and services that affect international students. ISAC is intended as a regular meeting group to ensure and enhance communication and cooperation between international students, student groups, and the University. ISAC will be responsible for acting as an ongoing focus group to offer international opinions and perspectives to ISS and partner organizations. Specific ISAC members will be responsible to sit on other advisory committees and report back to the group at large by expanding the network and information. Membership is also encouraged to offer/introduce to the committee, issues, topics and concerns as they arise from the student life cycle.

   Principles/Shared Values:
ISAC members are representatives of international students at the University of Alberta. The student committee aims to encourage student involvement and to establish a shared sense of campus community by bringing international students from different countries and programs together. We strongly believe that as we increase diversity in our student representatives in ISAC, we will be able to enhance our decision making processes so that we can provide better supports for ISS, and our campus partners.

4. **Advisory Committee Crossover Members**
   4.1 Crossover members chosen:
      - Student Library Advisory Committee (SLAC): Prasanth Valsan Katholil
      - Recreation Advisory Committee (RAC): Can Aydogan
      - Dean of Students’ Advisory Committee (DAC): Sergey Kuflevskiy
      - The Council on Student Affairs (COSA): Rita Neyer
      - ACCESS Youth Council: Upama K C & Rian Takanami

   4.2 Appointed member:
      - Elisabeth Richardson (Graduation Students’ Association Vice President Labour)

5. **Graduate Students’ Association Brief Introduction**
   - Brief introduction presented by: Elisabeth Richardson
   - Student members asked questions about funding advocacy and bursary.

6. **Focus Group: LiveWell**
   6.1 Introduction

   6.2 Questions for students:
      6.2.1 How to maintain your wellness?
         - Reading, doing different kinds of sports, listen to music, do some shopping, play games, talk to friends, volunteering etc.

      6.2.2 How many of those activities are happened on campus?
         - Most of the activities they mentioned in the last question could be happened on campus.

      6.2.3 Is it important that and if so, in what way should the university support student wellness?
         - Lower the participation fee or provide more free workshops for students will helps, especially during reading week for those students who are staying on campus.
6.2.4 Have you participated in any LiveWell activity?
   - Paint Nights and Self Defence class.

6.2.5 What areas should LiveWell focus on for the programs?
   - Activities/programs that could provide opportunities to make friends, break the feeling of isolation and loneliness would help a lot, for example laughing yoga, workout buddy, dietary workshops, allnighter events etc..

6.2.6 Any specific times that would work for the events to happen during the year, except for midterm and final seasons?
   - Three timing could be taken into consideration: during orientations for newcomers, during winter time when the outdoor activities are limited, during special days to have some festivals/holidays themed specific.

6.2.7 What’s the barriers of the events that you find?
   - The schedules are sometimes hard to arrange, booking/sign up process is complicated sometimes, language barriers faced by new international students when the event involves a lot of professional, less commonly used vocabularies, when you haven’t make new friends yet, it’s hard to go to the events that require a team of friends to participate and unclear instructions to direct students to the certain places that hold the events.

6.2.8 What can LiveWell do to help break those barriers?
   - More physical posters around campus, more social media promotion, create the sign-up sheet/form in advance for students to see if they can find a ‘buddy’ or peer that have the common interest to participate the events together.

6.2.9 Is there anything we haven’t talked about LiveWell?
   - In some cultures, people think going to the organizations/departments to consult are not a good thing, we could think of some ways to explain to students that asking for helps are not a shame.

7. Next Meeting Schedule Changed
Due to Reading Week is the third week of November, members voted to change the regular scheduled meeting to November 8th, 2018.

8. Adjournment
   Next Meeting: November 8th, 2018
   Time: 5:00-7:00pm
   Location: Telus Center 215E Boardroom