

Supporting International Students: Follow Up Conversation

December 10, 2020

Themes and Resources

Resource: Supporting International Students Webinar

- Watch Part One of this webinar series, linked on the [HCA Website](#)

Resource: Follow Up Discussion Presentation

- Watch Garrett's 20-minute presentation, linked on the [HCA website](#)

Theme: What's Working to Support International Students

- Some campuses are offering monthly mental health live chats for international students.
- Culture shock workshops can be held in the middle of the semester, which is when culture shock is usually experienced.
- Social media is an effective tool to reach students.

Theme: Potential of Quarantine Supports

- International students did not arrive all at the same time. Students have been arriving to Alberta throughout the semester.
- Some programs have been set up to support students during their quarantine period.
- Peer-to-peer support is challenging because the students have different questions and needs when they're in their home countries.

Theme: Working Across Time Zones

- Recordings can make sessions more accessible.
- Important to find a balance of synchronous and asynchronous content. One strategy is to have a recorded piece of content that leads into a synchronous event.

Theme: Building Relationships among Canadian and International Students

- There is a need to include domestic students in programming for international students, who want to meet Canadian students.
- Some campuses ensure that events are promoted as "open to all".
- Exchange students are well-positioned to connect with international students.

Theme: Addressing Zoom Fatigue

- Give students permission to engage in a way that's most meaningful for them – camera or mic on or off!
- Break-out rooms, casual Zoom study groups, and off-screen breaks during events can help.