

Strong Start: International Welcome

Douglas College International
Fall 2021

ACADEMIC^S

COMMUNITY

CAREER

HEALTH & WELLNESS

IMMIGRATION

Welcome and Territorial Acknowledgement



Douglas College acknowledges that our campuses, where we live, learn, work and play, are located on the unceded traditional territories of the Coast Salish Peoples of the QayQayt and Kwikwetlem First Nations.

Orientation: Why?

- Meet your peers!
- Meet Douglas International
- Big Picture:

- 
- ❖ Living in Canada
 - ❖ Education
 - ❖ Douglas Services
 - ❖ Canadian work experience
 - ❖ Work Permit
 - ❖ Permanent Residency

Douglas College International



Online Drop in Advising:

Monday – Thursday 1:00 – 4:00

Academic and Immigration Related - Drop-in via Zoom (Meeting ID [615-5605-1455](#))

**Office Hours - Upon campus re-opening:
New Westminster Campus (Room S2800)**

Monday - Friday 9:00 a.m. – 4:00 p.m.

****Wednesday 10:00 a.m. – 4:00 p.m.**

Coquitlam Campus (Room A1301-A)

Tuesday/Wednesday/Thursday 10:00 a.m. - 4:00 p.m.

What we can help you with:

- Assistance with Visa and Study Permit
- MSP and Medical Insurance
- Workshops
- Cultural Connections
- Events Daytrips, Activities, Sports Tournaments Parties, and much more!
- Academic Advising & Transfer Credit
- Strong Start!



Douglas College International



International Administration Team



AVP, International Education & Strategic Partnerships:

Leonel Roldan Flores

Director, Global Engagement & Int'l Student Services:

Dr. Brian Storey

Douglas College International



International Administration Team

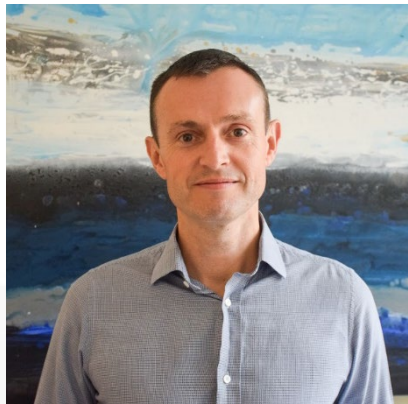


Administrative Officers: Mariana Costrut, Joscelyne Hung

Douglas College International



International Admissions and Recruitment Team



Director of International Marketing Enrolment: Lindsay Haselton

Interim Director of International Marketing Enrolment: Gareth Jones

Managers: David Chen, Maria Kalinina

Douglas College International



International Admissions and Recruitment Team



Supervisor: Linda Zhang
Admissions Officers:

Chad Kim
Will Suvak

Gurjeet Basra
Tamara Shtanova

Juan Sun

Hana Tran

Douglas College International



International Service Team



Manager: Scott Simpson



Student Life Supervisor: Nate Batara

Student Life Coordinators



Fernanda Amaro, Oni Singerr, Karlee Nadorozny, Vicky Murcia, Serena Zhao

International Student Advising Specialists



Jing Yao (Supervisor), Minako Kikuchi, Ramak Ghavami, Monika Sharma,
Reese Wang, Carolina Costa Sato

Global Engagement Team

Your GE Team is here for you



Richard Derksen
Mobility Program Coordinator



Jennifer Zhao
Manager, Global Engagement



Karen Ng
Mobility Program Coordinator



Jessica Harrison
Global Engagement Officer



Luke Harris
Mobility Program Coordinator

- Douglas Students' APP
- Save Money \$\$
- Succeed in School
- Stay Healthy



Advocacy

- Campaigns
- Ombudsperson



Campus Life

- Events
- Clubs
- Volunteering



Stay Connected



www.thedsu.ca



604-527-5110



[/theDSU6](https://www.facebook.com/theDSU6)



[@theDSU6](https://twitter.com/theDSU6)



[@theDSU6](https://www.instagram.com/theDSU6)



ds.campusapp.com



Counselling Services

To book an appointment
call 604-527-5486

- Available by appointment 8:30 am – 4:30 pm
- 50 minutes per session
- Free of charge
- Confidential
- Same-day Urgent appointments

Struggling with School
Time Management,
Motivation
Expectations / Pressure

Trouble with Relationships

**Home-Sickness
&
Culture Shock**

**Academic
Issues**
Plagiarism
College Policies

**Depression
Anxiety**

**Academic
Probation**

Stress

Grief & Loss

**Dealing with
Conflict**

**Life
Transitions**

Career Counselling



*Career Decision Making
Model
Interests Assessment
Research Careers*

CAREER EXPLORATION

ALL DOUGLAS COLLEGE STUDENTS WELCOME

2-3 Weeks
Pre-register

8 weeks
Drop-in

International Café

all Douglas college students welcome

Cultural Conversation

Support to help you adjust

Meet new friends

*Learn helpful coping
strategies to manage
anxiety and cope
with stress!*

MINDFULNESS GROUP

ALL DOUGLAS COLLEGE STUDENTS WELCOME

7 weeks
Pre-register

8 weeks
Drop-in

VIRTUAL CALM

ALL DOUGLAS COLLEGE STUDENTS
WELCOME

*Calm the mind
Build resilience*

Why come to Counselling?

- ... Because you need someone to talk to
- ... Because you are looking for support
- ... Because you're struggling with adjusting to a new environment
- ... Because you are "stuck", and need some help
- ... Because you are feeling sad, overwhelmed, stressed
- ... Because you aren't sure what to do with your life
- ... Because you've tried everything else, and that hasn't worked

Call 604-527-5486 to book an appointment



What students are saying about their counselling experience:

“My counsellor made me feel heard.”

“This is the best help I have received.”

“My counsellor helped me recognize things I can work on and gave me clear guidance.”

The image features a collage background. On the left, there is a green diagonal bar. The main area is a photograph of four young adults (three women and one man) smiling and looking at a tablet held by one of the men. They are in a bright, modern setting with large windows. On the right, there is a vertical grey bar and a section of a brick wall.

DOUGLAS

DOUGLAS COLLEGE
CAREER CENTRE

Career Centre

Coached - Connected - Confident

CAREER CENTRE SERVICES

Career Coaching

Perfect your resumé and cover letters, brush up on your job search and interview skills, and create a killer LinkedIn profile, with one-on-one help from our Career Coaches.

Career Clinics – Career *know-how* for success

Learn the do's and don'ts of career development at these free workshops.

CareerHUB – mycareer.douglascollege.ca

Browse the job board, book appointments, find tips & student resources, and register for Events & Workshops.

Career Centre Programs

Co-operative Education

Earn while you learn!

Co-op alternates semesters of classroom studies with paid, full-time work in your field of studies, giving you hands-on experience that will make you job ready when you graduate.



Career Boost Program for Post-degree Students

Get the advanced employment support you need to succeed in the job market! Through a series of specially designed workshops, employer engagement events, and ongoing networking activities, secure part-time or volunteer work while you're still a student, to your full-time career related position after graduating.

Connect with us!

**CareerHUB (mycareer.douglascollege.ca)
cc@douglascollege.ca
604-527-5889**



[douglascollege_careercentre](https://www.instagram.com/douglascollege_careercentre)



[Douglas College Career Centre](https://www.linkedin.com/company/Douglas-College-Career-Centre)



New Westminster
Room S4600
604-527-5486

Coquitlam
Room A1050
604-777-6185

Accessibility Services

www.douglascollege.ca/accessibility

Who we help



We work with students anticipating or experiencing barriers to access in the classroom or on campus
(and their instructors)

- Learning Disabilities
- ADHD
- Mental Health
- Mobility issues
- Chronic illness
- Traumatic Brain Injury
- Autism

How we can help



Meet with students confidentially



Discuss disability-related barriers



Make a plan for accommodations & support

Accommodations & Services

- Exam accommodations
- Technology
- Physical access
- Communication access services
- Accessible course materials
- Assistance with Student Aid BC funding
- Information about different services and supports on campus
- Facilitate meetings with instructors

The LEARNING CENTRE

Where are we?

ONLINE: douglascollege.ca/learningcentre

The Student Life Team



Who we are:

We engage students from their first day of school to graduation day!

DOUGLAS COLLEGE

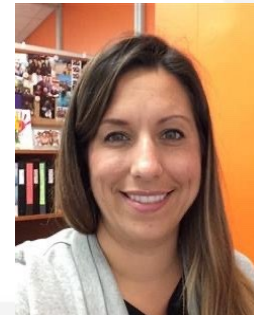
**STUDENT
LIFE**



Stephanie D



Breanna



Erica



Andrea




Megha



Steph G (on leave)

Our programming helps you:



GET ORIENTED  : Learn about the college

GET INVOLVED  : Make new friends

GET HEALTHY  : Take care of yourself

GET EXPERIENCE  : Learn new skills

- S.W.A.N. – Student Wellness Awareness Network
 - Interested in joining a student volunteer group that promotes health and wellness to Douglas students? Meet peers, make new friends, learn about health promotion, and build leadership and peer mentoring skills.
 - Recruitment will start late August.
- Wellness Workshops
- Beyond the Blues

douglascollege.ca/student-services/student-life/get-involved/student-leadership-peer-programs-and-dsu-clubs/student



Student Life Drop In's

- Need to chat with someone about your first semester at Douglas? Have questions about student services?
- Meet with a Student Life team member during our drop ins.
 - Tuesdays (10 am – 2pm)
 - Wednesdays (6 pm – 8 pm)
 - Thursdays (10 am – 2pm)



<https://www.douglascollege.ca/student-services/student-life/contact-student-life>



EDGE is a great event that has team leaders that will help you make friends and connections. There are lots of fun activities to participate and great incentives to join!

Registration is \$10 and will be available this summer!

<https://www.douglascollege.ca/student-services/student-life/get-oriented/edge>

Friday Hangouts!

After the EDGE we want to keep the fun going with weekly hangouts every Friday!

There will be online trivia, music bingo, at-home fitness routines and lots more opportunities to socialize with your peers outside of the classroom.

Sign up at:

douglascollege.ca/student-services/student-life/get-oriented/friday-hangouts



Stay Connected With Us



Website: douglascollege.ca/student-services/student-life



Email: studentlife@douglascollege.ca



Facebook: Douglas College Student Life



Instagram: @studentlifedc

Centre for Educational and Information Technology (CEIT)



- **CEIT SERVICE DESK**
- **EMAIL: SERVICEDESK@DOUGLASCOLLEGE.CA**
- **TELEPHONE: 604-527-5330**

Stay up to date on what's new with Douglas College International:



facebook.com/DouglasCollegeInternational



instagram.com/douglasinternational

Getting Started...Medical Insurance

Medical insurance is mandatory, not optional!

Public (government)

Basic
doctor/hospital
visits, some
specialists

**BC Medical Services Plan
(MSP)**

Pay per month
(after 3 month waiting period)



Extended

partial
reimbursement of
prescription
drugs, vision care,
dental, etc.

Douglas Student Union Health & Dental Plan
Go to the DSU office to opt in from January to August



GUARD ME TEMPORARY MEDICAL INSURANCE

First semester international students at Douglas College are charged \$189.00 for private basic medical insurance coverage provided by Guard Me during the 90 day mandatory BC Medical Services Plan wait period. This coverage starts on their first day of class. Additional coverage may be purchased for early arrivals or family members.



Guard Me Medical Insurance Cards

New international students will receive their insurance cards after the add/drop date of each semester. Don't worry, new international students are covered starting the first day of the semester or the day you purchase Guard Me medical insurance if you arrive early before the semester begins.



STRONG START

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Thank you!

See you at the next workshop.