

# USLC Weekly News

[uslstudent.usask.ca](http://uslstudent.usask.ca)

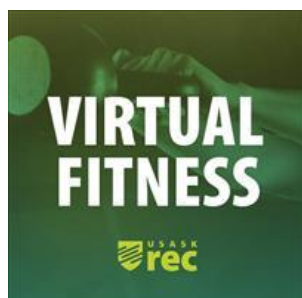
VOLUME 3 ISSUE 1  
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What's on  
campus?

[Prioritizing your  
wellness as a  
university student in  
Canada](#)

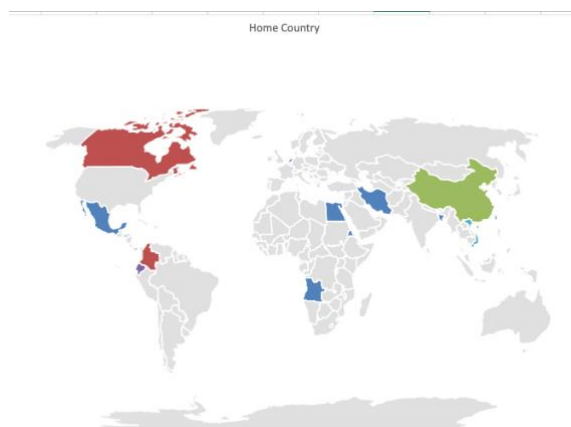
Learn about self-care in  
a Canadian context and  
the student wellness  
services available to  
you.

**Sept 14th**  
**9:00-10 AM CST**  
[Sign-up to attend](#)



Want to exercise?  
Want to exercise at  
home? USask Rec  
offers many options.  
[Register Here for  
Free Virtual Fitness](#)

## Welcome to Fall 2021 term!



Data: Fall 2021

The USLC is excited to be  
delivering blended classes to our  
students this term.

The quality of our program is  
enhanced with the diversity of  
our students.

Where are our students from?

Take a look at our map to find out!

## In-person Student Workshops\*

All sessions in Room 224/225 at 10:10am with Debra

Mon Sept 13th	Tues Sept 14 <sup>th</sup>	Wed Sept 15 <sup>th</sup>	Thurs Sept 16 <sup>th</sup>
<b>Levels 3&amp;4</b> Practice Workshop	<b>Levels 1&amp;2</b> Practice Workshop	<b>Levels 1&amp;2 - Exoplanets</b> Art Workshop	<b>Levels 3&amp;4 -</b> Exoplanets Art Workshop

**A Workshop where Art meets Science! - 'Exoplanets'**  
**No previous Art experience required.**

[Come and meet Dr. Erica Bird - where she takes you on a journey to the Exoplanets!](#)

Exoplanets are planets orbiting stars outside our solar system. As of August 1, 2021, there are now 4,801 known exoplanets. And we keep finding more all the time.

In this **art workshop**, we'll learn about exoplanets and how we discover them, then create and illustrate our own imaginary exoplanets using black paper and chalk pastels. What color is the sky? Does it rain? Are there oceans, mountains, moons? How long is a day? Is there life on your planet?

**This is a workshop for asking questions, discussion, making art, and learning new things.**

## [ISSAC Learning](#)

### [Modules to Assist your transition to Canada](#)

These modules will ease your transition and make you prepared for your life in Canada!

Modules:  
Study Permits and Immigration

Working in Canada

Managing Cultural Adaptation

Healthcare in Canada

All students require a valid NSID and password to review the view the module content.

## Health Insurance Information for International Students

Did you know that students who are in Canada are eligible for health insurance and health and dental benefits? There are two options:

- Students with a valid study permit are eligible for Saskatchewan Health Insurance – [apply here](#)
- All students who are in Canada are eligible to opt-in for Studentcare through the USSU. **Deadline to opt-in is September 30<sup>th</sup>** – [opt-in here](#)

More information about these benefits can be found [here](#).

## Learning Resources

**September 13-17, 2021:**

All sessions are at 10:00 AM CST Location: USLC Student Support Zoom Room 986 5704 6915 Passcode: LRfall2021				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Level 2</b> What Help Do You Need?	<b>Levels 2 &amp; 3</b> Book Advising – Reading Grows Your Brain!	<b>Level 4</b> Email Basics & Etiquette	<b>Level 1</b> What Help Do You Need?	<b>ALL LEVELS</b> Student Lounge – Making Videos for Students in Need
<i>Do you still have questions about Zoom? Canvas? MyProfile? PAWS? Bring any questions.</i>	<i>Review Welcome Course LR 3, 3.1, 3.2, 3.3</i>	<i>How to compose an email, create a signature, set recovery options – review Welcome Course LR 4, 4.1</i>	<i>Do you still have questions about Zoom? Canvas? MyProfile? PAWS? Bring any questions.</i>	<i>This topic came up last week – do you want to discuss it?</i>

### **What is the Student Lounge?**

In-person students can meet in the Student Lounge, 3<sup>rd</sup> Floor Williams Building. This time is an opportunity for **all levels** to build connections with other students. Some of you are very interested in nature, sports, the environment, volunteering, community-building, moving to Canada, going to the University of Saskatchewan and much more. **This is YOUR time to share with others.** Practice your English speaking and listening!