

TRANSITIONING TO LIFE IN CANADA BEFORE YOU GET HERE

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Hello!



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British Columbia

VIU's Orientation

- History of traditional lecture-style IS orientation model



VIU's Orientation

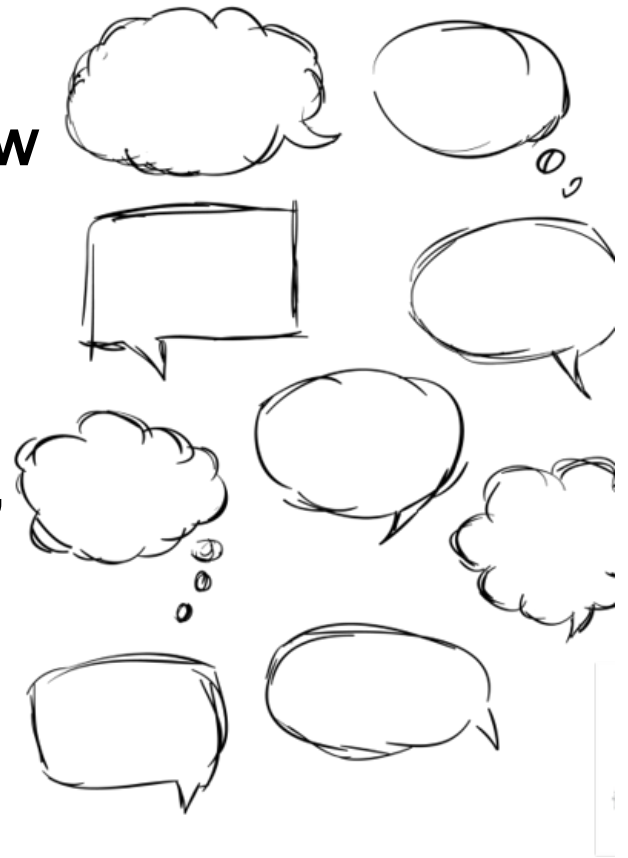
- Separate university, faculty, and residence orientations, in addition to ISO... plus a few other competing activities



VIU's Orientation

New Director ISS, tasked with a review of ISO

- Attended ISO
- Student feedback
- Staff feedback
- Caseload of "*student's of concern*"
- Best practices
- VIU community input
- Research – Popadiuk; NCHA



NCHA Data – Canadian Group

C. Academic Impacts

Within the last 12 months, students reported the following factors affecting their individual academic performance, defined as: received a lower grade on an exam, or an important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research, or practicum work; (listed alphabetically):

Alcohol use:	4.5 %	Gambling:	0.3 %
Allergies:	1.9 %	Homesickness:	5.6 %
→ Anxiety:	32.5 %	Injury:	2.9 %
Assault (physical):	0.9 %	Internet use/computer games:	18.7 % ←
Assault (sexual):	1.3 %	Learning disability:	4.3 %
Attention Deficit/Hyperactivity Disorder:	5.1 %	Participation in extracurricular activities:	8.8 %
→ Cold/Flu/Sore throat:	20.6 %	Pregnancy (yours or partner's):	0.9 %
→ Concern for a troubled friend or family member:	15.6 %	Relationship difficulties:	13.0 % ←
Chronic health problem or serious illness:	4.6 %	Roommate difficulties:	6.8 %
Chronic pain:	4.5 %	Sexually transmitted disease/infection (STD/I):	0.5 %
Death of a friend or family member:	7.4 %	Sinus infection/Ear infection/Bronchitis/Strep throat:	5.8 %
→ Depression:	20.9 %	Sleep difficulties:	28.4 % ←
Discrimination:	1.8 %	Stress:	42.2 % ←
Drug use:	2.2 %	Work:	17.1 % ←
Eating disorder/problem:	2.0 %	Other:	3.4 %
→ Finances:	10.3 %		

What did we Change?

1. Online pre-arrival course to replace talking heads (Enrique will elaborate)
2. F2F focus on 2 key goals:
 - Community building
 - Resource Seeking



What did we Change?

F2F changed to conference model

- Concurrent sessions geared toward student needs
- 1 mandatory session for all – health, wellness, & safety

F2F focus on best practices

- Interactive – all sessions must engage learners, offer community building opportunities, and help promote and/or develop resource seeking skills
- Peer learning



New Model (introduced Fall 2016)



**SUNDAY
AUGUST
28
2016**

8:00 9:00	CHECK IN & REFRESHMENTS (Bring study permits and passports) - B310 Theatre						
9:00 9:30	WELCOME - B310 Theatre						
9:30 10:15	ADVISORS INFORMATION - Immigration & Healthcare - B310 Theatre						
30 min	GROUP PHOTO - RBC Plaza						
10:45 11:45	B255/R170 KEEPING AFLOAT THE FIRST TWO WEEKS <small>Student success, course enrollment, course prerequisites</small> A1	B255/R165 SURVIVING AND THRIVING IN CANADA <small>Getting accustomed and adjusting to life in Canada</small> B1	B255/R160 ISLAND LIVING <small>Housing, Shopping, Lifestyles, Smart Cooking</small> C1	B255/R140 "STAY LEGAL ... DON'T WALK THE IMMIGRATION PLANK" <small>Study permits, visas and work permits (including co-op)</small> D1	B255/R150 FAMILY MATTERS <small>Students with spouses, partners, children</small> E1	B255/R130 STAY HEALTHY, STAY SAFE <small>Tips to avoid flu and other illnesses</small> F1	B255/R110 GO WITH THE FLOW <small>Meditation, strategies for stress relief and more ...</small> G1
11:45 12:45	A2 NOY THERE, GRADUATE STUDENTS <small>Available resources, Work after graduation</small> A2	B2 SURVIVING AND THRIVING IN CANADA <small>Getting accustomed and adjusting to life in Canada</small> B2	C2 DOLLARS AND SENSE <small>Budgeting, Banking, Scholarships, and More</small> C2	D2 "STAY LEGAL ... DON'T WALK THE IMMIGRATION PLANK" <small>Study permits, visas and work permits (including co-op)</small> D2	E2 WILD THING! <small>A wonderful list of outdoor activities on campus</small> E2	F2 STAY HEALTHY, STAY SAFE <small>Tips to avoid flu and other illnesses</small> F2	
1 HR	LUNCH BREAK - B300 Cafeteria						
1:45 2:45	A3 ATTENTION SAILORS! ROUGH WATER AHEAD! <small>Understanding your GPA, Procrastination, Resignation, Leave of Absence</small> A3	B3 SURVIVING AND THRIVING IN CANADA <small>Getting accustomed and adjusting to life in Canada</small> B3	C3 ISLAND LIVING <small>Housing, Shopping, Lifestyles, Smart Cooking</small> C3	D3 MAKE THE GRADE <small>Canadian classrooms, See Your professor</small> D3	E3 NAVIGATE CLASSES WITH EASE <small>Tips to academic support</small> E3	F3 WILD THING! <small>A wonderful list of outdoor activities on campus</small> F3	
2:45 3:45	A4 MAYDAY, SOS, HELP! CAN ANYONE HEAR ME? <small>What do you want from an "orientation"?</small> A4	B4 SURVIVING AND THRIVING IN CANADA <small>Getting accustomed and adjusting to life in Canada</small> B4	C4 DOLLARS AND SENSE <small>Budgeting, Banking, Scholarships, and More</small> C4	D4 MAKE THE GRADE <small>Canadian classrooms, See Your professor</small> D4	E4 NAVIGATE CLASSES WITH EASE <small>Tips to academic support</small> E4	F4 "STAY LEGAL ... DON'T WALK THE IMMIGRATION PLANK" <small>Study permits, visas and work permits (including co-op)</small> F4	G4 GO WITH THE FLOW <small>Meditation, strategies for stress relief and more ...</small> G4
4:00 5:00	A Pocketour of Campus / Indoor Games and Fun/ Salsa! - B300 Cafeteria						
5:00 7:00	CLOSING REMARKS & DINNER - B300 Cafeteria						

<https://international.viu.ca/iso>

Giving them the
information before they
get here



International Ready, Set, Go - Launchpad to Success at VIU! Pre-arrival guide



- Adapted from the online course created in 2015 for newly admitted domestic students several stakeholders (enrolment management, registration, advising, CIEL)
- Built using *Brightspace* software by D2L Learning Management System "VIULearn"
- This is an online *onboarding* site to help students

Where is the content coming from?



- Reorganizing existing information into digestible and understandable bites for students
- Team effort from different areas of expertise



"Orientation was fun but overwhelming, I don't remember half of the people that talked to us. Many things looked important, but I don't need them"



“

Vancouver Island University

My Courses



VIULearn Foundations for Faculty



International Ready, Set, Go - Launchpad to Success at VIU!



International Ready, Set, Go - Launchpad to Success at VIU! - 2016



International Ready, Set, Go - Launchpad to Success at VIU! (Fall 2017)



Ready, Set, Go - Launchpad to Success at VIU!



Ready, Set, Go - Launchpad to Success at VIU! (2015)

Welcome ENRIQUE!

Welcome to VIU!

At VIU, we want to help students to be as successful as they can be. We have found that the more prepared students are, the more successful they can be. This online course is here to help you be more prepared for the realities of being a student at Vancouver Island University.



By completing this course you will:

- Learn more about what it means to be a student at VIU
- Learn how to select, enroll and register in classes
- Discover important services available to students at VIU
- Increase your knowledge of Canadian Culture
- Learn about the challenges and opportunities involved in moving from one culture to another
- Become more prepared for your new life here at VIU

We've heard many stories from International Students over the years about common areas where they have struggled and what they wished they had known prior to coming here. We have created this interactive course to help you learn these things early, and feel supported.

VIU: it's a new language, it's a new culture, it's a new experience--use this course to learn what you need to make the most of your time here!

Are you ready to get started? Click the image below!



[Click Here to Get Started!](#)

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Getting Started

The first step to success in a site like this is to figure out how to navigate and find things.

First we will review, open, and navigate in pages, then at how to get back to this course the next time you need to login.

There is also a page with Tech Support information if you need some help.

To get started, click directly on "**How to View Content on this Site**" below to open that page!

Remember to check this space again in a few weeks to access all the exciting materials we have for you!

Course Administration

Category

Name

Tools

 Announcements

 Book Management

 Class Progress

 Content

 Course Offering Information

 Forms

 Grades

 Instructional Design Wizard

 Links

 Quizzes

 Surveys

 Assignments

 Calendar

 Classlist

 Course Builder

 Discussions

 Frequently Asked Questions

 Groups

 Intelligent Agents

 Manage Dates

 Rubrics

 Attendance

 Checklists

 Competencies

 Course Design Accelerator

 External Learning Tools

 Glossary

 Import / Export / Copy Components

 Learning Activity Library

 Manage Files

 Self Assessments

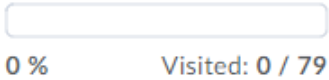
Analytics



No objectives



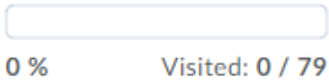
No grades



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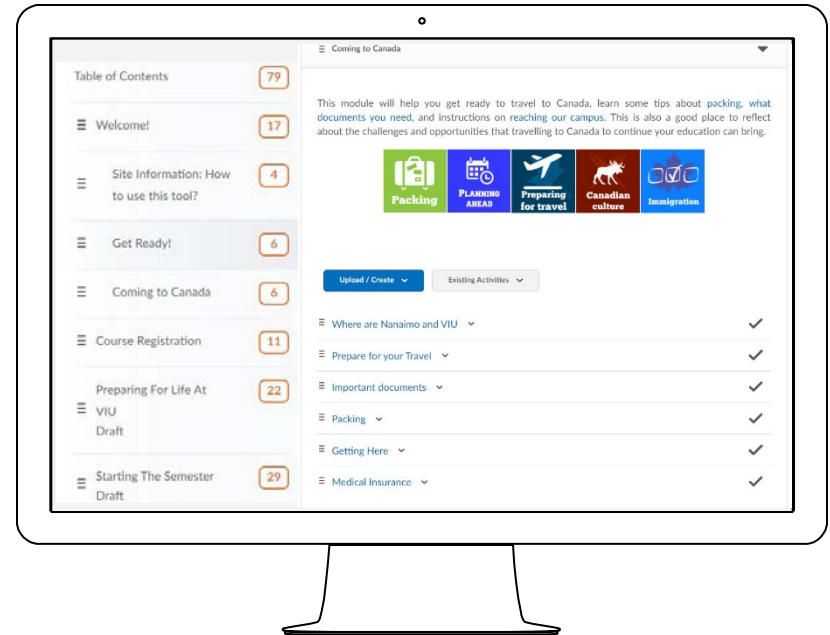


No grades

Analytics



- The course has three surveys that provides us feedback and ideas for improvement





Thank you

Any questions?

You can find us at

- Kate.jennings@viu.ca
- Enrique.chacon@viu.ca
- <https://international.viu.ca/iss>
- Social Media handle WORLDVIUISS

Your feedback is important to us!

Please take a moment to submit the evaluation for this session.

Evaluations are found on CBIE's Conference app.

Thank you!