

# Who in the world walks through your door?

## Giving international students the tools to succeed

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# Session Agenda

Introductions

What international students are saying

What's the need – presentation by University of Victoria

A Unique approach by Fanshawe College

Small groups and idea sharing

Debrief

Questions?



January 27-29 janvier 2020  
**CANNEXUS20**  
By/Par CERIC







# In their own words

A Career-related Story weave

# What are they saying?

- How can I get my co-op?
- Is there an internship for my program?
- Does Fanshawe support students looking for jobs?
- How can I extend my visa?
- Can we work full time during the semester break?
- Can I get a job in London?
- How long does it take for students to start working?
- How many days of a post-graduate work permit will I get?
- I am moving with my spouse – can she get an open work permit?
- Can we work on and off campus?





# What's the need?

And how does UVic respond?

# Who in the world walks through my door for career counselling?

- China
- UK
- Somalia
- Senegal
- India
- Pakistan
- Brazil
- Finland
- USA
- South Korea
- Egypt
- Jordan
- Iran

## Inbound students



Over 3000 international students from more than 100 countries choose UVic each year.

## Welcoming you to the West Coast

Are you interested in studying at a leading research university located in a beautiful city with spectacular natural surroundings? Join other students from around the world who pursue life-changing educational experiences at the University of Victoria (UVic).

- Haiti
- Chile
- France
- Italy
- Fiji
- New Zealand
- Australia
- Hong Kong
- Taiwan
- Philippines
- Mozambique
- Russia

# The need?

- Pressures from family, community to succeed or to do a particular program of study
- Not enjoying the program they came to study
- Feeling:
  - lonely, isolated
  - uncertain of their future in Canada or elsewhere
  - concerned about finances
- Relationships with supervisors
- Meaning and purpose



# UVic's offerings

- International Student Support Services
  - Advisors
  - Career-related events – career fairs, panel discussions,
  - Global Community
- Health Services
- Counselling & Multifaith Services
- Coop and Career Services



The UVic Global Community initiative provides opportunities and creates space for international and domestic students, staff, and faculty to share perspectives, celebrate diversity, foster intercultural connections, and cultivate an inclusive and globally minded campus.



# In their own words....

*The UVic Global Community is what it sounds like... individuals from across the world with different cultures, customs, languages and more, in one place. This community opened my mind and my heart towards understanding and compassion, learning, professional development, challenges and growth. It wasn't me anymore, it was US, the community across the world.*



# How Counselling & International Student Services work together

- Story Weaves – Mental Health Awareness week & Orientation
- Pre-arrival orientation Subject Matter Expert panels
- International Student Council – consultations
- Work Study student projects
- Training for Global Community volunteers
- Cross promotion of events
- Co-presentation at Healthy Minds/Healthy Campuses Summit
- Wellness promotion planning committee



# My biggest learning

- Collectivist

- Individualist

# Case Scenario

- Oreah is an international student from Nigeria. He is the only son of his parents. His father is successful engineer and wants Oreah to study mechanical engineering.
- Oreah is not interested in mechanical engineering. He wants to study English literature.
- Oreah is very afraid of his father but still decided to pursue what he wants to study. He transferred successfully from the Engineering program to English literature without informing his parents.
- He is not doing well in the Arts programs and has started smoking marijuana. Oreah is getting frustrated easily and has shown sign of aggressive behavior. He is not taking care of himself. He is suffering from extreme guilt but very afraid to tell his parents the truth.
- He does not want to see a counsellor as he feels “a real man never cries in front of anyone”.

# General support

- Be aware and sensitive of cultural differences
- Appreciate differences
- Seek out different positions
- If don't understand something, learn more about it
- Imagine their position
- Check in with how students are settling, making friends, etc.
- Check regarding sleeping, eating habits
- Let them know about counselling services, groups
- Explain how counselling and groups work



# Consider this

- Research suggests main focus for international students is academic
- Concept of Mental Health
- Fears of immigrations/visa
  - Often because they want to stay in Canada
- Worries others learning they are in counselling
  - Family, friends, professors, supervisors, colleagues
- Sometimes people don't 'feel like themselves' when they are speaking another language
- Awareness of acculturation challenges
- Reframing counselling as a support for educational and career goals
- Learn, read, explore
  - E.g. Knowledge regarding collectivist values
- Look for culturally congruent coping methods
- Slow down and take more time
  - Be mindful of language proficiency and differences in communication styles
- Be Curious
  - Isn't that our secret superpower as career practitioners?

# Resources

On-campus: International Student Services, Counselling Services, Health Services, Multifaith Centre, Student Clubs, Student Societies

Off-campus:

- Immigrant & Refugee Organizations in our community
- Centre for Innovation in Campus Mental Health webinar
  - <https://campusmentalhealth.ca/knowledge-sharing/webinars/archive/page/3/>
- International Student Mental Health article from New Directions for Student Services
  - <https://onlinelibrary.wiley.com/doi/epdf/10.1002/ss.20191>







# Who in the world walks through your door?

**September 2019** – 7,500 students from 100+ countries. Most want to work part-time, but a few issues:

**Work Experience** - Canadian students often work during high school; some int'l students have never worked before

**Different Expectations** - be on time, can't start as "Manager", may not be doing your "dream" job, jobs are not automatic

**Employers** – may not understand rules about int'l students working in Canada – held to 20 hours/week



# Who in the world walks through your door?

Info about working in Canada from Recruiters & Student Life Coordinators, Online Student Info Sessions, Int'l Welcome - but there **must be more we can do!**

International Centre has Arrival Services package “**Fanshawe Cares**” & Career and Employment Services has **many tools** available for students

**May 2019** meeting: Let's put it all together and call it **Fanshawe Works!**





# Who in the world walks through your door?

**The plan:** series of four half-day workshops: from resumes to networking and immigration info to workplace etiquette – details later!

**How:** Int'l team promoted to education agents, online student info sessions, emailed new students for Sept. 2019

**Amazing response:** Limited by room capacity so had “first come, first served” registration and ran 2 daily timetables

## Fanshawe Works

Who am I?	What do I want?	How do I get there?	How to be successful?
August 26	August 27	August 28	August 29
			



# Who in the world walks through your door?

**Why would an international student spend four half-days at Fanshawe BEFORE classes even start?**

- The content!
- Their drive – remember they have come from across the world and spent a lot of money for a better future
- Meeting other int'l students
- Recognition on their co-curricular record
- A certificate of participation
- Free pizza lunch!



# Who in the world walks through your door?

**SDS (Student Direct Stream) program:** China, India, Vietnam, Philippines, Pakistan, Morocco, Senegal

Int'l students in Canada contributed **\$21.6 billion** to Canada's GDP and supported almost **17,000 jobs** for Canada's middle class (2018)

**721,205** international students at all levels studied in Canada

(Canada's International Education Strategy 2019-2024)





# Who in the world walks through your door?

## Content is everything!

- The Canadian Resume
- Mentorship
- Interviewing and Personal Branding,
- Goal Setting and Managing Expectations
- Visa Workshop ( International )
- Labour Market Information ( Library)
- Networking and Job Searching
- Canadian Workplace Expectations
- International Alumni Panel
  - Alumni from Nigeria, India, Brazil, China, Peru, Trinidad and Tobago, Vietnam, Korea
- Employer Panel





# Who in the world walks through your door?

## The Feedback!!!

- **475** individual feedback forms collected from different students who attended different sessions.
- Out of those **475**, total **472** students said that they are either satisfied or very satisfied with the sessions.
- Overall usefulness of the series to your job search in Canada ranked **1-5** (with 5 being best) average answer **'5'** in all responses
- **474** out of **475** responses state they would recommend Fanshawe Works to their friends/classmates.
- 'Would you prefer 1 day, 2 days or 4 day workshop series like this?'
  - ✓ **50%** said they would like 4 days workshops.



# Fanshawe Works 2.0

- Condensed to 2 days Jan 2-3, 2020
- Capacity is actually 560 – and 750 wanted to register
- Higher traffic in Career Services office (907 first week of classes) but better prepared students
- Solidified partnership with International Office
- Career Services hiring additional Career Consultant to support
- Increase in part time hires for international students
- Friendships made before classes start!





# Fanshawe Works - Video

