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## Happy November!

***Congratulations! You've made it through more than half of the semester!***

As the weather changes, and midterm season is well underway, we think it's very important that you look after yourself! We have listed a few resources that you may find helpful during this stressful season!



1. If you feel overwhelmed, reach out to your professors, TAs, or speak to an academic advisor. [Find your academic advisor.](#)
2. You are not alone! Student Services are here to support you. Counselling Services offers free workshops for groups and individual counselling. Upcoming workshops include [Academic Success](#), [Wellness & Life-Skills](#), and [Winter 101](#) - together with ISS!
3. Take care of yourself -- make sure you are sleeping enough, eating well, and staying active. [Here are suggestions on nutritious, easy meals!](#)

All the best,  
***The Team at International Student Services***

## Upcoming ISS Events & Workshops (November)

Date	Time	Location	Event
Thursday 2nd	1:30- 2:30pm	Online	Webinar: <a href="#">Buddy Volunteer Training</a> (for Winter 2018 matching)  Share your knowledge and help out a new international student as part of McGill's oldest and largest peer mentoring program, the International Buddy Program, which will be celebrating its 30th anniversary in 2018. <a href="#">Now's a great time to start!</a>
Thursday 2nd	3:30-5pm	Brown 3001	Workshop: <a href="#">Winter 101</a>  Get the scoop on the best winter gear and festivals - while enjoying FREE hot chocolate with your new friends. McGill Counselling will also join to talk about how to deal with your first year away from home and the winter blues.

Date	Time	Location	Event
<b>Tuesday 7th</b>	10am-12pm	SSMU Ballroom	Info Session: <a href="#">Permanent Residence in Canada</a> Hear directly from the experts how to apply for Permanent Residence in Canada after graduation. McGill staff cannot advise on Permanent Residence, so don't miss this opportunity!
<b>Thursday 9th</b>	3:30-4:30pm	Brown 3001	Workshop: <a href="#">Academic Culture in Canada</a> & at McGill Whether you've been here a couple months or a couple years, deepen your understanding of your host country's academic culture. We will look at several frameworks to understand cultural differences (and similarities) and how they impact your actions (and reactions) inside and outside the classroom.
<b>Tuesday 14th</b>	2-4pm	Online	Webinar: <a href="#">Buddy Volunteer Training</a> Alternative date if you can't participate on the 2nd.
<b>Wednesday 15th</b>	10:30-11:30am	Online	Webinar: <a href="#">Post-graduation Work Permits</a> If you want to stay in Canada immediately after graduation, you will need a post-graduation work permit. This permit also acts as a bridge to allow you to stay while you apply for permanent residence.
<b>Friday 17th</b>	2-3:30pm	Brown 3001	Workshop: <a href="#">Winter 101</a> Same as Nov. 2. Join us for either date!
<b>Tuesday 21st</b>	10:30am-12pm	Brown 5001	Workshop: <a href="#">Finding Jobs in Canada</a> (with CaPS) Learn the legal considerations to work in Canada as an international student, how to communicate your skills to a potential employer, and the steps to find a part-time, summer, or post-graduation job in Canada.
<b>Thursday 23rd</b>	1-3pm	SSMU Ballroom	Info Session: <a href="#">Permanent Residence in Canada</a> Hear directly from the experts how to apply for Permanent Residence in Canada after graduation. McGill staff cannot advise on Permanent Residence, so don't miss this opportunity!

For more information, including registration, visit the [ISS Events & Workshops](#) page.

## McGill International Week

[McGill International Week](#) will be held from November 6th – 10th, 2017! International Week will include information sessions and events hosted by many McGill faculties, schools and student service units.

It's an opportunity for anyone considering going abroad to learn about ample opportunities and have their questions answered.



This year, we're bringing back the Fair! The [McGillAbroad Fair](#) will be held on Wednesday November 8 in the SSMU Ballroom. Students can learn about travelling abroad while earning credit or recognition from McGill, the global work environment, and connect with fellow students who have either been abroad or are here for an international experience.

## Attention: Etudiants français couverts par la RAMQ



Régie de  
l'assurance maladie

Québec 

Selon l'entente entre le gouvernement du Québec et le gouvernement de la France, la Régie de l'assurance maladie du Québec doit vérifier, au moins une fois par an, l'inscription à temps plein et la non-inscription des études de certains étudiants français pour le maintien de leur admissibilité au régime. La vérification se fera par une lettre que les étudiants concernés recevront par la poste.

**Vous devez impérativement vous assurer que la Régie a votre adresse actuelle.** Pour recevoir le premier envoi, il faut faire la mise à jour d'adresse **avant le 7 novembre**. Si la mise à jour est faite entre le 8 novembre et le 5 janvier, vous recevrez le rappel seulement. Pour effectuer votre changement d'adresse, ou si vous avez des questions, contactez la RAMQ au **1-800-561-9749**.

Reférez-vous à la [page Facebook](#) ou le site internet de la RAMQ pour plus d'informations.

## Health Insurance Webinar available online

As the cold weather rolls in, and so do the coughs and sneezes, know what your health insurance covers for you!

In case you missed our informative IHI webinar, [view it](#) at your own leisure on the ISS website.



## Immigration reminder:

If you are **travelling to the United States** soon, and particularly for US Thanksgiving weekend, and either one or both of your your immigration documents (i.e. CAQ & Study Permit) have expired, you must seek [immigration advice](#) at ISS before you travel.

## Professional Networking in Financial Technologies

Tuesday, November 7 from 5:30-8:30pm

THE event for international students that want to discover the fintech sector in Greater Montréal. Network with

professionals from a dozen companies who are looking to hire! Companies in banking or insurance, and others who provide IT services in the financial sector will be present.

Venue: *Montréal International, 380, Saint-Antoine West Street, office 8000, Montréal*

I choose  
**MONTREAL**

[Free Registration](#)

Hosted in partnership by TechnoMontréal, Finance Montréal, and Montreal International.

## What's up with MISN?



McGill International Student Network (MISN) is a student-run organization that aims to create an unforgettable global experience for the largest international student body at McGill University through a variety of events, trips and services. Keep an eye out for events on [Facebook](#) and the [MISN website](#) to see what's going on.

### Upcoming MISN Events:

**Film Series:** 3 Idiots on [Nov. 7th](#)  
**Ski Trip** to Mount Sutton from [Jan 19th to 21st](#)



This message was sent to you by [The Office for International Student Services](#)

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