

CONNECT WITH STUDENT SUCCESS ADVISORS!

Advisors are here to support with your holistic success, so join a virtual advising session to talk about course planning, making connections, talking to instructors and more!

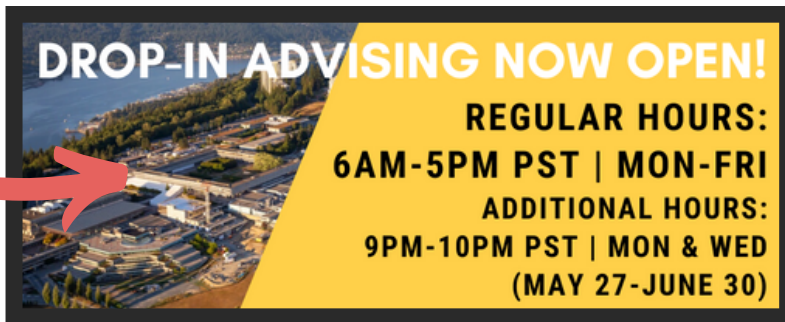


DROP-IN ADVISING

Drop-in Advising is offered Monday-Friday **6:00am-5:00pm PST**

Additional Drop-in Hours from May 27th-June 30th on Mondays & Wednesdays

9:00pm-10:00pm PST



Connect to a drop-in session by logging into your Student Portal and clicking on the Advising poster!

More ways to meet and connect with advisors!



Email

advising@learning.fraseric.ca

Remember to include your name and FIC ID when you send an email so advisors can connect back with you!



Student Website
students.fraseric.ca

Learn more about your advising team by checking out their bios on the Student Success page of the student website!



Engagement Events
Events Calendar

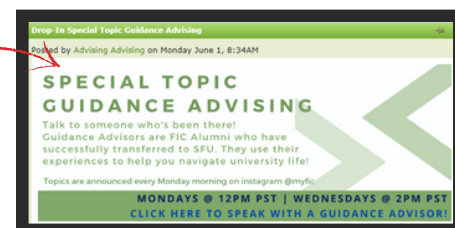
Connect with advisors at the fun events they run like weekly Tea & Talk sessions. Find out what's happening this month on the Events Calendar

GUIDANCE ADVISORS

Guidance Advisors are a team of FIC alumni who have successfully transferred to SFU and can assist with questions about course planning, how to get involved on campus and how to find balance as a student.

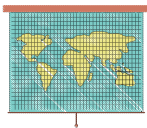
Connect with a Guidance Advisor at our Special Topics Advising Drop-In Sessions by clicking on the poster on the Student Portal:

Mondays from 12:00pm PST and Wednesdays from 2:00pm PST



STUDENT EXPERIENCE IS HERE TO HELP!

The Student Experience Team supports student-led programs and offers opportunities to get involved in the FIC community and develop new skills. Take advantage of the knowledge and experience of your peers by dropping-in to our virtual Peer Support Resources, then apply to be a student leader too!



FIC PEER EDUCATION

Peer Educators are friendly FIC students and alumni that have excelled in courses at FIC and are ready to share their experience and answer your questions.

Peer Education runs drop-in sessions through Zoom 5 times a week:

Tuesday: 12:30pm-2:30pm PST and 8:00pm-10:00pm PST

Wednesday: 12:30pm-2:30pm PST

Thursday: 12:30pm-2:30pm PST and 8:00pm-10:00pm PST



FIC IT SQUAD

IT Squad members are FIC students and alumni that are ready to help you with any technical concerns that may come up in the semester, like activating your SFU Computing ID, understanding your Zoom settings or getting set-up with your course E-texts.

IT Squad runs drop-in sessions through Zoom 3 times a week:

Monday: 9:00am-11:00am PST

Wednesday: 12:30pm-2:30pm PST and 8:00pm-10:00pm PST

To connect with these amazing peer resources, go to the Student Life tab on your Student Portal and click on the Peer Education or IT Squad tabs.

More ways to connect with FIC students and get involved!



FIC ACT

The FIC Awareness Campaign Team hosts interesting student events throughout the semester. Check the Events Calendar to see what's coming up!



FIC Photography Team

The FIC Photography Team hosts fun events through Zoom and FIC's instagram @myfic! Check out the Events Calendar and follow FIC Social Media to participate!



Student Experience Team

Our team is here to help answer any questions about student life and connect you with resources. We'd also love to have you join a student leadership team!

Email us at:
student.experience@learning.fraseric.ca

WELLNESS AT FIC!

Academic success is about more than just studying hard, we need to make sure we are healthy and ready to learn! This means paying attention to our physical, emotional, mental and spiritual health and knowing where you can find support.



COUNSELLING & WELLNESS REFERRALS

Your mental wellness and overall well-being are crucial to finding success throughout your time at FIC. If you ever feel overwhelmed, not quite like yourself or just want to talk to someone, you can request a referral through our Student Success Team by emailing advising@learning.fraseric.ca



WELLNESS WORKSHOPS

The FIC Wellness Office offers different workshops throughout the semester that cover interesting topics like stress management and healthy relationships.

Take a look at the [Events Calendar](#) to see what events are coming up and look for the poster on the homepage of the [Student Portal](#) to find the Event Poster to access the virtual session!



My SSP by Guard.me

As an FIC student, you also have access to a great resource called My SSP – keep.meSAFE Student Support Program. You can check out the website at: <https://keepmesafe.myissp.com/> which has lots of tips about issues we will all go through as international students such as loneliness and making friends, dealing with stress and change and culture shock.



Download the app to talk to an advisor anytime **24/7 in any language**– either by chat or over the phone.

- **Safe Space for Students to seek support**
- **24/7 counselling service**
- **Available in all languages**
- **Call or Text options**
- **100% confidentiality**

FIC INSTRUCTORS ARE HERE TO HELP!

Sometimes you may need to ask follow-up questions after your lecture is over or once you have started an assignment. Instructors are here to support you both in and out of the classroom!

SYNCHRONOUS CLASSES



SAME DAY & TIME
EACH WEEK



TAKE CLASS IN
"REAL TIME"



CLASSES RUN
THROUGH **ZOOM**
SESSIONS



ASK QUESTIONS
AND TALK WITH
CLASSMATES

ASYNCHRONOUS CLASSES



GO THROUGH
LEARNING MATERIAL
AT YOUR OWN PACE



NO SCHEDULED
CLASS TIMES



ADAPTABLE FOR
TIMEZONES



CONNECT WITH
INSTRUCTORS BY
EMAIL

More ways to connect with instructors!



Instructor Office Hours

Your instructor will set a day and time that you can make an appointment or drop by virtually to meet.

Check your Course Outline/Syllabus for class specific details.

Instructor Support Tutorials

There are extra tutorials for some subjects. Check the tabs under Moodle in the **Student Portal** to connect with instructor-led tutorials hosted weekly throughout the semester over Zoom.

Engagement Events

Instructors also host different events throughout the semester, like knitting clubs and board game nights. Check the **Events Calendar** to find fun instructor-led events.