

Camosun International Student Newsletter

Special Edition: Counselling | April 2022

Greetings from Camosun International!

Welcome to this Special Edition Newsletter from your International Student Counsellors.

We hope you will find something in this newsletter that is supportive to you and we wish you all the best for the remainder of your Winter 2022 semester.

Anna, Brian and Marie



Anna Stein



Brian Herron



Marie Abbott

Camosun College campuses are located on the traditional territories of the Lkwungen and WSÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

In this Newsletter

- ◆ Greetings from your International Counselling Team
- ◆ Counselling Support Options for International Students
- ◆ Counselling Centre Locations
- ◆ Information about Counselling
- ◆ Winter 2022 Counselling Workshops for International Students

If you require urgent support after hours, please contact:

Vancouver Island Crisis Line
1-888-494-3888

or

Here2Talk
1-877-857-3397

Both services are confidential, free and available 24/7.



COUNSELLING SUPPORT FOR INTERNATIONAL STUDENTS



Students Inside Canada

Students located in Canada are welcome to meet with a Camosun International Student Counsellor for an in-person appointment (at Lansdowne or Interurban) or a virtual appointment (phone or video).

Contact the Camosun Counselling Centre Reception at 250-370-3571 to book an appointment with an International Student Counsellor.

Learn more about Camosun College Counselling Services here:

[Camosun International Counselling Website](#)

[Camosun Counselling Centre Website](#)

Please note:

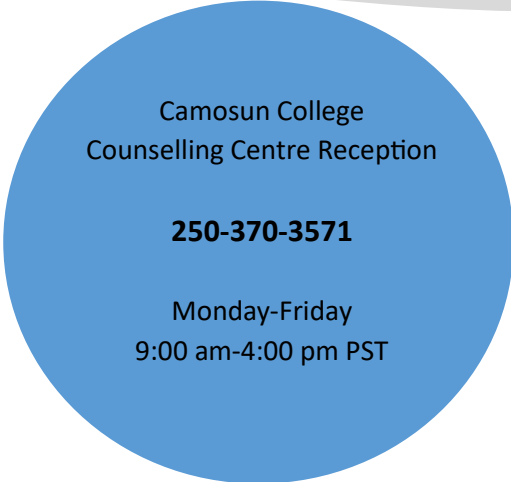
Due to privacy, legal and ethical limitations Camosun College cannot provide counselling services to students located outside of Canada.



Students Inside & Outside Canada

Here2Talk is a free mental health support resource that is available to Camosun students located anywhere in the world. Phone, text or download the app. Learn more about Here2Talk:▶

Please note: This information is correct at the time of writing in April 2022. If you are viewing this newsletter at a later date, please refer to the [Camosun International Counselling website](#) for the most up to date information.



Camosun College
Counselling Centre Reception

250-370-3571

Monday-Friday
9:00 am-4:00 pm PST

Here2Talk connects students with mental health support when they need it. All students currently registered in a B.C. post-secondary institution have access to free and confidential counselling and community referral services, conveniently available 24/7 via app, phone and web.



Here2Talk

1-877-857-3397 (inside Canada)
1-604-642-5212 (outside Canada)

<https://here2talk.ca/>

COUNSELLING CENTRES AT CAMOSUN COLLEGE



LANSDOWNE CAMPUS

Isabel Dawson Building
Room 202

On the second floor, across the hall from the Camosun International Office. Elevator access.

For in-person appointments at Lansdowne, please check-in at the Counselling Centre, Dawson 202, and your counsellor will come and meet you there.

INTERURBAN CAMPUS

Liz Ashton Campus Centre
Room 314

On the third floor, down the hall, across from the library. Elevator access.

For in-person appointments at Interurban, please go directly to **LACC 233**, the International Counsellor Office (located down the hall from the International office, same floor as the bookstore).

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Private and
confidential

For issues
big and
small

Free for
students

Counselling is ...

One of the
many
support
services

All topics are welcome in counselling

For example, students may discuss:

Academic Topics

- Exam stress
- Time management
- Motivation
- Procrastination
- Learning Strategies
- Working with instructors and other students
- Decisions about withdrawal from courses

+ Career Topics

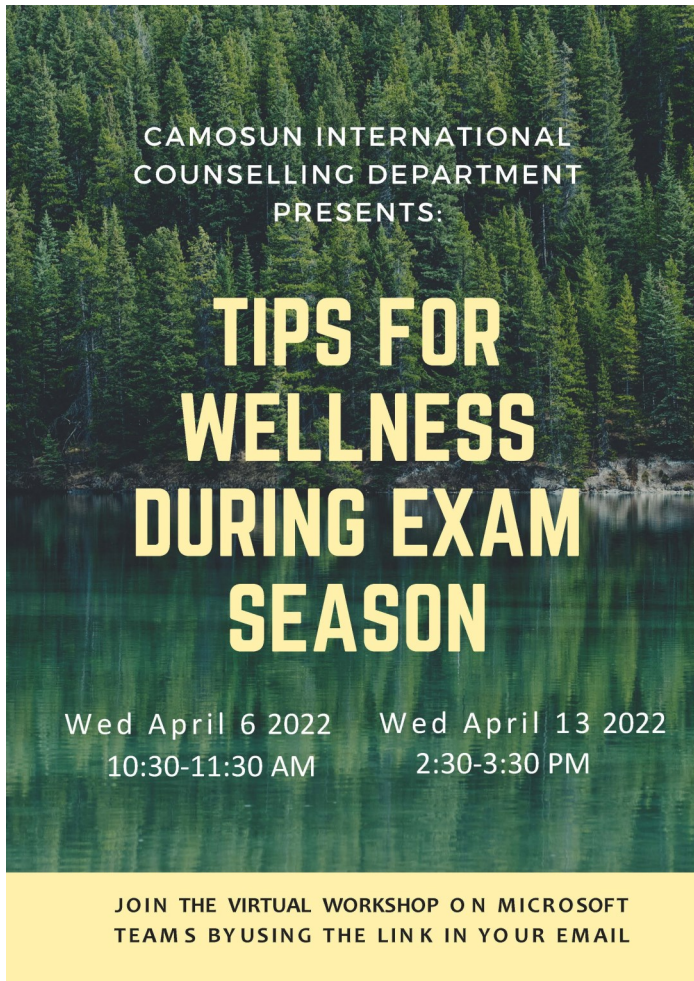
- Career exploration
- Interests, skills, values, strengths, areas for growth, workplace preferences
- Program and career options
- Decision making
- Goal setting, action planning

+ Personal and Cultural Topics

- Stress and anxiety
- Depression
- Relationships
- Homesickness
- Health Issues
- Addiction
- Grief & Loss
- Sexuality
- Self-confidence
- Personal growth
- Cultural Transition

And many
more...

COUNSELLING WORKSHOPS & GROUPS FOR INTERNATIONAL STUDENTS: WINTER 2022



CAMOSUN INTERNATIONAL
COUNSELLING DEPARTMENT
PRESENTS:

TIPS FOR WELLNESS DURING EXAM SEASON

Wed April 6 2022 Wed April 13 2022
10:30-11:30 AM 2:30-3:30 PM

JOIN THE VIRTUAL WORKSHOP ON MICROSOFT
TEAMS BY USING THE LINK IN YOUR EMAIL

- ◇ This one-hour virtual workshop will include practical advice for managing stress, promoting wellness, and studying effectively during exam season (and beyond!)

BUILDING RESILIENCE GROUP

A Recipe for Coping with Academic and Life Stress

- ◇ A four-week series of online group sessions (1.5 hours each week) facilitated by Anna Stein, International Student Counsellor.
- ◇ Achieve your academic goals by learning practical skills for managing stress and anxiety in your life.
- ◇ Connect with other international students in a small supportive group (max 10 participants).
- ◇ Signing up involves an application process, including a brief screening call. A commitment to attend all sessions is required.

**PLEASE NOTE: THE WINTER 2022 GROUP IS
FULL.**

Thank you for your interest!

- ◇ More counselling groups for international students will be offered in the future: watch your email for more information.

MENTAL HEALTH TIPS AND RESOURCES

Visit the Camosun Counselling Centre website for a [list of helpful resources](#):

- ✓ Emergency and After-Hours Support
- ✓ On-Campus Supports
- ✓ Greater Victoria Community Resources
- ✓ Online Resources and Apps

[10 Tips for Managing Stress & Anxiety During COVID-19](#)

[Try the MindShift App](#)

[3 Minutes of Mindful Breathing](#)

5 Simple Daily Habits for Mental Well-Being

1. **Connect:** with the people around you.
2. **Be active:** go for a walk or run, step outside, cycle, garden, etc.
3. **Take notice:** be curious, catch sight of the beautiful, remark on the unusual.
4. **Keep learning:** try something new, rediscover an old interest, take on a different responsibility
5. **Give:** do something nice for a friend, or stranger, thank someone, volunteer your time.

Source: United Kingdom's Project on Mental Capital and Wellbeing Report (2008)



Greater Good in Action
Science-based Practices for a Meaningful Life

<https://ggia.berkeley.edu/>