

# UBC GRADUATE STUDENT ORIENTATION

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# WELCOME FROM GRADUATE AND POSTDOCTORAL STUDIES

UBC is one of the top research-intensive universities in the world and a recognized leader in research and scholarship at the graduate level across an enormous range of disciplinary and interdisciplinary fields. You are joining 10,000 graduate student colleagues to partner and contribute to UBC's role in discovering new knowledge and forming the next generation of scholars and professionals. Our goal in the Faculty of Graduate and Postdoctoral Studies is to ensure the highest quality academic programming and student experience, and to provide an outstanding program of professional development to promote your success in graduate school and beyond.



In its work as an educational and research institution, UBC places a high value on community partnership and the fostering of global citizenship and a civil and sustainable society. There are countless ways you can contribute to these missions of UBC, from your own research and scholarship, to volunteering as mentors, as student leaders, or in any of the various outreach opportunities available at UBC. I encourage you to immerse yourself fully in the rich intellectual and cultural life at UBC, and I am confident that you will be transformed by your experience, and will yourself enrich the community.

Please accept my best wishes for a fulfilling experience as a UBC graduate student. I look forward to celebrating your success.

**Dr. Susan Porter**

DEAN AND VICE-PROVOST, GRADUATE AND  
POSTDOCTORAL STUDIES



# WELCOME FROM THE GRADUATE STUDENT SOCIETY

Congratulations on your admission to the University of British Columbia. As a current graduate student, I can say that you've made a great decision in choosing UBC for your graduate study. You are probably already aware that the Times Higher Education placed your university 2nd in Canada and 37th in the world, in their 2019 World University Rankings. One of the contributors to that impressive standing is the university's student-centric outlook. You matter to this institution and there are superb resources placed at your disposal to support your academic and professional success,

The Graduate Student Society is one of these resources. We are the voice of UBC's 10,000 graduate students and



every graduate student is a member of the Society. We're here to provide support, help you connect, and fight for changes that are important to you. Most importantly we are run by students for students, so you can contribute to decisions that affect your grad school. You can have a say about how we advocate for graduate students at the institutional, provincial and federal levels on issues like supervisory excellence, housing and funding or you can enhance your own social and professional skills by attending our events.

In May, President Santa Ono challenged the assembled class of graduands to bring the full weight of their education to bear on unprecedented challenges the world faces. I hope the Graduate Student Society can play a part in helping you get the most from your time at UBC and to prepare you for success once you graduate.



You have arrived at one of the best institutions in the world, it is up to you to make it a life-changing and world-impacting endeavor.

Welcome to your future. Welcome to the University of British Columbia.

**John Ede**

GSS PRESIDENT



# WELCOME EVENT SCHEDULE

Thursday, January 3, 2019

[Thea's Lounge, Thea Koerner House,  
6371 Crescent Rd, UBC](#)

9:00 - 10:00 am	GSS pancake breakfast
10:00 am - 12:00 pm	G+PS introduction to campus services, being a successful graduate student, city & campus exploration
12:00 - 1:00 pm	Light lunch and mingling with campus resource representatives
1:00 - 2:00 pm	Succeeding in graduate school - faculty panel presentation and Q&A
2:15 - 3:15 pm	MOA Tours - <a href="#">register here</a> .
3:30 - 5:00 pm	International orientation

*Registration is required for these events.  
Please sign up before December 17, 2018.*

REGISTER HERE



# INTERNATIONAL STUDENT ORIENTATION

Thursday, January 3, 2019

3:30 – 5:00 pm

[Thea's Lounge, Thea Koerner House,  
6371 Crescent Rd, UBC](#)

Join us for an interactive session with International Student Advisors to learn about key topics such as study permits, work authorization and health insurance. All new International students should plan to attend this important session. In preparation, please find great resources in the [International Student Guide](#). Join us after the welcome for pizza and a chance to meet fellow students and staff who will support you at UBC.

*Registration is required for International Orientation. Please RSVP when registering for the Welcome Event.*



# Late Start International Welcome

Are you starting your first year at UBC but will miss International Welcome on January 3rd? Not to worry, join International Student Advising for a late start interactive session about keeping your immigration documents valid and working in Canada. You will also get tips on finding a family doctor, using your health insurance and avoiding unnecessary medical costs.

## **Multiple Dates:**

Wednesday, January 9, 2019

3:30-5:00pm

Thursday, January 10, 2019

11:30am-1:00pm

Both sessions will be hosted in the Multipurpose Room at the UBC Life Building, 6138 Student Union Boulevard.

*Registration is not required.*



# WORKSHOPS & SOCIAL EVENTS

Mark your calendars! These sessions will help incoming graduate students successfully transition to UBC.

## Time Management

Thursday, January 10, 3:30 pm - 4:30 pm

GSS Loft

How you decide to spend time and prioritize responsibilities can contribute to how you feel. This workshop can help you identify how you currently spend your time and how you would like to better manage your time.

[REGISTER HERE](#)

## Grad Student Connections Café

Thursday, January 10, 4:30 pm - 6:00 pm

GSS Loft

New to UBC and don't know very many people yet? Come meet other fellow grad students, plus representatives from



G+PS & Wellness, and check out the grad student loft in the NEST at our next Graduate Connections Café.

[REGISTER HERE](#)

## **Building Effective Supervisory Relationships**

Thursday, February 7, 9:30 am - 12:00 pm

Thea Koerner House

Have you ever wondered about strategies you can use to build strong relationships with your supervisor? Have you thought about ways of avoiding conflicts or managing them? In this workshop, we will be describing important strategies for developing strong working relationships that support progress through your graduate program and for addressing and managing conflict.

Registration opens on Thursday, January 3, 12:00 pm

[REGISTER HERE](#)



# GRADUATE STUDENT SOCIETY

UBC VANCOUVER

## 2019 Winter Orientation Activities

The Graduate Student Society offers activities to help you to get familiar with the UBC campus, meet your fellow graduate students, and transition smoothly into student life. For more information, visit [orientation.grad.ubc.ca](http://orientation.grad.ubc.ca).

**January 3** | Pancake Breakfast

**January 3** | MOA Tours

**January 4** | GSS Speed Friending Social

### **Pancake Breakfast**

January 3, 9am - 10am

Thea's Lounge

Rise early and jump start your day as the GSS team cooks up a storm of tasty pancakes for grad students.

*This event is free. Please RSVP when registering for orientation!*



## MOA Tours

January 3, 2:15pm – 3:15pm (3 simultaneous tours)

Visit one of UBC's premier museums, the Museum of Anthropology! The MOA houses one of the world's finest displays of North West Coast First Nations art and features extensive collections from around the world. Your guide will take you on a 55-minute journey through the Museum featuring the Northwest Coast First Nations exhibits, the Multiversity Galleries, the Koerner European Ceramics Collection and current temporary exhibitions.

*Tours are limited to incoming grad students and are free, please RSVP for your preferred time. Spots are limited.*

*All tours will leave from the Thea Koerner House courtyard, please arrive 10 minutes early.*

[REGISTER HERE](#)



# GSS Speed Friending Social

January 4, 6:30 pm

Thea's Lounge

Join the GSS for Speed Friending to start off your UBC Grad Experience the right way! Get ready to mix and mingle with new and continuing grad students while expanding your social networks. The format for Speed Friending is very similar to speed dating with some extra activities and social time thrown in. We'll help you break the ice with challenges and questions, this is the perfect opportunity to get to know a lot of people in a short period of time.

**Come down to Koerner's after the event where you can enjoy Grad Student Specials for \$3!**

*This event is free, no tickets required. Please RSVP!*

[REGISTER HERE](#)



# **ORIENTATION RESOURCES**

**Academic Resources**

**Careers and Professional  
Development**

**Health and Wellness**

**Get Advice and Address  
Problems**

**Safety**

**Attractions at UBC**

**Connect and Get Involved**

**Finding your Way on Campus**

**Additional Resources**



# Academic Resources

**UBC Library** [www.library.ubc.ca](http://www.library.ubc.ca)

With over 10 libraries on campus, you have access to resources to help you plan your research.

**Research Commons** [www.guides.library.ubc.ca/library\\_research\\_commons](http://www.guides.library.ubc.ca/library_research_commons)

Get help with citation management, statistical analysis programs, and thesis formatting through 1-on-1 consultation. Attend workshops and events to help you improve your research.

**Centre for Writing and Scholarly Communication** [www.learningcommons.ubc.ca/improve-your-writing/](http://www.learningcommons.ubc.ca/improve-your-writing/)

Resources and tools to help you succeed with academic writing.



**Centre for Accessibility** [www.students.ubc.ca/about-student-services/centre-for-accessibility](http://www.students.ubc.ca/about-student-services/centre-for-accessibility)

Support and programming initiatives designed to remove barriers for students with disabilities. The Centre for Accessibility facilitates disability related accommodations which help students overcome challenges that may affect their academic success.

## **English Language Support**

English Learning Institute: [www.eli.ubc.ca](http://www.eli.ubc.ca)

UBC Extended Learning: [www.extendedlearning.ubc.ca/study-topic/english-communication-skills](http://www.extendedlearning.ubc.ca/study-topic/english-communication-skills)



# Career and Professional Development

## Graduate Pathways to Success

[www.grad.ubc.ca/gps](http://www.grad.ubc.ca/gps)

Workshops and events to help you be successful in your academic, professional, and personal pursuits as a graduate student.

## Centre for Teaching, Learning and Technology (CTLT) [www.ctlt.ubc.ca](http://www.ctlt.ubc.ca)

Gain professional development opportunities in teaching and learning with a focus on the integration of technology into teaching and learning.

## Center for the Integration of Research, Teaching, and Learning at UBC (CIRTL@ UBC) [www.cirtl.ubc.ca](http://www.cirtl.ubc.ca)

Teaching undergraduate courses in STEM? Participate in a workshop to help you improve your skills and better teach future STEM leaders.



## **Centre for Student Involvement & Careers** [www.students.ubc.ca/about-student-services/centre-student-involvement-careers](http://www.students.ubc.ca/about-student-services/centre-student-involvement-careers)

A hub of career development expertise, programs, initiatives, and resources integrated within the full range of students' academic, co-curricular, & extra-curricular experiences, the CSI&C works in partnership with Faculties to support students to become career-ready graduates.

## **National Centre for Faculty Development & Diversity** [www.facultydiversity.org](http://www.facultydiversity.org)

Online resource with webinars, available on demand, to help you with your writing, improve your networking skills, have better time management skills etc. (You will need to create an account using your CWL).



# Responsible Conduct of Research

[www.about.citiprogram.org/en/  
homepage](http://www.about.citiprogram.org/en/homepage)

Online, on-demand courses that include data management, authorship, research ethics, and more. UBC is a subscribing organization, so students can take CITI Program courses for free.



# Health and Wellness

## Wellness Centre

[www.students.ubc.ca/health](http://www.students.ubc.ca/health)

Talk to a Wellness Peer, attend a workshop, and get student-tested tips on how to be happier and healthier.

**Student Health Service** [www.students.ubc.ca/health/student-health-service](http://www.students.ubc.ca/health/student-health-service)

Visit a doctor, nurse, or other medical professional on campus at the UBC Hospital.

## Empower Me

[www.studentcare.ca/rte/en/](http://www.studentcare.ca/rte/en/)

[UniversityofBritishColumbiaAMSGSS\\_EmpowerMe](http://UniversityofBritishColumbiaAMSGSS_EmpowerMe)

Empower Me allows students to connect with qualified counsellors, consultants, and life coaches on a variety of issues, 24/7.



## **Sexual Violence Prevention and Response Office** [www.svpro.ubc.ca](http://www.svpro.ubc.ca)

A safe place for students, faculty and staff who have experienced sexual violence, regardless of where or when it took place.

## **AMS Sexual Assault Support Centre** [www.ams.ubc.ca/student-services/sasc](http://www.ams.ubc.ca/student-services/sasc)

Free and confidential services for UBC students, staff, faculty, and those connected to the UBC-Vancouver campus community, including crisis and short-term emotional support.



# Get Advice and Address Problems

**Office of the Ombudsperson for Students** [www.ombudsoffice.ubc.ca](http://www.ombudsoffice.ubc.ca)

Work to ensure that “students are treated fairly and can learn, work, and live in a fair, equitable, and respectful environment”.

**GSS Advocacy Services**

[www.gss.ubc.ca/advocacy](http://www.gss.ubc.ca/advocacy)

Provides confidential assistance to individual graduate students facing difficulties academically or otherwise.

**Graduate Program Staff**

Contact your graduate advisor or graduate program administrator for department-specific questions or challenges.



# Equity & Inclusion Office

[www.equity.ubc.ca](http://www.equity.ubc.ca)

The Equity & Inclusion Office's mission is to advance equity and human rights at UBC by promoting diversity, eliminating discrimination, and engaging the community in dialogue and action. Find resources and take workshops that support employment equity, education, leadership, and proactive initiatives while building resiliency and a respectful environment.



# Safety

## **Campus Security** [www.security.ubc.ca](http://www.security.ubc.ca)

Offers support in the event of theft, maintains a lost and found database, and provides 24/7 security services to promote a safe environment at UBC.

## **Safewalk** [www.ams.ubc.ca/student-services/safewalk](http://www.ams.ubc.ca/student-services/safewalk)

Safewalk is a transportation service that will accompany students, staff, and visitors who feel unsafe walking alone, across campus.

- Call Safewalk at 604-822-5355
- Find a UBC Blue Phone and ask for Safewalk
- Stop by their office in the Nest (1314)
- Safewalk sends a co-ed team to accompany you to your destination



# Attractions at UBC

**Beaty Biodiversity Museum**

[www.beatymuseum.ubc.ca](http://www.beatymuseum.ubc.ca)

**Museum of Anthropology**

[www.moa.ubc.ca](http://www.moa.ubc.ca)

**Pacific Museum of Earth**

[www.pme.ubc.ca](http://www.pme.ubc.ca)

**Irving K. Barber Learning Centre**

[www.ikblc.ubc.ca](http://www.ikblc.ubc.ca)

**Chan Centre for the Performing Arts**

[www.chancentre.com](http://www.chancentre.com)

- Dorothy Somerset Studio Theatre
- Frederic Wood Theatre

**Arts & Culture District**

[www.arts.ubc.ca/artsandculture](http://www.arts.ubc.ca/artsandculture)

**Morris and Helen Belkin Art Gallery**

[www.belkin.ubc.ca](http://www.belkin.ubc.ca)

**Theatre & Film** [www.theatrefilm.ubc.ca/  
events/buy-tickets](http://www.theatrefilm.ubc.ca/events/buy-tickets)



**UBC School of Music**

[www.music.ubc.ca](http://www.music.ubc.ca)

**UBC Botanical Garden**

[www.botanicalgarden.ubc.ca](http://www.botanicalgarden.ubc.ca)

**Nitobe Memorial Garden**

[www.botanicalgarden.ubc.ca/visit/  
nitobe-memorial-garden](http://www.botanicalgarden.ubc.ca/visit/nitobe-memorial-garden)



## Connect and Get Involved

### **UBC Recreation** [www.recreation.ubc.ca](http://www.recreation.ubc.ca)

Provides opportunities to participate in intramural sports and sports clubs. You have access to two gyms, fitness classes, and gear rentals.

### **AMS Campus Life Resource**

[www.ams.ubc.ca/how-we-run](http://www.ams.ubc.ca/how-we-run)

Alma Mater Society (AMS) of UBC offers student services and advocacy ranging from tutoring to resource groups.

### **UBC Events** [www.events.ubc.ca](http://www.events.ubc.ca)

Learn about events happening all around campus.

### **Wednesday Noon Hour Concerts**

[www.music.ubc.ca/wednesday-noon-hours](http://www.music.ubc.ca/wednesday-noon-hours)

Every Wednesday during the school year, UBC Music hosts a noon hour concert.



## **Graduate Student Community**

[www.community.grad.ubc.ca](http://www.community.grad.ubc.ca)

Online discussion board with regular postings to help you get settled into your life as a UBC Vancouver graduate student. Information regarding current career, workshop, and funding opportunities can also be found here.

**Simon K. Y. Lee Global Lounge and Resource Centre** [www.students.ubc.ca/about-student-services/simon-k-y-lee-global-lounge-resource-centre](http://www.students.ubc.ca/about-student-services/simon-k-y-lee-global-lounge-resource-centre)

Get involved with internationally-focused issues and get access to a network of organizations.

## **Student Clubs**

[www.ams.ubc.ca/get-involved/clubs](http://www.ams.ubc.ca/get-involved/clubs)

With over 350 clubs there are plenty of ways to get involved. Can't find something you're interested in? Start a club yourself.



# Finding Your Way on Campus

## Wayfinding at UBC

[www.maps.ubc.ca/PROD/index.php](http://www.maps.ubc.ca/PROD/index.php)

Feeling lost? You aren't alone. This is a great resource to help you find your way around UBC.

## UBC Food Services [www.food.ubc.ca](http://www.food.ubc.ca)

UBC has over 40 places to eat. Learn about all the great options for food, meal plans, and the hours of each location. Use your UBCcard and save.



## Additional Resources

### Graduate and Postdoctoral Studies

[www.grad.ubc.ca](http://www.grad.ubc.ca)

All graduate students at UBC are members of the Faculty of Graduate and Postdoctoral Studies (G+PS). You will find [Graduate Guides](#), the [Handbook of Graduate Supervision](#), the [Graduate Game Plan](#) — a step-by-step guide to your degree — as well as additional resources for career-planning, academic writing, research ethics, scholarships, thesis submission, and more.

### Graduate Student Society [gss.ubc.ca](http://gss.ubc.ca)

The Graduate Student Society provides an independent voice for graduate students at UBC Vancouver. The GSS advocates for you on important student related issues both within the university and at a provincial and federal level. They also advocate for individual students for academic, personal or financial issues; administer a health and dental



plan; support and collaborate with other graduate student organizations; and host career-focused and extracurricular workshops and events.

**Student Services Centre** [students.ubc.ca](https://students.ubc.ca)

Visit the Student Services Centre (SSC) to access information and resources on academic support, tutoring, advising, health and well-being, career building, and recreation. You can also use the SSC to register for courses, pay for tuition, get your study permit in order, explore your housing and transportation options, order transcripts and diplomas, and apply to graduate.

**International Student Development**  
[students.ubc.ca/international-student-guide](https://students.ubc.ca/international-student-guide)

Everything you need to know about life as an international student at UBC can be found through International Student Development, including information



on Canadian study and work permits, health insurance, and adjusting to life in Canada. Check out the comprehensive International Student Guide online or contact an [International Student Advisor](#) (Regulated Canadian Immigration Consultants) in person Monday -Friday, 1:00 pm- 4:00 pm (no appointment necessary) or by email: [isa@students.ubc.ca](mailto:isa@students.ubc.ca)

## **The UBCcard** [ubccard.ubc.ca](http://ubccard.ubc.ca)

The UBCcard is your official student identification card. It grants you access to various UBC buildings, and acts as your library card. You can add money to your card online and then use it to make purchases at the [UBC Bookstore](#) and [Food Services' dining locations](#). If you are using a [U-Pass on your Compass Card](#) for transit, you are required to have the UBCcard on you when on transit. To obtain your UBCcard you MUST apply on-line at [services.ubccard.ubc.ca](http://services.ubccard.ubc.ca).



# FEEDBACK

Give us your feedback to help us improve our graduate student Orientation services. Fill out our evaluation survey and enter to **WIN GRAD SWAG.**

