

## Transitioning Tips For International Students

*Here are some tips that will help you with your transition back to school.*

### **Ask for help!**

That is what we are here for. There are lots of great services available at Seneca to assist you. Don't be afraid to ask!

### **Get involved**

Take advantage of all the great opportunities there are on campus to connect with other students. Join a club, join Student Government, or the REC Council. This is a great way to meet other students and learn!

### **Learn the jargon**

While at Seneca you will be exposed to new vocabulary and terminology. It will be confusing at first. But with time and exposure, you'll become increasingly comfortable with the new terminology.

### **Get your FREE health insurance card**

As an International Student you get FREE health insurance while you are a full-time student - Contact the International Student Service Department for details at 416-491-5050 ext. 2368.

### **Meet other International Students**

There's a lot's going on. Check out the many International Events, Trips and Activities - details will be e-mailed to you on your Seneca account AND you can also check out our international activities and access information at: [www.studyatseneca.ca](http://www.studyatseneca.ca)

### **Get to know your Academic Advisor**

It is important to get to know your Academic Advisor. They can assist you with what your academic needs are for your program.

[john.hill@senecac.on.ca](mailto:john.hill@senecac.on.ca) or call 416-491-5050 ext. 2389

[george.scott@senecac.on.ca](mailto:george.scott@senecac.on.ca) or call 416-491-5050 ext. 2063

*International Business Student Advisor:*

[xiaolei.wu@senecac.on.ca](mailto:xiaolei.wu@senecac.on.ca) or call 416-491-5050 ext 2642

### **Get to know the International Student Services Personnel**

They are there to help you with the transition.

[sergio.vasquez@senecac.on.ca](mailto:sergio.vasquez@senecac.on.ca) or call 416-491-5050 ext. 2367

[stanley.white@senecac.on.ca](mailto:stanley.white@senecac.on.ca) or call 416-491-5050 ext. 2947

[sarah.tan-sese@senecac.on.ca](mailto:sarah.tan-sese@senecac.on.ca) or call 416-491-5050 ext. 2368