**Academic Success** and the **Centre for International Experience (CIE)** are partnering to offer specialized themed discussions for international students on Zoom. The goal of these sessions is to validate students' unique experiences and any unexpected challenges that have come about due to physical distancing, disruptions to travel plans, and broader global shifts, as well as to provide space for collective strategy-sharing to mitigate feelings of confusion and isolation during these times.

While these sessions were designed with international students in mind, U of T students who are located in other parts of the world or navigating similar experiences are also welcome to participate.

Additionally, Academic Success is still offering **themed discussions** and **1-1 learning strategist appointments** for all students.

The April 2020 schedule, CLNx event links, and session descriptions are provided below. All timings are Eastern Daylight Time (EDT).

### April 2020 Schedule
- **Thursday, April 9th**, 5pm – 6pm: Learning in community while you’re at home ([Register on CLNx](#))
- **Monday, April 13th**, 5pm – 6pm: Boosting your confidence to participate in video chats ([Register on CLNx](#))
- **Tuesday, April 14th**, 12pm – 1pm: Learning in community while you’re at home ([Register on CLNx](#))
- **Wednesday, April 15th**, 5pm – 6pm: Structuring your day while managing different time zones ([Register on CLNx](#))
- **Monday, April 20th**, 11am – 12pm: Structuring your day while managing different time zones ([Register on CLNx](#))
- **Wednesday, April 22nd**, 5pm – 6pm: Learning in community while you’re at home ([Register on CLNx](#))
- **Thursday, April 23rd**, 11am – 12:30pm: Strategies to overcome the feeling that your English is not 'good enough' (*for international graduate students*) ([Register on CLNx](#))
- **Thursday, April 23rd**, 3pm – 4pm: Boosting your confidence to participate in video chats ([Register on CLNx](#))
- **Wednesday, April 29th**, 5pm – 6pm: Boosting your confidence to participate in video chats ([Register on CLNx](#))
- **Thursday, April 30th**, 11am – 12:30pm: Strategies to reduce stress, increase motivation and achieve your goals (*for international graduate students*) ([Register on CLNx](#))
- **Thursday, April 30th**, 3pm – 4pm: Structuring your day while managing different time zones ([Register on CLNx](#))

### Session Descriptions

**Boosting your confidence to participate in video chats:** Increasingly, we are being asked to participate and collaborate in real time while on camera and using microphones. In this session, we will share strategies for expressing ourselves through Zoom, Skype, and other videoconferencing platforms. This discussion will be of interest to students who speak English as an additional language, identify as introverts, and/or are new to using these platforms.

**Structuring your day while managing different time zones:** During this time, many U of T students are thinking of family members, friends, and community outside of Canada. How can we maintain a sense of structure throughout our day while also staying in touch with our loved ones who may be in different time zones? We will discuss how to manage interruptions and notifications and additionally brainstorm ways to stay connected asynchronously (i.e. at different times).
Learning in community while you’re at home: Although we are practicing physical distancing, what are some ways that we can still learn (and socialize) in a community? In this session, we will share strategies to mitigate the isolation and loneliness that might come with learning from home. This discussion will be of interest to students who are still in residence, living alone, and/or not able to leave their physical location easily.

Strategies to overcome the feeling that your English is not ‘good enough’(*for international graduate students*): Where do these messages come from and how can we address them? In this session, a learning strategist and two graduate student facilitators will lead breakout discussions with participants to unpack identities, inner thoughts, and external feedback as they relate to speaking in English as an additional language. We will also address how to challenge some of the factors and dynamics that negatively influence our confidence in verbal communication and brainstorm strategies to work around them.

Strategies to reduce stress, increase motivation and achieve your goals(*for international graduate students*): In this themed discussion, we will explore how stress impacts learning and discuss tangible strategies to help you move forward with your work given the challenges presented during the COVID-19 pandemic. We will also touch on how “thinking traps” can lead to self-doubt; strategies to help increase motivation; study habits and time management when working from home; and how to address procrastination and/or perfectionism.

Follow OISE on social media to stay up to date on the latest news