

New student information package 2022

Alberta School of Business

ORIENTATION



**UNIVERSITY
OF ALBERTA**

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TREATY ACKNOWLEDGEMENT

The University of Alberta respectfully acknowledges that we are located on Treaty 6 territory, a traditional gathering place for diverse Indigenous peoples including the Cree, Blackfoot, Métis, Nakota Sioux, Iroquois, Dene, Ojibway/Saulteaux/Anishinaabe, Inuit, and many others whose histories, languages, and cultures continue to influence our vibrant community.

L'Université de l'Alberta reconnaît respectueusement qu'elle est située sur les terres du Traité 6, lieu de rassemblement traditionnel pour de nombreux peuples autochtones dont les Cris, les PiedsNoirs, les Métis, les Sioux des Nakotas, les Iroquois, les Dénés, les Ojibwés/Saulteaux/ Anichinabés, les Inuits et bien d'autres encore, dont les histoires, les langues et les cultures continuent d'influencer notre communauté si vivante.

EQUITY, DIVERSITY & INCLUSIVITY

The Alberta School of Business is committed to supporting and developing students in making contributions to communities – our School community, the business community, and the broader communities in which we live and work. Part of being a positive contributor means being an active participant in the creation of cultures of respect and inclusivity in the School and beyond.

The School is a place that respects and honours the diversity in our community. As business professionals, we play an essential role in society by making decisions that have a positive impact on diverse stakeholders, working with people globally, and bringing together people and ideas.

We are committed to creating an inclusive culture. An inclusive culture is welcoming and respectful to all. We want all members of our School community to feel valued and safe to share their knowledge, worldviews, identities, and experiences. We also extend these principles to the external communities with whom we conduct our research, teaching and service.

We are entrepreneurial thinkers. We encourage our students, as well as faculty and staff, to think in entrepreneurial ways about how to contribute to the development of EDI within the School, and the growth of our School community.

We value each and every one of you, and welcome you warmly to the Alberta School of Business.

BUSINESS UNDERGRADUATE OFFICE

The Business Undergraduate Office is the educational home for all Alberta School of Business students. The UG Office supports student academic success and is launching a new portfolio to support student engagement, outreach, and wellness.

The UG Office is often the first point of contact for any current Business student questions. The team here will either address your question or forward you to the appropriate contact office.

The student services team provides program reviews, academic advising and helps students with registration questions, and can answer questions related to graduation. This is also the office you will contact if you need an exam deferral or if you are experiencing an academic issue.

The main point is, if you have questions about anything and cannot find the answer online, ask the Undergraduate Office! You can reach the UG office by emailing ugradbus@ualberta.ca - be sure to email from your official University of Alberta email account, and include your full name and student ID with your request.

Reminder: Make sure to check your new University of Alberta email account regularly, as all official academic communications will be sent to this account from this point forward.

COURSE REGISTRATION RESOURCES

Keep these resources in mind when you register for courses throughout your degree. Click the links!

Bear Tracks User Guides

Familiarize yourself with these Bear Tracks user guides. The best way to search or browse our 6,500+ course listings are by using Bear Tracks.

Course Catalogue

Looking for a list of all courses offered at the U of A? Courses listings and copies of past syllabi are available through the Course Catalogue.

University of Alberta Calendar

The University of Alberta Calendar contains important information for students regarding Major Dates and Deadlines, Course Registration Deadlines, and Faculty Regulations. For all important dates and deadlines, including the Withdrawal Deadlines and University closures, refer to the Academic Schedule in the U of A Calendar.

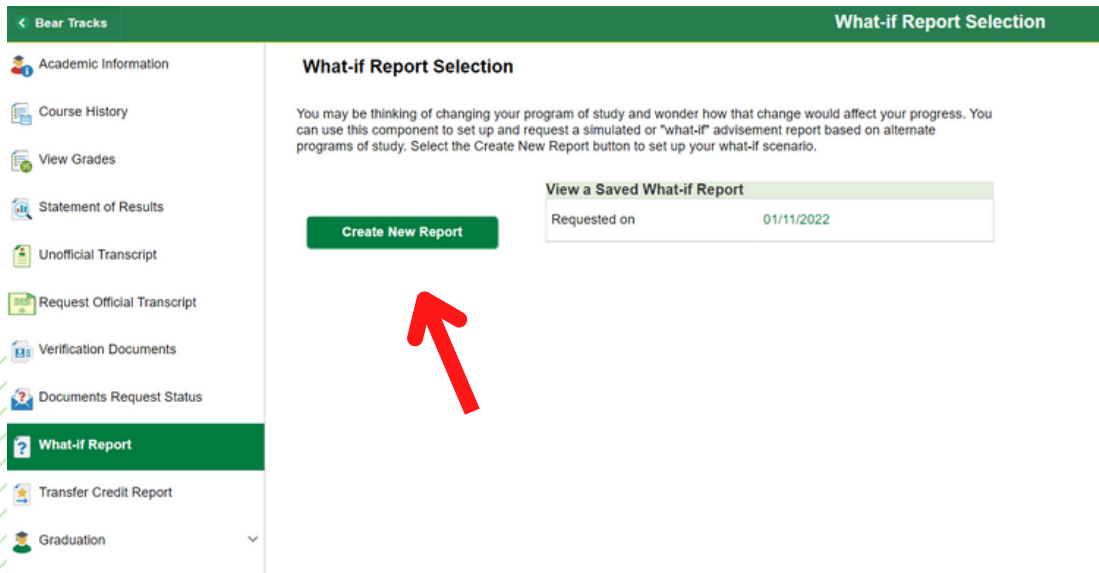
WHAT-IF REPORT

Before you register in courses, the first step is to find out which classes are required for your degree. You can access your degree planning tool through your What-If Report in Bear Tracks.

What-If Reports can be used by new students before they have official access to the Academic Requirements tab in Bear Tracks. What-If Reports generate a Requirements report that can be used as an online degree planning tool. The report will show you where your transfer credits fit within the BCom degree, and what classes you will have remaining to complete your Major and/or Minor.

Step 1: Create a New Report

Login to Bear Tracks and select Academic Records. After, click on What-If Report from the left navigation bar to begin the process.



Bear Tracks What-if Report Selection

- Academic Information
- Course History
- View Grades
- Statement of Results
- Unofficial Transcript
- Request Official Transcript
- Verification Documents
- Documents Request Status
- What-if Report**
- Transfer Credit Report
- Graduation

What-if Report Selection

You may be thinking of changing your program of study and wonder how that change would affect your progress. You can use this component to set up and request a simulated or "what-if" advisement report based on alternate programs of study. Select the Create New Report button to set up your what-if scenario.

[Create New Report](#)

View a Saved What-if Report

Requested on	01/11/2022
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WHAT-IF REPORT

Step 2: Create new Report

First you have to click on 'Create New Report'. If you were admitted to Business in Fall 2022, please choose **Fall 2022** from the drop down menu under 'Catalog Year' every time that you use your What-If Report from this date forward.

What-if Report Selection

What-If Report

Create What-if Scenario

You may be thinking of changing your program of study or taking certain courses. Using this page, you can set up a what-if scenario based on different academic programs or courses. Select the Submit Request button to request a degree progress report based on your what-if information.

[Load Latest Scenario](#) [Return to Report Selection](#)

Career Scenario

Select a career for which you want the change to take place.

Institution	Career	Catalog Year
University of Alberta	Undergraduate	Fall Term 2022



WHAT-IF REPORT

Step 3: Input your Major and/or Minor

Place your major in Row 1 and minor (if you have one declared) in Row 2, leaving Row 3 blank. If you are transferring from another U of A Faculty, Row 1 and 2 will automatically fill with the details of your current program. So that the report shows correctly, replace all rows with the details for the Bachelor of Commerce program

Institution	Career	Catalog Year
University of Alberta	Undergraduate	Fall Term 2022

Program Scenario

The information that appears on the page by default is your current academic information. You can use the fields below to set up a what-if scenario based on one or more programs of study. You can define up to three scenarios.

Academic Program	Area of Study	Concentration
BC-Bachelor of Commerce	Human Resources Mngmt-Maj	None
None	None	None
None	None	None

If you have a minor declared put it in the second row



Step 4: Submit your Request

Click the "Submit Request" button and your Online Degree Planner will load based on the Major and/or Minor you inputted.

Need Help Planning Your Degree?

Student Advisors are available to assist you throughout your degree. To set up a meeting with an advisor, visit the [BCom Current Students](#) page and select [Book an Appointment](#).

MAJORS & MINORS

Students can specialize in one of our many majors and minor in another business area, or in another faculty. Students are encouraged to pursue diversity in their degree program to gain a well-rounded education.

- ▶ Accounting
- ▶ Business Economics & Law
- ▶ Business Studies
- ▶ Business Technology Management
- ▶ Entrepreneurship & Innovation
- ▶ Finance
- ▶ Human Resources Management
- ▶ International Business
- ▶ Marketing
- ▶ Operations Management
- ▶ Strategic, Entrepreneurship, Management

Changing Your Program

You have the opportunity to change your Major and/or Minor three times a year: during the month of September, January, and April.

[The Form is on this Web Page](#)


CERTIFICATES

CERTIFICATES OFFERED BY THE SCHOOL OF BUSINESS

Certificate in Real Estate

The Certificate in Real Estate provides Bachelor of Commerce students the opportunity for a broad based education in real estate economics, finance, law and development preparing them for a range of careers in the real estate industry.

The courses are a mix of theory and practice involving case studies and/or team projects offering students hands-on preparation for their careers.

- 
- ★3 credits in BUEC 454
 - ★9 credits from the following list:
 - A minimum of ★6 from BUEC 455, 457, BLAW 456.
 - A maximum of ★3 of other coursework approved by the Department: HGEO 210, HGEO 240, FIN 413, FIN 418, FIN 422, FIN 434

[More Information Here!](#)

CERTIFICATES

CERTIFICATES OFFERED BY THE SCHOOL OF BUSINESS

Certificate in Innovation and Entrepreneurship

Make an Impact! Innovation and entrepreneurial skills provide the secret sauce that enhances anyone's ability to bring about change in the world. The certificate will enhance your resume and enable you to do your own thing. Our alumni are everywhere and all employers (e.g., in business, government, or the social sector) are looking for more creative, innovative, and entrepreneurial employees. Gain access to professional development, mentoring, and networking opportunities that can kick start your career.

Enhance your degree with ease. The certificate enables you to enhance your innovation and entrepreneurial skills as a supplement to your current degree program. Courses that you are already taking for your major may count towards this certificate.

Practical and Relevant. The certificate embraces experiential learning as a key component, providing an opportunity to develop an integrative project that gets you out of the classroom to identify and develop solutions to important real-world problems. You are encouraged to make your ideas actionable, whether they stem from a previous class or experiences outside the classroom.



- 6 credits - Core Course (3 credits) + Required Course - SEM 331 Integrative Capstone in Innovation and Entrepreneurship (3 credits)"
- 6 credits – Elective Courses

[More Information Here!](#)

[Watch their video!](#)

CERTIFICATES

CERTIFICATES OFFERED BY OTHER FACULTIES/CENTRES

Certificate in Community Engagement and Service-Learning

The Certificate in Community Engagement and Service-Learning allows students to demonstrate that they have significantly integrated community service-learning (CSL) into their postsecondary education. The knowledge and experience students gain through service-learning are relevant and applicable to a wide range of careers, including those in non-governmental organizations (NGOs), the volunteer sector, business and government, and academic institutions. Students enrolled in ANY Undergraduate program at the University of Alberta are eligible for the Certificate, which is received upon graduation and noted in the student transcript.

[More Information Here!](#)

Certificate in International Learning

- Learn how to thrive in culturally diverse and global contexts
- Meet other internationally-minded students
- Stand out to employers and graduate schools
- You may already have completed many of the requirements, so...why not?

[More Information Here!](#)

CERTIFICATES

CERTIFICATES OFFERED BY OTHER FACULTIES/CENTERS

Certificate in Interdisciplinary Leadership Studies

The Certificate in Interdisciplinary Leadership Studies is your opportunity to build the capacity and skills to become a leader, while pursuing an undergraduate degree in your chosen discipline. Leadership is more than just being the smartest person in the room or being in exactly the right place at exactly the right time. Knowing your strengths and recognizing opportunities or responding to a call for action is just some of what good leadership is all about. Learning leadership skills while exploring leadership through an interdisciplinary lens will help you to differentiate yourself as a future leader ready to take on the challenges of the future.

[More Information Here!](#)

Certificate in Sustainability

The Certificate in Sustainability rewards your choice to focus on human and environmental issues that are increasingly important in today's world. Study across disciplines to understand issues such as: climate change, food security, renewable energy, biodiversity and social inequality.

[More Information Here!](#)

FREQUENTLY ASKED QUESTIONS

Can I double major?

No, the School of Business does not offer double majors. You may have one major and one minor declared.

Can I declare a minor outside of Business?

Yes, as long as it fits your program requirements and the minor is open to other faculties.

Do my Spring and Summer courses count towards my GPA calculation?

Yes, all the courses you take throughout your degree count towards your GPA calculation.

Can I take courses at a different post-secondary institution?

No. You can only take courses at a different institution if they are a part of an approved exchange program through the University of Alberta.

What happens if I decide to take a break from school?

You have 8 years from the date of your admission to the BCom program to finish your degree requirements. So long as you are in good academic standing when you leave and do not take courses at another institution or program while you are away you will still have a spot in the BCom program. If you take the Fall term off and have some Winter term registration you will still be considered a continuing student in the program. However, if you take both the Fall and the Winter terms you will be automatically discontinued in the system due to inactivity. If this happens you will have to apply for readmission to the program. For complete details, please [make an appointment to speak with an advisor.](#)

FREQUENTLY ASKED QUESTIONS

What courses do I need for a CPA designation?

As requirements for CPA may change, [please contact CPA](#) directly for the most up-to-date information.

How do I apply for scholarships?

You can apply for scholarships through one [Central application system](#). For more information about business specific scholarships, click [here](#). Applications are open from January 15 - April 1. Tips for completing Your Scholarship Application and other information can be found [here](#).

How do I get a copy of my official transcripts?

Requests for University of Alberta Official Transcripts can be made online through [Bear Tracks](#). Visit this [link](#) to learn how to order official transcripts.

How do I withdraw from a class?

You can withdraw from a class on Bear Tracks before the Add/Drop deadline has passed. Learn more [here](#).

How do I register in a certificate program?

Each certificate follows its own registration process. Please follow the registration instructions found on each certificate's respective website (shared above)

I am in financial need, how do I get funding support?

You can visit the page [Student Loans](#) page to find out more. If you need emergency funding there is information [here](#).

SUPPORT SERVICES

Dean of Students Portfolio

The Dean of Student Portfolio is a hub that shows resources for the Academic Success Centre, Augustana Student and Residence Services, the Career Centre, Counselling and Clinical Services, First People's House, Office of the Student Ombuds, Residence Life, Sexual Assault Centre, Student Conduct and Accountability, University Research Initiative, University Health Centre, Wellness Supports, and Women in Scholarship, Engineering, Science, & Technology.

Academic Success Centre

The Academic Success Centre provides professional support to help students strengthen their academic skills and achieve their academic goals - and want all students to succeed at university! The Academic Success Centre offers a range of workshops designed to strengthen and enhance academic skills.

The Academic Success Centre also offers Academic Accommodations for individuals with documented disabilities.

Centre for Writers

The Centre for Writers offers free, one-on-one writing support to all students, instructors, staff, and alumni at the U of A - in any subject, discipline, program, or faculty, and at all levels of study and with any type of assignment (research papers, reports, theses, reflections, creative writing, grant proposals, résumés, presentations, articles, etc.). The Centre for Writers also offers free one-hour workshops throughout the year to help improve your writing skills.

First Peoples' House

The First Peoples' House provides an environment of empowerment for First Nations, Métis, and Inuit (FNMI) learners to achieve personal and academic growth. First Peoples' House offers events and programs, as well as academic and cultural support to students.

International Student Services

Speak to an International Student Advisor about study permits, visas, health insurance, work in Canada, and more.

CAREERS AND WORK INTEGRATED LEARNING

Careers and Work Integrated Learning (CWIL) is the vital link between the business community and the Alberta School of Business in providing employability skills development and job opportunities for all students within the faculty. We provide you with valuable career counselling, job search success through career development services, and connect you with employers seeking skilled workers well prepared to contribute to their organization.

We focus on providing our students the tools for successful career self-management enabling the developing the employability skills necessary to help you achieve your career goals.

In addition, CWIL offers a Cooperative Education program allowing students the option of combining learning in the classroom with learning on the job.

Meet the Team

Our CWIL Team brings a wealth of knowledge, experience and enthusiasm in coaching students to achieve their career goals or helping employers succeed with their campus recruiting. The CWIL's Team's combined 80+ years of career development experience has been almost exclusively focused on supporting Business students and new grads reach their goals. This, combined with expert Recruitment and Employer Engagement support, ensures that you receive the specialized support you need to define and meet your goals.

Call us at 780-492-2166 or email bizcareers@ualberta.ca to connect with the CWIL Team or come by our office in the Business Building, BUS 2-21.

CAREERS AND WORK INTEGRATED LEARNING

Succeed by Starting Early

Don't wait until your final term to take advantage of our services. While job opportunities are listed all year round, there are cycles to recruitment. Some employers will come to campus only once per calendar year. Career development events and employer information sessions are also held at certain times of the year. By working with CWIL right away, you ensure that you won't miss out on job postings or events that are important to your career planning.

From your first term in the School of Business you can start participating in your career development by:

- Registering online with [CareerConnect](#) to view job postings and access career development and employment related support.
- Booking an appointment for one-on-one advising to discuss your career goals and develop the employability skills necessary to help you achieve your goals.
- Developing essential skills through preparing resumes and cover letters and having them critiqued and participating in practice and mock interviews.
- Joining a student club and volunteering in the community to improve your qualifications.
- Participating in the Cooperative Education program to gain meaningful work experience.
- Attending career development events and employer information sessions.
- Connecting with a mentor to help you explore career options and gain guidance.

CAREERS AND WORK INTEGRATED LEARNING

Career Resources

- Access job postings: Organizations that are looking for business students contact our office throughout the year with career opportunities including: part-time, full time, co-op, summer, permanent, contract and volunteer positions.
- Access job search and career development resources: CWIL offers online resources and self-directed learning content to aid you in developing the employability skills necessary to help you achieve your goals and transition into the workforce.
- Book an appointment: We offer more than informative online support. Book an appointment with the experienced staff and let us help you examine your options and plan a path to success. Meet with a Career Coordinator to discuss topics such as: Career Planning, Cover letter & Resumes, Designations, Interview Preparation, and Job Offers.
- Engage with interview skills development: Students are able to develop strong interview skills in a pressure-free, interactive environment. Practice provides the experience to be effective in an interview and reduce stress before an actual job interview occurs.
- Apply to Co-op: Cooperative Education is an optional program for students admitted to the University of Alberta, Bachelor of Commerce Program. Cooperative Education combines learning in the classroom with learning on the job. Find out more below!

CAREERS AND WORK INTEGRATED LEARNING

Cooperative Education Program

Students put their academic knowledge into action through periods of relevant full-time work experience lasting 4 or 8 months. Students must complete a total of 12 months of work experience in addition to all the Bachelor of Commerce Degree course work in order to receive their Co-op designation.

Did you know?

The most successful students are engaged in more than just their classes. Developing skills in the workplace while pursuing your business degree is a key to success for your future.



CAREERS AND WORK INTEGRATED LEARNING

Cooperative Education Program

Benefits of Co-op

- ***Know that your career path is right for you*** - Co-op is a way for students to “test drive” their career. By combining learning in the classroom with learning on the job, students put their academic knowledge into action, and gain first hand experience in their field.
- ***Gain real world experience and build your network*** - Students alternate periods of study with periods of work, and gain a total of 12 months of business related work experience.
- ***Ongoing support*** – Through each job search and work term, the Co-op program provides students with 1 on 1 personalized career advising through their Co-op Coordinator. While at the workplace the student is also paired with a workplace mentor who helps the student to transition to the workplace, accomplish their learning objectives and gain employability skills.

How to Apply

Click [here](#) to learn more about how to Apply to Co-op.

STUDENT ORGANIZATIONS

Looking for an edge? Join a club.

Whether you're looking for leadership opportunities, wanting to develop your network, hone your presentation skills, support a community cause or just hang out with fellow students, student clubs are very much part of the fabric of campus life.

The Alberta School of Business is home to many unique student organizations. To learn how you can get involved, visit our [website](#).



BUSINESS STUDENTS' ASSOCIATION (BSA)



The Business Students' Association, also known as the BSA, strives to create an inclusive and engaging environment for undergraduate business students while advocating for student resources and opportunities. The BSA prepares all members for the utmost success upon graduation from the Alberta School of Business. Established in 1966, the BSA is the Faculty Association for the Alberta School of Business.

The BSA represents 2,000+ undergraduate Bachelor of Commerce students to the Students' Union, fellow business schools, and the corporate community. The BSA believes that much of the BCom experience lies beyond the classroom so they are here to enrich the university experience for all undergraduate business students.

BUSINESS STUDENTS' ASSOCIATION

The BSA hosts a number of different events throughout the year. Below are some exciting upcoming events:

- Ignite (first-year business retreat)
- Clubs Fair
- Business Gala
- 5 Days for the Homeless
- Equity, Diversity, and Inclusion Case Competition
- Cure for the Mondays
- Case Competition Workshops
- AICC (Alberta Internal Case Competition)



Services

In addition to providing great events, the BSA has many services to help you, including:

- Locker Rentals
- SAF Conference Funding
- School Supply Rentals
- Business Merch

BSA COHORT REP

Apply to be a Cohort Representative!

Each year the BSA looks for students chosen to represent their respective cohort. There are Cohort Representatives for each of the 9 respective cohort as well as Cohort X. Cohort X represents those who are direct entry and non-cohort post secondary transfer student. Cohort Representatives are a part of the Internal Portfolio and strive to engage with and inform fellow first year business students of the meaningful experiences beyond the classroom. They organize two social and wellness events, and help with opening and closing ceremonies. Additionally, they are responsible for organizing cohort bonding with their respective cohorts.



Info Session: September 7th from 7:00-8:00 PM

Applications Open: September 7th at 9:00 PM

Applications Close: September 17th at 11:59 PM

PRIME

ABOUT THE PROGRAM

The student-run investment program, the Program for Research and Investment Management Excellence (PRIME) manages a fund worth over C\$1,700,000, focusing on the Canadian equity market. PRIME believes in the fundamental principle of proprietary investment management. Accordingly, PRIME was established to provide University of Alberta School of Business students with investment experience in an institutional setting. The program is a high quality practicum that combines traditional academic objectives with that of hands-on investment analysis and portfolio management.



[More Information Here](#)

CASE COMPETITIONS



Participation in business competitions is a great way to:

Challenge yourself

Apply classroom knowledge

Help your resume stand out from others

Compete against others in a fun environment

Travel the world

[Click here to learn more here!](#)

A case competition is a student engagement activity where a team comprised of two to four students receive a case study for a limited period of time. During this limited time, teams work together to identify the most pressing issue facing the organization and recommend a strategy to address the issue. Successful strategies require attention to detail, creativeness and business acumen when presenting the recommendation to a panel of industry and/or academic judges. The benefits for students in participating in case competitions are the ability to apply classroom knowledge, opportunity to meet other students and potentially, the ability to travel to represent the Alberta School of Business at local, national and international competitions.



EXCHANGE OPPORTUNITIES

These programs will allow you to live and study abroad while adding an important dimension to your degree. Study abroad for a summer, semester, or full academic year while earning credit and paying U of A tuition.



There are two routes for going on exchange, click on the links below to learn more:

▶ [1. School of Business International Exchange Program](#)

▶ [2. The University of Alberta Education Abroad Program](#)



SCHOOL OF BUSINESS CONSULTING GROUP

The School of Business Consulting Group is a student-focused initiative that provides students with career development and experiential learning. The consulting group gives students the opportunity to gain practical skills and find creative solutions to real-world business problems while touching on various consultancy fields to encompass students of all disciplines.

Digital Economy Program

The most recent project our students have been tasked with is the Digital Economy Program. This program provides small businesses in the Edmonton Capital Region with 1-on-1 support for all of their digital needs. To date, we have worked with over 1,500 businesses, with over 10,000 hours of service.



Some Past Projects: Making Edmonton Digital, Get Digital, Your Digital Community, Edmonton Children's Imaginarium, and more!

To learn more about the School of Business Consulting Group visit our [website](#). We're always adding to our team, so stay tuned for application information for the Winter 2023 semester.

HEALTH & WELLNESS

Campus Resources

Check out the [Alberta School of Business Health & Wellness page](#) for upcoming events, and helpful tips for maintaining a healthy balance between your studies and mental health and well being. Read below to learn more about other wellness supports on campus.

Community Helpers Program

The Community Helpers program provides practical skills that you can use in your day-to-day life to help the student community. The goal is to build on your natural helping ability by providing you with the skills and knowledge necessary to support your peers' mental health and well-being.

Counselling & Clinical Services

Counselling & Clinical Services aims to provide accessible and compassionate psychological and psychiatric services to U of A students. Using a short-term therapy model, they help students improve their personal, social, and academic well-being.

WellTrack

WellTrack is a free online self-help program for all University of Alberta students who want to learn more about coping with stress, anxiety and depression.

Full List of Campus Resources

Visit this [link](#) for a list of all Health and Wellness Supports available on campus.

HEALTH & WELLNESS

Self-Care

When you start to feel stressed or anxious, try implementing some of these self-care techniques into your day.

1.

Acknowledge how you are feeling.

Do not disregard how you are feeling and push it aside. When you feel overwhelmed with student life, it can be challenging to stop and take the time to assess how you feel and whether you need time to take care of yourself.

2.

Do something you love.

Take a bath, practice yoga, ride your bike, watch a movie with friends, read a novel for pleasure, or enjoy your favorite snack. Make a list of all the things that you like to do and take the time to indulge in doing something you love.

3.

Practice clearing your mind.

It can be easy to let negative self-care take over your inner dialogue when you are overwhelmed with school work, have received a bad grade, or are behind on assignments. Take the time to clear your mind from this harmful way of thinking and begin re-introducing positive thoughts.

HEALTH & WELLNESS

Self-Care

4. Talk to someone.

When you are feeling overwhelmed, whether in school or in your personal life, reach out and talk to a friend or family member and allow them to help you. If you do not feel as though you have a support network you can turn to, reach out to a service on campus. The U of A offers a range of supports for students dedicated to ensuring the well-being of each student; find one that works best for you.

5. Speak to a professional.

If you feel as though you need to speak directly to a clinical professional, the Counselling & Clinical Services Centre offers accessible and compassionate psychological and psychiatric services to U of A students.

6. Go outside.

If you are feeling stressed or overwhelmed, find the time to go for a walk or run outside. There is a strong connection between spending time in nature and reduced negative emotions such as anxiety, depression, insomnia and indigestion.

HEALTH & WELLNESS

Self-Care

7. Know when to stop.

While "pulling all-nighters" is a popular phrase among university students, however this severe lack of sleep actually hinders a student's ability to excel academically. Students function more successfully with 7-9 hours of sleep per night.

8. Manage your time effectively.

What time of the day do you complete your work the most recently? Try to organize your day so that you complete your most difficult assignments during this time of the day in order to work more efficiently. Then focus on completing your easier assignments during a time of day when you are less motivated.

9. Practice Mindfulness.

Take time to journal and reflect on your day. Think of 3 things that you are grateful for at the end of each day.

10. Eat well-balanced meals.

Fuel your mind and body with nutritious meals and snacks. Talk to someone.

HEALTH & WELLNESS

Apps & Interactive Resources

Self-Care

Happify

How you feel matters! Whether you are feeling sad, anxious or stressed, Happify brings you effective tools and programs to help you take control of your feelings and thoughts.

Mindshift

This app employs scientifically proven strategies for help learning to relax, be mindful, develop more effective ways of thinking and use active steps to take charge of their emotions.

Headspace

A personal meditation guide, right in your pocket.

Welltrack

A free online self-help program for all University of Alberta students who want to learn more about coping with stress, anxiety and depression.

Note: These apps are not official U of A resources, but are shared to provide ideas of the type of resources that are available externally to students

HEALTH & WELLNESS

Study Tips

Worried about studying or your upcoming exams? Here is a list of tips & tricks you can use to study more effectively.

Schedule study breaks.

Try working for 25 minutes, then taking a 5 minute break. Every 2 hours, take a longer break to recharge.

Find your ideal space.

Find a space to study that best meets your needs. Consider if there is enough light, that the noise level is low, and that there is an outlet nearby for a laptop cord. The U of A library website has a Study Area Directory & Noise Zones webpage where you can view different study spots and determine whether they are Silent Zones, Quiet Zones or Collaborative Zones.

Avoid time-wasting distractions.

If studying with your friends is distracting, find polite ways to decline their invitations and study solo. Everyone knows how distracting social media can be, so turn your phone off or put it on silent.

Utilize U of A resources.

The U of A offers a range of academic supports for students on campus. From the Centre for Writers to student-led support in mathematics and statistics, U of A students have a range of academic support available to them on campus. If you are struggling in a certain subject, visit the Academic Support website to find help.

HEALTH & WELLNESS

Apps & Interactive Resources

Studying

iStudiez Pro Legend

iStudiez is one of the most impressive scheduling apps to help you study more effectively. The app allows you to track your day-to-day study timetable, as well as exams, homework assignments, and grades. Update it with your latest assignment deadlines and you will never be late handing in an important assignment ever again. The app will alert you in good time for each item, and can even be integrated with a Google Calendar.

Notion

Notion is a single space where you can think, write, and plan. Capture thoughts, manage projects, or even run an entire company – and do it exactly the way you want.

Dragon Anywhere

Type with your voice using this dictation app. Whether you're recording your own notes or setting it down to record your latest lecture, Dragon Anywhere saves the information as both an audio file and a text document, which you can also edit through various voice commands.

StayFocused

A Google Chrome extension that increases your productivity by limiting the amount of time that you can spend on time-wasting websites. You can set the dates and times that websites are blocked during the day.

WolfranAlpha

Wolfram Alpha is a calculation app for anyone whose course involves formulas and computation. Simply type in a math problem, a question, or a formula and let the app give you the answer. Wolfram Alpha will also provide you with the steps it took to get there. This allows you to maximize your learning as you go back through the problem.

Note: These apps are not official U of A resources, but are shared to provide ideas of the type of resources that are available externally to students

HEALTH & WELLNESS

Staying Healthy

Read these tips for staying healthy, such as eating well, exercising and avoiding the flu while living on campus.

Find fun in fitness.

The U of A has an on-campus sport and fitness centre for all students called the Van Vliet Complex. If you do not enjoy simply going to the gym or running on a treadmill, this facility includes a pool, skating arena, rock climbing centre as well as a weight training facility and a running track. This facility is a great opportunity to explore different activities for staying healthy on campus. Entrance into the facilities is also free for all current students.

Take a class.

U of A Campus & Community Recreation offers a selection of free fitness classes including TRX, pilates, yoga, kick-boxing, zumba and many more. If you enjoy a fun community atmosphere to stay active consider signing up for one of these classes.

Join an intramural sports team.

The U of A has both competitive and recreational intramural teams in sports such as ball hockey, basketball, soccer, cricket, ultimate frisbee etc. Joining a team is a great opportunity to meet other U of A students, practice a new skill as well as stay fit.

Get outside.

Did you know that Edmonton has the greatest amount of inner city green space in North America? Take advantage of this incredible river valley and go for a walk, run or bike around the river valley on one of the many public trails near the University.

HEALTH & WELLNESS

Staying Healthy

Read these tips for staying healthy, such as eating well, exercising and avoiding the flu while living on campus.

Take advantage of Safewalk.

Staying safe is a major component to health. Safewalk is a program run through the U of A Student Union. This program provides a safe and reliable alternative to walking alone at night. This program will provide you with two volunteers to escort you around the campus or local community at night, or after dark.

Explore ways to eat healthy.

Eating a healthy diet can help boost your immune system, help maintain a healthy weight and can improve your overall health. Sometimes it may seem difficult to eat healthy in University when your meal choices consist of residence hall dining or fast food but there are easy ways to make adjustments to healthy eating!

Visit the Farmers Market.

The Strathcona Farmers Market as well as the U of A Farmers Market are both within walking distance of campus for students. These markets are a great source of fresh produce, poultry, baking and locally made goods. Spending time walking around the markets can make for a mentally and physically relaxing outing in the city.

Consult with a Doctor.

The U of A has a walk-in clinic accessible to students if you are feeling ill or have a minor injury. This clinic offers a choice between male or female doctors for routine medical examinations.

HEALTH & WELLNESS

Apps & Interactive Resources

Staying Healthy

NIKE+ Training Club

This personal trainer app lets you choose from over 100 workouts with a step-by-step guide.

Pocket Yoga

Practice yoga anytime, anywhere with this easy to use yoga app. Choose your level of difficulty and customize your own yoga flow.

SWEAT App

Choose the trainer and training style that fits you and your lifestyle. Whether you take your first step with yoga, weight-training, power lifting or high intensity interval workouts, find a fit that works for you. Includes 28 minute dorm room approved workouts!

Recipe Keeper

This app stores all the recipes you need for quick, healthy and low budget meals in one place. This app also includes a grocery list for each recipe to make grocery shopping quick and effective.

Fitness Blender

Improve your body, health and mindset with these customized workout programs and meal ideas that will guide and encourage you every step of the way. The Fitness Blender programs offer free online workout videos, healthy recipes, and affordable workout plans for creating sustainable fitness results.

Note: These apps are not official U of A resources, but are shared to provide ideas of the type of resources that are available externally to students

HEALTH & WELLNESS

Sleep

Averaging 7-9 hours of sleep per night helps to reduce stress, improve memory, and increase productivity.

Reduce irregular or long daytime naps.

Sleeping during the day can affect your internal clock and result in difficulty falling asleep at night. Try to avoid taking long naps during the day.

Switch to herbal tea.

Consuming coffee too late in the day can stimulate your nervous system and stops your body from naturally relaxing at night. Caffeine can stay elevated in your blood for 6-8 hours. As such, drinking large amounts of coffee after 3-4 PM is not recommended for a good night's sleep.

Sleep and wake at consistent times.

Being consistent with the time that you are falling asleep and waking up can assist your body's circadian rhythm in creating a pattern. This sleep pattern can assist you with sleeping more deeply as well as falling asleep more easily.

Reduce Blue Light exposure.

Blue light exposure closer to the time you go to bed can affect your body's natural circadian rhythm as it believes it is still daytime. This reduces hormones such as melatonin, which helps you relax into a deep sleep. Electronics such as phones, and computers emit large amounts of blue light. To reduce this exposure, turn your phone or laptop off 30 minutes before getting into bed

HEALTH & WELLNESS

Apps & Interactive Resources

Sleep

F.lux

This tool is designed to match the amount of light projected by the screen to the time of day it is for the viewer. The app determines when the sun is scheduled to set and adjusts your screen to a warmer hue that minimizes blue light.

Sleepio

This program aims to help users fall asleep faster, and sleep more deeply with fewer interruptions to their sleep cycles.

Bedtime App

Use Bedtime to track your sleep on your iPhone. Set the amount of time that you want to sleep each night, and the Clock app can remind you to go to bed and sound an alarm to wake you up.

Relax Melodies

Choose sounds and melodies to customize and mix in order to lull yourself to sleep. In addition, this app offers guided exercises with a pillow to help you enjoy a deeper sleep, reduce stress and find relief from anxiety.

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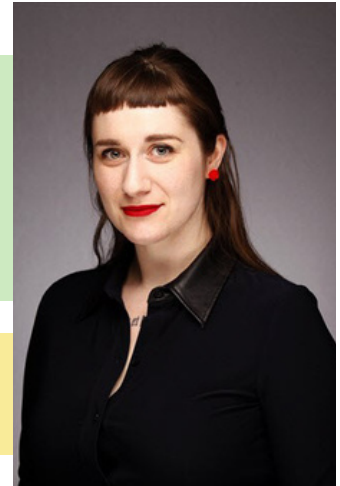
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