
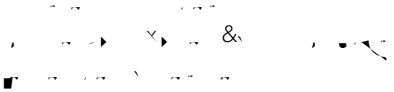
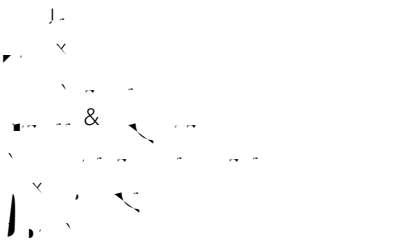




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# TERRITORIAL ACKNOWLEDGMENT



Camosun College respectfully acknowledges that our campuses are situated on the territories of the L'k'w'akw'w' (Songhees and Kosapsum) and WSÁNE peoples. We honour their knowledge and welcome to all students who seek education here.







# CAMOSUN INTERNATIONAL OFFICES

▶ [Cambridge](#) ▶ [London](#) ▶ [New York](#) ▶ [Paris](#) ▶ [Rome](#) ▶ [Tokyo](#) ▶ [Wuhan](#)





# ACADEMIC RULES & REGULATIONS

# COUNSELLING SUPPORT

▼ **What is counselling?**  
▼ **What are the benefits of counselling?**  
▼ **What are the different types of counselling?**  
▼ **How can I find a counsellor?**  
▼ **What should I expect from a counselling session?**  
▼ **What are the costs of counselling?**  
▼ **What are the risks of counselling?**  
▼ **What are the signs and symptoms of mental health problems?**  
▼ **What are the causes of mental health problems?**  
▼ **What are the treatments for mental health problems?**  
▼ **What are the different types of mental health problems?**  
▼ **What are the different types of mental health professionals?**  
▼ **What are the different types of mental health services?**  
▼ **What are the different types of mental health organizations?**  
▼ **What are the different types of mental health research?**  
▼ **What are the different types of mental health education?**  
▼ **What are the different types of mental health training?**  
▼ **What are the different types of mental health practice?**

## Why see a counsellor?

▼ **What are the reasons for seeing a counsellor?**  
▼ **What are the benefits of seeing a counsellor?**  
▼ **What are the different types of counselling?**  
▼ **How can I find a counsellor?**  
▼ **What should I expect from a counselling session?**  
▼ **What are the costs of counselling?**  
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▼ **What are the different types of mental health education?**  
▼ **What are the different types of mental health training?**  
▼ **What are the different types of mental health practice?**

## BOOKSTORE

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## HELP CENTRES

## ENGLISH HELP CENTRES

LANSDOWNE: Ewing 202

INTERURBAN: CBA 160

[URL: \*camosun.ca/services/help-centres\*](https://camosun.ca/services/help-centres)

## FITNESS & RECREATION



LANSDOWNE: Young Building 112, 114, 116

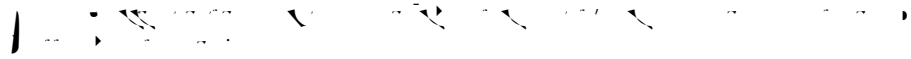
INTERURBAN: Liz Ashton Campus Centre 109, 110, 116

Check the website for hours.

[URL: \*camosun.ca/sports/fitness-recreation\*](https://camosun.ca/sports/fitness-recreation)



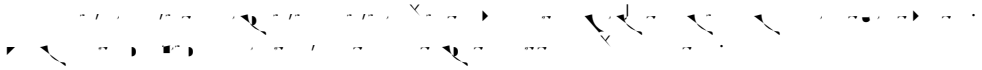
## CAFETERIAS AND RESTAURANTS



**URL: [camosun.ca/services/cafeteria](https://camosun.ca/services/cafeteria)**

### Lansdowne

#### *Campus Café*



## QUIET SPACES



## CAMOSUN COLLEGE STUDENT SOCIETY (CCSS)

The Camosun College Student Society (CCSS) is a student-led organization that provides a variety of services and programs for students. These include social events, academic support, and advocacy. The CCSS is committed to creating a supportive and inclusive community for all students.

**URL:** [camosunstudent.org](http://camosunstudent.org)

## CLUBS

There are many clubs and organizations at Camosun College, providing students with opportunities to pursue their interests and develop new skills. These clubs range from sports teams to cultural organizations and student unions.

**URL:** [camosunstudent.org/clubs](http://camosunstudent.org/clubs)

## SEXUAL HEALTH CLINIC

The Sexual Health Clinic provides confidential and professional services for students. These services include STI testing, contraception counseling, and emergency contraception. The clinic is staffed by healthcare professionals and is open to all students.

**LANSDOWNE:** Richmond House, third floor. Hours: Thursdays, 11:00am – 2:30pm

**URL:** [camosunstudent.org/services/sexual-health-clinic](http://camosunstudent.org/services/sexual-health-clinic)

# TRANSPORTATION

BC TRANSIT 

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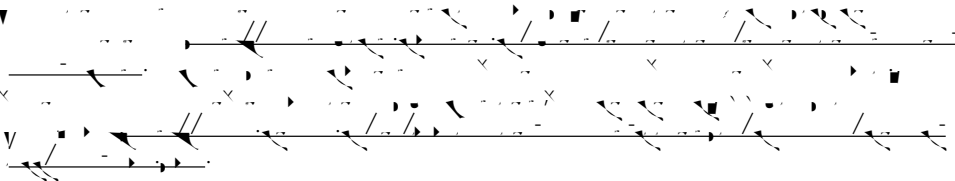
## YOUR IMMIGRATION DOCUMENTS

Let's go back to the beginning of the process. You start with a visa application, which is processed by the Department of Homeland Security. Once approved, you receive your visa. Then, you travel to the United States and go through customs and immigration. Once you are in the country, you will receive your immigration documents, including your Permanent Resident Card (Green Card) and your Social Security Number (SSN). These documents are essential for your life in the United States.

## EXTENDING YOUR STUDY PERMIT

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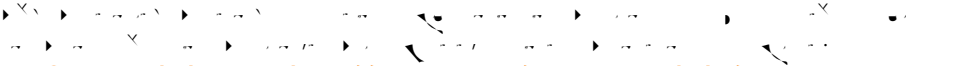


<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada.html>

## ONLINE SERVICES

myCamosun

Your online student services portal

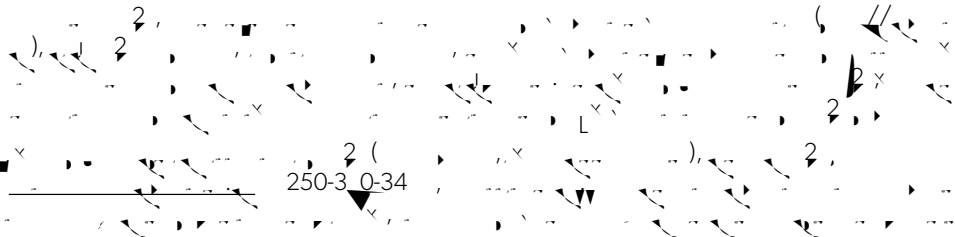
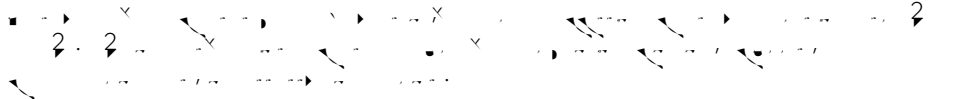


myCamosun help page: <http://camosun.ca/mycamosun-help/>

myCamosun Open house: <https://www.youtube.com/watch?v=Y1XgkYZEVQY>

## D2L

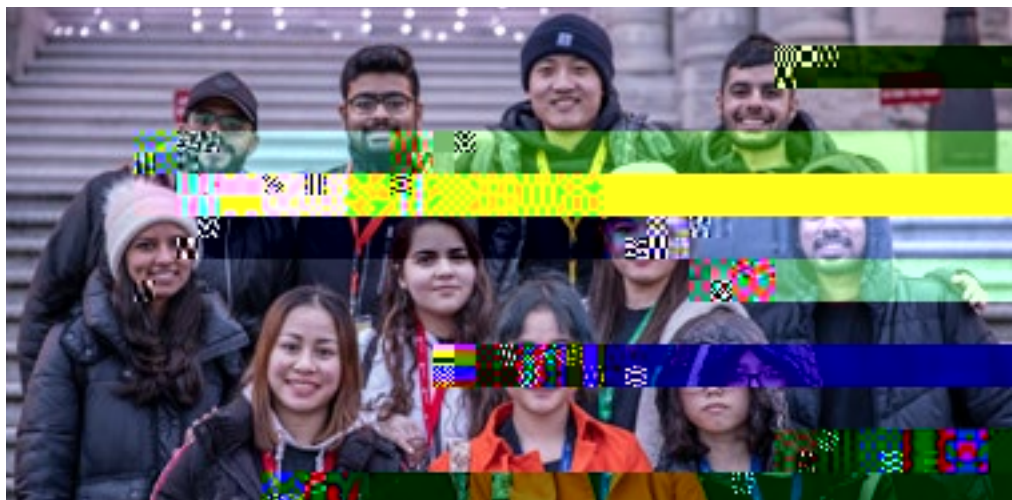
What is D2L? (Desire2Learn)



250-300-34

# LIFE IN CANADA

## HOUSING





## MONEY & BANKING

1. Money is used to buy goods and services.   
 2. Money is used to pay for things.   
 3. Money is used to save for things.   
 4. Money is used to invest in things.   
 5. Money is used to pay taxes.   
 6. Money is used to pay for education.   
 7. Money is used to pay for healthcare.   
 8. Money is used to pay for housing.   
 9. Money is used to pay for transportation.   
 10. Money is used to pay for food.

- Money is used to buy goods and services.   
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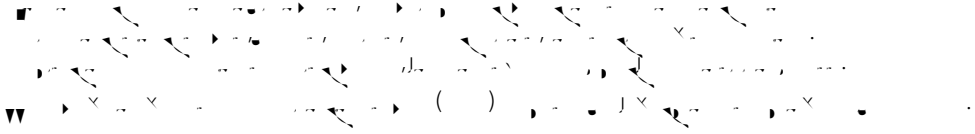
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 7. Money is used to pay for healthcare.   
 8. Money is used to pay for housing.   
 9. Money is used to pay for transportation.   
 10. Money is used to pay for food.

## CELL PHONES & INTERNET

1. Cell phones are used to communicate.   
 2. Cell phones are used to send text messages.   
 3. Cell phones are used to take photos.   
 4. Cell phones are used to play games.   
 5. Cell phones are used to watch videos.   
 6. Cell phones are used to listen to music.   
 7. Cell phones are used to check the internet.   
 8. Cell phones are used to make calls.   
 9. Cell phones are used to track location.   
 10. Cell phones are used to pay for things.

- Cell phones are used to communicate.   
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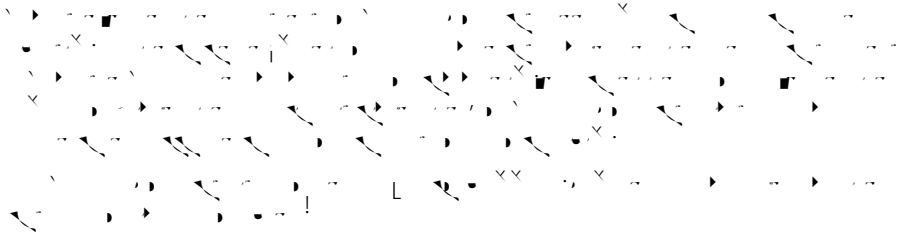
# CULTURAL DIFFERENCES AND TRANSITION CHALLENGES



## The 5rs of Culture Change



# CULTURAL SHOWCASE



**URL: [https://www.youtube.com/watch?v=vTIB\\_eDe3K8](https://www.youtube.com/watch?v=vTIB_eDe3K8)**







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#Camosunstories