



HSA November Newsletter

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OSMA Alumni Networking Night

When: November 22, 2022 @ 5:30 PM - 9:30 PM

Where: BMO Forum Scurfield Hall

The Operations and Supply Chain Management Association (OSMA) is holding a networking night where students can meet U of C Alumni now working in the field.

This will be an amazing chance to meet new people and expand your network. For more information and to register for the event, use the link provided below.

<https://www.ucalgary-osma.com/>



Consulting Night

Where: November 23, 2022 @ 5:30 PM - 8:00 PM

The University of Calgary Consulting Association (UCCA) is back with its biggest event of the year, Consulting Night! Don't miss out on the opportunity to network with the following firms: McKinsey, BCG, Deloitte, KPMG, RSM, and, EY! The event will have speakers from our partner firms followed by networking.

Spots are limited, so make sure to register as soon as possible! Open to University of Calgary students from all faculties and years

<https://docs.google.com/forms/d/e/1FAIpQLSfVYD5yl0s1dp0ayOvZDPkXzhNSY0ewpzseZHziIIAHPEAC-Q/viewform>



Diversity of Marketing Workshop

When: November 23rd, 2022, @ 6:00 PM - 7:30 PM

Where: Scurfield Hall, SH 310

Learn from Critical Mass, one of Canada's top marketing agencies, as they guide students through a case on how the different and diverse areas of marketing work together.

The event will begin with a presentation and workshop and include a Q/A session to ask marketing-related questions that will help students learn how to prepare for a career in marketing. This event will also give students the opportunity to network with industry professionals

Register with the link below!

<https://www.eventbrite.ca/e/diversity-of-marketing-tickets-466591005257>

Intro to Consulting Program

1st session: November 26, 2022 @ 10AM - 12PM

Where: Active Learning Classroom SH

University of Calgary Consulting Association (UCCA) is launching an Intro to Consulting Program in collaboration with Accenture! Four sessions will be held in the Fall 2022 semester

- Learn the basis of consulting
- What the day in the life of a consultant looks like
- How to network and how to prepare for the recruitment process

The program will end with an internal case competition developed by UCCA & Accenture, To register send an email to resources@ucalgaryconsulting.ca

Career Symposium with the Westman Centre of Real Estate Studies

When: November 29, 2022 @ 2:00 PM - 4:00 PM

Where: Mathison Hall

Meet with companies from a variety of different real estate sectors and learn more about internships and co-op program opportunities.

Networking Event

When: November 29, 2022 @ 4:30 PM - 6:00 PM

Where: Mathison Hall

The career symposium will be followed by a networking event which is exclusively for BComm, MBA, Masters of Management students, and members of the Real Estate Student Association (RESA). Sign up below.

https://go.ucalgary.ca/2022-11-29CareerSymposium_LPRegistration.html

Graduation Photos

Did you miss a chance to book grad photos in November? You can book a session for the upcoming new year.

Book grad photos with Artona's pop-up studio on campus. A \$60 deposit and a \$15 sitting fee are required. The session will take around 20 minutes to complete and you will take at least 16 different poses. Learn more and book your session using the link below.

<https://www.artona.com/>



Study Tips

Final exam season is coming up and here are a few tips to get you through the month!

1. Create a Schedule

Keeping a calendar or agenda with all the important deadlines will help you stay on track and can make the work seem less overwhelming since you can prioritize and complete tasks in order.

2. Study in Intervals

Attempting to sit down for multiple hours and solely study will likely cause you to get distracted and start procrastinating. Set down a certain amount of time for studying then take a break!

3. Reach out for help

If you're really struggling with grasping a concept reach out to a professor, TA, or even a classmate.

Wellness Center

At times, university can be extremely stressful. Classes, exams and assignments are overwhelming and tiring. If you need extra support there are a large array of programs you can access as a student at the University of Calgary.

The Student Wellness Services provides a variety of services such as

- Workshops
- Mental health services
- Medical services
- Peer support

For more information use the link below!

<https://www.ucalgary.ca/wellness-services>