The Haskayne Resource Map

The Academic team at the Haskayne Students' Association would love to present the *Haskayne Resource Map* as a master guide to help you during this challenging year. We have compiled a comprehensive list of the resources, opportunities, and tips for Haskayne students, and illustrated them in this handy guide. Each topic contains a general overview of what resources are available, as well as multiple links to the various departments and organizations that can provide detailed information if you are interested.

We are maintaining this resource based on the concern that while there are many resources available to help students, there lacked a central database that contained all the information in one place—which meant that many students missed out on the opportunities and information they needed. Especially now, students have even less access to information from word-of-mouth sources and physical advertising in Scurfield Hall. We are here to bridge that gap and help you find the information you need in a timely and easy manner.

The Haskayne Resource Map is written for-students-by-students—if you have any information/personal tips you would like to share with others, any suggestions for the accuracy of our articles, or even a topic you would like to learn more about, please fill out this Google form: https://forms.gle/wJNoJNTaEjChuDfs5. We will aim to update this resource every month for the 2021/2022 school year.

If you have any questions, comments, or concerns, please feel free to reach out to hsaacademic@ucalgary.ca.

Sincerely,

Marium Adnan

Interim Vice President Academic

Bailee Wilson

Director Academic

Song My Uyen "Nesta" Le

Director Academic

Special Note to First Year Students

Welcome to the Incoming Class of 2021!

As you enter your first year at university, your mind is likely buzzing with questions. Everything seems to be uncharted territory—and you may be wondering how to make the most out of your university experience. **If you are unsure where to start, that is completely alright!** We have all been in your shoes, and understand how daunting it is to be placed in a new environment.

This is why the Academic team at the Haskayne Students' Association would love to present the *Haskayne Resource Map* as a master resource to help guide you in the right direction. Our list goes on to cover many topics we feel would interest you and your upper-year peers. Our hope is that this guide gives you a better understanding of what Haskayne has to offer, and directs you to the existing resources that can benefit your student experience. We want you to spend more time participating in the opportunities you enjoy- rather than searching for them!

We would also appreciate it if you could fill out the First-Year Haskayne Student Survey (**https://forms.gle/p69nhabXSoJAz51d6**), which will help us identify and create the events and initiatives you want to see.

Thank you for your support—we wish you a fantastic first-year! If you have any questions, comments, or concerns, please feel free to reach out to hsaacademic@ucalgary.ca. Our team is happy to answer any specific questions you have.

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Online Learning Tips and Strategies

Time Management

Why is Time Management Important for Students?

Time is an important resource for every student and when used effectively, it allows you to focus better, stay organized, and manage your workload better. Furthermore, by using time efficiently, students will have more free time to pursue other activities that are important to them, such as sports, hobbies, and spending time with family and friends. No individual has more time than another and that is why good time management skills can make all the difference in achieving your goals!

Effective Time Management Tips for Students

1) Create a Schedule
Make a schedule that you can use to block off time for classes, studying, work, and other activities. A schedule will provide a structure to help keep you on track to meet due dates. Moreover, a schedule guides you in determining what your priorities are so that you can spend the right amount of time on the right tasks.
Below are some common calendar applications as well as those recommended by the Student Success Centre:
- Google Calendar
- Apple Calendar
- Office 365 Calendar (for a live calendar)
- Excel Workbook (for a static workbook)

It is important to note that not only should you create a schedule, but you should also stick to it and make it a habit in order to realize the benefits of scheduling. For your online classes, ask yourself whether you would miss a lecture if it was in-person and if the answer is no, set a time in your schedule to attend the class.

2) Avoiding Distractions and Managing Procrastination
Between cellphones, social media, and friends, there are now more activities that can distract students from their schoolwork. It is important to understand why you procrastinate and how you can manage it to get back on track.
In order to avoid distractions and manage procrastination, students can note down their potential distractions, list the specific actions that they can take to minimize them, and develop an implementation intention.

Example:

- **Possible distraction:** cell phone notifications
- **What I can do to minimize the distraction:** turn off phone notifications

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- **Implementation intention** (*"When situation X arises, I will perform response Y"*)**:**
  "When I have to study, I will turn off my cell phone and place it away from my study space"

3) Set Goals for Each Study Session

Setting goals goes hand-in-hand with learning the additional skills of planning, organization, and time management. Creating and tracking goals is a great way to understand and improve ~~on~~ your study habits. By creating goals for each study session, not only are you able to effectively manage your consumption of the course material, but you are also able to hold yourself accountable in terms of completing such goals.

Research supports the value of S.M.A.R.T. goals – goals which are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**ime-specific.

Example:

- **Specific:** "I will study every day between 2 and 4 PM in my office"
- **Measurable:** Set a goal to study a certain number of hours or to raise your exam score to a particular level
- **Attainable** and **Realistic**: If you currently devote two hours per week to studying, a goal of studying 10 hours per week is probably not realistic. Rather, you should start by increasing your studying to 3 or 4 hours a week.
- **Time-specific**: Make sure your goals are consistent with your academic calendar and your other responsibilities.
  For further tips on how to manage your time as a student, visit the following sources:
  Online Learning UCalgary
  10 Time Management Tips For Students
  How to set study goals to help you achieve more

4) Time Management Apps
There are a variety of apps out there to help you manage your time and keep track of your productivity. If it helps you can find an app that works for you to make sure you are managing your time properly and staying on top of your tasks: 43 Top Time Management Apps of 2021

Dedicated Study Space

Why is a Dedicated Study Space Important for Students? Multiple studies have indicated that the environment in which you study affects how you will remember that information. For instance, many students know that studying in a loud café can be much more difficult than studying in a quiet library. Many students may have become accustomed to studying at home this past year, however, as continuous changes are being made to the structure of classes, it is important to understand how your

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environment affects your ability to accomplish tasks and to find the space that works for you, whether it is at home or on campus.

Tips for Creating a Dedicated Study Space at Home

1) Pick One Place
Designate one room or area as your study space. Numerous studies have shown that a designated study space will eventually make your brain catch on, enabling you to enter 'study-mode' sooner upon entering the space. In contrast, similar to moving between libraries and cafés, moving between the different rooms in your house can be mentally jolting due to the new distractions that must be processed and overcome.

2) Look for Natural Light
Studies have shown that access to natural light and views of the outdoors are the number one attribute of the workplace environment. Some helpful tips to find natural lighting in your home is to place your desk near a window or in a room that is well-lit with natural lighting.

3) Swap Music for Ambient Noise
Some students love listening to music while they review their notes. However, paying more attention to lyrics than what you are supposed to learn can make music counterproductive. Instead of lyric-heavy music, an ambient noise program may help students to better focus on their studying.

4) Buy Some Plants
It has been proven by NASA that household plants not only improve indoor air quality, but the green and alive characteristics of a plant makes a study space more serene. Buying a low-maintenance house plant can make your study space more peaceful and easier to breathe in.

5) Remember to Leave
If you have followed some of the aforementioned tips, you may end up loving your study space. You will be tempted to do everything there – such as watching Netflix. Whenever possible, be sure that your study space is dedicated only to studying as this will allow your mind to realize that you can take a break and recharge until the next session.

> For further tips on a dedicated study space, visit the following sources:
> - [10 Tips for Creating Your Ideal Study Space](#)
> - [5 Top Distractions When You Work from Home (And How to Avoid Them!)](#)
> - [Online learning](#)

Finding Study Spaces on Campus

As classes slowly start returning to an in-person format, it will be important to adjust to studying on campus and finding an environment that works best for you.

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The Students' Union has developed a Study Space Map to help you find places on campus to get your work done, each location provides helpful information such as opening/closing hours, lighting the area, etc. You can find this tool using the following link: U of C Study Space Map

Within Haskayne are some great study space options. If you like noise around you while you study, the tables in the middle of Scurfield Hall and in front of Brew N' Blendz are great to emulate the feel of your local coffee shop. If you like not having any distractions and a more quiet space, try the Undergraduate Lounge on the fourth floor.

How to Avoid Distractions at Home

Studying and working from home have a lot of great advantages. You are able to watch pre-recorded lectures at a time that best meets your convenience, you can work in a more relaxed atmosphere, and you save more time in your day to name a few. However, there are drawbacks to studying and working from home too. Since your home is not a designated area for learning and attending lectures, it is often associated with distractions. These distractions can be associated with family members, noise, household duties, and much more. Accordingly, it is important for you to take initiatives that can help you avoid distractions at home.

Tips for Avoiding Distractions at Home

1) Get Your Family Onboard
When your family members are at home while you are trying to study or attend a lecture, talk to them about giving you the time and space you need to do your work and remind them why it is important for you to be able to focus.
You can set up a signal system that indicates when it is and is not appropriate for your family members to interrupt you. For example, you can place a sign on your door indicating whether or not it is a good time to come inside your room.

2) Keep Your Focus
Keeping your focus and avoiding distractions when you study and work from home is not always easy. Checking your cell phone, for instance, may be an integral part of your day but constantly checking is counterproductive to you getting anything done.

- Solution: Set your cell phone aside in a designated spot while you are studying or attending a lecture and set a timer to limit the amount of time you spend on your cell phone before moving back to your work.
- Solution: Checking emails or D2L can also be a major distraction. Dedicate times of the day to check your email or D2L based on your particular schedule and your needs. For example, check it first thing in the morning, at lunch, and at the end of the day. Additionally, you can also set a time to limit the amount of time you spend responding to emails and checking D2L before moving back to your work.

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Student Success Centre

What is the Student Success Centre?
The Student Success Centre supports students through programs and services that enhance both the learning and personal development of students. It offers support through advisors who can help you to clarify your academic aspirations and align them with your long-term goals.
Moreover, the Student Success Centre offers learning support programs that provide you with the tools to improve your academic performance. Finally, students are also able to improve their writing through writing support programs consisting of workshops and individual consultations.
Below are some links the the various resources offered by the Student Success Centre:

- PASS Sessions: Please refer to the PASS Sessions section under 'Academic Resources' in this document. These sessions allow students to get help with specific courses by reviewing and practicing course material in groups with a session leader: [Find out more about the PASS Program](#)
- Online learning: [Online learning](#)
- Advising support: [Advising](#)
- Learning support: [Learning](#)
- Writing support: [Writing](#). Please refer to the Writing Support section under 'Academic Resources' in this document.

Mental Health Resources

Mental health includes our emotional, psychological, and social well-being. It therefore affects how we as students think, feel, and act, while also helping us determine how we handle stress, relate to others, and make choices. It is extremely important to make your mental health and well-being a priority, the mental health of students remains an important concern and accordingly, there are numerous mental health resources that students are able to access.

UCalgary Student Wellness Services

The UCalgary Student Wellness Services is both a health and wellness centre with a wide range of service options. It provides medical services through its team of physicians, nurses, behavioural health consultants, and a psychiatrist to provide you with comprehensive care. If you are dealing with stress and anxiety, depression, relationship issues, grief, or simply think you could feel better, you can utilize the **Wellness Centre's mental health services** by making an appointment with an advisor. Please refer to the links at the bottom of this section.

The Wellness Centre offers **24/7 support** and ensures that if you call after hours, you can still talk to a crisis counsellor from Wood's Homes or a highly trained volunteer at the Distress Centre. In order to help

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prevent the spread of COVID-19, Student Wellness Services is offering **virtual appointments and limited in-person appointments**.

University of Calgary Wellness Society

The University of Calgary Wellness Society (UCWS) is currently in its developmental stages as it is a new organization. Essentially it is meant to be a central wellness organization for all students, with a focus in advocacy for student mental and general wellbeing, providing opportunities for students to connect and network with each other. It is an all encompassing organization aiming to connect all different wellness organizations on campus in a central, effective and efficient way. A collaboration between the UCWS, SU Haskayne Reps, and HSA is moving forward to create a comprehensive resource/list for students to use to discover where exactly they can find the help they need, both on campus and off campus.

For any inquiries about the UCWS, please send an email to: UCWSPresident@gmail.com

For more information regarding the mental health resources discussed in this article, visit the following links:

- Wellness Centre: Find out more about UCalgary Student Wellness Services
- Wellness Centre medical services: Medical Services | Student Wellness Services
- Wellness Centre mental health services: UCalgary Mental Health Services

Getting Started: In-person and Online Classes

Classroom Etiquette and Tips

As we slowly return back to normal in-person classes it is important to keep in mind the circumstances with which we are returning back to school as it will no doubt be a new experience for all of us.

Business/Classroom Etiquette

It is important to follow proper etiquette when dealing with your peers, professors, or industry professionals, it shows a level of respect and care. Some general rules of classroom etiquette include:

- Avoid distracting others in the classroom by eating loud or smelly food, going on your phone or having side conversations. Make sure to turn off your phone.
- Respect your instructors and peers by showing up on time and being engaged in class. It is disrespectful to pack up your things before the end of class.
- Come to class prepared, you should look at the class schedule and notes before the lecture to figure out what material will be covered
- Let the class before you leave the lecture hall before you enter

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- Make sure you clean up anything you left behind on your seat
- Be polite and make others feel included

Check out the following links for further tips:

- 10 Tips for Classroom Etiquette
- Chron's "The 10 Basics of Business Etiquette,"

Getting Around Campus

We understand the struggle of finding your classes and knowing how to get to where you need to be. Especially for incoming students, understanding your way around buildings can save you a lot of time and stress. To help you out we have compiled a short guide to explain how to get to many first-year courses' classrooms and some common areas around campus and within Haskayne:

First-year Classrooms:

First year can be a tricky one, as everyone's schedules can look different! However, for the majority of first year students you will likely be in similar classes such as your statistics, economics, and calculus classes which are usually in Science Theatres or Math Sciences, just a short walk from each other! The best way to get to these buildings from Scurfield Hall (the Haskayne building) is through the Administration building, which will also save you from having to go outside in the winter.

Places to eat/study:

Scurfield Hall has many great places to study, such as the seating area in front of Brew and Blendz, the Business Library just past that also on the second floor, or the Undergraduate Lounge on the 4th floor. Outside of Scurfield Hall, the infamous Taylor Family Digital Library (TFDL) has 6 floors ranging from loud and social to no talking allowed the higher you go, perfect for all your studying needs!

MacEwan Hall is your go to for all things food! With a wide variety of food spots from different cuisines you can stop by to grab something to eat during your breaks.

Washrooms in Haskayne:

Scurfield Hall has bathrooms on every floor, and can usually be found on the ends of the building. When in doubt, look for a sign!

Haskayne Entrances/Exits:

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Scurfield Hall has two primary entrances. The first one is on the south side of the building by the roundabout and parking lot where students park their cars and enter Haskayne on the first floor. The second, and more common one, is on the second floor right behind the Brew N' Blendz which you can use to get to different areas on campus.

In addition to this, the Student Life Portfolio at HSA has also created a video-guide on getting around campus which will be posted on the Hello Haskayne D2L shell after fall orientation. This video will be helpful in showing you how to navigate through campus.

Virtual Interactions: Zoom Basic Features and Functions

The University of Calgary has provided a detailed guide on the various features and functions available on Zoom. It also provides step-by-step tutorials for logging in, scheduling/joining a meeting, and using its features (ie. screen share, breakout rooms, polls, and chat panel). To access this resource, please click here: [eLearn @ UCalgary](#)

Zoom Meeting Etiquette and Tips

Here is a summary list for five top tips to professionally present yourself during Zoom meetings:

***Mute your microphone*:** When you are not speaking, it is good practice to mute your microphone to prevent background noises from distracting meeting participants.

***Prepare materials in advance*:** If you are planning to screen share or send files/links via the chat function, ensure you have those materials ready to present before the meeting begins.

***Background and lighting*:** Set up your laptop in a place where there is ample lighting (natural light is best). Check your background, remove clutter that may detract from your professional image, and position yourself such that the camera frames your face, neck, and shoulders.

***Look directly into the camera when speaking*:** Make eye contact with your audience by looking directly into the camera (not the screen or other participants). If possible, raise your computer/laptop such that the camera is at eye level.

***Do a sound check*:** Before your meeting, test your microphone and speaker directly on Zoom to ensure smooth usage. The "Test Audio" option can be found in "Settings" and on the pop-up "Join Audio" request when you first enter the meeting.

For more information on Zoom meeting etiquette and tips, please check out the following links:

● [Zoom Meetings: Etiquette and Best Practices | Information Technology | University of Pittsburgh](#)

● [Best Practices For Virtual Presentations: 15 Expert Tips That Work For Everyone](#)

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Group-Work

As many Haskayne courses contain a group-work component, we have compiled a few tips to help you succeed when working with a team. These tips are simply an addition to best practices for group-work under normal circumstances (ie. establish clear communication, outline expectations, maintain accountability, etc.).

Coordinate time early on: If online, be mindful of changing schedules and time-zone differences when deciding on a meeting time with your group. If in-person, it may be useful to decide on a meeting location that is convenient for everyone and be consistent. When you first form your group, we recommend setting a recurring meeting time at least once a week where all members are required to attend. This will facilitate prompt communication, commitment, and accountability even when schedules get busier later on in the semester.

Agree on the tool used to collaborate: All UCalgary students are provided a free Zoom account to attend online lectures and schedule virtual meetings. Confirm the communication channels your team will use in addition to (or instead of) Zoom—such as Skype, Facebook Messenger, etc. Consider using file sharing software—such as Google drive and Dropbox—to make collaborating easier. Ensure you share contact information with each group member on your first meeting.

Know your team and instructor: Virtual meetings can often make group-work feel distant and difficult to coordinate. Spend a few minutes to get to know your team and their goals/expectations for the project. Similarly, be proactive and connect with your professors (via email or office hours) if you have any questions. Communication is key when it comes to group work, make sure you understand your team members' communication styles so that everyone is on the same page.

Hold you and your team accountable: When working with a group it can be easy for life to get in the way and to want others to help you out, however this ultimately impacts your ability to learn and understand the material. It is important to develop a system in order to keep yourself and your team members accountable to ensure you are all sticking with your goals and pulling your own weight. It can be helpful to write down an agreement regulating how each person will contribute to the group project and to constantly check if this agreement is being upheld.

For more helpful tips on group-work, please check out the following links:

- 5 Rules for Online Group-Work
- 7 Tips to More Effectively Work on Group Projects

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Academic Resources

Haskayne School of Business Program Advising

Haskayne Program Advising can help you address questions surrounding the following topics:

● Admission requirements to the Haskayne School of Business undergraduate programs ● Academic Rules and permissions ● Course selection ● Degree planning ● Program changes ● Letter of Permission	● Graduation and degree requirements ● Change of program ● GPA and academic standing ● Dual Degrees ● Academic Withdrawal rules ● Graduation checks and verification letters ● Referrals to other offices

Advising is currently being provided remotely through email and Zoom. To join the virtual advising line, download the QLess app and follow the instructions on the website link below.

To learn more about Haskayne program advising (including hours), please click here:

Program Advising - BComm

Email: undergraduate@haskayne.ucalgary.ca

PASS Sessions

The PASS program provides a space for students to study collaboratively and ground their understanding of course material, supported by a peer who has taken this course recently and performed well. Through group discussions and collaborative activities/worksheets, the session leader supports students to achieve greater academic success. You get as much out of a PASS seminar as you put in: if you collaborate, answer questions, and work with others, you will learn a lot and probably make a few friends too!

This study session opportunity is available for the following courses:

Fall 2021: ACCT 217, BTMA 317, STAT 213, MGST 217, ECON 301/357/395, ENGG 201, FNCE 317, LING 201, PHIL 279/379, PHYS 211/221.

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Winter 2022: ACCT 217, STAT 213, MGST 217, BTMA 317, ECON 301/357/395, ENME 341, ENGG 201, FNCE 317, KNES 263, LING 201, PHIL 279/379, PHYS 223.

To learn more about the PASS program, please click here: Find out more about the PASS Program

Student Success Centre: Writing Support

Writing Support Services offers free individual writing consultations for UCalgary students. These sessions can help you improve essay structure/development, discuss writing strategies, and review returned papers to learn from feedback.

To book a consultation:

1. Go to CareerLink - CareerLink - Home > "Login" > Sign in with your My U of C login credentials

2. Go to "Student Success Centre" > "Writing Support" > "View Calendar"

3. Select the desired appointment time and finish your registration.

Drop-in writing consultations are also offered (schedule is on the Student Success Centre website). To learn more, please click here: Writing

Mentorship Programs

There are several mentorship programs available at Haskayne. Having a mentor is a great way to be connected to campus life, advance in your academic and professional success, and make connections with the Haskayne community. This article will provide a summary of three programs you may be interested in!

The First-year Mentorship Program (FYMP)

This program helps first-year students make a successful and easy transition into their university career by pairing them with a senior Haskayne student. Having a mentor in the first few weeks of your time at the Haskayne School of Business will help you adjust to your surroundings and establish close relationships with your peers. You will be paired with a senior Haskayne mentor, who has similar interests as you (these matches are made manually). Your mentor group will include 1 mentor, and at most 2 other mentees. This grouping will allow you to be connected with like-minded students. Having a mentor is a great way to be connected to campus life, advance in your academic and professional success, and make connections within the Haskayne community!

Spots are limited, and matches are based on a first-come-first-serve basis. Applications closed on August 14th, however if you are interested, please send an email to Amanda Pockar, haskayne.mentorship@gmail.com to be included in the waitlist!

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The BMO Mentorship Program

This program gives students the opportunity to learn from industry professionals through six one-on-one meetings between September and April. This program is open to students who are in their second year or higher in the BComm program, MBA and Master of Management students, and all UofC undergraduates registered in the Embedded Certificate in Leadership Studies. The program's focus is leadership development and it offers meaningful learning experiences.

Deadline to apply is Sept. 8th 2021. To learn more about the BMO Mentorship program and access the application forms, please click here: BMO Mentorship Program

The Haskayne Peer Network Program (offered by the Canadian Centre for Advanced Leadership in Business)

This initiative brings together senior and first-year Haskayne students, supported by Peer Network and Leading Edge events held weekly in NuWest Commons (by Brew N' Blendz). To learn more about the Haskayne Peer Network Program, please click here:

CCAL - Student Leadership Development

To access the mentee application, please click here:

Haskayne Peer Network Mentee Application

Extracurricular Involvement at Haskayne

Getting involved outside of the classroom is a great way to meet other students, build connections, gain experience, and enrich one's time at university. Each year, many student and university organizations will offer extracurricular opportunities for students to participate in. Here is a summary of the various ways you can get involved while at Haskayne!

Haskayne Student Clubs

There are 16 Haskayne student clubs encompassing a variety of specializations and business-related topics. These clubs are great for staying informed about a specific field, expanding your network with students that have similar career interests, and participating in events that further your career development.

To learn more about the various Haskayne student clubs, click here:

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[Student Clubs - BComm | Haskayne School of Business | University of Calgary](#)

Other Student Clubs

Outside of Haskayne, there are hundreds of clubs on campus appealing to a wide variety of interests and hobbies. If you are passionate about a certain topic or activity, there is likely a club already established for it. Many students have made friends and personal connections through the clubs they participate in, which is another reason to get involved!

To learn more about campus-wide student clubs, click here: [Organizations - SU Clubs](#)

Case Competitions

Case competitions are events where student teams are provided a case study, and are asked to develop a solution and presentation to the problem in the case. These events are excellent opportunities to practice critical thinking, develop presentation skills, and apply business concepts learned in class.

There are currently two main ways for students to get involved with case competitions. First, you can register for individual case competitions (both offered internally by the university or externally). Case competitions occur multiple times throughout the year, and many are advertised on the Hello Haskayne D2L shell.

Secondly, you can apply to join one of two case competition teams at Haskayne: JDC West and the Inter-Collegiate Business Competition Team (ICBC). JDC West is the largest business competition in Western Canada, where various universities compete in the areas of academics (case competitions), athletics, debate, social challenges, and charity contributions. ICBC is Canada's largest case competition, where universities across the world send teams to compete in the streams of Accounting, Business Policy, Debate, Ethics, Finance, Human Resources, Marketing, Management of Information Systems.

To learn more about JDC West, please click here: [TEAM HASKAYNE - Home](#)

To learn more about ICBC, please click here: [Home - ICBC](#)

Faculty Contacts:

JDC West - Cameron Welsh (cameron.welsh@haskayne.ucalgary.ca)

ICBC- Dr. Bob Schulz (bob.schulz@haskayne.ucalgary.ca) and Phil Davidson (philip.davidson@ucalgary.ca).

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Student Leadership Development

The Canadian Centre for Advanced Leadership in Business (CCAL) provides a variety of opportunities for Haskayne students to develop their leadership skills. Its offerings include unique courses—such as the Haskayne Leadership Expedition and wilderness retreats—and leadership experience opportunities—such as mentorship programs, Lunch with Leaders, and the Haskayne Peer Network.

To learn more about the opportunities offered by CCAL, please click here:

[CCAL - Student Leadership Development | Haskayne School of Business | University of Calgary](#)

Volunteer Opportunities and Community Engagement

Volunteering is another great way to get involved while at university. Through ucalgarycares, you can participate in the Days of Service program or sign up for a reading week program to help out community organizations. Individual student clubs and the Students' Union (SU) also offer volunteering opportunities. Lastly, the peer helper program is another excellent way to give back to the student community. Peer helpers assist various UCalgary departments and offices and gain leadership skills in the process.

To learn more about UCalgary community engagement, please click here: [Community Engagement](#)

To search for volunteering-focused student clubs, please click here: [Organizations - SU Clubs](#)

To learn about volunteering opportunities available through the SU, please click here: [Volunteer Opportunities](#)

To learn about the peer helper program, please click here: [Peer Helper Program](#)

Students' Union

The Students' Union represents and advocates for the interests of all UCalgary students. It also manages various essential services, such as financial aid/awards, locker rentals, and the operations of MacHall. Whether you are interested in student government, volunteering, or sitting on a committee, the SU provides many ways to get involved.

To learn more about the SU, please click here: [Students' Union, UCalgary](#)

Haskayne SU Reps

The Students' Union (SU) provides essential services for students and is the campus expert on getting involved. Whether you want to apply for financial aid or awards, rent a locker, or get your taxes done for free, your SU can point you in the right direction.

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The SU represents you, they are your voice on the quality of education, student life, and the affordability and accessibility of your university education. Every year in March, undergrad students elect a student government – a president, four vice presidents, and nineteen faculty representatives – who represent you and your faculty.

For more information, you can follow their Instagram page (@suuofc_haskayne) or email our two Haskayne reps at haskayne1@su.ucalgary.ca and haskayne2@su.ucalgary.ca

Scholar's Academy

Scholar's Academy fosters the academic and professional development of undergraduate students that demonstrate strong leadership skills, social responsibility, and intellectual curiosity. Among many resources, scholars are provided advising, mentorship, and service-learning project opportunities.

To learn more about Scholar's Academy, please click here: Scholars Academy | Home

If you are interested in staying updated on the various Haskayne events and extracurricular opportunities available in the upcoming year, be sure to follow the Haskayne Students' Association on *Instagram (@hsa_uofc)*, as we will be providing daily reminders. You should also be added to the Hello Haskayne D2L shell, where various upcoming opportunities will be posted for all Haskayne students.

Haskayne Career Development Centre

The Haskayne Career Development Centre is an invaluable resource to assist you with achieving your career aspirations. It offers Haskayne students a variety of resources—such as events, workshops, appointments, and online tools—which are outlined in this article. Click here to view the Haskayne Career Development Centre website: Career Centre - Student Services | Haskayne School of Business | University of Calgary

Haskayne Career Development Specialists

Haskayne Career Development Specialists are available to help you search for jobs, update your resume and cover letters, and prepare for interviews. The Career Development Specialists can also help you with identifying your skills, interests, and abilities, to assist you with pursuing the best career options for you. You can book an appointment with a Career Development Specialist by emailing careercentre@haskayne.ucalgary.ca or following these instructions:

1. Go to Elevate: elevate.ucalgary.ca
2. Go to "Login" > Go to "Student Login" > Sign in with your My U of C login credentials
3. Go to "Connect With Career Services" on left drop down menu go to "Book-Career Advising"

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Elevate (formerly CareerLink)

Elevate is your career, advising and student experience portal, central for all career-related events and appointments. It is an important tool for students that unites pre-existing tools, such as Career Link. The portal can be accessed here: elevate.ucalgary.ca

To sign up for events, such as information sessions and coffee chats with employers, and career-related workshops focused on topics including resume building, LinkedIn, and networking, follow these steps:

1. Go to Elevate: elevate.ucalgary.ca
2. Go to "Login" > Go to "Student Login" > Sign in with your My U of C login credentials
3. You can see upcoming events/workshops on your dashboard, click on the event in the calendar you wish to register for

To view job postings, follow these steps:

1. Go to Elevate: elevate.ucalgary.ca
2. Go to "Login" > Go to "Student Login" > Sign in with your My U of C login credentials
3. Click on "Job Board – Campus Wide" or "HSB Career" under the "HSB Career Centre" dropdown menu

VMock Smart Résumé Platform

VMock is an online résumé review tool that provides instant, personalized feedback on your résumé based on criteria gathered from top employers and global best practices. This platform also provides recommended resume templates. To utilize this resource, you need to upload a PDF version of your resume here: VMock Dashboard

1. Click on "Continue with University ID" and login using your UCalgary email address and password
2. Click "Sign Up" and complete your profile
3. Click "Upload Resume" (first 10 uploads are free)
4. To view the feedback, click on "View Detailed Feedback"

StandOut Video Interview Practice

StandOut is an online video interview software that enables you to take practice video interviews and receive feedback from a Haskayne Career Advisor. To gain access to this platform, please email Susan Judd at susan.judd@haskayne.ucalgary.ca.

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Haskayne Co-op Program

Through the Haskayne Co-op program, you can gain work experience in your field, build a network of professional contacts, and receive personalized career support from designated Career Advisors. There is also an academic component to each work term as you are required to submit your work term goals, a midterm self-assessment, and a final paper or presentation.

To learn more about the Haskayne Co-operative Education Program use this link: 4.3 Co-operative Education Program

Haskayne Networking Café

Networking is essential for career building as it can nurture long-lasting relationships, promote the exchange of ideas, improve students' industry knowledge, and enable students to find new opportunities. The Haskayne School of Business and Ten Thousand Coffees have partnered to make introductions between students and industry for career-driven conversations easy in the Haskayne Networking Café community. So, how does it work?

> 1. Go to Haskayne Networking Café > "Join Now" to sign up
>
> 2. Create your profile: Choose your interests and goals so we can introduce you to someone similar.
>
> 3. Get your first introduction: You will be sent a profile of someone who can help you with your goals and help you get the conversation started with suggested talking points
>
> 4. Meet for coffee (virtually): Meet for a video chat or a phone call. It's up to you! Ask questions, share your experience, and give advice.

UCalgary Covid Updates

As we move back to in-person learning, it is important to stay updated on all the recent changes and protocols provided by the University. Please refer to this link for all of the most recent covid updates: COVID-19 Response | Risk. This page also includes helpful FAQ's, procedures, and important information to return to campus safely.

You will have also received emails from the Office of the President regarding Covid updates and regulations on campus. Be sure to stay informed on any new changes or guidelines as we move through the school year.

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You can also refer to the Alberta Covid Information page for detailed information on the number of cases, how to prevent the spread, updated regulations, the current situation in Alberta, etc.: COVID-19 info for Albertans | Alberta.ca

Closing Statement

We sincerely hope the Haskayne Resource Map provides students with benefit and acts as a comprehensive guide to help students find opportunities for growth and development, strategies to improve studying and productivity, resources to seek help, and find ways to connect and make a difference in the community. At the Haskayne Students Association we strive to better each student's experience and represent their interests at university through various initiatives. Your participation in this survey would help us design academic initiatives to support your academic journey (**https://forms.gle/p69nhabXSoJAz51d6**).

Lastly, if there is one thing we want to encourage you to do during your time at university is to cherish this experience. Be kind to yourself and others and build genuine connections with people. Aim to have a beneficial and meaningful impact wherever you go. "The struggle you're in today is developing the strength you need for tomorrow", so allow yourself to learn from your experiences and grow as a person. With that, we wish everyone an amazing year!

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