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# Today's Agenda

- **Welcomes**
- **Cross-Cultural Awareness & UM Culture**
- **Academic Integrity**
- **International Centre Programs & Understanding the UM**
- **Student Panel**
- **Lunch and Sponsor fair**

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## Traditional Territories Acknowledgement

The University of Manitoba campuses and research spaces are located on original lands of Anishinaabeg, Ininiwak, Anisiniinewuk, Dakota Oyate, Dene and Inuit, and on the National Homeland of the Red River Métis.

UM recognizes that the Treaties signed on these lands are a lifelong, enduring relationship, and we are dedicated to upholding their spirit and intent. We acknowledge the harms and mistakes of the past and the present. With this understanding, we commit to supporting Indigenous excellence through active Reconciliation, meaningful change, and the creation of an environment where everyone can thrive. Our collaboration with Indigenous communities is grounded in respect and reciprocity and this guides how we move forward as an institution.

## Welcome from Grandmother Karen

Grandmother Karen Courchene





Welcome from Laurie Shnarr, Vice Provost (Students)





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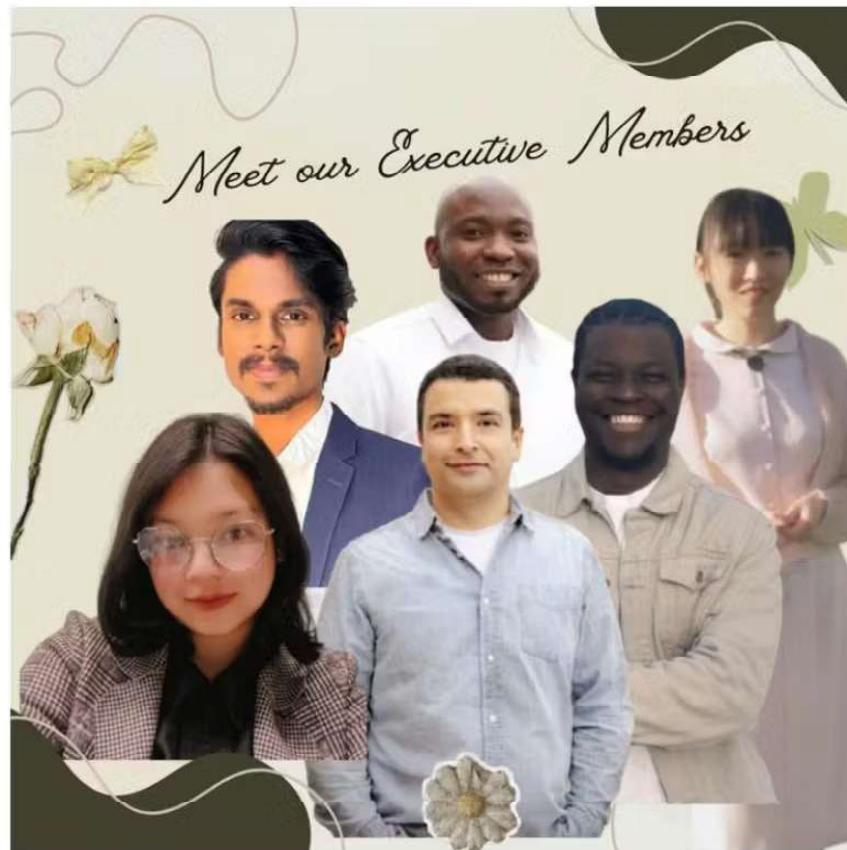


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# Meet the 2025-2026 UMGPS Executive Team

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# Cultural Adjustment, Canadian Culture & Communication

**Jieli Huang**

International Student Advisor

**Crystal Stewart**

International Transitions & Intercultural Program Coordinator



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# What is Culture?

*Culture is a complex and dynamic concept that encompasses various aspects of human experience, including art, music, literature, language, customs, traditions, and social practices. Culture is not a fixed or static entity but is constantly evolving and changing.*

-Raymond Williams



Photo by [Perry Grone](#) on [Unsplash](#)

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What are some words that describe your own culture?



# Fishbowl



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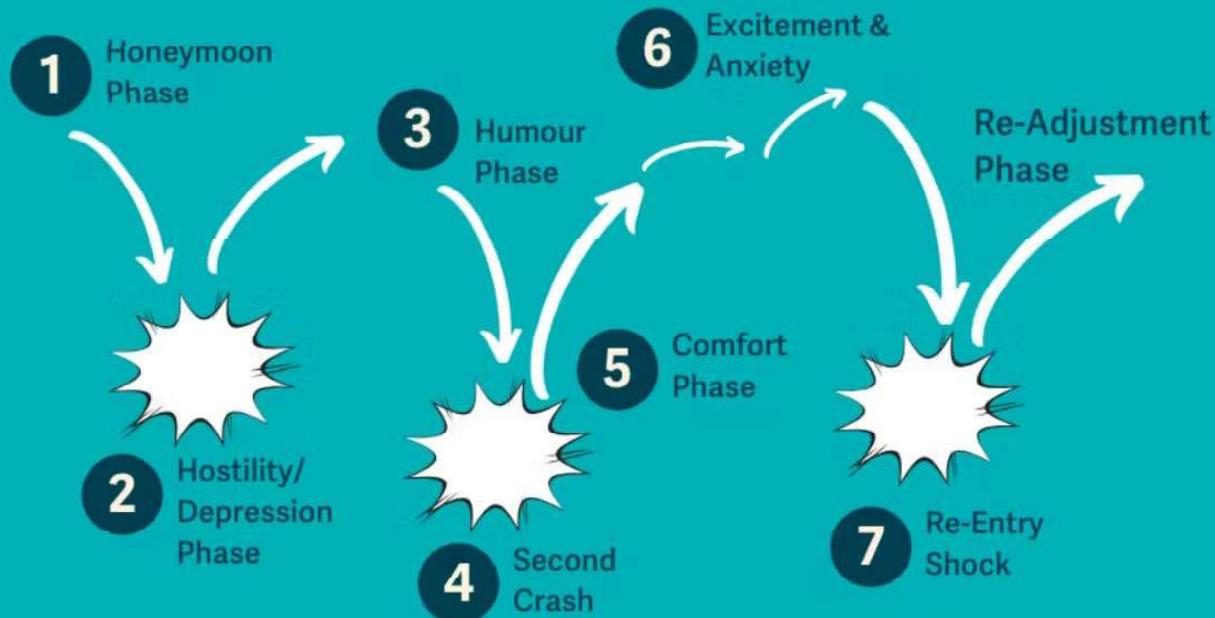
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# Stages of Culture Shock



[Image source: Culture Shock](#)

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# Surviving Culture Shock

- 😊 **It's Normal!**-Everyone feels this — you're not alone.
- ⌚ Be Kind to Yourself
- ⌚ Keep Your Goals in Sight
- 🍎 Take Care of Your Body
- 📱 Stay Connected
- ❓ Ask questions
- 🥧 Get Involved
- 🌐 Use Your Supports

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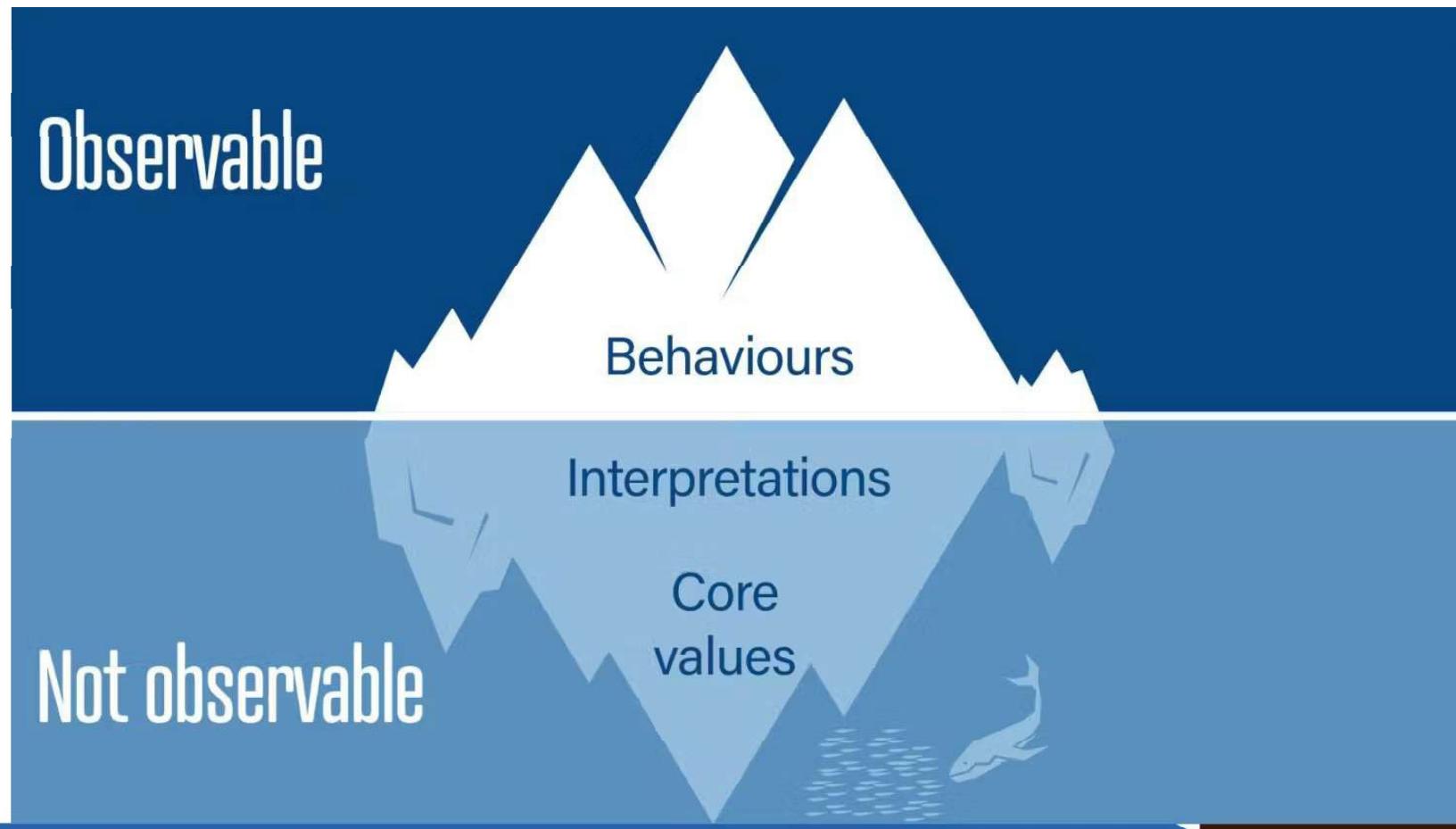
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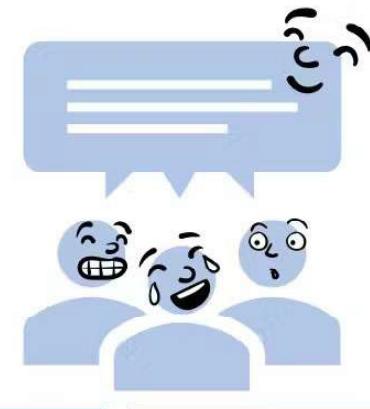
# Culture Discussion

Pick two attributes of your own culture,

-1 surface culture (external culture/obvious)

-1 deep culture (internal culture/unconscious)

Share with your group and compare!



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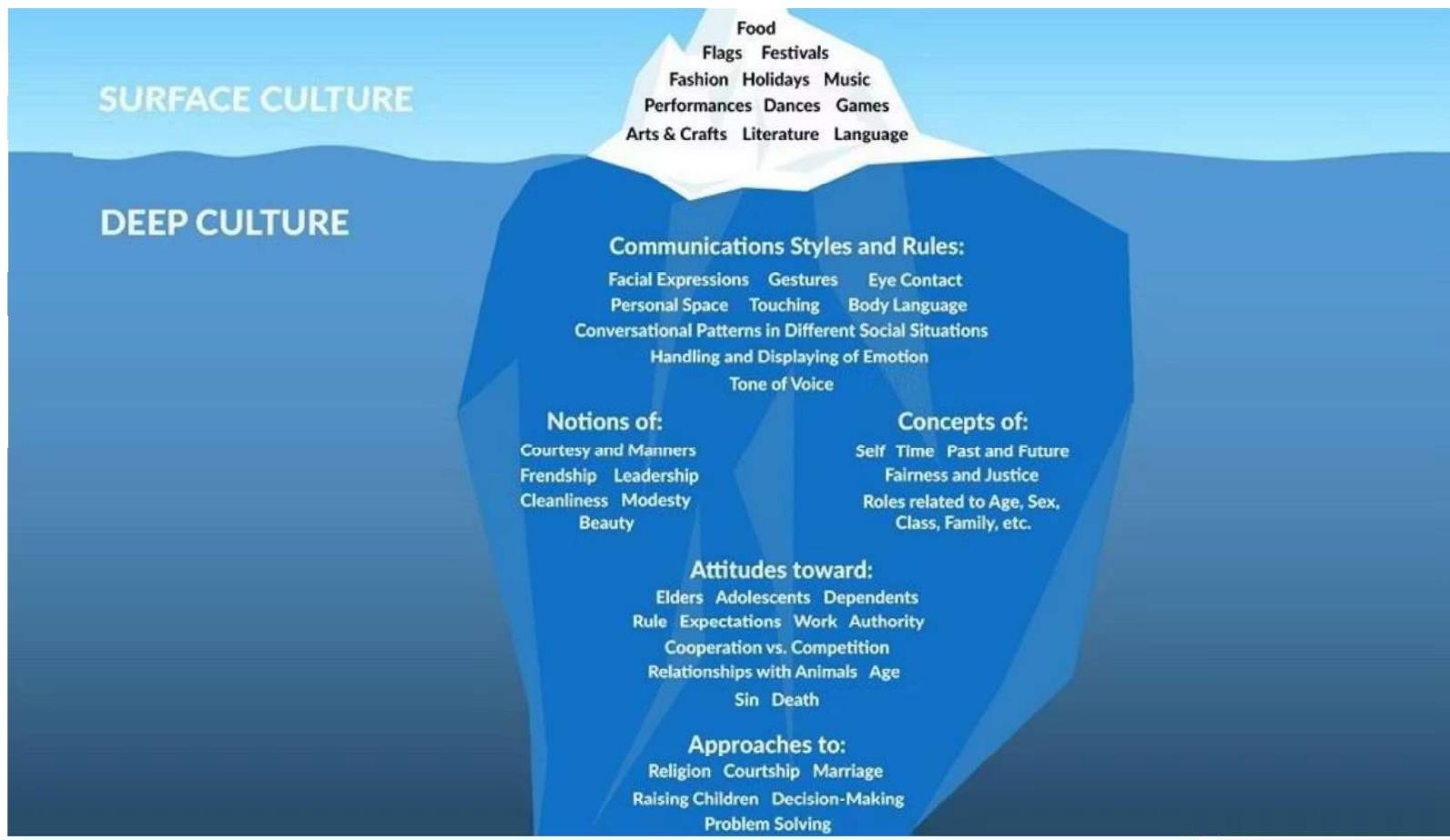


Image source: <http://mcos.ca/anti-racism-101/attachment/cultural-iceberg/>

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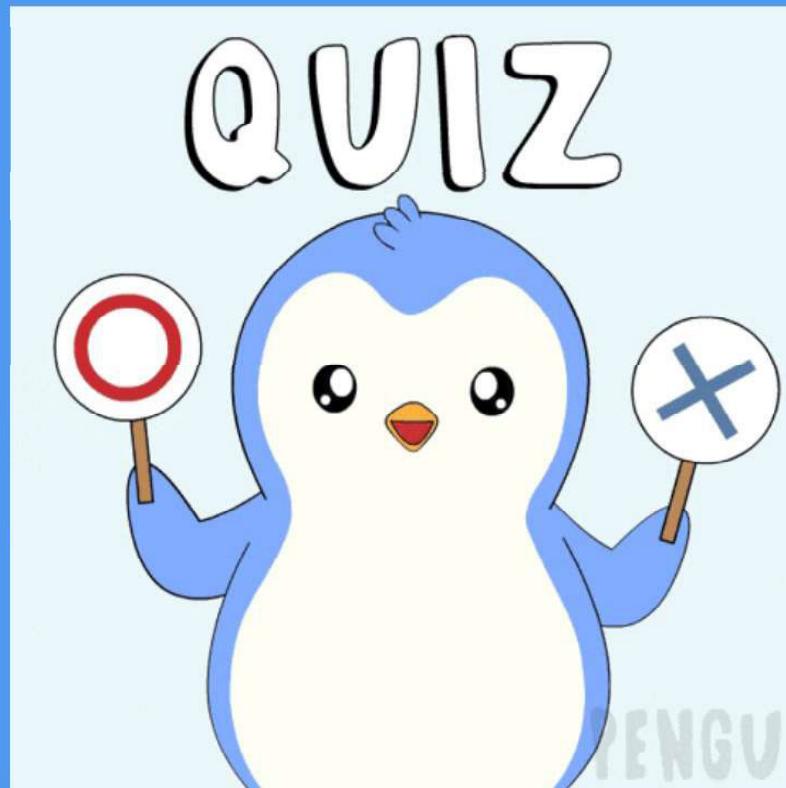
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Time for the Culture Quiz!



You are talking to a classmate and they keep looking down. You notice they are not looking in your eyes. How do you interpret this?



79% ✓



They are probably shy or  
uncomfortable

16% ✗



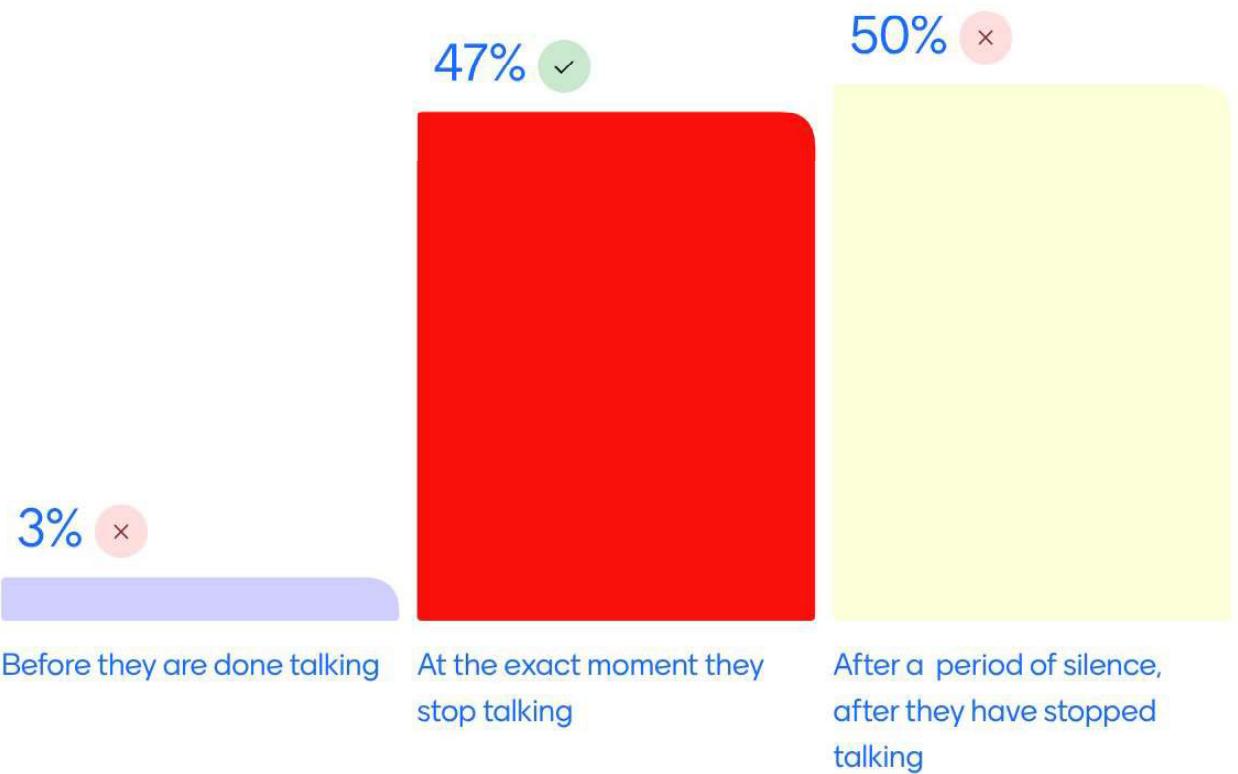
They are not paying attention

5% ✗



They are being respectful

A classmate is talking to you. You are very interested in what they are saying and you want to respond. When do you think is the best time to speak?



You invite a friend to come to your party. They say "maybe I'll try". You take this as:



2 ×

They will for sure be there

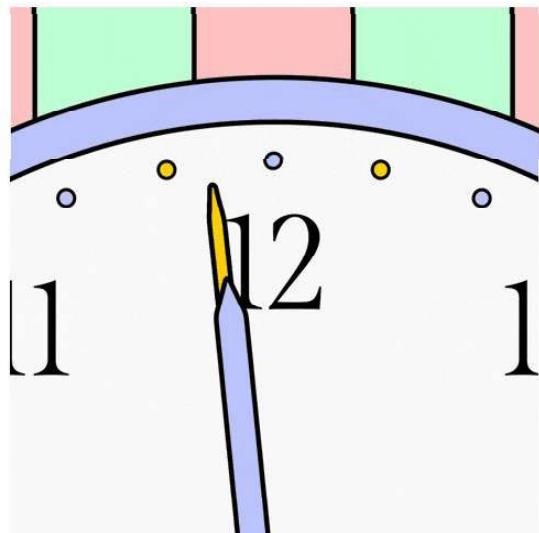
40 ✓

They will try their hardest to come

110 ×

They are definitely not coming

What does being “on time” mean in your home country?



Question 1

You are explaining something to a classmate, and they keep moving their head (side to side). How do you interpret this?

6% 

They agree with what you are saying.

31% 

They are actively listening to you.

63% 

They are unsure and thinking about it.

# Non-Verbal Communication

**Don't make assumptions for body language!**



Image source: <https://www.clipart.email/download/2099726.html>

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# Communication Discussion

**Talk about valued communication styles in your culture/country:**

- Eye contact
- Touching or Physical space
- Conversation speed/pauses when talking
- Physical gestures
- Addressing others

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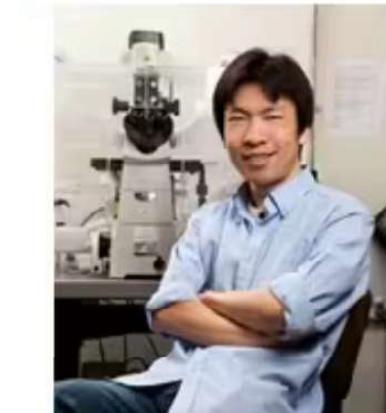
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# Canadian Classroom Culture

- 🎓 Addressing professors and instructors
- 💬 Disagreement, asking questions and challenging ideas
- ⭐ Showing respect
- 🧩 Learning styles



Photos of Dr. Francis Lin, Faculty of Science, and Dr. Lea Stirling, Faculty of Arts

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# Canadian Classroom Culture

## Common challenges:

👉 Engagement

👤 Participation

🤝 Group Work

📚 Academic Integrity



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Image by StartupStockPhotos from Pixabay



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# Respect, culture and communication at UM



The screenshot shows the University of Manitoba's website. The header features the university's logo (a bison on a shield) and the text "University of Manitoba". Navigation links for "Admissions", "Academics", and "Research" are visible. Below the header, a breadcrumb trail shows "Home / About UM / Respectful Work and Learning Environment (RWLE) policies". The main content area has a large, bold title: "Respectful Work and Learning Environment (RWLE) Policy". A subtext below the title reads: "The University wishes to promote and support a community which embraces diversity and inclusion, provides for equality of opportunity, and recognizes the dignity of all people."



[Respectful Work and Learning Environment \(RWLE\) Policy | University of Manitoba](#)

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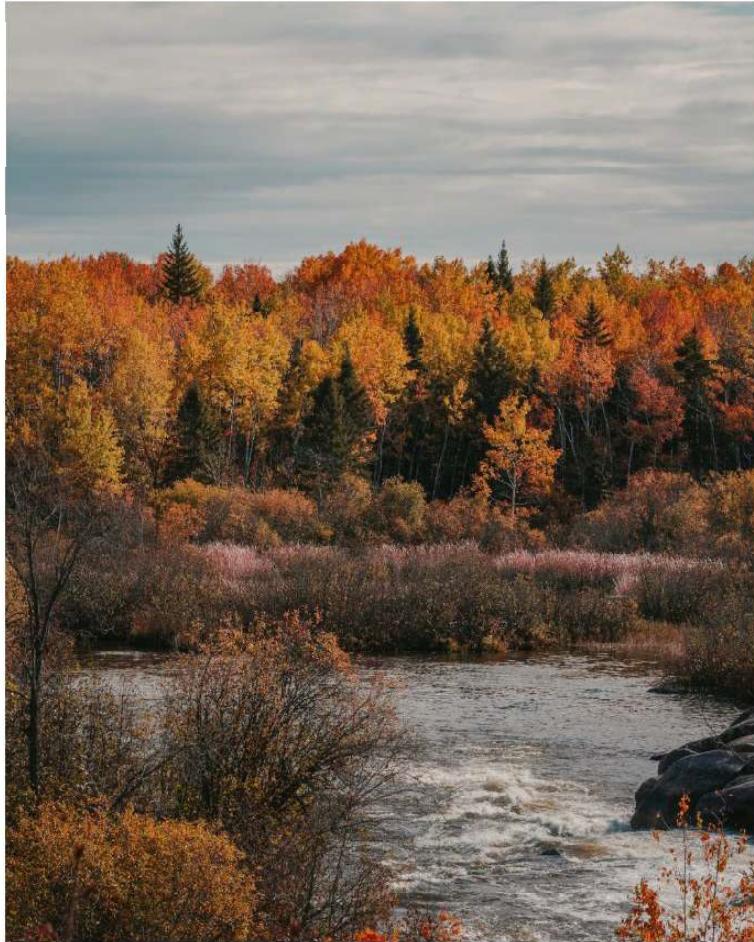
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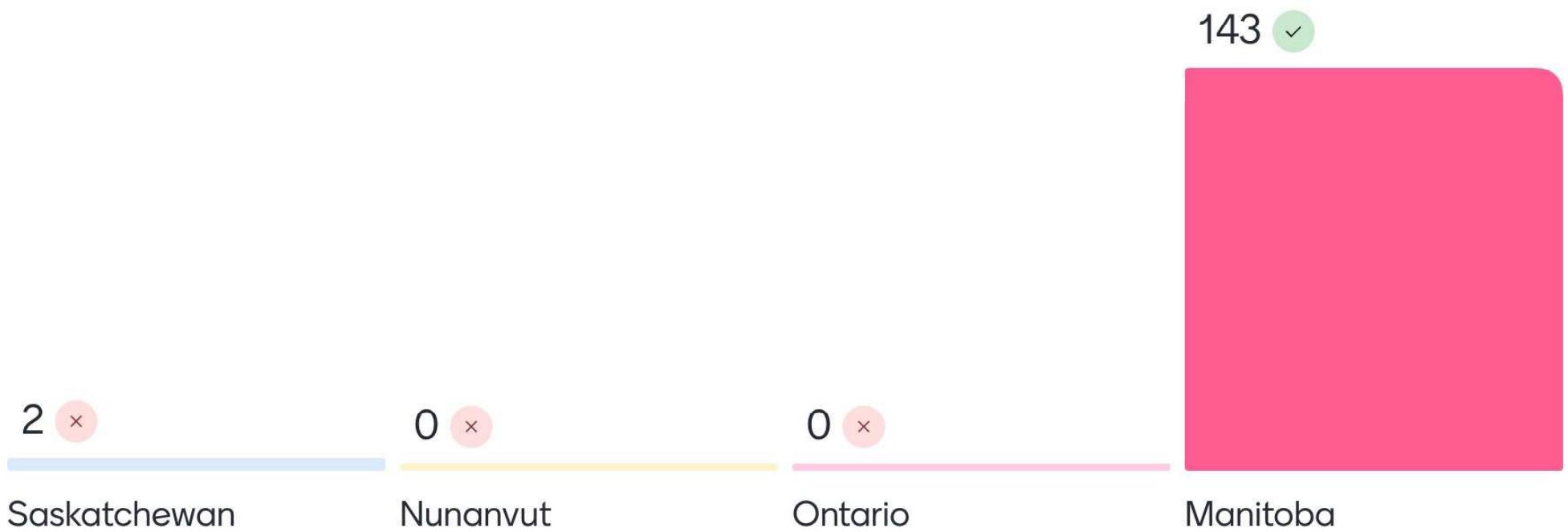




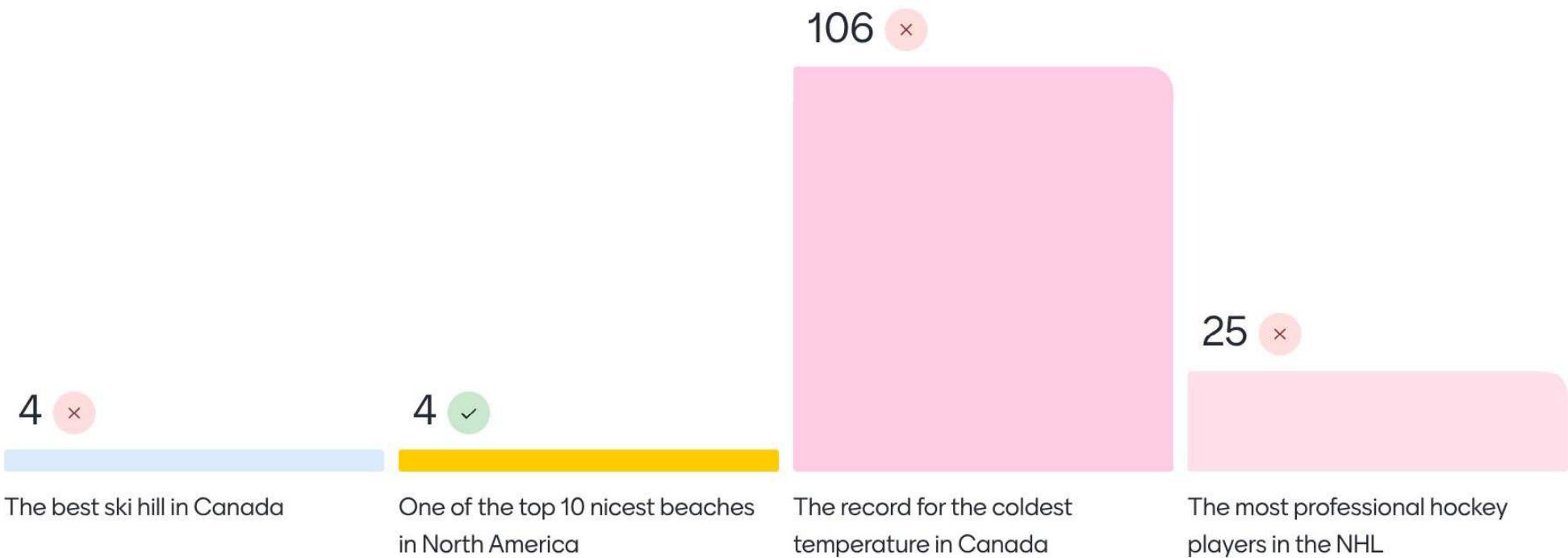
# Manitoba Trivia Time!



# Which province is Winnipeg located in?



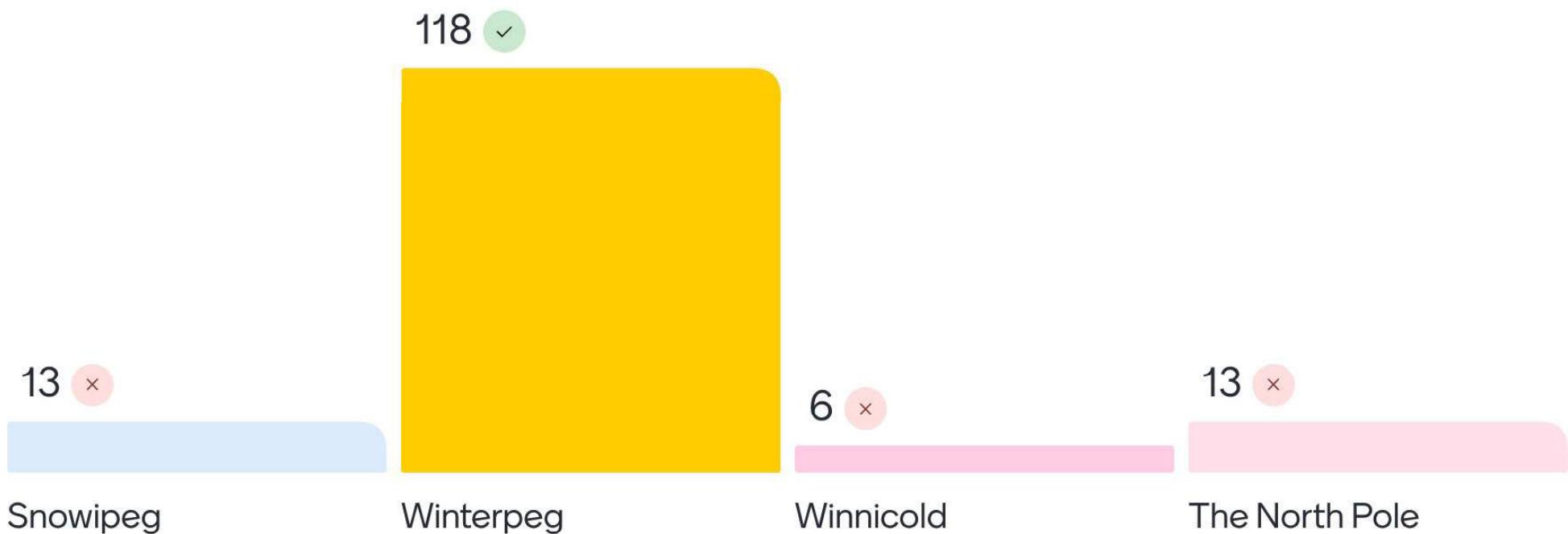
# Manitoba has:



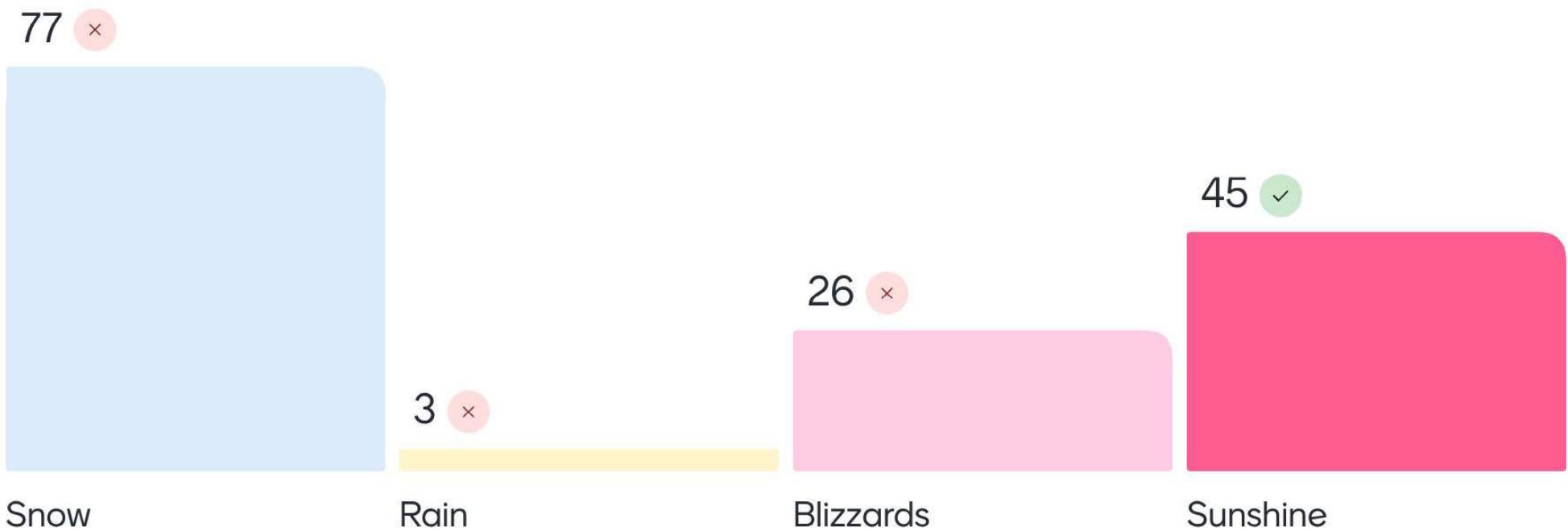
# Where does the name Winnipeg come from?



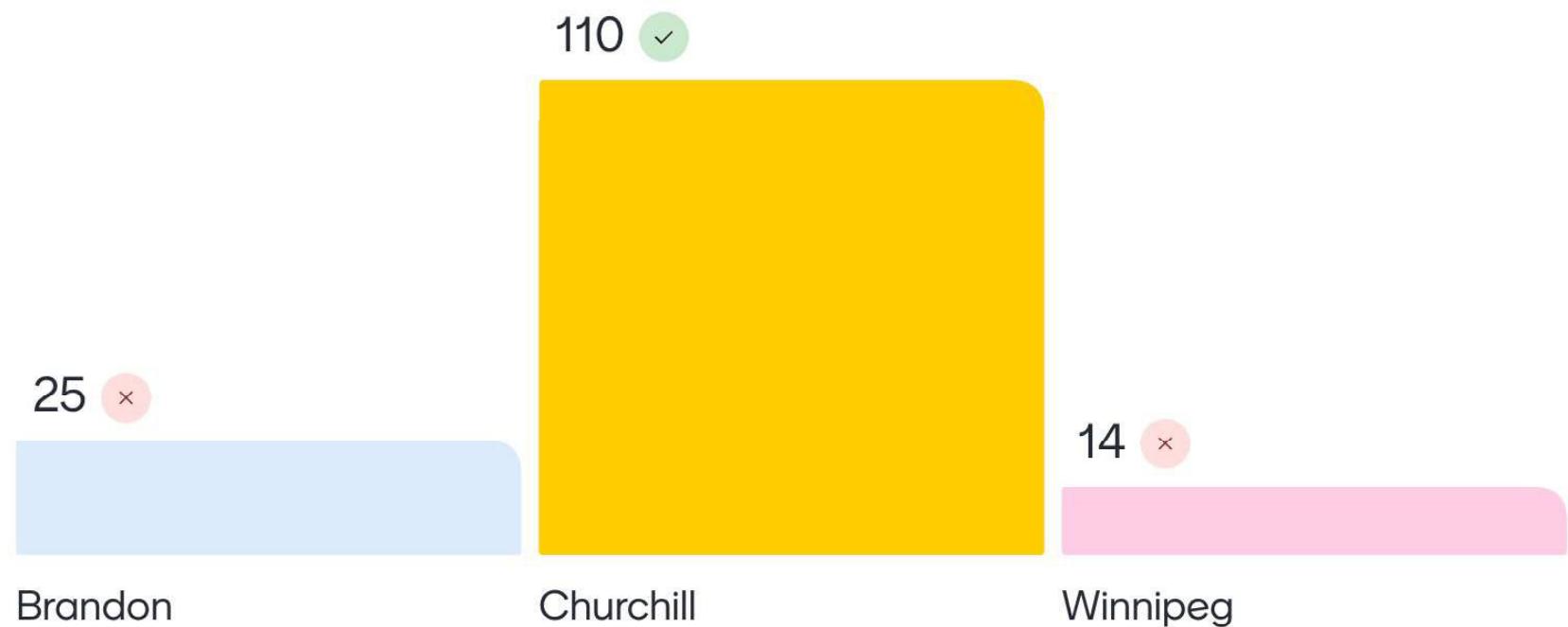
# What is Winnipeg's nickname?



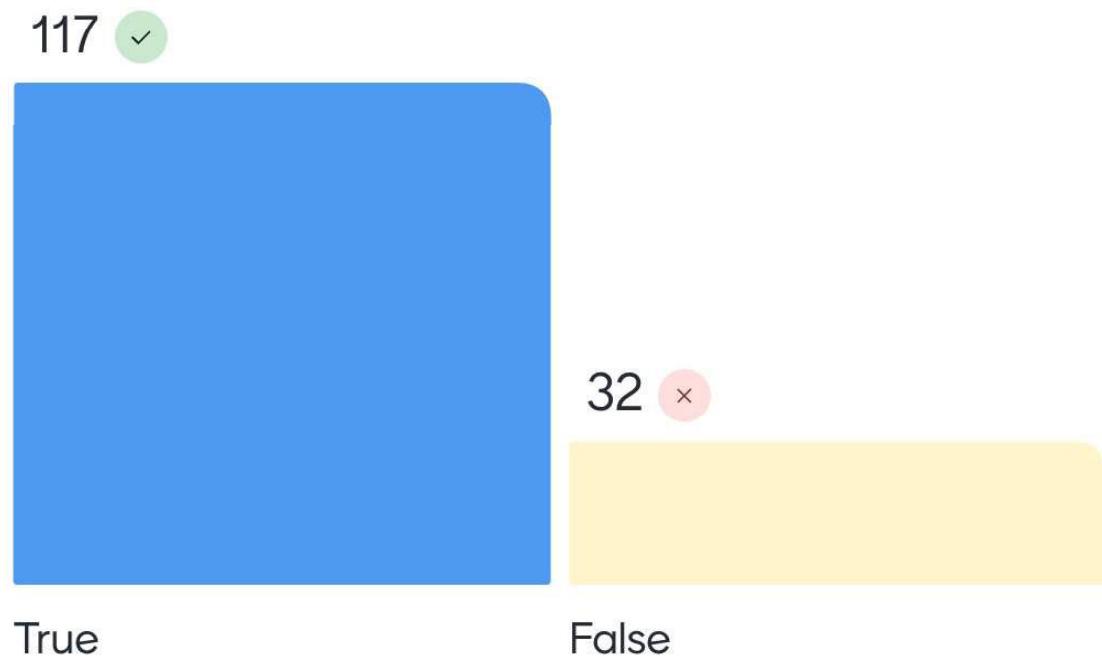
# Winnipeg is the city that gets the most ..... per year?



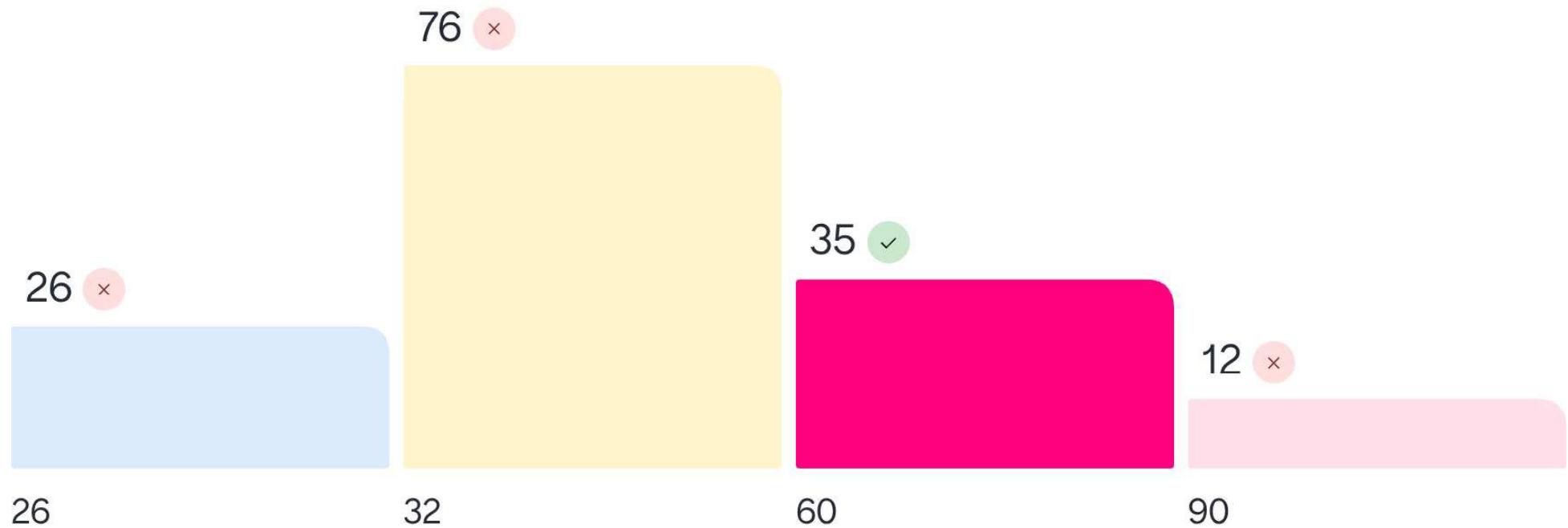
# Where can you find polar bears in Manitoba?



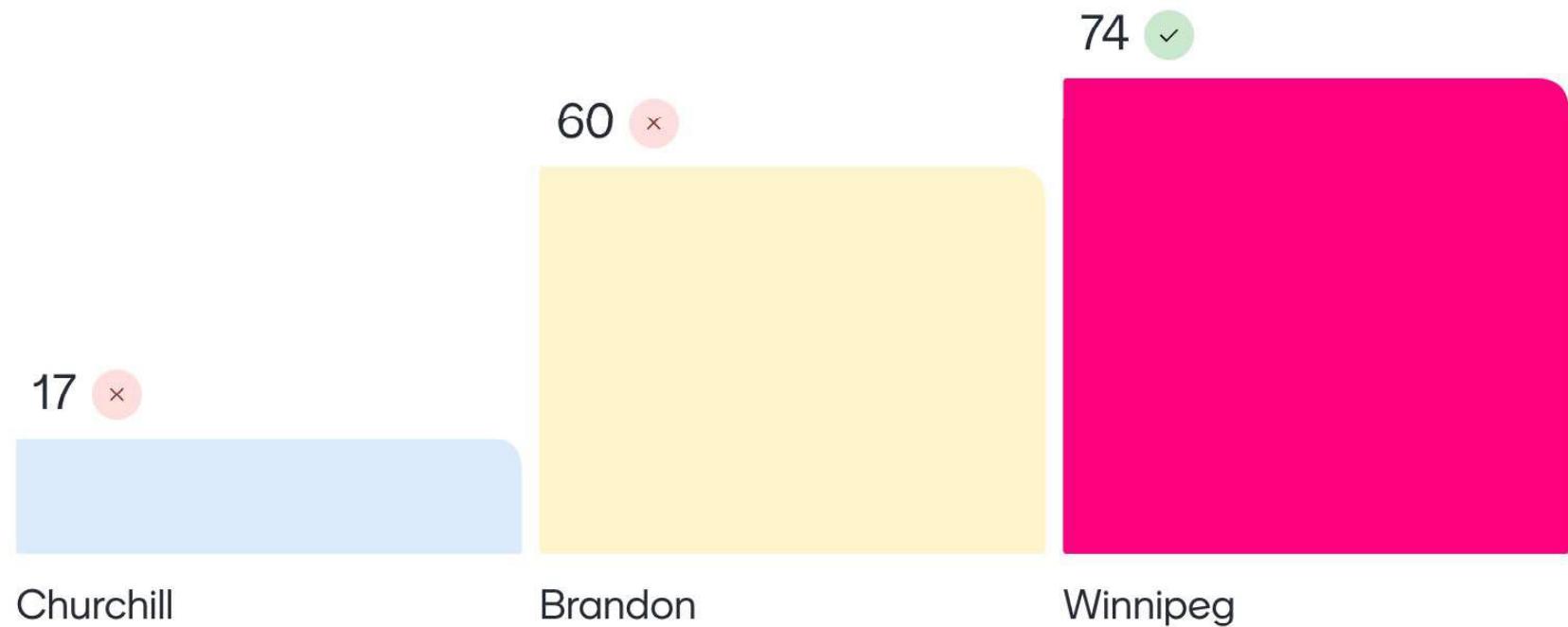
Winnipeg has the largest and longest running multicultural festival in the world.



The Royal Canadian Mint money for how many countries around the world?



Where can you find one of the longest skating trails in the world?



# **Succeeding with Academic Integrity as an International Student**

**Academic Learning Centre  
Francois Jordaan & Gabrielle Oprea**

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## Presentation Overview

- What is Academic Integrity?
- Types of Academic Misconduct
- Avoiding Inappropriate Collaboration and Plagiarism
- Consequences of Academic Misconduct
- Why do students sometimes break the rules?
- Real-life Scenarios
- Resources
- Reflection

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What words come to mind when you think of academic integrity?

A word cloud centered around the word 'cheating'. Other prominent words include 'honesty', 'originality', 'plagiarism', 'respect', 'friends', 'sources', 'dignity', 'chat gpt', 'reputation', and 'participation'. The words are colored in various shades of blue, red, yellow, and green, and are surrounded by smaller, related terms.

# University of Manitoba Culture

- Community built on respect for each other
- Personal and academic respect, inside and outside the classroom
- Rules, policies, and bylaws are available online



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# Academic Integrity Values

1. Honesty
2. Trust
3. Fairness
4. Respect
5. Responsibility
6. Courage



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# Why is Academic Integrity Important?

- Foundation of the University
- Gives credibility
- Shows respect for others' ideas
- Shows good practices
- Has broad implications (value of the degree)
- Helps prevent academic misconduct (and the stress of facing an allegation)

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# Forms of Academic Misconduct

Plagiarism

Cheating

Inappropriate  
Collaboration

Duplicate  
Submission

Personation

Academic  
Fraud

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# Inappropriate Collaboration

**Working  
together with  
other person(s)  
on an  
individual  
assignment.**



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# How to Avoid Inappropriate Collaboration

- Make sure that you understand the expectations for appropriate collaboration for each specific assignment. ***Only your instructor can set these expectations!***
- Keep your work separate from other students' work.
- Do not allow another person to directly edit or revise your work.
- Do not give copies of your work (printed or electronic) to another person – you do not know how they will use it

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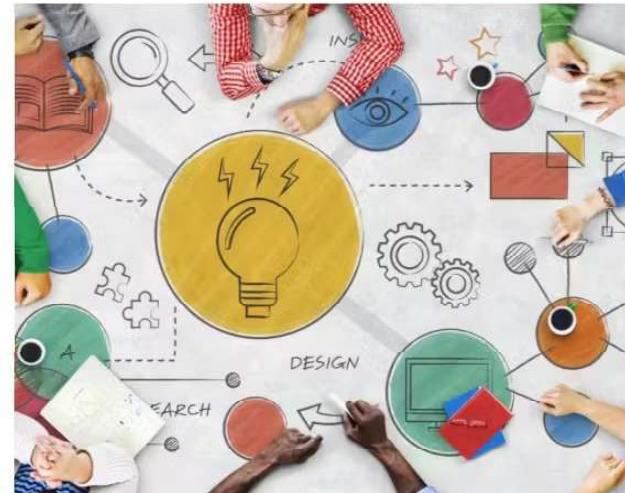
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# Plagiarism

**Taking someone else's idea(s) or words and using them as if they were your own.**



***In the Western academic system, ideas and words are owned.***

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## Plagiarism

- Not giving credit to the original author and source of information – text, image, audio, or video;
- Copying-and-pasting information without “...” (quotation marks);
- Trying to paraphrase, but changing only a few words;
- Referencing sources at the end of a paper, but not using in-text citations throughout the paper;
- Re-using previous writing (self-plagiarism)

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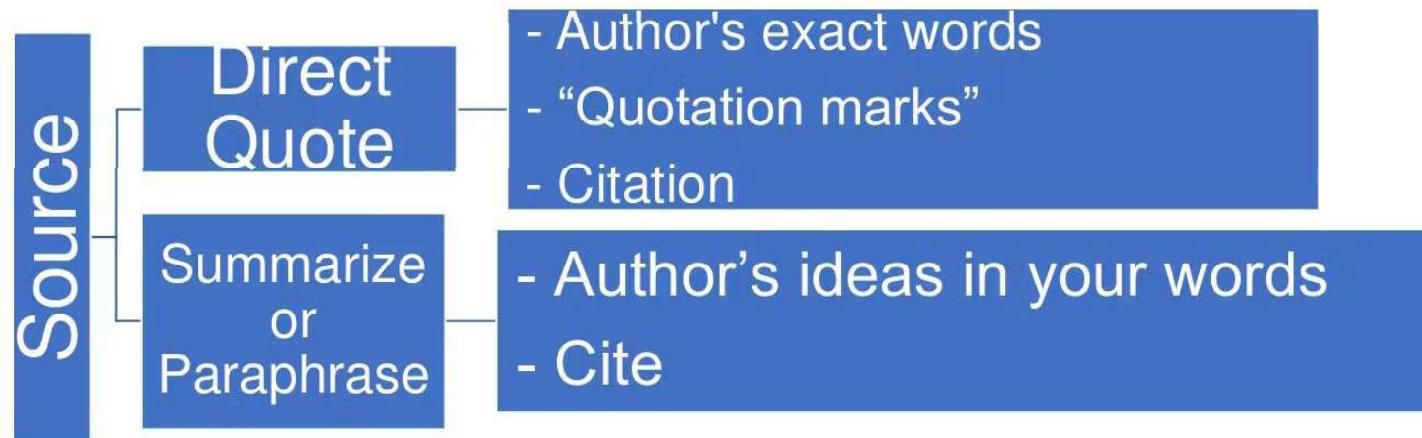


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# Using Source Material in Your Writing



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# Consequences of Academic Misconduct

- Range of penalties
- Zero on test/assignment
- “F” in course (lowers GPA)
- Comments on transcripts
- Suspensions

**Can impact study permit, delay graduation, and cause a mountain of stress!**

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## Why might students break the rules?

- Unclear/incomplete understanding of the University's rules and expectations
- Assume it is the same as it was in high school, or previous university, or in home country
- Time management issues
  - English as additional language – reading/writing take longer
- Difficulties reaching out for help
- Competing values

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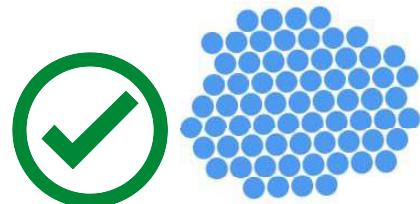


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What is the most common form of academic misconduct at the University of Manitoba?



68 Plagiarism



3 Duplicate Submission



13 Cheating

0 Personation

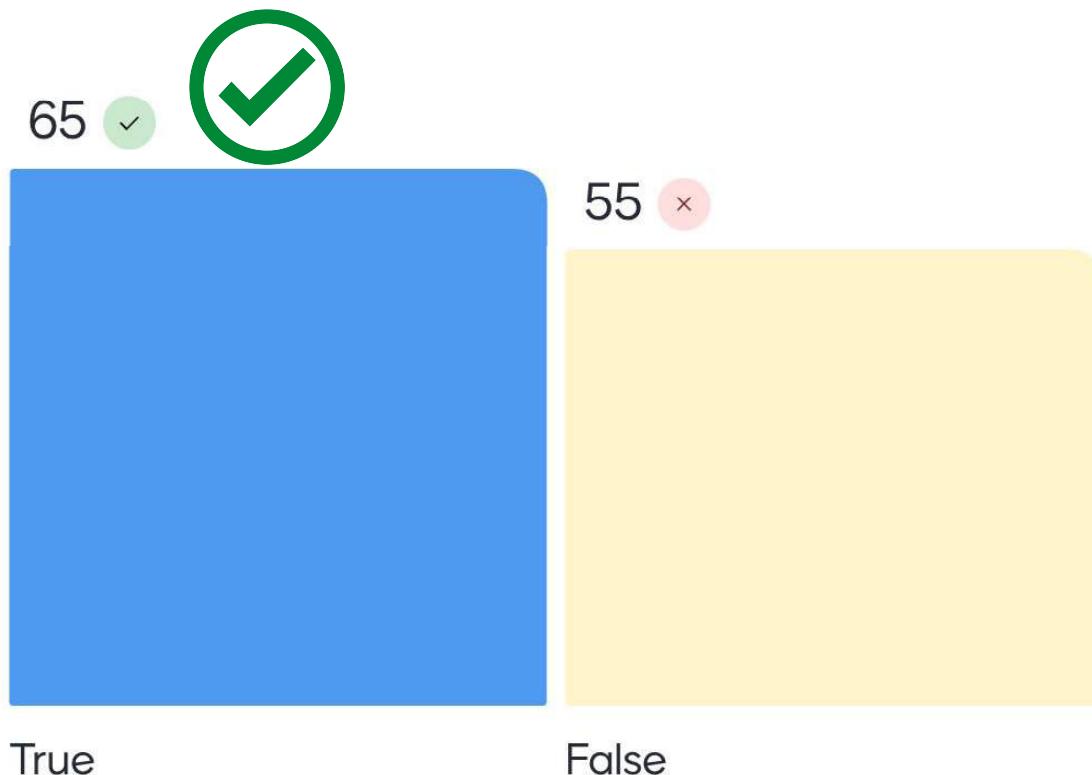


26 Inappropriate Collaboration

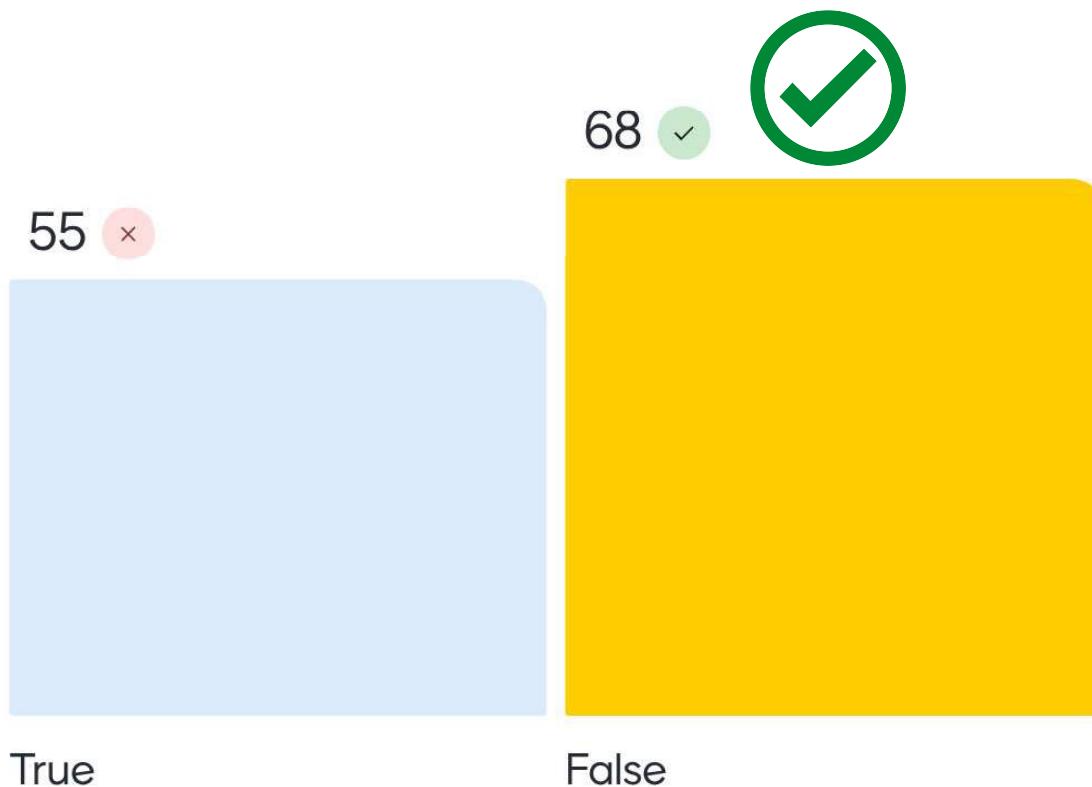


9 Academic Fraud

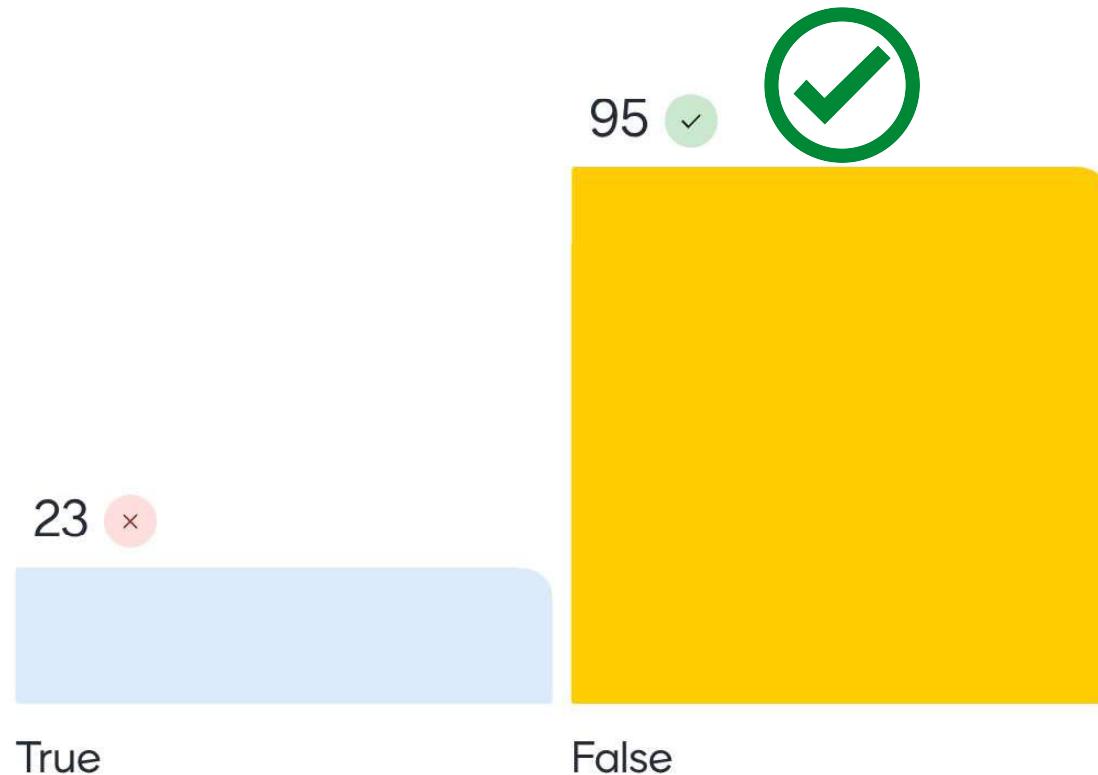
You cannot borrow your friend's assignment to see how they structured it.



You can work together with a friend to complete an individual assignment, as long as you submit your own work.



You don't need to cite if you summarize an idea and put it in your own words.



ChatGPT will give you a list of references you can use to get started on your paper.

59



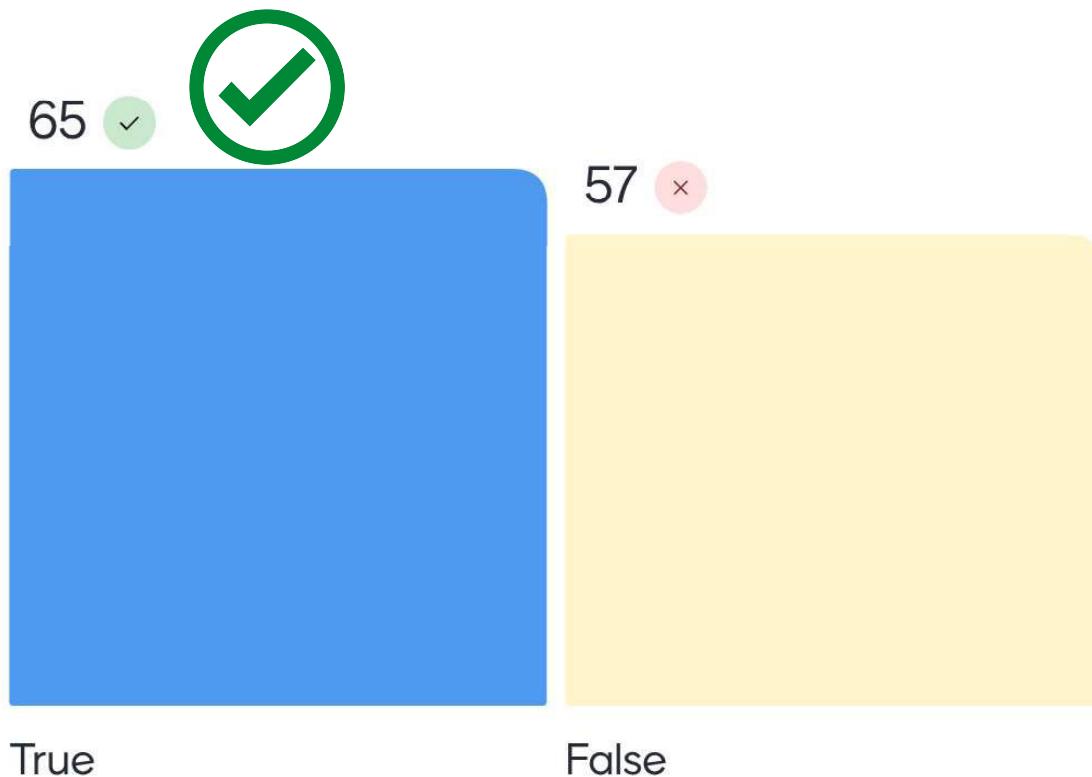
True

60



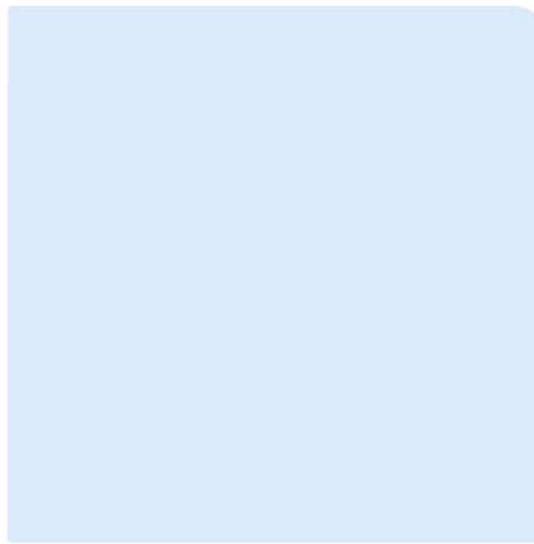
False

You cannot re-use your lab report from a class you took last year, even though it is your own work.



Using a paraphrasing tool is fine as long as you still include references and citations.

82 



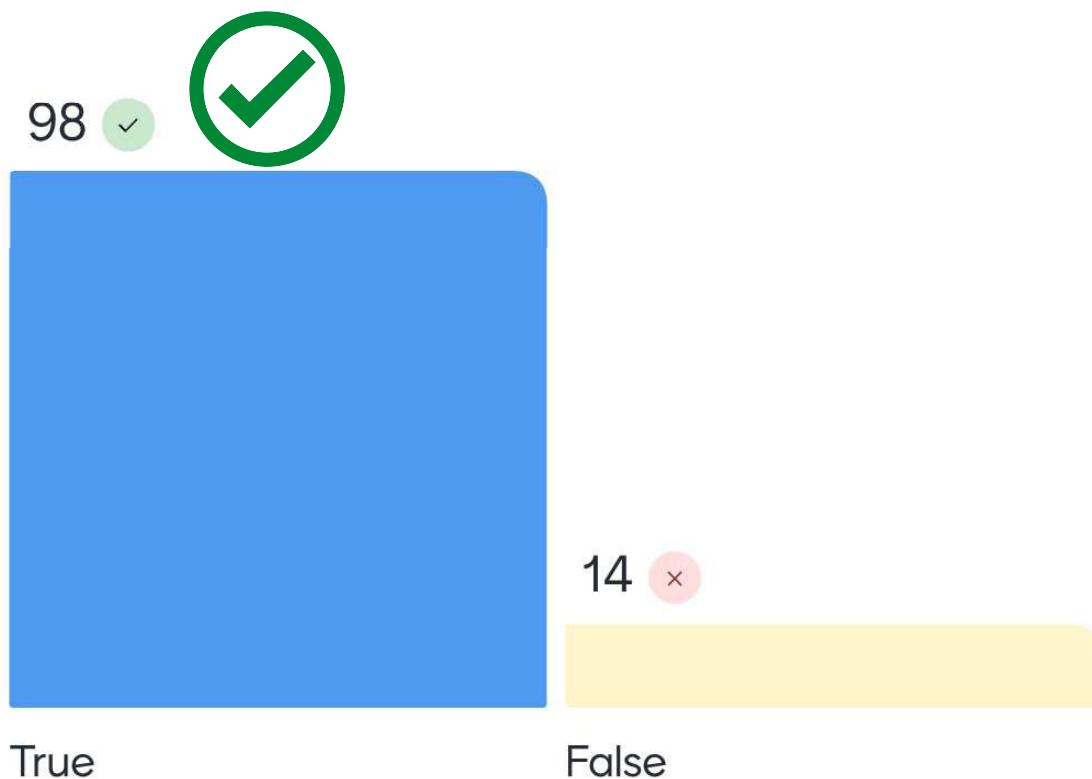
True

35 

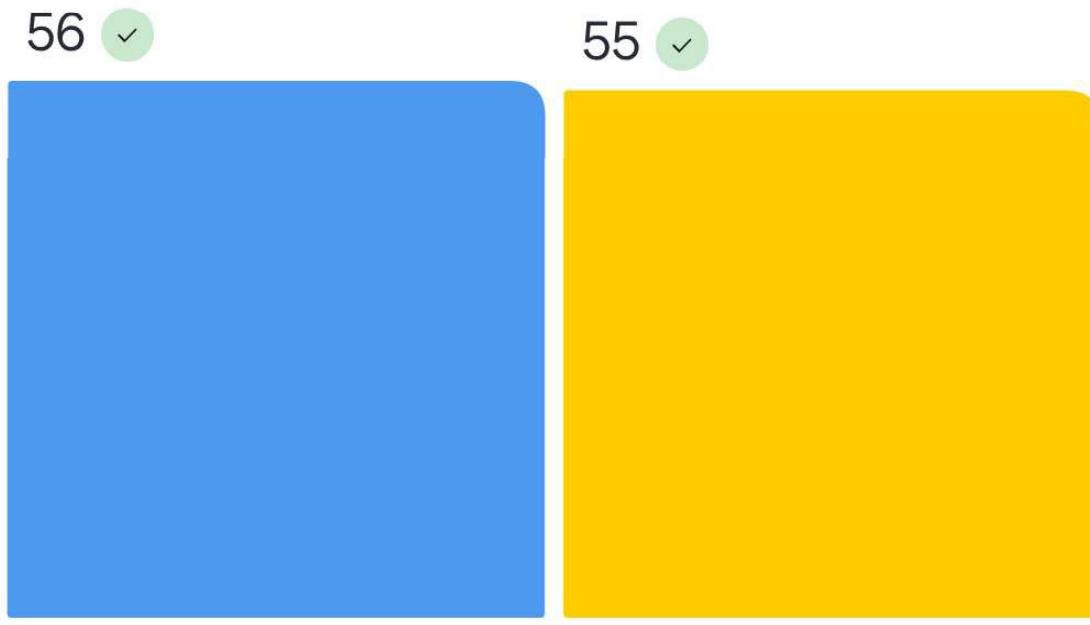


False

You can copy a phrase word-for-word from an online source, if you put it in quotation marks, and include a citation.



If an idea is common knowledge, or you already know it, you can include it in your paper without a source.



It depends... what is common knowledge  
to you, may not be to others - check!

# Resources

- [Academic Advisors](#)
- [Academic Integrity Site](#)
- [Academic Learning Centre](#)
- [Career Services](#)
- [Financial Aid and Awards](#)
- [Food Bank](#)
- [Health and Wellness](#)
- [Indigenous Student Centre](#)
- [Instructors & Course Outlines](#)
- [International Centre](#)
- [Libraries](#)
- [Office of Human Rights and Conflict Management](#)
- [Security Services](#)
- [Student Advocacy & Case Management](#)
- [Student Accessibility Services](#)
- [Student Counselling Centre](#)
- [UMSU & GSA](#)
- [University Health Services](#)

*References:*

- *Academic integrity.* (n.d.) University of Manitoba. <https://umanitoba.ca/student-supports/academic-supports/academic-integrity>
- International Center for Academic Integrity. (2021). *Fundamental values of academic integrity* (3<sup>rd</sup> ed.). <http://www.academicintegrity.org/the-fundamental-values-of-academic-integrity/>

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# International Centre



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[international@umanitoba.ca](mailto:international@umanitoba.ca)

204-474-8501

541 UMSU University Centre

[International Centre](#) website



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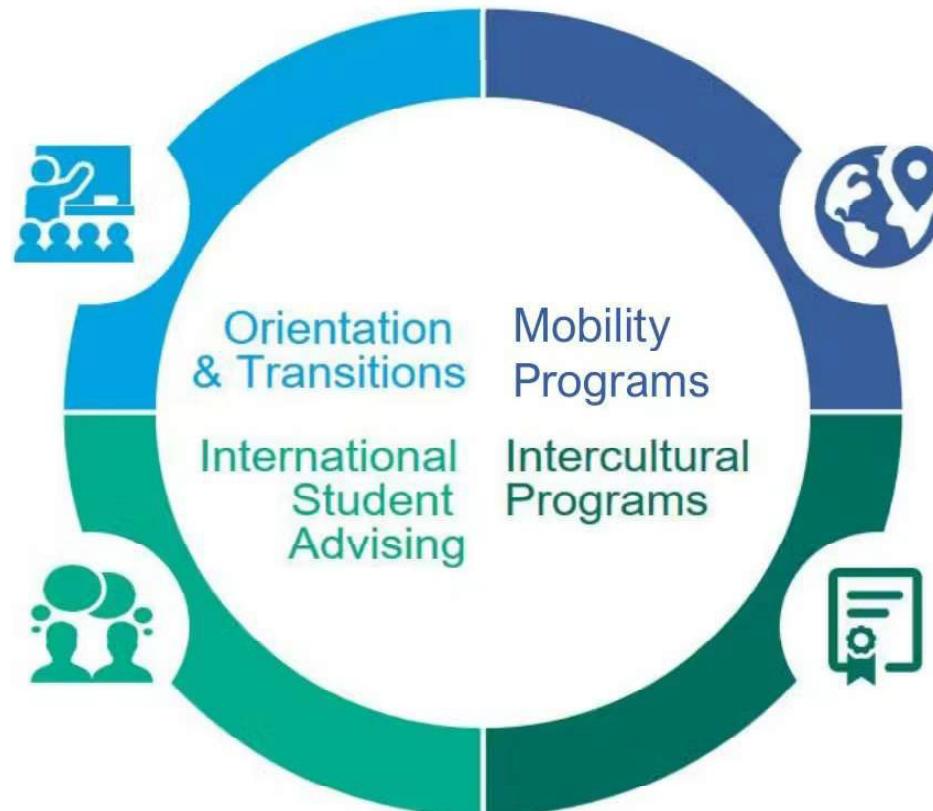


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# Student Programming

International Centre |  University of Manitoba



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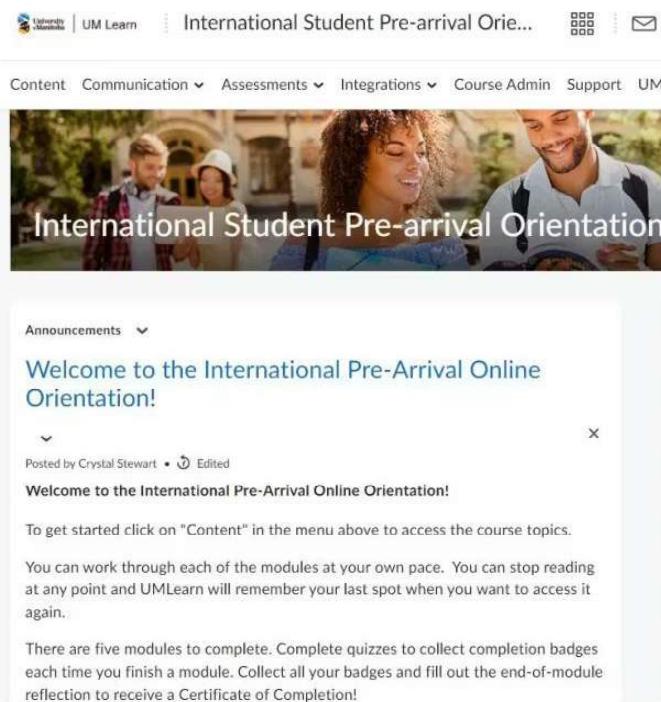
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# Orientation & Transitions

## Online Pre-arrival Orientation



The screenshot shows the course landing page for 'International Student Pre-arrival Orientation' on UM Learn. The page features a banner image of four diverse students smiling. Below the banner, the course title is displayed. The menu bar includes 'Content', 'Communication', 'Assessments', 'Integrations', 'Course Admin', 'Support', and 'UM'. A sidebar on the left contains an 'Announcements' section with a single post titled 'Welcome to the International Pre-Arrival Online Orientation!' by Crystal Stewart. The post content provides an overview of the orientation, mentioning five modules, completion badges, and a certificate of completion. The main content area is titled 'Welcome to the International Pre-Arrival Online Orientation!' and contains a message encouraging users to click 'Content' to access course topics.

### Module 1:

#### International Student Support

### Module 2: About Winnipeg

### Module 3: Weather and Safety

### Module 4: Housing

### Module 5: Healthcare

### Module 6: Finances and Fees

### Module 7: Family Resources

### Next Steps, Orientation Programs

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# Orientation & Transitions



The International Centre Student Newsletter is a monthly publication for international students at the University of Manitoba. It features updates, events, tips, and community news. The newsletter is delivered on the last week of every month. The July 2023 edition is Edition 1.

**Updates | Events | Tips | Community**

July 2023 | Edition 1

*The International Student Newsletter is delivered on the last week of every month.*



**Welcome to the International Student Newsletter!**

Get important immigration updates, events, tips and community updates to your inbox every month from the International Centre (IC).

[Learn more about the IC](#)

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## Intercultural Programs

# Intercultural Programs

- Welcome Mentors
- Language Exchange
- Intercultural Leaders
- Social events



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# Mobility

## Mobility

### Inbound and Outbound Exchange



The screenshot shows the University of Manitoba's website. At the top, there is a navigation bar with links to Admissions, Academics, Research, Student Supports, Community, and About UM, along with a search icon. Below the navigation is a large, scenic photograph of a canal in Amsterdam at sunset, lined with traditional Dutch buildings. Underneath the photo, the text "International Centre / Student exchange (outbound)" is visible. The main content area features the heading "Student exchange program". Below this, a paragraph of text explains the program's purpose: "Through the International Centre's student exchange program, you can receive credits toward your degree while spending one or two semesters in a different country." To the right of the main content, there is a sidebar with links to "International Centre", "Student exchange (inbound)", "Student exchange (outbound)", "International Student Survey 2021", "International partnership agreements", and "International nominate and fund".

- Partner universities in over 20 countries (Australia, Denmark, Germany, Japan, Sweden, UK and more!)
- One and Two term options
- Pay UM tuition
- Transfer credits back
- Scholarships and travel awards available

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# International Centre Awards

**Open to International and Domestic Students!**

- Nahlah Ayed Prize for Student Leadership and Global Citizenship
- Tony T.K. Lau Scholarships for Volunteer Service to International Students
- International Centre Exchange Awards
- Carla Thorlakson IC Exchange Awards



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# International Student Advising

## Rakshya KC

International Student Advisor

Regulated International Student Immigration Advisor



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# International Student Advising

## Four International Student Advisors (ISA):

- **Rebecca Irving, Jieli Huang, Rakshya KC & Nick Guo**

## ISA can assist you with:

- Immigration regulations related to your international student status (study permit, working eligibilities, etc)
- Non-academic topics: life in Winnipeg, personal matters

## To book an appointment:



Visit our website or E-mail: [international@umanitoba.ca](mailto:international@umanitoba.ca)

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## Your immigration status: What we want you to know!

1. Extend your study permit before it expires
2. Follow your study permit conditions, including impacts of academic standing and allegations of academic misconduct
3. Full-time vs. Part-time status
4. Authorized leaves
5. Temporary resident visa (TRV) validity
6. Passport expiry

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# Understanding the UM and your immigration status

Level of study	Full-Time Status	Academic year
Undergraduate	9 credit hours or more per term	Fall & Winter terms (September – April). Summer is optional & not a required term. (exception: College of Nursing)
Graduate	Full-time regardless of credit hours (exception: MPA program)	Fall, Winter & Summer terms (September – August). Summer is a required term.

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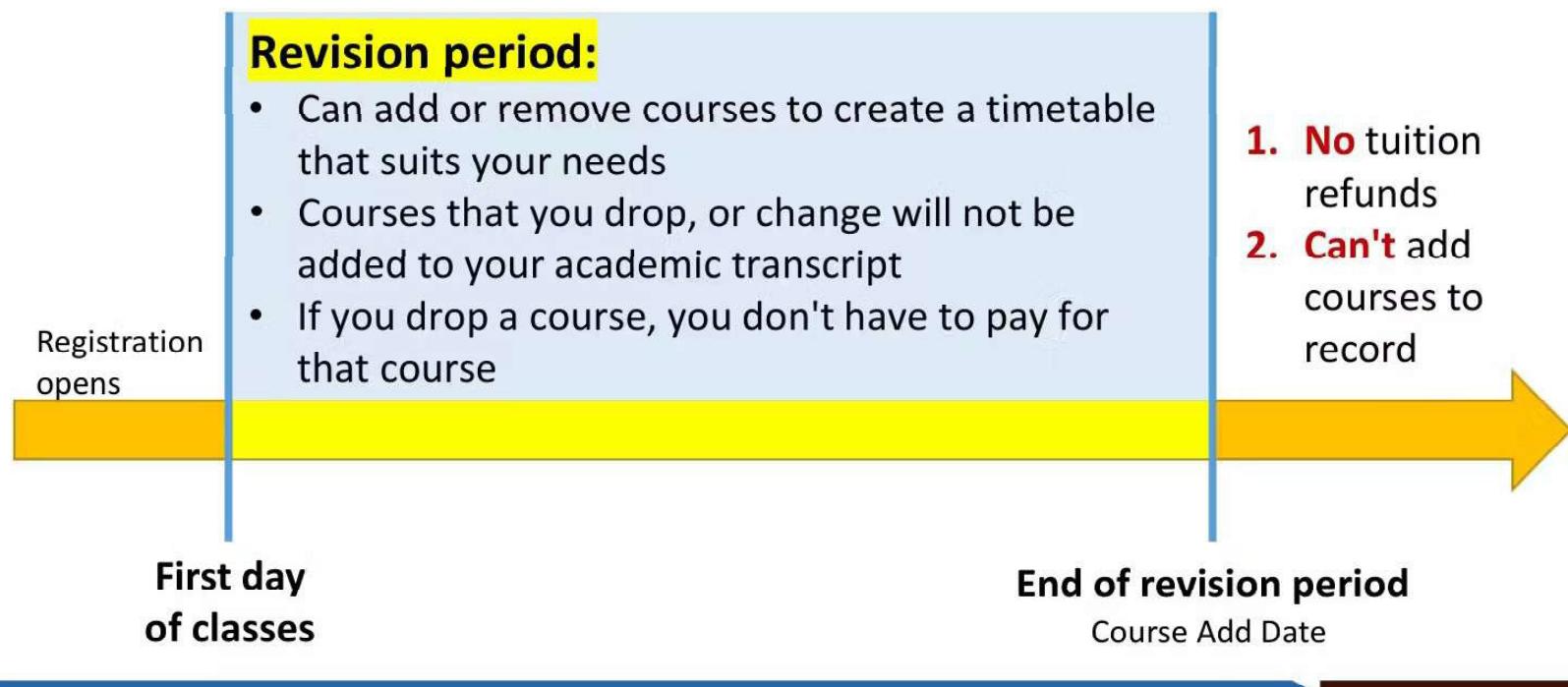
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# Understanding the UM and your immigration status



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# Understanding the UM and your immigration status

## Fees and deadlines

- Fee must be paid by the deadline each term. If you don't pay fees by the deadline, you will be charged a late fee, and your account will be placed **on hold**.
- Fee payment deadline: **February 4, 2026**
- Impacts: not being able to obtain documents for immigration applications; being deregistered from a future term and not meeting the conditions of your study permit & not being eligible to work

### *Need more information?*



Try searching these terms at UM website: "Registration", "Pay your tuition" & "Tuition and fees"

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# Upcoming Immigration Sessions

**Study Permit Extension**

**Study Permit Conditions and Working in Canada**

**Co-op Work Permit**

**Post-graduation Work Permit**

*Offered by the Manitoba Government:*

**Manitoba Provincial Nominee Program (MPNP)**



Visit <https://umanitoba.ca/international#events>

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# Understanding the UM: Dates & Deadlines



Scan & Save the Dates!

## Winter Term 2026

Jan. 5, 2026	Welcome Day (Winter Term Orientation)
Jan. 6, 2026	First day of classes
Jan. 6, 2026	Winter/Summer Term spanning distance and online courses first day of classes
Jan. 16, 2026	Deadline for UG students to declare Spring 2026 Graduation
Jan. 19, 2026	Last date to DROP Winter Term, Winter/Summer Spanning, and distance and online classes without financial penalty
Jan. 19, 2026	Last day to voluntarily withdraw from Part B of Fall/Winter term spanning courses without financial penalty
Jan. 20, 2026	Last date to ADD Winter Term classes and Winter/Summer term spanning distance and online classes
Feb. 4, 2026	Graduation date for students graduating in February
Feb. 4, 2026	Winter Term fee payment deadline
Feb. 16, 2026 - Feb. 20, 2026	Winter Term Break
Mar. 19, 2026	VW deadline for Winter Term classes
Apr. 9, 2026	Last day of classes for Winter term
Apr. 11, 2026 - Apr. 25, 2026	Winter Term examinations and tests
May. 14, 2026	VW deadline for Winter/Summer Term spanning distance and online courses
Jun. 8, 2026	Final grade appeal deadline for Winter 2026 Term grades

### Holidays and Closures

Louis Riel Day: Feb. 16, 2026  
Good Friday: Apr. 03, 2026

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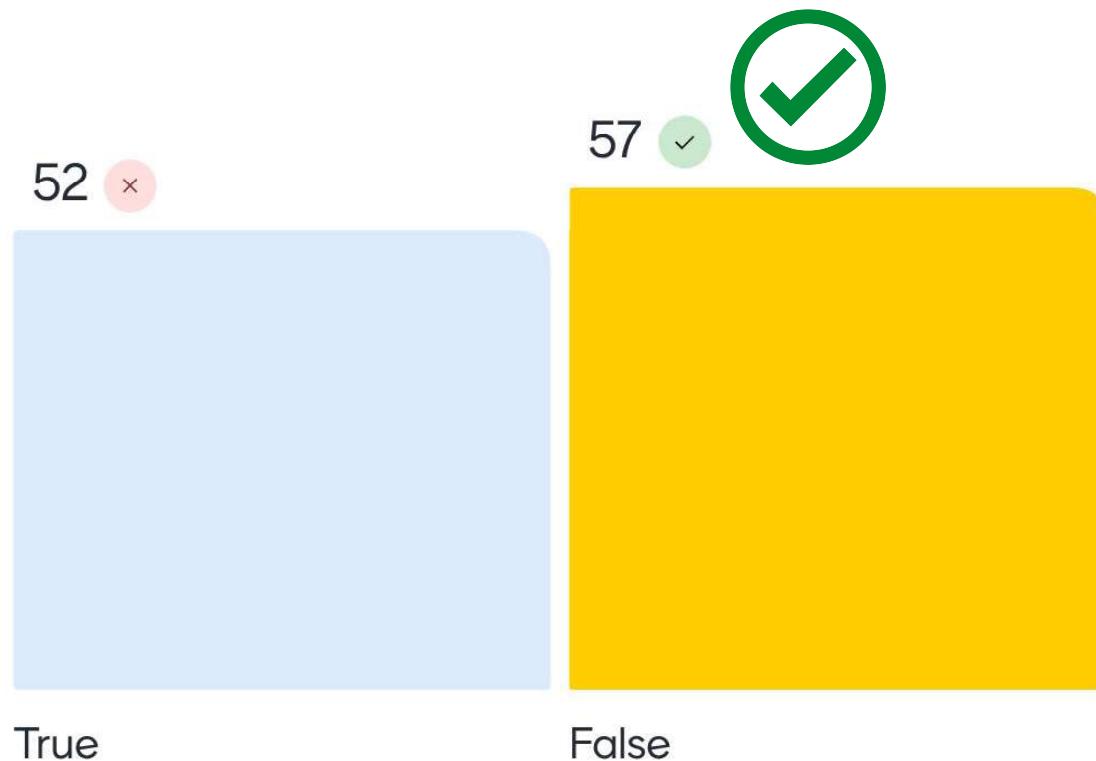
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**Undergraduate students** can take an authorized leave of less than 150 days.



International students need to maintain full-time student status or else they can be deported.



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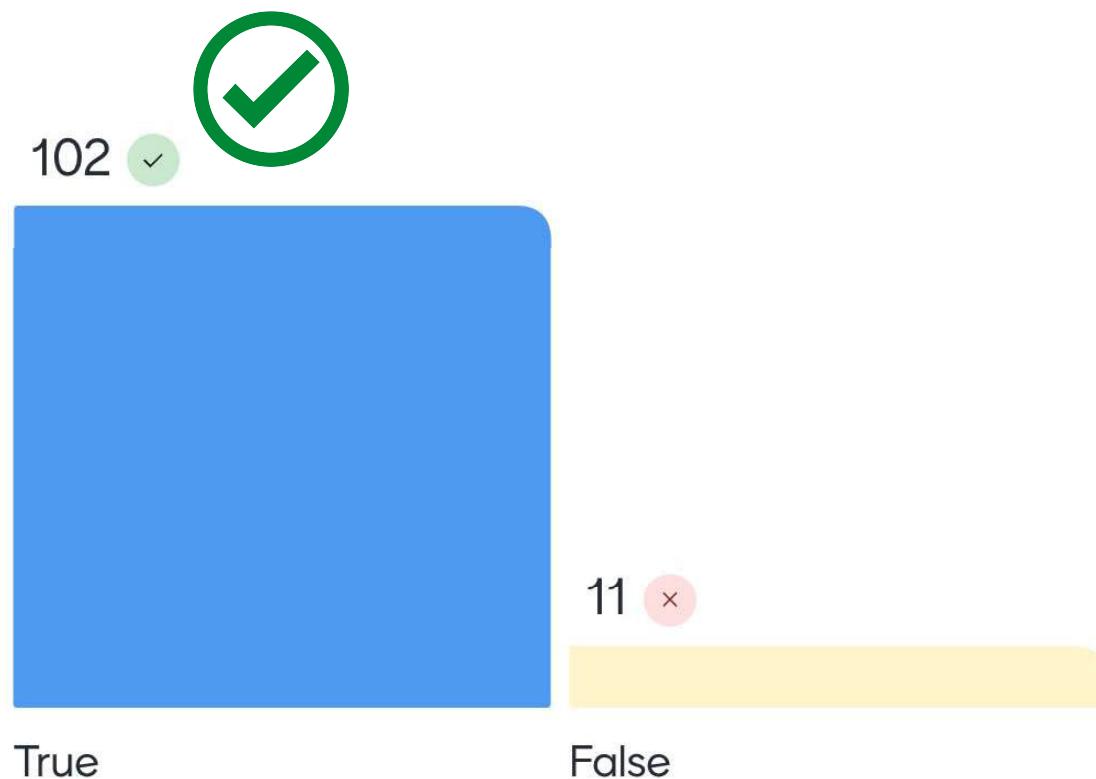
True

84

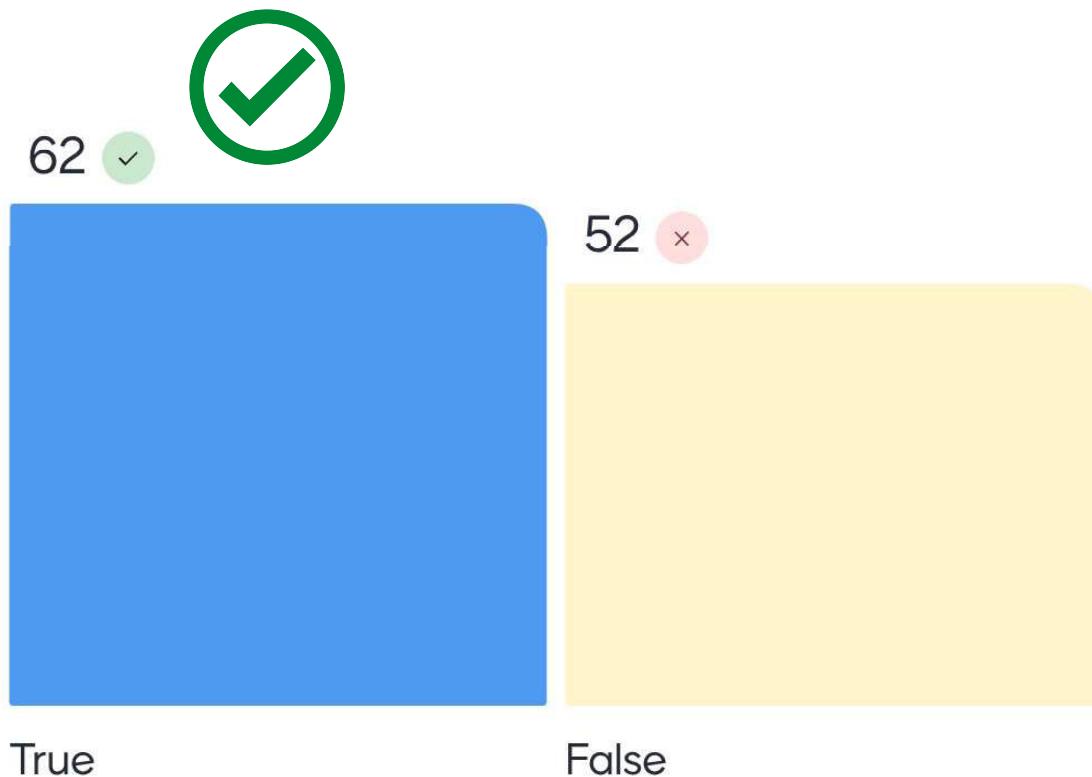


False

If an undergrad VWs from a course and they are no longer a FT student, they must **stop working** until they resume FT studies.



A **graduate student** is not allowed to work more than 24 hours/week off campus during the summer term, even if they aren't taking any courses.



There is a 90-day "grace period" **after** your study permit expires when you can still apply to extend your status .

102 



True

16 



False



I can only see an International Student Advisor (ISA) for immigration related questions.

