## Parent Conference

### TIME | WORKSHOP | LOCATION
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**WELCOME**
9:00 AM - 9:10 AM | Official Welcome to Parents | COM 201
9:10 AM - 9:45 AM | Keynote: What to Expect From UBC as Your Student Starts First Year | COM 201

**SESSION ONE - CHOOSE ONE**
9:55 AM - 10:20 AM | Residence Experience | COM 201
9:55 AM - 10:20 AM | Commuter Student Experience | LIB 306

**SESSION TWO**
10:30 AM - 10:55 AM | Student Wellbeing: Physical, Mental, and Emotional Health | COM 201

**SESSION THREE**
10:55 AM - 11:20 AM | Academic Expectations, Resources, and Support for Your Student | COM 201

**SESSION FOUR - CHOOSE ONE**
11:30 AM - 12:15 PM | International Student Experience | COM 201
11:30 AM - 12:15 PM | Optional Campus Tour (parents of domestic students) | Commons Lobby

**SESSION FIVE**
12:30 PM - 1:15 PM | Optional Campus Tour | Commons Lobby

**CONFERENCE CONCLUDES**
Academic Expectations, Resources & Support for Your Student

The university experience presents teaching and learning methods that are new to most first-year students. What will be expected of your student in the classroom? Where can they find the resources they will need to improve their learning skills? What are some characteristics of successful students at UBC? Learn more about the academic services and supports that can help your student navigate their academic career in a student-driven, teacher-supported learning environment both inside and outside the classroom.

Academic Advising – students.ok.ubc.ca/advising
Disability Resource Centre – students.ok.ubc.ca/drc
Learning support services – students.ok.ubc.ca/learning-supports
Library – library.ok.ubc.ca

Commuter Student Experience

Commuting students experience university from a different lens, balancing the demands of life at home and school. Join us as we explore opportunities specifically for commuters and some suggestions on how to best support your commuting student.

Student Experience Office – students.ok.ubc.ca/collegia

International Student Experience

Explore the international student experience at UBC Okanagan and have your questions answered by International Programs & Services staff. This session will focus on the Medical Services Plan in British Columbia, immigration documents, transitional support, the campus community, and the many ways to get involved both on and off campus.

International Programs and Services – students.ok.ubc.ca/international

KEYNOTE DESCRIPTIONS

Keynote: What to Expect From UBC as Your Student Starts First Year
Ian Cull (Associate Vice-President, Students)
Parental support of first-year students is critical to their social, emotional, and academic success. Ian Cull, Associate Vice-President Students, will help you understand UBC’s expectations, your evolving parental role, and outline how you can maintain much-needed support as your student starts their first year at UBC.

WORKSHOP DESCRIPTIONS

Academic Expectations, Resources & Support for Your Student

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Residence Experience

One of the most frequent queries that we receive from parents and families is, “How can I support my student in residence?” This session includes basic information on the Residence Life program and facilities, resources available to students, and helpful tips for parents. A Q&A period will follow.

Student Housing and Hospitality Services – okanagan.housing.ubc.ca

Student Wellbeing: Physical, Mental & Emotional Health

Your student’s wellbeing is important and multi-faceted. Learn more about the services and supports from Health & Wellness (the student health centre on campus), UBC Recreation (offering programs and services for an active, healthy campus community), the UBCO Food Services Nutritionist and B.A.R.K (Building Academic Retention through K-9s – UBC’s dog therapy program). Join us to learn more about how these departments come together support your student’s healthy and enjoyable experience at UBC.

Health and Wellness – students.ok.ubc.ca/health-wellness
Campus Recreation – camprec.ca
UBC Okanagan Food Services – food.ok.ubc.ca
B.A.R.K. – bark.sites.olt.ubc.ca

Parent Conference is proudly supported by the offices of the Deputy Vice-Chancellor & Principal and the Associate Vice-President, Students