



Dear _____,

A few weeks ago the ACT/NSW Branch started offering **Industry Check-in** sessions as a sign of support for the entire international education sector. These sessions are **open to all members and non members, at no cost**, as a sign of ISANA's support of the entire international education sector.

Last week's session topic was "**Self-care and de-stress advice for students**". We had five excellent wellbeing professionals, who discussed their mental health support programs for international students. We discussed strategies to assist international students during times of stress, while also hearing a student's perspective, highlighting both barriers and facilitators to engaging students. We want to share the content of the presentations with anyone who could not make it to the check-in session. Please take and look and share with your colleagues these excellent examples of good practice (attached).

- In the ***Self Care for International Students***, you will find information about the importance of self-care and stress management for international students and how UNSW currently engages students in these activities as well as a student's perspective, highlighting the barriers and facilitators to engaging students
- In the ***10 Tips to Stress Less at Uni*** will provide you with the campaign purpose and resources, the practical application, and the use of collateral. This project was planned for students by students. You can use the collateral for your students too – check the useful links in the presentation

Our next Industry Check-In session, on Thursday 2 July from 1:00 pm to 1:45 pm, is about **“Keeping students connected and supported during COVID-19”**. It will be a great opportunity to hear from students, who will share what is important to them, and discuss ways advisors can help facilitate connections amongst their students during and post COVID-19. You will also hear from ISLA (international student leadership and ambassador at the City of Sydney) and CISA (Council of International Student Australia) representatives about their student engagement strategies during COVID-19.

We hope you can make it to this next Industry Check-In session:

Registration: [ACTiveNSW - PD Registration](#) (this is linked directly to **your** record please **do not share this link**)

Please extend the invitation to your colleagues by sharing this link: <http://www.isana.org.au/events/> we appreciate you sharing this information with your colleagues as we come together to support our students.

We would also like to take this opportunity to remind you about this Wednesday's ISANA National webinar, "**All about the National Code Tutorial (NCT)**". This webinar is also free of charge and will guide you through the steps you will need to take to successfully complete the NCT. Please [click here](#) for more information and to register..

We look forward to "chatting" again soon.

Kind regards,

ACTiveNSW Branch Committee
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