

Where Connection Begins – International Student Support Group

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Connect. Share. Thrive.

🗨️ **Feeling far from home?** Discover a **warm, welcoming space** where international students can **connect, share stories, and find support** through every challenge - because **you're never alone** in your journey at Seneca.

Hi, I'm **Caroline**, a **Student Ambassador for the International Student Support Group**. Our group was created to bring international students together - to **connect, share experiences, and support one another** through the ups and downs of life in a new country. It's about **sharing, supporting, and thriving together** along the way.

Many of us may share similar feelings when starting life in a new country - **excitement, curiosity, nervousness, and even a bit of anxiety** about what's ahead. From adapting to a new culture to learning how college life works, it can be both exciting and challenging. Sometimes, what helps most isn't just study tips or information - **it's connection**. Just being with people who are in the same boat and **understand the journey** makes everything easier.

That's what the **International Student Support Group** is all about.

Unlike a social club that focuses on big events or cultural celebrations, our group is a **warm, friendly, and supportive space** where everyone can relax, connect, and feel included.

Wonder what we offer? Each session provides a **relaxed atmosphere** where you can connect in whatever way feels comfortable - whether by joining **fun activities or conversations**, **staying quietly** (if you prefer!), or simply being part of a **caring community that truly values you**. It's more than a hangout - it's a **supportive network** to help you **navigate life's challenges** and not just survive but thrive.

We **share experiences and information**, **explore campus resources together**, **enjoy fun activities** that **help us connect and make friends**, and always **uplift one another** along the way.

Not an extrovert or a social butterfly? **No worries** - there's **no judgment** and **no commitment** here. We know life can be busy, so take your time; **join when you can** - even once is perfectly fine. Can't make it right on time? No problem - it's a **drop-in!** Feel free to join us anytime while the session is running. After all, **life is like a box of chocolates** - **you never know what sweet surprise awaits when you try**.

Just **come as you are**, **relax**, and **feel at home** - be part of a **community that truly cares**. Remember, **you are not alone** in this journey - we're here to **support you every step of the way**.

Can't wait to see you at our next International Student Hangout! Take care!

(Written by Caroline Cheng, Student Ambassador – International Student Support Group | Major: Digital & Social Media Marketing)

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