

Get the latest information from KPU International Advising!

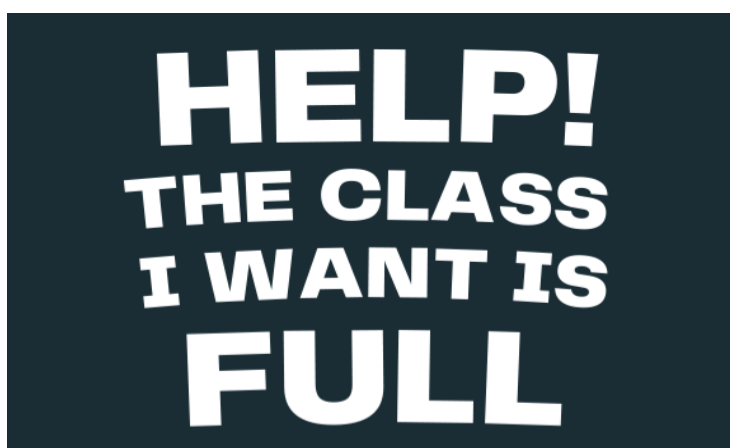


December is finally here! As the snow blankets our campuses and a sense of excitement and anticipation is in the air, let's come together to celebrate Christmas and spread joy, happiness, and goodwill. If you're looking for something fun to do during this holiday season, visit the [Vancouver Christmas Market](#) to try out some authentic German treats and enjoy festive activities and live entertainment or go shopping for vintage clothing and treat yourself to delicious foods at the [Eastside Flea Winter Market](#). In this issue of our newsletter, the focus will be on new international students of KPU with useful information to help you prepare for the upcoming Spring 2024 semester!

Classes are full! What should I do?

The classes you want for **Spring 2024** are full? Don't worry! Other students may change their selections, or new sections of certain classes may open to accommodate more students. Besides, you still have a chance to get into the classes you want with our **Waitlisting** option.

To learn more, visit [Waitlisting](#) or watch our video "[Classes are Full What Should I Do?](#)". You can also take a look at our [handout](#) for more information.



New International Student Checklist

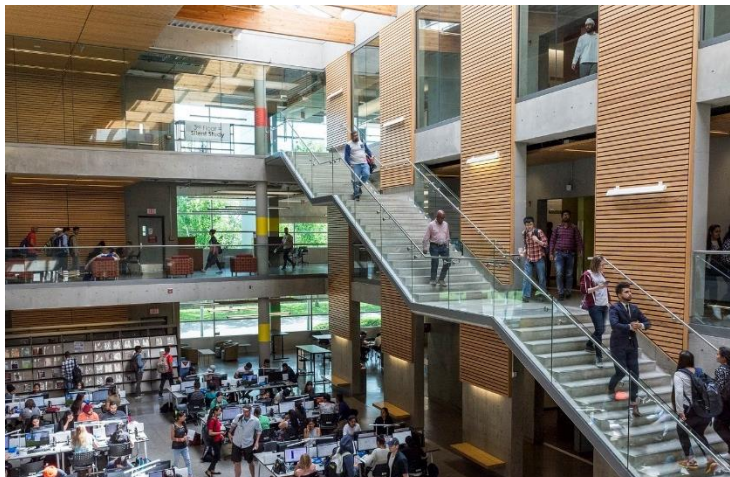
Are you an international student joining KPU for the first time in **Spring 2024**? As a new international student, there are several important steps and procedures that need to be completed before starting your first class at KPU.

Please take a look through the [New International Student Checklist](#) to learn more about what you need to do to ensure a smooth transition to KPU.

KPU100 - Introduction to University

Get prepared for a new semester at KPU with some highly effective learning and life tips by taking the **KPU100** course. This course offers **university beginners** the opportunity to engage with faculty and other students and learn useful tips and information for your academic journey at KPU.

This non-credit course is offered completely free to KPU students with multiple online sessions in **December 2023**. **New international students are highly encouraged to join**. Click [here](#) to sign up!



New Student Orientation for Spring 2024!

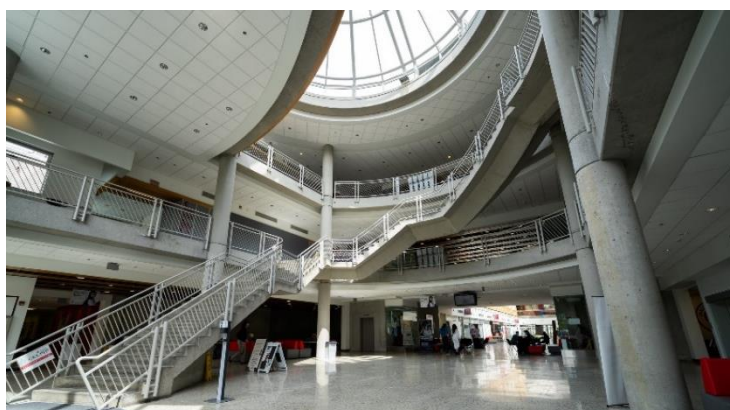
New Student Orientation is an opportunity to discover KPU and the services and resources available for students. Students can also meet fellow students and receive guidance from senior students before starting the first semester at KPU.

New international students are required to attend the **International Live Virtual Orientation** and **KPU Welcomes You** and enroll in the **Online Orientation Course** to learn important information before starting your studies at KPU. Click [here](#) for more details!

KPU Holiday Closure

All KPU campuses will be closed from **Dec 24, 2023** to **Jan 02, 2024** in observance of the holiday season.

It is a great chance to step back and celebrate your achievements during the past year! Thank you for your dedication and hard work throughout the year and for being a part of our vibrant and dynamic KPU community. We at KPU International Advising wish you a delightful Christmas and a Happy New Year!



Health & Wellness Tips

Stress can happen to any of us, especially when we are busy with school and work. Check out these [9 good mood foods to help reduce stress](#) that will help you positively influence your stress levels.

Have trouble getting to sleep at night? Student life can create a variety of barriers to a good night's rest, including racing thoughts to stiff, tight muscles. Try this [10-minute bedtime yoga routine](#) to help relax the nervous system and prepare the body for sleep.

Please feel free to contact us at KPU International if you have any questions or require support.