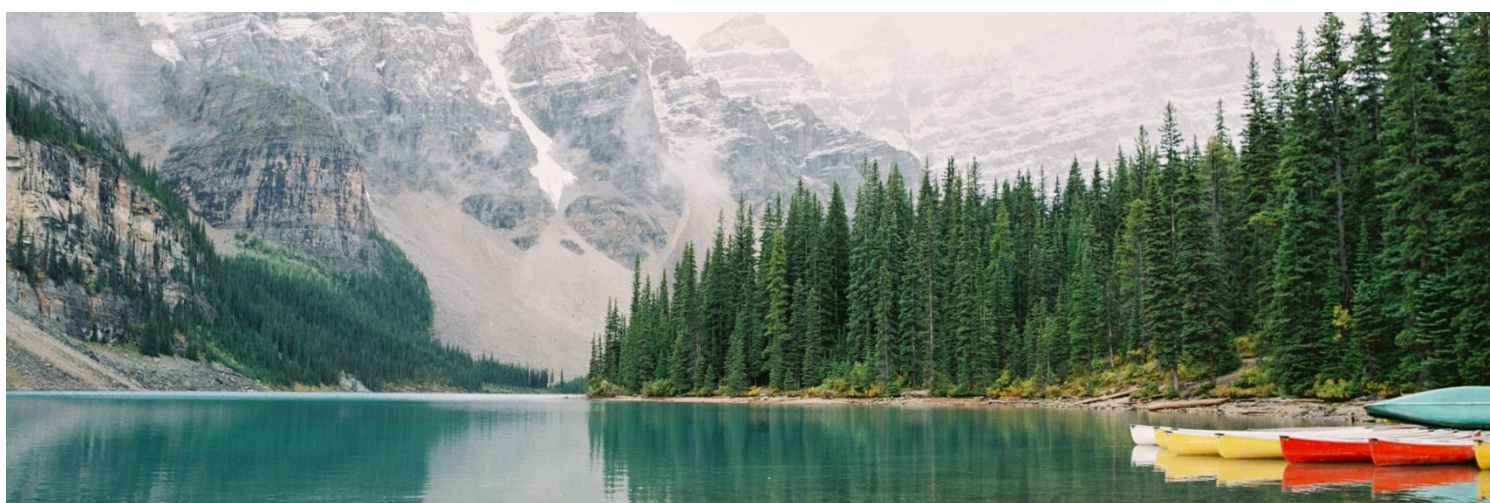


**Get the latest information from KPU International Advising!**



Hello international students of KPU! We hope that you're enjoying your time here. With the arrival of winter, do remember to stay snug and warm. If you're looking for something fun to do in November, check out the half-kilometre trails of natural landscapes illuminated with light displays at the [Bear Creek Lights](#) or visit the [Surrey Tree Lighting Festival & Holiday Market](#) to enjoy delicious treats and entertainment from local performers. In this edition, we're thrilled to share with you new updates on November events and highlights at KPU.

**Course registration for Spring 2024**

Attention! Registration for **Spring 2024** will open on **Nov 14, 2023**. To prepare for registration, check your assigned [Registration Dates & Times](#) by doing the following steps:

1. Log into [Online Self Service \(OSS\)](#)
2. Select **Student Menu**
3. Select **Registration > Prepare for Registration**
4. Select the term from the drop-down menu

Remember to check your registration eligibility and clear any holds on your account before your registration date!

Before registering for future semesters, students are strongly encouraged to discuss their course planning with an [Academic Advisor](#) who will help you plan your courses effectively.



**Webinar: Get Ready for Registration - Spring 2024**

Is Spring 2024 your first semester at KPU? Join the **Live Webinar** on **Nov 7, 2023 - 9 to 11 AM PST** where our experienced International Student Advisors will walk you through the **course registration process** in detail.

All newly admitted students are highly encouraged to attend this webinar as it will cover critical information that you must know prior to starting your studies at KPU. Visit [International Student Advising](#) for more information on the event!

For more details on navigating the registration portal, important dates and deadlines, course dropping and withdrawing policies and other important items, visit [KPU Registration Guide!](#)

**KPU documents for PGWP application**

To apply for your PGWP, you will need the following key documents from KPU:

- **A PGWP Letter (also called Completion Letter)**
- **Your Official Transcript**

For more details, watch our video tutorials "[KPU Documents Required to Apply for PGWP](#)" & "[How to Apply for PGWP](#)" on our YouTube channel.

Still have questions about PGWP application? [Book an appointment or join our drop-in sessions](#) to meet with our **International Student Advisors!**



**Co-op Information Sessions in November**

Looking for ways to **gain real-world experience** to support your education and stand out in the competitive job market? **Co-op programs** can help you achieve all of these goals and more!

To learn more about the different programs available and get a glimpse into real-life Co-op experiences and success stories, join the **Co-op Information Sessions** on **Nov 9 & 29, 2023**. Registration is needed!

More details about the events can be found [here!](#)

**Health & Wellness Tips**

Feeling the weight of stress on your shoulders? As a student, it's easy to get caught up in your assignments and deadlines. With this [body scan meditation](#) technique, you can gently help your body release tension and melt the stress away.

What's better for a busy student than a short workout that provides both physical and psychological benefits? Check out this [10-minute beginner yoga routine](#) that will help you take a break and treat yourself to the pleasure of stretching and relaxation.



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