

Langara.

PLUS

social & cultural events • recreational activities • lifestyle workshops • study skills workshops



Langara.

THE COLLEGE OF HIGHER LEARNING.

The Langara PLUS Program.

To be competitive both academically and professionally, students need more than just a high GPA – they need to be well-rounded with a variety of experiences that facilitate them in getting a job upon graduation. The **Langara PLUS** Program, specifically designed for international students, offers those experiences.

The Langara PLUS Program aims to:

- improve your social and interpersonal skills
- develop your intercultural awareness
- improve your physical fitness
- enhance your application to university
- maximize your opportunity for success

Through the Langara PLUS Program students can participate in a variety of workshops and events organized through the International Education (IE) Office and other departments at Langara College. These activities provide students with academic support, as well as recreational and social opportunities.

All workshops and events attended are recorded in each student's Langara PLUS Passport. You accumulate points towards a bronze, silver, or gold Langara PLUS *Statement of Achievement*.



Langara PLUS features four categories of activities offered through the College:

1. Lifestyle Workshops
2. Recreational Activities
3. Study Skills Workshops
4. Social & Cultural Events

Upcoming events and activities are regularly posted in the IE Office, on the IE Facebook page, and on the Langara website. Examples of workshops and events include:

- sessions on getting to know Vancouver
- effective note-taking workshops
- drop-in sports
- i-Lunch and i-Dinner social events
- attending Langara Falcons basketball games
- i-Explore excursions (e.g. bowling, skating, hiking, aquarium, etc.)
- time management workshops
- final exam preparation
- i-Cafe meet-up events
- career planning sessions

What do I get out of it?

Upon completion of each program level, participants are awarded a *Statement of Achievement* along with a letter that outlines the number of events and workshops attended. These documents may enhance your application for academic advancement and employment.

There are three levels of **Langara PLUS**:

Bronze = 20 Langara PLUS Points
Silver = 35 Langara PLUS Points
Gold = 50 Langara PLUS Points

The appropriate coloured seal (bronze, silver or gold) will be added to your *Statement of Achievement* with an indication of the number of workshops and activities you participated in.

GUIDELINES

To qualify for a *Statement of Achievement*, you must:

- Attend a sufficient number of workshops or activities and have facilitators sign your passport
- Participate in at least one activity/workshop from each of the following categories:
 - 1) Lifestyle Workshops;
 - 2) Recreational Activities;
 - 3) Social & Cultural Events; and
- Attend a minimum of two Study Skills Workshops

Over 1000 international students have signed up for the Langara PLUS Program, *and you should too!* So what are you waiting for? Sign up today and get the most out of your experience at Langara by getting involved in Langara PLUS!

Learn more at www.langara.ca/international.

LANGARA PLUS STEPS

1. Apply for a **Langara PLUS Passport** in the IE Office (A107) as soon as you arrive at Langara.
2. Participate in workshops and events advertised by the International Education Department.
3. Fill your **Langara PLUS Passport** by having the facilitators of the workshop or event sign your passport.
4. Take your passport to the IE office when you reach an achievement level to get your *Statement of Achievement* and a prize.



"Langara was a huge learning experience for me. I already expected to learn a lot, but my experience even surpassed my expectations by far."

"Attending activities provided by the PLUS program not only gave me the opportunity to feel more integrated, but helped expose me to different scenarios and to discover Vancouver and Langara in order to fully take advantage of all the opportunities that are present for international students."

- Kimar Neves, Brazil



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