HIGH SCHOOL STUDENTS IN CANADA CHECKLIST

BEFORE YOU START AT SFU

STEP 1
☐ Apply to change the conditions of your study permit to allow you to study at the post-secondary level:
   - Apply early -- this process can take months to complete
   - High school study permits are not valid for post-secondary studies, so you must have your new study permit before you can begin studying at SFU

STEP 2
☐ If you are in British Columbia and have not already done so, apply for the BC Medical Services Plan (BC MSP):
   - MSP is required by law for anyone living in BC for more than 6 months.
   - If your MSP will soon expire (or has already expired), apply to extend it after extending your study permit
   - It will take about a month to process your MSP application -- apply early so that you will be able to opt out of the Guard.me@SFU plan with proof of MSP coverage.

STEP 3
☐ Complete the University Prep online transition course.
☐ Sign up and attend Welcome Day.
☐ Sign up for the Global Connections Program: When you join the Global Connections Program, you can request to be matched with a Community Leader to support you and answer your questions one-on-one about all aspects of life at SFU. You will also be meeting other SFU students through various events, activities, and trips over the course of one term.

AFTER YOU START AT SFU

STEP 4
As a new international student at SFU, you will be automatically enrolled in a 4-month primary medical insurance plan with guard.me@SFU for your first term of studies. This is to ensure you have valid coverage during the waiting period for public health insurance under the BC Medical Services Plan (BC MSP).

☐ If you already have valid BC MSP coverage, opt out of the Guard.Me@SFU plan online for a full refund before the opt-out deadline.

☐ If you are new to British Columbia, apply for the BC Medical Services Plan (MSP) as soon as you arrive. Your coverage will begin two to three months after your arrival date in BC. If you will be residing in BC for six months or longer, it is mandatory for you to enroll yourself and any accompanying family members in BC MSP.
   - Opt out of the Guard.me@SFU plan when your BC MSP takes effect (after the waiting period). You may be eligible for a partial refund of the Guard.me@SFU fee if there is more than one month remaining in the term, and you have not used the plan.

☐ Make changes to your secondary insurance if necessary (i.e. opt down to the basic plan, or opt out with equivalent coverage) during the opt-out period for Studentcare.

STEP 5
☐ Learn SFU's enrollment requirements for international students: This will affect your ability to work, study, and stay in Canada.
☐ Determine your eligibility to work on campus or off campus.
☐ Apply for a Social Insurance Number (SIN) if you are eligible and planning to work in Canada: You must provide your SIN to your employer within three days of starting work.

STEP 6
☐ Complete SFU 101 to help you transition to SFU and prepare for academic success.
☐ Sign up for Events and Programs offered by International Services for Students.
☐ Read ISS Newsletter sent to your SFU Mail account to stay up-to-date on advising, immigration, medical, opportunities, and important reminders.
☐ Get involved in your SFU community!

STEP 7
☐ The transition to university life can be exciting, but it isn't always easy. SFU has a number of supports available to you if you are struggling. Please do not hesitate to reach out if you are having a difficult time at any stage of your SFU degree -- we're here to help. Contact us at intl_advising@sfu.ca