**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](https://www.gov.bc.ca/) (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](https://www.guardme.ca) plan with proof of MSP coverage.

**STEP 3**
- Complete the [University Prep](https://www.sfu.ca/students/isap/step6.html) online transition course.
- Sign up and attend [Welcome Day](https://www.sfu.ca/students/isap/step7.html).
- Sign up for the [Global Community @ SFU Program](https://www.sfu.ca/students/isap/step7.html): Led by dedicated student volunteers, this program will give you the opportunity to learn about the culture of SFU and Canada while you meet new friends and explore what your new community has to offer. See photos of our past events and programming on our [Facebook](https://www.facebook.com/ISS.SFU) and [Instagram](https://www.instagram.com/gscsfu).

**AFTER YOU START AT SFU**

**STEP 4**
- If you already have valid BC MSP coverage, opt out of the [Guard.Me@SFU](https://www.guardme.ca) plan online for a full refund before the [opt-out deadline](https://www.sfu.ca/students/isap/step6.html).
- 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:
  - 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](https://www.sfu.ca/students/isap/step5.html) if necessary (i.e. opt down to the basic plan, or opt out with equivalent coverage) during the [opt-out period](https://www.sfu.ca/students/isap/step6.html) for Studentcare.

**STEP 5**
- Learn SFU's [enrollment requirements](https://www.sfu.ca/students/isap/step5.html) for international students: This will affect your ability to work, study, and stay in Canada
- Determine your eligibility to [work on campus](https://www.sfu.ca/students/isap/step5.html) or [off campus](https://www.sfu.ca/students/isap/step5.html).
- Apply for a [Social Insurance Number (SIN)](https://www.sfu.ca/students/isap/step5.html) 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](https://www.sfu.ca/students/isap/step7.html) to help you transition to SFU and prepare for academic success.
- Sign up for [Events and Programs](https://www.sfu.ca/students/isap/step6.html) 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](mailto:intl_advising@sfu.ca)