

Title: The changing nature of work and learning in the COVID-19 era and the impact on international students' health and well-being in Nova Scotia

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The main objective of this project is to examine the impact of COVID-19 on international students' health and well-being in Nova Scotia. A recent 2020 survey conducted by Statistics Canada revealed that the COVID-19 pandemic has resulted in significant disruptions in post-secondary students' academic and career plans, including a delay or cancellation of their courses and employment opportunities. This has generated unprecedented academic and career uncertainty for post-secondary students – with international students being disproportionately impacted in many areas that affect their health and well-being, academic and career planning. Many international students are currently “stuck in limbo” and are experiencing severe challenges in making their future plans, given the current travel and border restrictions in place due to COVID-19. This raises an immediate need for a closer examination of international students' challenges, concerns, health and well-being in the midst of unprecedented academic and career uncertainty. Amid uncertainty, some are raising concerns that there are relatively few supports available to assist international students as they navigate the COVID-19 period. Importantly, we have very little insight into how COVID-19 pandemic have impacted the future of work and learning, how international students are impacted from these changes, and what their specific needs are. As such, this project focuses on examine the extent to which the changing nature of work and learning during the COVID-19 pandemic is affecting the international students in Nova Scotia, Canada. Through a mixed-method approach (online survey & focus group interviews), this project addresses the following research questions: (1) What impact has the COVID-19 pandemic had on the challenges, concerns, and health and well-being of international students in Nova Scotia? How do their experiences vary depending on their socio-demographic characteristics? (e.g., gender, race/ethnicity, country of origin, socioeconomic status, length of stay in Canada and etc) (2) How are international students currently navigating such times of unprecedented academic and career uncertainty, and what supports are they receiving from their post-secondary institution, community, and government? (3) Do international students feel prepared for the changing nature of work and learning in the current COVID-19 era, and to what extent would this impact their decision to stay in Nova Scotia?