

# WE HELP REMOVE BARRIERS.

STUDENT  
**LIFE**

Accessibility  
Services



**St. George Campus**  
**Events & programming calendar**  
February 2022 - April 2022



# WEEKLY

## Virtual Accountability Check-Ins

Virtual Accountability Check-Ins offer the opportunity to connect with Accessibility Services staff and your peers two times a week. These check-ins help you stay on track, increase accountability and allow you to celebrate your weekly successes!

[studentlife.utoronto.ca/program/virtual-accountability-check-ins](http://studentlife.utoronto.ca/program/virtual-accountability-check-ins)

**Mondays** 12 - 12:30 p.m. & **Fridays** 3 - 3:30 p.m.

## Accessibility Grad Writing Group

We offer an Accessibility Writing Group (GWG-A) in partnership with Academic Success for students who want to work with others who experience graduate school with accessibility needs. The group is facilitated by a Ph.D. student with experience facilitating Graduate Writing Groups and Accessibility programming for students.

[studentlife.utoronto.ca/program/graduate-writing-groups](http://studentlife.utoronto.ca/program/graduate-writing-groups)

**Thursdays** 9 -11:30 a.m.

## Accessibility Grad Productivity Group: Actually Work from Home!

A supportive, virtual environment in which to work in company with grad school peers. This section, created through a partnership of Academic Success and Accessibility Services, is for students who identify as having accessibility needs. This time is set aside for students with accessibility needs to work in the company of other students with similar experiences. Created by and for graduate students.

[studentlife.utoronto.ca/program/grad-productivity-group-actually-work-from-home](http://studentlife.utoronto.ca/program/grad-productivity-group-actually-work-from-home)

**Tuesdays** 10 a.m. - 12 p.m.

## Peer Advisor Drop-Ins

Peer Advisor Drop-in sessions are intended for students registered with Accessibility Services or wondering about registering with Accessibility Services to chat with their peers and learn more about using accommodations. Drop-in sessions are themed, but you can ask any question related to Accessibility Services.

[studentlife.utoronto.ca/program/peer-advisors-daily-drop-in](http://studentlife.utoronto.ca/program/peer-advisors-daily-drop-in)

**Mondays 10 a.m. – 1 p.m.** - How do I register with Accessibility Services?

**Tuesdays 11 a.m. – 1 p.m.** - Peer Note-taking & Accessing Resources

**Wednesdays 11 a.m. – 2 p.m.** - Letters of Accommodations

**Thursdays 1 – 4 p.m.** - Test & Exam Accommodations

**Fridays 10 a.m. – 12 p.m.** - Requesting an Extension

# FEBRUARY

## How Identity Impacts Learning

Do you ever feel like an imposter or that you don't belong at university? In this online workshop, explore how an understanding and appreciation of your strengths and a sense of belonging can impact learning and engagement for students with disabilities. Through discussion and reflection, we'll explore concepts related to identity, including internalized stigma and imposter syndrome, and learn helpful strategies to support a sense of belonging. Offered in partnership by Accessibility Services and the Academic Success Centre.

**Tuesday, February 1, 2 – 3 p.m.**

## Group Learning Strategy Sessions

These small online group sessions foster community while offering strategies and tips to help you navigate common challenge areas. Each session is led by a learning strategist.

**Wednesday, February 2, 11 a.m.:**

Building Motivation and Making Progress

**Friday, February 4, 2 p.m.:** Working Through Perfectionism

**Wednesday, February 9, 11 a.m.:**

Creating Structure and Finding Focus

**Friday, February 11, 2 p.m.:** Building Motivation & Making Progress

**Wednesday, February 16, 11 a.m.:**

Working Through Perfectionism

## Get Started Club

Is anxiety making it difficult to get started on your assignments? Is it difficult to find the energy to follow through on academic

tasks? This workshop introduces calming and energizing movement, creative exercises, helpful strategies, and peer connections to support progress. Bring an academic task or assignment you've been avoiding and take steps towards completion in this safe, FUN, and encouraging environment. If you have paper, coloured pens, or other tools that help you express your ideas creatively, feel free to bring them (though they aren't necessary for participation!).

**Tuesday, February 15, 11 - 12:30 p.m.**

## Using Reading Week Effectively

When you're behind on your work or feeling overwhelmed, how can you use reading week to catch up? In this workshop, learn how to create an inventory of upcoming assessments and make a realistic plan to use reading week effectively.

**Thursday, February 17 1:30 - 2:30 p.m.**

**Friday, February 18, 11 a.m. – 12 p.m.**

## ADHD Peer Connections

ADHD Peer Connections provides an online space to connect with other students with Attention Deficit Hyperactivity Disorder (ADHD). Find community, share strategies to build resilience and be yourself!

**Thursday, February 3, 1 – 2 p.m.**

**Thursday, February 17, 1 – 2 p.m.**

## ASD Peer Connections for Women & Trans Students

ASD Peer Connections for Women & Trans Students provides women and trans students with ASD an informal space to connect about topics relevant to disability and identity.

**Monday, February 14, 3 – 4 p.m.**

**Monday, February 28, 3 – 4 p.m.**

## Dialogues for BIPOC Students Living with a Disability

This dialogue provides a space and informal opportunity for Black, Indigenous, and students of colour to discuss topics relevant to their disability and/or identity.

**Friday, February 18, 1 – 2 p.m.**

## Transition to In-Person Learning for Students with Disabilities

This workshop will explore different aspects of the move from digital to face-to-face learning for students registered or registering with Accessibility Services. Work with a learning strategist to focus on developing learning skills as you make this transition.

**Thursday, February 24, 1:30 – 2:30 p.m.**

## Navigating U of T as a 2SLGBTQ+ Student with a Disability

Accessibility Services is offering an informal space for students to find community, be yourself, and connect with other students registered with Accessibility Services!

**Thursday, February 24, 2 – 3 p.m.**

## SASA (Social Association for Students with ASD)

The Social Association for Students with ASD (SASA) provides students with ASD, the chance to connect (while engaging in games and socials), contribute and develop new friendships.

**Friday, February 25, 2 - 3:30 p.m.**

# MARCH

## Transition to In-Person Learning for Students with Disabilities

This workshop will explore different aspects of the move from digital to face-to-face learning for students registered or registering with Accessibility Services. Work with a learning strategist to focus on developing learning skills as you make this transition.

**Wednesday, March 2,**  
11:30 a.m. – 12:30 p.m.

## Get Started Club

Is anxiety making it difficult to get started on your assignments? Is it difficult to find the energy to follow through on academic tasks? This workshop introduces calming and energizing movement, creative exercises, helpful strategies, and peer connections to support progress. Bring an academic task or assignment you've been avoiding and take steps towards completion in this safe, FUN, and encouraging environment. If you have paper, coloured pens, or other tools that help you express your ideas creatively, feel free to bring them (though they aren't necessary for participation!).

**Tuesday, March 8,** 11 a.m. - 12:30 p.m.

## Ready to Work Series: Online Resume Reviews

Would you like feedback on your resume or cover letter? Come meet with a career educator and peer career advisor to get feedback and on how to create a resume that will help you reach your job search goals.

**Thursday, March 3,** 1 – 4 p.m.

## Ready to Work Series: Navigating Disability & Work: Alumni Stories

During this panel, hear from University of Toronto alumni who are working and thriving with a disability. This session will help you:

- learn about what it's like to navigate disability and work
- consider how you may approach conversations with possible employers

This event is co-hosted by Accessibility Services and Career Exploration & Education and is catered to students who self-identify as living with a disability. Students from U of T, UTSC, and UTM who self-identify as having a disability(ies) are welcomed!

**Thursday, March 10,** 3 – 5 p.m.

## Ready to Work Series: Disclosure & Accommodations in the Workplace: Employer Panel

During this panel, employers will share their experiences with accessible recruitment and hiring processes. This session will help you:

- understand how accommodations are determined in the workplace
- prepare to have conversations about disclosure with employers
- understand how the disclosure and accommodation process may differ from the experience as a post-secondary student

This event is co-hosted by Accessibility Services and Career Exploration & Education and is catered to students who self-identify as living with a disability. Students from U of T, UTSC, and UTM who self-identify as having a disability(ies) are welcomed!

**Tuesday, March 15,** 3 – 5 p.m.

## Group Learning Strategy Sessions

These small online group sessions foster community while offering strategies and tips to help you navigate common challenge areas. Each session is led by a learning strategist.

**Wednesday, March 2, 11 a.m.:**

Building Motivation and Making Progress

**Friday, March 4, 2 p.m.:**

Working Through Perfectionism

**Wednesday, March 9, 11 a.m.:**

Creating Structure and Finding Focus

**Friday, March 11, 2 p.m.:**

Building Motivation and Making Progress

**Wednesday, March 16, 11 a.m.:**

Working Through Perfectionism

**Friday, March 18, 2 p.m.:**

Creating Structure and Finding Focus

**Wednesday, March 23, 11 a.m.:**

Building Motivation and Making Progress

**Friday, March 25, 11 a.m.:**

Working Through Perfectionism

**Wednesday, March 30, 11 a.m.:**

Creating Structure and Finding Focus

## ADHD Peer Connections

ADHD Peer Connections provides an online space to connect with other students with Attention Deficit Hyperactivity Disorder (ADHD). Find community, share strategies to build resilience and be yourself!

**Thursday, March 3,** 1 – 2 p.m.

**Thursday, March 17,** 1 – 2 p.m.

## Dialogues for BIPOC Students Living with a Disability

This dialogue provides a space and informal opportunity for Black, Indigenous, and students of colour to discuss topics relevant to their disability and/or identity.

**Friday, March 18,** 1 – 2 p.m.

## Preparing for In-Person Tests and Exams

Learn strategies for tackling in-person tests and exams, including multiple choice, short answer, and essay exams. You will also learn how to create an inventory of material covered on your upcoming assessments.

**Monday, March 28, 1:30 – 2:30 p.m.**

## Navigating U of T as a 2SLGBTQ+ Student with a Disability

Accessibility Services is offering an informal space for students to find community, be yourself, and connect with other students registered with Accessibility Services!

**Thursday, March 31, 2 – 3 p.m.**

## ASD Peer Connections for Women & Trans Students

ASD Peer Connections for Women & Trans Students provides women and trans students with ASD an informal space to connect about topics relevant to disability and identity.

**Monday, March 14, 3 – 4 p.m.**

**Monday, March 28, 3 – 4 p.m.**

## SASA (Social Association for Students with ASD)

The Social Association for Students with ASD (SASA) provides students with ASD, the chance to connect (while engaging in games and socials), contribute and develop new friendships.

**Friday, March 25, 2 - 3:30 p.m.**

# APRIL

## Group Learning Strategy Sessions

These small online group sessions foster community while offering strategies and tips to help you navigate common challenge areas. Each session is led by a learning strategist.

**Friday, April 1, 2 p.m.:**

Building Motivation and Making Progress

**Wednesday, April 6, 11 a.m.:**

Working Through Perfectionism

**Friday, April 8, 2 p.m.:**

Creating Structure & Finding Focus

**Wednesday, April 13, 11 a.m.:**

Building Motivation and Making Progress

**Wednesday, April 20, 11 a.m.:**

Working Through Perfectionism

**Friday, April 22, 2 p.m.:**

Creating Structure and Finding Focus

## Dialogues for BIPOC Students

### Living with a Disability

This dialogue provides a space and informal opportunity for Black, Indigenous, and students of colour to discuss topics relevant to their disability and/or identity.

**Friday, April 8, 1 – 2 p.m.**

## ADHD Peer Connections

ADHD Peer Connections provides an online space to connect with other students with Attention Deficit Hyperactivity Disorder (ADHD). Find community, share strategies to build resilience and be yourself!

**Thursday, April 14, 1 – 2 p.m.**

## ASD Peer Connections for Women & Trans Students

ASD Peer Connections for Women & Trans Students provides women and trans students with ASD an informal space to connect about topics relevant to disability and identity.

**Monday, April 11, 3 – 4 p.m.**

**Monday, April 25, 3 – 4 p.m.**

## SASA (Social Association for Students with ASD)

The Social Association for Students with ASD (SASA) provides students with ASD, the chance to connect (while engaging in games and socials), contribute and develop new friendships.

**Friday, April 22, 2 - 3:30 p.m.**

## Additional programming:

- Access Us Peer Mentorship Program

**FOR MORE INFORMATION ON  
PROGRAMS AND WORKSHOPS,  
VISIT [ACCESSIBILITY.UTORONTO.CA](https://accessibility.utoronto.ca)**





**STUDENT  
LIFE**

## **Accessibility Services**

Welcome to Accessibility Services! We provide a range of programming to support learning, problem-solving and inclusion. Meet with learning strategists, accessibility advisors and upper-year peers registered with our office. Dates, times and in-person offerings are subject to change, so please visit our website for current information: [accessibility.utoronto.ca](https://accessibility.utoronto.ca)

### **CONTACT INFORMATION**

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