

FIND THE RIGHT SUPPORT FOR YOUR ACADEMIC NEEDS

	YOUR PROFS' OFFICE HOURS	YOUR TEACHING ASSISTANTS	SUBJECT AID CENTRES	RESEARCH LIBRARIANS	WRITING INSTRUCTORS	YOUR REGISTRAR'S OFFICE	LEARNING STRATEGISTS	PEER MENTORS	ACCESSIBILITY ADVISORS
WHEN SHOULD YOU GO?	When you have questions about a course—especially its underlying concepts, the broader field of study or the exam.	When you have questions about a course—especially expectations around assignments or essays.	When you need help solving problems in a specific course, discipline, or subject area.	When you're tackling any research project and need help sourcing information, understanding what's unknown about a given problem or debate, or scoping the literature.	When you need help structuring a writing project or understanding an assignment—no matter what stage of the writing process you're in.	When you need help selecting courses, navigating policies, or interpreting degree requirements—and when you need help with financial planning or budgeting.	When you need help managing your workload, understanding how you learn, building better study habits, or preparing for tests and exams.	When you need advice setting practical short- or long-term goals, or when you'd welcome a perspective from trained fellow students who know U of T well.	When you're registered with Accessibility Services and need to discuss changes or challenges with your accommodations, update your documentation or be referred to services. When you're not registered but you're experiencing difficulties with your learning and suspect you have a disability. Explore registration: uoft.me/as-registration uoft.me/as-handbook
HOW SHOULD YOU PREPARE?	Jot down some defined questions about course concepts or current debates in their area of expertise. Review what's been covered in class as best you can.	Jot down some defined questions about course concepts or the assignment you're working on. Review what's been covered in class as best you can.	Bring the problem sets you're struggling with and any attempts you've made to solve them, so that staff can talk you through the steps in your reasoning.	Bring your assignment guidelines or essay prompts with you, as well as your syllabus and any working thesis or outlines you have.	Bring your assignment guidelines, course materials, and any drafts or notes you have. Writing instructors won't edit your work but can help you become a better editor.	Drop by your Registrar's office anytime during their posted hours. It's helpful to have a question in mind, but they're your best one-stop shop even if you don't.	Bring your course and planning materials to help us problem-solve with you. Learn more: uoft.me/AppointmentGuidelines	Peer mentorship appointments are half an hour long and they're most helpful when you bring a specific, hands-on challenge.	Bring updated medical documentation, communications with instructors, and course materials to problem-solve around the impacts of your disability on your academic work.
WHERE CAN YOU FIND THEM?	Check your syllabi for your profs' office hours: typically, a pre-established weekly time.	Check your syllabi or email your TA to set up an appointment. Some TAs will have regular weekly office hours at pre-established times.	Under "Aid Centres and Tutoring," you'll find options for Chemistry, Computer Science, Engineering, Math, Philosophy, Physics, Statistics, and more: uoft.me/FindAcademicResources	Use this form to book a consultation by sharing a brief rundown of the research challenge you're facing: uoft.me/ResearchConsultation	Find your Writing Centre, including centres for grad students and students in specific disciplines: uoft.me/writing	Find your Faculty or College Registrar: uoft.me/AllRegistrars	Book a learning strategist appointment in Folio or see if your College or Faculty has an onsite strategist or coaching service: uoft.me/LearningStrategists	Book a peer mentorship appointment under "Learning Strategy Support" in Folio: uoft.me/LearningAppointments	Call their front desk (416-978-8060) or email accessibility.services@utoronto.ca If you're already registered, you can provide brief updates to your advisor in drop-in appointments. Check times and locations under "Contacts" at uoft.me/accessibilityservices
WHAT CAN YOU DO AFTERWARD — ON TOP OF FOLLOWING ANY ADVICE YOU'RE GIVEN?	Thank your professor and keep in touch. Learn more about communicating with professors: uoft.me/profs	Stay connected with your TAs. Tailor your studying to your courses with the help of past exams: uoft.me/OldExams	Browse the University of Toronto Tutor (UT3) Directory if hiring a qualified tutor in your target subject is right for you: uoft.me/tutors	Build a workback schedule with the tri-campus assignment planner: uoft.me/AssignmentPlanner	Explore language support: uoft.me/EnglishLanguageLearning	Make use of services they invite you to try out. Stay connected with your Registrar's team so they can help keep you on track.	Explore our event listings, including our Learning How to Learn workshops: uoft.me/LearningSupport	Build momentum by working with peers: uoft.me/StudyHubs uoft.me/GradWritingGroups uoft.me/GradProductivityGroups	Students registered with Accessibility Services can also meet with in-house learning strategists or adaptive technologists by calling the front desk or emailing: accessibility.services@utoronto.ca