

STUDENT
LIFE

Accessibility
Services

WE HELP REMOVE BARRIERS.

St. George Campus
Events & programming calendar
October 2022 - December 2022





Virtual Accountability Check-Ins

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!

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.

Wednesdays, 10 a.m. – 12 p.m.

Accessibility Grad Productivity Group: Actually Work From Home!

A supportive, virtual environment in which to work with grad school peers. This section, created in partnership with Academic Success and Accessibility Services, is for students with accessibility needs to work with peers who have similar experiences. Created by and for graduate students.

Tuesdays, 10 a.m. – 12 p.m.

Peer Advisor Drop-Ins

These sessions are for students registered with Accessibility Services or wondering about registering with Accessibility Services to chat with their peers and learn more about using accommodations.

Mondays, 11 a.m. – 2 p.m. (online)

Tuesdays, 11 a.m. – 2 p.m. (online)

Wednesdays, 11 a.m. – 2 p.m. (in person)

Thursdays, 11 a.m. – 2 p.m. (in person)

OCTOBER

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, October 3, 3 – 4 p.m.

Monday, October 17, 3 – 4 p.m.

Monday, October 31, 3 – 4 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, October 5, 11 a.m.:

Working Through Perfectionism

Friday, October 7, 2 p.m.:

Creating Structure and Finding Focus

Wednesday, October 12, 11 a.m.:

Building Motivation and Making Progress

Friday, October 14, 2 p.m.:

Working Through Perfectionism

Wednesday, October 19, 11 a.m.:

Creating Structure and Finding Focus

Friday, October 21, 2 p.m.:

Building Motivation and Making Progress

Wednesday, October 26, 11 a.m.:

Working Through Perfectionism

Friday, October 28, 2 p.m.:

Creating Structure and Finding Focus

Making the Most of Your Accommodations

In this workshop, students will learn about how to make the most of common accommodations to support their learning needs and styles.

Wednesday, October 5, 1:30 – 2 p.m.

Wednesday, October 19, 1:30 – 2 p.m.

Mental Health Peer Connections

Mental Health Peer Connections provides students with a mental health condition with an informal space to connect and discuss topics relevant to mental health, wellness, identity and disability. Please note that this is not a therapy group.

Wednesday, October 5, 2 - 3 p.m.

Wednesday, October 19 2 - 3 p.m.

Dialogues for BIPOC Students with a Disability

Dialogues for BIPOC Students with a Disability provide an informal opportunity for Black and Indigenous students and Students of Colour to discuss topics relevant to their disability and/or identity.

Friday, October 7, 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!

Friday, October 14, 11 a.m. - 12 p.m.

Friday, October 28, 11 a.m. - 12 p.m.

Preparing for In-Person Tests and Exams

In this workshop, learn strategies for tackling in-person tests and exams, including multiple choice, short answer and essay exams.

Wednesday, October 12, 1:30 - 2:30 p.m.

Building Mental Strength for Resiliency

In this workshop, learn strategies to enhance an open mind for tackling the mental processing and cognitive function required for university.

Thursday, October 13, 12 - 1 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 are not necessary for participation!).

Wednesday, October 19, 1 – 2 p.m.

Skill-Based Notetaking

Connect with an Accessibility Services learning strategist to learn new skills ask questions and discuss your current strategies for note-taking. Within this workshop, students will discover active studying strategies that will help with taking notes during online and in-person classes.

Thursday, October 27, 1 – 2 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!

Friday, October 21, 1 - 2 p.m.

Disclosure and Accommodation Strategies - For the Workplace

Often navigating disclosure and accommodations can feel intimidating or overwhelming. In this interactive themed discussion, co-facilitated by a career educator and an accessibility advisor, you and a group of your peers will have the opportunity to ask questions and discuss strategies for navigating disclosure and accommodations.

Friday, October 28, 1 – 2 p.m.

SASA (Social Association for Students with ASD)

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

Friday, October 28 1 – 2:30 p.m.

NOVEMBER

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, November 2, 11 a.m.:

Building Motivation and Making Progress

Friday, November 4, 2 p.m.:

Working Through Perfectionism

Wednesday, November 9, 11 a.m.:

Creating Structure and Finding Focus

Friday, November 11, 2 p.m.:

Building Motivation and Making Progress

Wednesday, November 16, 11 a.m.:

Working Through Perfectionism

Friday, November 18, 2 p.m.:

Creating Structure and Finding Focus

Wednesday, November 23, 11 a.m.:

Building Motivation and Making Progress

Friday, November 25, 2 p.m.:

Working Through Perfectionism

Wednesday, November 30, 11 a.m.:

Creating Structure and Finding Focus

Building Mental Strength for Resiliency

In this workshop, learn strategies to enhance an open mind for tackling the mental processing and cognitive function required for university.

Wednesday, November 2, 2 – 3 p.m.

Mental Health Peer Connections

Mental Health Peer Connections provides students with a mental health condition with an informal space to connect and discuss topics relevant to mental health,

wellness, identity and disability. Please note that this is not a therapy group.

Wednesday, November 2, 2 - 3 p.m.

Wednesday, November 16, 2 - 3 p.m.

Wednesday, November 30, 2 - 3 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.

Friday, November 4, 10:30 - 11:30 a.m.

Monday, November 7, 1:30 - 2:30 p.m.

Dialogues for BIPOC Students with a Disability

Dialogues for BIPOC Students with a Disability provide an informal opportunity for Black and Indigenous students and Students of Colour to discuss topics relevant to their disability and/or identity.

Friday, November 4, 1 – 2 p.m.

Networking for Students with Disabilities

Learn about strategies to help make networking easier and practice the skills needed to build professional relationships.

Tuesday, November 8, 1 – 2 p.m.

ADHD Peer Connections

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Friday, November 11, 11 a.m. - 12 p.m.

Friday, November 25, 11 a.m. - 12 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, November 14, 3 – 4 p.m.

Monday, November 28, 3 – 4 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 are not necessary for participation!).

Wednesday, November 16, 3 – 4 p.m.

Dialogues for Students with Low Vision, Blindness, Vision-Related Disabilities

In this accessibility dialogue, connect with other students who may have similar lived experiences. Through facilitated discussion, the goal of this dialogue is to allow space for students with low vision, blindness, vision-related disability(ies) to explore, share and reflect on our identities as we navigate university.

Friday, November 18, 1:30 - 2:30 p.m.

Dialogues for Students with Mobility or Physical Disabilities

In this accessibility dialogue, connect with other students who may have similar lived experiences. Through facilitated discussion, the goal of this dialogue is to allow space for students with mobility or physical disability(ities) to explore, share and reflect on our identities as we navigate university.

Friday, November 18, 3:30 – 4:30 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!

Friday, November 18, 1 - 2 p.m.

Dialogues for students who are d/Deaf/hard of hearing

In this accessibility dialogue, connect with other students who may have similar lived experiences. Through facilitated discussion, the goal of this dialogue is to allow space for students who are d/Deaf/hard of hearing to explore, share and reflect on our identities as we navigate university.

Wednesday, November 23, 12 - 1 p.m.

SASA (Social Association for Students with ASD)

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

Friday, November 25 1 – 2:30 p.m.

DECEMBER

Preparing for In-Person Tests and Exams

In this workshop, learn strategies for tackling in-person tests and exams, including multiple choice, short answer and essay exams.

Friday, December 2, 10:30 - 11:30 a.m.

Dialogues for BIPOC Students with a Disability

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Friday, December 2, 1 – 2 p.m.

Group Learning Strategy Sessions

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Friday, December 2, 2 p.m.:

Building Motivation and Making Progress

Wednesday, December 7, 11 a.m.:

Working Through Perfectionism

Friday, December 9, 2 p.m.:

Creating Structure and Finding Focus

Wednesday, December 14, 11 a.m.:

Building Motivation and Making Progress

Friday, December 16, 2 p.m.:

Working Through Perfectionism

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!

Friday, December 9, 11 a.m. - 12 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, December 12, 3 – 4 p.m.

ADDITIONAL PROGRAMMING

Horticultural programming

The background of the entire page is a photograph of a student's back, showing brown hair in a ponytail and a white shirt with red and blue stripes on the sleeves. The student is sitting at a light-colored wooden desk. On the desk, there are various school supplies: a blue backpack on the left, a pink folder on the right, a yellow sticky note, a green highlighter, and a spiral notebook. The text 'STUDENT LIFE' is positioned on the left side of the white central box.

**STUDENT
LIFE**

Accessibility Services

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

CONTACT INFORMATION

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Location: 455 Spadina Avenue, 4th Floor, Suite 400