

STUDENT

2024 SUMMER PREP CALENDAR & CHECKLIST

CONNECT, LEARN, THRIVE.

You:

Want to find your people and feel connected. Want to be physically and mentally well. Want to get good grades and succeed in your studies. Want your degree to help you get the career of your dreams.

We:

Help students do this *(and way more)* every day. It's time we met.

CONNECT, LEARN, THRIVE.

September might feel a long way off, but there are lots of ways to set yourself up for success right now. And Student Life is here with you every step of the way! We'll connect you to people and resources, help you learn to reach your potential, and thrive at U of T.

This calendar will give you a great sense of the programs and events that are available from Student Life, but there are so many more! Be sure to check out Hart House (harthouse.ca), student unions (UTSU.ca/APUS.ca), Sport & Rec (uoft.me/sportandrec) and your college or faculty (uoft.me/registrars) because they'll have lots of stuff going on, too.

ARE YOU AN INTERNATIONAL STUDENT?

Check out the pre-arrival guide for more info about getting started this fall and look for this symbol throughout the checklist to highlight events designed with you in mind. And if you haven't already applied for your study permit, get started today! Details are in the pre-arrival guide, and the immigration advising team hosts weekly Q&A sessions and appointments if you have any questions. Tip: If you're coming to Toronto from outside of Canada, keep an eve out for our Airport Welcome Booth at Pearson Airport August 19 - September 4.

uoft.me/prearrival uoft.me/immigration uoft.me/arriveintoronto

FOLIO.UTORONTO.CA Folio is an experiential learning platform at U of T where you'll find events, volunteer and co-curricular opportunities, mentorship and more. You can also book appointments with most of our services. Log in

using your UTORid or JOINid.

LOOKING FOR MORE INFO?

On many U of T websites, you'll find this Navi icon. Navi is your U of T Wayfinder, a chat-based virtual assistant. Click on it at any time to find resources, supports and information about U of T. uoft.me/navi

HOW TO USE THE SUMMER PREP CALENDAR & CHECKLIST

This calendar and checklist include lots of ways to set yourself up to thrive before you get to campus in September. And be sure to check out **uoft.me/summerchecklist** for information as it becomes available! We'll be sharing weekly updates, brand new events and so much more.

Use the calendar to check out orientation events and workshops to help you prepare for life as a university student. When you see an event that interests you, go to the online event listing at uoft.me/orientation for more info. You'll be able to register for most events right from the events listing located on Folio, the event, appointment and opportunity management system. And when you attend three eligible workshops, you'll already be able to get the first validation on your Co-Curricular Record (CCR)! Find out more about your CCR below.

These events and programs are for all incoming students, but some are tailored to specific audiences. Look for these symbols to find programs designed for:

International students

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- MABC African Black Caribbean students
- **MA**LA Latin American students
- SEA Southeast Asian students
 - First Generation students (students who are the first in their family to attend post-secondary school in Canada)
 - Indigenous students
 - Students with a disability
 - 2SLGBTQ+ students
 - Mature or transfer students
 - Students with family responsibilities

Spiritual students

START HERE

SUMMER PREP CHECKLIST

Involvement on campus is an important part of your university experience, and your Co-Curricular Record is an official way for U of T to recognize the things you do. Certain activities can be validated on your CCR, creating a way to connect your experiences to skills that appeal to employers, graduate schools and more.

You can get your first CCR validation for the Summer Prep Checklist by following these steps:

- 1. Attend one orientation workshop on preparing for university academics (see August for options).
- 2. Attend any two workshops promoted in this calendar (marked with CCR icon 📾).
- 3. Tell us how you plan to get involved at U of T.
- 4. Register for the Starting Point program.

For details visit folio.utoronto.ca and uoft.me/checklistprep

And that's it – now you'll be on track to get a good start at U of T while completing the first item on your CCR!

INCOMING: 9 NEW THINGS!

You've probably already started receiving 9 New Things, the Student Life newsletter highlighting interesting events and useful information. You'll receive special incoming student issues throughout the summer, then weekly issues in the fall.

REGISTER FOR STARTING POINT

Starting Point is a build-your-ownexperience program connecting you to programs and events at U of T. It works with your schedule, gives you opportunities to learn new things and helps you stay informed about what's happening on campus. Most events listed on this calendar count towards program completion, so register today to get started. Plus, if you register before August 24, you'll be entered for a chance to win one of three \$50 U of T Bookstore gift cards! uoft.me/startingpoint

GET CONNECTED WITH US

We have lots of events, online resources and webinars, too. Follow Student Life on Instagram, TikTok and Facebook for important info about connecting with your student community today.

f 🖸 🕹 @UofTStudentLife

Want to hear from other students about life at U of T? Follow the Student Life Community Crew on social media and check out the Life @ U of T blog, where students share their experiences about life on campus.

f 🖸 @LifeatUofT | lifeatuoft.utoronto.ca

ACTIVATE YOUR UTORID

Your UTORid is your digital student credential that gives you access to online services like email (UTmail+), course content on Quercus, webinars, library resources, Microsoft365 applications, WiFi on campus and more.

Don't wait until the last minute – activate your UTORid as soon as possible! Skip the start-of-term rush and get access to online resources by submitting your photo and documentation today. You can pick up your TCard (campus identification) when you arrive on campus. Be sure to check for pick-up locations and hours on the website before you come. And, if you activate your UTORid before August 9 you could win a \$200 U of T Bookstore gift card.

tcard.utoronto.ca

Need to change your name or gender in U of T systems? The Sexual & Gender Diversity Office is here to support you. **uoft.me/IDchange**

FIND A PLACE To Live

Use your UTORid/JOINid to log in to the Off-Campus Housing Finder and begin your search. You can save and compare your favourite listings, search for a roommate using the Roommate Finder and learn about your rights and responsibilities.

Explore your off-campus housing options at one of our summer events:

Housing prep workshops:

Intro to the Toronto Housing Market: July 9, 17, 26 Effective Housing Search Strategies: July 30, August 7, 16 Integrating into Campus Life While Living Off Campus: August 2, 8, 20

URent workshops:

Finding a Place: June 6, 17, July 5, 12, 15, August 1, 12 Drop-in Q&A: June 19, August 21 Tenant Topics: Renting with roommates: June 11 Tenant Topics: Avoiding scams: July 16

Virtual Housing Fair: June 18 In-person Housing Fair: July 13

G How to find a place to live: July 9

2SLGBTQ+ Roommate Meet & Greet: July 13

housing.utoronto.ca

REGISTER WITH ACCESSIBILITY SERVICES

Get help with navigating disability-related barriers and find supports for learning, problem solving and inclusion with Accessibility Services.

To make sure your accommodations are in place by September, submit your complete student intake package by **July 12, 2024** (visit **uoft.me/asregister** for a step-by-step guide). Remember to have your current health-care provider complete all the required documents before you come to campus.

You may also be eligible for bursaries that can help with disability-related services and equipment. To get started, apply for OSAP or provincial funding as soon as possible.

For more info on registering with Accessibility Services, programs and services, and opportunities to connect with other students, attend one of our events:

Moving Forward Get Started sessions:
 All students: July 3, August 1
 International students: July 23, August 21
 Students with ASD and ADHD: July 12, August 7

Moving Forward orientation: August 26-27

• Navigating disability & registering with Accessibility Services: July 3 Accessibility Services Open House: September 13

Reach out to us or connect with an accessibility peer advisor at a drop-in session if you have any questions. Don't forget to sign up for the Access Us mentorship program as well!

accessibility.utoronto.ca How to register: uoft.me/asregister Certificate of Disability: uoft.me/COD Access Us Mentorship Program: uoft.me/accessus Peer Advisor drop-ins: uoft.me/asdropins Moving Forward: uoft.me/movingforward



ASK THE EXPERTS ANYTHING O

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If you have questions about anything related to Student Life, just ask! Get answers to all your questions by watching our Facebook Lives.

Navigating disability & registering with Accessibility Services: July 3 How to find a place to live: July 9 International student experience: July 16 Black Student Engagement: July 23 Orientation FAQs: August 13 Joining a club: August 20 Getting a Work Study job on campus: August 27 Ask us anything about U of T! August 29 How to study at university: September 12 How to access health care: September 19 Spiritual life on campus: September 26

Check our Facebook events page or Instagram highlights for more details.

facebook.com/UofTStudentLife/events instagram.com/UofTStudentLife





EXPLORE LIFE OUTSIDE THE CLASSROOM

Learning happens outside the classroom, too. Getting involved on campus is a great way to:

- build your skills, gain work experience and explore career possibilities
- meet new people and engage in activities that matter to you
- stay active and de-stress!

There are tons of ways to get involved – here are just a few to help you get a head start this summer.

- Register for Starting Point flip to the start of this calendar for details.
- Explore the database of student clubs and organizations on the Student Organization Portal: **sop.utoronto.ca**.
- Start building your Co-Curricular Record (CCR). Explore the database of opportunities at **folio.utoronto.ca** and use the events in this calendar to get your first CCR validation and start connecting your experiences to skills.
- Check out our Facebook Lives on clubs, orientation, connecting with U of T students and more!
 (see dates and topics under ask the experts). Ouve
- Spadina Block Party Get to know student life services on Spadina Avenue and meet new students on September 6.

PLAN YOUR ORIENTATION

Attending orientation is an amazing way to get to know more about U of T, learn about your campus and connect with new people. These events are designed to help you thrive during your time at U of T!

Orientation activities are mostly decentralized, with each college and faculty offering separate events. If you have questions about orientation, join our Facebook Live: Orientation FAQs on August 13.

COMMUNITY-SPECIFIC ORIENTATION EVENTS

(see uoft.me/orientation for event details and registration)

- noving Forward orientation for students with disabilities: August 26-27
- 🏙 🚥 African Black Caribbean, Latin American, Southeast Asian & First Generation Students and Financial Aid: August 29
- 眷 🚥 Mature student orientation: September 4, 5
- and the student orientation: September 10
- Indigenous student orientation: September 13
- Queer orientation: September 23-27
- A model of the second s

\circledast International students

GIIII International student experience: July 16

- 📟 I Wish I Had Known: Panel on the first-year experience: August 15
- 🤓 Understanding Legal Status Documents Q&A: July 23,31, August
- 8, 15, 19, 27, September 4, 13, 19, 25
- 🥶 Toronto Tips: July 18, August 14

Emerge: An orientation for globally minded students: August 30

- Costi Overview of Services & Resources: September 12
- Social Insurance Number Clinics: September 17, 18, 25
- Be Aware of Scams/Fraud: September 30
- Snap the 6ix: Campus Edition: August 30
- CIE Open House: September 13

Mainternational welcome: 2SLGBTQ+ and allies: September 27

Be sure to check out the international student events at your college or faculty orientation.

BSE Black Students

African Black Caribbean, Latin American, Southeast Asian & First-Generation Students and Financial Aid: August 29
 Black student orientation: August 26-30
 Black Hair Expo: The Melanin Experience: August 30

🖞 Spiritual students

Religious accommodations workshop: September 12
 Exploring consent & healthy relationships for students with faith-based backgrounds: September 5
 Intersections of Wellness: September 14
 Welcome Walk: September 18
 Spiritual Life on campus: September 26



PREPARE FOR UNIVERSITY Academics

Explore what university learning is like and build your foundation for academic success at U of T.

University Prep three-part micro-course
Learn the essentials of university-level learning
(attend one or all three modules).

How do I Study: Effective practices for learning: August 13, 20 How do I Plan: Organizing university learning: August 14, 21 How do I Stay Motivated: Practicing consistency over perfection: August 15, 22

Eearning How to Learn at U of T workshop series

Discover evidence-based practices to improve studying (attend one or all three workshops) Effective Notetaking: August 20, 29 Strategic Reading: August 21, 27 Manage Your Energy, Not Your Time: August 22, 28

Student: Q&A: August 23

G How to Study at U of T: September 12

uoft.me/universityprep

Questions about your future academic experience? Connect with CLSS peer mentors. uoft.me/CLSSmentors

FIND A JOB ON CAMPUS

Build your skills as you gain work and research experience with a paid, on-campus job. Check out the Career & Co-Curricular Learning Network (CLNx, **clnx.utoronto.ca**) for thousands of on-campus jobs and Work Study positions. Work Study positions are posted in August.

work Study Q&A sessions: August 13,15,19, 23

Gue Getting a Work Study job on campus: August 27

MABC, LA, SEA M African Black Caribbean, Latin American & Southeast Asian Students Applying to On- & Off- Campus Jobs: June 19

clnx.utoronto.ca

For tips on writing your resumé and cover letter and preparing for interviews, visit the Career Resource Library at uoft.me/careerresourcelibrary

CHECK OUT MENTORSHIP AND PEER PROGRAMS

Get inspired by connecting with an upper-year student or alum who can provide guidance and motivation. These programs include workshops and social events and resources to help you find community, build skills and explore careers. Many programs begin this summer, so start now to find a program that works for you.

You can discover the many different mentorship opportunities available in activities on Folio (**folio.utoronto.ca**).

Bridging Connections Mentorship Program: uoft.me/bridgingconnections Online welcome: August 26 Launch event: September 16 Social: September 17

(i) Access Us Peer Mentorship Program for students with a disability: **uoft.me**/accessus

- ABC African Black Caribbean Student Engagement: uoft.me/AfricanBlackCaribbean
- LA Latin American Student Engagement: **uoft.me/LatinAmerican**
- **WFG** First Generation Student Engagement: **uoft.me/FirstGen**

Complete the Finding your Own Mentor e-course at uoft.me/findyourmentor

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TO DO
0 0	Pay your fees Step-by-step instructions will guide you through the online payment process at uoft.me/payyourfees .			1 URent: Finding a Place to Live 9 - 10 a.m .	2 Housing Prep - Integrating into	
5	Check out uoft.me/finances-funding if you need help financing your education.			UHIP 101 10 - 11 a.m.	Campus Life While Living Off- campus 1 - 2 p.m.	
2	Indigenous students: You may be eligible for the U of T Indigenous Tuition Grant. Visit <u>uoft.me/IndigenousTuition</u> for details. And remember to contact your community to see if you're eligible for band funding to cover incidental fees!			Moving Forward: Get Started (<i>Undergraduate Students</i>) 2:30 - 4:30 p.m.		
נ	5	6	7	8	9	
	Civic Holiday - University closed		Moving Forward: Get Started (ASD & ADHD) (Hybrid) 2:30 - 4:30 p.m.	Understanding Legal Status Documents, Q & A 10 - 11 a.m.		
			Housing Prep - Effective Housing Search Strategies 3 - 4 p.m.	Housing Prep - Integrating into Campus Life While Living Off-campus 2 - 3 p.m.		
	12 URent: Finding a Place to Live	13 Grove Facebook Live: Orientation	14 Toronto Tips 9:30 - 11 a.m.	15 I Wish I Had Known: An International Student	16 Housing Prep - Effective Housing	
	2 - 3 p.m.	FAQs 12:30 - 1 p.m. Work Study Information Session	Learn about Health & Wellness at U of T 12 - 12:45 p.m. How do I Plan? Organizing University Learning (University Prep Micro- Course) 7 - 8:30 p.m.	Panel on the First-Year Undergrad Experience 9:30 - 11 a.m.	Search Strategies 1 - 2 p.m .	
		1 - 2 p.m. How do I Study? Effective Practices for Learning (<i>University Prep Micro-</i>		Work Study Information Session 10 - 11 a.m. Understanding Legal Status Documents, Q & A 2 - 3 p.m.		
		<i>Course)</i> 7 - 8:30 p.m. Orientation Webinar for Parents of		How do I Stay Motivated? Practicing Consistency over Perfection (University Prep		
	19	Incoming Students 7 - 8:30 p.m.	21	<i>Micro-Course)</i> 7 - 8:30 p.m .	23	
	ASKme pop-up booths on camp U of T Welcome booth at Pearson	s	23			
	Work Study Information	How do I Study? Effective Practices	How do I Plan? Organizing University	How do I Stay Motivated? Practicing	Learning as an International	
	Session 12 - 1 p.m. Understanding Legal	for Learning (<i>Úniversity Prep Micro-</i> <i>Course)</i> 9 - 10:30 p.m.	Learning (University Prep Micro- Course) 9 - 10:30 a.m.	Consistency over Perfection (<i>University Prep</i> <i>Micro-Course</i>) 9 - 10:30 a.m.	Student Q&A 9:15 - 10:30 a.m. Work Study Information Session	
	Status Documents, Q & A 10 - 11 a.m.	12:30 - 1 p.m.	(International & Out of Province Students) 9 - 11 a m	UHIP 101 10 - 11 a.m. Manage Your Energy, Not Your Time (<i>Learning How to Learn</i>) 5:30 - 6:30 p.m.	11 a.m 12 p.m.	
		Housing Prep - Integrating into Campus Life While Living Off-campus 2 - 3 p.m.	Strategic Reading (<i>Learning How to Learn)</i> 1 - 2 p.m.	(Learning flow to Learn) 3:30 - 6:30 p.m.		
-		Effective Notetaking (<i>Learning How</i> to Learn) 5:30 - 6:30 p.m.	URent: Drop-in Q&A 2 - 3 p.m.			
a:	26	27	28	29	30	
ht Ti	ASKme pop-up booths on camp					
	of T Welcome booth at Pearson Airport oving Forward Undergraduate Orientation (<i>Hybrid</i>) 10 a.m 4 p.m Manage Your Energy, Not Your ⁻			UHIP 101 10 - 11 a.m.	Black Hair Expo 11 a.m 2 p.m.	
ern Dayl	Bridging Connections Mentorship Program - Online	First Facebook Live: Getting a Work Study Job On Campus 12:30 - 1 p.m.	(Learning How to Learn) 1 - 2 p.m.	Facebook Live: Ask Us Anything About U of T! 12:30 - 1 p.m.	Emerge: An Orientation for Globally Minded First-Year Undergrad	
in Easte	9 - 10 a.m.	Understanding Legal Status Documents, Q & A 2 - 3 p.m.		Financial Aid for African Black Caribbean, Latin American, Southeast Asian & First	Students 10 a.m 3 p.m. Snap the 6ix: Campus Edition	
les are		Strategic Reading (<i>Learning How to Learn</i>) 5:30 - 6:30 p.m.		Generation Students 2 - 4 p.m. Effective Notetaking (<i>Learning How to Learn</i>) 5:30 - 6:30 p.m.	4 - 7 p.m.	
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BE PROACTIVE WITH YOUR HEALTH CARE

Once you are registered, you can make appointments at the Health & Wellness medical and mental health clinics. Visit **uoft.me/patientreg** for info on registering as a new patient.

Check that your provincial health card is up-to-date and that you've had all the immunizations you need. Next, create a file with your vaccination history, prescriptions and any health-related information and bring it with you to your first appointment.

Remember to check with your student union to find out more about supplementary health insurance that can help cover alot of medical expenses! **uoft.me/healthinsurance**

Learn about Health & Wellness at U of T: August 14
 Image: August 14
 Image: August 19

If you're an international student, be sure your UTmail+ email address is listed on your ACORN account to receive your University Health Insurance Plan (UHIP) card by email this September. Remember to print out your UHIP card when you receive it, and consider attending one of these events to learn about the University Health Insurance Plan:

Generation UHIP 101 How To: Set up and access UHIP: July 18, August 1, 22, 29, September 5 Generation UHIP for students with dependents: July 3, 10

healthandwellness.utoronto.ca uoft.me/uhip

ASK THEM ANYTHING ABOUT U OF T!

Look for the ASKme Anything pop-up booths around campus! Upper-year students and recent alumni are on hand ready to answer your questions.Monday – Friday, August 19 – September 9 and the weekend of August 24 and 25.

uoft.me/askme

The people who care about you have questions of their own, so let them know about the parents and supporters website where they can find lots of valuable info and register for webinars. They can also subscribe to the Parent & Supporters newsletter to stay in the loop and get timely updates!

& SUPPORTERS

FOR YOUR PARENTS

Orientation webinar for parents & supporters: June 10, July 10, August 13, September 18

parentsandsupporters.utoronto.ca



Familiarize yourself with safety resources on campus and keep these numbers handy so you can find what you need at any time.

safety.utoronto.ca

If things start to feel overwhelming and you need some support, it's here for you any time. Visit **uoft.me/getsupport** for more information.

2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TO DO		
ш	2	3	4	5	6			
B	ASKme pop-up booths on campus U of T Welcome booth at Pearson Airp	ort		UHIP 101 10 - 11 a.m.	Spadina Block Party 3 - 5 p.m.			
Σ	Labour Day - University closed		Mature Student Welcome 10 - 11 a.m.	Exploring Consent & Healthy Relationships for Students from				
Щ			Understanding Legal Status Documents, Q & A 10 - 11 a.m.	Faith-Based Backgrounds 12 - 1:30 p.m.				
۰.				Mature Student Welcome 1 - 3 p.m.				
Ш	9	10	11	12	13			
S	ASKme pop-up booths on campus	Transfer Student Welcome 1 - 2 p.m.			First Nations House Orientation 11 a.m 1 p.m.			
				12 - 1:30 p.m.	CIE Open House 1 - 4 p.m. Understanding Legal Status			
				Facebook Live: How to Study at University 12:30 - 1 p.m.	Documents, Q ̃& A ̃ 2 - 3 p.m.			
ation.	16	17	18	19	20			
uoft.me/orientation.	Bridging Connections Mentorship Program - Welcome 5 - 6:30 p.m.	Social Insurance Number (SIN) Clinics 9:30 a.m 4 p.m.	Social Insurance Number (SIN) Clinics 9:30 a.m 4 p.m.	Understanding Legal Status Documents, Q & A 10 - 11 a.m.	Students with Family Responsilities Orientation 10 a.m 12 p.m.			
loft.me		Bridging Connections Mentorship Program - Social 5 - 8 p.m.	Incoming Students 10 - 11:30 a.m.	Facebook Live: How to Access Health Care 12:30 - 1 p.m.				
dar at u			Welcome Walk 11 a.m 12:30 p.m.					
calenc								
ntation	23	24	25	26	27			
visit the orientation calendar at	Queer Orientation		Social Insurance Number (SIN)	Black Student Orientation 9 a.m 6 p				
visit th			Clinics 9:30 a.m 4 p.m.	G I I I I I I I I I I I I I I I I I I I	An International Welcome: 2SLGBTQ+ & ALLIES 12 - 1:30 p.m.			
Please			Documents, Q & A 2 - 3 p.m.	· · ·				
ange. Time .								
st to ch ylight 7	30							
subjec ern Da	Black Student Orientation 9 a.m 6 p.m.		Ps					
in East	Be Aware of Scam / Fraud 12 - 1 p.m.		watch your U of T					
and tirr es are i			ings and follow us on social n					
Dates and times are subject to change. All times are in Eastern Daylight Time .								

Student Life Communications 800 Bay St. 5th floor Toronto, ON, M5S 3A9



We look forward to seeing you on campus!

Visit us online at uoft.me/summerchecklist for updated news and events!



studentlife.utoronto.ca

Follow us on Instagram, TikTok & Facebook to get updates on events and opportunities.

🔘 👉 @UofTStudentLife



Answers any time

Navi is a chat-based virtual assistant that can help you find resources, support and information about U of T. Visit **uoft.me/navi** or find the Navi icon on U of T web pages to get started.