

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 eye 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



ABC African Black Caribbean students



LA Latin American students



SEA Southeast Asian students



FG 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!



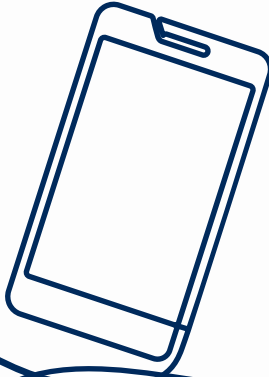
INCOMING: 9 NEW THINGS!

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-own-experience 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.

   [@UofTStudentLife](https://www.instagram.com/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.

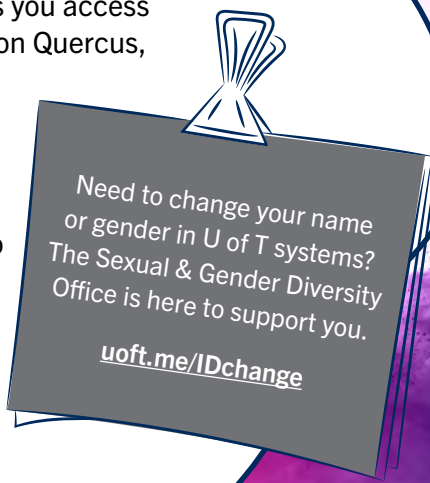
  [@LifeatUofT](https://www.instagram.com/LifeatUofT) | lifeatuoft.utoronto.ca

☐ 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](#)

  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

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



JUNE

DATE	TIME	EVENT
June 6	1 - 2 p.m.	URent: Finding a Place to Live
June 10	6:30 - 8 p.m.	Orientation Webinar for Parents of Incoming Students
June 11	1 - 2 p.m.	Tenant Topic - Renting with Roommates
June 17	2 - 4 p.m.	African Black Caribbean, Latin American & Southeast Asian Students Applying to On & Off Campus Jobs
June 17	2 - 3 p.m.	URent: Drop-in Q&
June 28		Presidential Day - University closed

Dates and times are subject to change. Please visit the orientation calendar at uoft.me/orientation.
All times are in Eastern Daylight Time.





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). 
- 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)




-   Moving Forward orientation for students with disabilities: [August 26-27](#)
-   African Black Caribbean, Latin American, Southeast Asian & First Generation Students and Financial Aid: [August 29](#)
-   Mature student orientation: [September 4, 5](#)
-   Transfer student orientation: [September 10](#)
-   Indigenous student orientation: [September 13](#)
-   Queer orientation: [September 23-27](#)
-   Students with Family Responsibilities orientation: [September 20](#)

International students

-  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](#)
-  An international 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](#)



JULY

DATE	TIME	EVENT
July 1		Canada Day - University closed
July 3	11 a.m. - 12 p.m.	UHIP for Students with Dependents
July 3	12:30 - 1 p.m.	 Facebook Live: Navigating Disability & Registering with Accessibility Services
July 3	2:30 - 4:30 p.m.	Moving Forward: Get Started (Undergraduate Students)
July 4	5:30 - 6:30 p.m.	Manage Your Energy, Not Your Time (Learning How to Learn)
July 5	2 - 3 p.m.	URent: Finding a Place to Live
July 9	12:30 - 1 p.m.	 Facebook Live: How to Find a Place to Live
July 9	2 - 3 p.m.	Housing Prep - Intro to the Toronto Housing Market
July 10	11 a.m. - 12 p.m.	UHIP for Students with Dependents
July 10	1 - 2:30 p.m.	Orientation Webinar for Parents of Incoming Students
July 12		Deadline to submit registration intake packages
July 12	2 - 3 p.m.	URent: Finding a Place to Live
July 12	2:30 - 4:30 p.m.	Moving Forward: Get Started (ASD & ADHD)
July 13	1 - 3 p.m.	Housing Fair
July 13	11 - 1 p.m.	2SLGBTQ+ Roommate Meet & Greet

DATE	TIME	EVENT
July 15	9 - 10 a.m.	URent: Finding a Place to Live
July 16	12:30 - 1 p.m.	 Facebook Live: International Student Experience
July 16	1 - 2 p.m.	Tenant Topic: Avoiding Scams
July 17	3 - 4 p.m.	Housing Prep - Intro to the Toronto Housing Market
July 18	9:30 - 11 a.m.	Toronto Tips
July 18	10 - 11 a.m.	UHIP 101
July 23	9 - 11 a.m.	Moving Forward: Get Started (International & Out of Province Students)
July 23	9:30 - 11 a.m.	Understanding Legal Status Documents, Q & A
July 23	12:30 - 1 p.m.	 Facebook Live: Black Student Engagement
July 26	1 - 2 p.m.	Housing Prep - Intro to the Toronto Housing Market
July 30	2 - 3 p.m.	Housing Prep - Effective Housing Search Strategies
July 31	2 - 3 p.m.	Understanding Legal Status Documents, Q & A


Dates and times are subject to change. Please visit the orientation calendar at uoft.me/orientation. All times are in Eastern Daylight Time.

Register for courses.

Most course registration starts in July, so check with your registrar to find dates and handy online tools. uoft.me/registrars

□ 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](#)


 **Learning 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](#)

  **Learning at U of T as an International Student: Q&A: [August 23](#)**

 **LIVE** 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

□ 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](#)

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

 **ABC** African Black Caribbean Student Engagement: uoft.me/AfricanBlackCaribbean

 **SEA** Southeast Asian Student Engagement: uoft.me/SEA


 **LA** Latin American Student Engagement: uoft.me/LatinAmerican



 **FG** First Generation Student Engagement: uoft.me/FirstGen

□ 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](#)**

 **LIVE** Getting a Work Study job on campus: [August 27](#)

 **ABC, LA, SEA**  **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

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

AUGUST

DATE	TIME	EVENT
August 1	9 - 10 a.m.	URent: Finding a Place to Live
August 1	10 - 11 a.m.	UHIP 101
August 1	2:30 - 4:30 p.m.	Moving Forward: Get Started (Undergraduate Students)
August 2	1 - 2 p.m.	Housing Prep - Integrating into Campus Life While Living Off-campus
August 5		Civic Holiday - University closed
August 7	2:30 - 4:30 p.m.	Moving Forward: Get Started (ASD & ADHD) (Hybrid)
August 7	3 - 4 p.m.	Housing Prep - Effective Housing Search Strategies
August 8	10 - 11 a.m.	Understanding Legal Status Documents, Q & A
August 8	2 - 3 p.m.	Housing Prep - Integrating into Campus Life While Living Off-campus
August 12	2 - 3 p.m.	URent: Finding a Place to Live
August 13	12:30 - 1 p.m.	 Facebook Live: Orientation FAQs
August 13	7 - 8:30 p.m.	How do I Study? Effective Practices for Learning (University Prep Micro-Course)
August 13	7b- 8:30 p.m.	Orientation Webinar for Parents of Incoming Students
August 14	9:30 - 11 a.m.	Toronto Tips
August 14	12 - 12:45 p.m.	Learn about Health & Wellness at U of T
August 14	7 - 8:30 p.m.	How do I Plan? Organizing University Learning (University Prep Micro-Course)
August 15	9:30 - 11 a.m.	I Wish I Had Known: An International Student Panel on the First-Year Undergrad Experience
August 15	10 - 11 a.m.	Work Study Information Session
August 15	2 - 3 p.m.	Understanding Legal Status Documents, Q & A
August 15	7 - 8:30 p.m.	How do I Stay Motivated? Practicing Consistency over Perfection (University Prep Micro-Course)
August 16	1 - 2 p.m.	Housing Prep - Effective Housing Search Strategies
August 19	12 - 1 p.m.	Work Study Information Session
August 19	10 - 11 a.m.	Understanding Legal Status Documents, Q & A
August 20	9 - 10:30 a.m.	How do I Study? Effective Practices for Learning (University Prep Micro-Course)
August 20	12:30 - 1 p.m.	 Facebook Live: Joining a Club
August 20	2 - 3 p.m.	Housing Prep - Integrating into Campus Life While Living Off-campus
August 20	5:30 - 6:30 p.m.	Effective Notetaking (Learning How to Learn)
August 21	9 - 10:30 a.m.	How do I Plan? Organizing University Learning (University Prep Micro-Course)

DATE	TIME	EVENT
August 22	9 - 11 a.m.	Moving Forward: Get Started (International & Out of Province Students)
August 22	10 - 11 a.m.	UHIP 101
August 22	5:30 - 6:30 p.m.	Manage Your Energy, Not Your Time (Learning How to Learn)
August 23	9:15 - 10:30 a.m.	Learning as an International Student Q&A
August 23	11 a.m. - 12 p.m.	Work Study Information Session
August 26	9 - 10 a.m.	Bridging Connections Mentorship Program - Online
August 27	12:30 - 1 p.m.	 Facebook Live: Getting a Work Study Job On Campus
August 27	2 - 3 p.m.	Understanding Legal Status Documents, Q & A
August 27	5:30 - 6:30 p.m.	Strategic Reading (Learning How to Learn)
August 28	1 - 2 p.m.	Manage Your Energy, Not Your Time (Learning How to Learn)
August 29	10 - 11 a.m.	UHIP 101
August 29	12:30 - 1 p.m.	 Facebook Live: Ask Us Anything About U of T!
August 29	2 - 4 p.m.	Financial Aid for African Black Caribbean, Latin American, Southeast Asian & First Generation Students
August 29	5:30 - 6:30 p.m.	Effective Notetaking (Learning How to Learn)
August 30	11 a.m. - 2 p.m.	Black Hair Expo
August 30	10 a.m. - 3 p.m.	Emerge: An Orientation for Globally Minded First-Year Undergrad Students
August 30	4 - 7 p.m.	Snap the Six: Campus Edition

DATE	TIME	EVENT
August 19 - September 9		ASKme pop-up booths on campus
August 19 - September 4		U of T Welcome booth at Pearson Airport
August 26 - August 27	10 a.m. - 4 p.m.	Moving Forward Orientation

Dates and times are subject to change. Please visit the orientation calendar at uoft.me/orientation.
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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 a lot of medical expenses! uoft.me/healthinsurance

CCR Learn about Health & Wellness at U of T: [August 14](#)

f LIVE How to access health care at U of T: [September 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:

🌐 CCR UHIP 101 How To: Set up and access UHIP: [July 18, August 1, 22, 29, September 5](#)

🌐 CCR 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

☐ RESOURCES FOR YOUR PARENTS & SUPPORTERS

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!

Orientation webinar for parents & supporters:
[June 10, July 10, August 13, September 18](#)

parentsandsupporters.utoronto.ca

☐ STAY SAFE

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.

NEED TO TALK TO SOMEONE RIGHT NOW?

U of T Telus Health Student Support 1-844-451-9700
Good2Talk Student Helpline 1-866-925-5454

EMERGENCY

Fire, Police, Ambulance 911
Suicide Crisis Helpline 988
Campus Safety (on-campus/safety abroad urgent) 416-978-2222

COMMUNITY RESOURCES

Access CAMH (mental health & addictions, Mon-Fri, 8:30 a.m. - 4:30 p.m.) 416-535-8501 ext. 2
Assaulted Women's Helpline 1-866-863-0511
Black Youth Helpline (Only, 9 a.m. - 10 p.m.) 1-833-294-8650
Distress Centres of Greater Toronto 416-408-4357
Emergency Shelter 1-877-338-3398
Gerstein Crisis Centre Support Line 416-929-5200
Hope for Wellness Helpline for Indigenous students 1-855-242-3310
LGBT Youthline - Text Only (Sun-Fri 4 - 9:30 p.m.) 647-694-4275
Naseeha Helpline for Muslim Youth 1-866-627-3342
Sexual Assault/Domestic Violence Care Centre 416-323-6040
Toronto Rape Crisis Centre 416-597-8808

uoft.me/feelingdistressed
All services available 24/7 unless otherwise noted

CAMPUS RESOURCES (AVAILABLE DURING REGULAR BUSINESS HOURS)

Accessibility Services 416-978-8060
Anti-Racism and Cultural Diversity Office 416-978-1259
Campus Safety (information) 416-978-2323
Centre for International Experience 416-978-2564
Centre for Learning Strategy Support 416-978-7970
Community Safety Office 416-978-1485
Family Care Office 416-978-0951
Health & Wellness Centre 416-978-8030
Housing 416-978-8045
Indigenous Student Services 416-978-8227
Multi-Faith Centre 416-946-3120
Sexual & Gender Diversity Office 416-946-5624
Sexual Violence Prevention & Support Centre 416-978-2266
TravelSafer (available 24/7) 416-978-7233

Emergency alerts: alert.utoronto.ca
Safety website: safety.utoronto.ca

📱 Navi: Your U of T Resource Finder
uoft.me/navi

SEPTEMBER

DATE	TIME	EVENT
September 2		Labour Day - University closed
September 4	10 - 11 a.m.	Mature Student Welcome
September 4	10 - 11 a.m.	Understanding Legal Status Documents, Q & A
September 5	10 - 11 a.m.	UHIP 101
September 5	12 - 1:30 p.m.	Exploring Consent & Healthy Relationships for Students from Faith-Based Background
September 5	1 - 3 p.m.	Mature Students Welcome
September 6	3 - 5 p.m.	Spadina Block Party
September 10	1 - 2 p.m.	Transfer Student Welcome
September 12	12 - 1 p.m.	Costi Overview of Services and Resources
September 12	12 - 1:30 p.m.	Religious Accommodations
September 12	12:30 - 1 p.m.	 Facebook Live: How to Study at University
September 13	11 a.m. - 1 p.m.	First Nations House Orientation
September 13	1 - 4 p.m.	CIE Open House
September 13	2 - 3 p.m.	Understanding Legal Status Documents, Q & A
September 16	5 - 6:30 p.m.	Bridging Connections Mentorship Program - Welcome
September 17	9:30 a.m. - 4 p.m.	Social Insurance Number (SIN) Clinics
September 17	5 - 8 p.m.	Bridging Connections Mentorship Program - Social
September 18	9:30 a.m. - 4 p.m.	Social Insurance Number (SIN) Clinics

Dates and times are subject to change. Please visit the orientation calendar at uoft.me/orientation.
All times are in Eastern Daylight Time .

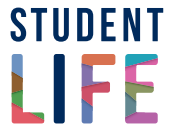
DATE	TIME	EVENT
September 18	10 - 11:30 a.m.	Orientation Webinar for Parents of Incoming Students
September 18	11 a.m. - 12:30 p.m.	Welcome Walk
September 19	10 - 11 a.m.	Understanding Legal Status Documents, Q & A
September 19	12:30 - 1 p.m.	 Facebook Live: How to Access Health Care
September 20	10 a.m. - 12 p.m.	Students with Family Responsibilities Orientation
September 25	9:30 a.m. - 4 p.m.	Social Insurance Number (SIN) Clinics
September 25	2 - 3 p.m.	Understanding Legal Status Documents, Q & A
September 26	12:30 - 1 p.m.	 Facebook Live: Spiritual Life On Campus
September 27	12 - 1:30 p.m.	An International Welcome: 2SLGBTQ+ & ALLIES
September 30	12 - 1 p.m.	Be Aware of Scam / Fraud

DATE	TIME	EVENT
August 19 - September 9		ASKme pop-up booths on campus
August 19 - September 4		U of T Welcome booth at Pearson Airport
September 23 - 27		Queer Orientation

Psst!

There are cool things going on all year in Student Life! Visit folio.utoronto.ca, watch your U of T inbox for 9 New Things and follow us on social media @UofTStudentLife for fun and timely info.

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.



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.