



**You:**  
Want to meet new 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.

# SUMMER 2022

## CALENDAR & CHECKLIST

STUDENT  
**LIFE**

## LIVE YOUR BEST STUDENT LIFE

September might feel a long way off, but there are many ways to set yourself up for success right now, and Student Life is here with you every step of the way.

U of T is planning for a safe return to in-person activities for fall 2022, including student services, programs, and events. Situations can change, so be sure to check [studentlife.utoronto.ca/covid-19-updates](https://studentlife.utoronto.ca/covid-19-updates) and [viceprovoststudents.utoronto.ca/covid-19](https://viceprovoststudents.utoronto.ca/covid-19) for regular updates. Whatever comes next, we're here to support you and to adapt our programs and services.

Follow us on Facebook, Instagram, TikTok and Twitter for all the latest Student Life info.



This calendar will give you a great sense of programs and events that are available, but there are so many more! Be sure to check out Hart House ([harthouse.ca](https://harthouse.ca)), student unions ([UTSU.ca/APUS.ca](https://UTSU.ca/APUS.ca)), Sport & Rec ([uoft.me/sportandrec](https://uoft.me/sportandrec)) and your college or faculty ([uoft.me/registrars](https://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 the symbol above throughout the checklist to highlight events designed with you in mind. And if you haven't already applied for your study permit, start 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.

[uoft.me/prearrival](https://uoft.me/prearrival)  
[uoft.me/immigration](https://uoft.me/immigration)

## HOW TO USE THE SUMMER CALENDAR & CHECKLIST

This calendar and checklist include lots of ways to set yourself up for success before you get to campus in September.

Use the calendar to check out orientation events and workshops to help you prepare for life as a university student. You'll be able to tell if an event is virtual, in-person or hybrid by the symbol beside it on the calendar:

**V** = virtual    **P** = in-person    **H** = hybrid

When you see an event that interests you, go to the online version of the calendar at [uoft.me/orientation](https://uoft.me/orientation) for more info. Registration typically happens on the Career & Co-Curricular Learning Network (CLNx), at [clnx.utoronto.ca](https://clnx.utoronto.ca). You'll be using CLNx often, so set up your account now.

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



International students



Black African Caribbean, Latin American, Southeast Asian students or first generation students (students who are the first in their family to attend post-secondary school in Canada)



Indigenous students



Students with a disability



LGBTQ2S+ students



Mature or transfer students



Students with family responsibilities

Dates and times are subject to change, and all times correspond with Canada's Eastern Daylight Saving Time Zone.

### [CLNX.UTORONTO.CA](https://CLNX.UTORONTO.CA)

The Career & Co-Curricular Learning Network, also known as CLNx, is where you'll find job postings, volunteer and co-curricular opportunities, mentorship and more. You can also book appointments and workshops with most of our services. Log in using your UTORid or JOINid.

Check out the "Using the CLNx" playlist on [youtube.com/UofTStudentLife](https://youtube.com/UofTStudentLife) for handy videos showing you exactly how to use CLNx.

# START HERE!

## ☐ Register for Starting Point

Starting Point is a build-your-own-experience program introducing you to programs and events at U of T. It works with your schedule, gives you opportunities to try 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.

**Pro tip:** if you register before August 16, you'll be entered for a chance to win one of two \$50 U of T Bookstore gift cards!

[uoft.me/startingpoint](https://uoft.me/startingpoint)

## ☐ Download the Student Life App

The Student Life app gives you quick access to U of T resources, upcoming events, year-specific tips and lets you create lists to stay organized. Download the app through Google Play or the App Store now!



[uoft.me/studentlifeapp](https://uoft.me/studentlifeapp)

## ☐ Get connected with us

We have lots of events, online resources and webinars, too. Follow Student Life on Instagram, Facebook, Twitter and TikTok for important info about connecting with your student community today. Check out the groups tab in Facebook for communities that might interest you.

We're @UofTStudentLife     

### STARTING POINT

"Enrolling in Starting Point was probably the best decision I made at the beginning of the year. It gave me a guideline, a goal, something to work towards so that I would force myself to be involved."

### LIFE @ 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 | [lifeatuoft.utoronto.ca](https://lifeatuoft.utoronto.ca)



@uoftstudentlife



## ☐ 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 as early as **May 1** by submitting your photo and documentation today. You can pick up your TCard (campus identification) when you arrive on campus.

**Pro tip:** Submit your photo and documentation online before August 10 and you'll be automatically entered for a chance to win a \$200 U of T Bookstore gift card!

[tcard.utoronto.ca](https://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](https://uoft.me/IDchange)

### INCOMING: 9 NEW THINGS!

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

## □ Find a place to live

The staff at Housing can help you find a great home. 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, learn about your rights and responsibilities, and search for a roommate using the Roommate Finder.

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

**Housing prep workshops** (for first-year undergraduate students):

- *Intro to the Toronto housing market:* **June 14, 29, July 7**
- *Effective housing search strategies:* **July 8, 20, 28**
- *Integrating into campus life while living off campus:* **July 14, 26, August 5**

**URent workshops:**

- *Finding a place:* **June 3, July 5, 22, August 2, 31**
- *Renting Q&A:* **June 17, August 18**
- *Tenant topics: Neighbourhoods:* **June 7**
- *Tenant topics: Avoiding scams:* **July 18**
- *Tenant topics: Affordability vs. proximity:* **August 23**

Navigating conflict at home:  
**June 23, July 13, August 15**

Virtual Housing Fair: **July 15, August 17**

🌐 International student Housing Q & A: **August 10**

📺 **LIVE** 5 questions about...finding a place to live: **July 12**

[housing.utoronto.ca](https://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 intake package by **July 18, 2022** (visit [uoft.me/asregister](https://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 Moving Forward Summer Get Started sessions:

All students: **July 6, August 17**

🌐 International students: **July 20**

Students on the Autism spectrum:

**August 10**

Refresher (all students): **September 8**

You can also join our Facebook Live: 5 questions about...navigating disability & registering with Accessibility Services on **July 7** 📺 **LIVE**

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. (See details in mentorship section in July.)

[accessibility.utoronto.ca](https://accessibility.utoronto.ca)

[uoft.me/asregister](https://uoft.me/asregister)

[uoft.me/COD](https://uoft.me/COD)

[uoft.me/accessus](https://uoft.me/accessus)

[uoft.me/asdropins](https://uoft.me/asdropins)

[uoft.me/movingforward](https://uoft.me/movingforward)

## □ Ask the experts anything 📺 **LIVE**

If you have questions about anything related to student life, just ask! Get answers to all your questions by watching the “5 questions about...” ASKme Anything series on Facebook. You can also ask us any time on Facebook, Twitter or Instagram. [@UofTStudentLife](https://www.instagram.com/UofTStudentLife).

### 5 questions about...

- Being a U of T student: **July 5**
- 🧑 Navigating disability & registering with Accessibility Services: **July 7**
- Finding a place to live: **July 12**
- 🌐 International student experience: **July 19**
- 👨👩👦 First gen, Black, Latinx, Southeast Asian students & belonging: **July 26**
- Orientation: **August 9**
- Joining a club: **August 16**
- Studying at university: **August 23**
- Anything at U of T! **September 6**
- Accessing health care: **September 13**
- Religious accommodations and spiritual life: **September 20**
- Building your career: **September 29**

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

[facebook.com/UofTStudentLife/events](https://facebook.com/UofTStudentLife/events)  
[instagram.com/UofTStudentLife](https://www.instagram.com/UofTStudentLife)



# JUNE

DATE	TIME	LOCATION	EVENT
June 3	1 - 2 p.m.	Virtual	Finding a Place
June 7	3 - 4 p.m.	Virtual	Tenant Topic: Neighbourhoods
June 14	10 - 11 a.m.	Virtual	Intro to the Toronto Housing Market
June 17	2 - 3 p.m.	Virtual	Renting Q&A
June 17	5:30 p.m. - 7 p.m.	Virtual	Orientation Webinar for Parents and Supporters of Incoming Undergraduate Students
June 23	1 - 2 p.m.	Virtual	Navigating Conflict
June 29	1 - 2 p.m.	Virtual	Intro to the Toronto Housing Market
June 30			Presidential Day - University closed


Dates and times are subject to change. Please visit the orientation calendar at [uoft.me/orientation](https://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 practical work experience and explore possible career paths
- 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.

1. Register for Starting Point — flip to the start of this calendar for details.
2. Explore the database of student clubs and organizations on the Student Organization Portal: [sop.utoronto.ca](https://sop.utoronto.ca).
3. Start building your Co-Curricular Record (CCR). Explore the database of opportunities at [clnx.utoronto.ca/catalogue](https://clnx.utoronto.ca/catalogue) and start connecting your experiences to skills.
4.  **LIVE** Check out our Facebook Lives on clubs, orientation, connecting with U of T students and more! (see dates and topics under ask the experts).
5. If talking to new people makes you nervous, check out the Talking to New People workshop or four-week series to develop skills and manage anxiety: [uoft.me/ttnp](https://uoft.me/ttnp).

## □ Plan your orientation

Meet new friends and prepare for your studies! Orientation activities are mostly decentralized, with each college and faculty offering separate events. There are also many programs for specific groups of students. If you have questions about orientation, join our Facebook Live session about it on  **LIVE August 9.**

### Students with disabilities

Moving Forward orientation:  
**August 29 & 30**

[uoft.me/movingforward](https://uoft.me/movingforward)


### Mature & transfer students

Mature student orientation:  
**September 6, 14**

Transfer student orientation:  
**September 7**

[uoft.me/maturetransfer](https://uoft.me/maturetransfer)

### International students

 **LIVE** 5 questions about international student experience: **July 19**

In our own words: An international student panel: **July 26, August 3**

Toronto Tips: International students share their tips for living in Toronto:  
**August 9, 17**

International Student Services Expo: **August 25**

Snap the Six: Campus edition:  
**September 2**

How to get involved with CIE in fall 2022: **September 13, 14**

Afro International & newcomer support group: **September 15**

Doors open CIE: **September 16**

Understanding EDI for international students: **September 21**

 An international welcome: LGBTQ+ & allies: **September 23**

Feeling homesick? Coping with cultural adjustment: **September 29**

Your Canadian legal status orientation Q&A: **July 27, August 4, 11, 15, 23, September 7, 15, 21**

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

[cie.utoronto.ca](https://cie.utoronto.ca)

### Students with family responsibilities

Family Care Office orientation:  
**September 23**

Family Care Student panel & networking session: **September 24**

[familycare.utoronto.ca](https://familycare.utoronto.ca)

### Indigenous students

Indigenous student orientation:  
**September 23**

[fnh.utoronto.ca](https://fnh.utoronto.ca)

### LGBTQ2S+ students

Queer orientation: Multiple events, starts **September 19**

[uoft.me/queerorientation](https://uoft.me/queerorientation)

### First generation, Black, Southeast Asian and Latin American Students

Financial aid for first generation students & their families/friends: **August 23**

Welcome first generation students:  
**September 13**

Black students talk with Black profs: **October 4**

Southeast Asian students & clubs welcome: **October 25**

Latin American students & clubs welcome: **November 15**


[uoft.me/aipp](https://uoft.me/aipp)

### Students requesting religious accommodations

Religious accommodations 101: **August 22**

[uoft.me/religiousaccommodations101](https://uoft.me/religiousaccommodations101)

# JULY

DATE	TIME	LOCATION	EVENT	DATE	TIME	LOCATION	EVENT
July 1			Canada Day - University closed	July 15	1 - 2:30 p.m.	Virtual	FAQs about Learning at U of T
July 5	11 a.m - 12 p.m.	Virtual	Effective Learning & Studying	July 18	5 p.m.	Virtual	Deadline to submit intake package to Accessibility Services to receive accommodations for September
July 5	12 - 1 p.m.	Virtual	Finding a Place	July 18	2 - 3 p.m.	Virtual	Tenant Topic: Avoiding Scams
July 5	12:30 p.m.	Virtual	 5 Questions about being a U of T student	July 19	11 a.m - 12 p.m.	Virtual	Motivation & Procrastination
July 6	1 - 3 p.m.	Virtual	Moving Forward: Get Started	July 19	12:30 p.m.	Virtual	 5 Questions about the International Student Experience
July 7	11 a.m - 12 p.m.	Virtual	Storytelling in Assignments: Indigenous Perspectives to Academic Skills	July 20	9 - 11 a.m.	Virtual	Moving Forward: Get Started ( <i>international students</i> )
July 7	11 a.m. -12 p.m.	Virtual	Intro to the Toronto Housing Market	July 20	3 - 4 p.m.	Virtual	Effective Housing Search Strategies
July 7	12:30 p.m.	Virtual	 5 Questions about Navigating Disability & Registering with Accessibility Services	July 21	11 a.m - 12 p.m.	Virtual	Exam Prep Using the Medicine Wheel: Indigenous Perspectives to Academic Skills
July 7	7 - 8:30 p.m.	Virtual	FAQs about Learning at U of T	July 22	4 - 5 p.m.	Virtual	Finding a Place
July 8	10 - 11 a.m.	Virtual	Effective Housing Search Strategies	July 26	9:30 - 11 a.m.	Virtual	In Our Own Words: An International Student Panel
July 8	1 - 2:30 p.m.	Virtual	FAQs about Learning at U of T	July 26	11 a.m - 12 p.m.	Virtual	Preparing for Tests & Exams
July 12	11 a.m - 12 p.m.	Virtual	Time Management	July 26	12:30 p.m.	Virtual	 5 Questions about First Gen, Black, Latinx, Southeast Asian Students & Belonging
July 12	12:30 p.m.	Virtual	 5 Questions about Finding a Place to Live	July 26	3 - 4 p.m.	Virtual	Integrating into Campus Life while Living Off-Campus
July 13	9:30 - 11 a.m.	Virtual	Orientation Webinar for Parents and Supporters of Incoming Undergraduate Students	July 27	2 p.m.	Virtual	Your Canadian Legal Status Orientation - Q&A
July 13	3 - 4 p.m.	Virtual	Navigating Conflict	July 28	1 - 2 p.m.	Virtual	Effective Housing Search Strategies
July 13	7 - 8:30 p.m.	Virtual	FAQs about Learning at U of T				
July 14	1 - 2 p.m.	Virtual	Integrating into Campus Life while Living Off-Campus				
July 15	11 a.m - 1 p.m.	Virtual	Virtual Housing Fair				

Dates and times are subject to change. Please visit the orientation calendar at [uoft.me/orientation](https://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](https://uoft.me/registrars)

## ❑ Prepare for university academics

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


FAQs about learning at U of T: **July 7, 8, 13, 15**

Submit your questions in advance at [uoft.me/askusaboutlearning](https://uoft.me/askusaboutlearning)

### Uni prep micro-course (attend one or all four sections)

- What is university learning: **August 16, 22**
- The science & practice of learning: **August 18, 24**
- Activate your curiosity for better critical thinking: **August 23, 29**
- Build your academic resourcefulness: **August 25, 31**

🌐 Learning at U of T as an international student: **August 19, September 2**

5 questions about studying at university  **LIVE**: **August 23**

### Core skills workshops

- Effective learning & studying: **July 5, August 2**
- 🏠 Storytelling in assignments (Indigenous perspectives to academic skills): **July 7**
- Time management: **July 12, August 9**
- Motivation & procrastination: **July 19**
- 🏠 Vision Quest: Looking down the path (Indigenous perspectives to academic skills): **August 11**
- Reading & notetaking: **August 26, 27, September 10**
- 🏠 Preparing your bundle: Taking an academic journey (Indigenous perspectives to academic skills): **August 30**

[uoft.me/uprep](https://uoft.me/uprep)

Questions about your future academic experience? Connect with academic peer mentors at scheduled appointments or drop-in sessions. They also offer workshops on topics like taking useful notes and academic resources available. Check the Academic Success calendar on CLNx for dates and times.


[uoft.me/academicmentors](https://uoft.me/academicmentors)

## ❑ Find a job on campus

Build your skills and earn some extra cash with an on-campus job. Check out the Career & Co-Curricular Learning Network (CLNx) for thousands of on-campus jobs and Work Study positions. Work Study positions are posted in August and fill up fast!

For more info on applying for jobs:

Work Study Q & A session: **August 25**

5 questions about... building your career: **September 29**  **LIVE**

[clnx.utoronto.ca](https://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](https://uoft.me/careerresourcelibrary)

## ❑ Check out mentorship programs

Get inspired by connecting with an upper-year student or alum that can provide guidance and motivation. Many programs begin this summer, so start now to find a program that works for you. Visit the mentorship catalogue at [clnx.utoronto.ca](https://clnx.utoronto.ca) to get started. Want more support? Book a mentorship appointment with a student mentorship education assistant via CLNx: [uoft.me/mentorappointment](https://uoft.me/mentorappointment).

Looking for tips on how to get the most out of your mentorship? Maximizing mentorship: **August 30**.

### 🌐 International Student Experience Ambassadors

Connect virtually with an upper-year international student, join themed discussions and have your questions answered before starting in September.

[uoft.me/iseambassadors](https://uoft.me/iseambassadors)

### 🧑 Access Us

Students with disabilities can connect with a peer mentor and a supportive community that includes social events, academic workshops and career development.

[uoft.me/accessus](https://uoft.me/accessus)

### 👥 Access & Inclusion Peer Programs

Students who are African Black Caribbean, Southeast Asian, Latin American or first generation (students whose parents/guardians did not complete post-secondary education in Canada) are paired with experienced upper-year mentors from the same communities. Meet with a mentor navigator one-to-one or attend a summer/orientation events to help navigate potential barriers to success. Find events on the calendar with this symbol.


[uoft.me/aipp](https://uoft.me/aipp)



# AUGUST

DATE	TIME	LOCATION	EVENT
August 1			Civic Holiday - University closed
August 2	11 a.m. -12 p.m.	Virtual	Finding a Place
August 2	11 a.m - 12 p.m.	Virtual	Effective Learning & Studying
August 3	11 a.m. - 12:30 p.m.	Virtual	In Our Own Words: An International Student Panel
August 4	10 - 11:15 a.m.	Virtual	Health Services Overview for International Students
August 4	10 a.m.	Virtual	Your Canadian Legal Status Orientation - Q&A
August 5	10 - 11 a.m.	Virtual	Integrating into Campus Life while Living Off-Campus
August 9	9:30 - 11 a.m.	Virtual	Toronto Tips
August 9	11 a.m - 12 p.m.	Virtual	Time Management
August 9	12:30 p.m.	Virtual	 5 Questions about Orientation
August 10	12 - 12:30 p.m.	Virtual	International Students Housing Q&A
August 10	1 - 3 p.m.	In-Person	Moving Forward: Get Started (students on the Autism spectrum)
August 11	10 - 10:45 a.m.	Virtual	UHIP 101 Info Session
August 11	11 a.m - 12 p.m.	Virtual	Vision Quest: Looking Down the Path: Indigenous Perspectives to Academic Skills
August 11	2 p.m.	Virtual	Your Canadian Legal Status Orientation - Q&A
August 11	6:30 - 8 p.m.	Virtual	Orientation Webinar for Parents and Supporters of Incoming Undergraduate Students
August 15	10 a.m.	Virtual	Your Canadian Legal Status Orientation - Q&A
August 15	11 a.m. -12 p.m.	Virtual	Navigating Conflict
August 16	12:30 p.m.	Virtual	 5 Questions about Joining a Club
August 16	7-8:30 p.m.	Virtual	What is University Learning?
August 17	11 a.m. - 12:30 p.m.	Virtual	Toronto Tips
August 17	11 a.m - 1 p.m.	Virtual	Virtual Housing Fair
August 17	1-3 p.m.	Virtual	Moving Forward: Get Started
August 18	3 - 4 p.m.	Virtual	Renting Q&A

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All times are in Eastern Daylight Time.

DATE	TIME	LOCATION	EVENT
August 18	7-8:30 p.m.	Virtual	The Science & Practice of Learning
August 19	9:15 a.m.	Virtual	Learning at U of T as an International Student Q & A
August 22	12-1:30 p.m.	Virtual	What is University Learning?
August 22	3 - 4 p.m.	Hybrid	Religious Accommodation 101
August 23	10 a.m. - 12 p.m.	Virtual	Financial Aid for First Generation Undergrad Students & Their Families/Friends
August 23	12:30 p.m.	Virtual	 5 Questions about Studying at University
August 23	1 - 2 p.m.	Virtual	Tenant Topic: Affordability, Proximity and Safety
August 23	2 p.m.	Virtual	Your Canadian Legal Status Orientation - Q&A
August 23	7:30 - 8:30 p.m.	Virtual	Activate your Curiosity for Better Critical Thinking
August 24	12-1:30 p.m.	Virtual	The Science & Practice of Learning
August 25	10 a.m - 12 p.m.	Hybrid	International Student Services Expo
August 25	11 a.m - 12 p.m.	Virtual	Work Study Information Session
August 25	7-8:30 p.m.	Virtual	Build your Academic Resourcefulness
August 26	10 - 11 a.m.	Virtual	Reading & Note Taking
August 29	12-1:30 p.m.	Virtual	Activate your Curiosity for Better Critical Thinking
August 30	10:30 a.m. - 12:30 p.m.	Virtual	Maximizing Mentorship
August 30	11 a.m. - 12 p.m.	Virtual	Preparing Your Bundle: Taking an Academic Journey: Indigenous Perspectives to Academic Skills
August 31	10 a.m.	Virtual	Your Canadian Legal Status Orientation - Q&A
August 31	12 - 1:30 p.m.	Virtual	Build your Academic Resourcefulness
August 31	2 - 3 p.m.	Virtual	Finding a Place


DATE	TIME	LOCATION	EVENT
August 22- September 16		In-Person	ASKme pop-up booths on campus
August 9-30	9 a.m. - 3 p.m.	Hybrid	Moving Forward Orientation

## 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 22 – September 16** and Labour Day weekend, **September 3-5**.

[uoft.me/askme](https://uoft.me/askme)

## Be proactive with your health care

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 campus. Tune in to our Facebook Live on **September 13** to learn more about accessing health care at U of T,  **LIVE** and remember to check with your student union to find out more about supplementary health insurance!

If you're an international student, attend one of these events to learn about the University Health Insurance Plan – and remember to print out your UHIP card.

Health Services overview for international students: **August 4** 

UHIP info session: **August 11, September 8** 

[healthandwellness.utoronto.ca](https://healthandwellness.utoronto.ca)

[uoft.me/uhip](https://uoft.me/uhip)

## Stay safe

Familiarize yourself with the safety resources on campus and keep these numbers handy so you can find what you need at any time. You can find these resources and more in the U of T Student Life app!

[safety.utoronto.ca](https://safety.utoronto.ca)

## Resources for your parents & supporters

The people who care about you have questions of their own, so let them know they've got a parents and supporters website where they can find lots of valuable info and register for webinars.

Orientation webinar for parents & supporters: **June 17, July 13 & August 11**

[parentsandsupporters.utoronto.ca](https://parentsandsupporters.utoronto.ca)

# SEPTEMBER

DATE	TIME	LOCATION	EVENT
September 2	9:15 a.m.	Virtual	Learning at U of T as an International Student Q & A
September 2	10 a.m - 1 p.m.	In-Person	Snap the 6ix: Campus Edition
September 5			Labour Day - University closed
September 6	12:30 p.m.	Virtual	 5 Questions about Anything at U of T!
September 6	5:30 - 7:30 p.m.	Virtual	Mature Student Orientation
September 7	1 - 2 p.m.	Virtual	Transfer Student Orientation
September 7	2 p.m.	Virtual	Your Canadian Legal Status Orientation - Q&A
September 8	11 a.m - 12:30 p.m.	Virtual	Talking to New People Online for Undergraduate Students
September 8	1 - 3 p.m.	Hybrid	Moving Forward: Refresher
September 8	2 - 2:45 p.m.	Virtual	UHIP 101 Info Session
September 13	12 - 1 p.m.	Virtual	How to Get Involved with CIE in Fall 2022
September 13	12:30 p.m.	Virtual	 5 Questions about Accessing Health Care
September 13	5 - 6:30 p.m.	Virtual	Welcome First Generation Students
September 14	9:30 - 11:30 a.m.	Virtual	Mature Student Orientation

Dates and times are subject to change. Please visit the orientation calendar at [uoft.me/orientation](https://uoft.me/orientation).  
All times are in Eastern Daylight Time .

DATE	TIME	LOCATION	EVENT
September 14	5 - 6 p.m.	Virtual	How to Get Involved with CIE in Fall 2022
September 15	10 a.m.	Virtual	Your Canadian Legal Status Orientation - Q&A
September 15	3:30 - 5 p.m.	Virtual	Afro International and Newcomer Support Group
September 16	12 - 2 p.m.	In-Person	Doors Open CIE
September 20	12:30 p.m.	Virtual	 5 Questions about Religious Accommodations and Spiritual Life
September 22	10 a.m.	Virtual	Your Canadian Legal Status Orientation - Q&A
September 22	12 - 1 p.m.	Virtual	Understanding EDI Resources for International Students
September 23		Virtual	Family Care Office Orientation
September 23	3 - 5 p.m.	In-Person	Indigenous student Orientation
September 23	12 - 2 p.m.	In-Person	An International Welcome: LGBTQ+ & Allies
September 29	12:30 p.m.	Virtual	 5 Questions about Building your Career
September 29	5 - 6:30 p.m.	In-Person	Feeling Homesick?: Coping with Cultural Adjustment

DATE	LOCATION	EVENT
August 22- September 16	In-Person	ASKme pop-up booths on campus
September 19-23		Queer Orientation

## UPCOMING Mentorship and Peer Programs Events

Black Students Talk With Black Profs: October 4

Southeast Asian Students & Clubs Welcome: October 25

Latin American Students & Clubs Welcome: November 15

**Student Life Communications**  
214 College Street, Room 203  
Toronto, ON, M5T 2Z9

Follow us on Instagram, Facebook, Twitter and TikTok  
to get updates on events and opportunities.  
We look forward to seeing you on campus!

**@UofTStudentLife**



**[studentlife.utoronto.ca](https://studentlife.utoronto.ca)**



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For more details on any of the events listed on this calendar, please visit **[uoft.me/orientation](https://uoft.me/orientation)**