

WELCOME TO LIFE AS A GRADUATE STUDENT AT UOFT!

There are lots of resources to support your journey.

Looking to learn tips for academic success, get writing support, or learn strategies to improve your time management skills?

Consider joining a Grad Writing Group, Grad Productivity Group, or Grad Learning Group. Or connect with a Learning Strategist or explore Academic Success's grad student workshops and retreats through **Academic Success**.

asc.utoronto.ca

Do you have a disability or are you experiencing difficulties that affect your learning and suspect you may have a disability? Visit **Accessibility Services** and speak confidentially to an Accessibility Advisor, in addition to accessing graduate-specific programming and helpful tools to navigate graduate studies with a disability.

accessibility.utoronto.ca

Are you curious about how your degree(s) connects to a future career or studies?

Career Exploration & Education offers specific supports for graduate students that help you explore your options, know yourself, develop a strategy, and take action. Key resources can be found within CLNx (clnx.utoronto.ca/home.htm), where you can also register to participate in the bi-weekly Flexible Futures for Grad Students and Postdocs programming series.

careers.utoronto.ca

Are you an international graduate student?

Get support in your adjustment to Canada and U of T with an International Transition Advisor or explore your cultural identity in the Intercultural Learning Program at the **Centre for International Experience**.

cie.utoronto.ca

Interested in developing leadership skills to enhance your CV?

Check out the Leadership for Grads workshop series offered through **Clubs and Leadership Development**.

leadership.utoronto.ca

Are you a student parent wondering how you will balance your graduate studies? Are you looking to meet other student parents or access childcare? Did you just get pregnant?

Access confidential guidance, support, referrals and resources on family-related issues in the **Family Care Office** and get advice from fellow student parents through their Peer Mentorship Program.

familycare.utoronto.ca

Are you looking for a mentor who can help navigate the pressures of grad life?

Take a look through the **Mentorship and Peer Programs'** searchable online database for a mentor, or even consider becoming a mentor yourself!

mentorship.utoronto.ca

Do you want to get involved beyond the classroom and have those experiences and skills recognized?

Consider joining co-curricular opportunities such as clubs and committees and receive an official U of T document highlighting your experiences through the **Co-Curricular Record**.

ccr.utoronto.ca

Looking for ways to stay healthy and maintain wellness?

Talk to a Wellness Counsellor, check out the graduate wellness portal or build your coping skills through Wellness Workshops for Grad Students, offered by **Health and Wellness**.

healthandwellness.utoronto.ca

Do you want to find community with other graduate students, feel less stressed or develop new skills?

Participate in a **Grad Escape** activity or a Grad Connections chat with other grad students from across disciplines or attend a Grad Talk and develop your skills, offered through Gradlife. Participate in our Advisory Committee!

gradlife.utoronto.ca

Are you hoping to make connections with nonprofit and grassroots organizations in Toronto?

Consider participating in a community- engaged learning opportunity with the **Centre for Community Partnerships**.

ccp.utoronto.ca

Are you an Indigenous Student looking for support and community on campus?

Visit **First Nations House**, Indigenous Student Services. Join the FNH Orientation for new students and get connected with social programming throughout the year.

fnh.utoronto.ca

Do you have your UTORid and/or TCard yet?

Convert your JOINid to a UTORid to access online services like email (UTmail+), course content on Quercus, webinars, network services for international students, WiFi on campus and more. Then when on campus, schedule some time to pick up your TCard.

tcard.utoronto.ca

Need housing near campus?

Learn about your residence options; explore **Housing Services'** off campus rental housing and roommate finder; and check out guides to navigating Toronto's complex rental market.

housing.utoronto.ca

Interested in exploring community building, holistic wellbeing, and/or diverse spiritual and cultural perspectives?

Drop by a program or event at the **Multi-Faith Centre** where students of all backgrounds are welcomed. Explore the online calendar.

multifaith.utoronto.ca

For a full resource listing of services & programs for graduate students, please check the SGS Grad Hub or visit: uoft.me/gradhub and remember to download the student life app at uoft.me/studentlifeapp (or search "U of T Student Life" on iTunes or the Google Play Store).