



Welcome to
STA130!

Can you
hear
music?



Video call tips

- **Headphones** recommended
- Make sure you've clicked "Join Audio" in the bottom left.
- *Sometimes just exiting and clicking the link again works*

*Which elf
captures YOUR
December vibes?*

[https://pollev.com/
bolton](https://pollev.com/bolton)





BE PREPARED FOR EXAMS!

Exam Prep workshops use evidence-based strategies to help you prepare for exams.

uoft.me/exam-prep
clnx.utoronto.ca

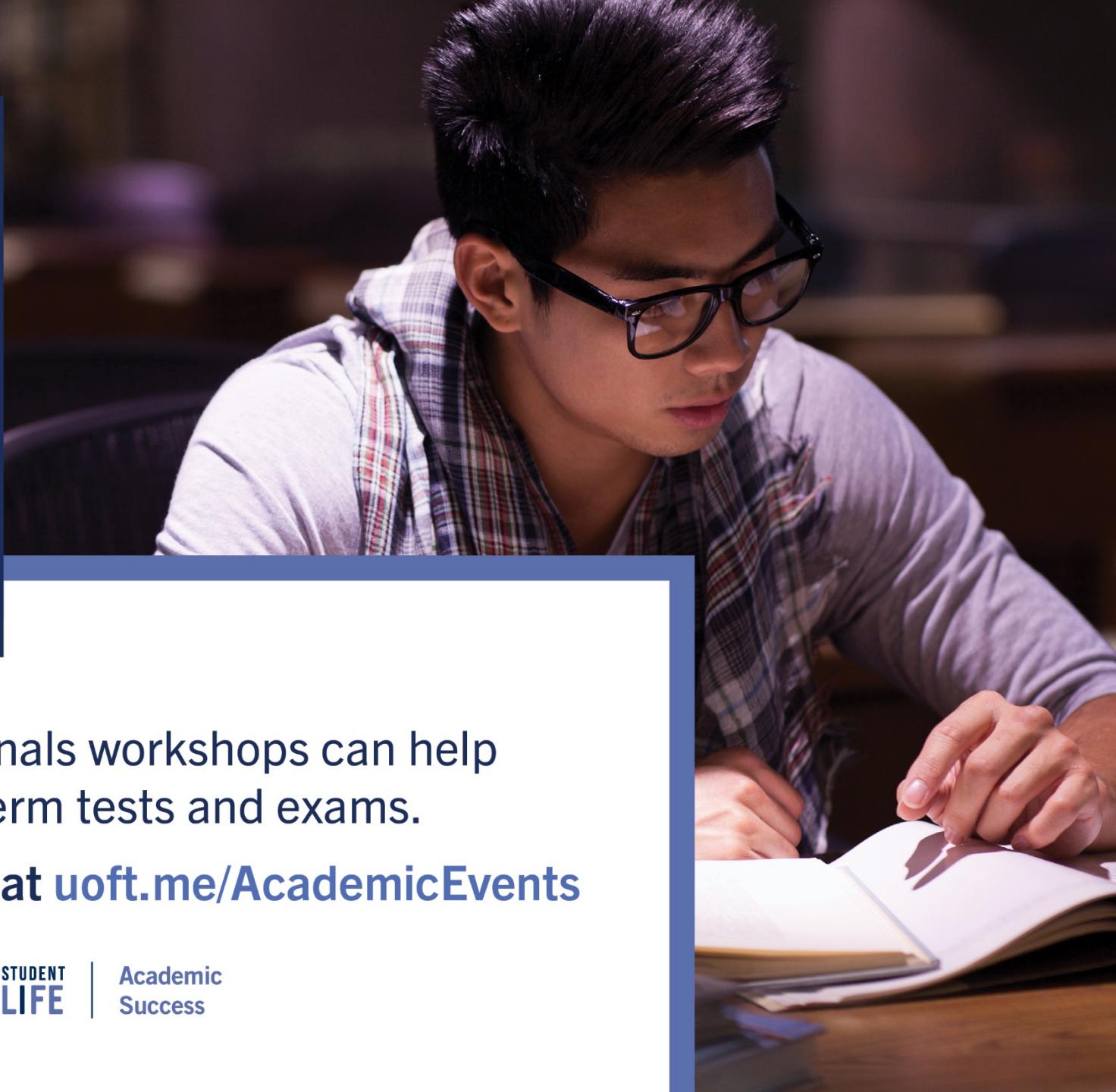
MULTIPLE FINALS?

The Managing your Finals workshops can help you prep for all your term tests and exams.

Find the next session at uoft.me/AcademicEvents



STUDENT
LIFE | Academic Success





moveu.ca

Fire up your neurons with Brain Breaks!



- Registration is simple and quick
- Cool gift cards to be won
- It's fully online! you can join from wherever you're studying

Join our online fitness classes:

DEC 9
10 a.m. Big HIIT
1 p.m. Total Body Burn
6 p.m. Mindful Moments Yoga
7 p.m. Afro-Caribbean Dance

DEC
10

9 a.m. Boot Camp
1 p.m. Body Conditioning
4 p.m. Cardio Dance Party

GET CRAFTY WITH HART HOUSE

Follow @harthousegetcrafty
on Instagram for healthy
recipes to keep you fueled
while you study.



REGISTER NOW AT MOVEU.CA

Brought to you by:
Sport & Rec | UTM | Hart House

HartHouse

UNIVERSITY OF
TORONTO



U of T Student Equity Census

“The Equity Census helps bring awareness to discrepancies we may not even know exist on campus.”
ALYSSA, DALLA LANA SCHOOL OF PUBLIC HEALTH

uoft.me/equitycensus



My Office Hours:



TODAY directly after class!

Stay in this video call.

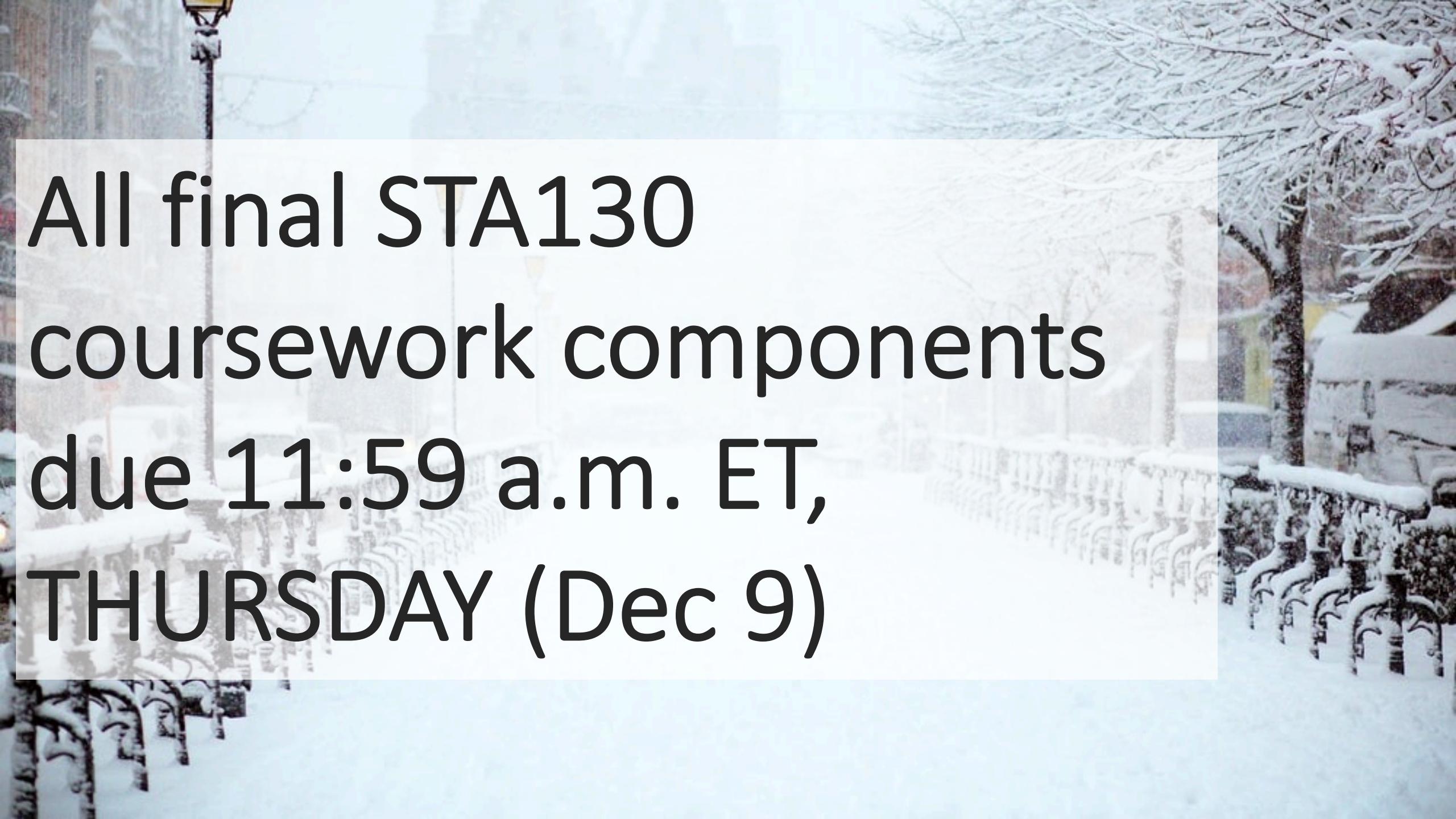
IMPORTANT DATES



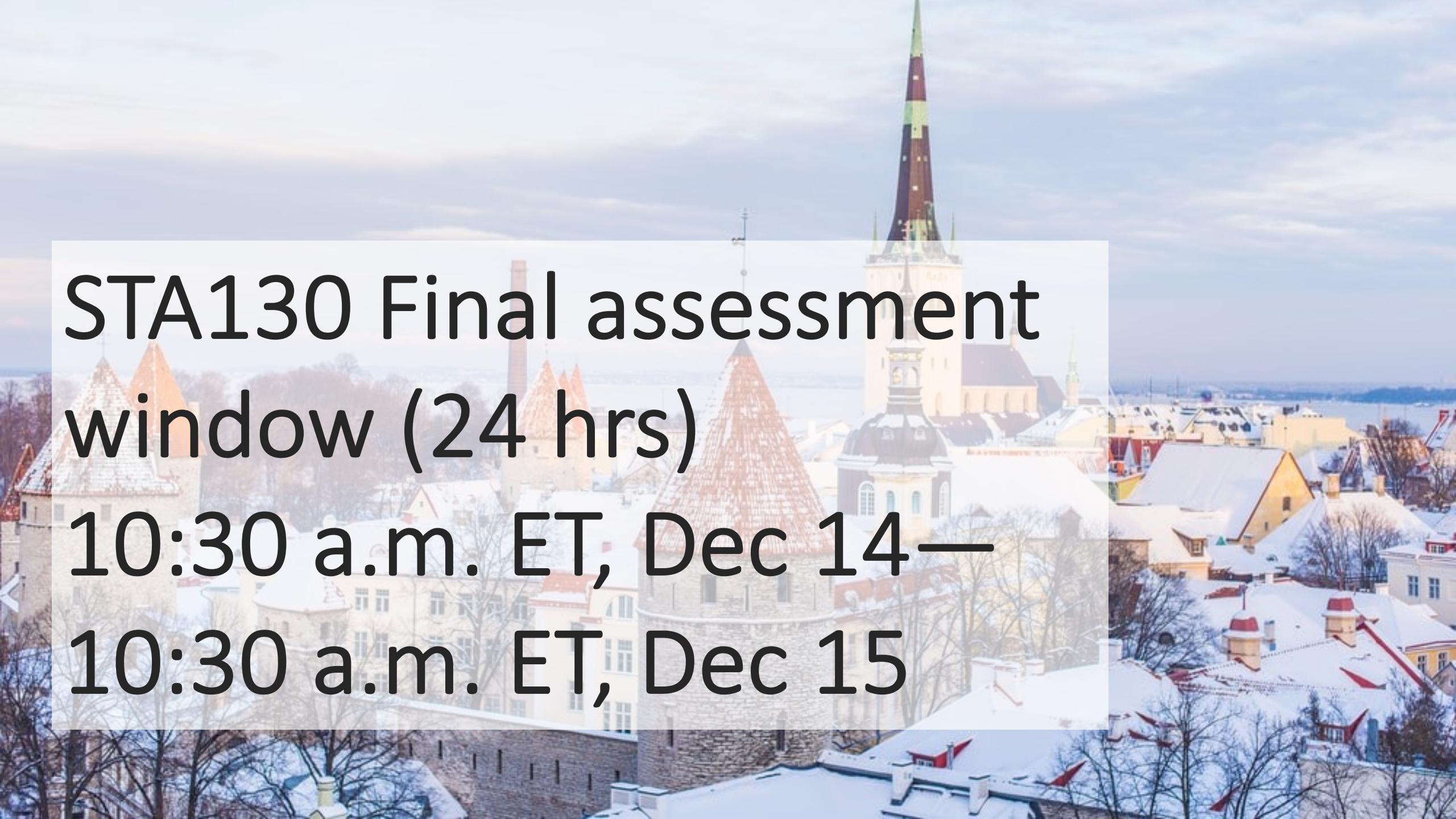
Last date to add or remove a **CR/NCR** (credit /no credit) option for an F course.

December 8
Arts &
Science

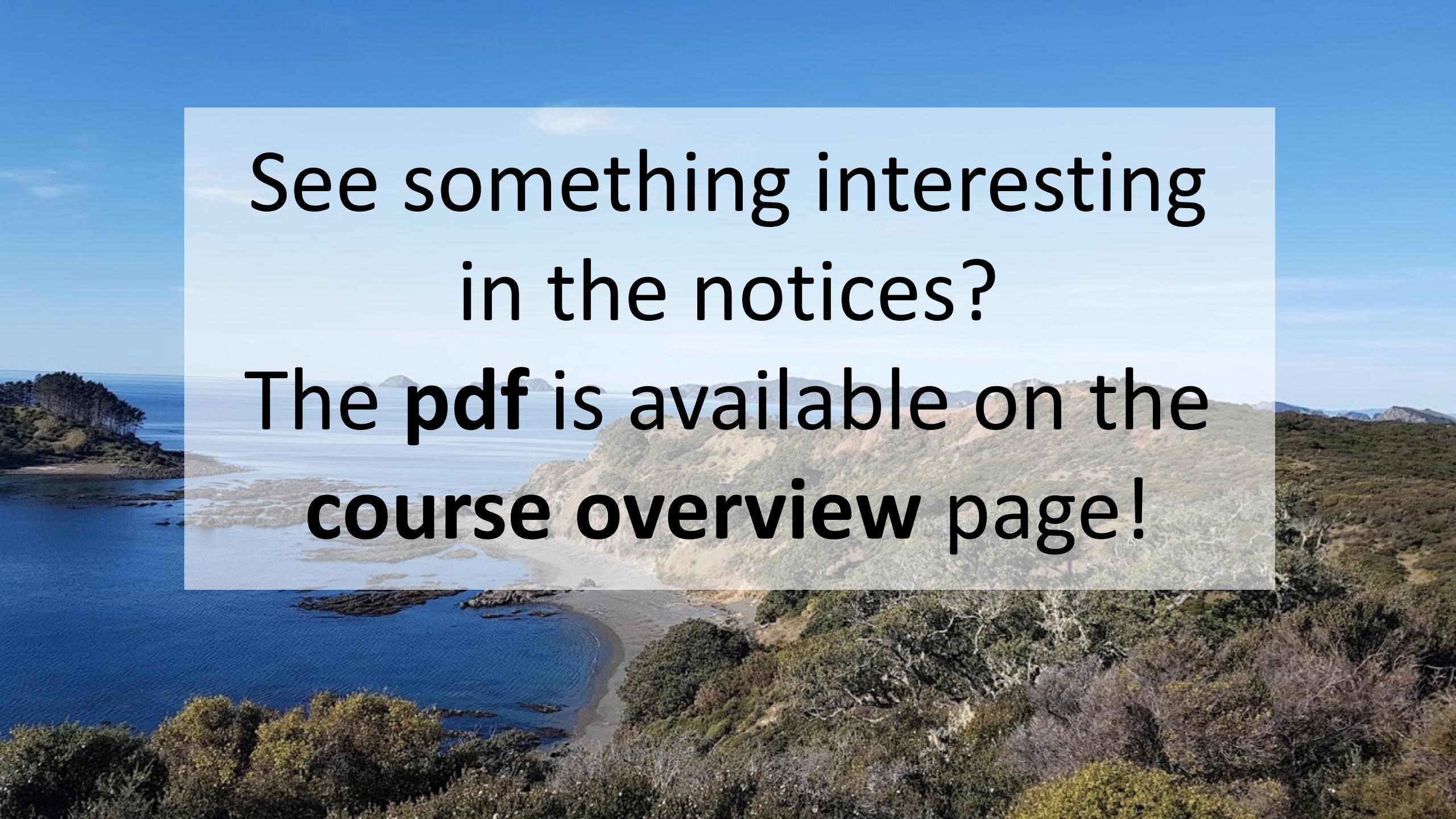
uoft.me/importantdates



All final STA130
coursework components
due 11:59 a.m. ET,
THURSDAY (Dec 9)

A scenic view of a snowy city skyline, likely Tallinn, Estonia, during winter. The foreground shows snow-covered rooftops and bare trees. In the background, several church towers and spires rise against a cloudy sky. One particularly tall and colorful steeple, featuring multiple levels and a multi-tiered roof with various colors like red, green, and yellow, stands out prominently.

STA130 Final assessment
window (24 hrs)
10:30 a.m. ET, Dec 14—
10:30 a.m. ET, Dec 15



See something interesting
in the notices?

The pdf is available on the
course overview page!

Can you
hear
music?



Video call tips

- **Headphones** recommended
- Make sure you've clicked "Join Audio" in the bottom left.
- *Sometimes just exiting and clicking the link again works*

*Which elf
captures YOUR
December vibes?*

[https://pollev.com/
bolton](https://pollev.com/bolton)



Reminder! We will occasionally send you reminders through Quercus mail, but please make sure any **requests** and **questions** go through either:
Piazza or stat130@utoronto.ca

We *won't* answer questions sent to our personal emails and/or on Quercus.

(Having a clear paper trail in our email for accommodations/marketing requests is good for you, too)

My Office Hours:



TODAY directly after class!

Stay in this video call.



COURSE CORRECTION

GET BACK ON COURSE

Register today

Discover how to get a fresh start after an academic setback, unexpected grade or failed course.

uoft.me/course-correction



STUDENT
LIFE

Academic
Success



Today I feel...

OVERWHELMED



HOPEFUL

Even on the toughest days, there are ways to find hope.
Discover the resources you need right now.

mentalhealth.utoronto.ca

HEALTH & WELLNESS PEER SUPPORT



Wednesday – Friday, 11 a.m. – 4 p.m.

You can talk to us about anything, we've been there too. We're students just like you and we have the same concerns.

uoft.me/hwpeersupport



STUDENT
LIFE

Health & Wellness





MINDFUL MOMENTS

INTRODUCTION TO YOGA



Eight-week course

Improve your mood while building strength and flexibility. Beginners welcome.

uoft.me/mindfulmoments

JOIN A STUDY HUB ONLINE



Find motivation and take control
of your time to get things done.
Register on CLNx.

uoft.me/studyhubs



Winter Holiday

The University will be closed
for the winter holidays
December 22 – 31

Classes resume January 10

Arts & Science
Daniels
Engineering

Kinesiology
Music
UTM & UTSC

School of Graduate Studies start dates may vary.

uoft.me/importantdates

Mental health support for all U of T students



Free, confidential, real-time support.

Available 24/7 in multiple languages.

**Download the My SSP app
or call 1-844-451-9700.**

uoft.me/myssp



INTERNATIONAL STUDENTS WEEKLY Q&A SESSIONS

CIE Immigration Advisors host open Q&A sessions to offer guidance on study permits, work permits, entry visas and other matters related to your temporary status in Canada.

uoft.me/immigrationinfo



STUDENT
LIFE

Centre for International
Experience





MESSAGES

Study Buddies

I'm literally so confused right now.. I put 1005 for the first questions but everyone got 2500..

now



MESSAGES

Study Buddies

I need some help on that too. Wanna share screens? I really can't fail this exam...

now



MESSAGES

Study Buddies

What answer did you need again? I'm almost done so I'll send a screenshot!

now

COLLABORATIVE WORK OR ACADEMIC DISHONESTY? KNOW THE DIFFERENCE

#LearnWithIntegrity
academicintegrity.utoronto.ca