

OM

Practice
communicating about
your discipline



Deepen your
knowledge

PEER-TO-PEER CONSULTING

STAxHMB

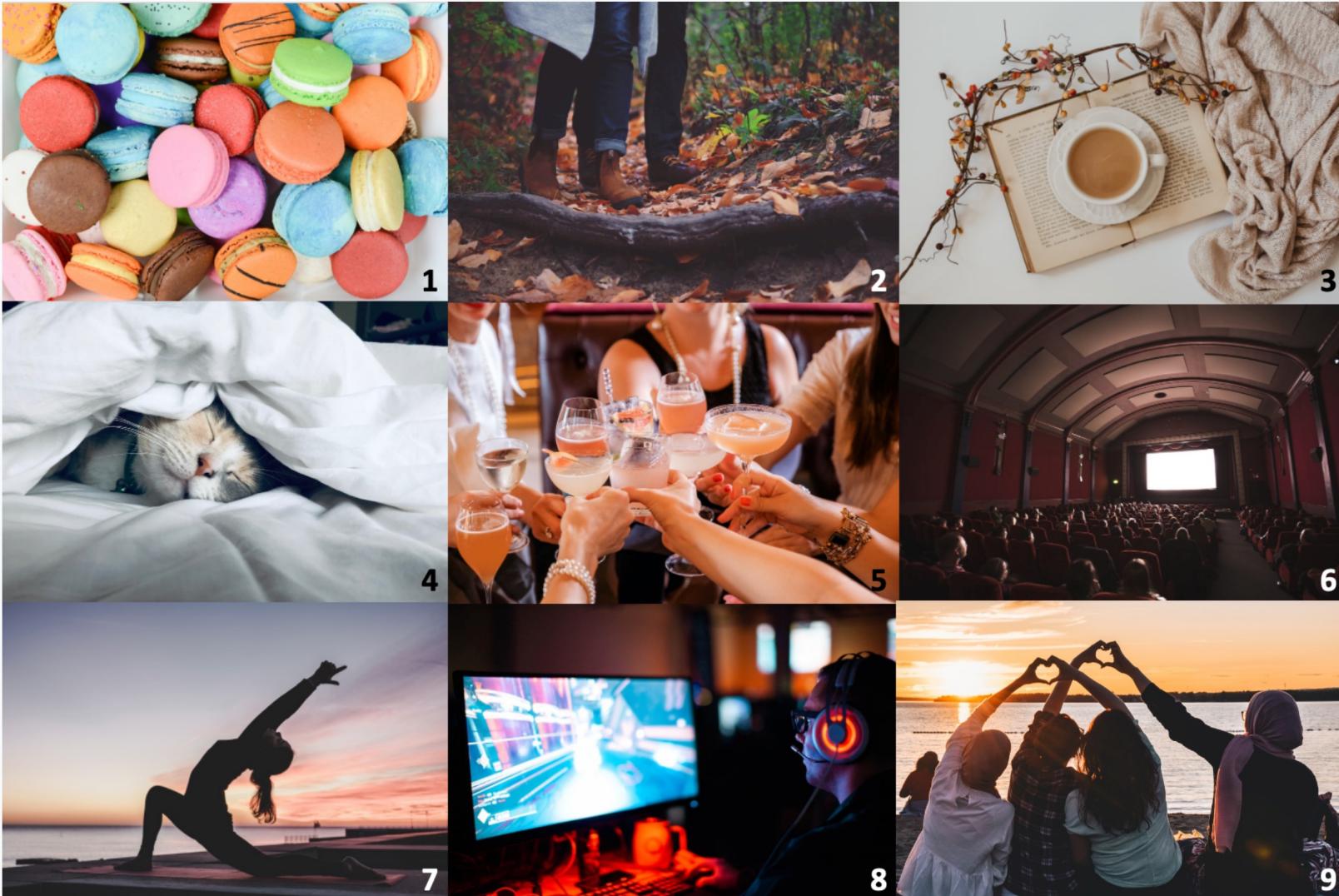
A special digital peer-to-peer consulting event!

Meet other 4th
year students

Gain valuable
experience

WE'LL START AT 3:10 P.M. ET

Pick your ideal reading week ~vibe~.



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*

LAIDLAW SCHOLARSHIP INFORMATION SESSION

November 11, 12 – 1 p.m.

Scholars will receive a stipend each of two summers, for independent research with a global focus.

clnx.utoronto.ca



STUDENT
LIFE

Centre for International
Experience



APPLY FOR A MoveU ACTION GRANT

GET CREATIVE ABOUT GETTING ACTIVE

Are you an international student and part of a group that has a great idea for a physical activity initiative?

Apply for a grant and you can receive up to \$500 in funding to make it happen!

Let us help you and your fellow students get moving!



APPLY BY NOVEMBER 12 AT MOVEU.CA/MOVEU-ACTION-GRANTS



BE PREPARED FOR EXAMS!

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

Starting November 15.

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

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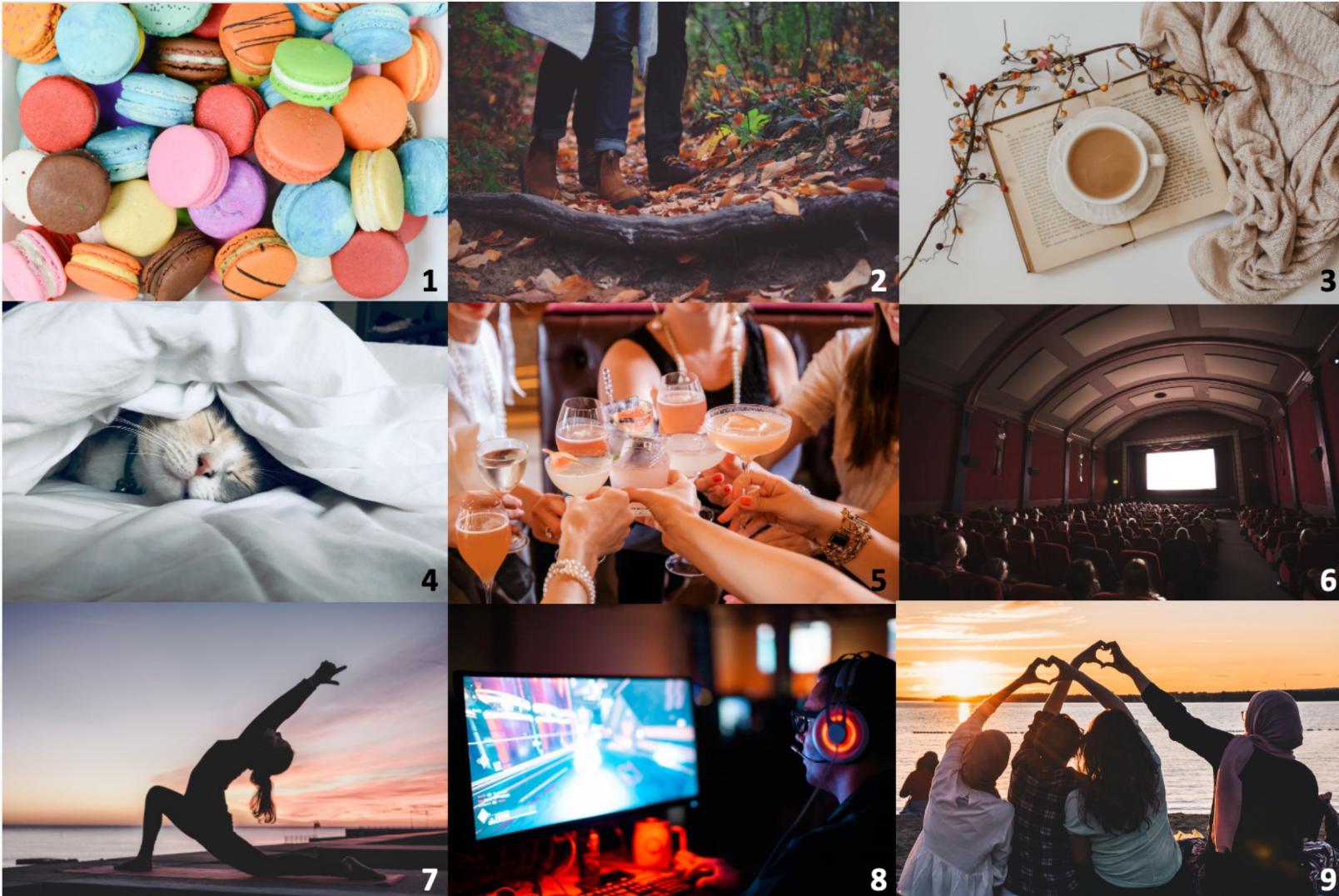
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 **ACCESS & INCLUSION
PEER PROGRAMS**

MEET ANGELLI AND LYNN

Thursdays 3 - 4 p.m.

Southeast Asian Mentor Navigators can help you get involved and find belonging at U of T.

uoft.me/mentor-navigator



UNIVERSITY OF
TORONTO

STUDENT
LIFE

Mentorship & Peer
Programs

INFUSE GROUP FITNESS WORKOUTS INTO YOUR DAY!



SPORT & REC



JOIN GROUP FITNESS WORKOUTS
AND ALSO GET A BIG HIIT
ACCESS PASS:
uoft.me/groupworkout

SCHEDULE STRUGGLES?

A photograph of a young Black man with short hair, wearing a white cable-knit sweater. He is sitting at a desk, looking down and to the side with a concerned expression, his right hand resting against his forehead. In the background, another person is visible but out of focus.

Time Management Bootcamps can help you set your weekly schedule and stay on track.

Find the next session at uoft.me/AcademicEvents



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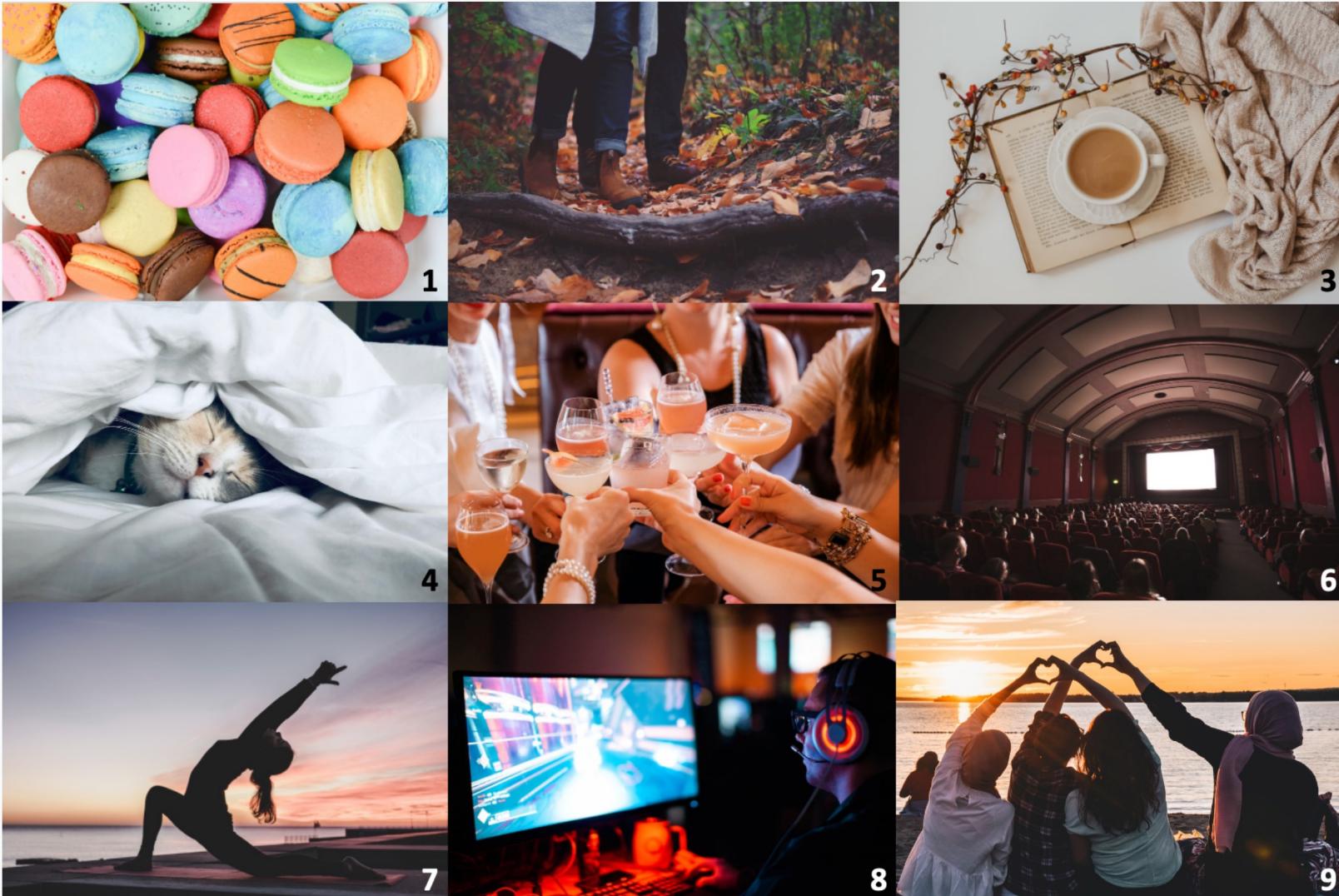
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so you wanna...

HOOK-UP.

DO YOU
HAVE
CONSENT?

Consent is the ongoing practice of checking in with someone else, and respecting their boundaries before engaging further with them.

Before hooking-up, try asking, “Do you want to have sex? Do you want to make out? Do you want to kiss?”

#CheckInForConsent



CONSENT.UTORONTO.CA



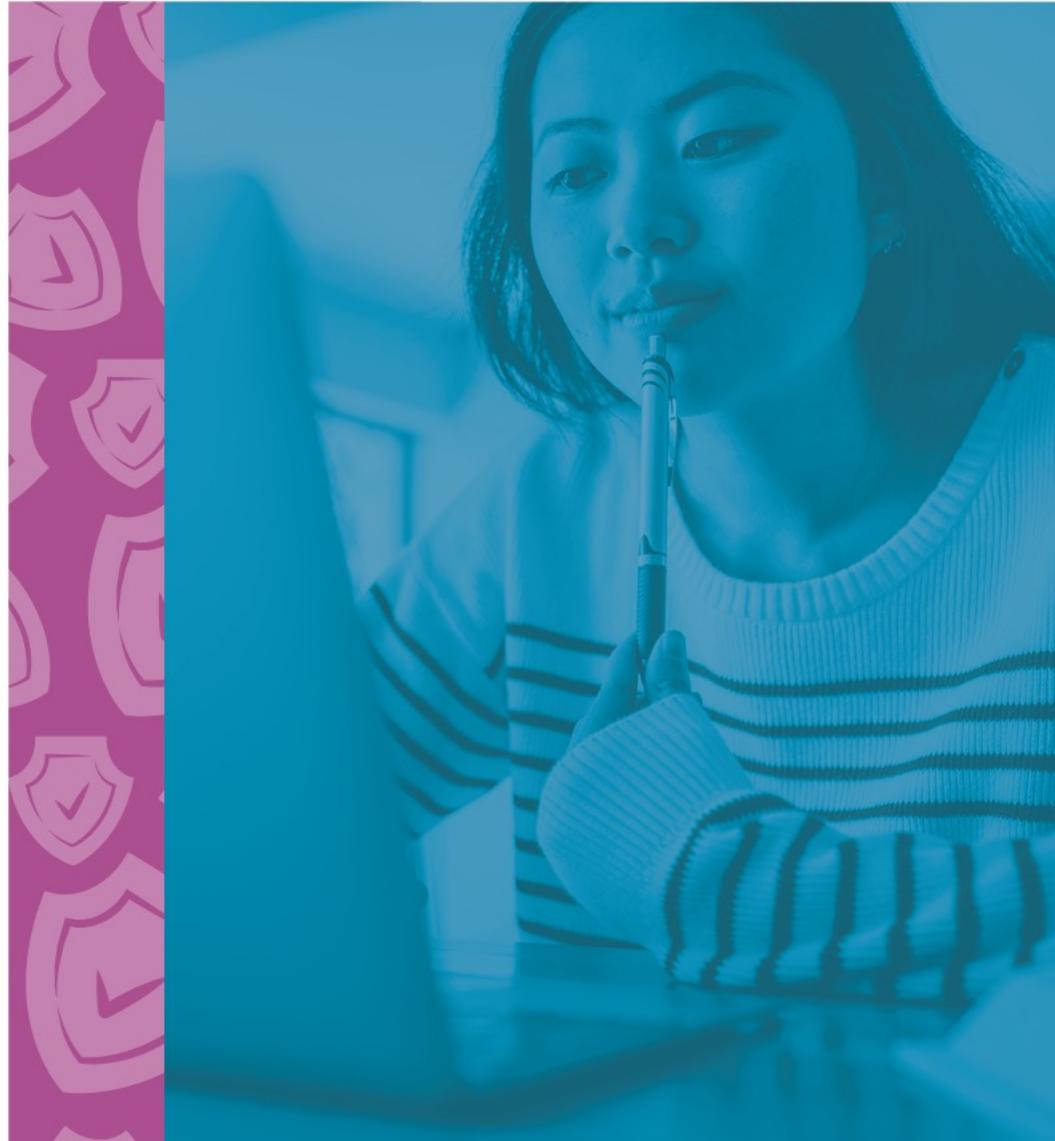
Resources



ONE STEP AT A TIME

Use the Assignment Calculator to break down your assignment into manageable steps.

uoft.me/assignmentcal





ACCESS & INCLUSION PEER PROGRAMS

**VANESSA, IDRIS AND
SIAN ARE HERE FOR YOU**

Mondays 3 - 4 p.m.

Your African/Black/Caribbean
Mentor Navigators can help you
experience belonging.

uoft.me/mentor-navigator



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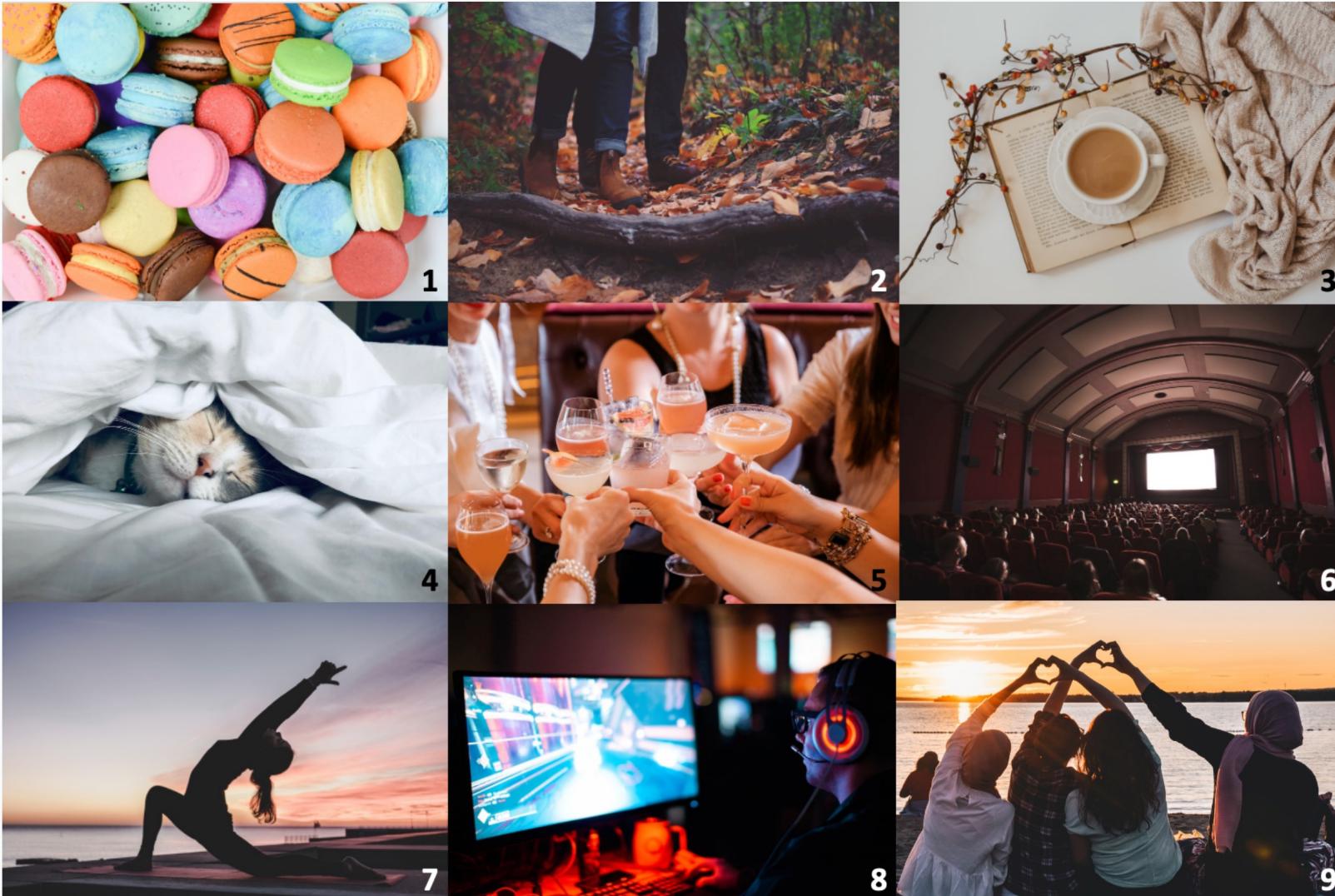
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Today I feel...

LONELY



UNDERSTOOD

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

mentalhealth.utoronto.ca



Libraries



CHAT WITH A LIBRARIAN

Librarians are online every day to help with your research questions.

Connect from wherever you are.

go.utlib.ca/ask





ANA'S HERE TO HELP

Wednesdays 3 - 4 p.m.

Let a Latin American Mentor Navigator help you find campus resources and belonging.

uoft.me/mentor-navigator



**ACCESS & INCLUSION
PEER PROGRAMS**



STUDENT
LIFE

Mentorship & Peer
Programs

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



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MORNEAU
SHEPELL

UNIVERSITY OF
TORONTO





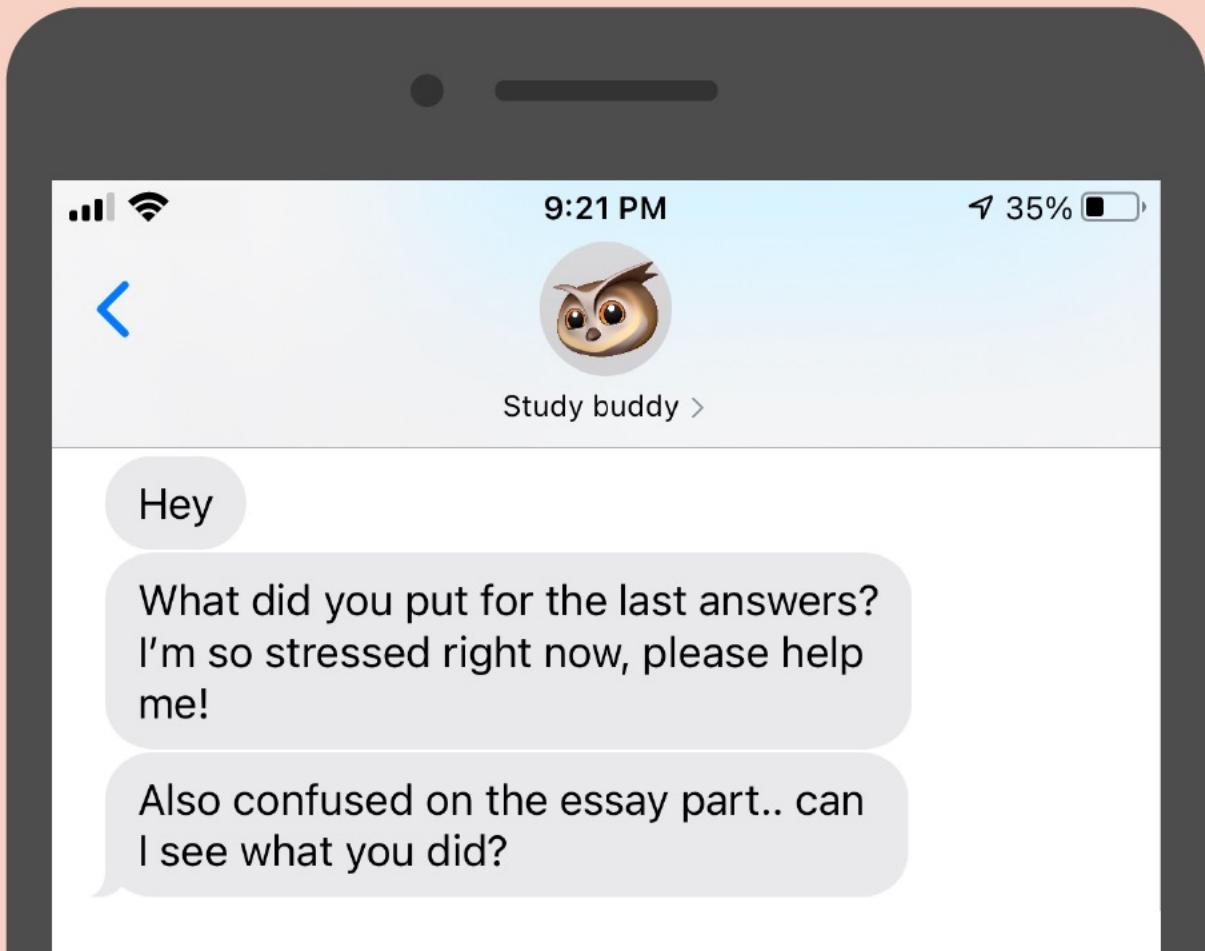
Finding it hard to stay motivated
while studying from home?

Join the **Virtual Accountability Group.**

Mondays & Fridays online.
uoft.me/accountabilitygroup



STUDENT
LIFE | Academic Success



COLLABORATIVE WORK OR ACADEMIC DISHONESTY? KNOW THE DIFFERENCE

#LearnWithIntegrity
academicintegrity.utoronto.ca