

COVID-19 Update: Canada Emergency Student Benefit

May 7, 2020

Message sent on behalf of Professor Dionne Gesink, Acting Associate Dean, Academic Affairs

Dear Students,

We are monitoring rollout of the Canada Emergency Student Benefit (CESB). Students enrolled in a post-secondary education program who have been unable to find employment or self-employment due to COVID-19 will be eligible for the program. The benefit will provide \$1,250 per month for eligible students from May through August 2020, and \$1,750 for students with dependents and those with permanent disabilities. Students will be required to prove they are seeking work in order to receive this benefit. We will notify you when the Canada Revenue Agency opens applications.

For information on other relevant federal initiatives go to the Department of Finance Economic Response site. Scroll to the section for Youth, Post-Secondary Students and Graduates where you will see information on a range of initiatives including increases in student loans and grants, support for student researchers, and supports for international students working in essential services.

As before, Students experiencing immediate financial hardship should apply to the School of Graduate Studies emergency loan or emergency grant. SGS is usually able to pay out emergency loans within 24-hours and emergency grants within one week.

Emergency Loan: Loan applications are processed on an ongoing, continual basis throughout each academic session. Applications need to be submitted to the SGS Graduate Awards Office by 2 pm in order to be evaluated. A decision will be released within two business days upon receipt of the complete application by SGS.

Emergency Grant: Grant applications appear to be ongoing (Fall, Winter, Summer). All of the applications will be reviewed and decisions will be communicated within two weeks upon receipt of a completed application (including all support documentation). Emergency Loans may be approved in the interim. The decision will be communicated via the student's official U of T email address unless reasonable alternate arrangements of notification are requested.

Students anticipating intermediate or longer-term financial need can apply for several awards offered by the University. Note that the application requirements and processes for these

awards are specific to each award, and that some of these awards apply to Research Program and Professional Program students.

- PHS OSOTF and Needs based awards: Deadline: TBA
- [SGS University-Wide Awards](#) (some awards are needs-based): Deadline: May 15, 2020. Submit application materials to awards.dlsph@utoronto.ca.
- [SGS Master's Completion Bursary \(MCB\)](#): WINTER 2020 Application deadline: May 22, 2020 (extended deadline)
- [Doctoral Completion Award \(DCA\)](#): Deadline: TBD

In the event students do not qualify for these awards, PHS will consider offering financial aid to those with demonstrated need who are confronting program progress delays attributable to COVID-19-related disruptions. Applications for these funds will be considered on a case by case basis. Students are asked to prepare, and to send the following to Vinita

(awards.dlsph@utoronto.ca):

- The [OSOTF Needs Assessment](#) form.
- A brief description of the delay, its relationship to the COVID-19 pandemic, and anticipated impacts on the student's program completion timelines (to the best of their ability).
- List of other sources of financial assistance applied for.

For all questions or concerns related to Financial Aid Resources, please contact Vinita (awards.dlsph@utoronto.ca).

Additional links to University of Toronto Awards/Scholarships & Additional Financial Aid/Assistance Resources:

The School of Graduate Studies website provides links and advice on Financial Aid: <https://www.sgs.utoronto.ca/awards-funding/financial-aid-advising/>

School of Graduate Studies Awards: <https://www.sgs.utoronto.ca/awards/>

Financial Aid: <https://future.utoronto.ca/finances/financial-aid/>

Wellness: OISE has a fantastic, holistic wellness page that covers things, such as: <https://wordpress.oise.utoronto.ca/teachingonline/wellness/>

- Breathing/the Breath
- How to Stay Social
- Time Management

- Managing Screentime
- Maintaining Healthy Routines
- Movement and Mindfulness
- Nutrition
- Sleep Resources

The University continues to have supports as well:

- My Student Support Program (My SSP)
- Good2Talk Student Helpline (1-866-925-5454).
- UofT Student Life: <https://www.studentlife.utoronto.ca/feeling-distressed>
- The DLSPH Staying Well website (scroll down to bottom menu)

Tips from Toronto Public Health

Take deep breaths. Simple breathing exercises can help ease stress. Try breathing in deeply, counting to three, hold for a count of three, and then slowly breathe out, counting to three.

Have a routine. Structure your day and maintain positive habits.

Let in the sun. Open windows. Sunlight can improve your mood.

Exercise, dance and have fun. Blow off steam and boost endorphins.

Call or virtually connect with loved ones. Lean on each other for support.

Stay informed. Check credible sources of information for updates but take breaks when needed. Taking in the news all day can be draining. Unplug for a bit and recharge – listen to music, meditate, read or listen to a podcast instead.

Look for the positives. Share inspirational stories of people helping one another.

Engage your brain. Do a word search, Sudoku, jigsaw or crossword puzzle.

Help others. Volunteer to pick up groceries or walk the dog for a neighbour who is self-isolating. Helping someone else can make you feel good.

Seek help. If you are feeling overwhelmed, reach out. Community help is available.