Welcome!

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PhD Orientation
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Who Are We?

Vision:
To be the leading model for public health and health systems learning, research and service, with impact at local and global levels.

Mission:
Public health and health systems scholarship built on engagement, excellence and impact.
Our Values

- **Independence, Integrity and Rigour**: in striving for and adhering to the highest standards of scholarship, scientific evidence, critical thinking, innovation, professionalism and leadership in the creation and dissemination of knowledge

- **Engagement and Collaboration**: in identifying, evaluating and addressing public health, health systems and bioethics issues, questions and solutions-based partnerships

- **Equity and Social Responsibility**: by promoting the inherent dignity and right to health and healthcare and social justice of every human being

- **Ethical and Responsive**: in our conduct and in the manner in which we engage with our communities, respectful of diverse perspectives, values and cultural framings

- **Accountability**: to our working community of scholars, learners and staff, our partners across multiple sectors of society, and the communities in which we work

- **Sustainability**: by working in mindful ways to ensure the long-term sustainability of our school’s environmental services, the health-enhancing environmental resources of our host societies locally and beyond, and the biotic diversity of our planet

- **Healthy Work**: by supporting and promoting healthy workplace initiatives, best practices in occupational and environmental health and safety, and work-life balance
Course Delivery Models

Remote only

HyFlex/Hybrid model
(remote and in-person teaching)
Recommended Technology Requirements for Remote/Online Learning

https://www.viceprovoststudents.utoronto.ca/covid-19/tech-requirements-online-learning/
Consider your study space. How might you optimize it?

Explore the different interfaces being used in your courses

Stay on track with both synchronous (live) and asynchronous (recorded) lectures

Interact with people in your classes

Do not underestimate the importance of the support and sense of community your cohort provides
Remember to take care of yourself. You can’t pour from an empty cup.

Toronto Public Health

- Take deep breaths
- Have a routine
- Let in the sun
- Exercise, dance and have fun.
- Call or virtually connect with loved ones.
- Stay informed
- Look for the positives
- Engage your brain
- Help others.
- Seek help
Breathing/the Breath
How to Stay Social
Time Management
Managing Screentime
Maintaining Healthy Routines
Movement and Mindfulness
Nutrition
Sleep Resources

OISE:
https://wordpress.oise.utoronto.ca/teachingonline/wellness/
U of T Student Mental Health Resources

MY STUDENT SUPPORT PROGRAM (MY SSP)

GOOD2TALK STUDENT HELPLINE (1-866-925-5454).

UOFT STUDENT LIFE: HTTPS://WWW.STUDENTLIFE.UTORONTO.CA

THE DLSPH WEBSITE STAYING WELL (SCROLL DOWN TO BOTTOM MENU)