

You:

Want to find your people and feel connected.

Want to be physically and mentally well.

Want to get good grades and succeed in your studies.

Want your degree to help you get the career of your dreams.

We:

Help students do this (and way more) every day.

It's time we met.



CONNECT, LEARN, THRIVE

September might feel a long way off, but there are lots of ways to set yourself up for success right now. And Student Life is here with you every step of the way! We'll connect you to people and resources, help you learn to reach your potential, and thrive at U of T.

This calendar will give you a great sense of programs and events that are available from Student Life, but there are so many more! Be sure to check out Hart House (harthouse.ca), student unions (UTSU.ca/APUS.ca), Sport & Rec (uoft.me/sportandrec) and your college or faculty (uoft.me/registrars) because they'll have lots of stuff going on, too.

Check out the online version of this calendar and checklist at uoft.me/summerchecklist

SARE YOU AN INTERNATIONAL STUDENT?

Take a look at the pre-arrival guide for more info about getting started this fall and look for this symbol throughout the checklist to highlight events designed with you in mind. And if you haven't already applied for your study permit, start today! Details are in the pre-arrival guide, and the immigration advising team hosts weekly Q&A sessions and appointments if you have any questions.

uoft.me/prearrival uoft.me/immigration

clnx.utoronto.ca

The Career & Co-Curricular
Learning Network, also known as
CLNx, is where you'll find job postings,
volunteer and co-curricular
opportunities, mentorship and more.
You can also book appointments and
workshops with most of our services.
Log in using your UTORid
or JOINid.

Check out the
"Using the CLNx" playlist on
youtube.com/UofTStudentLife
for handy videos showing you
exactly how to use CLNx.

HOW TO USE THE SUMMER CALENDAR & CHECKLIST

This calendar and checklist include lots of ways to set yourself up to thrive before you get to campus in September.

Use the calendar to find orientation events and workshops to help you prepare for life as a university student. You'll be able to tell if an event is virtual, in-person or hybrid by the symbol beside it on the calendar:

V = virtual P = in-person H = hybrid

When you see an event that interests you, go to the online version of the calendar at **uoft.me/orientation** for more info. Registration typically happens on the Career & Co-curricular Learning Network (CLNx), at **clnx.utoronto.ca**. You'll be using CLNx often, so set up your account now.

These events and programs are for all incoming students, but some are for specific audiences. Look for these symbols to find programs designed for:

International students

MABC African Black Caribbean students

Latin American students

SEA Southeast Asian students

First Generation students (students who are the first in their family to attend post-secondary school in Canada)

¶ Indigenous students

Students with a disability

LGBTQ2S+ students

Mature or transfer students

Students with family responsibilities

Spiritual students

Dates and times are subject to change, and all times correspond with Canada's Eastern Daylight Time Zone.

START HERE

oxdot register for starting point

Starting Point is a build-your-own-experience program connecting you to programs and events at U of T. It works with your schedule, gives you opportunities to learn new things and helps you stay informed about what's happening on campus. Most events listed on this calendar count towards program completion, so register today to get started. Plus, if you register before August 20, you'll be entered for a chance to win one of two \$50 U of T Bookstore gift cards!

uoft.me/startingpoint

STARTING POINT

"Enrolling in Starting Point was probably the best decision I made at the beginning of the year. It gave me a guideline, a goal, something to work towards so that I would force myself to be involved."

DOWNLOAD THE STUDENT LIFE APP

The Student Life app gives you quick access to U of T resources, upcoming events, year-specific tips and lets you create lists to stay organized. Download the app through Google Play or the App Store now!

uoft.me/studentlifeapp

GET CONNECTED WITH US

We have lots of events, online resources and webinars. too. Follow Student Life on Instagram, TikTok, Facebook and Twitter for important info about connecting with your student community today. Check out the groups tab in Facebook for communities that might interest you.





f 💆 🗿 🗸 @UofTStudentLife

☐ ACTIVATE YOUR UTORID

Your UTORid is your digital student credential that gives you access to online services like email (UTmail+), course content on Quercus, webinars, library resources, Microsoft365 applications, WiFi on campus and more.

Don't wait until the last minute — activate your UTORid as soon as possible! Skip the start-of-term rush and get access to online resources as early as May 1 by submitting your photo and documentation today. You can pick up your TCard (campus identification) when you arrive on campus. And, if you activate your UTORid before August 10 you could win a \$200 U of T Bookstore gift card.

tcard.utoronto.ca

LIFE @ U OF T

Follow the Student Life Community Crew on social media and check out the Life @ U of T blog, where students share their experiences about life on campus.

@LifeatUofT f 💆 💿 👌 lifeatuoft.utoronto.ca

INCOMING: 9 NEW THINGS!

You've probably already started receiving 9 New Things, the Student Life newsletter highlighting interesting events and useful information. You'll receive special incoming student issues throughout the summer, and then weekly issues in the fall.

FIND A PLACE TO LIVE

Use your UTORid/JOINid to log in to the Off-Campus Housing Finder and begin your search. You can save and compare your favourite listings, search for a roommate using the Roommate Finder and learn about your rights and responsibilities.

Explore your off-campus housing options at one of our summer events:

Housing prep workshops:

Intro to the Toronto Housing Market:

July 11, 19, 28

Effective Housing Search Strategies:

July 25, August 2, 11

Integrating into Campus Life While Living

Off Campus: August 8, 16, 25

URent workshops:

Finding a Place: June 8, 19, July 6, 17,

August 3, 14, 31

Drop-in Q&A: June 21, August 23

Tenant Topics: Renting with roommates: June 6

Tenant Topics: Avoiding scams: July 14

Virtual Housing Fair: June 28 In-person Housing Fair: July 29

☐ 5 Questions About... Finding a place

to live: July 11

international students: June 14, July 18

housing.utoronto.ca

☐ **REGISTER WITH** ACCESSIBILITY SERVICES **(1)**

Get help with navigating disability-related barriers and find supports for learning, problem solving and inclusion with Accessibility Services.

To make sure your accommodations are in place by September, submit your complete student intake package by July 14, 2023 (visit uoft.me/asregister for a step-by-step guide). Remember to have your current health-care provider complete all the required documents before you come to campus.

You may also be eligible for bursaries that can help with disability-related services and equipment. To get started, apply for OSAP or provincial funding as soon as possible.

For more info on registering with Accessibility Services, programs and services, and opportunities to connect with other students, attend one of our Moving Forward summer Get Started sessions:

All students: July 5, August 8 International students: July 12

Students on the Autism spectrum: July 11, August 9

Students with ADHD: August 1

Students with mental health related disabilities: August 2

Students in the Faculty of Arts & Science: July 18

You can also join our Facebook Live: 5 Questions About... Navigating disability & registering with Accessibility Services on July 5 (1) III. and the Moving Forward orientation on August 28 and 29. And be sure to check out our open house on September 8.

Reach out to us or connect with an accessibility peer advisor at a drop-in session if you have any questions. Don't forget to sign up for the Access Us mentorship program as well.

accessibility.utoronto.ca uoft.me/asregister uoft.me/COD uoft.me/accessus uoft.me/asdropins uoft.me/movingforward

ASK THE EXPERTS ANYTHING OF

If you have questions about anything related to student life, just ask! Get answers to all your questions by watching the "5 Questions About..." ASKme Anything series on Facebook. You can also ask us any time on Instagram, TikTok, Facebook and Twitter @UofTStudentLife.

5 Questions About...

Navigating disability & registering with

Accessibility Services: July 5 0 Finding a place to live: July 11

International student experience: July 18 🚳 Getting a Work Study job on campus: July 25

Orientation: August 10 Joining a club: August 15

Studying at university: August 22 Anything at U of T! September 5 Accessing health care: September 12 Spiritual life on campus: September 19 1 First generation, Black, Latinx, Southeast Asian

Check our Facebook events page or Instagram highlights for more details.

facebook.com/UofTStudentLife/events

students & belonging: September 26

instagram.com/UofTStudentLife

MONDAY

TUESDAY

WEDNESDAY

			1	2	
5		7 Parents and Supporters of	URent: Finding a Place to Live 2 - 3 p.m. V	9	
	Roommates 1 - 2 p.m. V	Parents and Supporters of Incoming Undergraduate Students 6:30 p.m 8 p.m. V	2 - 3 p.m. V		
12		14	15	16	
		Off-Campus Housing Workshop 10 - 11:30 a.m. V			
19	20	21	22	23	
URent: Finding a Place to Live 2 - 3 p.m. V		URent: Drop-In Q&A 2 - 3 p.m. V			
26		Virtual Housing Fair 12 - 2 p.m. V	29	30 Presidential Day - University closed	

THURSDAY

FRIDAY

TO DO

☐ PLAN YOUR ORIENTATION

Attending orientation is an amazing way to get to know more about U of T, learn about your campus and connect with new people. These events are designed to help you thrive during your time at U of T!

Orientation activities are mostly decentralized, with each college and faculty offering separate events. If you have questions about orientation, join our Facebook Live session about it on August 10. 11

COMMUNITY-SPECIFIC ORIENTATION EVENTS

(see uoft.me/orientation for event details and registration)



Students with disabilities

Moving Forward orientations: August 28, 29

African Black Caribbean, Latin American, **Southeast Asian & First Generation students**

African Black Caribbean, Latin American, Southeast Asian & First Generation Students and Financial Aid: August 23

Black student orientation: September 6-11

Black Hair Expo: The Melanin Experience: September 6

Black 2SLGBTQ+ lunch social: September 19 First Generation students welcome: September 28 Southeast Asian students & clubs welcome: October 17 Latin American students & clubs welcome: November 8



Mature & transfer students

Mature student orientation: September 5, 8 Transfer student orientation: September 7

*** Indigenous students**

Indigenous student orientation: September 13

LGBTQ2S+ students

Queer orientation: September 18-22



lnternational students

5 Questions About... International student

experience: July 18

Exploring Resources: Navigating career-based

resources: September 19

I Wish I Had Known: Panel on the first-year experience:

July 20, August 16

I Wish I Had Known: Coping with homesickness

& cultural adjustment: August 2

Immigration Documents & Legal Status Q&A: July 18, 26,

August 3, 10, 14, 22, 30, September 8,14, 20

Toronto Tips: July 27 & August 9

Emerge: An orientation for globally minded students: September 1

Be sure to check out the international student events at your college or faculty orientation.



M Students with family responsibilities

Family Care Office orientation: September 22

Family Picnic: September 23 (Rain Date September 30)

☐ EXPLORE LIFE OUTSIDE THE CLASSROOM

Learning happens outside the classroom, too. Getting involved on campus is a great way to:

- build your skills, gain work experience and explore career possibilities
- meet new people and engage in activities that matter to you
- stay active and de-stress!

There are tons of ways to get involved – here are just a few to help you get a head start this summer.

- Register for Starting Point flip to the start of this calendar for details.
- Explore the database of student clubs and organizations on the Student Organization Portal: sop.utoronto.ca.
- Start building your Co-Curricular Record (CCR). Explore the database of opportunities at clnx.utoronto.ca/catalogue and start connecting your experiences to skills.
- Check out our Facebook Lives on clubs, orientation, connecting with U of T students and more! (see dates and topics under ask the experts).

 Output
- Spadina Block Party Get to know student life services on Spadina Avenue and meet new students on September 8.



L Spiritual students

Religious accommodations workshop: September 11, 18 Walkthrough of prayer spaces at U of T: September 18

Wellness walking tours: September 13, 26 Bus tour of worship sites: September 30

MONDAY

Canada Day - University closed

3

TUESDAY

4

WEDNESDAY

Moving Forward: Get Started (undergrad) | 2:30 - 4:30 p.m. | V

5

THURSDAY

URent: Finding a Place to Live

| 2 - 3 p.m. | V

6

FRIDAY

TO DO

☐ FIND A JOB ON CAMPUS

Build your skills as you gain work and research experience with a paid, on-campus job. Check out the Career & Co-Curricular Learning Network (CLNx) for thousands of on-campus jobs and Work Study positions. Work Study positions are posted in August.

Learn more at a Work Study Q&A session:

For all students: August 22

For students registered with accessibility services

and/or students with a disability: August 24

For Indigenous students: August 24

5 Questions About... Getting a Work Study

job on campus: July 25 🗇 🚾

clnx.utoronto.ca

For tips on writing your resumé and cover letter and preparing for interviews, visit the Career Resource Library at uoft.me/careerresourcelibrary

Arriving in Toronto from outside of Canada? Visit the U of T Airport Welcome Booth August 21 - September 10. uoft.me/arriveintoronto Complete the Finding your Own Mentor e-course at uoft.me/findyourmentor

☐ CHECK OUT MENTORSHIP PROGRAMS

Get inspired by connecting with an upper-year student or alum who can provide guidance and motivation. Mentorship programs include workshops and social events to help you find community, build skills and explore careers. Many programs begin this summer, so start now to find a program that works for you.

Visit the mentorship catalogue at clnx.utoronto.ca to discover the many different programs available. Want more support? Book a mentorship appointment with a student mentorship education assistant or a mentor navigator via CLNx.

Find tips on how to get the most out of mentorship:

Maximizing Mentorship: August 28

Mentorship programs:

Access Us Peer Mentorship Program for students with a disability:
uoft.me/accessus

ABC African Black Caribbean Student Engagement:

uoft.me/AfricanBlackCaribbean SEA Southeast Asian Student

Engagement: uoft.me/SEA

LA Latin American Student Engagement:

uoft.me/LatinAmericanFGFirst Generation Student

Engagement: uoft.me/FirstGen

International Student Experience
Connections: uoft.me/iseambassadors

Questions about your future academic experience? Connect with academic peer mentors. Check the Academic Success calendar on CLNx for dates and times. uoft.me/academicmentors

PREPARE FOR UNIVERSITY ACADEMICS

Explore what university learning is like and build your foundation for academic success at U of T.

University Prep three-part micro-course

Learn the essential skills to be a university-level learner (attend one or all three sections).

How do I Study: Effective practices for learning: **August 22, 29**How do I Plan: Organizing university learning: **August 23, 30**How do I Stay Motivated: Practicing consistency over perfection: **August 24, 31**

5 Questions About...Studying at U of T: August 22 () we

Learning at U of T as an International Student: Q&A: August 25

Ask the Experts about Learning at U of T: Panel discussion with an instructor, learning strategist and academic mentors: **August 30**

uoft.me/universityprep

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Moving Forward: Get Started (ADHD) 2:30 - 4:30 p.m. H	Moving Forward: Get Started (<i>Mental Health</i>)	Immigration Documents and Legal Status Orientation Q&A	
	2:30 - 4:30 p.m. n	I Wish I Had Known: Coping with	10 - 11 a.m. V	
		Homesickness and Cultural Adjustment 10 - 11:30 a.m. V	URent: Finding a Place Live 2 - 3 p.m. V	
		Housing Prep: Effective Housing Search	12 0 p.m. 1 v	
		Strategies 3 - 4 p.m. V		
7	8	9	10	11
Civic Holiday - University closed	Moving Forward: Get Started (<i>Undergrad)</i> 5:30 - 7:30 p.m. H	Moving Forward: Get Started (<i>ASD)</i> 2:30 - 4:30 p.m. H	Moving Forward: Get Started (<i>Grad</i>) 5:30 - 7:30 p.m. H	Health Services Overview 10 - 11:30 a.m. V
	Housing Prep: Integrating into Campus Life while Living Off-Campus 2 - 3 p.m. V	Toronto Tips 10 - 11:30 a.m. V	Health Services Overview	Housing Prep: Effective
	Parent and Supporters of Incoming Students		Immigration Documents and Legal	Housing Search Strategies 1 - 2 p.m. V
	Webinar 7 - 8:30 p.m. V		Status Orientation Q&A 2 - 3 p.m. V	
			12:30 p.m.	
14	15	16	17	18
Immigration Documents and Legal Status Orientation	Guve 5 Questions about Joining a Club 12:30 p.m.	Wish Had Known: An International Student Panel on the First-Year Experience 10 - 11:30 a.m. V	Health Services Overview 10 - 11:30 a.m. V	Health Services Overview 10 - 11:30 a.m. V
Q&A 10 - 11 a.m. V URent: Finding a Place		Learn about Health & Wellness at U of T! 12 - 12:45 p.m. V		
Live 2 - 3 p.m. V		Housing Prep: Integrating		
		into Campus Life while Living Off-Campus 3 - 4 p.m. V		
21	22	23	24	25
ASKme pop-up booths o U of T Welcome booth at				
O of 1 Welcome booth at	Work Study Information Session 12 - 1 p.m. V	URent: Drop-in Q&A 2 - 3 p.m. V	How do I Stay Motivated? Practicing	How do I Plan? Organizing
	UHIP 101 How To: Set Up and Access UHIP 10 - 11 a.m. V	Black, LatinX, SEA & First Gen Students and Financial Aid 2 - 4 p.m. V	Consistency over Perfection (University Prep Micro-Course) 7 - 8:30 p.m. V	University Learning (University Prep Micro-Course) 7 - 8:30 p.m. V
	Immigration Documents and Legal Status Orientation Q&A 2 - 3 p.m. V		Work Study Information Session, Accessibility 12 - 1 p.m. V	University Prep: Q&A for International Students
	How Do I Study? Effective Practices for Learning (University Prep Micro-Course) 7 - 8:30 p.m. V		Work Study Information Session for Indigenous Students 3 - 4 p.m. V	9:15 - 10:30 a.m. V Housing Prep: Integrating
	Fue 5 Questions about Studying at University 12:30 p.m.		inaigenous students 3 - 4 p.m. V	into Campus Life while Living Off-Campus 1 - 2 p.m. V
28	29	3	31	
ASKme pop-up booths o U of T Welcome booth at				
Moving Forward Oriental		Ask the Experts about Learning at U of T	How do I Stay Motivated? Practicing	
Maximizing Mentorship	How do I Study? Effective Practices for Learning	12 - 1:30 p.m. V	Consistency over Perfection (University Prep Micro-Course)	
1 - 3 p.m. V	(University Prep Micro-Course) 9 - 10:30 a.m. V	How do I Plan? Organizing University Learning (<i>University Prep Micro-Course</i>)	9 - 10:30 a.m. V	
	UHIP 101 How To: Set Up and Access UHIP 10 - 11 a.m. V	9 - 10:30 a.m. V Immigration Documents and Legal Status Orientation Q&A 10 - 11 a.m. V	URent: Finding a Place to Live 2 - 3 p.m. V	

Pay your fees

Step-by-step instructions will guide you through the online payment process at **studentaccount.utoronto.ca**. Check out **future.utoronto.ca/finances** if you need help financing your education.

TO DO

ndigenous students: Remember to contact your community to see if you're eligible for band funding!

ASK THEM ANYTHING ABOUT U OF T!

Look for the ASKme Anything pop-up booths around campus! Upper-year students and recent alumni are on hand and ready to answer your questions.

Monday-Friday, August 21 —
September 15 and Labour Day weekend, September 2-4.

uoft.me/askme

☐ BE PROACTIVE WITH YOUR HEALTH CARE

Check that your provincial health card is up-to-date and that you've had all the immunizations you need. Next, create a file with your vaccination history, prescriptions and any health-related information and bring it with you to campus. Remember to check with your student union to find out more about supplementary health insurance!

Learn about Health & Wellness at U of T: **August 16**5 Questions About... Accessing health care at U of T: **September 12**

If you're an international student, be sure your UTmail+ email address is listed on your ACORN account to receive your University Health Insurance Plan (UHIP) card by email this September. Remember to print out your UHIP card when you receive it, and consider attending one of these events to learn about the University Health Insurance Plan:

Health Services Overview for international students: **August 10, 11, 17, 18** UHIP 101 How To: Set up and access UHIP: **August 22, 29, September 5, 6** Q&A: Ask a UHIP advisor: **September 13, 14**

healthandwellness.utoronto.ca uoft.me/uhip

☐ STAY SAFE

Familiarize yourself with the safety resources on campus and keep these numbers handy so you can find what you need at any time. You can find these resources and more in the U of T Student Life app!

safety.utoronto.ca

RESOURCES FOR YOUR PARENTS & SUPPORTERS

The people who care about you have questions of their own, so let them know about the parents and supporters website where they can find lots of valuable info and register for webinars.

Orientation webinar for parents & supporters: June 7, July 14, August 8 Learning at U of T: A guide for parents & supporters: September 6

parentsandsupporters.utoronto.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ng on all year in Student Life! Vis us on social media for fun and ti		U of T inbox for	ASKme pop-up booths on campus P U of T Welcome booth at Pearson Airport P Emerge: An Orientation for Globally Minded Students 10 a.m 3 p.m. P Snap the 6ix: Campus Edition 3 - 6 p.m. P
4	5	6	7	8
ASKme pop-up booths on campus P				
U of T Welcome booth at Pearson Airp				
Labour Day - University closed	UHIP 101 How To: Set Up and Access UHIP 10 - 11 a.m. V Mature Student Welcome 1 - 2:30 p.m. V Gue 5 Questions about Anything U of T! 12:30 p.m.	Learning at U of T: A Guide for Parents and Supporters 7 - 8:30 p.m. V UHIP 101 How To: Set Up and Access UHIP 2 - 3 p.m. V Black Hair Expo: The Melanin Experience P	Transfer Students Welcome P	Immigration Documents and Legal Status Orientation Q&A 2 - 3 p.m. V Spadina Block Party 1 - 3 p.m. P Mature Student Welcome 2 - 3:30 p.m. P Accessibility Service Open House 1:30 - 4:30 p.m. P
11	12	13	14	15
ASKme pop-up booths on campus P				
Black Student Orientation P Religious Accomodations Workshop 11a.m 12 p.m. V	Fow 5 Questions about Accessing Health Care 12:30 p.m.	Q&A - Ask a UHIP Advisor 10 - 11 a.m. V Multi-Faith Centre Welcome Walk 1 - 3 p.m. P First Nations House Orientation 1:30 - 4:30 p.m. P	Immigration Documents and Legal Status Orientation Q&A 10 - 11 a.m. V Q&A - Ask a UHIP Advisor 2 - 3 p.m. V	
18	19	20	21	2
Queer Orientation				
Religious Accomodations Workshop 2 - 3 p.m. P Walkthrough of Prayer Spaces SG Campus 10:30 a.m 12 p.m. P	Black, 2SLGBTQ + Lunch Social 12 - 2 p.m. P Exploring Resources: Navigating Career Based Resources for International Students 10 - 11 a.m. V	Immigration Documents and Legal Status Orientation Q&A 2 - 3 p.m. V	Orientation for Students with Family Responsibilities 10 a.m 12 p.m. V	Family Picnic for Students with Families 11 a.m 1:30 p.m. P
25	Multi-Faith Centre Welcome Walk 10:30 a.m 12:30 p.m. P S Questions about First Gen, Black, LatinX, Southeast Asian Students & Belonging 12:30 p.m.	27	First Generation Students Welcome 4:30 - 6 p.m. P	29

TO DO

UPCOMING

U of T Welcome booth at Pearson Airport: Sept 1-10

deTOurs: Bus Tour of Worship Sites: Sept 30

Rain Date - Family Picnic for Students with Families: **Sept 30**

Southeast Asian Students & Clubs

Welcome: Oct 17

Latin American Students & Clubs

Welcome: Nov 8

Student Life Communications 800 Bay St. 5th floor Toronto, ON, M5S 3A9



Follow us on Instagram, Facebook, Twitter and TikTok to get updates on events and opportunities.

@UofTStudentLife











studentlife.utoronto.ca uoft.me/summerchecklist



