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.
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/registrar) because they’ll have lots of stuff going on, too.

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

**ARE 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

**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
- **ABC** African Black Caribbean students
- **LA** Latin American students
- **SEA** Southeast Asian students
- **FG** 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**

**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

**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 t o d @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

**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.

@LifeatUofT f t o d

lifeatuoft.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 t o d

lifeatuoft.utoronto.ca

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.”
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

Off-campus Housing workshop for international students: June 14, July 18

housing.utoronto.ca

Register with Accessibility Services

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, 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

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
- 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
- First generation, Black, Latinx, Southeast Asian students & belonging: September 26

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

facebook.com/UofTStudentLife/events
instagram.com/UofTStudentLife
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- **June 5**: Tenant Topic: Renting with Roommates | 3 - 2 p.m. | V
- **June 6**: Parents and Supporters of Incoming Undergraduate Students | 6:30 p.m. - 8 p.m. | V
- **June 7**: Tenant: Finding a Place to Live | 2 - 3 p.m. | V
- **June 12**: Off-Campus Housing Workshop | 10 - 11:30 a.m. | W
- **June 19**: Tenant: Finding a Place to Live | 2 - 3 p.m. | V
- **June 21**: Tenant: Drop-In Q&A | 2 - 3 p.m. | V
- **June 26**: Virtual Housing Fair | 12 - 2 p.m. | V
- **June 28**: Virtual Housing Fair | 12 - 2 p.m. | V
- **June 29**: Presidential Day - University closed

*Dates and times are subject to change. Please visit the student calendar at uoftalendar.com for the latest information.*
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. 🎉

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

International 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.

Students with family responsibilities
Family Care Office orientation: September 22
Family Picnic: September 23 (Rain Date September 30)

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

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).
- Spadina Block Party — Get to know student life services on Spadina Avenue and meet new students on September 8.
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<td><strong>Canada Day - University closed</strong></td>
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<td>**Immigration Documents and Status Orientation Q&amp;A</td>
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<td>**Get Campus Housing Workshop</td>
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<td>**Wish I Had Known: An International Student Panel on the First-Year Experience</td>
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<td>**Housing Prep: Intro to the Toronto Housing Market</td>
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<td><strong>Register for courses.</strong></td>
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<td><strong>Most course registration starts in July, so check with your registrar to find dates and handy online tools.</strong></td>
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<td><strong>uoft.me/registrar</strong></td>
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**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

**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/LatinAmerican
- FG First Generation Student Engagement: uoft.me/FirstGen
- International Student Experience Connections: uoft.me/lseambassadors

**ARRIVING IN TORONTO FROM OUTSIDE OF CANADA?**
Visit the U of T Airport Welcome Booth August 21 - September 10.
uoft.me/arriveintoronto

**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
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
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<td>Moving Forward: Get Started (ASD)</td>
<td>Health Services Overview</td>
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<td>Work Study Information Session</td>
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<td>Maximizing Membership</td>
<td>1 - 3 p.m.</td>
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<td>How Do I Study: Effective Practices for Learning (University Prep Micro-Course)</td>
<td>9 - 10:30 a.m.</td>
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<td>UHIP 101: How to Set Up and Access UHIP</td>
<td>10 - 11 a.m.</td>
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<td>Ask the Experts about Learning at U of T!</td>
<td>12 - 1:30 p.m.</td>
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<td>How Do I Stay Motivated: Practicing Consistency over Perfection (University Prep Micro-Course)</td>
<td>2 - 4 p.m.</td>
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<td>How Do I Plan: Organizing University Learning (University Prep Micro-Course)</td>
<td>9 - 10:30 a.m.</td>
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<td>Immigration Documents and Legal Status Orientation Q&amp;A</td>
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<td>Pay your fees</td>
<td>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.</td>
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<td>Indigenous students: Remember to contact your community to see if you’re eligible for band funding!</td>
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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

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

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
### Psst!
There are cool things going on all year in Student Life! Visit cmx.utoronto.ca, watch your U of T inbox for New Things and follow us on social media for fun and timely info.

#### MONDAY
- Labour Day - University closed

#### TUESDAY
- UHIP 101: How To Set Up and Access UHIP: 10 - 11 a.m., 1 p.m.
- Mature Student Welcome: 1 - 2:30 p.m., 4:30 - 6:30 p.m.
- Questions about Anything U of T?: 12:30 p.m.

#### WEDNESDAY
- Learning at U of T: A Guide for Parents and Supporters: 7 - 8:30 p.m.
- UHIP 101: How To Set Up and Access UHIP: 7 - 8:30 p.m.
- Black Hair Expo: The Melanin Experience: 1 p.m.

#### THURSDAY
- Transfer Students Welcome: 1 p.m.
- Immigration Documents and Legal Status Orientation Q&A: 10 - 11 a.m.
- Spadina Block Party: 1 - 3 p.m.
- Accessibility Service Open House: 1:30 - 4:30 p.m.

#### FRIDAY
- Multi-Faith Centre Welcome Walk: 10 - 11 a.m., 1 p.m.
- First Generation Students Welcome: 4:30 - 6 p.m.

### SEPTEMBER

#### EVENTS
- **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
Follow us on Instagram, Facebook, Twitter and TikTok to get updates on events and opportunities.

@UofTStudentLife

studentlife.utoronto.ca
uoft.me/summerchecklist

For more details on any of the events listed on this calendar or to find new ones, please visit uoft.me/orientation