

Partnering to Support Your Student

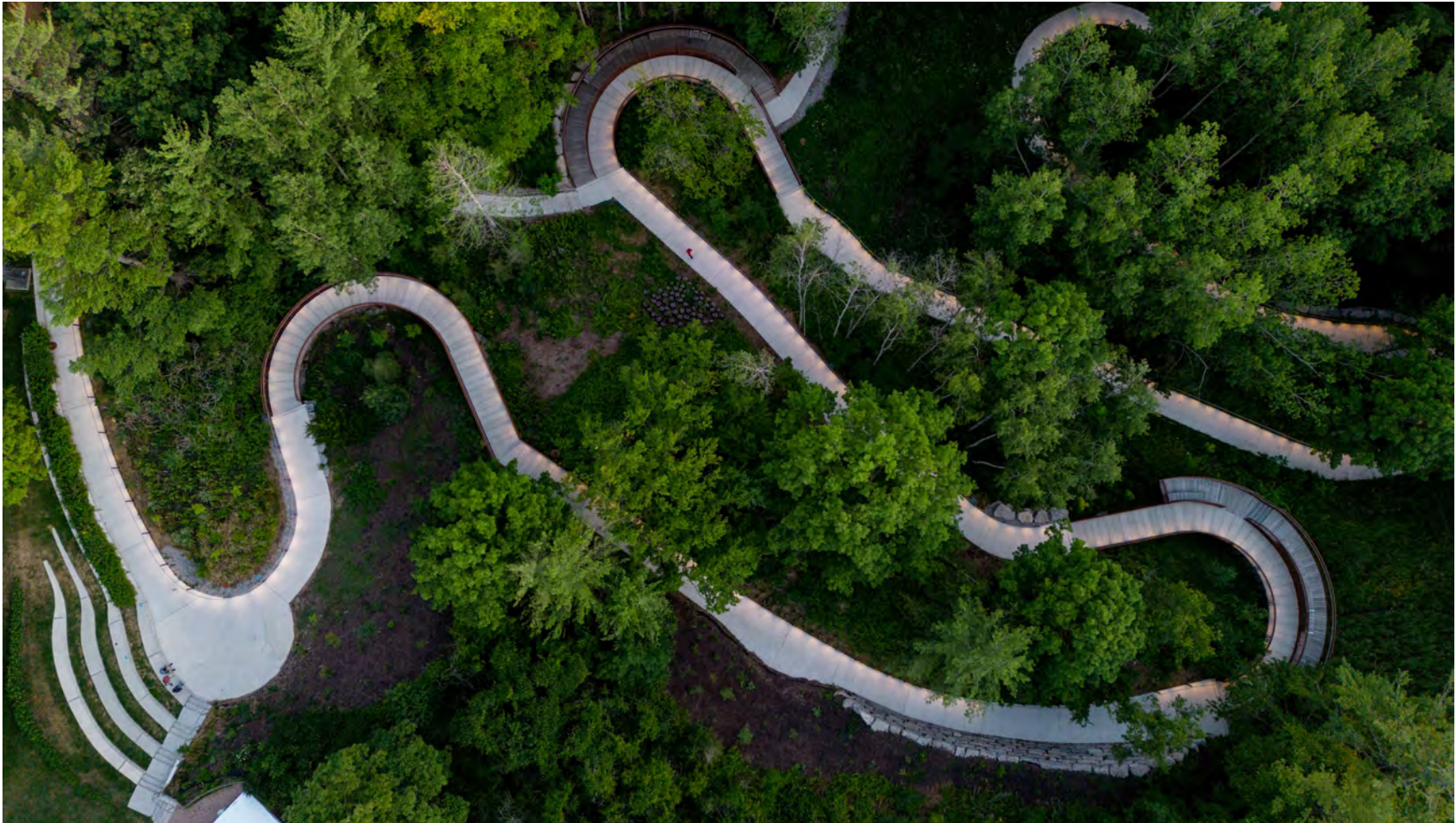


GET  STARTED
with the Academic Advising & Career Centre

Academic Advising
& Career Centre


DEFY
GRAVITY

Land Acknowledgement



Housekeeping



Respect



Parking



Cellphones



Washroom



**Alternative
Formats**

Supports & Presentation

For Additional Supports

- Visit uoft.me/GetStarted
- Scroll to the bottom of the page to the “Additional supports for first year students” section
- Select the “For parents and supporters” drop down section

Would You Like a Copy of the Presentation?

- visit bit.ly/45y2Y2d
- Or scan the QR code



What We Will Cover Today

What to Expect: 1st Year



Campus Supports



Life & Career





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DEFY GRAVITY

One University, Three Campuses

Scarborough Campus



St. George Campus



Mississauga Campus



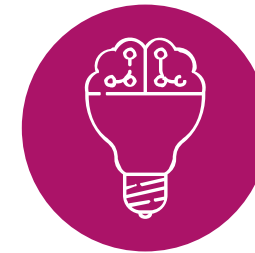
Academic Advising & Career Centre



We **help** students navigate transitions, both academic and career



We provide opportunities for students to develop skills



We **support** students in making informed decisions about their future



We connect students to supportive resources

First Year



Roles



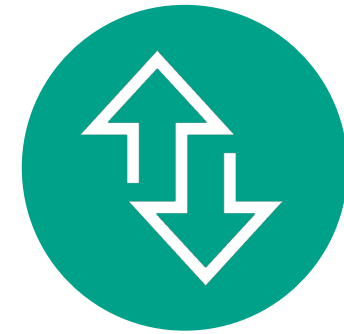
Needs



**Student
Engagement**



**Transition
Stress**

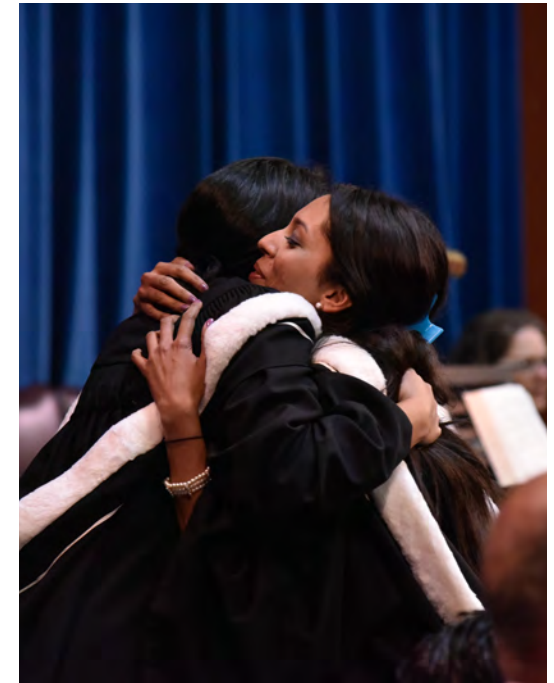


**The Ups and Downs
of 1st Year**

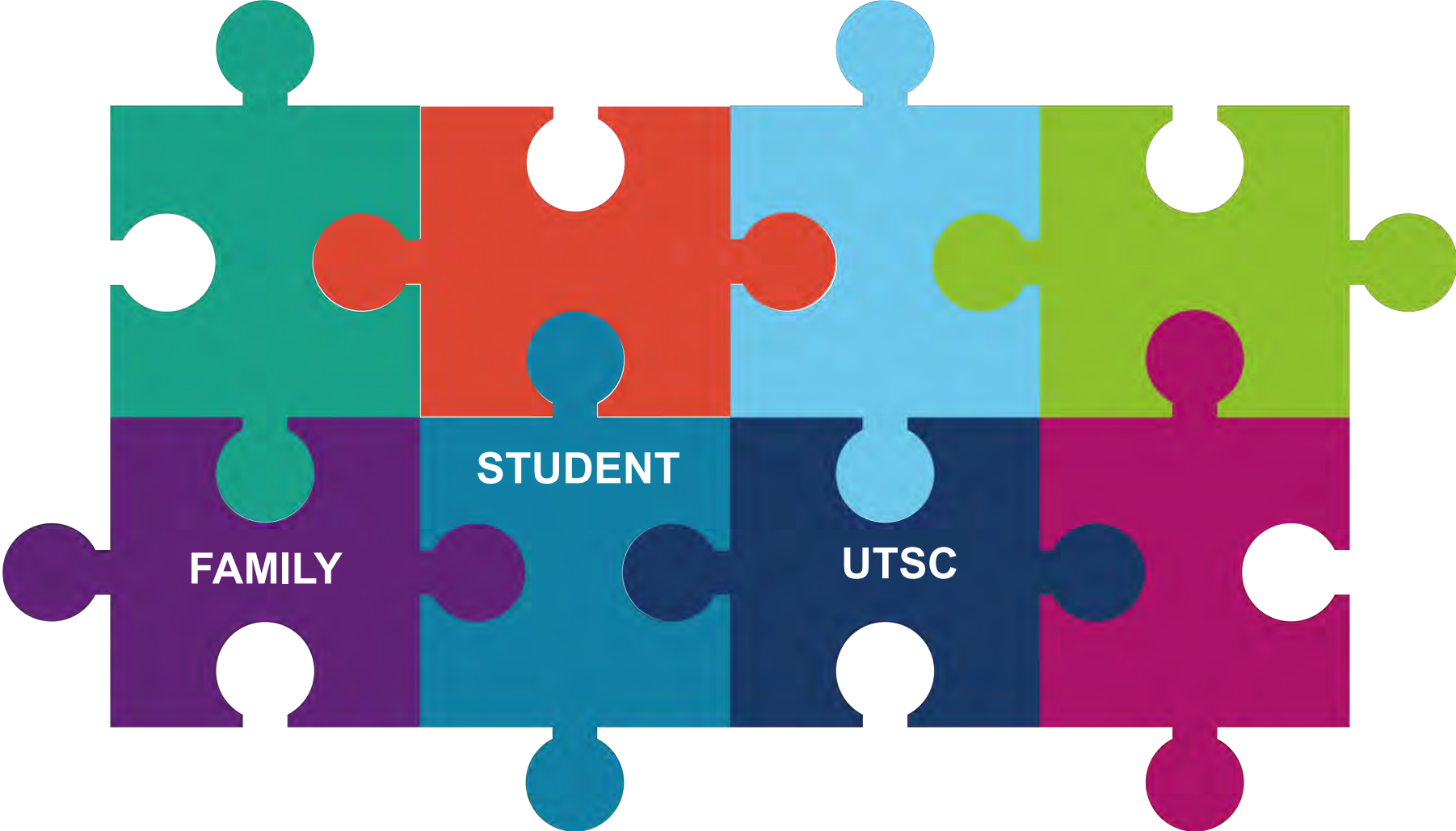
Your Role



Your role is essential but changing and evolving

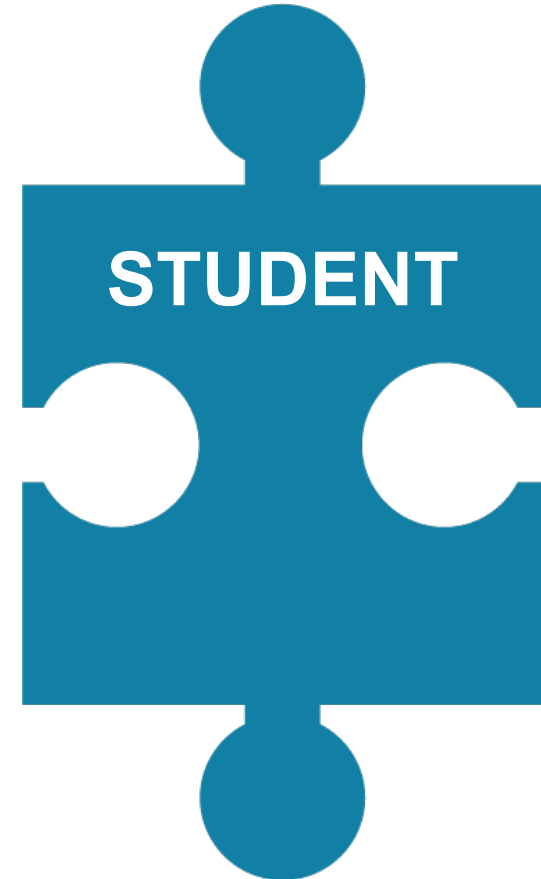


Roles



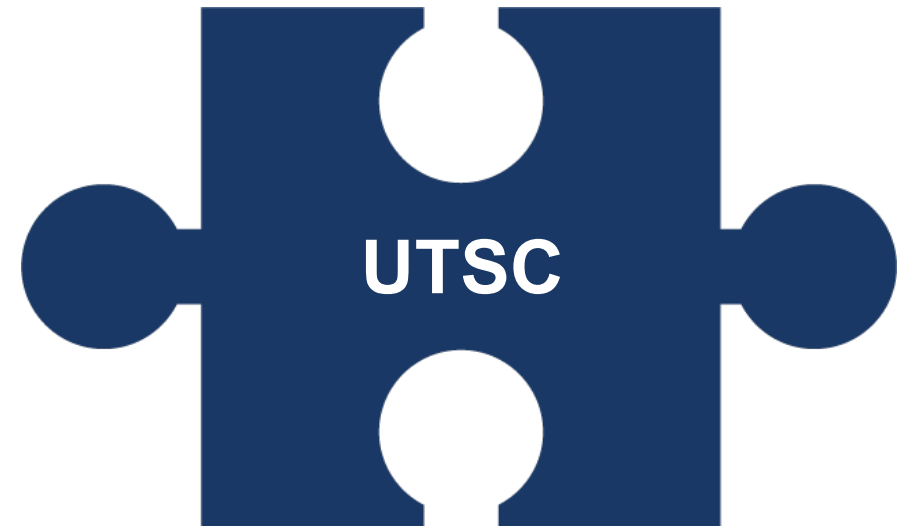
The Main Character in the Story

- Act as independent adults
- Responsible for adhering to Code of Student Conduct & Code of Academic Conduct
- Responsible to seek out and take advantage of opportunities to learn and develop (inside and outside of the classroom)
- Responsible to self-assess and seek out help and supports



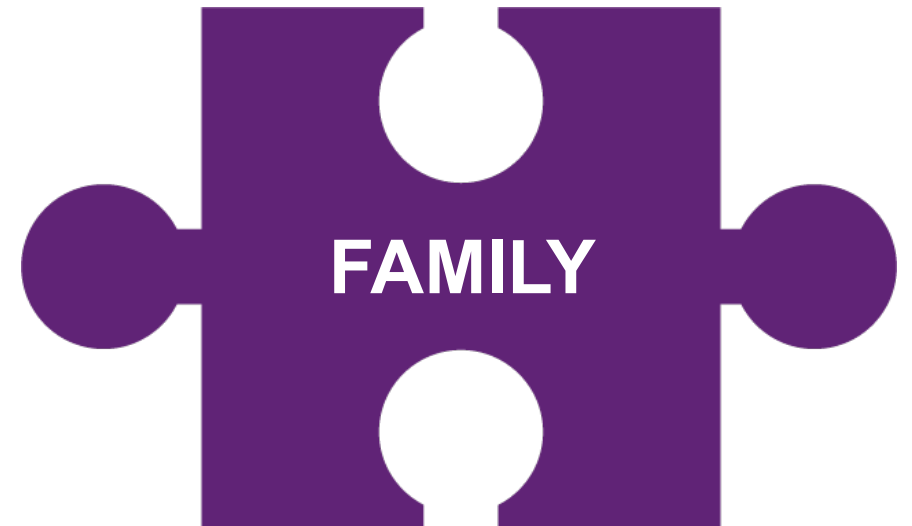
Environment and Supports

- Treat students as independent adults
- Challenge students to reach their potential
- Administer policy & rules that make university fair for all
- Provide opportunities for students to learn and develop in a safe environment
- Provide supports for students to understand and navigate the system



Trusted Advisors and Supports

- Provide needed support and reassurance
- Encourage students to take advantage of opportunities to develop personally, academically, professionally
- Encourage students to meet their potential and responsibilities



Transition Factors

Ask Questions, Access Services



Physical Environment



Class & Study Time



Academic Demand



Evaluation Methods



Social Environment



Freedom, Flexibility, & Responsibility

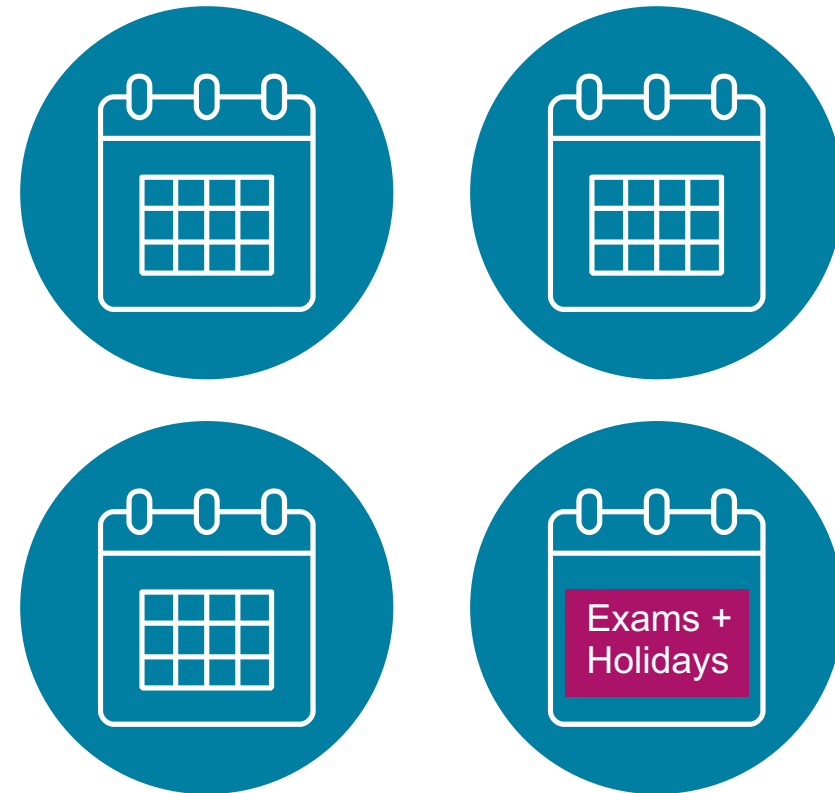
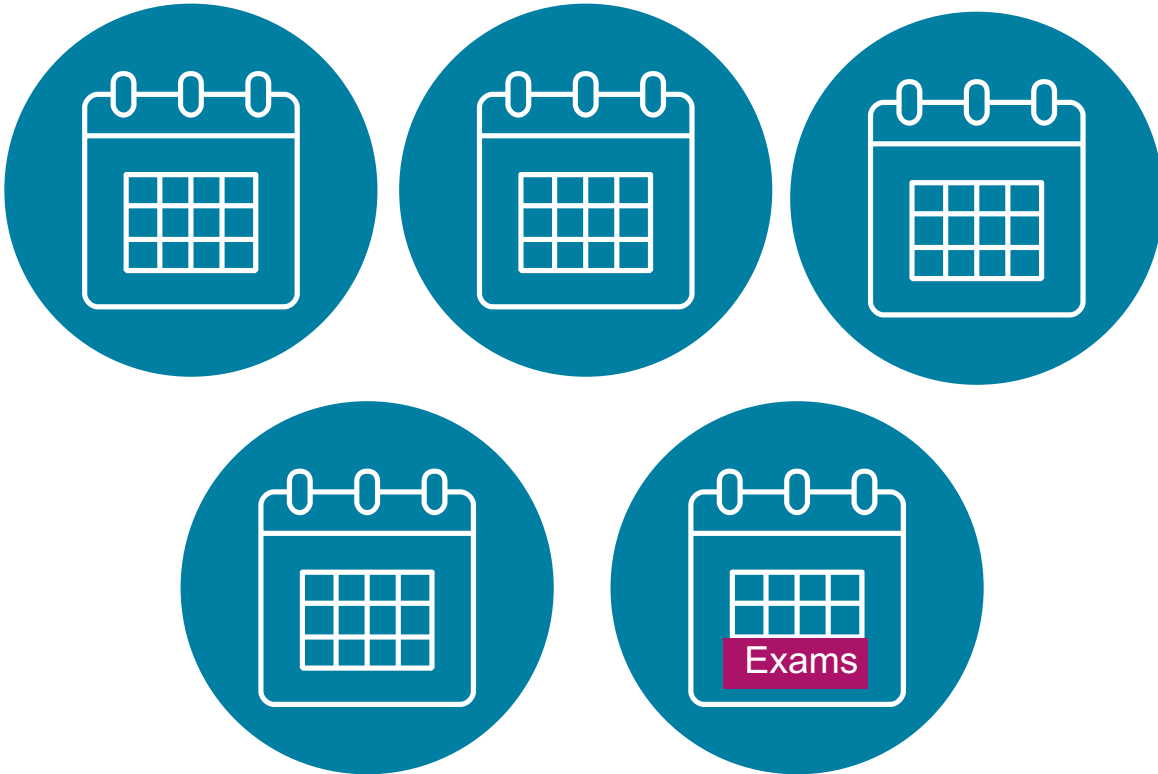


Self-Development & Identity

Time Management for School

High School: 5-month term + 1-week exam period

University: 3-month term + 1 month of exams/holidays



Student Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time							
7AM							
8AM	Class 1			Class 1			
9AM	Class 1					Tutorial 2	
10AM	Class 2		Class 2			Tutorial 3	
11AM		Class 4	Class 2	Class 4			
12PM	Class 3		Class 3			Class 4	
1PM			Practical 2 (Lab)			Practical 3 (Lab)	
2PM	Practical 1 (Lab)						
3PM	Practical 1 (Lab)	Class 5		Class 5		Practical 3 (Lab)	
4PM	Practical 1 (Lab)						
5PM		Tutorial 1					
6PM							
7PM							
8PM							
9PM							



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Student Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time							
7AM				Class 1			
8AM	Class 1						
9AM					Tutorial 2	Part Time Job	
10AM	Class 2		Class 2		Tutorial 3		
11AM		Class 4		Class 4			
12PM	Class 3		Class 3		Class 4		
1PM					Practical 3 (Lab)		
2PM	Practical 1 (Lab)		Practical 2 (Lab)				
3PM		Class 5		Class 5			
4PM							
5PM		Tutorial 1					
6PM			Part Time Job				
7PM							
8PM							
9PM							



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Student Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time							
7AM							
8AM	Class 1			Class 1			
9AM	Class 2				Tutorial 2	Part Time Job	
10AM	Class 2		Class 2		Tutorial 3		
11AM		Class 4	Class 2	Class 4			
12PM	Class 3	Club Meeting	Class 3	Association	Class 4		
1PM					Practical 3 (Lab)		
2PM	Practical 1 (Lab)		Practical 2 (Lab)				
3PM	Practical 1 (Lab)	Class 5		Class 5	Practical 3 (Lab)		
4PM	Practical 1 (Lab)						
5PM		Tutorial 1	Part Time Job				
6PM		Tutorial 1	Part Time Job	Basketball			
7PM			Part Time Job	Basketball			
8PM			Part Time Job	Basketball			
9PM							



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Student Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7AM	Commute			Commute			
8AM	Class 1			Class 1	Commute		
9AM	Class 2		Commute		Tutorial 2	Part Time Job	
10AM	Class 2	Commute	Class 2		Tutorial 3		
11AM		Class 4		Class 4			
12PM	Class 3	Club Meeting	Class 3	Association	Class 4		
1PM					Practical 3 (Lab)		
2PM	Practical 1 (Lab)		Practical 2 (Lab)				
3PM		Class 5		Class 5			
4PM			Commute	Commute	Commute		
5PM	Commute						
6PM		Tutorial 1	Part Time Job				
7PM		Commute		Basketball			
8PM							
9PM			Commute				

Student Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7AM	Commute			Commute			
8AM	Class 1			Class 1	Commute		
9AM	Class 2		Commute		Tutorial 2	Part Time Job	Family & Friends
10AM	Class 2	Commute	Class 2		Tutorial 3		
11AM		Class 4	Class 2	Class 4			
12PM	Class 3	Club Meeting	Class 3	Association	Class 4		
1PM					Practical 3 (Lab)		
2PM	Practical 1 (Lab)		Practical 2 (Lab)				
3PM		Class 5		Class 5			
4PM			Commute	Commute	Commute	Family & Friends	
5PM	Commute						
6PM	Family & Friends	Tutorial 1	Part Time Job	Basketball			
7PM		Commute					
8PM							
9PM			Commute				



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Student Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7AM	Commute			Commute			
8AM	Class 1	Study		Class 1	Commute		
9AM	Class 2	Commute	Commute	Study	Tutorial 2	Part Time Job	Family & Friends
10AM		Class 4	Class 2	Class 4	Tutorial 3		
11AM	Class 3	Club Meeting	Class 3	Association	Class 4		
12PM			Practical 2 (Lab)		Practical 3 (Lab)		
1PM	Practical 1 (Lab)	Study		Study			
2PM		Class 5	Commute	Commute	Commute	Family & Friends	Study
3PM	Commute	Tutorial 1	Part Time Job	Study			
4PM	Family & Friends	Commute		Basketball	Study		
5PM	Study	Study	Commute				
6PM							
7PM							
8PM							
9PM							



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with the Academic Advising & Career Centre

The Upcoming Year For Your Student



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University of Toronto Scarborough's Orientation

utsc.utoronto.ca/orientation



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September

- Adjusting to new living arrangements or a new commute (perhaps longer)
- Adjusting to new academic environment and structure
- Making friends
- Managing time and money
- FOMO (Fear of missing out on what's going on back home – especially for student living away from home)



- Orientation
- 1st Day of Classes – Sept. 3rd
- Deadline to Add/Change Classes – Sept. 16
- 100% Refund Deadline Comes Quickly!

October

- Mid-term exams
- Adjusting to new workload (continuous assessment)
- Adjusting to differences in marks
- Learning how to manage time, money, may be thinking about dropping courses
- Developing deeper friendships, roommate issues
- Trying to live in two places at the same time



Reading week is
October 28 – November 1

November

- Weather changes
- Physical illness; feeling drained
- Stress from mid-term results
- Changes in academic behaviour (good or not so good)



Deadline to Drop Classes - Nov. 18

December

- Studying for Final exams
- Foregoing healthy behaviour for studying (sleeping, exercise, healthy eating, friendships)
- Looking forward to time off or visiting home
- Re-evaluation of courses for Winter semester



Late Withdrawal and Credit/No Credit
Deadlines – Dec. 3 & Final Exams: Dec 6-23

January

- Fresh start to the Semester
- Marks from Fall semester are released – some surprises
- Changes in academic behaviour (study habits, seeking resources/help)
- Summer job search begins



- 1st Day of Classes on Jan. 6th
- Deadline to Add/Change Classes – Jan. 19
- 100% Refund Deadline Comes Quickly!

February

- Winter blues
- Illness, feeling drained
- Stress with workload
- Mid-term exams



Reading Week (week of Family
Day: Feb 17-21 – no March Break)

March

- Choosing a program (Specialist, Majors, Minors)
- Mid-term and Final exam preparation
- Planning for housing changes (moving out of residence/housing)
- Choosing to do summer semester (and choosing courses)



Deadline to Drop Classes – March 24

Choosing Programs At the End of First Year

UTSC has over **250** Programs!

Students Could Consider These Factors When Choosing a Program

- What types of programs are available?
- What are you interested in?
- Where do your strengths lie?
- What types of career opportunities are available?

Resources

- Program Pathways
- Student Testimonials & Online Guide
- March is "Choosing Your Program Month"



Program Pathways

Scan the QR code or visit
uoft.me/UTSCProgramPathways



NEW at the University of Toronto Scarborough



**EARN A BACHELOR OF SCIENCE DEGREE PLUS
A UNIQUE CERTIFICATE IN
PATHWAYS TO HEALTH
PROFESSIONS**

LEARN ABOUT THE PATHWAYS TO HEALTH PROFESSIONS CERTIFICATE

April

- Final Exams
- Foregoing healthy behaviour for studying (sleeping, exercise, healthy eating, friendships)
- Looking forward to returning home (if living in Residence) / commuting less
- Proud for finishing the year
- Concern re getting into a program (Specialist, Majors, Minors)



- Late Withdrawal Deadline – April 4
- Credit/Credit No Credit Deadline – April 4
- Exams: April 9-30

May to August

- Move home / commute less OR continue because studying in summer
- Study Full-Time or Part-Time at UTSC
- Summer Abroad Program (research, unique courses)
- Work or volunteer
- Time off to travel or pursue hobbies



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Visit the Registrar's Office Website for Important Academic & Financial Information

Registrar's Guide:

- Program and course enrolment
- Important Dates
- Fees, OSAP & Scholarships
- Support Services on Campus

Academic Calendar

- List of Courses
- List of programs
- Enrolment Requirements
- Program and Degree Requirements
- Academic Policies that Students Need to Know

Significant Academic Dates For Your Student



2024 – 2025

Fall Semester

Winter Semester

Classes Start/End	September 3 – December 3	January 6 - April 4
Course Add/Waitlist Ends	September 11 (waitlist ends) September 16 (add course)	January 14 (waitlist ends) January 19 (add course)
Reading Week Midterm Exams for 2 weeks before and 1 week after – check Syllabus	October 28 – November 1	February 17-21 (week of Family Day) - No March Break
Course Drop Date	November 18	March 24
Course Late Withdrawal and Credit/No Credit	December 3	April 4
Exam Period	December 6-23 (no classes December 4-5)	April 9-30 (no classes April 7-8)

First Year @ UTSC Online Hub

Encourage Your Student to Show You this Resource



Your student should have received an invitation to access this online resource including:

- Tips on navigating first-year
- Course selection
- Meeting academic expectations
- Digital toolkit resources
- First Year Peer mentors
- Getting involved
- Wellbeing and safety
- Career and program planning
- International student resources

Student Information is Digital

Your student's records are digital, and **confidential**, including:

- Grades and Records
- Financial Accounts
- Class Timetable

The University is bound by the Freedom of Information and Protection of Privacy Act

FIPPA:

e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90f31_e.htm#BK55

Please ask your student for information.



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UNIVERSITY OF
TORONTO
SCARBOROUGH

Office Of
**Student Experience
& Wellbeing**

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Campus Resources

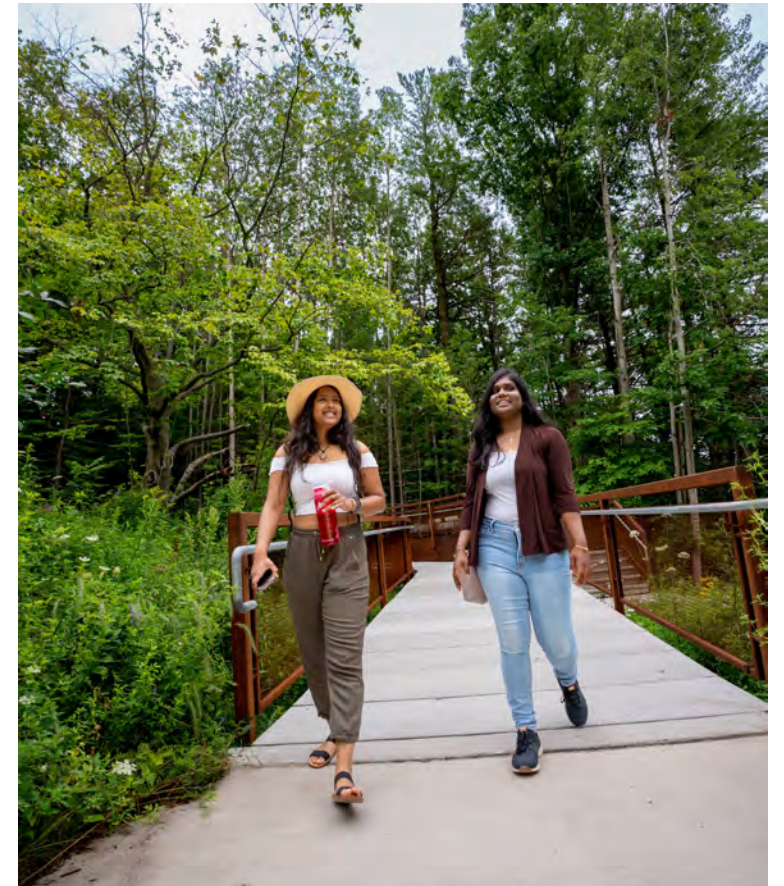
Academics



Campus Supports



The Fun Stuff



Getting the Most Out of the University of Toronto Outside the Classroom



+



=



Student time and effort in educationally purposeful activities

(e.g. office hours, study groups, also clubs and part-time jobs)

Institutional efforts towards supporting students to participate

(e.g. funding the Work Study program to create part-time jobs)

Positive Correlation with Academic Success

[\(National Survey of Student Engagement\)](#)

Class/Program Academic Supports

Help students understand:

- Solutions to homework
- Course material
- Course expectations
- Program expectations & progression
- Exam/test formats

Online Access through:

- Email, Appointments, Office Hours

Professor



Teaching Assistant (TA)



Student Associations



Facilitated Study Groups



Departmental Advisor



Registrar's Office



Developing Academic Skills

- Help student develop:
- Academic Language Skills
- Academic Writing Skills
- Time Management
- Test Taking skills
- Research skills

- Academic Advising & Career Centre
- Centre For Teaching & Learning (CTL)
- English Language Development Centre
- Library
- Math & Statistics Learning Centre
- Writing Centre

Online Access through:

- Email, Appointments, Office Hours

Health Supports

- Doctors & Nurses
- Counsellors & Social Workers
- Health Education
- Spiritual guidance (15 religious/spiritual leaders)
- Sports, Exercise, Nutrition

Health &
Wellness



AccessAbility
Services



Athletics



Chaplain



Mental Health Resources

- U of T Telus Health Student Support
- Online tool, available 24/7



Welcome to Student Support

Pursuing your educational aspirations is an exciting opportunity to enrich your life experience and career goals. It can also be a time of change, adjustment and stress. You don't have to navigate this all on your own. Student Support is here to help. We are here to support you when you need it, from wherever you are.

Call. Chat. Anytime. Anywhere. Student Support connects students with free, confidential emotional health and wellbeing support conveniently available 24/7 via the app, telephone and web.

[Student login](#)



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Safety & Security

- Campus Safety (Special Constables)
- Community Safety Office
- Travel Safer
- Sexual Violence Education & Prevention Office
- Fire Prevention



Life & Career Supports

- Work opportunities
- Career planning
- Budgeting advice
- Volunteering and meeting people
- Exchange and Immigration support
- Housing on - and off -campus

Co-op



Student Life



Financial Aid –
Registrar’s Office



Academic Advising &
Career Centre



International Student
Centre



Residence



Plan For Your Future



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Plan to Get Involved for Your Success

Clubs & Departmental Student Associations

Student Governance (SCSU)

Peer Programs

Mentorship Programs

Volunteer Opportunities

Part-Time Employment

Work Study Jobs – 2 streams

Research Opportunities

Social & Professional Events

Work Integrated Learning in courses



**UTSC has over
250 Clubs!**

Your Student Is Prepared For:

A strong professional profile takes time to develop!

Further Education

Professional and Graduate Schools Require:

- High Grades
- Experiences
- Personal Statement and CV
- Interview
- Specific Courses
- Admissions Testing
- Reference Letters

Employment

Employers Will Ask You For:

- Performance
- Experience
- Interview
- Education
- Cover Letter and Resume
- Skills Testing
- References

Many Paths to a Destination

Popular destinations for our students

- **Professional designations (i.e., CPA, CFA, CHRP, etc.)**
 - BBA is not the only path to these designations
- **Jobs in tech (i.e., software developer, data analyst, UX designer, etc.)**
 - Computer science is not the only path to these opportunities
- **Health-related professional programs and careers (i.e., medicine, dentistry, occupational therapy, etc.)**
 - Biology major is not the only path to healthcare



Henry Wong

12 Anyway Street, Toronto, ON M1N 2P3

henrywong@hotmail.com

416 123 4567

SUMMARY OF QUALIFICATIONS

- Excellent marketing skills in researching and evaluating client needs
- Exceptional communication and presentation skills; fluent in English, proficient in Cantonese
- Demonstrated ability to act as a team player
- Ability to prioritize and complete deadline-sensitive tasks efficiently
- Knowledge of MS Office, Adobe Photoshop

EDUCATION

Honours Bachelor of Arts; Double Major in Psychology and Economics

June 2012

University of Toronto Scarborough

Relevant Courses: Statistics, Human Brain and Behaviour, Personality, Social Psychology

RELEVANT EXPERIENCE

Sales Associate

Sept 2011- Present

Future Shop

- Market merchandise to customers and exceeded sales quotas by 10-25%
- Respond promptly to customer inquiries regarding sales, products, warranty and return policies
- Handle financial transactions including cash, debit and credit in an accurate and efficient manner
- Provide excellent service to all customers to ensure customer satisfaction and loyalty

Marketing Assistant

May-July 2011

Academic Advising & Career Centre, University of Toronto Scarborough

- Marketed services and events through in-class presentations of up to 500 students to increase awareness of Academic Advising & Career Centre services
- Created display boards, handouts and brochures for Professional and Graduate School Fair and other events, ensuring that event was marketed successfully
- Developed and assessed results of electronic client evaluation of 2000 students to determine how to best to meet the career and employment needs of UTSC students

Academic Programmer & Promoter

Aug 2010-Apr2011

Student Housing & Residence Life, University of Toronto Scarborough

- Provided academic support to student living in residence utilizing strong communication skills
- Promoted a range of campus resources and supports to student and made appropriate referrals

VOLUNTEER & EXTRACURRICULAR EXPERIENCE

Volunteer Digitization Assistant

May-August 2009

University of Toronto Scarborough Library

- Demonstrated proficiency with Adobe Photoshop by cropping and manipulating files
- Worked as part of a team with other students and staff to complete tasks

Member

Sept 2009- June 2012

MESA (Management and Economics Student Association) University of Toronto Scarborough

- Attended monthly networking events and assisted with generating topics for future events

Modern University Experience

Transition:

High School to University and Beyond?
New ways of learning!

Career Paths:

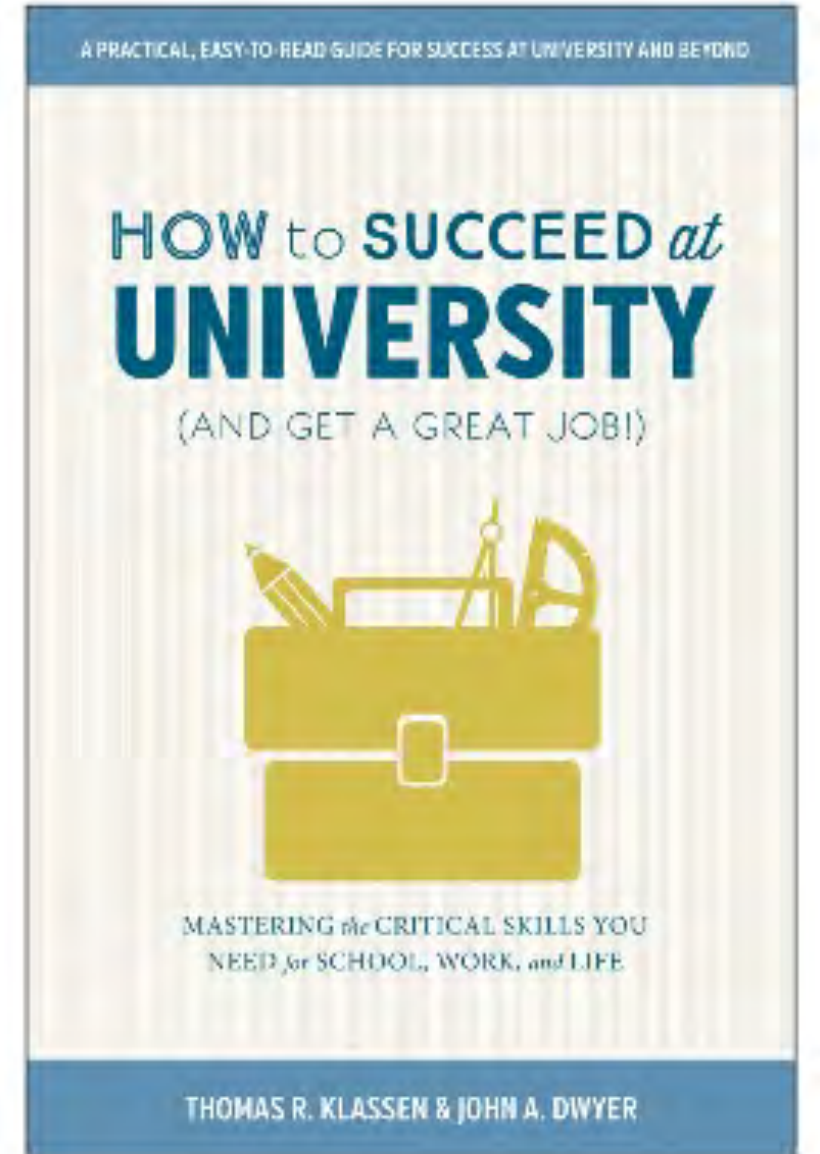
What's the connection to program?
Many routes to the same destination!

[Download the PDF](#) for free



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Panel



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Academic Advising
& Career Centre



Thank You for Attending!

We hope you found this time to be informative.

Please take a moment to complete the survey and the volunteer card to partner with us.

We wish you and your student all the best.

Enjoy your summer!



Connect With Us

Hours of Service

Mon, Tues, Thurs: 10am – 4pm

Wed: 10am – 6:45pm

Fri: 10am – 3pm

Contact Info

Phone: (416) 287-7561

Email: aacc.utsc@utoronto.ca

Website: utsc.utoronto.ca/aacc



@utscaacc



@utscace



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