

STUDENT  
**LIFE**

Accessibility  
Services

# WE HELP REMOVE BARRIERS.

Events & programming calendar

January – April 2024



## GENERAL

### Access Us Peer Mentorship Program (hosted by UTSG)

Various dates – register online through UTSG website

### Peer Advisor Drop-Ins (hosted by UTSG)

**Mondays and Fridays, 11 a.m. – 4 p.m.**

*Online only through [studentlife.utoronto.ca/as](http://studentlife.utoronto.ca/as)*

**Tuesdays to Thursdays, 11 a.m. – 4 p.m.**

*In Person at 455 Spadina Ave, Suite 400  
and online through [studentlife.utoronto.ca/as](http://studentlife.utoronto.ca/as)*

### Peer Mentor Learning Community One-on-One Mentoring (hosted by UTM)

Various dates – register online through UTM website

## ACADEMIC AND LEARNING

### Virtual Accountability Check-Ins (hosted by UTSG)

**Mondays, 12 – 12:30 p.m. &**

**Fridays, 3 – 3:30 p.m.**

### Accessibility Grad Writing Group (hosted by USTG)

**Wednesdays, 10:30 a.m. – 1 p.m.**

### Accessibility Grad Productivity Group: Actually Work From Home! (hosted by UTSG)

**Tuesdays, 10 a.m. – 12 p.m.**

### AS Virtual Study Hubs (hosted by UTSG)

**Mondays, 3 – 5 p.m. (online)**

**Wednesdays, 9 – 11 a.m. (in person)**

### Group Learning Strategy Sessions (hosted by UTSG)

**Wednesday, January 10, 2 p.m.:**

Perfectionism: Moving Towards Progress

**Friday, January 12, 11 a.m.:**

Overcoming Procrastination and Building Motivation

**Wednesday, January 17, 2 p.m.:**

Realistic Time Management

**Friday, January 19, 11 a.m.:**

Perfectionism: Moving Towards Progress

**Wednesday, January 24, 2 p.m.:**

Overcoming Procrastination and Building Motivation



**Friday, January 26, 11 a.m.:**

Realistic Time Management

**Wednesday, January 31, 2 p.m.:**

Perfectionism: Moving Towards Progress

**Friday, February 2, 11 a.m.:**

Overcoming Procrastination and Building Motivation

**Wednesday, February 7, 2 p.m.:**

Realistic Time Management

**Friday, February 9, 11 a.m.:**

Perfectionism: Moving Towards Progress

**Wednesday, February 14, 2 p.m.:**

Overcoming Procrastination and Building Motivation

**Friday, February 16, 11 a.m.:**

Realistic Time Management

**Wednesday, February 21, 2 p.m.:**

Perfectionism: Moving Towards Progress

**Friday, February 23, 11 a.m.:**

Overcoming Procrastination and Building Motivation

**Wednesday, February 28, 2 p.m.:**

Realistic Time Management

**Friday, March 1, 11 a.m.:**

Perfectionism: Moving Towards Progress

**Wednesday, March 6, 2 p.m.:**

Overcoming Procrastination and Building Motivation

**Friday, March 8, 11 a.m.:**

Realistic Time Management

**Wednesday, March 13, 2 p.m.:**

Perfectionism: Moving Towards Progress

**Friday, March 15, 11 a.m.:**

Overcoming Procrastination and Building Motivation

**Wednesday, March 20, 2 p.m.:**

Realistic Time Management

**Friday, March 22, 11 a.m.:**

Perfectionism: Moving Towards Progress

**Wednesday, March 27, 2 p.m.:**

Overcoming Procrastination and Building Motivation

**Friday, March 29, 11 a.m.:**

Realistic Time Management

**Wednesday, April 3, 2 p.m.:**

Perfectionism: Moving Towards Progress

**Friday, April 5, 11 a.m.:**

Overcoming Procrastination and Building Motivation

**Wednesday, April 10, 2 p.m.:**

Realistic Time Management

**Friday, April 12, 11 a.m.:**

Perfectionism: Moving Towards Progress

**Wednesday, April 17, 2 p.m.:**

Overcoming Procrastination and Building Motivation

**Friday, April 19, 11 a.m.:**

Realistic Time Management

**Wednesday, April 24, 2 p.m.:**

Perfectionism: Moving Towards Progress

**Friday, April 26, 11 a.m.:**

Overcoming Procrastination and Building Motivation

## Peer Mentor Learning Study Support Groups (hosted by UTM)

Variable dates – please see UTM website



## LEARNING SKILLS WORKSHOPS

### Building Mental Strength for Resiliency (hosted by UTSG)

Thursday, March 28, 12 – 1 p.m.

### Burnout Prevention and Recovery (hosted by UTSG)

Tuesday, January 31, 11:30 a.m. – 1:30 p.m.

Friday, March 4, 11:30 a.m. – 1:30 p.m.

### Effective Reading Strategies (hosted by UTSG)

Wednesday, January 17, 1:30 – 2:30 p.m.

Tuesday, January 23, 11 a.m. – 12 p.m.

### Get Started Club (hosted by UTSG)

Friday, February 2, 11 a.m. – 12 p.m.

Friday, February 23, 1 – 2 p.m.

Wednesday, March 20, 4 – 5 p.m.

### **Kurzweil3000 Refresher (hosted by UTSC)**

**Monday, February 6, 3 – 4 p.m.**

**Monday, March 6, 3 – 4 p.m.**

### **Level up your learning: Game-based study tips (hosted by UTSG)**

**Wednesday, February 7, 4 – 5 p.m.**

### **Note Taking Workshop (hosted by UTSC)**

**Tuesday, January 23, 2 – 3 p.m.**

### **Peer Mentor Learning Community Interactive Workshops (hosted by UTM)**

Various dates – please see UTM website

### **Preparing for In-Person Tests and Exams (hosted by UTSG)**

**Wednesday, February 7, 3 – 4 p.m.**

**Wednesday, April 3, 11 a.m. – 12 p.m.**

**Thursday, April 4, 12 p.m. – 1 p.m.**

### **Public Speaking: Effective Communication & Presentation Skills (hosted by UTSG)**

**Thursday, February 8, 1:30 – 3 p.m.**

**Wednesday, March 6, 3:30 – 5 p.m.**

### **Reflective Planning & Realistic Goal Setting for the New Semester (hosted by UTSG)**

**Tuesday, January 9, 3 – 4 p.m.**

**Friday, January 12, 1 – 2 p.m.**

### **Skill-Based Notetaking (hosted by UTSG)**

**Friday, January 12, 2 – 3 p.m.**

**Tuesday, January 16, 2 – 3 p.m.**

**Monday, January 22, 1 – 2 p.m.**

### **Social Communications (hosted by UTSC)**

**Wednesday, January 24, 3 – 4 p.m.**

### **Speaking to Power (hosted by UTSG)**

**Tuesday, January 16, 11:30 a.m. – 1:30 p.m.**

**Monday, March 4, 11:30 a.m. – 1:30 p.m.**

### **Time Management 101 (hosted by UTSC)**

**Tuesday, January 18, 3 – 4 p.m.**

**Tuesday, February 1, 3 – 4 p.m.**

**Tuesday, February 27, 2 – 3 p.m.**

**Tuesday, March 14, 2 – 3 p.m.**

### **Using Reading Week Effectively (hosted by UTSG)**

**Tuesday, February 13, 3 – 4 p.m.**

**Friday, February 16, 1:30 – 2:30 p.m.**



## **CONNECTING AND COMMUNITY**

### **AccessAbility Services Student Socials (hosted by UTSC)**

**Wednesday, January 24, 5 – 6 p.m.**

**Wednesday, February 21, 5 – 6 p.m.**

**Wednesday, March 13, 5 – 6:30 p.m.**

**Wednesday, April 10, 5 – 6:30 p.m.**

### **ADHD Peer Connections (hosted by UTSG)**

**Thursday, January 11, 10 – 11 a.m.**

**Thursday, January 25, 10 – 11 a.m.**

**Thursday, February 8, 10 – 11 a.m.**

**Thursday, February 22, 10 – 11 a.m.**

**Thursday, March 7, 10 – 11 a.m.**

**Thursday, March 21, 10 – 11 a.m.**

**Thursday, April 4, 10 – 11 a.m.**

### **ASD Peer Connections for Women & Trans Students (hosted by UTSG)**

**Monday, January 8, 10 – 11 a.m.**

**Monday, January 22, 10 – 11 a.m.**

**Monday, February 5, 10 – 11 a.m.**

**Monday, February 19, 10 – 11 a.m.**

**Monday, March 4, 10 – 11 a.m.**

**Monday, March 18, 10 – 11 a.m.**

**Monday, April 8, 10 – 11 a.m.**

**Monday, April 15, 10 – 11 a.m.**

**Monday, April 29, 10 – 11 a.m.**

## **Navigating U of T as a 2SLGBTQ+ Student with a Disability (hosted by UTSG)**

**Friday, January 12, 3 – 4 p.m.**

**Friday, February 9, 3 – 4 p.m.**

**Friday, March 8, 3 – 4 p.m.**

## **Peer Mentor Learning Community Social Connections (hosted by UTM)**

**Wednesday, January 31, 1 – 2 p.m.**

**Wednesday, February 28, 1 – 2 p.m.**

**Wednesday, March 27, 1 – 2 p.m.**

**Wednesday, April 3, 1 – 2 p.m.**

## **Social Connections (hosted by UTSG)**

**Friday, January 19, 1 – 2:30 p.m.**

**Friday, February 16, 1 – 2:30 p.m.**

**Friday, March 22, 1 – 2:30 p.m.**

## **SASA (Social Association for Students with ASD) (hosted by UTSG)**

**Friday, January 5, 1 – 2:30 p.m. (in person)**

**Friday, January 12, 1 – 2:30 p.m. (online)**

**Friday, February 2, 1 – 2:30 p.m. (in person)**

**Friday, February 9, 1 – 2:30 p.m. (online)**

**Friday, March 1, 1 – 2:30 p.m. (in person)**

**Friday, March 8, 1 – 2:30 p.m. (online)**

**Friday, April 5, 1 – 2:30 p.m. (in person)**

**Friday, April 12, 1 – 2:30 p.m. (online)**

**For more details, event descriptions,  
and registration information, please visit:**

**UTSG:** [studentlife.utoronto.ca/departments/accessibility-services](http://studentlife.utoronto.ca/departments/accessibility-services)

**UTM:** [utm.utoronto.ca/accessibility/future-students/peer-mentor-learning-community](http://utm.utoronto.ca/accessibility/future-students/peer-mentor-learning-community)

**UTSC:** [utsc.utoronto.ca/ability/upcoming-events](http://utsc.utoronto.ca/ability/upcoming-events)





**STUDENT  
LIFE**

**Accessibility  
Services**

Welcome to Accessibility Services! We provide a range of programming to support learning, problem-solving & inclusion. Meet with learning strategists, accessibility advisors & upper-year peers registered with our office. Dates and times are subject to change, so please visit our website for current information: [accessibility.utoronto.ca](https://accessibility.utoronto.ca)

### **CONTACT INFORMATION**

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