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# Ridgeback Report



• Ontario Tech Student Union General Elections start today! This is your change to make a profound impact on improving students' lives at Ontario Tech and earn invaluable work and life experience. Any full-time student can run for an executive or board position. Complete the candidate profile to get started.

# **Academic Support**



- Attention Student Accessibility Services (SAS) students: The SAS portal
  will be unavailable to access for approximately two hours on Friday, January
  26 between 8:30 and 10:30 a.m. If you have any questions or concerns please
  contact studentaccessibility@ontariotechu.ca.
- The <u>Student Learning Centre</u> offers services throughout the winter semester, including peer tutoring, math, science and writing support. You can book an appointment on the <u>Student Life Portal</u> or visit the website to find drop-in times.
- Have you heard of the <u>Student Experience Record (SER)</u>? SER is a
  comprehensive record of your involvement in co-curricular experiences
  throughout your Ridgeback journey. It's used to highlight your diverse university
  experiences and showcases your personal involvement and commitment to
  growing outside of the classroom. As you apply for jobs, future education or
  volunteer experiences, your SER will be a great tool to showcase soft skills that

are important to employers in today's market! The deadline to add positions to your SER is **Wednesday**, **May 1**. Access your SER and learn more.

# **Career Readiness**



- The <u>Career Carnival</u> is coming up on <u>January 23 and 25</u> in the
   Shawenjigewining Hall, Atrium from 10 a.m. to 3 p.m.! Stop by for some fun interactive games and activities that will help you with cover letter and resumé writing, practicing your networking and interview skills, and get career guidance. If you're looking for graduate employment, part-time jobs or co-op and internship opportunities, the Career Carnival is the place for you!
- Join the Career Centre at the Get Experience Fair on Wednesday, January 24 from 11 a.m. to 3 p.m. at the downtown Oshawa campus location. Connect with community organizations that are looking to recruit for current volunteer opportunities in the Durham Region and Greater Toronto Area. View the guidebook to learn more about the organizations that are attending.
- Join us for the annual Job Fair on Thursday, February 1 from 11 a.m. to 3
   p.m. Employers are invited to campus to participate in recruitment for full-time, contract, summer, part-time and co-op positions. Visit the Job Fair website to view the full list of organizations attending and for resumé prep before the event.
- Explore your employment identity with our Dungeons and Dragons Employment workshops! This five-week workshop—on Wednesdays from February 6 to
   March 13—gives you the opportunity to build your own Dungeons and Dragons character and journey through quests that explore skills related to employment and employment identity. Learn more and register on the Student Life Portal.

- Embrace digital wellness with <u>Wavemakers!</u> Wavemakers is a free virtual
  career building program that gives you a head start to your career. Sharpen
  your skills, build your network and meet with top Canadian employers. Each
  student that participates has the chance to win a \$2000 scholarship. Don't miss
  out on this great opportunity and apply today!
- The Career Centre has a variety of workshops that are designed to help you
  with job searching, going to work for the first time, or entering a new workplace.

  <u>Learn more and register</u> for a workshop today! You can also book an
  appointment on the <u>Student Life Portal</u> for any of our one-on-one supports.

# Community



- Nominations for the <u>Student Leadership Awards</u> are now open. These awards acknowledge and celebrate students for their achievements and contributions, and for demonstrating excellence in leadership practices within the Ontario Tech community. The deadline to submit your nominations is **Friday**, **January 19**.
- The Brilliant Catalyst and the Faculty of Engineering and Applied Science are
  offering the Smart Cities Innovation Challenge Thursday, January 25 to
  Tuesday, February 13. Teams will compete in a final pitch for a total \$5000 in
  cash prizes! Engage with experts, develop solutions for smart city challenges,
  and pitch your ideas for a chance to win. Sign up by Friday, January 19 to
  transform your vision into a reality and be a part of this inspiring journey.
- Bannock and Books is back with a new book: Our Voice of Fire: A Memoir of a Warrior Rising by Brandi Morin. Register to join us for the Sharing Circle on Wednesday, February 14 from 3 to 4:30 p.m.

- Student Life and the International Office are recruiting for the 2024-2025
   Student Leadership Positions. Applications close on Sunday, February 4. Visit the Leadership positions website for more information and to submit your application.
- Do you know a fantastic instructor or Teaching Assistant who taught in the 2023
  academic year? Recognize their impact with a Celebrate Teaching Award
  nomination! Nominations are open until Friday, February 23. Full award details
  and nomination instructions are available in the nomination guide. You must be
  logged into your ontariotechu.net account for access.
- Conversation Café runs on Thursdays from 3:30 to 5 p.m. in
   Shawenjigewining Hall, Room 223. This is an opportunity to meet international students and learn about other cultures as well as a chance to practice English speaking and listening skills. Visit the Student Life Portal to view the schedule, register in advance if possible, or sign in before you join.
- The Ambassador program is looking for you to get involved, positively contribute to the campus community and become leaders on our campus!
   Register for Level 1 Ambassador training to become an Ambassador, Peer Leader or Peer Mentor. To register for training and see what dates are available, visit the Ambassador web page.

# **Equity and Inclusion**



#Let'sTalk Sex Workshop Series: In response to student feedback provided to
the Student Sexual Violence Prevention and Support Committee, Student Life
has invited the AIDS Committee of Durham Region to deliver some workshops
to provide education and destigmatization around topics of sex and sexuality.
View the schedule and register.

RISE (Respecting Individuals, Supporting Equity) sessions are scheduled
throughout the winter semester. The RISE Program is a suite of workshops that
provide training and education on what participants can do on an individual
level to foster a safer and more inclusive community at Ontario Tech. Learn
more and register.

# Athletics and Wellness



- Are you feeling sad, isolated, unmotivated or living with extended periods of low mood? You are not alone. Register for the Depression Support Group—running Mondays from January 15 to March 4—to connect with other students who share these struggles and to learn coping strategies for improving your mood and quality of life.
- Join us for Wellness Week January 22 to 26! In collaboration with the Ontario
  Tech Student Union, Athletics and Recreation, Health Promotions and Student
  Mental Health Services, learn about the supports and services available to
  guide you on your own wellness journey and for the chance to win some great
  prizes! Visit the Health Promotions events and workshops web page for more
  information.
- The Ontario Tech Student Union (OTSU) and Health Promotions team are
  looking for period product donations during the week of January 29. You can
  donate any period products (pads, tampons, menstrual cups, menstrual discs,
  etc.) in sealed, original packaging; we will accept pads and tampons in
  boxes/bags or singles that are individually wrapped. There will be donation
  boxes set up outside OTSU offices at both campus locations as well as
  donation booths at the men and women's Ridgeback home games on February
  2 and 3.

- Curious about cannabis, but want to prioritize your health and make responsible choices? Join us for an information session on Thursday, February 8 from 4 to 5 p.m. in Shawenjigewining Hall, Room 024. The session will be led by registered nurse Hiral Mistryand, and will discuss the physical and social impacts of cannabis, and how to navigate it responsibly. Learn more on the Health Promotions website.
- Join Holistic Nutritionist Sylvia Emmorey for nutrition sessions, where she'll
  provide practical tips for managing stress through your diet and teach you how
  to incorporate healthy snacks. Learn more by visiting the Health Promotions
  events and workshops page.
- Recovery College is a collaboration between Ontario Tech University and
  Ontario Shores Centre for Mental Health Sciences. Three courses will be held
  over the winter semester and will provide education about mental health and
  wellness, and help people to discover or rediscover passion, hope and
  meaning. To view the course descriptions and register, visit the Health
  Promotions web page.
- The LivingRoom Community Art Studio has partnered with the university to give
  you a creative break and enjoy some self-care. The Creative Wellness Hive is a
  chance for you to make and share art for free! If you see the blue bus on
  campus, stop by for some well-deserved fun and to learn more about our
  campus supports and services. Visit the mental health events web page for
  more information.
- Campus Connected is a workshop for students, staff and faculty to learn how to engage with others with an attitude of caring and kindness, as well as listen with empathy and without judgement. Learn more and register for a workshop.

# **Money Matters**



## **Ontario Student Assistance Program (OSAP)**

- Apply to OSAP, if you haven't done so already for this academic year.
- Ensure that your winter semester course load (number of classes) matches with your OSAP application. If it does not, this will delay the release of your winter funding.
- Continually monitor the status of your OSAP application and remember to make all necessary updates with the Student Awards and Financial Aid Office.

### **Student Awards**

- If you require additional financial assistance to help fund your education, winter bursary applications are now open. Applications must be received by **Thursday**, **February 23** and can be found on MyOntarioTech.
- Check MyOntarioTech for winter term payment deadlines and your tuition account balance.

## The General Bursary application is now open!

• The application can be found on MyOntarioTech within the student awards and financial aid box under the current students tab.

# **Other News**



### Important dates:

## Friday, January 19

• Winter semester fees are due in full.

- Last day to add courses in the winter semester.
- Last day to drop winter semester courses for a full refund.

### Friday, February 2

- Last day to withdraw from winter semester classes without receiving a grade.
   Courses dropped after this date will be recorded with a grade of W to indicate withdrawal.
- Last day to drop courses for a **50 per cent** refund of tuition fees.
- Check out our resources web page for helpful tips, tricks and answers to your common registration questions.

#### **Ontario Tech Ucard:**

- If you have not submitted your photo for use in your digital Ucard, visit our Ontario
   Tech Ucard web page for instructions. Follow our photo upload requirements to
   avoid having your photo rejected.
- Without a photo, your digital Ucard is invalid and will not be considered an
  acceptable ID for exams, tests, etc.
- To access your digital Ucard, download and sign into the Ontario Tech Mobile app.

## **Universal Transit Pass (U-Pass):**

- The U-Pass fee will be charged each semester to eligible, full-time students.
- The winter U-Pass is valid from January 1 to April 30, 2024, and accessible through the PRESTO E-Tickets app. Once distributed, an email will be sent to eligible students' ontariotechu.net email account.
- For more information, visit the U-Pass web page.

### **Durham Region Transit (DRT) Service Changes:**

 Beginning Tuesday, January 2, 2024, DRT is making updates to their services. For more information, visit the Durham Region Transit website to check available route maps or contact their Customer Service Centre at 1.866.247.0055.





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