

Ridgeback Report



- Bannocks and Books is back! The September book club feature is **Five Little Indians** by Michelle Good. Join us in-person or virtually for the Sharing Circle on **Thursday, September 21 from 6 to 7:30 p.m.** We will be serving Bannock! [Register to secure your spot](#) and receive a copy of the book.

Academic Support



- The **Student Learning Centre** continues to offer services throughout the spring/summer semester, including peer tutoring, math, science and writing supports. You can book an appointment on the [Student Life Portal](#) or visit the [website to find drop-in times](#).

Career Readiness



- The [Employment Readiness Program](#), running Thursdays until **August 3**, is a series of workshops designed to teach students practical job readiness skills and skills for navigating the workplace with success. Students who attend the workshop series will have access to additional one-on-one peer support with an Employment Peer Coach who can help address career-related concerns. [Learn more and register](#).
- The Career Centre and Devant have joined together to provide career supports for international students. [Check it out, and register](#) for all the great workshops that are happening in July.
- **The Career Centre** has a variety of workshops that are designed to help students who are job searching, going to work for the first time, or entering a new workplace. [Learn more and register](#) for a workshop today! You can also

book an appointment on the [Student Life Portal](#) for any of our [one-on-one supports](#).

- Apply for [Wavemakers](#)—a career-building program that will give you a head start to your career. Start to build your skills, network with mentors and peers, and meet top Canadian employers. The best part? It takes place virtually, so it's easily accessible for you. Don't miss out and [apply now!](#)

Community



- Want to be more involved in your school community? Become an **Orientation Leader!** These students will be responsible for providing leadership, building community and promoting new student learning during Orientation. [Learn more and apply.](#)

Equity and Inclusion



- In the latest [Road to Equity podcast](#) episode—Growing Together: Mental Health and Wellness—your co-hosts interview each other as they reflect on navigating their mental health during exam season, the importance of mental health, breaking down stigmas and learning from each other's coping strategies. [Listen to the latest episode on Spotify.](#)

Athletics and Wellness



- Our [women's lacrosse team](#) is growing and we are looking to add more Ridgebacks to our [pack!](#) Are you an elite and competitive athlete in another sport and interested in trying and excelling at lacrosse? Are you a former or current rep level lacrosse player? Have you played box, field or both? We would love to hear from you! Email the coaching staff to learn more at liane.chornobay@ontariotechu.ca.
- **Recovery College** is a collaboration between Ontario Tech University and Ontario Shores Centre for Mental Health Sciences. To learn more about the

courses and to register, [visit the mental health groups web page](#).

- Could you use a bit of stretch-and-unwind at the end of each week? Yoga is an ancient and evidence-based practice that can help you to unwind your nervous system. Sessions will be held virtually through the spring/summer semester on **Fridays until August 18 from 1:15 to 2 p.m.** To derive the greatest benefit from this practice, you will need a quiet space and a yoga mat. [Register](#) to attend!
- Get moving, get grounded and get lifted! Wellness Walks is a free and fun opportunity that promotes physical and mental health by getting mindful walking breaks during the busy school, and workday. [Visit the Health Promotions website for spring/summer dates](#).
- Check out [Ontario Tech's Health and Wellness Recipes book](#). Have a recipe you want to share with the university community? [Submit it to us](#) to have it featured in upcoming promotional materials!

Money Matters



Ontario Student Assistance Program (OSAP)

2023-2024 Fall semester OSAP is now available

- [Apply now to OSAP](#) for the upcoming fall and winter terms to avoid delays before classes begin in September.

Student Awards

2023-2024 University Works applications are now open

- Applications for the fall/winter University Works program is now available for full-time undergraduate students. To apply, go to [MyOntarioTech](#), select **current students**, select the **student awards and financial aid tab** and scroll down to the **student awards and financial aid** box. Select **apply for University Works** and proceed. For further information, visit the [University Works web page](#).
- If you are a registered summer student, there are bursary application opportunities for you within [MyOntarioTech](#). Look out for summer term payment deadlines on this page as well.

Other News



- If you're looking for locally grown produce this summer, Durham College is hosting a Farmers Market at **South Village Courtyard on Tuesday's from 10 a.m. to 2 p.m.** All students are welcome and encouraged to stop by!
- The Ontario Tech Libraries are operating on summer hours! The North Oshawa Campus Library will be open **Monday to Thursday from 7:45 a.m. to 9 p.m. and Friday 7:45 a.m. to 4:30 p.m.** The Social Science, Humanities and Education Library will be open **Monday to Friday 8 a.m. to 4 p.m.** Both libraries will be closed on weekends. [Visit our website for more information.](#)
- Google storage limits are now in effect. If your current usage is more than 5GB, you must reduce your stored data. For more information on managing your files, view the [five steps to reduce data](#) posted on the [IT Services website](#).

Digital 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 form of 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 spring/summer U-Pass is valid from **May 1 to August 31** 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 our [U-Pass web page](#).

Please note: Official university communication to your student ([ontariotechu.net](#)) email account **cannot** be unsubscribed from.



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Ontario Tech University
2000 Simcoe Street North
Oshawa, Ontario L1G 0C5
Canada

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