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# Ridgeback Report



- Are you passionate about mental health and counselling? Our Student Mental Health Services department is hiring Mental Health Peer Mentors! If you're interested in assisting in mental health awareness campaigns, providing one-on-one support to students and facilitating wellness workshops, visit the [Student Life Portal](#) under **job postings**, and search **51710 - Mental Health Peer Mentor** to apply and view the full job description. For any inquiries, contact [studentlifeline@ontariotechu.ca](mailto:studentlifeline@ontariotechu.ca).

## Academic Support



- Visit the [Information Technology Services](#) website and learn how to [download course-specific software](#) for the upcoming fall and winter terms.
- The [Student Learning Centre](#) continues to offer services throughout the summer semester, including peer tutoring, math, science and writing support. You can book an appointment on the [Student Life Portal](#) or visit the [website to find drop-in times](#).

# Career Readiness



- 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 August.
- **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



- Bannock 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.](#)
- Are you interested in meeting students from different cultures? Or looking to improve your English speaking and listening skills? You should attend Conversation Café! You can drop in on **Thursdays, starting September 14,**

from 3:30 to 5 p.m. in Shawenjigewining Hall, Room 223 for the opportunity to meet other students and learn about other cultures. [Learn more on the Conversation Café web page.](#)

- 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



- **RISE** (Respecting Individuals, Supporting Equity) sessions are back for the fall 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 on the RISE web page.](#)

## Athletics and Wellness



- **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's from 7:45 a.m. to 4:30 p.m.** The Social Science, Humanities and Education Library will be open **Monday to Friday from 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.



**Tech**

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