

Ridgeback Report



- The Health Promotion team is collecting healthy, and budget-friendly recipes from Ontario Tech staff and students for an up-and-coming recipe book! [Submit](#) your recipes by Friday, July 15 for a chance to be featured.

Academic Support



- The Student Learning centre is offering writing support for all students enrolled in the Spring / Summer semester. Find the [support](#) that is best for you and book a virtual or in-person appointment.

Career Readiness



- **The Employment Readiness Program** is a series of workshops designed to teach students practical job readiness skills for navigating the workplace with success. Students who attend the workshop series on **Tuesdays from 1 to 3 p.m. from July 12 to Aug 9**, will have access to additional one-on-one peer support with an Employment Peer Coach who can help address career-related concerns. [Register](#) before July 12!
- The Career Centre and Devant have joined together to provide career supports for international students. [Check out, and register](#) for all the great workshops that are happening in July; including a live expert panel for Careers in Cloud Computing and an interactive workshop to give you tips on Acing the Interview.

Community



- Complete the **voluntary** [Ontario Tech Student Communication Survey](#) and be entered into a draw for a chance to win **1 of 5 \$50 Amazon eGift cards**. The survey will take approximately 10 minutes to complete. The answers collected will be used to ensure future communication planning at the university is meeting the needs of our students!
- **Recovery College** is a collaboration between the university and Ontario Shores Centre for Mental Health Sciences. Three courses will be held over the Spring / Summer semester, and will provide education about mental health and wellness, and will help you discover or rediscover passion, hope, and meaning. To view the course descriptions and register, [visit the mental health groups' web page](#).

Equity and Inclusion



- Join us for **Community Night** on Wednesday, July 13 from 2:30 to 5 p.m. in UA 3130. Design your own consent-themed tote bag (while supplies last) and watch Let's Talk Sex: Sex in the Media. [Register now!](#)
- **#Let's Talk 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 a variety of [workshops](#) to provide education and destigmatization around topics of sex and sexuality. Part of building a culture of consent and respect on campus is providing space for conversations like these.

Athletics and Wellness



- Ontario Tech offers the following varsity sports: basketball, hockey, rowing, soccer, badminton, curling, golf, dance, and lacrosse (women's only). [Tryout dates](#) are online and make sure you [register for full details](#).
- Campus Recreation offers recreational and competitive intramural programming in a variety of sports throughout the fall and winter semesters – all students and

skills levels welcome.

- **Yoga in the Commons** is happening each Wednesday from noon to 1 p.m. until September 1. Visit [Campus Recreation](#) for full details.

Money Matters



Ontario Student Assistance Program (OSAP)

- [Apply now to OSAP](#) for this upcoming fall and winter terms to avoid delays when classes start.

Student Awards

- The application for the Fall/Winter University Works program is now available for full-time undergraduate students on MyOntarioTech. Navigate to Current students and scroll down to the Student awards and financial aid box. Select Apply for student aid/University works and proceed. For further information, please visit: <https://safa.ontariotechu.ca/university-works>.
- If you are a registered Spring/Summer student, there are bursary application opportunities for you within [MyOntarioTech](#). Check for spring/summer term payment deadlines while you are there.

Other News



- Maclean's annual university rankings provide essential information to help students choose the university that best suits their needs. If you love Ontario Tech and want to share why, take the [survey](#) today and help future students choose to become Ridgebacks!



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