

# Ridgeback Report



## Student Life Services

- The Office of Student Life offers a range of services and supports to students outside of the classroom. If you're looking for academic support, career guidance, accommodations and more, our services will be available during the spring and summer months! [Visit our website for more information.](#)

## Academic Support



- Laptop standards are now here! If you wish to purchase a new laptop for the 2023-2024 academic year, visit the [IT Services website](#) for details.

## Career Readiness



- The [Employment Readiness Program](#), running Thursdays from **June 29 to 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** 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](#).

# 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.](#)
- **#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.](#)

# Athletics and Wellness



- **Recovery College** is a collaboration between Ontario Tech University and Ontario Shores Centre for Mental Health Sciences. The two courses that will be held over the spring/summer semester are **Let's Act on It: Managing Stress** and **Wellness through Words: Book Club**. To view the course descriptions and 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)

- The 2022-2023 **OSAP Extension Form** is now available on [MyOntarioTech!](#) To access the form, select current students, find the student awards and financial aid tab, and scroll down to OSAP Forms. **Do not** apply through the OSAP website.
- If you are an OSAP student planning to take full time classes in the spring/summer term(s) (3 classes in total), you will need to complete an **OSAP Extension Form** once you are officially registered for your classes.
- If you're planning to study part time during the spring/summer months, please apply for **part time OSAP funding** via the [OSAP website](#).

### 2023-2024 Fall semester OSAP is now available

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

### Student Awards

- If you are a registered spring/summer student, there are bursary application opportunities for you within [MyOntarioTech](#). You can also check for spring/summer term payment deadlines on [MyOntarioTech](#) as well.

## Other News



- The Ontario Tech Libraries are now 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.](#)

### 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](#).



**Tech**

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

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