

Ridgeback Report



- The Student Leadership Awards of Recognition acknowledge and celebrate students who demonstrate exemplary leadership practices that align with the university's values. Nominate yourself or a peer for the **Student Leadership Awards** in the categories of: Accountability (Ethics), Community Building, Innovation or Respect. You can also nominate a student for the **President's Awards of Excellence in Student Leadership** which encompasses a nomination of all four Student Leadership Awards. Nominations close on **Thursday, April 14**.

Academic Support



- Save the date for our bi-annual **Long Day Against Procrastination** event, taking place both **in-person and online** on **Wednesday, March 23 from noon to 6 p.m.!** Students can [sign up](#) for in-person or online appointments to learn new study skills, and writing and researching strategies! In-person appointments and take-away refreshments will be available on the second floor of Shawenjigewining Hall.
- This winter, the Student Learning Centre will be holding [Stride Study Support groups](#) for all students. These groups are designed for students looking for supportive ways to stay accountable throughout the term while learning some useful study strategies in the process! Sessions will run twice a week, on **Mondays from 10:10 to 11:10 a.m., and Wednesdays from 7 to 8 p.m.** until **March 30**.
- Join the **Healthy Study Strategies: Taking Care of Body and Mind While Studying** workshop on **Tuesday, March 29 at 1:10 p.m.** to learn how to prioritize your wellness while studying for your exams. Register for the workshop on the [Student Life Portal](#).
- The Student Learning Centre offers a variety of **peer learning programs**. If you're looking for academic support, you can access **Peer Assisted Study Sessions (PASS)** that occur weekly for help in reviewing courses that are

historically challenging. For the schedule, [visit the PASS web page](#). If you're looking for extra support, [one-on-one peer tutoring sessions](#) are also available. Both programs are offered fully online via Google Meet.

Career Readiness



- The **Summer Job Fair** is happening in-person on the first floor of Shawenjigewining Hall on **Tuesday, March 29 from 10 a.m. to 2 p.m.!** For more information contact the [Career Centre](#).
- 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 March and April; including the Career and Networking Café and a Q&A with a Canadian Immigration Lawyer!
- The Career Centre is hosting various workshops throughout the winter semester. To view and register for the workshops, [visit the Student Life Portal](#).
- **International students:** The Career Centre's virtual drop-in sessions happen on **Wednesdays from 1 to 3 p.m.** These sessions are designed to support career development and your employment journey; no appointment is necessary. For more information and for the meeting link, [visit the Student Life Portal](#)

Community



- **safeTALK** is a suicide alertness program that prepares community members to be suicide alert helpers. [Register](#) for this single day, three-hour training session that must be attended in-person. safeTALK participants will learn that opportunities to help a person with thoughts of suicide are sometimes missed, dismissed and avoided and will learn the TALK steps - Tell, Ask, Listen and Keep Safe.
- Mark your calendars because [Three Minute Thesis \(3MT®\)](#) is back! Tune in to see our grad students explain their research and its impact in three minutes or less, as they compete for a chance to represent the university at the virtual provincial competition. **Thursday, March 24 at 2:30 p.m.** [Register to watch the finals!](#)

- Share your experiences and opinions on campus food and student food security in the [2022 Ontario Tech University Food Experience Survey](#). To thank you for your participation, everyone who completes the survey will be entered for a chance to **win one of six \$25 grocery gift cards** or **one of six Ontario Tech clothing bundles!** Survey closes on **March 27!**
- Provide us with your feedback to help improve food security on campus for you by coming to a **Food security focus group!** Food and Snacks will be provided as well as chances to win merch.
 - **International students: Thursday, March 24 | 5:30 to 6:30 p.m.**
(Shawenjigewining Hall: Student Union)
 - **Undergraduate Students: Thursday, March 31 | 5:30 to 6:30 p.m.**
(Shawenjigewining Hall: Student Union)
 - **Graduate Students: Thursday, April 7 | 5:30 to 6:30 p.m.** Please [attend virtually](#).
- **Student Mental Health Services** continues to offer a range of groups and workshops to support your mental health. [Register online](#) if you'd like to participate.
- **Recovery College** is a collaboration between the university and Ontario Shores Centre for Mental Health Sciences. Three courses will be held over the winter semester, 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](#).
- **Conversation Café** runs on **Thursdays from 3 to 4 p.m.** 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 begin.

Equity and Inclusion



- **Respecting Individuals and Supporting Equity (RISE)** 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](#).

- **Equity Discussion Groups and Student-Centered Spaces** are running throughout the winter semester. Learn about equity topics in open discussion groups or discuss your experiences with those who may share them in a closed student-centered Space. [View the available groups and register for sessions.](#)
- **#Let'sTalkSex 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. Part of building a culture of consent and respect on campus is providing space for conversations like these.
- **Pride Study Space** is a drop-in program for 2SLGBTQ+ students and allies to study together virtually in a quiet environment, and take breaks together. For more information and to access the meeting links, [visit the equity groups and workshops web page.](#)

Athletics and Wellness



- Stay active at the Campus Recreation and Wellness Centre, Campus Ice Centre and Campus Fieldhouse. Schedules with student times are listed on the [Campus Recreation and Wellness Centre website.](#)
- The FLEX Centre is proud to offer free group fitness classes for the winter semester. Every week, our amazing group fitness instructors will be offering a wide variety of classes that can be viewed on the [Campus Recreation and Wellness Centre \(CRWC\) website.](#) All classes will take place on the second floor of the CRWC controlled access area in Aerobics Room 1. [Registration](#) is required and is open to DC and Ontario Tech students, staff and faculty. Current capacity is 15 registrants per class.
- **The Better Together Series** in collaboration with Durham College has a variety of events taking place throughout the year that are aimed at helping students make connections. March sessions include: **Flow Yoga and Mindful Eating** and **Addressing the need for Trans inclusive mental health care in a postsecondary world.** View the full list of [events](#) and register on our Mental Health events webpage.

Money Matters



Ontario Student Assistance Program (OSAP)

- **2021/2022 OSAP Extension Form Coming Soon!** 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. Information and form will be available on MyOntarioTech at the beginning of April. **Do not** apply through the OSAP website.

Student awards

- The 2022 Summer University Works application is now available for Full-Time Undergraduate students. To apply, please visit [MyOntarioTech](#) and go to the Current Student section. Navigate to the Student Awards and Financial Aid box and select **apply for student aid/university works**.
 - Please note the **International University Works** program is highly competitive, with a large number of applicants and a limited number of positions. Therefore, **acceptance into the program is not guaranteed**. In the event the maximum number of applicants has been reached, **the application may close prior to the deadline**.

Other News



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