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 Do you have comments or concerns about your courses? <u>Student course</u> feedback surveys for the winter term are available today until Monday, April 8.
<u>Share your feedback with us</u> and help improve your student experience. By completing your survey(s), you'll be entered into a draw for a chance to win 1 of 5 \$75 gift cards!

Academic Support

- Registration for spring/summer courses will be open on Tuesday, April 2. View the course registration guide for important dates and deadlines, to preview courses, and more. Please note: If you're registered with Student Accessibility Services (SAS), early registration is listed as one of your accommodations. Please confirm your eligibility with the SAS department.
- The North Oshawa Library will be open late during exams until Sunday, April 21! The updated hours of operation are Monday to Friday from 7:45 a.m. to midnight (the Service Desk will close at 9 p.m.) and weekends from 10 a.m. to 6 p.m. Come study with us!
 - Please note: The Library will be closed on Friday, March 29.

- Looking for a new study space on campus? The <u>Student Learning Centre</u> is now offering Focus Fridays! The Learning Lab in <u>Shawenjigewining Hall</u>, <u>Room 223</u> has been converted into a drop in style study hall on <u>Fridays from</u> <u>9:30 a.m. to noon and 1 to 4 p.m. until April 12</u>. Stop by for a productivity boost with structured Pomodoro study sessions, and learn new study tips to enhance your focus and efficiency!
- The <u>Student Learning Centre</u> offers services throughout the winter semester, including peer tutoring, math and science support. You can book an appointment on the <u>Student Life Portal</u> or visit the website to find drop-in times.
- Looking for writing support? The <u>Student Learning Centre</u> has one-on-one consultations, peer tutoring, same-day appointments and workshops. We can help with essays, final projects, literature reviews, referencing, thesis statements and more! Book an appointment by visiting the <u>Student Life Portal</u>.
- Have you heard of the <u>Student Experience Record (SER)</u>? SER is a comprehensive record of your involvement in co-curricular experiences throughout your Ridgeback journey. It's used to highlight your diverse university experiences and showcases your personal involvement and commitment to growing outside of the classroom. As you apply for jobs, future education or volunteer experiences, your SER will be a great tool to showcase soft skills that are important to employers in today's market! The deadline to add positions to your SER is Wednesday, May 1. Access your SER and learn more.

Career Readiness



 If you're looking for summer employment, the Career Centre is hosting the Summer Job Fair on Thursday, March 28 from 10 a.m. to 2 p.m. in

Shawenjigewining Hall, Atrium. Get the chance to meet and connect with employers and apply for jobs on-the-spot! Learn more.

- Embrace digital wellness with <u>Wavemakers</u>! Wavemakers is a free virtual career building program that gives you a head start to your career. Sharpen your skills, build your network and meet with top Canadian employers. Each student that participates has the chance to win a \$2000 scholarship. Don't miss out on this great opportunity and apply today!
- The Career Centre has services available to support you in various ways. Book an appointment on the <u>Student Life Portal</u> for any of our <u>one-on-one</u> supports including career counselling and employment advising.

Community



- Bannock and Books will be offered as a weekly sharing circle every Tuesday from May 14 to June 4, from 1 to 2:30 p.m. This event will be available virtually and in person at Mukwa's Den. Don't miss the opportunity to join this enriching experience and contribute to the vibrant discussions on the chosen chapters. We look forward to your involvement in this engaging and inclusive event. Learn more and register.
- Want to relieve some stress as you study for final exams? Join us for Paint Night on Wednesday, March 27 from 4 to 6:30 p.m. in the Mitch Frazer Atrium for an evening of painting, snacks and socializing. It's a great way to relax, connect with friends and learn about the link between art and wellbeing. Learn more and register.
- Student Life is recruiting Orientation Leaders for the 2024-2025 term. Visit the Leadership positions website for more information including the volunteer

description and to submit your application.

 Conversation Café runs on Thursdays from 3:30 to 5 p.m. in Shawenjigewining Hall, Room 223. 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 join.

Equity and Inclusion

• There are no updates at this time.

Athletics and Wellness

- Tune into the newest podcast—MindSpark: Ontario Tech and embark on a journey of self-discovery, resilience and positive mental health. MindSpark is your go-to source for insightful discussions, expert advice and tips and tricks aimed at nurturing your mental wellness throughout your academic journey. You can find it on Apple Podcasts and Spotify. Listen now.
- Embark on the Elevate Connections Journey—a six-week support group crafted to uplift and empower you in your quest to overcome loneliness. Running on **Tuesdays from 1:30 to 3 p.m. starting February 27**, you'll engage in lively activities, share stories and acquire practical tools to enrich your social connections. Learn more and register.

- 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. Learn more.
- **Recovery College** is a collaboration between Ontario Tech University and Ontario Shores Centre for Mental Health Sciences. Two courses will be held over the winter semester and will provide education about mental health and wellness, and help people to discover or rediscover passion, hope and meaning. To view the course descriptions and register, visit the Health Promotions web page.
- The LivingRoom Community Art Studio has partnered with the university to give you a creative break and enjoy some self-care. The Creative Wellness Hive is a chance for you to make and share art for free! If you see the blue bus on campus, stop by for some well-deserved fun and to learn more about our campus supports and services. Visit the mental health events web page for more information.

Money Matters

Ontario Student Assistance Program (OSAP)

OSAP spring/summer Extension Form coming soon!

If you're an OSAP student planning to take full-time classes in the spring/summer term(s) (three classes in total), you must complete an OSAP Extension Form once officially registered for your classes. The form and further information will be available on MyOntarioTech beginning of April. Do not apply through the OSAP website.

Student Awards

- The Summer University Works application is now available for full-time undergraduate students. To apply, please visit <u>MyOntarioTech</u> and go to the current student section. Select the student awards and financial aid tab, navigate down to the student awards and financial aid box and select apply for University Works.
- **Please note:** The International University Works program is highly competitive, with many 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 before the deadline.

Other News

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Order and access your official transcripts through our new platform, MyCreds™!

- Through MyCreds[™], we'll issue official transcripts and degrees digitally that you'll then be able to access and share to academic institutions, employers, government officials and other third parties. For more information on how to request your transcripts and register for your account, visit our transcripts web page.
- Drop in for 3D Printing workshops **Thursdays in LIB 132 at the North Oshawa Library**. Whether you want to learn the basics or bring your 3D printing project to the next level, learn more and register for an upcoming workshop.
- The Library's <u>Seed Exchange</u> opens Monday, March 18. Visit any of our campus libraries, choose up to five packets of seeds and plant, grow, enjoy and share! Seed variety and availability may differ at each location. Donations are always welcome, however donations of seeds from corn, soy, canola, rose, or controlled substances are not accepted.

