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Ridgeback Report

 The Ontario Tech libraries are now operating on summer hours! The North Oshawa 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 8 a.m. to 4 p.m. Both libraries will be closed on weekends. Visit our website for more information.

Academic Support

- Students enrolled in the spring/summer semester: Download your coursespecific software.
- Laptop standards are coming! If you wish to purchase a new laptop for the 2023/2024 academic year, visit the <u>IT Services website</u> for details starting in June.

Career Readiness

- The Career Centre and Devant have joined together to provide career supports for international students. <u>Check it out, and register</u> for all the great workshops that are happening in May.
- Learn how to cope with the stress of job searching with Career Centre's Managing Anxiety and Stress virtual workshop on Tuesday, May 23 from 9 to 10:30 a.m. Learn valuable techniques, skills and tips on how to conduct a productive job search with ease. Register.
- Your summer bucket list should include Wavemakers, to develop your skills and expand your network! It is a free, part-time, eight-session, virtual reality workintegrated learning program designed for post-secondary students that fits into

Ridgeback Report

your schedule. Wavemakers offers **\$200 in financial support** and awards a **\$2000** scholarship per cohort. The program includes a virtual Career Fair that connects you with employer partners like Deloitte, IBM, BMO and more! <u>Sign</u> up for an upcoming cohort.

- On Wednesday, May 24, Deloitte is hosting a Career Pathways and Networking event in the Wavemakers Virtual Campus from 3:30 to 5:30 p.m.! You'll have the opportunity to meet team members from Deloitte, make direct connections and learn about Deloitte team members hands-on experience in their career journeys. All students are welcome! Register to reserve your spot.
- 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 <u>Student Life Portal</u> for any of our <u>one-on-one</u> supports.

Community



- Explore your employment identity with our Dungeons and Dragons
 Employment workshops! This four-week workshop gives you the opportunity to build your own Dungeons and Dragons character and journey through quests that explore skills related to employment and employment identity. Learn more and register on the Student Life Portal.
- 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.
- Ontario Tech Student Union (OTSU) joins Ontario Undergraduate Student Alliance – The OTSU has joined other unions from across the province in advocating for more accessible, affordable and equitable education. Learn more.
- OTSU Achieves Access Code Advocacy Win Learn more about how the OTSU advocates for students and has helped reduce education costs. Read the article.

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 from May 26 to 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. <u>Visit the Health Promotions</u> 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 spring/summer important dates

 Don't forget to check <u>MyOntarioTech</u> for important dates and deadlines for the <u>six-week spring and 12-week summer semesters</u>. You can also review your tuition balance on <u>MyOntarioTech</u>.

Student Awards

 If you are a registered spring/summer student, there are bursary application opportunities for you within <u>MyOntarioTech</u>. Also, check for spring/summer term payment deadlines while you are there.

Other News



Student Life Services

 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.

Digital Ucard

 If you have not submitted your photo for use in your digital Ucard, visit our <u>Ontario</u> 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.

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