

# Ridgeback Report



**Friday, September 30** is Orange Shirt Day and the National Day for Truth and Reconciliation.

It's a day for:

- Education and reflection on Canada's involvement in the former residential school system.
- Recognition, remembrance and respect for the survivors of residential schools.
- Understanding the generational impacts residential schools have had—and continue to have—on Indigenous communities.

Throughout the month of September, Indigenous Education and Cultural Services and the President's Reconciliation Task Force—in collaboration with Durham College—are committed to providing resources, initiatives and programming, to engage in learning and calls to action to advance Canada's Truth and Reconciliation process.

View the [Orange Shirt Day website](#) for more information, to submit your pledge, register for events or to buy a T-Shirt.

## Academic Support



- Are you looking for assistance with time management and general study skills? The Student Learning Centre's **STRIDE** program provides workshops and appointments for you to learn strategies, and success tips! [Learn more](#).

## Career Readiness



- Are you an international student ready to build a professional network and gain employment after graduation? Enrolment for our [International TALENT Program](#)

is now open! TALENT works with top employers to provide international students networking opportunities, career planning, and skills building, to ensure you have the best chances in finding meaningful employment upon graduation. Enroll today for the incredible value of only \$199. [Register Now!](#)

- **First-year students:** To engage and support you in your career aspirations early on in your university journey, the Career Centre has created an asynchronous **Career Development Learning Module** in the Student Life section of [Canvas](#).

The module will help navigate existing resources and support services offered by the Career Centre, create understanding around the importance of keeping up with labour market information, and assist with learning effective strategies to start building your skills and abilities for career planning, and job preparation!

- **Further Education Week** runs from September 26 to 29. Each day there will be a panel featuring different industries, which will consist of alumni from various fields sharing their experience and answering questions. The Further Education expo is being held virtually on September 27 and in-person on September 29 – at both these events students will have the opportunity to connect with different institutions to get answers to your questions related to postgraduate programs, applications, and processes. [Learn more](#).
- **The Employment Readiness Program** is a series of workshops designed to teach students practical job readiness skills and skills for navigating the workplace with success. Fall sessions are running from **September 27 to November 15**. [Learn more and register](#).
- **Get paid \$825 to work in YOUR field with the Brilliant Catalyst!** Join our newest program – Brilliant Work-Integrated Learning (WIL)!

You will have the opportunity to work with start-up companies to support their multi-faceted projects and gain valuable experience to bolster your resume before you graduate.

The position is tailored to your field of study and skills, so you will acquire real work experience that is relevant to your interests and program! You will be working alongside brilliant entrepreneurs and exploring different career choices that appeal to you. [Apply](#) for Brilliant WIL!

- **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 September.

# Community



- [The Visiting Elder Program](#) provides the university with an opportunity to learn from an Indigenous Elder. Elders are important members of First Nation, Métis, and Inuit communities and are recognized for their knowledge, experience, wisdom, harmony and balance. Pat Green will be hosting virtual sessions the week of **October 3 to 7**. [Register](#) for a visit today!
- **safeTALK** is a three-hour 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.
- **Conversation Café** runs on Thursday's from 3 to 4:30 p.m. in SHA 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.
- **Student Mental Health Services** continues to offer a range of groups, workshops and events to support your mental health. If you would like to participate in one or more groups you can [register](#) now.
- **Recovery College** is a collaboration between Ontario Tech University and Ontario Shores Centre for Mental Health Sciences. Three 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 mental health groups web page](#).

# Equity and Inclusion



- [Man|Made](#) is a 5 session Program facilitated by Durham Rape Crisis Centre (DRCC). This program is open to anyone who identifies as male and students who sign up must be able to attend all 5 sessions. The group focuses on facilitated conversations and peer modelling to demonstrate and discuss

healthy masculinity, sexuality and contribute to a world without violence. If you are interested in [registering](#), you must commit to attending all 5 sessions.

- **#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 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.
- Join us via social media and at booths across campus throughout **#wegetconsent** awareness week as we spread awareness about consent and sexual violence prevention during Canada's first National Consent Awareness Week. Look out for our booths the week of **September 19 to 23 from 11 a.m. to 2 p.m.**
- **RISE** (Respecting Individuals, Supporting Equity) 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.](#)
- **Student Centred Spaces** including Pride Space, Racialized Women, our Breaking Barriers series and Trans and and Non-Binary student centre space are running throughout the fall. Learn about equity topics in open discussion groups or discuss your experiences with those who may share them in a closed Student Centred Space. [View the available groups and register for sessions.](#)

## Athletics and Wellness



- The Ridgebacks are looking for varsity curlers! For more information on the curling program, contact head coach [Mike Stauffer](#).
- Love free food? The Ridgebacks have free food giveaways at every soccer, hockey and basketball regular season home game. [Check out](#) team schedules.
- Stay up to date on the Ridgebacks and Hunter the Ridgeback by following us on [Instagram](#).
- Gear up, Ridgebacks! This fall, the athletic department is elevating varsity home games like you have never seen, making this year one of the most memorable athletic seasons on campus. View the [fall promotional schedule](#).

- Check out Ontario Tech's new [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!
- 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](#).
- As part of this year's **Health Promotions programming**, there are a number of events and workshops that you can attend including Mindful Movement with a registered yoga therapist, Healthy Sleep workshop with Dr. Efrosini Papaconstantinou, and nutrition sessions with Holistic Nutritionist Sylvia Emmorey. [Learn more and register on the Health Promotions events and workshops web page](#).

## Money Matters



### Ontario Student Assistance Program (OSAP)

- [Fall OSAP Now Available!](#) Confirmation of enrollment began the week of August 22. Check your status on the OSAP website, to see if your funding has been released. [Check MyOntarioTech](#) for your tuition account balance and for your net cost view by term. This will show if you owe any tuition fees after your OSAP funds are applied.
- Your course load, program and year of study reported on your OSAP application must match your Ontario Tech course registration for OSAP to be released per semester. If these details do not match, there will be a delay in your funding. Contact our office if you need to make updates.
- Once your enrolment is confirmed, it takes up to ten working days for the funds to reach the university and/or your bank account.
- Continually monitor the status of your 2022-23 OSAP application and remember to make all necessary updates with the Student Awards and Financial Aid office.

### Student Awards

- The General Bursary application is now open! The application can be found on [MyOntarioTech](#), within the Student awards and financial aid box on the Student awards and financial aid tab under Current students.

# Other News



**Universal Transit Pass (U-Pass):** A Universal Transit Pass (U-Pass) fee will be charged for the 2022-2023 academic year for all eligible, full-time students. The digital U-Pass will be issued to eligible students on August 31 through the [PRESTO E-Tickets mobile app](#). Eligible students will receive an email invitation to their ontariotechu.net email at that time. For more information, visit our [U-Pass web page](#).

## Ontario Tech Ucard:

- **New students:** [Apply for your Ontario Tech Ucard online now](#) and get access to your digital Ucard through the [Ontario Tech mobile app](#).
- **Returning students:** Use your existing physical card and/or digital Ucard on-campus. If you haven't already done so, download the [Ontario Tech mobile app](#) to access your digital Ucard.



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