

Ridgeback Report



Student Mental Health Services is running a [survey](#) asking for your valuable feedback to better understand students needs, and to help inform improvements to Mental Health services. The survey is completely anonymous and will take approximately 5 to 10 minutes to complete. At the end of the survey, you will have the option to enter your name into a draw for **1 of 5 \$100 VISA gift cards!** The survey will close on **Friday, February 25.**

Academic Support



- 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.,** for ten weeks until **March 30.**
- 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



- Do you have an interview coming up? The Career Centre offers practice interviews with an Employment Advisor. To book an appointment, [visit the Student Life Portal.](#)
- The Career Centre is hosting various workshops throughout the winter semester. To view and register for the workshops, [visit the Student Life Portal.](#)

- Are you looking for insights on the Canadian employment market, and strategies for getting a job in Canada as a student or alumni? Then this career conversation panel is for you! Join our [Job Preparation: Tips & Tricks on How to Land a Job](#) event on **Thursday, February 17 from 5 to 7 p.m.** You'll have the opportunity to connect and learn from an Ontario Tech alumni and current international student with Canadian work experience and more!
- **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](#).
- **Deadline extended:** Are you interested in a project management job in the nuclear industry? Don't pass up the opportunity to learn from the best in the energy sector and [register for our Energy Project Management Fundamentals microcredential!](#) The course starts on **Monday, January 31**; use the exclusive discount code OTUSTUDENT to get this \$399 course for only \$99.

Community



- If you or your family have been affected by the legacy of residential schools in Canada, support is available. The Indigenous Cultural Advisor is available for traditional counselling support. Contact Indigenous@ontariotechu.ca to make an appointment. If you are in crisis or need immediate support, contact the National Indian Residential School Crisis Line (24 hours) at 1.866.925.4419.
- Join Indspire's virtual summit: [Defining and Enhancing Indigenous Achievement in Post-Secondary Education](#). This three day summit taking place **March 8 to 10**, will engage Indigenous post-secondary thought leaders in meaningful dialogue to learn from one another as we aim to enhance Indigenous achievement in post-secondary education.
- **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.
- Are you interested in becoming an [Ambassador](#)? Being an Ambassador is a great way to develop your leadership skills, meet new people and get involved on campus. If you're interested, your first step is to attend the Ambassador Level 1 training. [Sign up today!](#)

- **Student Mental Health Peer Mentors** are undergraduate or graduate students at the university, who listen and provide social and emotional support to students in a one-on-one setting. To learn more about the program and Peer Mentors—and to book an appointment—[visit the Mental Health Peer Mentors' web page](#).
- **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.
- **The Better Together Series** in collaboration with Durham College has a variety of events taking place throughout the semester that are aimed at helping students make connections. View the full list of [events](#) and register on our Mental Health events webpage.

Equity and Inclusion



- From **February 14 to 18** @otstudentlife will be sharing information about Ontario Tech's sexual violence policy, internal and external supports and consent education. Learn more on your own by visiting the [Sexual Violence webpage](#). On **Friday, February 18 at 5 p.m.**, join us for a [virtual trivia night](#) to win prizes including a #WeGetConsent prize pack, gift cards and Ontario Tech gear!
- **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



- **CRWC Re-Opens:** The Campus Recreation and Wellness Centre re-opened on January 31st and is operating at 50 per cent capacity, with an occupancy counter at the FLEX, which can be monitored through the Campus Recreation app.
- **Active Living Challenge:** Just a reminder that Active Living and Engagement Challenge (ALEC) is back! Whether you go out for a walk, take part in a Campus Rec activity or work out at home, all activity counts! Just fill out the [ALEC submission form](#). This year's challenge will run until **February 18**. We want all staff and students at both institutions to stay active and have an opportunity to win amazing prizes either through one of our **6 weekly prize draws or 1 of our 3 grand prizes!**
- **Ridgebacks Are Back!** The Ridgebacks return to action in February so make sure you check out the basketball and hockey teams. Students can get free pizza at every home game. Schedules are available online at www.goridgebacks.com.
- Join the [webinar, Healthify your diet](#), with holistic nutrition consultant Sylvia Emmorey on **Friday, February 11 at 1:30 p.m.** Participants will learn manageable changes that can be made in their diet to create a significant, positive impact in their everyday health and well-being.

Money Matters



Ontario Student Assistance Program (OSAP)

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Last day to apply for [OSAP](#) for the winter semester is **Wednesday, February 23rd**.

- Continually monitor the status of your OSAP application and remember to make all necessary updates with the SAFA office.

Student awards

- Don't forget to check [MyOntarioTech](#) for winter term payment deadlines and to review your tuition account balance.
- Are you a returning full-time undergraduate student interested in employment on-campus this upcoming summer? If so, look for the summer University Works program application coming soon to your [MyOntarioTech](#) account within the Student awards and financial aid section.

Other News



- The nominations for the 2022 **Celebrate Teaching! Awards** are now open. Submit your nomination on the [Teaching and Learning Centre website](#). The deadline for all submissions is **Friday, February 25 at 4:30 p.m.** Contact teachingandlearning@ontariotechu.ca if you have any questions.



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