

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.** 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



- 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



- Let your voice be heard! Help OntarioTech improve services and supports on campus by completing the National College Health Assessment survey from **February 27 to March 13** and be entered to **win \$1000 towards your tuition!** This survey is only open to undergraduates who are 18+. Please [check your .net emails](#) for details and link to the survey.
- The [OTSU](#) and the [Alumni Association](#) present a keynote speech by [Curtis Carmichael](#), author, motivator, activist and Ontario Tech alum on **February 28 at 4 p.m.**. Hear his inspirational story and discover what you might need to excel in your life, career and community.

- 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.
- **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.

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.
- Student Equity and Engagement is launching a new workshop series titled [Breaking Barriers](#). This is a series branching out of the Student Life BIPOC and Black Student Centered Spaces. It will focus on the barriers that marginalized folks encounter when starting their career. [Breaking Barriers: the BIPOC Experience in Careers and Job Search](#) is taking place on **Wednesday, February 23 from 1 to 3 p.m.**
- **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



- Post-secondary years tend to place a lot of pressure on us and often our wellness takes a backseat. Did you know that animals can help? Please join our **Pet Therapy Session** with mental health nurse Rebecca on **January 23 at 11:30 a.m.** [Register](#) or find out more on the mental [health events web page](#).
- **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 be viewed on the [Campus Recreation and Wellness Centre 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. [Pre-registration](#) is open, please note that the current capacity is 10 per class.

Money Matters



Ontario Student Assistance Program (OSAP)

- 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.
- Returning to full time studies in Spring/Summer term? Watch for details on how to extend your OSAP funding on [MyOntarioTech](#) in the month of April.

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.



Ontario Tech University
2000 Simcoe Street North
Oshawa, Ontario L1G 0C5
Canada

