

Ridgeback Report



Let your voice be heard! Help OntarioTech improve services and supports on campus by completing the National College Health Assessment survey from **March 2 to March 16** 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.

Academic Support



- **Procrastination Awareness Week** is **March 7 to 11**. Participate daily from **1 to 5 p.m.** in some of the most popular and effective workshops from academic institutions across Canada. In addition to both live and pre-recorded workshops, it will include a virtual study hall, resource library and opportunities to socialize with students across all participating institutions. Events will take place on both Zoom and ConnexME. [Register](#) for workshops today!
- Save the date for our bi-annual **Long Day Against Procrastination** event, taking place both **in-person and online** on **Wednesday, March 23 from noon to 6 p.m.!** Students can [sign up](#) for in-person or online appointments to learn new study skills, and writing and researching strategies! In-person appointments and take-away refreshments will be available on the second floor of Shawenjigewining Hall.
- 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**.
- Join the **Healthy Study Strategies: Taking Care of Body and Mind While Studying** workshop on **Tuesday, March 29 at 1:10 p.m.** to learn how to prioritize your wellness while studying for your exams. Register for the workshop on the [Student Life Portal](#).
- 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 **Summer Job Fair** is happening in-person on the first floor of Shawenjigewining Hall on **Tuesday, March 29 from 10 a.m. to 2 p.m.!** For more information contact the [Career Centre](#).
- Register for [TALENT's](#) new microcredential, [CYBER SECURITY](#). With this employer-approved microcredential, you will gain essential knowledge related to critical cyber security concepts and practices for any business. Get ready for your next job by differentiating yourself and obtaining a digital badge. Be sure to follow us on [Instagram](#) for giveaways and course updates!
- 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



- **Monday, March 14** is the fifth annual [Pi Day of Giving](#): a community-wide online fundraising campaign to grow our circle of support for our students. You can check out our [online auction](#), join the Pi Day of Giving [Trivia Game](#) at 7 p.m., and register for the [Speakers Series](#) running from **March 14 to March 25**.
- Share your experiences and opinions on campus food and student food security in the [2022 Ontario Tech University Food Experience Survey](#). To thank you for your participation, everyone who completes the survey will be entered for a chance to **win one of six \$25 grocery gift cards or one of six Ontario Tech clothing bundles!** Survey closes on **March 27!**
- [Applications for student leadership positions are now open!](#) Positions include the Digital Community crew, Equity Advocate, International Student Leader and Peer Leader. At the end of the year, your involvement in these roles is eligible to add to your [Student Experience Record](#).
- How do you approach challenges and adversities in your life, academic courses and future career path? [Join us](#) on **Tuesday, March 15, from 2 to 4 p.m.** as we discuss how you can adapt perseverance, persistence and learning from failure into your life.
- Feeling stressed? Attend one of four **Dear Stress: Let's Break Up** workshops being hosted in March. Registration is not required; learn more and access the event link on the [Student Life Portal](#).
- 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.
- 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



- **Equity Awareness Week** runs from **March 14 to 18**. In person booths will be located in Shawenjigewining Hall from **March 15 to 17 from 11 a.m. to 2 p.m.** Follow along and participate with [@otstudentlife](#) as we spread awareness about equity-related topics such as 2SLGBTQ+ Inclusion, Anti-Ableism, Anti-Islamophobia, Anti-Racism, Classism, Health Equity, Feminism and First Generation Student Supports.
- **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



- Congratulations to our winners and everyone who participated in the Active Living & Engagement Challenge this year! Campus Rec and the Flex look forward to the 2023 challenge!
- The Flex is partnering with Holistic Nutrition Consultant Sylvia Emmorey to provide [30 minute virtual nutrition consultations](#) to Ontario Tech students, staff and faculty. Nutrition Consulting fees are **\$25** for one session and can be purchased [online](#).
- The Flex is offering **two free group [fitness classes](#) weekly** until **Thursday, April 14**. A variety of modalities and instructors will lead the class (of maximum 15 participants) through various workouts.
- The Black Athletes Association (BAA) in partnership with Ontario Tech Basketball, will be hosting their first annual **Shoot for Change Anti-Racism Basketball Game** against the Nipissing Lakers. Join us at the Campus Recreation and Wellness Centre (CRWC) on **Sunday, March 13; the women's game starts at 4 p.m. and the men's game is at 6 p.m.** This event will raise money for BIPOC bursaries, and help student-athletes to use their platform to advocate for marginalized communities. The BAA hopes that through initiatives like this, others will be inspired to give back to their community and make a positive impact.
- Come out to a Ridgeback hockey or basketball home game and get **free pizza** in the Domino's Pizza delivery of the game presented by the OTSU. Follow [@OT_Ridgebacks](#) for more details.
- Ontario Tech is proud to host the **2022 YONEX Canadian University Badminton Championship** from **March 18 to 20** at the CRWC.
- **The Better Together Series** in collaboration with Durham College has a variety of events taking place throughout the year that are aimed at helping students make connections. March sessions include: **Music Therapy, Wellness and Influential**

Books and **Addressing the need for Trans inclusive mental health care in a postsecondary world**. View the full list of [events](#) and register on our Mental Health events webpage.

Money Matters



Ontario Student Assistance Program (OSAP)

- **2021/2022 OSAP Extension Form Coming Soon!** 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. Information and form will be available on MyOntarioTech at the beginning of April. **Do not** apply through the OSAP website.

Student awards

- The 2022 Summer University Works application is now available for Full-Time Undergraduate students. To apply, please visit [MyOntarioTech](#) and go to the Current Student section. Navigate to the Student Awards and Financial Aid box and select **apply for student aid/university works**.
 - Please note the **International University Works** program is highly competitive, with a large number of 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 prior to the deadline**.

Other News



- The library is hosting a workshop to teach you how to use Endnote; a citation manager tool that will help to save you time and keep you organized. The workshop will be hosted online on **Wednesday, March 9 from noon to 1:15 p.m.** [Register](#) online and be sure to [download Endnote](#) before the workshop begins.



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