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Ridgeback Report



- Have you checked out the [GoodMaps Explore app](#)? It's an accessible navigation app designed to provide an inclusive experience for all individuals on our campus. The app provides directions both in haptics, visuals and textual prompts. Until **Friday, March 1**, [complete the GoodMaps feedback survey](#) for a chance to be entered into a draw to win a prize!

Academic Support



- Curious about generative artificial intelligence? Attend our [ChatGPT workshop](#) to learn more about the common uses, how to navigate its pros and cons and how it can benefit your academic writing. [Learn more and register](#).
- The [Student Learning Centre](#) offers services throughout the winter semester, including peer tutoring, math and science support. You can book an appointment on the [Student Life Portal](#) or visit the website to find drop-in times.
- Looking for writing support? The [Student Learning Centre](#) has one-on-one consultations, peer tutoring, same-day appointments and workshops. We can help with essays, final projects, literature reviews, referencing, thesis statements and more! Book an appointment by visiting the [Student Life Portal](#).

- Have you heard of the [Student Experience Record \(SER\)](#)? SER is a comprehensive record of your involvement in co-curricular experiences throughout your Ridgeback journey. It's used to highlight your diverse university experiences and showcases your personal involvement and commitment to growing outside of the classroom. As you apply for jobs, future education or volunteer experiences, your SER will be a great tool to showcase soft skills that are important to employers in today's market! The deadline to add positions to your SER is **Wednesday, May 1**. [Access your SER and learn more.](#)

Career Readiness



- The [Employment Readiness Program](#), running **Tuesdays from February 6 to March 26**, is a series of workshops designed to teach students practical job readiness skills and skills for navigating the workplace with success. Students who attend the workshop series will have access to additional one-on-one peer support with an Employment Peer Coach who can help address career-related concerns. [Learn more and register.](#)
- Join us on **Tuesday, March 19 from 6 to 8 p.m.** for **Exploring Careers in Education**—a virtual workshop open to all students. By attending, you'll have the opportunity to explore career options in the field of education, beyond traditional kindergarten to grade 12 teaching roles. [Register.](#)
- Embrace digital wellness with [Wavemakers](#)! Wavemakers is a free virtual career building program that gives you a head start to your career. Sharpen your skills, build your network and meet with top Canadian employers. Each student that participates has the chance to win a \$2000 scholarship. Don't miss out on this great opportunity and [apply today!](#)

- **The Career Centre** has a variety of workshops that are designed to help you with 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 [Student Life Portal](#) for any of our [one-on-one supports](#).

Community



- March is Sustainability Month! To continue advancing environmental practices, education and awareness of sustainability on campus, the Office of Campus Infrastructure and Sustainability is hosting a series of events, workshops and panel discussions on topics like biodiversity, climate careers and more. For a full schedule of events, [visit the sustainability website](#).
- Student Life is recruiting Orientation Leaders for the 2024-2025 term. [Visit the Leadership positions website](#) for more information including the volunteer description and to submit your application.
- Join this year's Level 4 Leadership Ambassadors as they present their workshop, **We Before Me—Nurturing Leaders with the Power of Community**. Enhance your team leadership skills by learning effective communication, encouragement, and conflict resolution, and discover the art of knowing when to lead and when to step back for optimal team success. The workshop will be held on **Thursday, March 14 from 5 to 7:30 p.m. in Shawenjigewining Hall, Room 024**. Register on the [Student Life Portal](#).
- [Conversation Café](#) runs on **Thursdays from 3:30 to 5 p.m. in Shawenjigewining Hall, Room 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.

- **The Ambassador program** is looking for you to get involved, positively contribute to the campus community and become leaders on our campus! [Register](#) for Level 1 Ambassador training to become an Ambassador, Peer Leader or Peer Mentor. To register for training and see what dates are available, visit the [Ambassador web page](#).

Equity and Inclusion



- Afternoons with SEE run weekly on **Tuesdays from 2 to 4 p.m. in Shawenjigewining Hall, Room 210**. All students are welcome to drop in and join the Student Engagement and Equity team to hang out, play games, meet others and enjoy refreshments.
- **#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](#).
- **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](#).

Athletics and Wellness



- Tune into the newest podcast—**MindSpark: Ontario Tech** and embark on a journey of self-discovery, resilience and positive mental health. MindSpark is your go-to source for insightful discussions, expert advice and tips and tricks aimed at nurturing your mental wellness throughout your academic journey. You can find it on Apple Podcasts and Spotify. [Listen now.](#)
- Embark on the Elevate Connections Journey—a six-week support group crafted to uplift and empower you in your quest to overcome loneliness. Running on **Tuesdays from 1:30 to 3 p.m. starting February 27**. You'll engage in lively activities, share stories and acquire practical tools to enrich your social connections. [Learn more and register.](#)
- 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.](#)
- Join Holistic Nutritionist Sylvia Emmorey for nutrition sessions, where she'll provide practical tips for managing stress through your diet and teach you how to incorporate healthy snacks. [Learn more by visiting the Health Promotions events and workshops page.](#)
- Do you experience distress around eating and want to heal your relationship with food? Join **One Meal at a Time**—a weekly meal support group held **virtually on Tuesdays from 11:30 a.m. to 1 p.m.** [Learn more and register on the Mental Health Groups web page.](#)
- **Recovery College** is a collaboration between Ontario Tech University and Ontario Shores Centre for Mental Health Sciences. Two 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 Health Promotions web page.](#)

- [The LivingRoom Community Art Studio](#) has partnered with the university to give you a creative break and enjoy some self-care. The Creative Wellness Hive is a chance for you to make and share art for free! If you see the blue bus on campus, stop by for some well-deserved fun and to learn more about our campus supports and services. [Visit the mental health events web page for more information.](#)
- **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.

Money Matters



Ontario Student Assistance Program (OSAP)

- Returning to full-time studies in the spring/summer term? [OSAP](#) funding can be found on [MyOntarioTech](#) in April.
- Continually monitor the status of your OSAP application and remember to make all necessary updates with the [Student Awards and Financial Aid Office](#).

Student Awards

- Check [MyOntarioTech](#) for winter term payment deadlines and 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



- Drop in for 3D Printing Thursdays in LIB 132 at the North Oshawa Library. Whether you want to learn the basics or bring your 3D printing project to the next level, [learn more and register for an upcoming workshop](#).

Universal Transit Pass (U-Pass):

- The U-Pass fee will be charged each semester to eligible, full-time students.
- The winter U-Pass is valid from **January 1 to April 30** 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 the [U-Pass web page](#).

Durham Region Transit (DRT) Service Changes:

- Beginning **Tuesday, January 2** DRT is making updates to their services. For more information, [visit the Durham Region Transit website](#) to check available [route maps](#) or contact their Customer Service Centre at 1.866.247.0055.



Tech

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