

Ridgeback Report



Are you in your final year of undergraduate studies and wondering what you're going to do in September? [Graduate application deadlines](#) are coming up quickly! Most applications for fall 2021 programs close on **Monday, February 1**.

[Check out our blog post](#) about why staying at Ontario Tech for grad studies will get you further ahead.

Academic Support



- Winter semester computer software is now available! [Visit the IT Services web page](#) for more information.
- Course materials, supplies and branded merch may still be purchased through the [Ontario Tech Campus Store website](#). Although the store is not open to visitors, you may arrange a curbside pick up **Monday to Friday, 9 a.m. to 3 p.m.**, or request delivery by post. To order and for more information, [visit the campus store online](#).
- On **Wednesday, January 20** from 11 a.m. to 2 p.m., we're bringing back our annual **Open Education Resources (OER)** day! For more information, [visit the OER website](#) and [follow OER on Twitter \(@OT_oer\)](#). [Register](#) to let us know you're coming.
- **Pride study space:** This new drop-in program will give 2SLGBTQ+ students and allies a chance to study together virtually, in a quiet environment. You'll learn good practices to study and take breaks together. To learn more and join, [visit the equity groups and workshops web page](#).
- **Peer Assisted Study Sessions (PASS):** The [PASS winter schedule](#) is now available! Get a jump on your new courses; join peers to increase your understanding of course material, develop study strategies, and prep for tests and exams. [Learn more on the PASS web page](#).

Career Readiness



- Whether you're looking for an internship, your next summer job or part-time work after class, the **Career Centre** can help! Book a one-on-one appointment, or attend workshops or one of the many recruitment events throughout the year. To access these services and events, [visit the Student Life Portal](#).
- 93 per cent of recruiters are likely to look at a candidates social media profile. To download and save the Career Centres' tip sheet to keep your profiles up-to-date and professional, [visit the Student Life Portal](#).

Community



- **Ambassador program:** Training registration has opened! If you've ever wondered how to get involved on campus, contribute to the community and gain leadership skills, then register to be part of the Ambassador program. To learn more and register, [visit the](#)

[Ambassador program web page.](#)

- **Ridgebacks' Mentoring program:** Get matched with a knowledgeable upper-year student who can help support your academic success, improve your student experience and assist you in creating meaningful connections with the campus community. [Apply to be a mentee](#) and for more information, [visit the Ridgebacks' Mentoring program web page.](#)
- **Community Nights** provide opportunities to meet new people, play games and de-stress. Level 4 Ambassadors will be hosting virtual game nights on **January 19 and 21**. To check out the schedule and register, [visit the community events web page.](#)
- **Student Leadership conference:** This event brings our students together to share ideas and learn from one another. This year's theme is **Realizing a Better You**; it will cover topics on communication, empowering others and more! Join us for this conference on **Saturday, January 23** from noon to 4 p.m. To register and learn more, [visit the community events web page.](#)
- Get involved with your campus community, make new friends and gain valuable leadership experience as a **Student Leadership Volunteer**. [Submit your application](#) by **Sunday, January 24**. To learn more about available positions, [visit the leadership positions web page.](#)
- **Visiting Elder program:** Maurice Switzer—Helper-in-Residence—will be hosting two keynote discussions titled **We are all Treaty People** on **February 2** (10:30 a.m. to noon) and **February 4** (2 to 3: 30 p.m.). [Register](#) and let us know you're coming; you won't want to miss this important discussion! For more information, [visit the Indigenous events and workshops web page.](#)
- **Supporting Survivors of Sexual Violence** is a disclosure training workshop to help develop effective and supportive responses to victims—and survivors—of domestic and/or sexual violence. The next workshop will be held on **Thursday, February 18** from 3 to 5 p.m. [Register early through the Student Life Portal](#) to reserve your spot.

Equity and Inclusion



- **Dear Everybody workshop:** Hosted by facilitators from Holland Bloorview, this is an opportunity to learn about disability and reflect on your biases while learning how to create inclusive spaces. The event will be held on **Wednesday, January 13** from 4 to 5 p.m. [Register](#) on the [equity groups and workshops web page.](#)
- **Anti-Racism Book Club:** Join the Equity Advocates for a book club centred on anti-racism. There will be two sessions—the first begins on **Tuesday, January 19** and the second on **Tuesday, March 2**. [Register](#) on the [equity groups and workshops web page.](#)
- On **Friday, February 19** from 5 to 7:30 p.m., join us for **Equity Talks: Movie Night—Disclosure: Trans Lives on Screen**. This film explores Hollywood's impact on the trans community; a discussion will follow the movie. To register and learn more, [visit the Student Life Portal.](#)
- The Respecting Individuals, Supporting Equity (**RISE**) program is a suite of workshops that provides training on what you can do on an individual level to foster a safer and more inclusive community. Workshops will be held **every Wednesday** from 4 to 6 p.m. To register and learn more, [visit the equity groups and workshops web page.](#)
- We're committed to having open conversations focused on equity and inclusion, and invite you to join us at our **equity discussion groups**; these are safe spaces to learn and connect. To find your group, [visit the equity events web page.](#)

Athletics and Wellness



- Visit the FLEX from home! We've launched our virtual fitness class library, led by our own FLEX instructors. Jump into a new class everyday—from yoga, belly dancing and more. To access the library, [visit the Campus Recreation and Wellness Centre website](#); select **virtual fitness classes** to register.
- Are you feeling sad? Isolated? Unmotivated? Very tired? Do you experience extended periods of feeling blue with low moods? Please know, you're not alone. Join our **depression support group** to connect with other students who may be struggling and learn coping strategies, to help improve your mood and quality of life. Sessions will run from **January 21 to April 1** on **Thursdays** from 5 to 6 p.m. [Register](#) on the [support groups web page.](#)

- Practicing mindfulness and self-compassion are effective ways to approach wellness. Join our **mindfulness and self-compassion group** to learn about this practice and get support in being kinder to yourself. [Let us know you're interested](#) and [visit the support groups web page](#) for more information.
- If you'd like to exercise or workout from home—but aren't sure what to do or how to use the equipment you have—Fitness Coordinator, Angela Wood, is here to help! Book a free virtual fitness consultation by emailing angela.wood@dc-ot.ca.
- Follow the Ridgebacks on [Instagram](#) and [Twitter \(@OT_Ridgebacks\)](#), and be in the know about what's happening in athletics and recreation on campus.

Money Matters



- **Ontario Student Assistance Program (OSAP):** If you haven't done so already, [apply for OSAP](#) for this academic year. Ensure that your course load (i.e. number of classes you're taking) matches with your OSAP application. If it doesn't, there will be a delay in receiving your funding. Continue to monitor the status of your OSAP application and remember to [make all necessary updates](#) with our Student awards and Financial Aid (SAFA) office.
- [Check MyCampus](#) for important deadlines for the winter semester, and to review your tuition balance.
- Winter 2021 bursary applications are now open and available on [MyCampus](#)! Applications must be received by **Thursday, February 18**. To apply, visit the **OT awards and financial aid** tab—on the right hand side of the page in the **helpful links** section, click on **awards application** under the **student award applications** heading.
- For the most up-to-date information, [visit the SAFA website](#). Additionally, please ensure you are [checking MyCampus](#) regularly. If you have any further questions or concerns, contact us at connect@ontariotechu.ca.

Other News



- [Check out resources](#) from the Office of the Registrar for helpful tips, tricks and answers to your commonly asked registration questions.
- **Campus Card:** [New students](#) must submit their photo online and wait for further communication as we work to pre-print cards in preparation for arrival on campus. [Returning students](#) must retain their previously issued card for on-campus use.
- **International University Health Insurance Plan (UHIP):** International students **who are not in Canada** to study remotely are eligible to opt-out of UHIP for January. **Please note:** If you already opted-out in September, you do not have to opt-out again. [Opt-out online](#) by **Friday, January 15** and [visit the UHIP web page](#) for more information.
- All food service locations at the university will remain closed until **Saturday, January 23**.



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