Student Life
Planning
Resource
2023-2024


## How to Use Your Planner

- At the beginning of each week, set aside some time to plan for all your academic tasks and due dates.
- Colour code your planner and calendars.
- Don't forget to take breaks to avoid overloading on information.
- Schedule study time for when you think you can get the most out of your concentration capabilities.
- Use a four-month calendar view to see the whole semester, and all due dates and tests at a glance.
- When making your schedule, add in all other commitments and responsibilities outside of your school work.


## Monthly example for using your calendar:



## Weekly example for using your calendar:



My Course Summary


My professors, teaching assistants and lab co-ordinators

Office location and hours

Professor's preferred email

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## My Course Summary

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My professors, teaching assistants and lab co-ordinators

Office location and hours

Professor's preferred email

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July 31, 2023

September 2 to 4, 2023
September 4, 2023
September 5, 2023
September 18, 2023

October 1, 2023

October 2, 2023

October 9, 2023
October 10 to 15, 2023
November 30, 2023

December 4, 2023

December 5, 2023
December 6 to 16, 2023

December 22, 2023
December 23, 2023 to January 1, 2024
December 31, 2023

Last day to submit an application for re-admission or change of program for the fall semester.

Fall semester Orientation.
Labour Day.
Lectures begin for all programs.
End of regular registration period; last day to add courses, fall semester.

Last day to drop courses, and receive a 100 per cent refund of tuition and ancillary fees, fall semester.

Fall semester fees due.
Last day to submit an online application for graduation for students completing degree requirements at the end of the summer semester.
Last day to withdraw from fall semester courses without academic consequences (i.e., without receiving a grade).
Courses dropped after this date will be recorded on the academic transcript with a grade of $\mathbf{W}$ to indicate withdrawal.
Last day to drop courses and receive a 50 per cent refund of tuition fees, fall semester.
Statutory holiday, no scheduled academic activities.
Fall study week, no scheduled academic activities.
Last day to submit an application for re-admission or change of program for the winter semester.

Lectures end, fall semester, except Bachelor of Education.
Last day to withdraw from fall semester courses. Active fall semester courses will be graded by instructors.
Study break, no scheduled academic activities.
Fall semester final examination period. Students are advised not to make other commitments during this time.

Lectures end, Bachelor of Education.
University closed.
Last day to submit an online application for graduation for students completing degree requirements at the end of the fall semester.

## Winter Semester

January 2, 2024
January 8, 2024
January 19, 2024

February 2, 2024

February 19, 2024
February 20 to 25, 2024
February 28, 2024

March 29, 2024
March 31, 2024

April 8, 2024

April 9, 2024
April 10 to 20, 2024

April 26, 2024

University re-opens.
Lectures begin for all programs.
End of regular registration period; last day to add courses, winter semester.

Last day to drop courses, and receive a 100 per cent refund of tuition and ancillary fees, winter semester.

Winter semester fees due.
Last day to withdraw from winter semester courses without academic consequences (i.e., without receiving a grade). Courses dropped after this date will be recorded on the academic transcript with a grade of $\mathbf{W}$ to indicate withdrawal.
Last day to drop courses and receive a 50 per cent refund of tuition fees, winter semester.
Family Day, no scheduled academic activities.
Winter study week, no scheduled academic activities.
Last day to submit an online application for graduation for students completing degree requirements at the end of the winter semester.

Statutory holiday, no scheduled academic activities.
Last day to submit an application for re-admission or change of program for the spring/summer semester.

Lectures will follow the Friday schedule on this day only. Lectures end, winter semester, except Bachelor of Education.

Last day to withdraw from winter semester courses. Active winter semester courses will be graded by instructors.
Study break, no scheduled academic activities.
Winter semester final examination period. Students are advised not to make other commitments during this period.
Lectures end, Bachelor of Education.

## September

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  | 1 | 2 orientation |
| 3 | 4 Labour Day | 5 Classes begin | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | $18 \begin{aligned} & \text { Fall semester } \\ & \text { fees due } \end{aligned}$ | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 <br> Orange Shirt Day and the for Truth and Reconciliatio |

## October

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| 8 | 9 | Statutory holiday; no classes | $10 \begin{gathered} \text { Fall study } \\ \text { wekk no } \\ \text { classes } \end{gathered}$ | 11 | 12 | 13 | 14 |
| 15 | 16 |  | 17 | 18 | 19 | 20 | 21 |
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| 29 | 30 |  | 31 |  |  |  |  |


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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## January



## February

Sunday Monday Tuesday Wednesday Thursday Friday Saturday 1

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 withdraw from3 a winter course without academic consequences| 4 | 5 |  | 6 |  | 7 | 8 | 9 | 10 |
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| 18 | 19 | Family Day; no classes | 20 | Winter study week; no classes | 21 | 22 | 23 | 24 |
| 25 | 26 |  | 27 |  | 28 | 29 |  |  |


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| April |  |  |  |  |  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 28 | 29 | 30 |  |  |  |  |

## 365-Day Habit Tracker

Set attainable daily goals that incorporate healthy habits such as assignment completion and study breaks.

## Planning resources:

Pages 13 to 56 of this book are templates that we've created as learning resources. You may use them for any week or day out of the year along your planning journey.

If you'd like to save any of them electronically-or print more copies of each—visit ontariotechu.ca/studentlife.

## My Weekly Plan

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
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| 8 a.m. | - - - - - - - | - - - - - - - | - - - - - - - - - | - - - - - - - - | - - - - - - |
| 9 a.m. | - - - - | - - - - - | - - - - - - - - | - - - - - - - - | - - - - - - |
| 10 a.m. | - - - - - - | - - - - - - - | - - - - - - - - - | - - - - - - - - | - - - - - - |
| 11 a.m. | - - - - - - - | - - - - - - - | - - - - - - - - | - - - - - - - | - - - - - - |
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| 2 p.m. | - - - - - - - | - - - - - - | - - - - - - - - | - - - - - - - | - - - - - - |
| 3 p.m. | - - - - - - - | - - - | - - - - - - - | - - - - - - | - - - - - - |
| 4 p.m. | - - - - - - - | - - - - - - - | - - - - - - - - - | - - - - - - - | - - - - - - |
| 5 p.m. | - - - - - - - | - - | - - - - - | - - - - | - - - - - - |
| 6 p.m. | - - - - - - - | - - - - - | - - - - - - | - - - - - - - - | - - - - - - |
| 7 p.m. | - - - - - | - - - - - - - | - - - - - - | - - - | - - - - - - |
| 8 p.m. | - - - - - - - - | - - - - - - - | - - - - - - - - - | - - - - - - - - | - - - - - - |
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## My Weekly Plan

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My Daily Plan

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My Daily Plan

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## Things to Remember

- Attend all your classes. Your education is also a financial investment; don’t waste it.
- Break down larger assignments into more manageable tasks that you can work on over time.
- Checklists are a great way to make sure you aren't missing anything.
- Find a strong support system of family and/or friends.
- Get adequate sleep; your brain will thank you!
- Give yourself time each day to exercise as this will be beneficial to both your physical and mental health.
- Prioritize time for your education, health and well-being.
- Read through the available lecture notes before your classes to get a head start on keywords and concepts.
- Reviewing your class notes right after you've been taught the material is the most effective way to remember the information long term.
- Two-hour rule: For every one hour spent in class, spend approximately two hours studying.
- Use your time between classes wisely to study and work on assignments.
- You will have multiple classes each semester; utilize a planner to assist with managing your many assignments, commitments, exams, etc.


## Notes:

## Office of Student Life

North Oshawa campus location: Shawenjigewining Hall Downtown Oshawa campus location: Charles Hall

