# Student Life

# Planning Resource 2023-2024

ontariotechu.ca/studentlife







### 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:

	Monday	Tuesday	Wednesday	Thursday	Friday	
8 a.m.			BUSI 2180 tutorial			
9 a.m.						
	BUSI 2401		BUSI 2311	BUSI 2401	BUSI 2311	
10 a.m.	lecture	Study/prep for tutorials	lecture	lecture	lecture	
11 a.m.	Study/prep for tutorials	BUSI 1450 tutorial	Lunch	Lunch	Lunch	
noon	Break					



### My Course Summary

My courses	Course code	Time	Location

Office location and hours	Professor's preferred email

### My Course Summary

My courses	Course code	Time	Location

My professors, teaching assistants and lab co-ordinators	Office location and hours	Professor's preferred email

## Fall Semester

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July 31, 2023	Last day to submit an application for re-admission or change of program for the fall semester.		
September 2 to 4, 2023	Fall semester Orientation.		
September 4, 2023	Labour Day.		
September 5, 2023	Lectures begin for all programs.		
September 18, 2023	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.		
October 1, 2023	Last day to submit an online application for graduation for students completing degree requirements at the end of the summer semester.		
October 2, 2023	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 <b>W</b> to indicate withdrawal.		
	Last day to drop courses and receive a 50 per cent refund of tuition fees, fall semester.		
October 9, 2023	Statutory holiday, no scheduled academic activities.		
October 10 to 15, 2023	Fall study week, no scheduled academic activities.		
November 30, 2023	Last day to submit an application for re-admission or change of program for the winter semester.		
December 4, 2023	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.		
December 5, 2023	Study break, no scheduled academic activities.		
December 6 to 16, 2023	Fall semester final examination period. Students are advised not to make other commitments during this time.		
December 22, 2023	Lectures end, Bachelor of Education.		
December 23, 2023 to January 1, 2024	University closed.		
December 31, 2023	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	University re-opens.
January 8, 2024	Lectures begin for all programs.
January 19, 2024	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.
February 2, 2024	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 <b>W</b> to indicate withdrawal.
	Last day to drop courses and receive a 50 per cent refund of tuition fees, winter semester.
February 19, 2024	Family Day, no scheduled academic activities.
February 20 to 25, 2024	Winter study week, no scheduled academic activities.
February 28, 2024	Last day to submit an online application for graduation for students completing degree requirements at the end of the winter semester.
March 29, 2024	Statutory holiday, no scheduled academic activities.
March 31, 2024	Last day to submit an application for re-admission or change of program for the spring/summer semester.
April 8, 2024	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.
April 9, 2024	Study break, no scheduled academic activities.
April 10 to 20, 2024	Winter semester final examination period. Students are advised not to make other commitments during this period.
April 26, 2024	Lectures end, Bachelor of Education.





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### September

Sunday	Monday	Tuesday	Wednesda	y 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	<b>18</b> Fall semester fees due	19	20	21	22	23
24	25	26	27	28	29	<b>30</b> Orange Shirt Day and the National Day for Truth and Reconciliation

### October

Sunday	Monday	Tuesday	Wednesda	y Thursday	Friday	Saturday
1	2 Last day to withdraw from a fall course without academic consequences	3	4	5	6	7
8	9 Statutory holiday; no classes	10 Fall study week; no classes	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### November

Sunday	Monday	Tuesday	Wednesda	y Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	<b>11</b> Remembrance Day
12	13	<mark>14</mark>	15	16	17	18
<mark>19</mark>	20	21	22	23	24	25
26	27	28	29	30		

### December

Sunday	Monday	Tuesday	Wednesda	y Thursday	Friday	Saturday
					1	2
3	<b>4</b> Fall semester lectures end	5 Study break; no classes	6 Fall semester exams	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 Bachelor of Education lectures end	23 University closed
24	25	26	27	28	29	30
31						

### January

Sunday	Monday	Tuesday	Wednesday	y Thursday	Friday	Saturday
	1	2 University re-opens	3	4	5	6
7	8 Classes begin	9	10	11	12	13
14	15	16	17	18	<b>19</b> Winter semester fees due	20
21	22	23	24	25	26	27
28	29	30	31			

### February

Sunday	Monday	Tuesday	Wednesday	/ Thursday	Friday	Saturday
				1	2 Last day to withdraw from a winter course without academic consequences	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	<b>19</b> Family Day; no classes	20 Winter study week; no classes	21	22	23	24
25	26	27	28	29		

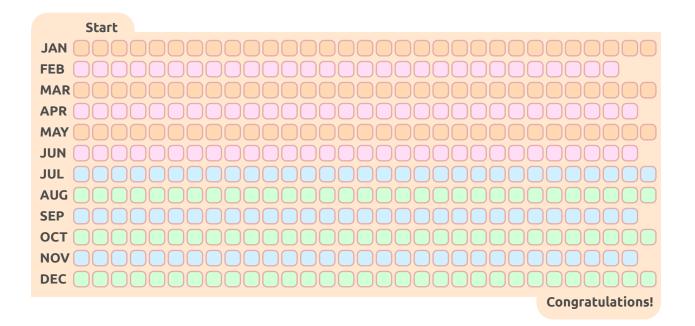
### March

Sunday	Monday	Tuesday	Wednesday	y Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29 Statutory holiday; no classes	30
31						

Арг	il					
Sunday	Monday	Tuesday	Wednesda	y Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Winter semester lectures end	9 Study break; no classes	10 Winter semester exams	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 Bachelor of Education lectures end	27
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 <u>ontariotechu.ca/studentlife</u>.

### My Weekly Plan

### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
8 a.m.					
9 a.m.					
10 a.m.					
11 a.m.					
noon					
1 p.m.					
2 p.m.					
3 p.m.					
4 p.m.					
5 p.m.					
6 p.m.					
7 p.m.					
8 p.m.					
9 p.m.					

### My Weekly Plan

### Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
8 a.m.					
9 a.m.					
10 a.m.					
11 a.m.					
noon					
1 p.m.					
2 p.m.					
3 p.m.					
4 p.m.					
5 p.m.					
6 p.m.					
7 p.m.					
8 p.m.					
9 p.m.					

 Day of the week:

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To do list:	Month: Da	ate:
	Follow up:	
Notes:		

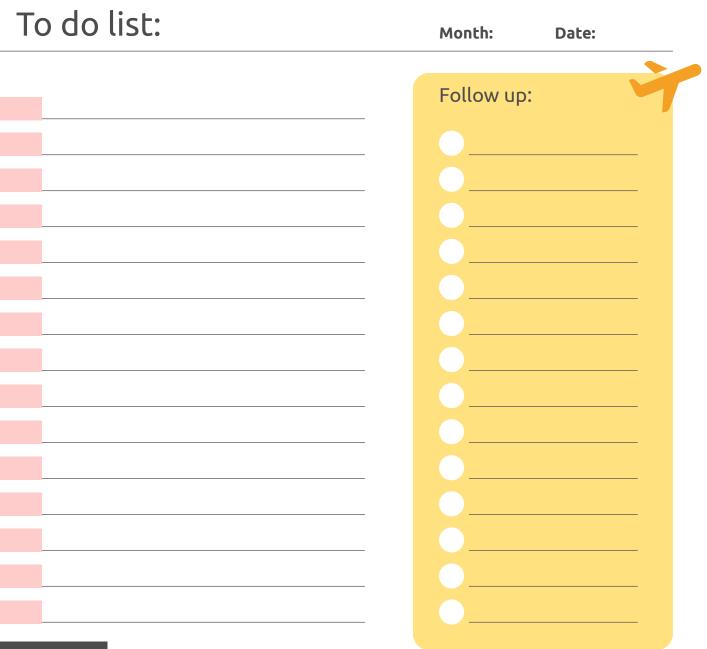
Day of the week:SMTWTFS

To do list:	Month: Date:
	Follow up:
	· · · · · · · · · · · · · · · · · · ·
Notes:	

Day of the week:

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#### Notes:

Day of the week:SMMF

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To do list:	Month: Date:
	Follow up:
Notes:	

Day of the week:SMMMF

To do list:	Month: Date:
	Follow up:
Notes:	

#### Notes:

Day of the week:

To do list:	Month: Date:
	Follow up:
Notes:	

#### Notes:

Day of the week: S W F S Μ Т Т

To do list:	Month: Date:
	Follow up:
Notes:	

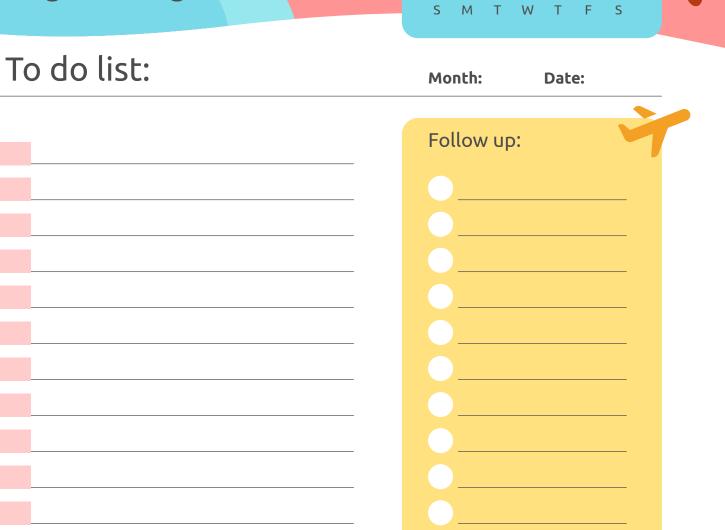
#### 10162.

Day of the week:SMMF

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To do list:	Month: Date:
	Follow up:
Notes:	
Notes.	

Day of the week:



#### Notes:

Day of the week:SMTWTFS

To do list:	Month: Date:
	Follow up:
	· · · · · · · · · · · · · · · · · · ·
Notes:	

Monday

### Thursday

### Tuesday

### Friday

Wednesday

Saturday

### Sunday

#### Weekly goals:

To do list:

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To do list:

Weekly goals:

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Weekly goals:

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### Saturday

### Sunday

To do list:

## 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** 

> ontario<mark>tech</mark>u.ca/studentlife 905.721.8668