



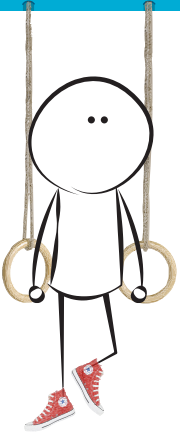
**HELLO**

my name is

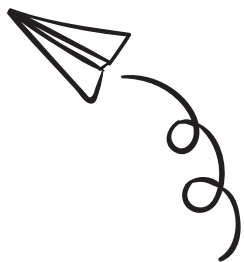
**START @ UOFT**

**st. george 15.16**

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# HELLO!

## Welcome to the University of Toronto!

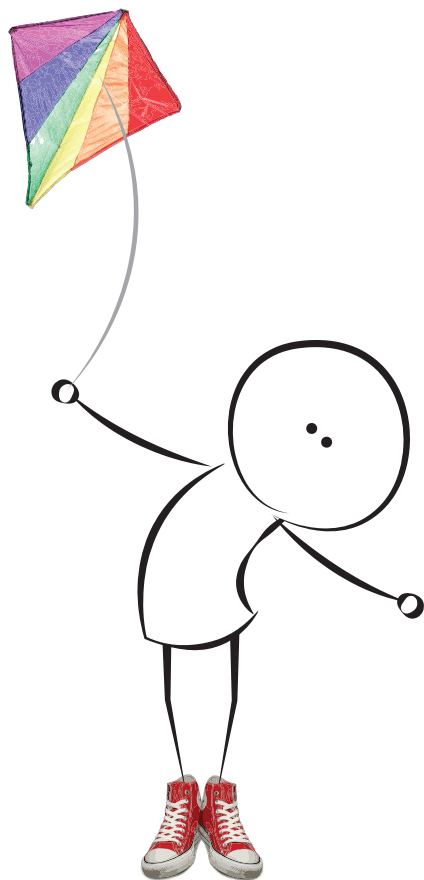
We're Api, Emaan, Kevin, Nancy and Taryn – also known as the Student Life Community Crew – and we're here to help you have an amazing U of T experience.

Using the checklist at the front of this book is a great way to get the ball rolling before classes start and there are a ton of other resources that will be helpful, too. One go-to spot is our blog, [lifeatuoft.utoronto.ca](http://lifeatuoft.utoronto.ca). Follow us as we share our experiences and give you some insider tips about life on campus and beyond.

We're also super active on Facebook, Twitter and Instagram, so make sure you follow us, like us, tweet us and join in by using **#startUofT**. Use the Hello nametag in this book to introduce yourself. We're all just students working hard and making memories, so reach out and say hey – we want to hear from you!

Throughout the school year we'll be working toward our goals and sharing our experiences with you. We'll update our progress on social media and the blog, so check in with us often! Share your own goals and we'll be able to keep each other motivated.

**See you on campus!**



**lifeatuoft.utoronto.ca**



**lifeatuoft**



**LifeatUTSG**



**lifeatuoft**



**LifeatUofT**



**StartUofT**

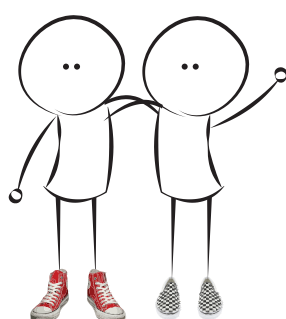
# get started checklist

13 things to do this summer to get ready

1

## get to know us

Get to know the friendly faces at your registrar's and student life offices. These are the people who will provide the services and support you need on your journey to success. [uoft.me/people](http://uoft.me/people)



2

## get your TCard, UTORid and UTmail+ account

If you're in town, skip the fall lineup and get your TCard early. Check out [uoft.me/tcard](http://uoft.me/tcard) for the most up-to-date information. While you're at it, take a minute to activate your UTORid at [utorid.utoronto.ca](http://utorid.utoronto.ca) and set up UTmail+ at [email.utoronto.ca](http://email.utoronto.ca).



3

## meet upper-year students

Want to get inspired and motivated by an experienced upper-year student? A mentor can help guide you and challenge you to do your best. Visit [mentorship.utoronto.ca](http://mentorship.utoronto.ca) to find a mentorship program that works for you.



4

## check out the library system

Get to know the amazing U of T library system. You'll have access to 44 libraries across all three campuses, with a wide variety of study spaces to suit your needs. Visit [uoft.me/libraryorientation](http://uoft.me/libraryorientation) for a helpful introduction.



5

## get a meal plan

Planning to eat on campus, but not living in residence? Getting a meal plan saves you money and you can pay with your TCard. Visit [ueat.utoronto.ca](http://ueat.utoronto.ca) for information on meal plans and the 40+ places to buy food on campus.



6

## plan your commute & get your bearings

Find out about transit discounts and bike services on campus and pick up tips for managing your commute at [uoft.me/commute](http://uoft.me/commute). And you don't have to wait until September to find your way around campus — map all of your classes and plan your route at [map.utoronto.ca](http://map.utoronto.ca) or download the U of T Map app for Android or iOS.



7

## register with accessibility services

If you have a documented disability, whether ongoing or temporary, register early with Accessibility Services. Even if you never need any academic accommodations, you can relax knowing you can access them if necessary. [accessibility.utoronto.ca](http://accessibility.utoronto.ca)



9

## explore life outside the classroom

Learning at U of T doesn't end in the classroom. There are many ways you can get involved on campus to upgrade your skills and find the people and activities that matter to you. For starters, check out the Co-Curricular Record opportunities available at [ccr.utoronto.ca](http://ccr.utoronto.ca) and the database of student clubs and organizations at [ulife.utoronto.ca](http://ulife.utoronto.ca).

8

## plan your orientation

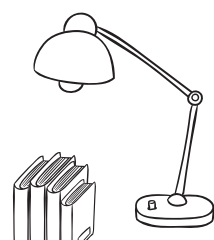
Orientation gives you the chance to make friends, share experiences and get in on the secrets of campus life. Start with your college or Faculty orientation, and check out the additional orientations offered for international students, LGBTQ+ students, students with a disability and more. Get all the details at [uoft.me/orientation](http://uoft.me/orientation).



10

## move in

If you're looking for a place, visit the staff at Housing Services for valuable advice and resources. They even have a handy roommate finder service! [housing.utoronto.ca](http://housing.utoronto.ca)



11

## gather your health records

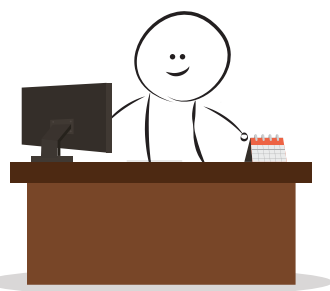
It's a good idea to bring your updated immunization records, prescriptions and any info related to an ongoing illness to campus so the staff at the Health & Wellness Centre can easily assist you. [healthandwellness.utoronto.ca](http://healthandwellness.utoronto.ca)



12

## find a job on campus

Getting a job on campus is a great way to learn about U of T and earn some extra cash. Check out the Career Learning Network for thousands of on-campus jobs and work-study positions. [cln.utoronto.ca](http://cln.utoronto.ca)

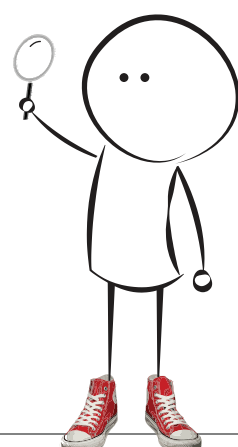


13

## be curious!

If you have questions or are unsure about something, just ask! Visit [uoft.me/askme](http://uoft.me/askme) for answers to all of your questions about student life, or tweet your questions with [#ASKmeUofT](https://twitter.com/ASKmeUofT).

ASKme



#StartUofT

hello.utoronto.ca



lfeatUofT



lfeatuoft.utoronto.ca



lfeatUofT



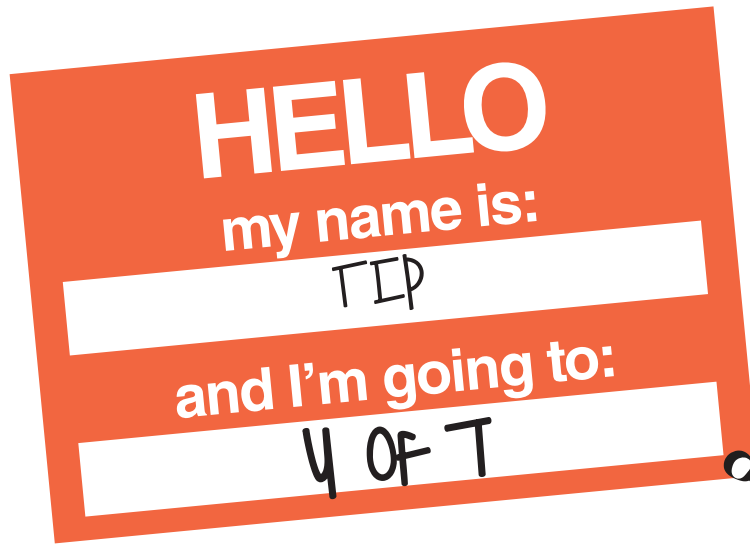
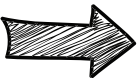
LfeatUofT



LfeatUTSG



*this one's yours!*



# Say hello

and show us your spirit for  
a chance to win a U of T  
Bookstore gift card!\*

\*see back of name tag for details



# HELLO

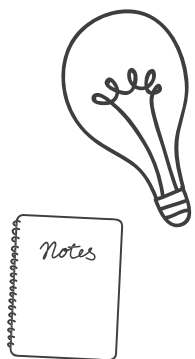
my name is:

and I'm going to:

# Say *hello* and show us your spirit!

1. Remove the hello nametag in this book and fill in your name and your college or faculty.
2. Take a picture of yourself with the nametag and post it to Twitter or Instagram with the hashtag **#startUofT** and your orientation hashtag.
3. We'll be giving away U of T Bookstore gift cards, so be sure to post your pic for a chance to win!





“

*I've learned to be proactive and use resources on campus to help me succeed, like the Academic Success Centre and the Career Centre.*



I found a work-study position last summer through the Career Centre. I worked at the Health Policy Institute doing research with a professional policy-maker. My major is Health Studies, so this position allowed me to see the concepts from my courses played out in a practical workplace setting.



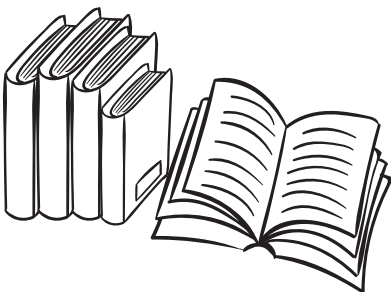
Making the gym a part of my routine helped me find the time to work out. Sometimes it's challenging to make room for fitness between school, clubs and jobs. Last year, I took a yoga class at Hart House. The class was really engaging and it helped me de-stress.



I became interested in Juxtaposition, a student-run global health magazine, after attending some of their events in second year. In third year, I was the events director on the executive team. It was a lot of work, but it was very rewarding. I got to meet like-minded students and plan events related to my program of study.



I've had some late nights finishing up assignments, so my goals for next year are to improve my organizational skills and avoid procrastination. I want to practice better time management by creating timelines for large projects and exams and keeping an agenda to ensure that my days are well-planned and productive. I think being more organized will help me to be more mindful of my physical and mental health.



# STUDY

A student's backpack is a world unto itself: a portable library, a pop-up snack bar, a home away from home. Mysteriously larger on the inside than it appears from the outside, it resembles the educated mind and it will be your faithful study partner wherever curiosity leads you. To make the most of your journey of discovery, take advantage of our study support services and strategies. Start now and your load will feel lighter, even if those textbooks still weigh a ton.

**[studentlife.utoronto.ca/study](http://studentlife.utoronto.ca/study)**

## **visit your registrar's office**

Whatever you need, your registrar can point you in the right direction. They can advise you on course selection, degree requirements and academic regulations, and help you deal with anything challenging your success as a student. To find your registrar, visit **[uoft.me/people](http://uoft.me/people)**.

## **discover our libraries**

You have access to an incredible library system that can provide the information you want and the quiet corner you need to get that studying done. Find out more at **[uoft.me/libraryorientation](http://uoft.me/libraryorientation)**.









### **meet some study buddies**

Studying with your peers can relieve stress and make the process a lot easier. Start by meeting people in your courses and remember that the Academic Success Centre offers lots of ways to connect you with peer facilitated study groups. Make some friends and hit the books! [asc.utoronto.ca](https://asc.utoronto.ca)

### **talk to your profs**

Profs care about your success and they want to meet you, too. Visit them during office hours for in-depth knowledge and advice beyond the lecture hall. Plus, interacting with your profs one-on-one can give you the confidence to rock your academic career. For tips on how to reach out to them, visit [uoft.me/profs](https://uoft.me/profs).

### **know your rights**

You have the right to study in a fair, safe and accessible environment, and U of T has policies in place to support you. For details on your rights and responsibilities as a student, visit [uoft.me/rights](https://uoft.me/rights).





### **get academic support**

Facing a challenge? We're here to help. From math aid and writing centres where you can hone your skills, to the Academic Success Centre where experts will help you reach your goals, U of T has the best services around – and they're all yours.

You're unique and your learning experience will be, too. If you require academic accommodations for a documented disability, Accessibility Services will support you as you achieve academic and co-curricular success.

**[accessibility.utoronto.ca](https://accessibility.utoronto.ca)**

### **enrich your English**

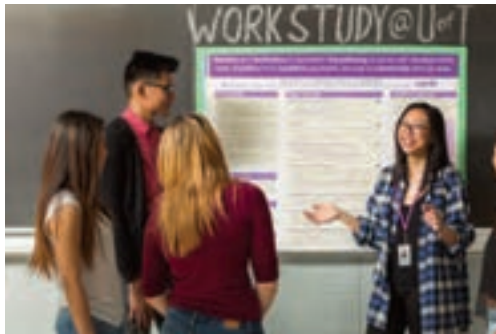
Find the language support you need through one of our helpful programs. Develop your English communication skills, gain insight into Canadian culture and make new friends by sharing cross-cultural experiences. **[cie.utoronto.ca](https://cie.utoronto.ca)**



“

*As part of my involvement with the Global Brigades club, I'm travelling to a rural community in Honduras over the summer to provide medical and dental support. Being involved helped me to find a community on campus – and I know there are so many more to discover.*

One of the main reasons I chose to go to U of T was because of its prime location, right in the middle of everything in the city. I'm a bit of a foodie, so I try to find new places to grab food with my friends all the time. After a long day of classes and studying, trying new restaurants with friends helps me take my mind off of school.



I had a work-study position in a lab at the Centre for Addiction and Mental Health this year that I found through the Career Centre. I wanted to get practical research experience related to my program, but I also got the opportunity to get to know my supervisor, conduct my own research and present it at a conference. It was a great learning experience and I made professional connections in my field.

I use my commuting time to de-stress. Sometimes I'll study, but mostly I just listen to music and relax, or even take a nap. I've made a lot of friends at the Commuter Students' Centre, and I love the free Tea and Cookies events during the week. It's a really friendly community and a great study space.



During Orientation, I opted to stay in residence for the week. I didn't really know anyone at U of T, so it helped me to make friends at my college. It was a lot of fun and made me a lot more comfortable at the University, so I became an Orientation Leader last summer. I wanted to help make sure that it was really inclusive – that there was something for everyone.



# BE WELL

Starting university is an exciting time filled with new beginnings and new experiences, but it can also be stressful. We can help you develop the skills early on to help you de-stress and feel your best. Discover ways to stay active, learn to relax, be safe, connect with communities and stay focused. And everyone needs help from time to time, so don't be afraid to ask.

[studentlife.utoronto.ca/bewell](http://studentlife.utoronto.ca/bewell)









### **mind your health**

Your health and well-being are the foundation of your academic and personal success. The friendly team at the Health & Wellness Centre offers a wide range of services – including confidential student-focused health care, nutrition counselling, immunization and more – to support you in being your best. [healthandwellness.utoronto.ca](https://healthandwellness.utoronto.ca)

### **ask for help early and often**

Adjusting to university life includes a lot of change and it's normal to feel stress. Remember, your peers are feeling the pressure too and it's good to ask for help early and often! Talk to your college or Faculty's registrar or student life office, a learning strategist at the Academic Success Centre, a counsellor at the Health & Wellness Centre or someone you trust. [healthandwellness.utoronto.ca](https://healthandwellness.utoronto.ca)

### **get moving**

Stay active and enjoy a healthy, happy campus life! Making time in your busy schedule for some physical activity can add a fun break to your day and improve your academic performance. Whether it's hitting the gym, yoga at home, a jog in the park or a new dance class, staying active will improve the way you feel, think and learn. [moveU.ca](https://moveU.ca)







### **take a breath**

One great way to be well and find balance in your academic and personal life is to practice mindfulness. When you pay close attention to what's happening in your day, you can respond to stress in a calmer way that benefits your mind and body. Studies show that students who practice mindfulness see decreases in stress and anxiety, improvements in concentration and attention, and increases in overall well-being. [uoft.me/mindfulmoments](https://uoft.me/mindfulmoments)

### **stay safe**

Your safety on campus is important. Familiarize yourself with on-campus supports like the Community Safety Office which offers programs in self defense, the prevention of sexual violence and more. The WalkSmart service provides someone to walk with if you are walking around campus after dark and Campus Police are available 24/7 if you need assistance. Emergency phones are located throughout campus or call their urgent line, [416-978-2222](tel:416-978-2222). Program the number into your phone today. [safety.utoronto.ca](https://safety.utoronto.ca)



**SHE:KON**

skennenkowa ken?

**TARYN**

“

*I like to take photos, and there's so much to photograph both on campus and in the city. There's a lot to discover here, just by taking a walk and exploring.*



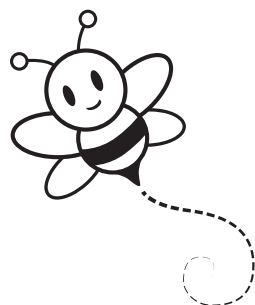
Some of my classes are quite large, so I find it helpful to talk to my professors and TAs during their office hours. I also really enjoy seminars, like the two I took in first year. The course material was really interesting, and the small class sizes allowed me to make friends with my classmates and connect with my professors



I have an anxiety disorder, so I use Counselling and Counselling Services at the Health and Wellness Centre. At the beginning of the year I was having a hard time balancing residence life and academics, and I felt stressed so I used campus resources to get help. It's important to make time in your schedule to take care of yourself and to reach out if you need help.



I volunteer as a peer mentor at the LGBTQOUT Drop-in Centre. I love helping out other students and being a part of such a fun, inclusive community. I've made great memories spending time in the space and attending their events.



There are hundreds of unique clubs on campus. At first I was nervous to try different ones out on my own, but I've found that they are really welcoming to newcomers. There's a beekeeping club, for instance, and I really want to try it out next year. There are also three apiaries on campus and I'm excited to go on one of their hive visits.



# GROW

Atom Egoyan didn't start out as a famous filmmaker. As a U of T undergraduate, he studied international relations while writing movie reviews for a student newspaper and creating a short film.

He pursued his passion between classes. While you're here at U of T, we encourage you to explore your interests, be curious and extend your comfort zone.

Not sure where to begin? Start your path of serendipitous discovery below. Your future self (and your legions of fans) will thank you.

**[studentlife.utoronto.ca/grow](http://studentlife.utoronto.ca/grow)**



## get involved

Successful students get involved! By getting involved on campus you'll meet friends, have fun, do better in class and develop skills that will help you in whatever career path you choose. You can practice leadership, volunteer with a campus newspaper, or even take to the airwaves on campus radio or TV. Take a leap and discover something new!

The Blueprint program is an easy way to get connected to all these workshops and experiences – and you get recognition for exploring and learning outside the classroom. **[www.blueprint.utoronto.ca](http://www.blueprint.utoronto.ca)**

## go global

International experiences will help you learn more about the world and yourself. Exchange programs, study abroad programs and research opportunities are exciting ways to immerse yourself in a new culture while earning academic credit. Visit the Centre for International Experience (CIE) to find out more. **[cie.utoronto.ca](http://cie.utoronto.ca)**





### **explore leadership**

What does leadership mean to you? Maybe it's standing up for what you believe in, making a positive impact on the world or developing specific skills. No matter what your motivation is, U of T offers incredible workshops and programs that connect you with other students and let you discover your potential! [leadership.utoronto.ca](https://leadership.utoronto.ca)

### **start something**

Have a big idea? U of T is home to a vibrant entrepreneurial community. Take advantage of our initiatives and support programs to help get your start-up off the ground. [entrepreneurs.utoronto.ca](https://entrepreneurs.utoronto.ca)

### **faith & spirituality**

Your beliefs are a big part of who you are and how you learn. Our Multi-Faith Centre provides opportunities for members of different faiths to learn from and respect each other, while supporting the spiritual well-being of everyone on campus. [multifaith.utoronto.ca](https://multifaith.utoronto.ca)







### **pitch in**

Giving back to the community is a great way to expand your horizons. You can meet amazing people and take part in something meaningful, too. Check out the Centre for Community Partnerships to discover Community Action projects, Community Day events and other great ways to get involved. [ccp.utoronto.ca](https://ccp.utoronto.ca)

### **speak up!**

There are so many ways to make your voice heard – on campus and beyond – so get involved! Whether it's with student government or the upcoming federal election, there are plenty of ways to join in. You'll be making a difference and meeting great people in the process, and remember, the best way to affect change is to **VOTE!**

### **get recognized**

Your hard work deserves to be recognized. U of T's Co-Curricular Record (CCR) lets you search for involvement opportunities and have them recorded on an official U of T document. You'll also learn how to identify the skills and abilities you've developed as a result of your involvement, which is great when you're meeting with possible employers – you'll be able to tell them exactly why you're so awesome. [ccr.utoronto.ca](https://ccr.utoronto.ca)

**Cindy** Third Year  
Pharmaceutical Chemistry



Participating in the Research Opportunity Program for second-year students.

I got to meet a lot of grad students and professors and to learn new lab techniques.

**Danielle** Fifth Year  
English and Jewish Studies



Taking a service-learning course. I worked at an environmental organization and got to do hands-on work, gain professional experience, and make lasting connections in the Toronto community.

**Ramsey** Third Year  
Finance and Economics and Rotman Commerce



I'm a commuter student who has to commute an hour back and forth every day, but I found a great community here. The people here have become my family.

**Matt** Third Year  
Neuroscience and History



First-year orientation. The leaders made me feel welcome and I made so many new friends.



**Alvin** Second Year Graduate Studies  
Exercise Sciences

Promoting physical activity for all on campus with MoveU and the U of T Tennis Club.



# #myUofTsnapshot

We asked current students to share their favourite memories of U of T so far! Your U of T snapshot might be a moment that makes you smile, a place on campus where you feel at home, or an experience that changes your perspective. Here's a selection of what students said. Check out more on the [Life@UofT](#) YouTube channel, Twitter and Instagram.



lifeatuoft



LifeatUTSG



lifeatuoft



Doing a work-study at the George Ignatieff Theatre.  
I got to learn about management and technical  
production, and work with students and professors.

**Laura** *Fourth Year*  
English, Drama, Economics



**Natalie** *Fifth Year*  
Computer Science and Philosophy



Doing research in my department. I was  
working really closely with the professor and  
you could tell that he really cared and was  
invested in what I was doing.

**Daoui** *Third Year*  
Economics



Starting a new club on campus — the University of Toronto Black  
Ties. We aim to promote the advancement of minorities, especially  
in professional fields.

**Sarah** *Fifth Year*  
English



Writing my first cover story for The Varsity.  
I've written there for a couple years now but  
I remember the first time I got a story on the  
cover, I was very proud.





こんにちは  
私の名前は  
EMAAN



“

*I've found that there are always new places you can find and explore on campus, and there are always new people to learn from. You just have to say yes and be willing to try more things.*

I volunteered at Alternative Reading Week, offered through the Centre for Community Partnerships. My group was placed at a community centre for new immigrants to Canada. It was really interesting to learn about their perspectives and it felt good to give back to the community. I hope to do it again this year.



I'm an international student from Pakistan. I experienced some culture shock when I first got here, but I attended workshops through the Centre for International Experience and the Career Centre that helped me adjust and make friends. I really liked going to leadership workshops to identify my strengths and how to apply them to campus involvement.



My goal for next year is to get active. Exercise makes me feel confident and helps me relax, so I want to make it more of a priority and make the gym part of my regular schedule.



Back home, we were taught course material a bit differently than at U of T. Here, there is a lot more emphasis on reading. I adjusted by organizing my time and using campus libraries to stay focused. I like how in-depth the course material is, especially in my history classes, and I enjoy trying out different study spaces.



# PLAY

There's serious science showing that play is more than fun and games. In fact, it is essential to our well-being. But don't take it too seriously – just make some time to relax in whatever ways work for you. How will you play today?

[studentlife.utoronto.ca/play](http://studentlife.utoronto.ca/play)







## join something

Whatever your passion is, you can get involved in more ways than you can imagine. There are clubs here for everything from beekeeping to breakdancing, magic to mah-jong, student media to space robots, Quidditch to curling. Whatever it is you're into – there's a club for that! Find out more on Ulife, which lists over 700 campus groups run by students. [ulife.utoronto.ca](http://ulife.utoronto.ca)

## get creative

Arts and creative culture are everywhere at U of T, so become a part of something beautiful. Explore galleries, theatres, film nights, literary journals, improv workshops and much more. [www.arts.utoronto.ca](http://www.arts.utoronto.ca)

## stay fit and have fun!

Keep up the momentum with your favourite sport or come out and try something new. Join an intramural team ([uoftintramurals.ca](http://uoftintramurals.ca)), work out or join a fitness class at the Athletic Centre ([uoft.me/athleticcentre](http://uoft.me/athleticcentre)), the Varsity Centre ([uoft.me/varsitycentre](http://uoft.me/varsitycentre)), the Goldring Centre for High Performance Sport ([goldringcentre.ca](http://goldringcentre.ca)) or Hart House ([harthouse.ca](http://harthouse.ca)).

## #BLEEDBLUE

You're a Varsity Blue, so show your school pride every chance you get! Your TCard ([uoft.me/tcard](http://uoft.me/tcard)) is your free ticket to all Varsity Blues ([varsityblues.ca](http://varsityblues.ca)) home games, so come out and support your favourite team. You can even sign up for the Varsity Rewards program to earn points for great prizes!

## try something different

There's something cool happening on campus every single day. Re-discover your favourite activities, or attend an event that's totally new to you. You'll meet interesting people and might even discover a new passion. Visit [events.utoronto.ca](http://events.utoronto.ca) to find something for just about every interest.

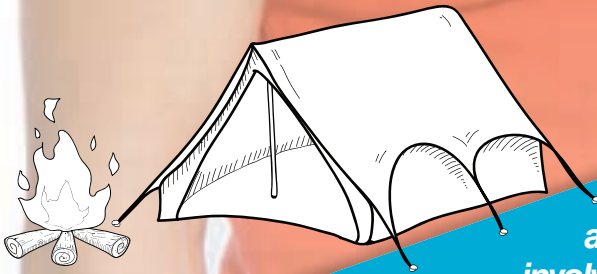
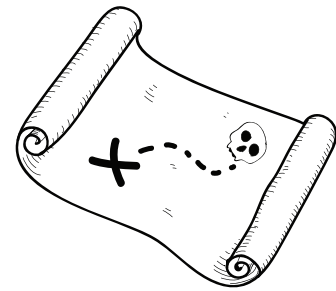








**BONJOUR**  
je m'appelle  
**KEVIN**



“

*At U of T, I've come to realize that there is so much more than just going to class, doing your assignments, getting your grades and going home. By getting involved, I've found niches for myself outside the classroom where I've met new people and tried new things, like going on nature excursions with the University of Toronto Outing Club.*





When I started at U of T, I was trying to rush through it and I wasn't taking advantage of all the resources available to me. Now, I'm going into my fifth year and I'm glad I took my time and ended up in a program that excites me.



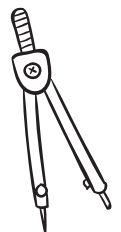
Last year, I played intramural volleyball and basketball at my college. I'm not the greatest athlete, but I've really improved and I've made a lot of friends. It's been a really rewarding experience, and has prompted me to get more involved in my college community.



I switched to the Cognitive Science program in my third year. I sought help from my college registrar and learned how to study more effectively. I used memory techniques, like concept webs and self-tests, to build study guides. I also joined study groups to connect with my peers and share ideas. When I wrote my last exam, I knew that not only could I pass, but I could do really well.



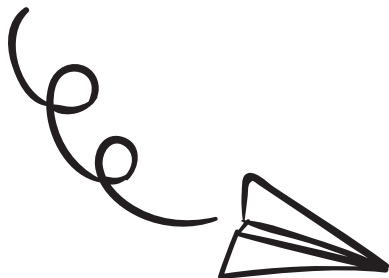
This year, I want to push myself to participate more on campus and encourage others to do so as well. I want to be a part of the Cognitive Science and Artificial Intelligence Students Association, and to try out archery classes at Hart House. Otherwise, I don't know yet — I'm open to suggestions!



# CONNECT

Connecting with community is about more than where you live. It's the people around you – your friends, your classmates, your bus driver and even your professors (yes, profs are people too!). Community is everybody who's there to inspire you, help you rise to challenges and share in your successes. You'll find community in athletics, volunteer opportunities, study groups, student clubs and more. Whatever your path here, you'll meet others who share your experience.

[studentlife.utoronto.ca/connect](http://studentlife.utoronto.ca/connect)



## **say hello**

Sometimes the best way to meet new people is to simply say hi! Remember, the people you meet at university are just like you – they're looking for friends too. So why not start a conversation with a classmate or two? You might be surprised at how much you have in common!





### **find like-minded folks**

There are so many clubs and organizations on campus that you're bound to find people with similar interests to yours. Start with the student life community in your college or faculty ([uoft.me/people](https://uoft.me/people)) and get involved on campus, or visit [ulife.utoronto.ca](https://ulife.utoronto.ca) for a complete list. You'll also find vibrant communities of international students, aboriginal students, LGBTQ students and students with families.

### **expand your social circle**

Meeting a new, diverse group of people is part of what makes U of T so great. Discover fresh perspectives on life, learn about different cultures and meet people who introduce you to a whole new way of thinking. Places like the Multi-Faith Centre ([multifaith.utoronto.ca](https://multifaith.utoronto.ca)), the Centre for International Experience ([cie.utoronto.ca](https://cie.utoronto.ca)), First Nations House ([fnh.utoronto.ca](https://fnh.utoronto.ca)) and the Sexual & Gender Diversity Office ([sgdo.utoronto.ca](https://sgdo.utoronto.ca)) are great places to start!





THIS COULD BE



# COME BLOG WITH US

**Learn about U of T and get involved on campus while sharpening your writing skills!**

We're looking for a first-year student to join the Student Life Community Crew and blog on the *Life @ U of T* blog ([lifeatUofT.utoronto.ca](http://lifeatUofT.utoronto.ca)).

## **If you are:**

- A master storyteller who loves to engage others through writing and/or other media
- A social media pro with experience on multiple platforms, especially Twitter and Facebook
- Interested in being active in the U of T community
- Eager to share your story and help fellow first-year students transition to life at U of T
- Attending the St. George campus as a full-time student in fall 2015

## **Then we want YOU!**

Log in to the Career Learning Network\* at [cln.utoronto.ca](http://cln.utoronto.ca) and search for position **#58785** starting August 10. Applications are due **September 11**.

**\*You will need to have activated your UTORid to log in to the CLN.**

# IMPORTANT CONTACTS

## get started

### **ASKme**

[uoft.me/askme](http://uoft.me/askme)

### **TCard Office**

[uoft.me/tcard](http://uoft.me/tcard)

### **Welcome website**

[hello.utoronto.ca](http://hello.utoronto.ca)

## get to know us

### **Student Life Community Crew**

[lifeatuoft.utoronto.ca](http://lifeatuoft.utoronto.ca)  
[facebook.com/lifeatUofT](https://facebook.com/lifeatUofT)  
[twitter.com/lifeatuoft](https://twitter.com/lifeatuoft)  
[instagram.com/lifeatuoft](https://instagram.com/lifeatuoft)

### **Student Life Offices**

[uoft.me/people](http://uoft.me/people)

### **Student Life Programs and Services**

[studentlife.utoronto.ca](http://studentlife.utoronto.ca)

### **Mentorship Resource Centre**

[mentorship.utoronto.ca](http://mentorship.utoronto.ca)

### **Your Registrar**

[uoft.me/people](http://uoft.me/people)

## virtual connections

### **Information Commons: Robarts Library**

[sites.utoronto.ca/ic](http://sites.utoronto.ca/ic)

### **Learning Portal/Blackboard**

[portal.utoronto.ca](http://portal.utoronto.ca)

### **Student Web Services**

(ACORN, ROSI, Degree Explorer, Course Finder)  
[acorn.utoronto.ca](http://acorn.utoronto.ca)  
[rosi.utoronto.ca](http://rosi.utoronto.ca)

### **UTORid**

your key to U of T web-based services  
[utorid.utoronto.ca](http://utorid.utoronto.ca)

### **UTmail+**

[email.utoronto.ca](http://email.utoronto.ca)

### **UTORweb**

[individual.utoronto.ca](http://individual.utoronto.ca)

### **Wireless Access**

[wireless.utoronto.ca](http://wireless.utoronto.ca)

## plan your commute

### **Commuting tips**

[uoft.me/commute](http://uoft.me/commute)

### **Discounted Bikeshare membership**

University of Toronto Students' Union (UTSU)  
[utsu.ca/office](http://utsu.ca/office)

### **Discounted TTC passes**

University of Toronto Students' Union (UTSU)  
[utsu.ca/office](http://utsu.ca/office)

### **Go Transit**

[gotransit.com](http://gotransit.com)

### **Go Transit Student ID card**

[uoft.me/tcard](http://uoft.me/tcard)

### **Parking Services**

[uoft.me/parking](http://uoft.me/parking)

### **Toronto Transit Commission (TTC)**

[ttc.ca](http://ttc.ca)

### **UTM Shuttle Bus**

[utm.utoronto.ca/shuttle](http://utm.utoronto.ca/shuttle)

## food

### **Food Map**

[map.utoronto.ca/food](http://map.utoronto.ca/food)

### **Meal Plans**

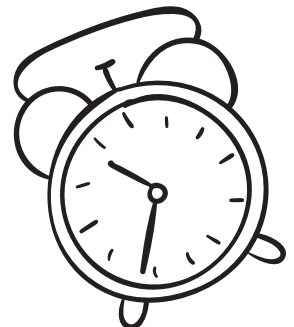
[mealplan.utoronto.ca](http://mealplan.utoronto.ca)

### **UeaT**

[ueat.utoronto.ca](http://ueat.utoronto.ca)

### **Water Map**

[map.utoronto.ca/water](http://map.utoronto.ca/water)





## maps

**St. George interactive map**  
map.utoronto.ca

**UTM/UTSC campus maps**  
uoft.me/campusmaps

## get involved

**Blueprint program**  
www.blueprint.utoronto.ca

**Co-Curricular Record (CCR)**  
ccr.utoronto.ca

**Events**  
events.utoronto.ca

**Orientation Information**  
uoft.me/orientation

**Ulife**  
(Clubs + student organizations directory)  
ulife.utoronto.ca

## academic support services

**Academic Success Centre**  
asc.utoronto.ca

**Accessibility Services**  
accessibility.utoronto.ca

**Math Aid Centres**  
uoft.me/mathaidcentre

**Writing Centres**  
writing.utoronto.ca

## english language support

**English Communication Program**  
(Centre for International Experience)  
cie.utoronto.ca

**English Language Program**  
(School of Continuing Studies)  
uoft.me/esl

## libraries

**Gerstein Science Information Centre**  
uoft.me/gersteinlibrary

**JP Roberts Research Library**  
uoft.me/robartslibrary

**Libraries at U of T**  
library.utoronto.ca

**Library Tours and Orientation**  
uoft.me/libraryorientation  
uoft.me/librarytour

## money matters

**Financial Aid and Awards**  
apply.utoronto.ca

**Student Accounts**  
fees.utoronto.ca

**University of Toronto Advance Planning for Students (UTAPS)**  
uoft.me/utaps

**University of Toronto Bookstore and Computer Shop**  
uoftbookstore.com

**Your Registrar**  
uoft.me/people

## rights & responsibilities

**Anti-Racism and Cultural Diversity Office**  
www.antiracism.utoronto.ca

**Downtown Legal Services**  
downtownlegalservices.ca

**Governing Council Policies**  
uoft.me/policies

**University Ombudsperson**  
ombudsperson.utoronto.ca/

**Students' Rights and Responsibilities**  
uoft.me/rights



## health & wellness

### Dental Service

[uoft.me/dentalclinic](http://uoft.me/dentalclinic)

### Good 2 Talk (open 24 hrs)

post-secondary student helpline  
1-866-925-5454  
[good2talk.ca](http://good2talk.ca)

### Grief Support

[griefsupport.utoronto.ca](http://griefsupport.utoronto.ca)

### Health and Wellness Centre

[healthandwellness.utoronto.ca](http://healthandwellness.utoronto.ca)

### Mindfulness Meditation

[uoft.me/mindfulmoments](http://uoft.me/mindfulmoments)

## health & dental insurance

### Association of Part-Time Undergraduate Students (APUS)

[apus.ca](http://apus.ca)

### University of Toronto Students' Union

[utsu.ca](http://utsu.ca)

### University Health Insurance Plan (UHIP)

(for international students)  
[uoft.me/uhip](http://uoft.me/uhip)

## personal safety

### Ask First Consent Campaign

[askfirst.utoronto.ca](http://askfirst.utoronto.ca)

### Campus Police

[www.campuspolice.utoronto.ca](http://www.campuspolice.utoronto.ca)

### Community Safety Office

[www.communitysafety.utoronto.ca](http://www.communitysafety.utoronto.ca)

### Emergency Alerts

[alert.utoronto.ca](http://alert.utoronto.ca)

### Online Safety & Harassment

[www.enough.utoronto.ca](http://www.enough.utoronto.ca)

### Sexual Harassment Office

[sho.utoronto.ca](http://sho.utoronto.ca)

### U of T Safety website

[safety.utoronto.ca](http://safety.utoronto.ca)

### WalkSmart Service

[uoft.me/walksmart](http://uoft.me/walksmart)

### Working Alone Service

[www.campuspolice.utoronto.ca/safety](http://www.campuspolice.utoronto.ca/safety)

## community service

### Centre for Community Partnerships

[ccp.utoronto.ca](http://ccp.utoronto.ca)

### Religious Diversity Youth Leadership Project

[www.rdyl.utoronto.ca](http://www.rdyl.utoronto.ca)

### Volunteer Opportunities

[uoft.me/volunteers](http://uoft.me/volunteers)

## diversity & equity

### Accessibility Services

[accessibility.utoronto.ca](http://accessibility.utoronto.ca)

### Anti-Racism and Cultural Diversity Office

[www.antiracism.utoronto.ca](http://www.antiracism.utoronto.ca)

### Family Care Office

[www.familycare.utoronto.ca](http://www.familycare.utoronto.ca)

### Sexual and Gender Diversity Office

[sgdo.utoronto.ca](http://sgdo.utoronto.ca)

## environment & sustainability

### Sustainability Office

[sustainability.utoronto.ca](http://sustainability.utoronto.ca)

## faith & spirituality

### Campus Chaplains Association

[uoft.me/campuschaplains](http://uoft.me/campuschaplains)

### Multi-Faith Centre for Spiritual Study & Practice

[multifaith.utoronto.ca](http://multifaith.utoronto.ca)

### Multi-Faith spaces @ U of T

[uoft.me/multifaithspaces](http://uoft.me/multifaithspaces)

### Mindfulness Meditation

[uoft.me/mindfulmoments](http://uoft.me/mindfulmoments)

## global interests

### Centre for International Experience

[cie.utoronto.ca](http://cie.utoronto.ca)



## Summer Abroad Program

[summerabroad.utoronto.ca](http://summerabroad.utoronto.ca)

Check with your Faculty for more international opportunities.

## leadership & governance

### Council of Athletics & Recreation

[uoft.me/athleticscouncil](http://uoft.me/athleticscouncil)

### Exploring Leadership Program

[leadership.utoronto.ca](http://leadership.utoronto.ca)

### Governing Council

[www.governingcouncil.utoronto.ca](http://www.governingcouncil.utoronto.ca)

### Hart House Board of Stewards

[harthouse.ca](http://harthouse.ca)

### Religious Diversity Youth Leadership Project

[www.rdyl.utoronto.ca](http://www.rdyl.utoronto.ca)

## student media

### blogUT

[blogut.ca](http://blogut.ca)

### CIUT 89.5FM

[ciut.fm](http://ciut.fm)

### The Varsity

U of T's student newspaper  
[thevarsity.ca](http://thevarsity.ca)

Check with your college or Faculty for local newspapers and media.

## student government

### Association of Part-Time Undergraduate Students (APUS)

[apus.ca](http://apus.ca)

### University of Toronto Students' Union (UTSU)

[utsu.ca](http://utsu.ca)

Check with your college or Faculty for local student government contacts.

## jobs on campus

### Athletic and Varsity Centres

[acjobs.utoronto.ca](http://acjobs.utoronto.ca)

### Career Centre

[careers.utoronto.ca](http://careers.utoronto.ca)

### Career Learning Network

[cln.utoronto.ca](http://cln.utoronto.ca)

### Hart House

[harthouse.ca/getinvolved/careers-volunteering](http://harthouse.ca/getinvolved/careers-volunteering)

### Peer Mentoring

[mentorship.utoronto.ca](http://mentorship.utoronto.ca)

### Work-Study Program

[uoft.me/workstudy](http://uoft.me/workstudy)

### U of T Libraries

[uoft.me/libraryjobs](http://uoft.me/libraryjobs)

### U of T Bookstore

[uoftbookstore.com](http://uoftbookstore.com)

## entrepreneurship & start-ups

### Career Centre

[careers.utoronto.ca](http://careers.utoronto.ca)

### The Entrepreneurship Hatchery

[uoft.me/thehatchery](http://uoft.me/thehatchery)

### Impact Centre

[www.impactcentre.utoronto.ca](http://www.impactcentre.utoronto.ca)

### Mobile Applications Lab

[www.apl.utoronto.ca](http://www.apl.utoronto.ca)

### U of T Entrepreneurship website

[entrepreneurs.utoronto.ca](http://entrepreneurs.utoronto.ca)







## arts & culture

### ArtsZone

[www.arts.utoronto.ca](http://www.arts.utoronto.ca)

### Faculty of Music

[music.utoronto.ca](http://music.utoronto.ca)

### Galleries

[uoft.me/galleries](http://uoft.me/galleries)

### Hart House

[harthouse.ca/arts](http://harthouse.ca/arts)

### Poet in Community

[poet.utoronto.ca](http://poet.utoronto.ca)

Visit [ulife.utoronto.ca](http://ulife.utoronto.ca) for a full list of student groups involved in arts & culture initiatives.

## sports & recreation

### Athletic Centre

[uoft.me/athleticcentre](http://uoft.me/athleticcentre)

### Goldring Centre for High Performance Sport

[goldringcentre.ca](http://goldringcentre.ca)

### Hart House

[harthouse.ca/recreation](http://harthouse.ca/recreation)

### Intramurals

[uoftintramurals.ca](http://uoftintramurals.ca)

### MoveU

[moveu.ca](http://moveu.ca)

### Varsity Blues Athletics

[varsityblues.ca](http://varsityblues.ca)

### Varsity Centre

[varsitycentre.ca](http://varsitycentre.ca)

## student organizations

### Hart House Clubs and Committees

[harthouse.ca/getinvolved](http://harthouse.ca/getinvolved)

### Sussex Clubhouse

[uoft.me/sussex](http://uoft.me/sussex)

### Ulife

(Clubs + student organizations directory)

[ulife.utoronto.ca](http://ulife.utoronto.ca)

### University of Toronto Students' Union (UTSU Clubs)

[utsu.ca](http://utsu.ca)



## Aboriginal students

**Office of Aboriginal Services & Programs First Nations House**

[fnh.utoronto.ca](http://fnh.utoronto.ca)

## international students

**Centre for International Experience (CIE)**

[cie.utoronto.ca](http://cie.utoronto.ca)

**University Health Insurance Plan (UHIP)**

[uoft.me/uhip](http://uoft.me/uhip)

## LGBTTIQ2SA students

**Sexual & Gender Diversity Office (SGDO)**

[sgdo.utoronto.ca](http://sgdo.utoronto.ca)

**The Positive Space Campaign**

[www.positivespace.utoronto.ca](http://www.positivespace.utoronto.ca)

## students with a disability

**Accessibility Services**

[accessibility.utoronto.ca](http://accessibility.utoronto.ca)

**Library Services**

[uoft.me/accessservices](http://uoft.me/accessservices)

## students with family responsibilities

**Child Care Services**

[uoft.me/childcare](http://uoft.me/childcare)

**Faculty of Kinesiology & Physical Education Kids Programs**

[uoft.me/kidsprograms](http://uoft.me/kidsprograms)

**Family Care Office**

[www.familycare.utoronto.ca](http://www.familycare.utoronto.ca)

**Student Family Housing**

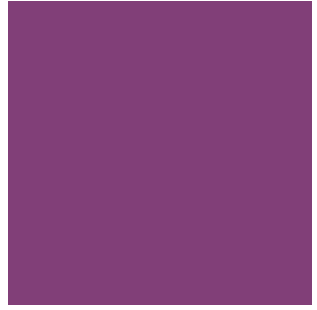
[studentfamilyhousing.utoronto.ca](http://studentfamilyhousing.utoronto.ca)

## parents and families of U of T students

**Parent & Family website**

[family.utoronto.ca](http://family.utoronto.ca)





Front: The Student Life Community Crew signing "Hello"

University of Toronto  
Office of Student Life  
214 College Street  
Toronto, Ontario  
M5T 2Z9

[hello.utoronto.ca](http://hello.utoronto.ca)

