

# student life



...in your  
community

At Student Life Programs & Services, we believe in helping students by creating meaningful partnerships with student leaders, and with faculty and staff in student contact positions, on the St. George Campus. By bringing our expertise into your setting, together we can strengthen the sense of community and provide students with an enriched learning experience. Student Life workshops can be delivered to your students in a variety of settings, including:

- » in a classroom or lecture
- » in a residence, common room or departmental lounge
- » to a student club or organization

Whether you want to support your students in achieving their academic goals, engage them in life outside the classroom or challenge them to reach their full potential, we have a network of skilled facilitators that can provide a wide range of excellent programming.

This publication provides an overview of the workshops that we can provide for your students. Please browse our extensive list and contact us to schedule your workshop today. Bring a little Student Life to your community!



UNIVERSITY OF  
TORONTO

# Leadership

Leadership programs and workshops are designed to develop the skills, values and knowledge required for students to contribute to their community in a more meaningful and effective way.

- » Cultural Diversity & Inclusivity
- » Team Dynamics
- » Work Styles
- » Conflict Resolution
- » Effective Communication (includes active listening)
- » Group Facilitation Skills
- » Connecting Leadership Theory to Practice (for graduate students)
- » Exploring Leadership at the University of Toronto
- » Developing your Leadership Portfolio
- » The Language of Systems Thinking
- » Leadership and the Use of Forum Theatre
- » Doing the Right Thing: Skills for Ethical Leadership
- » Emotional Intelligence

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# academic success

Academic Success lectures and workshops help students develop skills, strategies and competencies necessary to achieve academic excellence at U of T.

## Study & Work Habits:

- » Academic Success: Tips for Studying Smarter
- » Time Management
- » Critical Reading
- » Effective Note-Taking
- » Memory & Concentration
- » Stress Management
- » Overcoming Procrastination
- » Effective Group Work (including Study Groups)
- » Effective Oral Communication/Giving Presentations
- » Managing a Large Project/Thesis
- » Dealing with Perfectionism
- » Academic Success & Academic Integrity

## Exam Preparation:

- » Preparing for Tests & Exams
- » Dealing with Exam Anxiety
- » Preparing for Comprehensive Exams

## Writing:

- » The Writing Process: Freewriting, Pre-writing, etc.
- » Overcoming Writer's Block

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# personal safety

Counselling & Psychological Services (CAPS) can provide workshops on personal safety designed to increase awareness of the issues and promote prevention.

- » What is a Healthy Relationship, Anyway?
- » Speak Your Mind: Verbal Self Defence for Women
- » How to Help a Friend Who has Been Assaulted
- » Dissolve: A Documentary on Drug Facilitated Sexual Assault, followed by Q & A with the Assault Counsellor/Educator

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# health & wellness

These programs are aimed at supporting students in their efforts to cultivate healthy attitudes and behaviours while achieving their academic goals. They provide students with the knowledge, skills and resources to enhance and promote health and well-being.

- » Better Health for a Better GPA
- » Girl Talk
- » Creating a Healthy Campus: the interconnectedness of the campus environment, student health and learning

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## jobs & careers

The Career Centre can provide tailored programming for undergraduate, graduate or recent graduate populations on topics related to career management and job search.

### Career Planning:

- » Career options for my degree
- » Career choice and your personality
- » Get networking
- » Preparing for a job/career fair (or networking event)

### Job Search:

- » The hidden job market
- » Resumes and cover letters
- » Interview techniques
- » How to negotiate a job offer
- » How to find a summer job
- » Optimize your online job search
- » Marketing your skills and experience

### Graduate Students:

- » CVs and cover letters
- » The academic interview
- » The academic job search
- » The non-academic job search

### Plus:

- » Medical school interviews
- » Workplace etiquette
- » Applying to graduate school
- » Any other workshop by request

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## housing

The Student Housing Service can provide a presentation or workshop to students on the various housing options available that can be tailored to meet the needs of a specific student population (e.g., undergraduate or graduate students, students with families, students on a tight budget, students looking for short-term accommodation, etc.).

- » Tenant Rights and Responsibilities
- » The Rental Housing search
- » Inspecting Rental Housing for Safety and Security
- » Finding a Suitable Room/House Mate
- » Communicating Effectively with your Landlord
- » Beyond Housing: Living in Toronto
- » Buying and Owning a Home

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## service-learning

These workshops allow students to learn more about themselves and prepare them to play an active role in addressing some of the complex challenges in our local and global communities. These workshops can be offered on all three campuses.

- » Be the Change: Leadership in the Community
- » Transformations: Reflection 4 Action

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## faith & spirituality

The Multi-Faith Centre can provide tailored programming for undergraduate and graduate students examining the role of spirituality and religious accommodation on a secular campus.

- » Spirituality 101: The Indispensable Guide to Exploring Spiritual Life on a Secular Campus
- » Religion and Politics: Exploring the Role of Faith Communities in the Public Square
- » From Charity to Justice: Exploring How to Make a Difference in the World for Good

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## equity & diversity

In these workshops, students will learn the principles of equity & diversity and develop a greater understanding of social issues in their community. These workshops can be offered on all three campuses.

- » A Tapestry of Voices: Introduction to Intercultural Communication
- » Conflict Resolution Skills for an Intercultural Environment
- » Equity and Diversity: More than Words
- » Personality Dimensions<sup>®</sup>: A Taste of Colour

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### Sexual & Gender Diversity:

- » Part of the Tapestry: Sexual and gender diversity and the student experience
- » Equity, Diversity and U on campus: From policy to practice on campus and in student communities

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## family responsibilities

The Family Care Office can assist students, staff and faculty who are balancing family responsibilities with their educational and career pursuits.

- » Understanding child care options and costs
- » Planning for parenthood
- » How to balance your education with family responsibilities

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## global interests

Our partners at the International Student Exchange Office can provide students with information on Canadian or international exchange opportunities in order for them to gain a better understanding of the cultures, values and lifestyles found across borders. These workshops can be offered on all three campuses.

- » Study Abroad Opportunities
- » Research Abroad Opportunities
- » Internship Abroad Opportunities
- » New Joint Minor Program with National University of Singapore

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## international students

The International Student Centre can provide programming for students, faculty and staff designed to support international education and promote cross-cultural understanding. These workshops can be offered on all three campuses.

- » ISC Orientation Information Sessions
- » Orientation for International Students with a Family/ Partner
- » Study Permit/Work Permit/Entry Visa Workshop
- » Academic Success: Things You Must Know in Order to Succeed at U of T
- » Navigating U of T: Academic Adjustment and Success for International Students
- » Working across Cultures
- » UHIP Information Sessions

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## booking your workshop

Please contact the facilitators directly to schedule your workshop. Please note the following:

1. Minimum and Maximum numbers apply. Please contact the facilitators directly to discuss attendance.
2. Workshops must be booked at least one month in advance and are subject to staff availability.
3. Hosts are responsible for all promotion, registration, room bookings and A.V. equipment.
4. Some workshops may be customized for staff and faculty. Please contact the facilitator for details.
5. Unless otherwise noted, workshops are only available on the St. George campus.