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hello again
welcome to the
second semester of

senior year

at u of t



Academic and financial support

Even if you're approaching graduation, it's always a good idea to take advantage of U of T's study support services and strategies to help you reach your academic goals.

Academic Success Centre (ASC)

Learn how to adapt your study habits, improve your writing and research skills, and manage your time more effectively.

- Drop in or make an appointment with a learning strategist.
- Check out academic skills workshops and effective writing programs.

asc.utoronto.ca

Find study support

Why study alone when you can study with friends? Academic Success Study Hubs let you meet peer leaders who help you set achievable goals, implement study tips and get connected with academic resources at U of T.

uoft.me/studyhubs

Finances

Managing your money can be challenging, but you can find plenty of advice and support to prepare you for the future. Financial counselling is available at your faculty, college or at Enrolment Services and you can learn how to plan a budget, get help navigating scholarships and much more.

future.utoronto.ca/finances

Getting ready to graduate?

Before convocation, find your graduation checklist and take the final steps toward your big day!

convocation.utoronto.ca

Other important links:

Math & writing support
uoft.me/mathaidcentre
writing.utoronto.ca

Accessibility Services
accessibility.utoronto.ca

Health & Wellness

During the winter months it can be hard to find motivation. If you're feeling tired and stressed about completing your school work, we can help! U of T offers programs and strategies to help you be – and stay – at your best.

- Practice mindful meditation at weekly drop-in sessions across campus.
- Learn strategies for time management and good study habits at the Academic Success Centre.
- Get moving: Hit the gym, or try drop-in or registered classes at one of our fitness centres.
- Connect with your registrar's or Student Life office, your don, a counsellor at the Health & Wellness Centre or your faculty or college.
- Visit uoft.me/howareyoufeeling for resources to help you manage stress. It's good to ask for help, so reach out early and often.

Mindful Moments:

uoft.me/mindfulmoments

Registrar and Student Life contacts:

uoft.me/people

Health & Wellness Centre:

Your single point of entry for access to health services for both general and mental health.

healthandwellness.utoronto.ca


Fitness centres:

uoft.me/athleticcentre

varsitycentre.ca

goldringcentre.ca

harthouse.ca



For tips on how to maintain a healthy lifestyle, fun events and more, visit healthyuoft.ca

Career preparation

Whether you're ready to join the workforce right after graduation or are planning for the future, the Career Centre can help you on your way.

Here are some great ways to get started:

- job shadowing programs
- resume advice
- practice interview sessions
- the Informational Interview Database
- meet professionals and experience a typical work day in their field
- Dream Job Academy
- entrepreneurship workshops
- career planning workshops
- the Career Start program helping you find the career that's right for you

careers.utoronto.ca



Working in the community

Community Action Projects (CAPs) offer short- and long-term options to connect with the community. Become a tutor in a high school or volunteer at a senior's home and make a difference in your own life and the lives of others.

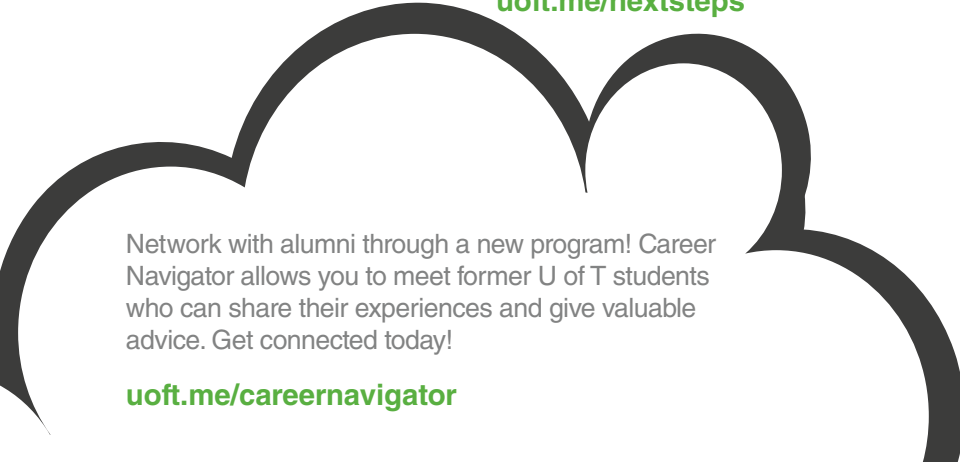
ccp.utoronto.ca

Next Steps Conference

April 28 & 29

Next Steps is an energizing conference for upper-year students and recent U of T grads. It's part career exploration, part preparation for life after graduation and a great way to start building your professional networks.

uoft.me/nextsteps



Network with alumni through a new program! Career Navigator allows you to meet former U of T students who can share their experiences and give valuable advice. Get connected today!

uoft.me/careernavigator

Keep in touch

This might be your last year on campus, but that doesn't mean you have to say goodbye! Stay in touch through alumni associations, mentoring and more. After you graduate, you can access services like the fitness and recreation facilities, the U of T library system and the Career Centre. Every new U of T grad also receives a \$750 credit toward a course at the School of Continuing Studies!

learn.utoronto.ca
alumni.utoronto.ca



Student Life Communications
214 College Street, Room 185
Toronto, ON, M5T 2Z9

studentlife.utoronto.ca