



MENTORSHIP FOUNDATIONS

KNOWING YOUR RESOURCES AT THE UNIVERSITY OF TORONTO

Instructions for Completion.

- This module supports you in how to find an appropriate resource/referral to meet the needs of the student you are working with.
- It is important to consider that not all students will benefit from the same resources, therefore it is beneficial to provide students with a couple of different options.
- This should take you approximately 1 hour to complete.
- Feel free to use the space below to take notes.

Asynchronous Workshop Details.

1. Familiarize yourself with the Division of Student Life website (studentlife.utoronto.ca), Navi (www.viceprovoststudents.utoronto.ca/navi) and download the Student Life App (studentlife.utoronto.ca/service/student-life-app)
2. Using your own experience, the Division of Student Life website, Navi and Student Life App to find and suggest a resource for each of the following students in need of a referral *

- A. A student feels overwhelmed with the number of assignments and managing their online classes
- B. A student looking to make friends at U of T
- C. A student looking for an on-campus job
- D. A student got a failing grade on a paper
- E. Someone in class made a racist comment toward them
- F. A student is caring for a parent, sibling or child and is having trouble balancing it all
- G. A student has an accommodation need for writing exams
- H. A student is looking to get involved and improve their leadership skills
- I. A student needs help writing their CV and personal statement to apply to Graduate School
- J. The student is an International Student who would like to work in Canada after graduation
- K. The student is an Indigenous Student who is looking to connect with other Indigenous Students
- L. A student is feeling very stressed

Community Resource Guide:

Mental Health Resources Serving Toronto:

toronto.cmha.ca/wp-content/uploads/2018/02/Mental_Health_Quick_Guide_2018.pdf

Community Resource Sheets:

www.camh.ca/en/health-info/guides-and-publications/community-resource-sheets

211 Ontario:

211ontario.ca

Community Resource Centers – Toronto Central:

www.torontocentralhealthline.ca/listservices.aspx?id=10259