Land Acknowledgement
All slides will be available on

https://www.utsc.utoronto.ca/aacc/parents-and-supporters

We're recording!
WELCOME!

Kathy Fellowes
Academic Advising & Learning Strategist
Academic Advising & Career Centre

E-Lin Chen
Interim Manager, Career Development Services
Academic Advising & Career Centre
Partnering to Support Your Student
What we’ll cover today

What to expect: 1st Year
Campus Supports
Life and Career
We help students navigate transitions, both academic and career.

We provide opportunities for students to develop skills.

We support students in making informed decisions about their future.

We connect students to supportive resources.
First Year

- Roles
- Needs
- Student Engagement

Transition Stress

The ups and downs of 1st year

Cherry blossoms outside MW building
Your Role

Your role is essential but changing and evolving.
Roles

Family
Student
UTSC

OFFICE OF STUDENT EXPERIENCE & WELLBEING

GET STARTED with the Academic Advising & Career Centre

Academic Advising & Career Centre
The main character in the story...

• act as independent adults,
• responsible for adhering to Code of Student Conduct & Code of Academic Conduct,
• responsible to seek out and take advantage of opportunities to learn and develop (inside and outside of the classroom)
• responsible to self-assess and seek out help and supports
Environment and supports

• Treat students as independent adults,
• Challenge students to reach their potential,
• Administer policy & rules that make university fair for all
• Provide opportunities for students to learn and develop in a safe environment
• Provide supports for students to understand and navigate the system
Trusted advisors and supports

• provide needed support and reassurance,
• encourage students to take advantage of opportunities to develop personally, academically, professionally,
• encourage students to meet their potential and responsibilities
We all need…

• **CONNECTION**: communication, community, closeness, support, trust

• **MEANING**: discovery, learning, purpose, to matter, understanding

• **WELL-BEING**: safety, security

Students especially need…

• **AUTONOMY**: choice, space, independence

• **CONNECTION**: to see and be seen, respect/self-respect

• **MEANING**: contribution, learning, purpose

From CNVC
Transition Factors

Physical Environment

Evaluation Methods

Class & Study Time

Social Environment

Academic Demand

Freedom, Flexibility, & Responsibility

Self-Development & Identity
Time Management

**Typical High School**
- 5 months (Sept - Jan) term + 1 - week exam period

**University**
- 3 months (Sept - Nov) term + 1 month of exams/holidays

*Time Management Skills are Key!*

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**Academic Advising & Career Centre**

Office of Student Experience & Wellbeing

GET STARTED

With the Academic Advising & Career Centre
# A.J.’s Timetable

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7AM</td>
<td>Commute</td>
<td>Study</td>
<td>Commute</td>
<td>Commute</td>
<td>Class 1</td>
<td>Commute</td>
<td></td>
</tr>
<tr>
<td>8AM</td>
<td>Class 1</td>
<td>Study</td>
<td></td>
<td>Study</td>
<td>Tutorial 2</td>
<td></td>
<td></td>
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<tr>
<td>9AM</td>
<td>Class 2</td>
<td>Commute</td>
<td>Class 2</td>
<td>Study</td>
<td>Tutorial 3</td>
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<td></td>
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<tr>
<td>10AM</td>
<td>Class 4</td>
<td>Class 4</td>
<td>Class 3</td>
<td>Class 4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11AM</td>
<td>Class 3</td>
<td>Club Meeting</td>
<td>Class 3</td>
<td>Association</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>12PM</td>
<td>Class 5</td>
<td>Study</td>
<td></td>
<td>Study</td>
<td>Practice 1</td>
<td></td>
<td></td>
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<tr>
<td>1PM</td>
<td>Study</td>
<td>Study</td>
<td></td>
<td>Study</td>
<td>Study</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2PM</td>
<td>Study</td>
<td>Practical 2 (Lab)</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3PM</td>
<td>Study</td>
<td>Class 5</td>
<td></td>
<td>Study</td>
<td>Study</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4PM</td>
<td>Study</td>
<td>Commute</td>
<td>Commute</td>
<td>Commute</td>
<td>Commute</td>
<td></td>
<td></td>
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<tr>
<td>5PM</td>
<td>Commute</td>
<td>Tutorial 1</td>
<td></td>
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<tr>
<td>6PM</td>
<td>Family &amp; Friends</td>
<td></td>
<td>Part Time Job</td>
<td>Study</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7PM</td>
<td>Family &amp; Friends</td>
<td></td>
<td></td>
<td>Basketball</td>
<td>Study</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8PM</td>
<td>Study</td>
<td>Study</td>
<td></td>
<td>Study</td>
<td></td>
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<tr>
<td>9PM</td>
<td>Study</td>
<td>Commute</td>
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The upcoming year for your student...
September

- Adjusting to new living arrangements or commute
- Adjusting to new academic environment and structure
- Making friends
- Managing time and money
- FOMO (Fear of missing out on what’s going on back home – especially for student living away from home)

Orientation, 1st day of classes, Deadline to add/change classes, 100% refund deadline comes quickly!
October

• Mid-term exams
• Adjusting to new workload (continuous assessment)
• Adjusting to differences in marks
• Time, money, dropping courses
• Developing deeper friendships, roommate issues
• Trying to live in two places at the same time

Reading week is the week of Thanksgiving at UTSC – let’s catch up!
November

• Weather changes
• Physical illness or being drained
• Stress from mid-term results
• Changes in academic behaviour (good or not so good)

December

• Studying for exams
• Foregoing healthy behaviour for studying (sleeping, exercise, healthy eating, friendships)
• Looking forward to time off or visiting home
• Re-evaluation of courses for Winter semester

Deadline to drop classes

LWD, CR/NCR deadline, Exams
January

• Fresh start to the Semester
• Marks from Fall semester are released
• Changes in academic behaviour (study habits, seeking resources/help)
• Summer job search begins

1st day of classes, Deadline to add/change classes, 100% refund deadline comes quickly!
<table>
<thead>
<tr>
<th>February</th>
<th>March</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Winter blues</td>
<td>• Choosing a program (Specialist, Majors, Minors)</td>
</tr>
<tr>
<td>• Illness, feeling drained</td>
<td>• Mid-terms and Final Exam preparation</td>
</tr>
<tr>
<td>• Stress with workload</td>
<td>• Planning for housing changes</td>
</tr>
<tr>
<td>• Mid-term exams</td>
<td>(moving out of residence/housing)</td>
</tr>
<tr>
<td></td>
<td>• Choosing to do summer semester</td>
</tr>
<tr>
<td></td>
<td>(and choosing courses)</td>
</tr>
</tbody>
</table>

**Reading Week (week of Family Day) (no March Break)**

**Deadline to drop classes**
Choosing Programs at the end of First Year

Students Should Consider These Factors When Choosing A Program
• What types of programs are available?
• What are you interested in?
• Where do your strengths lie?
• What types of career opportunities are available?

Resources
• Program Pathways, Student Testimonials & On-line Guide
• MARCH is “Choosing Your Program Month”

UTSC has over 180 Programs!
April

• Exams

• Foregoing healthy behaviour for studying (sleeping, exercise, healthy eating, friendships)

• Looking forward to returning home (if living in Residence) / commuting less

• Proud for finishing the year

• Concern re getting into a program (Specialist, Majors, Minors)

LWD, CR/NCR deadline, Exams
May → August

• Move home / commute less OR continue because studying in summer
• Study full-time or part-time at UTSC
• Summer Abroad program (research, unique courses)
• Work or volunteer
• Time off to travel or pursue hobbies
Your “Go-to-Place” for Important Information

Registrar’s Guide:
- Program and course enrolment
- Important dates
- Fees, OSAP & scholarships
- Support services on campus
# Significant Dates for Your Student

<table>
<thead>
<tr>
<th>2022-2023</th>
<th>Fall Semester</th>
<th>Winter Semester</th>
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</thead>
<tbody>
<tr>
<td>Classes Start/End</td>
<td>Sep 6 – Dec 5</td>
<td>Jan 9 - Apr 10</td>
</tr>
<tr>
<td>Course Add/Waitlist Ends</td>
<td>Sep 14 (waitlist ends)</td>
<td>Jan 17 (waitlist ends)</td>
</tr>
<tr>
<td></td>
<td>Sep 19 (add course)</td>
<td>Jan 22 (add course)</td>
</tr>
<tr>
<td>Reading Week</td>
<td>Oct 8-14 (week of Thanksgiving)</td>
<td>Feb 18-24 (week of Family Day)</td>
</tr>
<tr>
<td>Midterm Exams for 1 week before and 3 weeks after</td>
<td></td>
<td>(No March Break)</td>
</tr>
<tr>
<td>Course Drop Date</td>
<td>Nov 21</td>
<td>Mar 27</td>
</tr>
<tr>
<td>Course Late Withdrawal and Credit/No Credit</td>
<td>Dec 5</td>
<td>Apr 10</td>
</tr>
<tr>
<td>Exam Period</td>
<td>Dec 8-20 (no class Dec 6-7)</td>
<td>April 13-27 (no class Apr 11-12)</td>
</tr>
</tbody>
</table>
Your student should have received an invitation to access this online resource including:

- Tips on navigating first-year
- Course selection
- Meeting academic expectations
- Digital toolkit resources
- First Year Peer mentors
- Getting involved
- Wellbeing and safety
- Career and program planning
- International student resources

Encourage your student to show you this resource.
Encourage Your Student to Attend Prep Yourself

- Academic Supports (CTL) Mondays
- Academic & Career Tuesdays
- International Wednesdays
- Student Experience & Wellbeing Thursdays

Sign-up details on Upcoming event details section of FirstYear@UTSC course.
Student Information is Digital

Your student’s records are digital and also confidential, including:
✓ Grades and records
✓ Financial accounts
✓ Class timetable

The University is bound by the Freedom of Information and Protection of Privacy Act

FIPPA:
www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90f31_e.htm#BK55

Please ask your student for information.
Getting the Most Out of U of T
Outside the Classroom

Student time and effort in educationally purposeful activities (e.g., office hours, study groups, also clubs and part-time jobs) + Institutional efforts towards supporting students to participate (e.g., funding the Work Study program to create part-time jobs) = Positive correlation with academic success (National Survey of Student Engagement)
Help students understand:

- Solutions to homework
- Course material
- Course expectations
- Program expectations & progression
- Exam/test formats

Online Access through:

- Email, Appointments, Office Hours
Developing Academic Skills

Help students develop:
• Academic Language skills
• Academic Writing skills
• Time Management
• Test Taking skills
• Research Skills

Online Access through:
• Email, Appointment, Chat/Drop-In
Health Supports

- Doctors & Nurses
- Counsellors & Social Workers
- Health Education
- Spiritual guidance (15 religious/spiritual leaders)
- Sports, Exercise, Nutrition
Safety & Security

- Campus Police
- Community Safety Office
- Travel Safer
- Sexual Violence Education & Prevention Office
- Fire Prevention
Life & Career Supports

- Work opportunities
- Career planning
- Budgeting advice
- Volunteering and meeting people
- Exchange and Immigration support
- Housing on- and off-campus
Plan to Get Involved for Your Success

Clubs & Departmental Student Associations
Student Governance (SCSU)
Peer Programs
Mentorship Programs
Volunteer Opportunities
Part-Time Employment
Work Study Jobs
Research Opportunities
Social & Professional Events
Work Integrated Learning in courses

UTSC has over 250 clubs!
Your Student is Preparing for:

Further Education
- High Grades
- Experience
- Personal Statement and CV
- Specific Courses
- Admissions Testing
- Interview

Employment
- Performance
- Experience
- Education
- Interview
- Cover Letter and Resume
- Skills Testing
- References
- A strong professional profile takes time to develop!

Professional and Graduate schools require:
- High Grades
- Experience
- Personal Statement and CV
- Specific Courses
- Admissions Testing

Employers will ask you for:
- Performance
- Experience
- Education
- Interview
- Cover Letter and Resume
- Skills Testing
- References
Many Paths to a Destination

Popular destinations for our students

• Professional designations (i.e., CPA, CFA, CHRP, etc.)
  • BBA is not the only path to these designations

• Jobs in tech (i.e., software developer, data analyst, UX designer, etc.)
  • Computer science is not the only path to these opportunities

• Health-related professional programs and careers (i.e., medicine, dentistry, occupational therapy, etc.)
  • Biology major is not the only path to healthcare
Henry Wong
12 Anyway Street, Toronto, ON M1N 2P3   henrywong@hotmail.com   416 123 4567

SUMMARY OF QUALIFICATIONS
- Excellent marketing skills in researching and evaluating client needs
- Exceptional communication and presentation skills; fluent in English, proficient in Cantonese
- Demonstrated ability to act as a team player
- Ability to prioritize and complete deadline-sensitive tasks efficiently
- Knowledge of MS Office, Adobe Photoshop

EDUCATION
Honours Bachelor of Arts; Double Major in Psychology and Economics
University of Toronto Scarborough
June 2012
Relevant Courses: Statistics, Human Brain and Behaviour, Personality, Social Psychology

RELEVANT EXPERIENCE
Sales Associate
Future Shop
Sept 2011- Present
- Market merchandise to customers and exceeded sales quotas by 10-25%
- Respond promptly to customer inquiries regarding sales, products, warranty and return policies
- Handle financial transactions including cash, debit and credit in an accurate and efficient manner
- Provide excellent service to all customers to ensure customer satisfaction and loyalty

Marketing Assistant
Academic Advising & Career Centre, University of Toronto Scarborough
May-July 2011
- Marketed services and events through in-class presentations of up to 500 students to increase awareness of Academic Advising & Career Centre services
- Created display boards, handouts and brochures for Professional and Graduate School Fair and other events, ensuring that event was marketed successfully
- Developed and assessed results of electronic client evaluation of 2000 students to determine how to best to meet the career and employment needs of UTSC students

Academic Programmer & Promoter
Student Housing & Residence Life, University of Toronto Scarborough
Aug 2010–Apr 2011
- Provided academic support to student living in residence utilizing strong communication skills
- Promoted a range of campus resources and supports to student and made appropriate referrals

VOLUNTEER & EXTRACURRICULAR EXPERIENCE
Volunteer Digitization Assistant
University of Toronto Scarborough Library
May–August 2009
- Demonstrated proficiency with Adobe Photoshop by cropping and manipulating files
- Worked as part of a team with other students and staff to complete tasks

Member
MESA (Management and Economics Student Association) University of Toronto Scarborough
Sept 2009- June 2012
- Attended monthly networking events and assisted with generating topics for future events

References Available Upon Request
Modern University Experience

Transition:
High School to University and Beyond?
New ways of learning!

Career Paths:
What’s the connection to program?
Many routes to the same destination!
We are happy to take questions at this time.
Parent Presentations and Resources

Academic Advising & Career Centre Page for Parents and Families
https://www.utsc.utoronto.ca/aacc/parents-and-supporters

U of T Scarborough page for parents and families:
https://www.utsc.utoronto.ca/studentexperience/supporting-students-transition

All U of T page for parents and families:
https://future.utoronto.ca/apply/resources-for-parents/
Family at UTSC
Thank You for Attending

We hope you found this time to be informative.

We wish you and your student all the best.

Enjoy your summer!