

ArriveUTSC Schedule Summer 2022 – Wednesday Cohort

		Mon	Tues	Wed	Thursday	Friday	Sat	Sun	Topic
Week 1	May 16-20	Asynchronous session live on Quercus <i>(Review Prior to synchronous session)</i>		Synchronous session on Zoom 1pm– 2pm		Asynchronous session goes live on Quercus <i>(Review prior to synchronous session)</i>			-Building a New Habit -Top 10 Learning Strategies Tips & Tools
Week 2	May 23-27			Synchronous session on Zoom 1pm– 2pm		Asynchronous session goes live on Quercus <i>(Review prior to synchronous session)</i>			-Grit & the Personal Model of Resilience - Mindful Time Management, Planning & Organization
Week 3	May 30- June 3			Synchronous session on Zoom 1pm– 2pm		Asynchronous session goes live on Quercus <i>(Review prior to synchronous session)</i>			-Leading from Strengths & Unpacking VIA Character Strengths Survey -Active Listening, Holistic Note-Taking & Cultivating Concentration
Week 4	June 6-10			Synchronous session on Zoom 1pm– 2pm		Asynchronous session goes live on Quercus <i>(Review prior to synchronous session)</i>			-Optimism -Growth Mindset & Memory Techniques

Week 5	June 13-17			Synchronous session on Zoom 1pm– 2pm		Asynchronous session goes live on Quercus (<i>Review prior to synchronous session</i>)			-Gratitude & Savouring -Mindful Reading Skills & Strategies for Effective Learning
Week 6	June 20-24			Synchronous session on Zoom 1pm– 2pm		Asynchronous session goes live on Quercus (<i>Review prior to synchronous session</i>)			-Self-Compassion -Calm & Confident Test Taking
Week 7	June 27- 30			Synchronous session on Zoom 1pm– 2pm					-Five Factor Model of Resilience -Five Factors of Wide Awake Learning