

ArriveUTSC Schedule Summer 2023

Thursday (On-line) Cohort 11:00 – 12:30 pm

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Topic
Week 1	May 22-26	Asynchronous session live on Quercus <i>(Review prior to synchronous session)</i>			Synchronous session on Zoom 11:00 am - 12:30 pm	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 29 – June 2				Synchronous session on Zoom 11:00 am - 12:30 pm	Asynchronous session goes live on Quercus <i>(Review prior to synchronous session)</i>			-The Art of Presentness - Nurturing Health Through Sleep, Movement and Nutrition
Week 3	June 5-9				Synchronous session on Zoom 11:00 am - 12:30 pm	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 4	June 12 -16				Synchronous session on Zoom 11:00 am - 12:30 pm	Asynchronous session goes live on Quercus <i>(Review prior to synchronous session)</i>			-Gratitude & Savouring -Mindful Reading Skills & Strategies for Effective Learning

Week 5	June 19 -23				Synchronous session on Zoom 11:00 am - 12:30 pm	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 6	June 26 -30				Synchronous session on Zoom 11:00 am - 12:30 pm	Asynchronous session goes live on Quercus <i>(Review prior to synchronous session)</i>			-Optimism -Growth Mindset & Memory Techniques
Week 7	July 3-7				Synchronous session on Zoom 11:00 am - 12:30 pm	Asynchronous session goes live on Quercus <i>(Review prior to synchronous session)</i>			-Self-Compassion -Calm & Confident Test Taking
Week 8	July 10-14				Synchronous session on Zoom 11:00 am - 12:30 pm				-Five Factor Model of Resilience -Five Factors of Wide Awake Learning