

ArriveUTSC Schedule Winter 2023 – Wednesday (In-person) or Thursday (On-line) Cohort Options

		Mon	Tues	Wed	Thursday	Friday	Sat	Sun	Topic
Week 1	Jan 23-27	Asynchronous session live on Quercus <i>(Review prior to In-person/synchronous session)</i>		In-person session OR	Synchronous session on Zoom	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	Jan 30-Feb 3				Synchronous session on Zoom	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	Feb 6-10			In-person session OR	Synchronous session on Zoom	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	Feb 13-17			In-person session OR	Synchronous session on Zoom	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 5	Feb 20-24	Reading Week		No Session		No Session			Reading Week – No session

Week 6	Feb 27- Mar 3			In-person session OR	Synchronous session on Zoom	Asynchronous session goes live on Quercus <i>(Review prior to synchronous session)</i>			-Optimism -Growth Mindset & Memory Techniques
Week 7	Mar 6-10			In-person session OR	Synchronous session on Zoom	Asynchronous session goes live on Quercus <i>(Review prior to synchronous session)</i>			-Gratitude & Savouring -Mindful Reading Skills & Strategies for Effective Learning
Week 8	Mar 13- 17			In-person session OR	Synchronous session on Zoom	Asynchronous session goes live on Quercus <i>(Review prior to synchronous session)</i>			-Self-Compassion -Calm & Confident Test Taking
Week 9	Mar 20-24			In-person session OR	Synchronous session on Zoom				-Five Factor Model of Resilience -Five Factors of Wide Awake Learning