Land Acknowledgement
All slides will be available on

https://utsc.utoronto.ca/studentexperience/partnering-support-your-student

We are recording!
Supporting Your Student’s Transition from High School to University
WELCOME!

Kathy Fellowes
Interim Manager, Academic Advising & Learning Skills Services
Academic Advising & Career Centre

Dr. Jen Davies
Manager, Career Development Services
Academic Advising & Career Centre
What we’ll cover today

What to expect: 1st Year

Campus Supports

Life and Career
Academic Advising & Career Centre

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.
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 safer 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
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 month term + 1-week exam period

## University
- 3 month term + 1 month of exams/holidays

- **Exams**
- **Exams & Holidays**

⏰ Time Management Skills are Key!
### 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>
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<tbody>
<tr>
<td>7AM</td>
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<td>8AM</td>
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<td>Study</td>
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<td>11AM</td>
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<td>Class 4</td>
<td>Study</td>
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<td>Class 3</td>
<td>Club Meeting</td>
<td>Class 3</td>
<td>Association</td>
<td>Class 4</td>
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<td>1PM</td>
<td>Study</td>
<td>Practical 1 (Lab)</td>
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<td>Study</td>
<td>Practical 2 (Lab)</td>
<td>Study</td>
<td>Study</td>
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<td>2PM</td>
<td>Study</td>
<td>Class 5</td>
<td>Practical 2 (Lab)</td>
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<td>Class 5</td>
<td>Practical 3 (Lab)</td>
<td>Study</td>
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<td>3PM</td>
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<td>Commute</td>
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<td>Commute</td>
<td>Study</td>
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<tr>
<td>5PM</td>
<td>Commute</td>
<td>Tutorial 1</td>
<td>Part Time Job</td>
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<td>Basketball</td>
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</tbody>
</table>
The upcoming year for your student...
Welcomes and Orientations

Exams

uoft.me/utscorIENTATION

#UTSCGetStarted
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)

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
- Acculturation stress
- Stress from mid-term results
- Changes in academic behavior (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
• Fresh snow!
• Marks from winter semester are released
• Changes in academic behavior (study habits, seeking resources/help)
• Summer job search begins

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

- Winter blues
- Illness, feeling drained
- Acculturation stress
- Homesickness (especially around special holidays)
- Mid-term exams

**Reading Week in mid-Feb (no March Break)**

March

- Choosing a program (Majors, Minors)
- Mid-terms and Final Exam preparation
- Planning for housing changes (moving out of residence/housing)
- Choosing to do summer semester (and choosing courses)

**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 Tip Sheets, Student Testimonials & On-line Guide
• MARCH is “Choosing Your Program Month”

UTSC has over 180 Programs!
April

- Exams
- Foregoing healthy behavior for studying (sleeping, exercise, healthy eating, friendships)
- Looking forward to returning home / commuting less
- Proud for finishing the year
- Concern re getting into a program (Majors, Minors)
May → August

- Move home / commute less OR continue because studying in summer
- Study full- 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>
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<th>Fall Semester</th>
<th>Winter Semester</th>
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<tbody>
<tr>
<td>Classes Start/End</td>
<td>Sep 7-Dec 6</td>
<td>Jan 10-Apr 8</td>
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<tr>
<td>Course Add/Waitlist Ends</td>
<td>Sep 15 (waitlist ends) Sep 20 (add course)</td>
<td>Jan 18 (waitlist ends) Jan 23 (add course)</td>
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<tr>
<td>Reading Week Midterm Exams for 1 week before and 3 weeks after</td>
<td>Oct 9-15 (week of Thanksgiving)</td>
<td>Feb 22-25 (week of Family Day) (No March Break)</td>
</tr>
<tr>
<td>Course Drop Date</td>
<td>Nov 22</td>
<td>Mar 28</td>
</tr>
<tr>
<td>Course Late Withdrawal and Credit/No Credit</td>
<td>Dec 6</td>
<td>Apr 8</td>
</tr>
<tr>
<td>Exam Period</td>
<td>Dec 9-21 (no class Dec 7-8)</td>
<td>April 13-29 (no class Apr 9-12)</td>
</tr>
</tbody>
</table>
Academic Requirements

All information can be found in the Get Started course that your student can access:

uoft.me/getstarted

You are welcome to review the content with your student.
ACORN Homepage

Click to view and Update Personal Information

View and Update Financial Information
What do you notice about A.J.’s course choices and grades?

<table>
<thead>
<tr>
<th>Crs Code</th>
<th>Title</th>
<th>Wgt</th>
<th>Mrk</th>
<th>Grd</th>
<th>Crs Avg.</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOA01H3</td>
<td>Life on Earth: Unifying Principles</td>
<td>0.50</td>
<td>67</td>
<td>C+</td>
<td>B-</td>
</tr>
<tr>
<td>CHMA10H3</td>
<td>Introductory Chemistry I: Structure and Bonding</td>
<td>0.50</td>
<td>69</td>
<td>C+</td>
<td>C+</td>
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<tr>
<td>MATA29H3</td>
<td>Calculus I for the Life Sciences</td>
<td>0.50</td>
<td>C+</td>
<td>C+</td>
<td>C+</td>
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<tr>
<td>PSYA01H3</td>
<td>Introductory Psychology: Part I</td>
<td>0.50</td>
<td>82</td>
<td>A-</td>
<td>B-</td>
</tr>
<tr>
<td>POLA01H3</td>
<td>Critical Issues in Politics I</td>
<td>0.50</td>
<td>81</td>
<td>A-</td>
<td>C+</td>
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</table>

Credits Earned: 2.50

<table>
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<th>Grd</th>
<th>Crs Avg.</th>
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</thead>
<tbody>
<tr>
<td>BIOA02H3</td>
<td>Life on Earth: Form, Function and Interactions</td>
<td>0.50</td>
<td>72</td>
<td>B-</td>
<td>B-</td>
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<tr>
<td>CHMA11H3</td>
<td>Introductory Chemistry II: Reactions and Mech</td>
<td>0.50</td>
<td>69</td>
<td>C+</td>
<td>C+</td>
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<tr>
<td>GGRA03H3</td>
<td>Cities and Environments</td>
<td>0.50</td>
<td>68</td>
<td>C+</td>
<td>C+</td>
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</table>

Credits Earned: 2.50

Sessional GPA: 2.94 Cumulative GPA: 2.80
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.
Holistic Student Support

Academic

Health

Safety and Security

Exploration

Life and Career

Do not be afraid to ask for help. Nobody gets through college on their own.
- Michelle Obama
Getting the Most Out of U of T Outside the Classroom

student time and effort in educationally purposeful activities
(eg, office hours, study groups, also clubs and part-time jobs)

institutional efforts towards supporting students to participate
(eg, funding the Work Study program to create part-time jobs)

= positive correlation with academic success
(National Survey of Student Engagement)
Class/Program Academic Supports

Help students understand:
• Solutions to homework
• Course material
• Course expectations
• Program expectations & progression
• Exam/test formats

Online Access through:
• Email, Appointments, Office Hours

- Professor
- Teaching Assistant (TA)
- BioAid
- ChemAid
- PhysicsAid
- Facilitated Study Groups
- Departmental Advisor
- Registrar’s Office
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
Global Learning Opportunities

• Summer Abroad Program
• Student Exchange Program
• Summer Research Exchange Program

Justin
Exchange Student
University of Hong Kong

UNIVERSITY OF TORONTO
SCARBOROUGH

OFFICE OF
STUDENT EXPERIENCE & WELLBEING
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

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

Employment

Employers will ask you for:
- Performance
- Experience
- Education
- Cover Letter and Resume
- Skills Testing
- References
- Interview

A strong professional profile takes time to develop!
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
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!
Many Paths to a Destination
How do you become an accountant?

Step 1
Complete your degree (BBA, HBSc or HBA – all are good*).
*BBA in Accounting required to be an Auditor.

Step 2
Take the required professional-type courses* approved by the certifying body (CPAO).
*BBA with Specialist in Accounting covers the entry-level courses.

Step 3
Write and pass the required exams (PEP and CFE).

⚠️ Also true for professions in HR and Finance!
Hamza Khan

Honours Bachelor of Arts (English)

- Founded his own successful marketing company based on his ‘side hustles’ as a student
- Recently Managing Director at Student Life Network/Parent Life Network
- Now a consultant and speaker!
How do you become a computer programmer?

Step 1: Develop programming skills and strategies.*
*Could be in a Computer Science program at school, could be self-study (eg, Coursera).

Step 2: Participate in hackathons and competitions. Take projects (eg, Guru, Fiverr, Elance).

Step 3: Develop a portfolio (eg, GitHub) demonstrating your ability to code. Show it to companies.

⚠️ You don’t have to study Computer Science!
Derrick Fung

Bachelor of Business Administration

• Founded Tunezy, an online platform for connecting fans and musicians

• Founder and CEO of Drop, an app that connects consumers with well-known retailers with a points incentive system
Many Paths to a Destination

How do you become a healthcare professional?

Step 1
Earn high grades in your bachelor studies, and take relevant prerequisite courses.

Step 2
Get involved on campus. Gain skills. Show you can work with people, and science.

Step 3
Apply to: Respiratory Therapy, Occupational/Physical Therapy, Medical Lab Technologies, and more!

There’s way more to healthcare than medical school!
Christa Studzinski

Honours Bachelor of Science (Psychology & Neuroscience)

• PhD in Pharmacology, co-founded research organization

• Currently Manager of Partnerships at Ontario Brain Institute
Parent Presentations and Resources

Upcoming Events for Parents and Families

https://utsc.utoronto.ca/studentexperience/partnering-support-your-student

- Your Community of Support: UTSC Resources Panel, June 23, 7pm EDT
- Off-Campus Housing Workshops, June 21, 8:30am and 1:30pm EDT
- Additional sessions to be announced!

U of T Scarborough page for parents and families:
www.utsc.utoronto.ca/admissions/parents-overview

All-U of T page for parents and families:
future.utoronto.ca/apply/resources-for-parents/