Hello Eagles!

University involves a lot of change as you acclimate to a new environment. Clutching your map, you walk around campus hopeful to find the right building, get to class on time, and not bump into another person as you are staring at the room signs. With each new class will come a combination of new readings, assignments, and expectations. You’ll probably be eager to hit the ground running and start off strong. Curiosity, being overwhelmed, and excitement are all feelings you might experience. With all of this hustle and bustle, students can sometimes lose track of their healthy habits. Eating, sleeping, exercise, and connecting with others all become even more important despite a tendency to pour all of your time and effort into studying. Did you know that, according to a study of over 200 first-year university students, regularly eating breakfast, going to bed earlier and getting up earlier during the week and on weekends were associated with higher grades? Taking care of yourself can contribute positively to your grades, and your life!

Self-care starts with recognizing what you’re feeling and what you can do about it. For an energy boost try any of the following: connect back to a personal passion (volunteer, participate in a club, go to the RAWC), make healthy eating choices, connect with others (LAUNCH), or talk to somebody if you are struggling (Health and Counselling Centre). Take advantage of what the university has to offer, and don’t forget your #selfcare!

Stick with us over the summer and we’ll help you get to your NEXT STOP!

- Office of Student Transition Team
Reminder: Have you registered for O-Week yet? Learn more and register at the O-Week webpage!

August 15, 17, 21 - UTM Varsity Women's Soccer tryouts
August 16-18 - UTM Varsity Men's Soccer tryouts
August 18 - UTM Varsity Cross-Country info session from 7-8pm in the RAWC multi-purpose room A
August 22-25 - Head Start takes place. Be introduced to university expectations through interactive sessions. Register now!
August 24 – UTMSU Orientation bursary applications due
August 22, 25, 29 - August tryouts for UTM Varsity Cross-Country

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**FEATURED OFFERING:**

**AccessAbility Peer Mentor Program**

The **AccessAbility Peer Mentor Program** connects students with disabilities who are registered with the AccessAbility Resource Centre with successful upper-year students with whom they are likely to identify (i.e. same academic program). By providing social support in a friendly environment, peer mentors help students with their transition to the university, make them feel at home in the academic environment, and enhance their university experience. Mentees meet individually with mentors once a week for 1 hour and participate in academic and social activities on and off campus throughout the academic year.

If you are registered with AccessAbility and would like to sign up to participate in the program, please complete the online registration form located at: [http://www.utm.utoronto.ca/accessability/future-uoft-students/accessability-peer-mentor-program](http://www.utm.utoronto.ca/accessability/future-uoft-students/accessability-peer-mentor-program)
Global Experiences and Learning by Doing
Experiential learning through opportunities both inside the classroom and beyond are effective ways to learn and to grow. Dr. Sanja Hinic-Frlog talks about active learning in the context of international experiences, out-of-classroom involvement, and within the classroom.

Click here to watch!

Study Spaces and Hangouts on Campus
Join Dana as she shows off some of her favourite study spots and hangouts on campus. See the Davis Meeting Place, the bridge by Principal’s Road, and more!

Click here to watch!
Introduce yourself!
Hi! I'm Ali, 19, from Halifax, Nova Scotia. I was born in Pakistan and ever since then I've been to 12 countries before finally settling in Canada. I play cricket and football (soccer) in my free time. I also play FIFA on consoles and manage the business that I am part of.

What are you excited about?
I'm super excited to live independently and start life as an adult!

Share one thing on your bucket list:
One thing on my bucket list is doing a road trip from East coast to West coast Canada

What's one thing that people wouldn't guess about you?
That would be a tie between the fact that I can speak 5 languages, and that I have tried (and failed) at two businesses so far and am currently involved in a third one.
Students have many expenses, including textbooks, tuition, rent or residence, transportation, and food. As a full time student, there might not be enough time to maintain a job on the side. Did you know that with the Campus Value Plan (CVP), you can save 5% on all campus food purchases? Your CVP is associated with your T-Card, so you won’t be disappointed about forgetting your debit card at home! What’s more, you can add money to it at any time and your CVP balance carries over from year to year.

Learn more about the Campus Value Plan