

Head Start

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What is Head Start?

The Head Start program is designed to introduce incoming first-year UTM students to university expectations. A variety of free online sessions are available, which range from interactive workshops designed to prepare students for university classes, to simulated classroom experiences and faculty panels. Asynchronous videos are also provided as additional resources that students can access.

When is Head Start offered?

Head Start takes place right before the start of the Fall term and runs for two weeks from August 23 – September 3, 2021. All students who register will receive email reminders when the event begins.

How do I register for Head Start?

To register for Head Start, [please click here](#). The registration form will also remain open for the duration of the event, so that students may gain access to the sessions and resources as Head Start is running.

The registration page asks for my UofT email. How do I find out what my UofT email is?

To receive your UofT email, please visit tcard.utoronto.ca.

What do I need to attend?

You will require your UTORid and UofT email to gain access to the course Quercus site. To receive your UTORid and UofT email, please visit tcard.utoronto.ca.

Please note that it is preferable to have your UTORid activated even if you already have a JOINid, as you may not be able to access certain resources with only a JOINid. To learn more about the differences between a UTORid and a JOINid, please refer to this [article about UTORid activation](#).

The sessions will be taking place online, so you will need internet access to participate. You should download Zoom and ensure that you have the most updated version on your computer or device. For more information on how to set up Zoom and set up your Zoom account, please check these articles linked below:

- a. [Best Practices for Zoom](#)
- b. [Creating and accessing your Zoom account](#)

Ideally, you should also have the equipment as described in this [Recommended Technology Requirements for Remote/Online Learning](#) article.

Using Zoom:

NOTE: It is recommended that students only use computer audio for Zoom, and not a telephone **to avoid long distance charges**.

Do I need to attend all of the sessions? Can I pick which ones to attend?

You do not need to attend all of the Head Start sessions, and it is highly recommended that you choose the sessions that most interest you. However, it should be noted that many of the sessions will help you develop skills that are useful in all disciplines. For more information about the sessions, please refer to the [Head Start 2021 schedule](#), which can also be found on the RGASC Head Start page.

How will this program prepare me for first-year courses at UTM?

Head Start offers a variety of skill-building workshops that will help you adapt to the university experience and help you understand your professors' expectations. Study skills such as test-taking strategies, time management and adapting to online learning are addressed, while other workshops cover more discipline-specific skills such as math & numeracy, and various forms of writing.

In addition, Head Start also features multiple Q&A panels to provide first-year students the chance to learn from the experiences of senior students and faculty members within their program of study.

Are there any other resources available to me?

The RGASC website has a plethora of tip sheets and help videos designed to go over key skills and topics covered in a variety of UTM programs. This includes resources about writing, study skills, math and academic integrity. There also resources for individuals who are learning English as an additional language under the English Language Learners section. For more information, please see our [Online Resources](#) page.

The RGASC also offers a variety of online appointments to address writing and study skills, math and numeracy, and English Language Learner support. Students can get one-on-one assistance with a specialized instructor to address skills and strategies to help them succeed in an area of concern, and asynchronous appointments are available for students seeking feedback on specific assignments, such as essays. For more information about the types of appointments and what they cover, please see the [Appointments for Undergraduate Students](#) page.

For those who are interested in developing additional academic skills, the RGASC also features multiple workshops and other programming that address topics such as academic reading and writing, research training and math skills. A full listing of these programs can be found on the [Programs and Workshops](#) page.

Finally, students can attend Peer Facilitated Study Groups (FSGs). The study groups give students the opportunity to study discipline-related material in an organized, regularly-scheduled format. The study groups practice skills such as:

- comparing and reviewing study notes;
- discussing and clarifying concepts with peers;
- developing and evaluating study strategies;
- preparing for tests and exams.

For more information regarding FSGs, please visit <https://www.utm.utoronto.ca/asc/facilitated-study-groups-fsgs>.

How do I make a Quercus/Zoom account?

Students who register for the Head Start will be automatically enrolled into a Quercus page.

To create a Zoom account, please sign into <https://utoronto.zoom.us/> under “UTM faculty, staff, and students” using your UTOrid and password. You will then be directed to confirm your email address via an email sent to your UofT email address. Note that this means that it is highly recommended that you activate your UTOrid so you can access your UofT email. Once you confirm your email address, you will be taken to a page where you can activate your Zoom account.

For a more detailed guide, please see this article on [Creating and accessing your Zoom account](#).

Using Zoom:

NOTE: It is recommended that students only use computer audio for Zoom, and not a telephone **to avoid long distance charges**.

What are the minimum technological requirements that I require to attend the sessions?

Ideally, you should have the equipment as described in this [Recommended Technology Requirements for Remote/Online Learning](#) article.