

Head Start 2022: Schedule and Synchronous Session Details

The [Robert Gillespie Academic Skills Centre \(RGASC\)](#) welcomes you to Head Start 2022. Head Start offers two weeks of synchronous online programming to support your understanding of university expectations, develop key university-level academic skills and learning strategies, and welcome you to the scholarly community at UTM.

Head Start runs from **Monday, August 22 to Friday, September 2**. See the [full schedule](#) of synchronous online sessions below and descriptions of what to expect [here](#). You will have access to our **Asynchronous Head Start modules** in your Eagle Connect [Quercus](#) course including “Navigating Head Start 2022”, “Joining the Academic Community”, “Proactive Learning Strategies”, “Academic Writing Skills and Support”, “Math and Numeracy Skills and Support”, and “Your Quick Guide to Academic Integrity”.

- All Zoom links and passcodes are available in your Eagle Connect [Quercus](#) course on the **Navigating Head Start 2022 Welcome Page**. You are enrolled automatically as part of the Eagle Connect program.
- Choose which sessions interest you most and add them to your Google or Outlook calendar. There are lots of options and [session types](#) to choose from. All Head Start sessions will be offered online. Several of our core sessions will be repeated, indicated by (repeat), to allow for more options.
- All times are listed in Eastern Time (EST). To convert to your local time zone, consider using this [Time Zone Converter](#).

Click the links below to jump to the full details and session descriptions for each day:

[Monday, August 22, 2022](#)

2:00 PM EST Welcome to Head Start

[Tuesday, August 23, 2022](#)

9:00 AM EST Finding Balance: Prioritizing Wellness while Pursuing Your Academic Goals

12:00 PM EST Social Hour: Imposter Syndrome

2:00 PM EST Deep Reading for Deep Learning: Understanding University Texts

7:00 PM EST Study Skills with Facilitated Study Group (FSG) Leaders

[Wednesday, August 24, 2022](#)

9:00 AM EST Test Success Strategies

12:00 PM EST English Language Support Q&A

2:00 PM EST The Writing Process

7:00 PM EST Academic Integrity Matters

[Thursday, August 25, 2022](#)

9:00 AM EST We've Been There: Undergrad Experiences with UTM Faculty 1

12:00 PM EST Social Hour: Facing Challenges and Dealing with Failure

2:00 PM EST We've Been There: Undergrad Experiences with UTM Faculty 2
7:00 PM EST Succeeding with Math

Friday, August 26, 2022

9:00 AM EST Library 101
12:00 PM EST Academic Writing Support Q&A
2:00 PM EST Time Management Techniques

Monday, August 29, 2022

9:00 AM EST Creativity, Collaboration, and Problem Solving
12:00 PM EST Social Hour: Procrastination & Motivation
2:00 PM EST Effective Note Taking

Tuesday, August 30, 2022

9:00 AM EST Academic Integrity Matters
12:00 PM EST UTMSU (UTM Student Union) Q&A
2:00 PM EST Writing Lab Reports
7:00 PM EST The Writing Process (repeat)

Wednesday, August 31, 2022

9:00 AM EST Succeeding with Math (repeat)
12:00 PM EST Social Hour: The Value of Co-curricular Involvement
7:00 PM EST Time Management Techniques (repeat)

Thursday, September 1, 2022

9:00 AM EST Making the Most of Your First-Year Experience: A Conversation with Upper-Year Students 1
12:00 PM EST Math & Numeracy Support Q&A
2:00 PM EST Making the Most of Your First-Year Experience: A Conversation with Upper-Year Students 2

Friday, September 2, 2022

12:00 PM EST Head Start Reflective Goal Setting Workshop

Monday, August 22, 2022	
2:00 PM EST (90 minutes)	Welcome to Head Start. This workshop will welcome you to Head Start, with opportunities to meet your peers in small break-out groups, and will support participants to plan their customized Head Start schedule. Facilitators: Head Start's Academic Success Team Type: Upper Year Student Facilitated Session
Tuesday, August 23, 2022	
9:00 AM EST (90 minutes)	Finding Balance: Prioritizing Wellness while Pursuing Your Academic Goals. Representatives from the UTM Health and Counselling Centre will facilitate this session focused on developing healthy habits, dealing with stress, and seeking support and resources. Prioritizing your

	<p>wellness is an academic skill that will help you to be successful and the Health and Counselling Centre is available to support you with appointments, online and in-person resources, peer mentor opportunities, workshops and events.</p> <p>Facilitators: UTM Health and Counselling Centre (HCC)</p> <p>Type: Campus Partner Session</p>
<p>12:00 PM EST (60 minutes)</p>	<p>Social Hour: Imposter Syndrome. It's time to uncover what most students around you will be feeling. Feeling like an imposter is more common than you may think and there are many ways to combat it. In this social hour, you'll get an upper-year student insider perspective into what it feels like and how to overcome the inner imposter syndrome voice.</p> <p>Facilitators: Upper Year Students</p> <p>Type: Social Hour</p>
<p>2:00 PM EST (90 minutes)</p>	<p>Deep Reading for Deep Learning: Understanding University Texts. Reading for university involves more than forcing your eyes to touch the words on a page or screen. This session will provide you with techniques and resources to help you engage deeply with your assigned texts in the manner your professors expect.</p> <p>Facilitator: Jonathan Vroom, Assistant Professor</p> <p>Type: Faculty/Staff Facilitated Interactive Presentations</p>
<p>7:00 PM EST (90 minutes)</p>	<p>Study Skills with Facilitated Study Group (FSG) Leaders. An essential support offered by the RGASC are Facilitated Study Groups (FSG). Join upper-year Facilitated Study Group leaders to learn more about the FSG program, and to learn more about study planning and other test and exam preparation strategies.</p> <p>Facilitators: FSG Leaders</p> <p>Type: Upper Year Student Facilitated Session</p>
<p>Wednesday, August 24, 2022</p>	
<p>9:00 AM EST (90 minutes)</p>	<p>Test Success Strategies. In this session, you will learn practical strategies for test preparation, strategies to employ during the test, tips for self-care prior to test-taking and techniques for managing test-taking anxiety. Many of the strategies discussed will be applicable to all test-taking situations, but will have a focus on math tests.</p> <p>Facilitator: Margaret Karrass, Assistant Professor</p> <p>Type: Faculty/Staff Facilitated Interactive Presentation</p>
<p>12:00 PM EST (60 minutes)</p>	<p>English Language Support Q&A. Join faculty and staff who support English Language Learners at UTM to learn more about the resources, program and supports available to help you strengthen your professional and academic English Language skills.</p>

	<p>Facilitators: Sheila Batacharya, Assistant Professor & students from the Professional English Language Skills Program (PELS)</p> <p>Type: Question & Answer Hour</p>
<p>2:00 PM EST (90 minutes)</p>	<p>The Writing Process. In this session, we will go through the stages of writing a research-based paper, from planning and researching to outlining and then to writing, revising, and editing. We will also discuss tips for overcoming writer's block.</p> <p>Facilitators: Sarah Seeley, Assistant Professor and Mark Blaauw-Hara, Assistant Professor</p> <p>Type: Faculty/Staff Facilitated Interactive Presentation</p>
<p>7:00 PM EST (90 minutes)</p>	<p>Academic Integrity Matters. Become more aware of how you can maintain academic integrity in your writing, research, studying, tests and exams. Representatives from the Academic Integrity Unit will provide information about what academic integrity means, how you can avoid misconduct, and where you can go for support.</p> <p>Facilitators: Academic Integrity Unit</p> <p>Type: Campus Partner Session</p>
<p>Thursday, August 25, 2022</p>	
<p>9:00 AM EST (90 minutes)</p>	<p>We've Been There: Undergrad Experiences with UTM Faculty Panel 1. Meet some of UTM's first-year professors and hear more about the undergraduate experience from their lived experience. Professors from multiple disciplines will share their advice to help you be successful at university.</p> <p>Moderator: Rebecca Shaw, Academic Success Strategist</p> <p>Type: Conversations with Faculty and/or Upper-Year Students (Panel Discussion)</p>
<p>12:00 PM EST (60 minutes)</p>	<p>Social Hour: Facing Challenges and Dealing with Failure. A new chapter, a new journey, a new beginning! You have your feet on the first step of your university journey, challenges and failures will be part of your learning throughout this journey. In this social hour, upper-year students will get deep into a true conversation about the challenges and failures you may encounter and how to navigate through them as a UTM student.</p> <p>Facilitators: Upper Year Students</p> <p>Type: Social Hour</p>
<p>2:00 PM EST (90 minutes)</p>	<p>We've Been There: Undergrad Experiences with UTM Faculty Panel 2. Meet some of UTM's first-year professors and hear more about the undergraduate experience from their lived experience. Professors from multiple disciplines will share their advice to help you be successful at university.</p> <p>Moderator: Rebecca Shaw, Academic Success Strategist</p>

	Type: Conversations with Faculty and/or Upper-Year Students (Panel Discussion)
7:00 PM EST (90 minutes)	<p>Succeeding with Math. Do you have the math skills to be successful in first-year university? This workshop will provide you with an opportunity to learn about the difference between high school and university math expectations and how to stay on track with your math courses.</p> <p>Facilitator: Sheliza Ibrahim, Assistant Professor</p> <p>Type: Faculty/Staff Facilitated Interactive Presentation</p>
Friday, August 26, 2022	
9:00 AM EST (90 minutes)	<p>Library 101. Think the library is just a quiet place to study? Think again! This session will introduce you to the multitude of resources and services available to you as a UTM student.</p> <p>Facilitator: Rob Makinson, Coordinator, Library Communications & Liaison Librarian</p> <p>Type: Campus Partner Session</p>
12:00 PM EST (60 minutes)	<p>Academic Writing Support Q&A. Do you have more questions about writing expectations at UTM? Join writing experts and professors for a Q&A and learn more about how the RGASC can support you in being a successful writer.</p> <p>Facilitators: Jordana Garbati, RGASC Director and Jonathan Vroom, Assistant Professor</p> <p>Type: Question & Answer Hour</p>
2:00 PM EST (90 minutes)	<p>Time Management Techniques. This session is a great opportunity to expand your time-management skills, develop positive study habits, and learn how to build a successful study plan.</p> <p>Facilitator: Kerrie Martin, Program Strategist</p> <p>Type: Faculty/Staff Facilitated Interactive Presentation</p>
Monday, August 29, 2022	
9:00 AM EST (90 minutes)	<p>Creativity, Collaboration, and Problem Solving. Solving problems isn't about following a pre-set formula. Sometimes it takes thinking outside of the box or a different perspective. In this session, learn how to approach problems creatively and as a team.</p> <p>Facilitator: Michael deBraga, Associate Professor</p> <p>Type: Faculty/Staff Facilitated Interactive Presentation</p>
12:00 PM EST (60 minutes)	<p>Social Hour: Procrastination & Motivation. How many of us have dealt with procrastination and lack of motivation? How many times have we looked back, regretted wasting time, and felt de-motivated to continue the work we started? Join upper-year students to discuss how and when procrastination occurs for students and how to stay motivate.</p> <p>Facilitators: Upper Year Students</p>

	Type: Social Hour
2:00 PM EST (90 minutes)	<p>Effective Note Taking. There are a number of different ways for you to take notes while reading, studying as well as before, during and after lecture. Learn the most effective strategies to fit your note-taking style into your study plan.</p> <p>Facilitator: Kerrie Martin, Program Strategist</p> <p>Type: Faculty/Staff Facilitated Interactive Presentation</p>
Tuesday, August 30, 2022	
9:00 AM EST (90 minutes)	<p>Academic Integrity Matters. Become more aware of how you can maintain academic integrity in your writing, research, studying, tests and exams. Representatives from the Academic Integrity Unit will provide information about what academic integrity means, how you can avoid misconduct, and where you can go for support.</p> <p>Facilitators: Academic Integrity Unit</p> <p>Type: Campus Partner Session</p>
12:00 PM EST (60 minutes)	<p>UTMSU (UTM Student Union) Q&A. Get to know representatives from the UTMSU and learn about how they support students and provide resources related to Academic Integrity and other student concerns.</p> <p>Facilitator: Jihan Khatib, Academic Advocacy Coordinator, UTMSU</p> <p>Type: Question & Answer Hour and Campus Partner Session</p>
2:00 PM EST (90 minutes)	<p>Writing Lab Reports. Do you know how to write a lab report? This session will provide you with an overview for writing a lab report in first-year Chemistry and Biology courses.</p> <p>Facilitator: Michael deBraga, Associate Professor</p> <p>Type: Faculty/Staff Facilitated Interactive Presentation</p>
7:00 PM EST (90 minutes)	<p>The Writing Process. In this session, we will go through the stages of writing a research-based paper, from planning and researching to outlining and then to writing, revising, and editing. We will also discuss tips for overcoming writer's block.</p> <p>Facilitators: Sarah Seeley, Assistant Professor and Mark Blaauw-Hara, Assistant Professor</p> <p>Type: Faculty/Staff Facilitated Interactive Presentation</p>
Wednesday, August 31, 2022	
9:00 AM EST (90 minutes)	<p>Succeeding with Math. Do you have the math skills to be successful in first-year university? This workshop will provide you with an opportunity to learn about the difference between high school and university math expectations and how to stay on track with your math courses.</p> <p>Facilitator: Sheliza Ibrahim, Assistant Professor</p> <p>Type: Faculty/Staff Facilitated Interactive Presentation</p>

12:00 PM EST (60 minutes)	<p>Social Hour: The Value of Co-Curricular Involvement (Do I <i>really</i> need to do something else besides academics?) How many times have others told you to “get involved” or get into “extracurriculars”? Let’s define what is meant by “co-curricular” and chat about why it is a vital part of your university experience. This casual convo with upper-year students will likely change your perspective on co-curricular activities!</p> <p>Facilitators: Upper Year Students Type: Social Hour</p>
2:00 PM EST (90 minutes)	There is no session at this time today.
7:00 PM EST (90 minutes)	<p>Time Management Techniques. This session is a great opportunity to expand your time-management skills, develop positive study habits, and learn how to build a successful study plan.</p> <p>Facilitator: Kerrie Martin, Program Strategist Type: Faculty/Staff Facilitated Interactive Presentation</p>
Thursday, September 1, 2022	
9:00 AM EST (90 minutes)	<p>Making the Most of Your First-Year Experience: A Conversation with Upper-Year Students 1</p> <p>Hear from upper year students, from across different programs, who were once in your shoes. Learn through their experiences and get your questions answered!</p> <p>Moderator: Rebecca Shaw, Academic Success Strategist Type: Conversations with Faculty and/or Upper-Year Students (Panel Discussion)</p>
12:00 PM EST (60 minutes)	<p>Math & Numeracy Support Q&A. Do you have more questions about math and numeracy expectations at UTM? Join first-year math professors for a Q&A and learn more about how the RGASC can support you with your math and numeracy skills.</p> <p>Facilitator: Andie Burazin, Assistant Professor Type: Question & Answer Hour</p>
2:00 PM EST (90 minutes)	<p>Making the Most of Your First-Year Experience: A Conversation with Upper-Year Students 1</p> <p>Hear from upper year students, from across different programs, who were once in your shoes. Learn through their experiences and get your questions answered!</p> <p>Moderator: Rebecca Shaw, Academic Success Strategist Type: Conversations with Faculty and/or Upper-Year Students (Panel Discussion)</p>

Friday, September 2, 2022	
12:00 pm EST (60 minutes)	Head Start Reflective Goal Setting Workshop. You made it! Now it's time to get ready for your first day of classes. Join upper year students to reflect on your Head Start experience and to workshop your learning goals for the upcoming year. This will be a fun and creative session to apply what you've learned. Facilitators: Head Start's Academic Success Team Type: Upper Year Student Facilitated Session

Types of Head Start Sessions

Faculty or Staff Facilitated Interactive Presentations

These engaging sessions simulate the classroom experience while introducing you to key academic skills and learning strategies. Facilitated by faculty and staff experts, you'll get the chance to build on the information provided in the Head Start Quercus modules, and ask questions. These are not boring lectures, there will be opportunities to participate either through the chat function, in break-out rooms, or other active learning practices.

Question & Answer Hours

Do you have more questions about Writing, Math, Study Skills or where to go for academic support? Join one of our Question & Answer hours. These hours are semi-structured allowing for students to directly interact with staff and faculty.

Campus Partner Sessions

Key departments and centres from across campus join Head Start to provide an overview of what support and resources they offer, how to access support, and provide guidance on effective strategies and habits for student success.

Conversations with Faculty and Upper-Year Students (Panel Discussions)

Back by popular demand, our Panel Discussions offer the opportunity to learn about faculty and student perspectives on making the most of your first year and student life in general. Every panel is multi-disciplinary with faculty and students from several different programs and the conversation will be rich and insightful.

Upper Year Student Facilitated Session

Learning from students who have recently been where you are in your student journey can be really impactful. These sessions are designed and facilitated by upper year student volunteers and staff from the RGASC and the Head Start Academic Success Team. There will be lots of opportunities to participate, ask questions, and interact in these sessions.

Social Hours

There is a lot more to starting university than simply going to courses and studying. Join upper-year student facilitators for our social hours. Each social hour addresses a theme that many students encounter in their first year. Our facilitators will guide the discussion, provide opportunities for you to get to know your peers, and suggest resources to support your success.