



HANDBOOK FOR PARENTS AND FAMILIES

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ORIENTATION WEEK:

SEPTEMBER 5TH – SEPTEMBER 12TH 2015

I AM A GRYPHON



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New Students

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INTRODUCTION

The transition to university holds special challenges for new students and their families. This handbook is designed to address your needs, as the family member or support person of a new student at the University of Guelph. In the coming year, new students will undergo many new life experiences as they make the transition to university life and study.

We have compiled information from our campus partners so that this Handbook may serve as a resource to explore the many support services available on campus to assist your student in their transition to the University of Guelph. You can also use it throughout the year as a guide to important campus services when the new student in your family experiences the inevitable ups and downs of student life.

We recognize that we may not have anticipated all of the questions you may have; if you have suggestions or feedback for future editions of this Handbook, please contact us. We look forward to hearing from you.

► **THE CENTRE FOR NEW STUDENTS**

Student Life

University Centre, 3rd Floor South

519-824-4120, ext. 52277

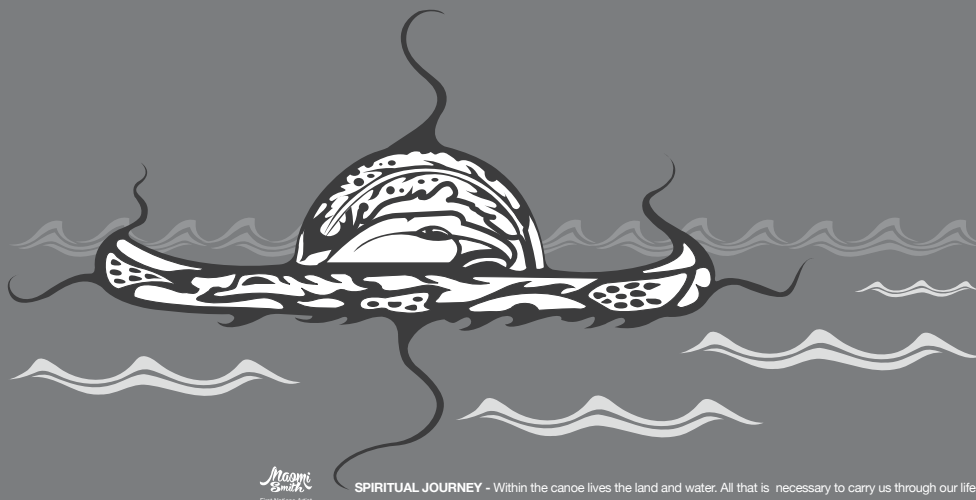
cns@uoguelph.ca

<https://studentlife.uoguelph.ca/cns>



Student Life
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**ATTAWANDARON
TERRITORY**

← *on which the* →
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University of Guelph
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Maami Smith
First Nations Artist

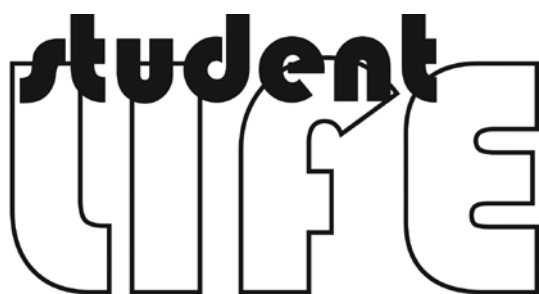
SPIRITUAL JOURNEY - Within the canoe lives the land and water. All that is necessary to carry us through our life journey.

WELCOME – BONJOUR – AHNIIN – SAGO – TUNGASUGIIT

Student Life cultivates learning that has a lasting and transformative impact on students and communities. At Student Life we believe the journey is the reward. Our programs and services are designed to help students pursue their passions; learn by doing; contribute to their communities; explore their identities; develop transferable skills; achieve their academic goals; and graduate with a stronger sense of who they are and what they can contribute.

We know that student engagement outside the classroom is critical to success in the classroom and in life. That is why we are the first university in Canada to develop an out-of-classroom curriculum - Student Life at Guelph - which supports students in choosing how they will be involved on campus, with 8 learning outcomes in mind: Sense of Self, Diversity and Inclusion, Intercultural Maturity, Civic Engagement, Leadership, Life Skills, Engagement in Learning, and Communication.

We invite you to explore studentlife.uoguelph.ca to learn more about the diverse range of programs and services we offer and, how your student's intentional involvement in co-curricular activities can help them develop transferable skills, meet new people, and broaden their knowledge and experience!





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UPCOMING EVENTS FOR PARENTS & FAMILIES

COUNTDOWN TO GUELPH! (VARIOUS DATES & LOCATIONS FROM AUGUST 5-18)

CTG is an enhanced information session that will help gryphons and their family members to get ready for Guelph with last minute tips on the year ahead. If you have lingering questions, we'll have answers! Meet other parents and family members of new students from your home community. Alumni (#foreveragryphon) from your area will also talk about how their experiences as a gryphon have changed their lives and will give you the scoop on our campus culture. In partnership with Alumni Affairs & Development, CTG is for the whole family. This summer you'll receive an invitation in the mail with more details on how to RSVP for your community's event. The countdown is on!

OFF CAMPUS CONNECTION DAY ON AUGUST 11

Each year, several hundred new students choose to live off-campus during their first year at Guelph. We're here to help them to navigate their first year here. Campus partner, particularly the Off Campus University Students (OCUS) club and the Mature Student Association provide excellent ways to meet people and find a place to call 'home' on campus. During this event students and their support team (family, friends) can attend a relaxed info session, tour the campus, get to know Guelph, and meet the U of G team members who are here to support students who live off campus. Registration opens in late June on [STARTonline.ca](https://startonline.ca).

START FOR FIRST TIMERS ON AUGUST 14

This event is designed specifically to welcome first generation students and their parents/family members/support team to campus life. A first generation student is someone whose parent(s) did not attend university. This group often finds that they have to explain campus life to their families at the same time that they're trying to figure it out for themselves. This one-day workshop will give participants a chance to preview University life together and meet other first generation students and their families. Staff, faculty and upper-year students will be on hand to talk about the U of G experience including academic expectations, campus culture, and how gryphons can get the most out of their time at the University of Guelph. Registration opens in late June on [STARTonline.ca](https://startonline.ca).

OFF CAMPUS KICKOFF (OCKO) ON SEPTEMBER 5

OCKO is an event during Orientation Week designed to welcome the students and families of those living off campus. Students can connect with other students living off campus and learn about the resources the University of Guelph has in place to help facilitate their transition to university life. The University both welcomes and supports off campus student's involvement in campus life no matter where they live. This includes the Office of Off Campus Living (Student Life), Off-Campus University Students Club (OCUS), the Mature Student Association, and the Off Campus Connection facilitator team (who provide advising and host events for off campus students throughout the year). *The Latecomer Catch Up on September 7 is an event designed to copy OCKO, providing the same information for those who are unable to attend on September 5.*

CENTRE FOR NEW STUDENTS — SESSIONS FOR PARENTS AND FAMILIES OF NEW STUDENTS

September 18

If your student experiences challenges transitioning to university life this session is for you. This session invites parents and families to come to Guelph and touch base with their student during Homecoming weekend. Learn more about campus life, gain insight into the first year experience, and discover how the University of Guelph is committed to student success. *This session will be particularly useful for parents and families who were unable to attend our transition seminars held in the spring.* We will discuss stressors and opportunities in first year, and share tips for making the most of the resources on campus. E-mail family@uoguelph.ca for more details.

October 8 (5PM Thursday evening) OR October 9 (10AM Friday morning)

These sessions are being held prior to Thanksgiving weekend at times when parents typically come to campus to bring their students home for the long weekend (students also will have Tuesday, October 13 off). The goal is for parents and families of students who are experiencing challenges in transitioning to university to learn about supports on campus specific to their student's existing or developing needs. Since it is later in the semester the student's challenges may be brand new, or different or more complex than earlier in the semester. Students are most welcome and it would be beneficial if we could attend to their personal needs in the session. We hope that these sessions will give families something to talk about on the drive to and from campus over the weekend but, more than anything, a chance to discuss an action plan and next steps.



THE STUDENT TRANSITION

New students at the University of Guelph are about to embark on a journey of self-discovery, exploration of academic interests, careers, friendships, and so much more. Throughout this process, parents and family members continue to play an important role in a new student's development and education. While you may have already experienced this transition with another student who has left home, it is important to keep in mind that each individual's journey is unique.

Parents and family members may have mixed feelings throughout this time of transition, including a sense of excitement and loss. New students may exhibit habits or traits that are unfamiliar. You may see changes in eating habits, sleeping patterns, how they see themselves, and how they interact with the rest of the family.

These changes are resulting from the student's expanding view of the world and their exposure to a diverse range of people and ideas. The key is to be prepared for these changes and to be supportive of your family member during a transition period that is sometimes challenging. Remember that many new students experience an intense amount of change in a short period of time. In their first week, a new student will likely arrive on campus without knowing a soul, share a room for the first time with a total stranger, find their way around an unfamiliar campus, and begin to make new friends.

During this time, parents and family members will also have their own transition experience. From the stress of the university application process, to the excitement of the acceptance package, to the anxiety of preparing for their student's first semester, parents and family members experience many of the ups and downs that a new student encounters. As with students, parents and family members react to the transition in different ways — some may see this as the end of their child-rearing role, whereas others may continue to see themselves as necessary guardians or protectors, and regard the student in their family as unprepared rather than a self-reliant young adult.

It is important to note that the University of Guelph will treat all students as adults, regardless of their age. This means that students will be expected to sign contracts and waivers, and adhere to the University's *Policy on Non-Academic Misconduct* that governs appropriate behaviour. Parents and family members will not have access to students' grades, health details, financial information, and registration information unless their student chooses to share it with them as they see fit. However, the University recognizes the important role that families and parents play in the lives of our students. We hope that information provided in this publication and posted on the website for parents and families (studentlife.uoguelph.ca/cns) will help you to support your student over the coming years. While we won't provide you with the specific details of a particular student's status, information about procedures, programs and services on campus may afford you greater peace of mind and comfort in being supportive without encroaching on the independence of your student.

SUGGESTIONS FOR PARENTS AND FAMILIES

A significant challenge during the first year involves finding a balance between allowing enough space so that your student can begin to feel independent while also maintaining strong connections and providing love and support during a time that can be both challenging and exciting. How do you do this while also facilitating the student's transition into adulthood? Below, are some suggestions to help answer this question.

Many students maintain that they need attention and support from their parents, but not unsolicited advice. Students also claim that they like mail, though the connection with their family matters more than the actual content. Care packages are a big hit among students, and although they appreciate phone calls, early morning wake-ups are not generally appreciated! Here are some ways that you can stay connected without infringing upon your student's new-found independence:

- Build an adult relationship through calls, texts, emails, letters, and "care packages." Strike a balance between letting them know you are there for them, while also allowing them to direct the timing of these interactions to help maintain that sense of independence.
- Write letters. Students look forward to receiving mail, even though they don't always have the time to write or call in response. **Don't take it personally.**
- In your communication, keep your family member informed of the changes happening at home, whether you have redecorated or there are more substantial changes in the health and wellbeing of family members. Many students feel betrayed when information is kept from them in an effort to spare them of stressful situations. That being said, timing is a factor, and perhaps bigger news can wait until after a busy week of midterms and assignments.
- Send small care packages with items such as treats, toiletries, gift cards, or practical necessities such as stationery items, decorations or photos for their living space, etc.

- If you live within a reasonable distance of the campus, try to plan visits once in a while. These trips can be scheduled around other campus and community events such as Fair November, an annual craft show, and College Royal, our annual campus-wide open house in March. Don't plan to spend every minute of your visit with your student. Let her or him set the tone for how the time is spent.
- Allow yourself to be a "shoulder to cry on." University can be stressful and frustrating for some students. When your student calls or writes, just take in the information and don't be judgmental. Often, the student isn't asking for a solution to the problem; she or he just wants to express their feelings.
- Remember that this is a major change in your life. Give yourself time to adjust and if possible, avoid any other major changes in your life for now.
- Remember that during times of great change, there can be significant differences in the perceptions of a situation or a relationship. Keeping the lines of communication open can help avoid conflict and hurt feelings.
- There is a fine balance between being supportive and "too helpful" (i.e., hovering or interfering). Checking up on them to see if they have done their laundry and are going to sleep at a reasonable hour can be seen as a parental attempt to be in control and can lead to frustration. This undermines the student's attempts to cope independently.
- Talk openly about the changes that are happening in your relationship. What helps to reassure you when you're worrying? How do you see things changing in the future? Do you feel needed? Do they feel trusted by you? It's important to affirm for each other that even though there is more distance, you continue to care for each other. As your relationship becomes more of an adult-adult relationship, boundaries shift and negotiations are needed to maintain a balance of closeness and independence.

THE ACADEMIC TRANSITION

Developed by the staff of the Learning Commons, 1st Floor, Library: www.lib.uoguelph.ca

INTRODUCTION

The start of university study for our loved ones is a time of many emotions for parents and family members — pride, hope, and excitement, as well as some trepidation and a lot of questions. Some of the most common questions family members have are whether their students will do well academically and achieve their goals, and what services are available to support them as they adapt to the changes and challenges of university learning. In this section, we'll explain some of the differences between learning at high school and university, and what is available at Guelph to support your student's academic transition.

The Library's Learning Commons has numerous services, including individual appointments, workshops, handouts, and online resources, to assist students in the academic transition. All of the resources mentioned here can be found through the University of Guelph's Library website: www.lib.uoguelph.ca.

WHY DO NEW STUDENTS NEED ACADEMIC SUPPORT?

The majority of our first-year students, most of them high achievers in high school, use the services offered by the Learning Commons in the Library. Why? Learning in high school and learning in university are not the same. While many high school students work hard in their studies, first year courses at university emphasize new skills and ways of learning. In university it's not just about working hard; it's also about working differently, and that is where the Learning Commons comes in. Most incoming students simply haven't had the opportunity to develop the range of academic skills required to succeed in university courses. These skills include managing time and controlling procrastination; adapting to new kinds of learning, advanced writing, and research; and working independently. All new students, regardless of their skill set coming out of high school, can benefit from information on how to study or write at a university level, advice from successful senior students, or reassurance that they're approaching their course work in an effective way.



Every student accepted to the University of Guelph has the base tool set to succeed; encourage them to ask for help if they are struggling.

GETTING A HEAD START

Even before the fall semester begins, students can find out more about what's expected in university courses and how they are different from high school in A Guide for University Learning, an online workshop created for entering students at Guelph. The Guide includes some of the typical tasks students will be asked to do in courses (such as analyzing a course outline, taking lecture notes, reading academic text, writing a multiple choice test) and integrates these tasks with information and advice on how to manage them intelligently, strategically, and effectively. Access to the Guide is free through www.learningcommons.uoguelph.ca/guides/university_learning.

NEW RESPONSIBILITIES

University students have more freedom in their courses and are expected to set goals and establish priorities for themselves. Homework and class attendance are normally not checked, so self-motivation is critical for getting to class, keeping up with course work, and completing assignments on time. Students must decide for themselves what homework to do, how much to

do, and when to do it. Students are responsible adults, and are expected to be independent and self-directed learners.

THE WORKLOAD

The workload is different in each program, varies from course to course, and fluctuates through the semester. Instructors may move through new content at a much faster pace than in high school, and new students are often caught off guard when instructors lecture and assign work in the first class. Students' previous success and experience in a particular subject area, their course load in high school, and their involvement in high school extra-curricular activities can all influence how heavy a university workload feels to new students.

Keeping up with the workload of five university courses over a 12-week semester can be challenging, and if a student falls behind, it can be very difficult to get caught up. Many first-year students realize that they will have to work harder than in high school; what many don't realize is that they also have to work differently — more strategically, more consistently, and more effectively. An important skill for students to develop is to learn and use strategies to help them analyze and synthesize information, understand and apply concepts, and think critically and creatively.



Encourage your student to start class work on September 10, the first day of classes, so that they don't fall behind!

One program that can help is the Supported Learning Groups Program (SLGs)! They provide regular, ongoing study sessions every week in many historically challenging courses facilitated by upper year students who have already taken the course and received an A. Students can also set up their own study groups through the Study Groups at Guelph website. Information on these and other services is available at www.lib.uoguelph.ca/get-assistance.

PROCRASTINATION & TIME MANAGEMENT

The term “peer pressure” takes on a whole new meaning on a university campus — at no other time in students' lives are they surrounded by thousands of people so close to their own age. In this environment, there is usually something more enjoyable to do than studying, and lots of interesting people to do something with. Sometimes studying gets pushed to the bottom of the list!

Maintaining a balance of work and fun is a key component to surviving and thriving in first year. Good time management not only allows students to stay on top of their work, but also allows them to fit in extra-curricular activities, a social life, and perhaps part-time work or volunteering.

There are many opportunities for students to get involved in enriching, rewarding and enjoyable activities at Guelph. A healthy balance means that extra-curricular involvement or fun activities don't monopolize study time, but also that other interests are not put aside to concentrate solely on academics.

We encourage you and your student to look at *A Guide for Time Management*, an extensive online resource of information, ideas, strategies and advice. The Guide is available at [**www.learningcommons.uoguelph.ca/guides/time_management**](http://www.learningcommons.uoguelph.ca/guides/time_management).

UNIVERSITY LECTURES AND READING

Most university classes will be larger than high school classes — in some cases, there may be several hundred students in a large lecture room. It's common for new students to feel uncertain about how much to write down, or to be concerned about missing important information in their notes, or to feel that it's difficult to keep focused among so many students.

How much reading students do in their first year at Guelph depends on their program and courses. In general, science students have less reading but spend more time in labs. Arts students don't have labs but may have seminars, and usually have more assigned readings. No matter what program students are in, reading will be an important part of their required course work, so it's important to develop different reading techniques, and to choose the most effective technique for each reading assignment.

More information on services related to lectures and reading can be found at [**www.lib.uoguelph.ca/get-assistance/studying/effective-studying**](http://www.lib.uoguelph.ca/get-assistance/studying/effective-studying).

UNIVERSITY TESTS AND EXAMS

The number, length, and format of assessments, as well as what they cover and how many marks they are worth, are entirely course specific. Most exams in first year are multiple choice, fill in the blank, and short answer, though some students may have essay, open book, or take-home exams. Details are usually found in course outlines. Students need to be aware of how many marks each test or exam is worth, and to allocate their time and effort accordingly. The Mark Calculator is an online tool that helps students keep track of their marks, and it's available through [**www.lib.uoguelph.ca/get-assistance/studying/mark-calculator**](http://www.lib.uoguelph.ca/get-assistance/studying/mark-calculator).

Midterm exams present unique challenges for some students. Some courses may have one midterm exam halfway through the semester and one final exam, while other courses have weekly quizzes or several midterm exams. Midterms can be scheduled as early as week three or as late as week ten in the semester, depending on the course. They can range from fifty minutes to two hours long, and may be written in class or at a specially-scheduled time. Because

midterms can occur at almost any time during the semester, students have to balance studying for them while keeping up with day-to-day course work and assignments.

Final exams are written in a two-week period following the end of classes and are two hours long. There is usually a day or two without classes before the start of the final exam period. Many students find that they need to start studying at least a week before finals begin. Students who are curious about what a university-level multiple choice exam will be like can find out in A Guide for University Learning, a free online workshop. The Guide and other services are available at www.learningcommons.uoguelph.ca/guides/university_learning.

HIGH SCHOOL ESSAYS VS. UNIVERSITY PAPERS

The topics assigned for university writing assignments are often more complex than in high school, and university papers are, as a general rule, less descriptive and more analytical. At university, students need to:

- know the difference between a topic and a thesis,
- be able to identify and define a problem,
- anticipate and address counter-arguments,
- summarize and organize, and
- write in a formal, academic style particular to a discipline.

Students are also expected to have an in-depth understanding of what plagiarism is, understand the ethics of scholarly work, and know how to paraphrase and cite properly following a particular disciplinary style. To learn more about the University's expectations, they can visit the online tutorial on Academic Integrity at www.academicintegrity.uoguelph.ca.

ACADEMIC WRITING

The most common writing problem for entering students is adapting to the formal, discipline-specific style of academic writing. To help students adapt, most instructors provide detailed instructions for first-year assignments, and many students could improve their assignments by following these guidelines more closely during the writing process. Students can also ask their instructors where to find examples of the sort of writing they'll be expected to produce. They should pay attention to the kind of academic language and level of formality used in those examples. When it comes to grammar and spelling, many students make the same mistakes again and again. To overcome this problem, students need to be able to recognize and fix the mistakes pointed out to them by their instructors or peer editors. In addition, sometimes first-semester students are unpleasantly surprised by the marks they receive on their first essays. Students are welcome to bring drafts of their writing or marked papers to review with a writing consultant, who can identify recurring errors and help them to strengthen their academic writing strategies. Information on writing consultations and related services is available at www.lib.uoguelph.ca.

ABOUT LOWER MARKS

A drop in marks is not inevitable in first year, but many students do find that their average goes down to some extent from high school. The mark drop is largely a reflection of the transition from high school to university-style learning (and living), and the academic adjustments that even the brightest students have to make. For students who do experience a drop in marks, it's important to keep things in perspective. A drop in marks does not mean that they aren't suited for university study, or won't be able to reach their goals. A mark drop does suggest, however, that students could benefit from advice and information on how to approach their studies more strategically or manage their time more effectively. First-year students can minimize any drop in their average by taking advantage of the many support services offered in the Library.

THE PERSONAL AND SOCIAL TRANSITION

You will find that new students undergo a tremendous amount of change over the course of their university career — either drastically within the first months, slowly over four years, or somewhere in between. Even though it's normal and inevitable, dramatic changes can be shocking to family members. Please keep in mind that each person's experience is unique. If your student identifies that they need assistance and are uncertain where they can go for help the **Centre for New Students** and the **Wellness Education Centre** are valuable resources on campus that specialize in offering emotional, academic, and social supports. What follows are some of the personal changes that are common among undergraduate students:

Some students who have had lifelong dreams of being a doctor or veterinarian may realize that they would rather be an artist. Changing majors and programs is very normal; many students change their program of study more than once during their university career. Try to be patient and supportive as your family member explores their academic interests and potential career paths. Sometimes students will be shocked to discover that they excelled in a subject in high school in part because of the charisma and dedication of an exceptional teacher. When they get to university and have to work more independently and with more complexity, they may be less inspired and perhaps not as strong in a particular subject as they had once thought. Sometimes this is really hard on one's self-esteem.

Relationships will often change throughout a new student's first year. Romantic relationships may change or deteriorate and long-standing friendships may become strained. Relationships with family members may also experience changes — some families find their relationships improve as a new student becomes more independent, appreciating each other more as individuals. Many of our students have commented that once they leave home, they realize that their parents are real people, and appreciate their support, advice and guidance much more than when they were living at home.

Your family member may feel badly about missing events back home, such as birthdays and anniversaries. Sharing photos can be a nice way to involve them in an event, but it may be best not to dwell on how much they missed out on.

New students will sometimes contact family when they are feeling down, either due to a bout of minor illness, a bad grade, a deteriorated relationship, or even just a bad day. Your family member may be looking for the comforts of home and may unload the stress onto you. Brief episodes of depression and anxiety are common among university students. The stress of the ongoing academic pressure, on top of changing relationships, new friendships, and a new environment, can take their toll on a university student, regardless of whether they are in first year or fourth year. Students are encouraged to pursue a healthy balance across each of the seven dimensions of wellness: emotional, environmental, occupational, intellectual, spiritual, social, and physical.

Understand the highs and lows of your family member's development as a student and provide the support and encouragement where they are needed most. Students may have the perception that these are supposed to be the best years of their lives. When they are afraid, confused, and overwhelmed it is important to realize their experiences are a normal part of life.



Encountering academic difficulties, not enjoying the area of study they thought they would enjoy, and a feeling of “not knowing what to do” occurs with many students. Help them to reach out to their Residence Advisor, the Centre for New Students or the Library for assistance, guidance, and support.

MANAGING STRESS AND GETTING ENOUGH SLEEP

The University of Guelph offers a variety of courses and programs to help students improve their ability to manage stress and improve relaxation. The Stress Management and High Performance Clinic has details on these and other programs at www.selfregulationskills.ca

- Relaxation & Stress Management Skills Training;
- Better Sleep;
- Managing Headaches;
- Exam Anxiety;
- Biofeedback (or “feedback about the body”)

Besides nutrition and physical activity, sleep is essential to student's health, safety, and quality of life. Practicing good sleep hygiene involves a variety of different practices that are necessary to have normal, quality nighttime sleep and full daytime alertness. U of G students can learn more about sleep and sleep disorders in this toolkit ow.ly/KvkNd. The Wellness Education Centre also has related resources — www.uoguelph.ca/studenthealthservices/wellness.



In the first six weeks of school, we get this message out to every new student: Eating well, getting enough sleep, and being physically active are the keys to a student's success in and out of the classroom.

ABOUT LIVING IN RESIDENCE

Most students find that living in residence is completely different from any previous experience they have had. Two of the key features that distinguish life in a residence community are the close proximity in which large numbers of students live and the sense of sharing that emerges as a result (living space, learning needs, and personal belongings). It is understandable that there will be both challenges and rewards for students who experience living in residence. For this reason the University of Guelph student community and Student Housing Services collaborated to develop the *Residence Community Living Standards (RCLS)*; a document that helps students to understand and navigate those challenges and rewards. The RCLS outlines Residence Life's philosophy for community living. As residents in the community, it is each student's responsibility to act in accordance with the individual and collective rights and responsibilities outlined in the RCLS as well as all Federal, Provincial, and Municipal laws, and University policies and regulations.

The RCLS is categorized into seven areas: alcohol and drugs, guests, respect, fire safety, building care, safety and security, and dignity and integrity. The related procedures for managing disruptive behaviour have been developed with the intention of balancing the needs and rights of the community and the individual, where learning is promoted along with open discussion, and where the University's obligations are upheld. Behaviour that does not comply with the RCLS will typically be followed up by the Residence Life Staff, who identify any problematic behaviour and take steps to resolve and/or document the incident. More information on the process that Residence Life Staff may follow in an attempt to find a resolution to incidents that occur is outlined in the RCLS, as well as potential outcomes and the right to appeal process.

There are times when parents and family members have a strong desire to call Student Housing Services in order to speak with someone directly on behalf of a student. It is important to keep in mind that the University is obligated to regard information about individual students as private. No matter how well intentioned you are, information regarding a student's discipline history or their comings and goings cannot be disclosed without an individual student's consent. Residence Life staff would, however, be happy to talk with you about the nature of their policies, the procedures typically used to investigate situations, the types of sanctions that might be imposed and other services and programs that are available to help students.

In cases where an incident occurs, such as a roommate or community conflict, Student Housing Services staff members are available to provide assistance. It is believed that the best time to

alleviate problems is when they are in the early stages of development. Unfortunately, all too often students are embarrassed or feel reluctant to seek help — our society unfairly teaches us that a “good” person is someone who can handle their own problems. Instead, a more helpful perspective might be to recognize that learning to handle a new type of situation or a more complex relationship is not something that we innately know how to do. One of the most efficient ways of learning to manage interpersonal relationships is through the assistance of others. The more that a situation is left to linger, the more tightly knotted the emotions involved become, and in turn the more difficult it may be to avoid further escalation or to avoid an outcome that feels unjust to one or both of the parties. When mild conflicts first occur, encourage open communication from the outset and when any problem occurs, suggest that your family member consult with the Residence Life Staff (even if it is just a casual conversation). On a similar note, there is a tool called the “Roommate Starter Kit” that helps to build a strong working relationship between roommates. You may want to highlight this tool as a way for students to take a proactive approach to avoiding conflict. It can be found on the Student Housing Services website at www.housing.uoguelph.ca. Alternately, students may wish to drop in to the Student Support Network (SSN) to talk with fellow students who have gone through the same process already.

ABOUT LIVING OFF CAMPUS

Students who are living off campus in their first year have access to a broad range of campus resources designed to promote student success, including some that are created specifically for students not living in residence. It is important to note that the residence experience is not for everyone, and that all students can have a positive University of Guelph experience regardless of their living arrangements. Living on and off campus comes with benefits and challenges.

In the early stages of the academic year, it is not always clear to off campus students how they can find a sense of community, which is integral to feelings of belonging on campus and academic success. **It is strongly recommended** that students register with Off Campus Connection (occ@uoguelph.ca) to be connected with a senior student who is also living off campus. This program helps students navigate resources, keep connected to social events, and find ways to engage in all the opportunities Guelph offers. Connecting early ensures that participants have someone to connect to should any questions or challenges come up during the year.

Living off campus can allow students to have a stronger sense of independence, or can help first year students to remain connected with their home communities — both of which can be very valuable. The key challenge comes with having a higher level of individual responsibility to seek out a support network of peers and friends. Investing the time to find a niche on campus where they have valuable friendships helps with navigating the everyday stresses of being a university student.

Students living off campus are invited to a special event called the **Off Campus Kick Off**, which usually occurs on the first day of Orientation Week. If not able to attend, a similar event is held a few days later, called the **Late-Comer Catch Up**. At any point in the year, students are welcome to register with Off Campus Connection and can do so by emailing occ@uoguelph.ca.

EMOTIONAL SUPPORT & HOMESICKNESS

Most students experience a longing for the comforts of home at one time or another during their first year at university. For some students this feeling passes in a relatively short period of time, but for others it lingers or becomes so strong that it starts to become overwhelming. It can be very disquieting for parents and family members to observe a loved one who seems to be homesick. Below are some suggestions of ways to respond.

Don't dismiss how they are feeling. Even if it does pass fairly quickly, at the time it feels real and if it's affecting them, then it's important to lend it some credence. Encourage meaningful involvement in the campus and local communities — one of the best ways of overcoming homesickness. Student Volunteer Connections (located in Raithby House), for instance, can help students to become more familiar with some of the on-campus and off-campus involvement opportunities. Student Life invites students to get involved in numerous ways. For a snapshot of Student Life's programs and services for first-year students please visit pages 32–33.



If what they're experiencing is troubling to them, encourage them to seek out someone to talk to about it. Options for emotional support are numerous and include, but are not limited to: Off Campus Connection staff the Student Support Network drop-in centre (located in Raithby House), the Wellness Education Centre, Counselling Services, Residence Life Staff, International Student Advisor, Aboriginal Student Advisor, www.Good2Talk.ca, or call and speak with someone at the Centre for New Students at ext. 52277. For crisis services students can also contact *Here 24/7* at 1-844-437-3247.

Resist the desire to fix the problem, to visit the campus too frequently, to have them come home at every opportunity, or to be very distant. Enjoying university life and being successful here means maintaining a careful balance of connection with home and engagement within the campus community. For most students, home has been an important place that has grounded them for virtually their entire lives; giving it up entirely can be very unsettling. At the same time, being so involved in home life that there is little time or energy left to participate in the campus community makes it difficult to feel like this is a meaningful, satisfying, or fulfilling place to live and study.

If the student from your family is experiencing homesickness, you might suggest that they get in touch with the **Coordinator, New Student Community** within the **Centre for New Students**.

THE STUDENT TRANSITION

We have both student volunteers and professional staff who would be happy to discuss their experiences and we can suggest opportunities that might be available to them. In particular, we have had success in connecting first year students with others who tend to be quieter and/or who feel more on their own. The Centre for New Students staff can be reached by telephone at 519-824-4120 x52277 and by email at cns@uoguelph.ca



ABOUT ALCOHOL ON CAMPUS

The majority of students living in residence are under the age of 19 and so are not legally permitted to consume alcohol anywhere on campus, including in residence. While on campus, students who live off-campus are required to abide by the University's rules and regulations pertaining to alcohol-use on campus. In order to facilitate an inclusive environment that everyone can enjoy, **alcohol is not permitted anywhere in residence during Orientation Week.** Students who are of legal age to consume may do so after Orientation Week has ended, provided that they are in compliance with Student Housing Services' alcohol-related policies. Students are strongly encouraged to take the time to read the Residence Community Living Standards (RCLS) found at www.housing.uoguelph.ca

The University also works regularly with the off-campus community to address issues regarding student drinking and safety. Students living off-campus are expected to be aware of the Community Standards Protocol found at <https://studentlife.uoguelph.ca/oel/neighbourhoods/community-standards>. Similarly, we encourage parents to have conversations with their sons and daughters about being a good neighbour.

The reality is that there will be alcohol on campus. Whether or not your child chooses to drink, it's likely that they will be friends with students who do. We strongly encourage you to have frank discussions with your son or daughter about their use of alcohol before they arrive at campus. At the University of Guelph it is our experience that having conversations with family members about the responsible use of alcohol is an essential starting point in a safe student experience. Suggested topics should include the safe consumption of alcohol, how alcohol affects different people in different ways, strategies for ensuring a safe drive home, how to ensure that they and their friends are safe, how to manage obvious and subtle pressures to drink. Further tips and resources can be found at www.uoguelph.ca/studenthealthservices/node/1118

Last but not least, the University of Guelph is working to help Guelph students avoid any negative consequences related to their own drinking behaviour or that of others. Recently, an Alcohol Taskforce was assembled to review the drinking culture on campus – results from this review will help to further improve prevention programs both in terms of policies and education outreach approaches.

A YEAR IN THE LIFE OF A STUDENT

Throughout the time that a student spends at the University of Guelph, they will experience many ups and downs, particularly in their first year. These ups and downs are completely normal and the University of Guelph has a plethora of resources to help students cope with their adjustment to university life.

Again, please keep in mind that each person's experience is unique. Your family member may encounter some, none, or all of the following in their first year. Regardless, if your student identifies that they need assistance and are uncertain where they can go for help the **Centre for New Students** and the **Wellness Education Centre** are valuable sources of information/referrals to various supports on campus that specialize in offering emotional, academic, and social supports.

SEPTEMBER

Orientation Week (O-Week) is generally a whirlwind of jam-packed days full of meeting people, learning to find their way around the campus and the city, , adjusting to living on their own, and adjusting to an entirely new culture if they are an international students. Many students have different O-Week experiences. The range can cover any of the following:

- Participating in every activity possible and making many new friends.
- Feeling that O-Week is not for them and finding their niche in non-programmed activities.
- Feeling homesick or unhappy regardless of whether or not they are making friends and participating in activities.
- For some international students, the week may be about trying to balance the excitement of meeting new people with culture shock, homesickness, new food, and shifts in the climate.
- Shortly after O-Week, many students begin to realize that they must also learn to be students — how to take notes, how to study for midterms, how to write essays, how to talk to professors, and the like. Getting into “study mode” at the start of the year can be challenging.
- Identifying where on campus they can find food to accommodate their dietary needs, such as halal, kosher, vegetarian, gluten-free, etc.
- Students with financial need may begin to think about accessing the bursary and work study programs and if they wish to work on or off campus while they study.



Sometimes the perception is that O-Week is primarily about socializing and partying; in fact, there is a great deal of academic orientation too. The University encourages students to sample a range of types of events and activities, with an emphasis on learning about community expectations, campus resources, involvement opportunities and academic life.



The Wellness Education Centre runs a variety of events through O-Week that encourages students to pursue a healthy balance across all aspects of their life. For instance, the Centre has partnered with Athletics to offer the “GryFIT” program which aims to increase participant’s fitness levels in each of the seven dimensions of wellness: emotional, environmental, occupational, intellectual, spiritual, social, and physical. Students will be provided with opportunities to build on their skill sets and increase their resiliency and coping mechanisms; hopefully laying the groundwork to maintain their overall wellness through the rest of their academic career and beyond. www.uoguelph.ca/studenthealthservices/gryfit

OCTOBER

- The reality of university life begins to set in. With midterms and assignments around the corner, many new students begin to feel a little stressed at this point in the semester.
- Lack of sleep and an unbalanced diet may be catching up with new students at this point as well.
- For those students who haven’t already done so, they may be planning a trip home for the Thanksgiving weekend. During this time, many students realize how much they have changed in a short time and may already feel that their relationships at home have changed. As with everything else, students’ reactions vary quite a bit. Some find re-integrating into their ‘home’ life to be challenging and can’t wait to return to campus. Others slip right back into their hometown lifestyle and find it difficult to return to the challenges of university life.
- For international students, this may be a time when they miss home the most and are looking to form a community with other students who are not going away for the holidays. They may make plans to go home over the winter break.
- For those who go home, upon realizing how much they have changed or how much they value their independence at this time of their lives, it is fairly common for students to break-up with a partner who is still at home or at another institution.
- Some students may also realize at the midterm point that they do not like their program or their classes. Some students may begin to explore other areas of study.



There are a variety of resources provided by the Learning Commons (www.learningcommons.uoguelph.ca/) tailored to help students to manage their unique workloads. This includes Support Learning Groups that provide course specific support for students outside of classes to help students succeed in historically challenging courses.

NOVEMBER

- Some students may experience some anxiety around their midterm grades. It is not uncommon for a student to find that they have a substantial decrease in their grades.

- The fortieth class day is at the beginning of the month. This is the last day to withdraw from a course without an academic penalty and many students find themselves evaluating their progress, particularly in courses that aren't going so well.
- November holds the last few weeks of classes in our 12-week semester system. Students may start to feel anxious about the end of the semester as it quickly approaches, while deadlines for term papers and final exams loom on the horizon.
- Some students may have found their niche on campus at this point, while others are still exploring options. Still others may be questioning whether or not they fit in at all. Some may be thinking about whether they want to return in the winter semester.
- Around this time of year, some students start to think about their living arrangements for second year because they hear that their friends at other schools are doing this. Students may consider applying in the winter semester to live on campus again next year, or decide to look for a place off campus.
- Students who commute from home to Guelph may begin to consider moving to Guelph instead while they are at the University.



Guelph has its own off-campus housing culture, and this is a great time of year to attend a workshop by Off-Campus Living to find out what off campus living is all about, but we encourage students to hold off on the search until the winter semester when there is an abundance of off-campus rentals coming on the market.



Students can drop in to the Student Support Network (SSN) to talk about the stresses that they're experiencing with fellow students who have gone through the same process already.



An important event in November is "Mental Health Awareness Week." Run by the Wellness Education Centre and SSN, students can learn how to take care of their own well-being, as well as how to support the well-being of their friends and family members.

DECEMBER

- Students prepare for and write their final exams. This can be both an exhilarating and a stressful time. Students are excited to complete their first semester, while also anxious about their exams. Faced with impending deadlines they may pull 'all-nighters', forget to eat properly, make academic integrity mistakes, and neglect their personal well-being. They are also likely to encounter exams with a large gymnasium full of hundreds of students for the first time.
- Students living in residence are required to check out within 24-hours of their last exam or by noon on the day after the conclusion of the exam period (whichever comes first), or find temporary accommodation on/off campus if they will not be going home. They may leave

some of their belongings in their room, but may not return until January. This can be anxiety inducing on top of their academic workload.

- Once again, if students return home they may express a wide range of emotions. Some students will easily fall back into their routine with family and friends, while others may experience difficulties with changing relationships and dynamics with friends and family members. Some students may have a hard time when parents try to influence their sleeping and eating habits, as well as ask questions such as “what time will you be home tonight?” or “who are you going out with tonight?” In addition, international students may experience reverse culture shock and may have some difficulty readjusting to their home culture after spending some time in Canadian culture. They may also find that they miss Canada and the friends they’ve made.
- Final grades will be released during student’s winter break.



Taking short breaks while studying will help students to be more productive and improve their overall health during this time. Various areas partner to offer “Stress Buster” workshops throughout the exam period to help student to deal with exam stress in fun, interactive ways.

JANUARY

- Some students may experience anxiety around their final grades. This may result in them questioning whether they can handle university life, or whether they are in the right program of study.
- Many students are feeling more confident in the second semester — they know their way around campus and are establishing a reliable support system.
- For others, it can be difficult to get back into studying mode in January as they are coming off break and are generally not as excited as in September. Some may already start planning trips home or away for reading week and the summer. Others may be considering whether or not they want to return to the university next year.
- Students planning to move off-campus for their second year start to put their plan in place. There are decisions about where to live and who to live with — this could range anywhere from living alone or with 3 or 4 other students! Many first year students unnecessarily panic about finding a place off campus in the first few weeks of January. In reality the off-campus rental options increase as the semester continues because current off-campus students typically only give 60 days’ notice of moving out to their landlord.
- Many campus organizations start recruiting during this time for the next academic year. Students who may have chosen to not get involved in the previous semester may feel that they are now better able to accommodate the extra time commitment that extracurricular activities might involve.

- Students begin to consider how they are going to earn money over the summer break. For students who are looking for a summer job, it's important to start looking early as these can be highly competitive. For some students, it may be their first time working.



Check out the Academic Transition and Studying at University sections of this handbook (pages 7-14) for more information on the resources and services available to students who are having difficulty with the academic transition. Students are strongly encouraged to take advantage of these resources to help make the transition back into school as smooth as possible.



Students can apply for employment with the Residence Life Staff, run for election to student office, or apply to become a Peer Helper. There are countless opportunities in the campus community to help them develop transferrable skills that can help them succeed both academically and socially. Depending on the position, recruitment may continue throughout the semester.

FEBRUARY

- Once again, students are back into the routine of the semester with midterms and papers around the corner.
- Many more students begin looking more seriously for summer employment around this time, which may be another source of stress.
- Reading Week also occurs in the middle of February. There are no classes during Reading Week. Student's activities vary from trips home to a vacation with friends to serious studying.
- Students will be required to select courses for the fall semester — this may cause some stress and anxiety regarding which courses to choose.
- Students should speak with their Program Counsellors about their educational goals, course selection, and how to create their academic plan.
- Students are encouraged to seek job-hunting related help from campus resources such as Co-operative Education & Career Services' Recruit Guelph and Peer Helper programs (www.recruitguelph.ca/cecs/)

MARCH

- Once again, students may feel anxiety around the fortieth class day when faced with deciding whether or not they will drop a course.
- Preparation for final exams commences again. Students may be experiencing feelings of stress and anxiousness, or they may be feeling more comfortable now that they have already experienced a round of final exams. In this case that your student is feeling anxiety remind them that have already made it through their fall semester exams and that this experience has likely helped them to develop an important set of skills for this time round.

APRIL

- Students will go through many emotions at this time. Many are preparing to return home for the summer which can bring feelings of sadness because they are leaving their new friends, as well as excitement to be returning home for a few months with friends and family. Often, this time is as emotionally charged as the first weeks in September.
- Students will also have to juggle studying for their final exams, while also packing up their personal belongings to move out of the place they've called home for the past eight months.
- Students living in residence must move out their belongings 24 hours after their final exam. In the event that they have an exam on a Friday afternoon they must leave by noon on Saturday. If students are moving off campus but not going home for the summer, this means that they may need to find accommodation and/or storage for a couple of weeks until their lease starts.
- Those who had hoped to secure a summer job and have not been successful to date may be feeling pressure to do so.
- Some students may consider enrolling in summer courses. The Office of Open Learning (opened.uoguelph.ca/) offers many courses by distance education, which is particularly helpful for students who will be unable to regularly come to campus. Summer courses allow some students to catch up if they dropped a course during the previous year, or if they are considering changing programs. However, many students also end up taking an extra semester or two at the end of their degree to catch up.

FIRST YEAR STUDENT FINANCIAL CHECK LIST 2015-2016

Many students and their families find that university life costs more than they had anticipated. **Students are highly encouraged to make a budget** that includes their costs and responsibilities for the upcoming academic year. Student Financial Services helps students to be financially prepared for university. Their office is located on the 3rd level of the University Centre. For assistance please call 519-824-4120 x58715 or email fininfo@uoguelph.ca or awards@uoguelph.ca. **Please note that the fees and deadlines contained in this checklist are for domestic students.** While some information may be useful for international students to know, specific financial information and deadlines related to international student's needs will be mailed to them from the Office of Intercultural Affairs in the month of June.

JUNE — AUGUST

- Get a **summer job** and save some money for the upcoming year.
- Apply (early) for **OSAP** (Ontario Student Assistance Program) at osap.gov.on.ca. Students who apply for OSAP are automatically considered for the **30% Off Ontario Tuition Grant (OTG)**. You should submit your OSAP application at least six weeks before you start school in September.

- If you're not applying to OSAP check out how to **apply for 30% Off Ontario Tuition Grant (OTG)** at www.ontario.ca/education-and-training/30-off-ontario-tuition.
- **Upload or send signature pages to Student Financial Services.** Attach any required documentation, such as proof of citizenship or proof of crown ward status, etc.
- If you do not have one, **open a bank account** in your name. You will need your bank account number for your Master Student Financial Assistance Agreement (MSFAA) from OSAP.
- **Bring your MSFAA to a designated post office** in person, along with a photo ID and proof of your social insurance (SIN) number. A list of post offices can be found on canlearn.ca
- **WebAdvisor opens July 23.** Log in to <https://webadvisor.uoguelph.ca> to see your student fee statement for the upcoming year. This allows you to see how much you owe on your student account.
- Your **tuition deposit of \$200** is due August 7.
- The **Financial Need Assessment Form** becomes available from Student Financial Services and **Work Study jobs** for students with financial need are posted.
- **Make a budget** for anticipated and unexpected financial commitments.

SEPTEMBER — DECEMBER

- Emergency counselling is available on a drop in basis only during the first two weeks of each semester. **For the rest of the year, counsellors are available to assist with your individual financial need situation** by appointment. Appointments can be booked by calling 519-824-4120, x58715 or in person at Student Client Services, 3rd Floor, University Centre during regular business hours. This can include budget counselling, OSAP appeals, bursary appeals and emergency funding requests.
- **Fall tuition payment is due September 18.** Log into WebAdvisor to see your fee statement. *Remember that University of Guelph charges by the semester. This payment is for fall only.*
- If you have performed all the OSAP steps on time, **60% of your OSAP funding should be released the first week of September;** the other 40% is released in the winter semester.
- **In-course bursary and work study applications are due October 7.** Visit the Student Financial Services website: www.uoguelph.ca/registrar/studentfinance/

JANUARY

- **Winter tuition is due January 15, 2016.** Check your fee statement on WebAdvisor.
- The final 40% of your OSAP will be released. **Make sure you have registered in your winter classes early.** Your OSAP or OTG cannot be released if you are not enrolled.
- Emergency counselling is available on a drop in basis during the first two weeks of each semester. **For the rest of the year, counsellors are available to assist with your individual financial need situation** by appointment only. Appointments can be booked by calling 519-824-4120 x58715 or in person at Student Client Services, 3rd Floor, University Centre during regular business hours. This can include budget counselling, OSAP appeals, bursary appeals and emergency funding requests.

VSEPR STRUCTURES Continued...
Other weird things:
 BF_3 - has only 6 electrons around Boron
 ≥ 3 elements can have expanded octets (e.g. XeF_4)
VSEPR THEORY (Chapter 10):
Step 1: Draw Lewis diagram
Step 2: Count # of groups around atom
Step 3: Assign framework & then shape
Check out Exp't #7 for additional information.)

TODAY: VSEPR Continued
REMINDERS:
WebAssign Assignment #1 - Due Today 4 pm
"Week Acid" - Exp't #2 + Safety Quiz
(Due next week by 4:30 pm in Grey Boxes)
"Week Base" - Atomic Spectroscopy "Dry" Lab

Question #1
The central atom in the bromine molecule is surrounded by
1) 2 bonding pairs and 2 unshared pairs of e⁻s
2) 3 bonding pairs and 1 unshared pair of e⁻s
3) 1 bonding pair and 3 unshared pairs of e⁻s
4) 2 double bonds and no unshared pairs of e⁻s
5) 4 bonding pairs and 4 lone pairs of e⁻s



QUICK REFERENCE GUIDE

The information listed in this section is not provided so that parents and family members can contact campus service providers on behalf of a student. Instead, you are strongly encouraged to use this information to empower your student to advocate on their own behalf. They may need coaching on how to do this in a productive manner and debriefing afterwards can be helpful too. A critical life skill for a student is knowing how to advocate for oneself while remaining respectful (often approaching with questions rather than telling how it is) and having the confidence to act on one's own behalf to make an informed decision.

STUDENT SERVICES

STUDENT LIFE

<https://studentlife.uoguelph.ca/>

Twitter: @studentlife_uog

Community Engagement and Global Citizenship

Ext. 52214; student@uoguelph.ca

Twitter: @cegc_uog

GryphLife

Twitter: @GryphLife

Student Volunteer Connections

studentlife.uoguelph.ca/svc

Ext. 58104; svc@uoguelph.ca

Leadership Education and Development

Ext. 52214; student@uoguelph.ca

Off Campus Living

studentlife.uoguelph.ca/ocl

Ext. 52214

Twitter: @GuelphOCL

Office of Intercultural Affairs

Aboriginal

Ext. 58074; arc@uoguelph.ca

International

Ext. 58686; oia@uoguelph.ca

Multi-Faith

Ext. 53636; faith@uoguelph.ca

Student Life

We cultivate learning that has a lasting and transformative impact

BEFORE ARRIVING:

STARTonline.ca

JUNE 1ST - OCTOBER 1ST

94%

OF STUDENTS
RECOMMEND OUR
ONLINE SUMMER
ORIENTATION.

STUDENTS SHOULD CHECK THEIR GRYPHMAIL
AT LEAST ONCE A WEEK



ORIENTATION WEEK 2015

80%

OF STUDENTS TOLD US
ORIENTATION WEEK HELPED THEM
TO SUCCEED ACADEMICALLY.

ALL NEW STUDENTS SEPT 5TH - 13TH

SUPPORTING STUDENTS IN TRANSITION

START International: SEPTEMBER 2ND - 4TH

START Aboriginal: SEPTEMBER 3RD - 4TH

InRoads: SEPTEMBER 6TH - 8TH

Academic Program Meetings: SEPTEMBER 8TH

Meetings for Majors: SEPTEMBER 9TH



LEARN MORE: studentlife.uguelph.ca | Level 3, Univer

ct on students and communities

The journey is the reward

LEARNING BY DOING

82%

AGREED THAT PROJECT
SERVE PLAYED AN
IMPORTANT ROLE IN
CAREER ASPIRATIONS

150 students hold student staff,
volunteer or peer helper positions

*"Each time I get involved with something new I am
always astonished by the things I learn about myself,
the school and my peers. The skills that I have
gained through co-curricular and extra-curricular
experiences have helped me to develop myself both
personally and professionally"*

THE NEW STUDENT JOURNEY

Student Life has something for all new Gryphons!

- Aboriginal Students
- International Students
- Mature Students
- Transfer Students
- Students from Ontario
- Students from other Provinces
- LGBTQ2IA Students
- Students who live on campus
- Students who live off campus

*"I have not seen that level of community spirit, pride, loyalty collectiveness
and interdependence ever before. I want that for my own community"*

Helping Students Make Connections

The Department of Student Life Offers:

- Advising
- Coaching
- Mentoring
- Workshops
- Programs

Throughout the Student's University journey, the department of Student Life promotes:

- Learning in and out of the classroom
- Civic Engagement
- Academic skill development
- Professional skill development
- Intercultural awareness and competency
- The mission of developing the person,
scholar and citizen

WITH YOU TILL YOU GRADUATE

- Grad Launch
- Last Lecture
- Employment Opportunities

student
LIFE



CENTRE FOR NEW STUDENTS, STUDENT LIFE

University Centre, 3rd Floor South
519-824-4120, ext.52214

cns@uoguelph.ca

<https://studentlife.uoguelph.ca/cns>

Twitter: @UofGNewStudents

Instagram: UofG_studentlife

STARTONLINE.CA

Facebook: groups/guelph2015/

Orientation Week

STARTonline.ca/OWeek2015

Twitter: @uog_oweeek

HEALTH AND WELLNESS

COUNSELLING AND STUDENT ACCESSIBILITY SERVICES

Student Accessibility Services

www.uoguelph.ca/csd/

Ext. 56208; sas@uoguelph.ca

Counselling Services

www.uoguelph.ca/counselling

Ext. 53244; counsell@uoguelph.ca

Student Support Network

www.uoguelph.ca/counselling/student-support-network

Ext.55002; Raithby House;ssn@uoguelph.ca

HEALTH & PERFORMANCE CENTRE

(Sports medicine; see also Student Health Services) www.uoguelph.ca/hpc

Ext. 53039; hpc@uoguelph.ca

Twitter: @hpchotline

Facebook: University-of-Guelph-Health-and-Performance-Centre

WELLNESS EDUCATION CENTRE

www.uoguelph.ca/studenthealthservices/wellness

Ext. 53327; wellness@uoguelph.ca

Twitter: @Wellness_UofG

Facebook: WellnessUofG

STRESS MANAGEMENT AND HIGH PERFORMANCE CLINIC

www.selfregulationskills.ca

Ext. 52662; ksomers@uoguelph.ca

STUDENT HEALTH SERVICES

www.uoguelph.ca/studenthealthservices/

Ext. 52131

HOUSING

STUDENT HOUSING SERVICES

www.housing.uoguelph.ca

Facebook: housingparentspage

Twitter: @uofg_housing

Main Office & Administration

Ext. 58700

Maritime Hall Residence Admissions

Ext. 58701; housing@uoguelph.ca

Residence Desks

North Area (Lennox-Addington)

Ext. 58197 (24 hrs)

South Area (Prairie Hall)

Ext. 58123 (24 hrs)

East Residences

Ext. 58349 (8am to midnight)

Residence Life

reslife@uoguelph.ca; rezrules@uoguelph.ca

Residence Life Managers

Academic Clusters, Ext. 52374 East Residence & East Village,
Ext. 54893

Johnston Hall & Mills Hall, Ext. 54895 Lambton Hall Ext. 54883

Lennox/Addington, Ext. 54892 Living Learning Centres, Ext. 52374

(Arts, Design, Eco, French, Innovation, International H& Leadership House)

Maritime Hall, Ext. 54885

Mountain Hall, Ext. 54894

Prairie Hall, Ext. 54882

West Residence, Ext. 54708

ResNet (see Computing & Communications Services)

INTERHALL COUNCIL

www.interhall.org

Ext. 58304; ihc@uoguelph.ca

ACADEMIC SUPPORT

LIBRARY & LEARNING COMMONS

www.lib.uoguelph.ca (1st floor, Library)

Ext. 56888; library@uoguelph.ca

Data Resource Centre

Ext. 56417; drchelp@uoguelph.ca

Information Literacy

library@uoguelph.ca

IT Help Desk

Ext. 58888

Learning Services

Ext. 58313; learning@uoguelph.ca

Library Accessibility Services

Ext. 58925; Ext. 52312; las@uoguelph.ca

Supported Learning Groups (SLG) Program

Ext. 58316; slg@uoguelph.ca

Writing Services

writing@uoguelph.ca

FACULTY ADVISORS (SEE UAIC)

PROGRAM COUNSELLORS (SEE PG. 38)

UNDERGRADUATE ACADEMIC INFORMATION CENTRE (UAIC)

www.uoguelph.ca/uaic

Ext. 56613; uaic@uoguelph.ca

Twitter: @UAIC_UGuelph

ATHLETICS & INTRAMURALS

ATHLETICS DEPARTMENT

www.gryphons.ca

General Inquiries

Ext. 52216; gryphons@uoguelph.ca

Intramurals

Ext. 56137; iplayim@uoguelph.ca

Facebook: GryphonIntramurals

[instagram.com/guelphgryphonintramurals](https://www.instagram.com/guelphgryphonintramurals)

Varsity Athletics & Sports Clubs

See website or Gryphon Rec app for more information

STUDENT ORGANIZATIONS

CENTRAL STUDENT ASSOCIATION (CSA)

www.csaonline.ca

Main Office & General Inquiries

Ext. 56748; csatalk@uoguelph.ca

Bike Centre

519-824-6270; bike@uoguelph.ca

The Bullring

Ext. 58115; thering@uoguelph.ca

Clubs Coordinator

Ext. 56941; csaclubs@uoguelph.ca

Student Help and Advocacy Centre (SHAC)

Ext. 58105; shac@uoguelph.ca

COLLEGE STUDENT GOVERNMENTS

CASU (College of Arts Student Union)

Ext. 56264; casu@uoguelph.ca

www.casuguelph.com/

Facebook: casuguelph

CBE-SA (College of Business & Economics Students' Association)

Ext. 52549; commerce@uoguelph.ca

CBS-SC (College of Biological Science Student Council)

Ext. 58495; cbssc@uoguelph.ca

CPES-SC (College of Physical & Engineering Sciences Student Council)

Ext. 52543; cpressc@uoguelph.ca

CSAHS-SA (College of Social & Applied Human Sciences — Student Alliance)

Ext. 58525; csahs-sa@uoguelph.ca

CVSA (Central Veterinary Students' Association)

Ext. 52981; cvsa@uoguelph.ca

SF-OAC (Student Federation of the Ontario Agricultural College)

Ext. 54797; sfoac@uoguelph.ca

SUPPORTS FOR STUDENTS

Guelph Student Food Bank

Ext. 52561; foodbank@uoguelph.ca

Twitter: @StudentFoodBank

Health & Dental Plan

Ext. 54798; guelphplan@mystudentplan.ca

Late Night Bus Service

www.uoguelph.ca/sustainability/transit/city-transit

Meal Exchange

Ext. 58212; meal@uoguelph.ca

Print Services

See website for details or contact the CSA office.

Programming

Ext. 58188

SPECIAL STATUS & INDEPENDENT GROUPS

CFRU- FM 93.3

Ext. 53502; info@cfru.ca

C.J. Munford Centre

www.uoguelph.ca/cjmunford/

Ext. 56911; munford@uoguelph.ca

Facebook: cjmunford

Twitter: @cjmunford

Guelph Campus Coop

www.guelphcampus.coop

Administration: 519-824-4950;

info@guelphcampus.coop

Co-op Bookstore

www.guelphcampus.coop/bookstore

Ext. 52235; books@guelphcampus.coop

Guelph Queer Equality (GQE)

Ext. 56702; gqe@uoguelph.ca

Guelph Resource Centre for Gender Empowerment & Diversity (GRCGED)

Ext. 58559; grcged@uoguelph.ca

www.grcged.com

Facebook: grcged

Facebook: GRCGEDcoordinators

Tumblr: grcged.tumblr.com/

Twitter: @grcged

gryphlife.ca search grcged

The Ontarion

Ext. 58265; ontarion@uoguelph.ca

Ontario Public Interest Research Group (OPIRG)

www.opirgguelph.org

519-824-2091; opirg@uoguelph.ca

Facebook: guelphopirg

The Peak

Ext. 58522; peak@uoguelph.ca

CAREER AND EMPLOYMENT SERVICES

CO-OPERATIVE EDUCATION & CAREER SERVICES

www.recruituelph.ca

Career Services

Ext. 52323; recruit@uoguelph.ca

Co-operative Education Services

Ext. 52323; recruit@uoguelph.ca

CHILD CARE

CHILD CARE & LEARNING CENTRE

www.childcare.uoguelph.ca

Ext. 52682; cclc@uoguelph.ca

DIVERSITY

CENTRE FOR INTERNATIONAL PROGRAMS

www.uoguelph.ca/cip

Ext. 54876; goabroad@uoguelph.ca

DIVERSITY AND HUMAN RIGHTS

Office of Diversity and Human Rights

www.uoguelph.ca/diversity-human-rights

Ext. 53000; dhinfo@uoguelph.ca

FOOD AND NUTRITION

HOSPITALITY SERVICES

www.hospitality.uoguelph.ca

Dining Facilities (see website)

Express Centre (Meal Plan Inquiries)

Ext. 52822; express@hrs.uoguelph.ca

Ombudsperson

ombud@uoguelph.ca

Student Nutrition Awareness Program (SNAP)

snap@uoguelph.ca

Facebook: [snap.uoguelph](https://www.facebook.com/snap.uoguelph)

University Bookstore

www.bookstore.uoguelph.ca

Ext. 53715; bookstor@uoguelph.ca Facebook:

UofGBookstore

Twitter: @UofGBookstore

IT SERVICES

COMPUTING & COMMUNICATION SERVICES

(CCS)

www.uoguelph.ca/ccs

Help Centre

Ext. 58888; 58888 help@uoguelph.ca

IT Help Desk

Located in the Learning Commons 1st floor of the Library

ResNet

Ext. 58888; resnet@uoguelph.ca

REGISTRARIAL SERVICES

OFFICE OF REGISTRARIAL SERVICES

www.uoguelph.ca/registrar

Admission Services

Ext. 58721; admission@registrar.ca

admission.uoguelph.ca

Student Financial Services

Ext. 58715; fininfo@uoguelph.ca

awards@uoguelph.ca

Enrolment Services

www.uoguelph.ca/registrar/undergraduate/

(AKA Student Client Services)

Ext. 58715; ups@registrar.uoguelph.ca

WebAdvisor

"Ask Gryph" online help or Ext. 58715

Twitter: @UofGAdmission

Instagram: @uofgadmission

Facebook: uofgadmission

Tumblr: UofGAdmission

YouTube: UofGAdmissions

Pinterest: University of Guelph Admission

SAFETY AND SECURITY

CAMPUS COMMUNITY POLICE

www.uoguelph.ca/police

Emergency: Ext. 2000

Non-emergency: Ext. 52245

FIRE PREVENTION SERVICES

www.uoguelph.ca/fire; Ext. 52071

PARKING SERVICES

www.parking.uoguelph.ca

Ext. 52118;

questions@parking.uoguelph.ca

SafeWalk

Ext. 54845;

safewalk@uoguelph.ca

PROGRAM COUNSELLORS

www.uoguelph.ca/uaic/programcounsellors

ACADEMIC PROGRAM	EXT.	ROOM & BUILDING
Associate Diploma in Turfgrass Management	54800	Main Foyer (133A), Johnston Hall
Bachelor of Applied Science (B.A.Sc.)	58964	253 Macdonald Institute
Bachelor of Arts (B.A.)	52140	130 MacKinnon
Bachelor of Arts and Sciences (B.A.S.)	56385	128A MacKinnon
Bachelor of Bio-Resource Management (B.B.R.M.)	54800	Main Foyer (133A), Johnston Hall
Bachelor of Commerce (B.Comm.)	56757	207 Macdonald Institute
Bachelor of Computing (B.Comp.)	52711	113 Reynolds
Bachelor of Engineering (B.Eng.)	56572	1404 Thornbrough
Bachelor of Landscape Architecture (B.L.A.)	54800	Main Foyer (133A), Johnston Hall
Bachelor of Science, Biological Sciences (B.Sc.)	53788	1329 Science Complex
Bachelor of Science, Physical Sciences (B.Sc.)	53049	1329 Science Complex
Bachelor of Science in Agriculture (B.Sc.)	54800	Main Foyer (133A), Johnston Hall
Bachelor of Science in Environmental Sciences	54800	Main Foyer (133A), Johnston Hall
Doctor of Veterinary Medicine (D.V.M.)	54413	2655 OVC

The following are some examples of situations where students would consult with their Program Counsellors (please note that this is NOT a comprehensive list of reasons why students might seek the assistance of a Program Counsellor):

TOPIC	EXPLANATION
Academic Consideration	If they require academic consideration due to medical, psychological, or compassionate grounds
Academic Standing	If they have questions about their academic standing (eligible to continue, probation, required to withdraw)
Course Selection	If they have any questions about courses they should or would like to take
Internal Program Transfer	If they are considering changing degree programs they may wish to speak to the Program Counsellor for the degree they are considering making an application to
Late Add	If the Add Period has ended and they wish to change one of their courses
Late Drop	If they missed the drop deadline on the 40th day of classes (last day of the add period in the second semester for two-semester courses) and they wish to drop a course
Letter of Permission	If they wish to take a course at another University for credit towards their University of Guelph degree
Schedule of Studies	If they have questions about what courses they are required to take to satisfy requirements for their degree program

GUELPH LINGO

The University of Guelph's complete Acronym Dictionary can be found online at www.uoguelph.ca/uaic/acronym-dictionary

THE A.C.

The Athletic Centre is formally named the W.F. Mitchell Athletics Centre. It includes 2 pools, 3 gyms, 5 squash courts, 3 dance/multi-purpose rooms, weight room, cardio theatre, fitness circuit and wrestling/combatives room.

ACADEMIC CLUSTERS

Academic Clusters are small groups or "clusters" of first-year students in the same academic program who share classes, living

space and friendships, with support of a cluster leader, study sessions and events designed to help with the adjustment to the challenges of university life and study.

ACADEMIC CONSIDERATION

Students who experience exceptional circumstances that interfere with their abilities to fulfil academic activities or who have identified a misapplication of procedures may apply for academic consideration. Depending on the point in the

semester, this can be to a specific instructor or the Academic Review Sub-Committee. The process is detailed in Section VIII of the current Undergraduate Calendar.

ACADEMIC DROP-IN CENTRES

The ADCs are open after-hours, 7-9pm, Monday-Thursday to provide additional academic support to students. Each evening has a theme based on academic disciplines.

ADD/DROP

The add period at the beginning of each semester is the time when students can add courses to their schedule. Both dates are in Section III – Schedule of Dates in the current Undergraduate Calendar. Courses can be dropped, without penalty, until the 40th class day.

AGGIES

“Aggies” is the historical nickname given to Ontario Agriculture College students.

AIRPORT LOUNGE

The Airport Lounge is an open seating area on the south side of University Centre overlooking a large indoor courtyard area.

ARBORETUM

The Arboretum spans 165 hectares (408 acres) on the east side of campus and is open to the public year-round. It contains examples of every tree and shrub indigenous to southern Ontario. 38 species of mammals, 188 bird species, 39 species of butterflies, 18 herptiles and 1,700 types of trees and shrubs.

ARC (PRONOUNCED ‘ARC’)

The Aboriginal Resource Centre provides a culturally supportive environment that promotes academic excellence and the intellectual, spiritual and emotional development of Aboriginal students.

THE ATRIUM

The Summerlee Science Complex Atrium is formed by the three wings of the building that house classrooms, teaching laboratories, research laboratories, meeting rooms, staff offices, and is a favorite gathering space for students, faculty and staff.

BEGGING BEAR

This 7½-foot-tall sculpture is a beloved icon to Guelph residents. The bear can often be found decorated or dressed up and stands outside the Macdonald Stewart Art Centre (MSAC), a must-see for passersby on Gordon Street.

BIKE CENTRE

The bike centre is a do-it-yourself bike repair shop operated by the CSA. It is fully stocked with all the tools, fluids, equipment (and knowledge) needed to keep your bike working safely on the road and trails.

BOB’S DOGS

Bob is a long-standing and beloved member of the U of G community. He serves hot dogs and pop from his little stand on the Bullring patio (right across from the Rozanski Hall).

BOG

The Board of Governors is the highest decision making body at the University of

Guelph for all non-academic matters and is responsible for overseeing the governance, conduct, management and control of the University and its property, revenues, expenditures, business and affairs.

BRANION PLAZA

Gathering place in the centre of campus; where the Cannon (named Old Jeremiah) is located. Bordered by McNaughton, the UC, Thornbrough, the Library, Day Hall, the Bullring, and Raithby House.

BULLRING

Originally an arena for the showing of cattle, this circular building has served a number of different roles over the last 100+ years. Its recent renovation into a coffee shop completes a multi-year CSA program to make the space open all day as a lounge for students.

CAMPOUT

A student-facilitated coming out discussion group designed to put students at ease who are questioning or newly identifying their sexual orientation or gender identity.

CAN I KISS YOU?

An orientation week presentation about asking first and getting consent before any sexual activity. Organized by the Wellness Education Centre.

CASU (KA-ZOO)

The College of Arts Student Union ensures that students in the College of Arts have a voice in the decision-making of the university. It also provides social interaction through clubs and events.

CBE

College of Business and Economics is the newest college at the University of Guelph and opened its doors in May 2006.

CBS

College of Biological Sciences includes the following departments: Integrative Biology (Ecology, Evolutionary Biology, and Animal Physiology), Human Health & Nutritional Sciences, Molecular and Cellular Biology.

CCS

Computing and Communication Services is the department responsible for much of the campus' IT needs, including internet connectivity, networking and central file storage, email, phones, website publishing, and software downloads, in addition to help, support, and training.

CFRU

93.3 FM is Radio Gryphon, a volunteer-staffed student and community radio station broadcast from the University Centre.

CHANCELLOR OF THE UNIVERSITY

Serving as the head of the University, the current Chancellor of the University of Guelph is David Mirvish. The Chancellor is elected by Senate and serves as a member of our Board of Governors. As the University's senior volunteer, he represents its interests to all government levels, presides at convocations, confers all University degrees and acts as an ambassador.

CHROMA

A mentorship program connecting first-year students from racially diverse backgrounds with faculty, staff or graduate students.

CIP

The Centre for International Programs assists U of G students interested in studying, working or volunteering abroad. The Centre fosters international learning among members of our campus community to stimulate a sense of partnership and global responsibility as scholars and citizens.

C.J. MUNFORD CENTRE

The C.J. Munford Centre is a resource centre for racialized students and promotes diversity on campus. It strives to educate students, faculty, staff and the general Guelph community about race-related issues in our society and provides a sense of community for students of racially diverse backgrounds.

COLLEGE GOVERNMENTS

Seven elected student groups associated with each of the University's colleges that cover all academic programs. Each college government advocates on behalf of its students, represents them on a variety of boards and committees, offers both academic and non-academic events, and sponsors numerous academic/program related clubs.

COLLEGE ROYAL

A student-run and student-coordinated open house that occurs annually (mid-March) and encompasses the entire University of Guelph campus. College Royal

attracts over 30,000 visitors every year and involves the coordination of over 3,000 student volunteers.

CONVERSATION PARTNERS

A program for international and English as an additional language students who wish to improve their spoken English. Students meet individually or attend conversation cafes.

COURSELINK

Courselink is a software program which assists with course administration, acts as a grades book tool, and allows for the set-up of course functions such as on-line quizzes and conferencing.

COURTYARD

The UC Courtyard is located on the main floor of the University Centre (indoors) and is a common meeting place and location for many campus events.

COW PATH

This is the name given to the gravel path that runs alongside the Dairy Bush and that leads from the south-west corner of the Science Complex (pedestrian crossing at Gordon Street) to Edinburgh Road.

CPES ("C-PEZ")

The College of Physical and Engineering Science includes the following departments and/or schools: Chemistry, Computing and Information Science, Mathematics and Statistics, Physics, and Engineering.

CREELMAN

Creelman Hall has an open-market concept with a variety of specialized shops, and exhibition cooking including Casa Domenico

(pizza and pasta), Mom's Home Cooking and Nature's Best (vegetarian shop), a Harvey's, and Swiss Chalet. Creelman Marketplace is only a three minute walk from North Campus residences.

CSA

The Central Student Association is a legally recognized student union, to which all undergraduate students are members. The CSA offers numerous services, advocates for student interests and administers the student organization fees, which covers the bus pass, health and dental plans, and many other student programs.

CSAHS ("SEE-SAWS")

The College of Social and Applied Human Sciences includes the following departments and/or schools: Consumer Studies, Family Relations and Applied Nutrition, Geography, Political Science, Psychology, and Sociology/Anthropology.

CUPE

The Canadian Union of Public Employees has two locals on campus: 1334 represents trades, custodial and maintenance workers; and 3913 represents teaching assistants and sessional lecturers.

DHR

The Office of Diversity & Human Rights is a department on campus that helps to maintain an environment within which all persons, regardless of their personal characteristics, feel that they are treated with dignity and respect. This office also administers U of G policies pertaining to Human Rights and provides education about inclusiveness.

ECCLES

The Eccles Centre is an addition to the east side of Maritime Hall (South Residence) that is often used for residence events, exam study space and meetings.

FACULTY ADVISORS (FA)

Faculty Advisors have particular expertise in a specific specialization (major, minor, area of concentration, or area of emphasis) within a degree program and are located in a specific academic department. The FA list is at: www.uoguelph.ca/uaic/facultyadvisors

FAIR NOVEMBER

A juried craft show and sale featuring independent artisans, this event draws many visitors to the campus from the local community.

FAMILY HOUSING

Accommodation for students with families (living with their partner or children) is available in apartment and townhouse units located on two sites near the west end of the campus.

FOOD BANK

In an effort to combat hunger and poverty on campus and in the greater Guelph community, the CSA Food Bank provides members of the University community access to emergency food, anti-poverty resources, and referrals to other food security and anti-poverty groups.

FPL

Fire Place Lounge; refers to lounge areas in some residences (East, Lambton, L/A, Watson, Arts House, MacDonald and Mills) that have fireplaces.

FRT

First Response Team is a student-run, not-for profit team of volunteers, and a division of St. John Ambulance. They provide on-call and special event coverage to the University of Guelph community and its visitors in the form of emergency first aid services.

GQE

Guelph Queer Equality provides a safe space and a supportive environment for all people in the lesbian, gay, bisexual, trans, two-spirited, intersexed, queer and questioning communities and their allies.

GRAD LOUNGE

A restaurant on the 5th floor of the University Centre (UC) accessed via the elevators at the north end of the building that provides inexpensive food to everyone in the university community (not just graduate students).

GRCGED (GERK-ED)

The Guelph Resource Centre for Gender Empowerment and Diversity (formerly the Women's Resource Centre) provides information and support around gender and related oppression issues within a feminist framework.

GRYFIT

Athletics and the Wellness Education Centre have joined forces to create an eight-week fitness class that focuses on the seven dimensions of wellness: emotional, environmental, occupational, intellectual, spiritual, social, and physical.

GRYPHLIFE

GryphLife is a gateway to the Gryphon out-of-classroom experience. Through this platform, students can join organizations, register for events, track their involvement in the co-curriculum and see what's happening on campus.

GRYPH MAIL

Gryph Mail is the University of Guelph's integrated collaboration suite. It features email, calendars, address books, document editing, and file storage (briefcase). It is the main point of communication between the University of Guelph and new students. Students are encouraged to check their GryphMail accounts early and regularly.

GRYPHON

A Greek mythological guardian of treasure that is part eagle and part lion and that is the mascot of the University of Guelph athletics teams. Also a colloquial term for a U of G student (#gryphon). Visitors using the main entranceway to the University of Guelph campus are now greeted by a giant bronzed Gryphon statue unveiled in 2014.

GRYPHS

Gryphs Sports Lounge is a sports bar located on the second floor of the Gryphon Centre (twin pad arena complex) that overlooks a rink and accepts meal cards for food purchases.

GUEST PASS

For security purposes, guests staying in residence past 9:00 pm are required to be registered with the residence desk and wear a guest wristband.

HEALTH CLINIC

The Health Clinic is located in the J.T. Powell Building and offers female and male physicians, a psychiatrist, nurses, dieticians, and a wellness educator.

HPC

The Health and Performance Centre specializes in the diagnosis, treatment and rehabilitation of acute and chronic orthopedic, musculoskeletal, sport and activity related injuries. The HPC's multidisciplinary team includes: sport medicine physicians, physiotherapists, massage therapists, occupational therapists, dietitians, kinesiologists, chiropractors, and podiatrist.

#iamagryphon

When students come to Guelph they become part of a strong and engaged community – The Guelph Gryphon community. #iamagryphon is about sharing what it means to be a part of the Guelph Gryphon community with the world; showing others our values through how we treat each other and ourselves.

INFORMATION DESK

A service provided by Student Life, located just inside the main entrance of the UC. Peer Helpers answer questions about the campus and the City of Guelph, provide commuters with inter-city transit information and sell tickets for GO Transit and Greyhound.

ISA

The International Student Advisor will help international students with, among other things, immigration matters, advisor-student relationships, personal advising, financial assistance, and family issues.

ISO

The International Student Organization strives to voice the concerns of international students, promote cultural adversity, and build bridges between international students and domestic students by organizing a number of events, activities, workshops, leadership and involvement opportunities, counselling and other services.

JOHNSTON GREEN

A large grassy area that is located in front of Johnston Hall; a favourite spot for fun, relaxation and pickup sports.

JUDICIAL

The University's Judicial Committee is a tribunal of students, staff and faculty that hears cases/ allegations of student misconduct (non-academic). It is empowered to impose outcomes up to and including a recommendation that a student be suspended or expelled from the University.

KEY CHECKS

A security precaution taken by Residence Life Staff to protect students' comfort, safety and property in residence at specific times during the semester. Everyone entering the building is required to show their residence keys or guest wristband to demonstrate that they belong in the building.

LATE NIGHT BUS

Guelph Transit, in partnership with the University and the CSA, offers a Tuesday to Saturday late night bus service, including a 5-minute shuttle from the downtown area to the UC and several loops.

THE LEARNING COMMONS

Located on the first floor of the Library, the Learning Commons offers a range of services including one-on-one support, workshops, tip sheets, online information and much more by both professional staff and Peer Helpers. Developing more advanced learning, writing, research, time management and IT skills will help students to succeed and the Learning Commons has the tools to help make it happen.

LEARNING SERVICES

From workshops to individual advice to online information, Learning Services helps first-year students learn more effectively, study more strategically, and work less stressfully. A team of staff professionals and senior students address a wide array of university-level academic skills including time management, exam preparation, group work, and reading academic textbooks.

LLC

Living-Learning Centre; refers to close-knit residence communities comprised of students with similar interests (Arts House, International House, La Maison Française, Innovation House, Design House, Leadership House and Eco-House).

MEAL EXCHANGE

A program facilitated by the CSA that is dedicated to empowering students to solve the hunger problem in our community. Students donate points from their meal cards to contribute to food and supply purchases that in turn are donated to community organizations such as food banks, drop-in centres, shelters and emergency pantries.

MFRT

The Multi-Faith Resource Team is a team of representatives from different faiths, all working together to meet the religious and spiritual needs of the University community by promoting friendliness, religious understanding, harmony in diversity, and spiritual growth on campus.

OAC

The Ontario Agriculture College offers both associate diploma and degree programs focused on agricultural areas of study in Guelph and other regional campuses.

OCL

Off-Campus Living offers commuter services through the Information Desk in the UC, tenant resources and advising, lease reviews, rental listings at Places4Students.com, Move Out Madness, and events about off-campus living.

OCUS

Off Campus University Students is a club for students who do not live in residence. They have a lounge in the basement of the University Centre and provide many ways to get involved and meet new people.

OFF CAMPUS CONNECTION

A program offered by the Centre for New Students to assist first-year students who live in the local community or who commute to Guelph. Information and support is provided primarily by telephone or online by senior students.

OIA

The Office of Intercultural Affairs offers a variety of student services for

Aboriginal, international, students of various faiths, and students from racially diverse backgrounds. OIA may assist with arranging transportation to Guelph, health insurance, finances, personal and academic counselling, housing, and a variety of family focused services.

OMBUDSPERSON

A senior student who represents the concerns of undergraduates to Hospitality Services.

THE ONTARION

An independent student newspaper published weekly (Thursdays).

OPIRG - GUELPH

The Ontario Public Interest Research Group — Guelph is a volunteer non-profit organization that focuses on social, political, economic and environmental issues of public concern. Funded by undergraduate and graduate students and a member of a network of eleven such groups on university campuses throughout the province.

ORS/ ENROLMENT SERVICES

The Office of Registrarial Services is responsible for everything related to being registered as a student including financial assistance, registering for courses, student ID cards, class and final exam scheduling, and transcripts. Located on the 3rd floor of the University Centre.

OUTLINE

A campus volunteer organization that provides anonymous and confidential information and support pertaining to sexual orientation and gender identity.

OVC

The Ontario Veterinary College was established in 1862 as the first college in Canada to offer courses in veterinary medicine. The college, originally affiliated with the University of Toronto, was moved to Guelph in 1922. OVC is located at the corner of College Avenue and Gordon Street and is home to a branch of the University library as well as the following departments: Biomedical Science, Clinical Studies, Pathology, and Population Medicine.

PCH

Unlike most other “halls” on campus, Peter Clark Hall is not a building in-and-of itself. It is located in the basement of the University Centre (“the UC”) and is a facility for concerts, speakers and other gatherings.

PEER HELPERS

The Peer Helper Program provides students opportunities to develop communication, leadership, problem-solving and other valuable transferrable skills by serving as Peer Helpers - students helping students - in more than 25 units/departments across campus. This program was approved by Senate as an official University of Guelph experiential learning program, which appears on Peer Helpers’ academic transcript.

PHYSICAL RESOURCES

Builds, operates and maintains the physical infrastructure of the University, including new buildings, renovations, maintenance, custodial work and grounds.

PJs

PJs Restaurant in the Atrium is a restaurant on-campus that also offers a venue for HAFA Restaurants, delivered by upper year HAFA Majors in the B.Comm. program.

THE L/A PIT

A food service outlet offering a wide variety of hot and cold beverages, Pizza Pizza, salad bar, grill, made-to-order deli counter, snack foods and more. Open late; meal card accepted.

POLICY ON NON-ACADEMIC MISCONDUCT

This Policy sets out the University's expectations regarding student conduct as members of the University of Guelph community.

THE PORTICO

Located on Johnston Green near Mills Hall, the Portico was the original entrance to the former Ontario Agricultural Building (now Johnston Hall). Also the name of the Alumni Association's magazine.

PRESIDENT'S HOUSE

This is an old stone house (built in 1882) that is located at the north end of campus. Many U of G Presidents have resided here, though it is currently used for special events.

PRESIDENT AND VICE-CHANCELLOR

In this role, Dr. Franco J. Vaccarino acts as the senior academic and administrative officer of the University.

PRIMO

A computer system that provides access to the library's resources and to a wide range of external information sources from both the

University of Waterloo and Wilfrid Laurier University.

PROGRAM COUNSELLORS (PC)

Experts who advise students on degree program requirements, regulations and procedures (e.g. course selection, academic consideration) and assist in academic problem-solving and long-term planning.

The PC list is at: www.uoguelph.ca/uaic/programcounsellors

PROVOST

The Provost and Vice-President (Academic) is the chief academic officer of the institution and the principal advisor to the President on all academic affairs, serving as the highest ranking officer after the President and the Acting President in the President's absence.

RAITHBY HOUSE (RAY-TH-BEE)

This little stone cottage located next to the cannon is a well-known historical campus landmark. It is also the home of the Student Support Network, Student Volunteer Connections, and the Multi-Faith Resource Team.

REFERENDUM

Significant changes to student fees (not tuition) are typically put to a referendum late in the winter semester where all students who are members of the group that would be affected have a chance to vote on the proposed change. Previous referendum questions have led to the adoption/ratification of the student dental and health insurance plans, the bus pass, and financial support for many student groups and campus services.

REGIONAL CAMPUSES

The University of Guelph-Humber is a collaborative project with Humber College where students receive both an honours degree and a diploma after four years of full-time study in Toronto. In addition, U of G's Ontario Agriculture College has a network of campuses and research stations throughout the province. Courses are offered in English at Kemptville and Ridgetown, and in French at Collège d'Alfred.

RESIDENCE DESK

There are three staffed service desks for students are living in residence (located one each in North, East and South areas). Among its many functions, it offers spare keys, irons, mail sorting, vacuums, maintenance and custodial work orders, and receives noise complaints. North and South are open 24 hours a day; East Desk is open until midnight).

RESIDENCE COMMUNITY LIVING STANDARDS

This document clearly outline the standards of appropriate conduct expected within our residence communities and serve as guidelines to the creation of a residence community where residents can live and learn in a conducive atmosphere.

RESIDENCE LIFE STAFF (RLS)

More than 150 part-time student staff members (e.g., RAs) who live in residence and offer information, support, community development and assist in protecting personal safety. Each residence hall also has a Residence Life Manager, a full-time professional staff person who lives on campus and oversees activities within their

building(s) as well as acting as a frontline support for problems and concerns.

REZ

Residences are student's homes on campus. The University of Guelph was recently ranked # 1 in campus student housing among our Canadian university comparators (Globe and Mail, October 25, 2011).

ROZH

Rozanski Hall consists of four lecture halls (600, 400, 200 and 120 seats) and five classrooms (60, 40 and three 30 seats) and is located in the centre of campus, opposite the Bullring.

SAM

The Student Athlete Mentorship Program enhances the academic performance of student-athletes by providing resources and assistance tailored to their unique needs. The program content is delivered by Student Athlete Mentors, who are upper year, academically successful student-athletes trained in learning strategies and referral processes. Study sessions take place in the Library.

SAS

Student Accessibility Services offers services for students who are visually or hearing impaired, have a learning disability, and/or either a temporary or permanent physical disability.

SEC

Student Executive Council is made up of representatives from each college government, the Graduate Student Association, the Central Student

Association, Student Senate Caucus, and Interhall Council.

SENATE

This is the highest decision-making body on campus for all academic matters and works in tandem with the Board of Governors.

SESSIONAL LECTURER

A course instructor who usually does not conduct research, is not tenure-track (but rather on contract) and in many cases is an expert working in a professional setting beyond the university. Lecturing is thus usually a part-time job for them.

SHAC

The Student Help and Advocacy Centre is a student run advocacy and referral centre with resources to assist with the following topics: academic, financial, housing/tenancy, human rights, legal, university processes, etc.

SHS (Residence)

Student Housing Services is a Student Affairs department that deals with all issues related to living on campus, including residence, family housing and graduate housing.

SHS (Medical)

Student Health Services is a medical clinic that functions as the personal family physician for students and their families. It is located in the J.T. Powell Building and offers female and male physicians, a psychiatrist, nurses, dieticians, and a wellness educator.

SLG

Supported Learning Groups are coordinated by the Learning Commons and are available for a variety of challenging first and second year courses. Weekly sessions are facilitated by successful upper year students who provide different study strategies and encourage students to work together to solve problems. Details are announced in courses during the first couple weeks of classes. More information and schedules can be found at www.lib.uoguelph.ca/get-assistance/studying/slgs.

SNAP

The Student Nutrition Awareness Program is sponsored by Hospitality Services to make nutritional information about the food served on campus available for students in order to encourage informed choices.

START ON TRACK/BOUNCE BACK

The Centre for New Students offers two support programs for first year students: Start on Track in the fall semester and Bounce Back in the winter semester. Using a peer-support model, these programs provide ongoing, one-on-one assistance to empower students to develop the knowledge, skills and abilities to address and overcome various transition challenges of living and learning at university.

STEELWORKERS

Local 4120 of the Steelworkers union represents administrative and technical support staff on campus.

STUDENT AFFAIRS

A “directorship” or division of the University that includes part of Athletics; Child Care

& Learning Centre; Co-operative Education & Career Services; Student Wellness Services; Student Housing Services; Student Life; Student Accessibility Services, and the Health & Performance Centre. The Associate Vice-President (Student Affairs) is a part of the senior administration of the University.

STUDENT FINANCIAL SERVICES

At first glance, the thought of financing a university education might be overwhelming. SFS provides students with the best possible financial service and counselling in support of their educational goals. Services include information on tuition, fees, payments, scholarships to reward academic achievement, bursaries for students with financial need, OSAP Ontario, out-of-province government loans & grants, US student loans, on-campus work opportunities through the Work Study, and financial aid counselling. See a month by month checklist on p. 28.

STUDENT HEALTH & DENTAL PLANS

These health programs are negotiated with a private insurance company by the Central Student Association on behalf of all undergraduates. Students who have proof of other coverage may opt out of the dental plan in early September, but not out of the health plan. Although fees for these programs are collected with tuition and other fees, the University is not generally involved in the coverage provided. An office does exist in the University Centre to help students maximize their access to these services.

STUDENT LIFE

A department that offers comprehensive programs and services that help students make successful transitions to, through and from university life and study. Includes Centre for New Students, Office of Intercultural Affairs, Community Engagement & Global Citizenship, Off-Campus Living, the Aboriginal Resource Centre, Leadership Education and Development programs, the Student Life at Guelph co-curricular pathway, and Senior Year Transition initiatives.

STUDENT SUPPORT NETWORK (SSN)

A peer-support program that provides immediate, confidential, non-judgmental listening and support, information and referrals for students struggling with academic or personal difficulties. Service is provided in person on a drop-in basis between noon and 10pm, Monday through Friday, in Raithby House.

SUNDAY NIGHT CINEMA

A CSA service offered almost every Sunday night in War Memorial Hall (or occasionally in Thornbrough) featuring recent Hollywood blockbusters and critically-acclaimed films for only \$3.

SUPPORT & THERAPY GROUPS

Offered by Counselling Services, many groups are available covering topics such as assertiveness training, bereavement, depression, mindfulness, anxiety, eating disorders & body image, coming out issues, relationships, self-esteem, survivors of sexual assault, men's issues, and women of colour.

SVC

Student Volunteer Connections provides assistance for students who seek volunteer opportunities on campus and in the City of Guelph community.

SWS

Student Wellness Services is a department that contains the following services: the Health Clinic, the Wellness Education Centre, Counselling Services and the Health and Performance Centre. At present, all services are located in the J.T. Powell Building except for Counselling Services (University Centre, level 3).

TA (OR SOMETIMES GTA)

Teaching Assistants (and Graduate Teaching Assistants) are typically graduate students (either Masters or PhD) who facilitate seminars, grade assignments and exams, occasionally deliver lectures and offer other support to faculty members, especially in larger classes.

TAILGATING

This is allowing someone to follow you into a residence building who does not have a key and is often a way that those who are up to mischief or do not belong in the building gain access. Tailgating is a serious problem for residence security.

THE TAPS

Officially known as the Brass Taps, this bar/lounge is located on the second floor of the University Centre. It is famous for its weekly Tuesday Night Trivia. Alumni still call it by its original name, "The Keg".

UAIC

The Undergraduate Academic Information Centre offers general academic information to students and, provides referrals to specialized advising resources, as appropriate. Information is provided by Peer Helpers and other student staff in person, by phone, or by email. Resources are also available on the UAIC website.

THE U.C.

The University Centre is the home of many student clubs, administrative offices and services for students. It also includes a food court (Centre Six), ATMs, a campus pub, the Information Desk, lounge space, a dentist and much more.

UOGA'S (OO-GA'S)

University of Guelph Ambassadors are student volunteers that assist Admission Services at liaison events for visiting prospective students, such as Fall Preview Day and Campus Days.

WAR MEM

The War Memorial Hall was built in June of 1924 from Georgetown limestone. Students forced administration's hand in choosing the hall's location by cutting down a stand of Norway spruce and digging the foundation one night. It was built to celebrate the 50th anniversary of OAC and to honour students who had enlisted and died in the First World War.

WEB ADVISOR

WebAdvisor (<https://webadvisor.uoguelph.ca>) provides access to the following services for students and faculty: Course registration, class/exam schedules, billing, account

summary, payments, application status, and documents received/required. The Tutorial is a great place to start if you are new to WebAdvisor.

WELLNESS EDUCATION CENTRE

This is the educational arm of Student Health Services and is also a Peer Helper Program unit on campus. The Wellness Education Centre offers information and workshops covering a wide range of topics, including mental health, self-esteem, sexuality, substance abuse, body image, healthy eating and much more; located on the second floor of the JT Powell Building (above Student Health Services).

WINEGARD WALK

The name of a red brick high-traffic walkway that runs through the centre of campus and

extends from College Avenue at the north end of campus to South Ring Road at the south end of campus.

WORK-STUDY

An on-campus part-time job program to assist students with financial need meet their educational costs by working part-time during the study year.

WRITING SERVICES

The Writing Services team supports University of Guelph students of all levels in becoming stronger, more confident writers. This in-demand service provides free, confidential, individual, and group writing appointments to help improve writing. Writing appointments can be pre-booked, or students can drop in for same-day writing appointments.

USEFUL WEBSITES

atguelph.uoguelph.ca The official publication of the University of Guelph with information about what's happening on campus.

courselink.uoguelph.ca This is the University of Guelph's tool that allows instructors to set-up course-specific websites. These sites can include everything from lecture notes to online quizzes on course content.

gryphlife.ca GryphLife is the University of Guelph's student involvement system-helping students get involved and make connections. Students can follow campus organizations and learn what events are happening and track their co-curricular involvement.

housing.uoguelph.ca Student Housing Services' website provides links to online applications, MyHousing and Residence Community Life Standards.

learningcommons.uoguelph.ca/guides/university_learning A Guide to University Learning is a website designed to help students develop the skills they need to be successful in their academic pursuits.

lib.uoguelph.ca/get-assistance The Library website provides online resources and in-person assistance to help students with the academic transition to university. The Library website includes information and strategies for writing university essays, studying for exams, developing research skills, and more.

mail.uoguelph.ca GryphMail is the primary way that the University contacts students with official communications.

recruitguelph.ca Recruit Guelph provides online job postings for co-op, part-time, full-time and summer job opportunities for students and alumni

STARTonline.ca A web-based community for incoming students that operates from early June with everything students and their family members need to prepare for September onwards.

studentlife.uoguelph.ca The Student Life Department cultivates learning that has a lasting and transformative impact on students and communities. It offers a range of programs and services that help students make a successful transition to, through and from university life and study.

studentlife.uoguelph.ca/cns The Centre for New Students assists with the transition to studying and living at university, providing many programs, services and resources. On their website they also provide information to the parents and families of our new students on behalf of the University community.

Studentlife.uoguelph.ca/oia The Office of Intercultural Affairs assists with the transition to University life and study for international and Aboriginal students.

CSAonline.ca Upcoming events offered by the Central Student Association including live entertainment, speakers, films and other resources.

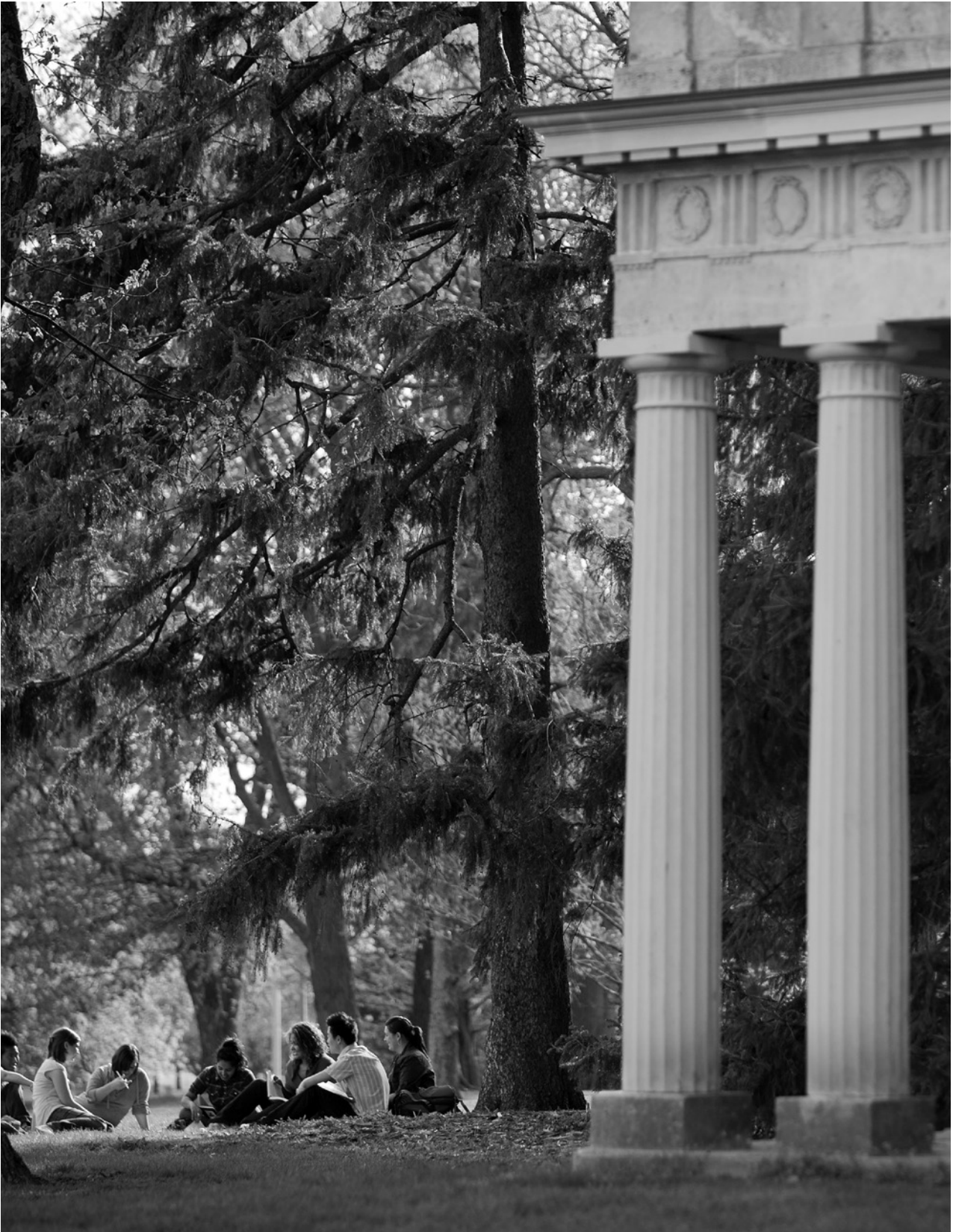
theCannon.ca A website operated by students for students with news, classifieds and upcoming events.

uoguelph.ca/mentalwellbeing This site has University of Guelph resources that help students to achieve a healthy student lifestyle; living well to learn well!

uoguelph.ca/diversity-human-rights/sexual-assault The University has a number of internal policies that are also designed to protect the rights of individuals and support an environment free from Sexual Assault.

uoguelph.ca/uaic The online home of resources and information pertaining to the Undergraduate Academic Information Centre (UAIC) which offers general academic information to students.

webadvisor.uoguelph.ca This online tool allows students to manage their course registrations, view their marks, and keep track of their student account.





USEFUL RESOURCE INFORMATION

A student's success depends above all on their own response to the opportunities and responsibilities that the university environment provides. The University of Guelph is committed to supporting students in their intellectual development and responding to their individual needs. To this end, a broad network of advising, counselling, and support services is provided to assist in meeting students' personal and academic goals. *Students should check their assigned University of Guelph e-mail account (GryphMail) regularly for important communications as it is the primary conduit by which the University will notify students of events, deadlines, announcements concerning grades, student financial accounts and other official information.*

TEN RESOURCES EVERYONE SHOULD KNOW ABOUT

1. PRE-ARRIVAL TRANSITION PROGRAMS

In early June, transition programming for new students begins with STARTonline.ca, our summer orientation program. This is an excellent way to learn about the student experience, make friends and anticipate the year ahead. In addition, during the summer students are expected to select their fall semester courses, pay a tuition deposit and submit a photo for their student ID card. Other programs include a math preparation package, special events hosted by alumni, opportunities to visit campus and more. Students are encouraged to regularly monitor their U of G email address and visit www.startonline.ca for updates and details.

2. THE LEARNING COMMONS AT MCLAUGHLIN LIBRARY

The Library's Learning Commons has assisted students in the academic transition to university for many years. From workshops to individual advice to online information, the Learning Commons offers students assistance in writing university-level essays, studying for exams, finding articles and books for assignments and projects, managing time, and much more. You can read more about the Library's services and how they assist students in "The Academic Transition" on pages 11-16. Find out more by visiting www.lib.uoguelph.ca/get-assistance.

3. STUDENT SUPPORT NETWORK

A team of student volunteers staff a drop-in from Monday through Friday from noon to 10 p.m. as a safe place to talk. Working in tandem with the professional staff at Counselling Services, this program operates on a peer-to-peer model and is intended to help any student who is looking for support through a wide range of personal difficulties. www.counselling.uoguelph.ca

4. OFF CAMPUS STUDENT SUPPORT

Off-Campus Living works with commuters and students living off-campus in the City of Guelph. They offer rental housing listings, tenant resources and advising, move out resources, commuter services at the Information Desk in the UC, and information about living in the City of Guelph: www.studentlife.uoguelph.ca/ocl. Off Campus Connection provides assistance with the transition to university life for new students who don't live in residence. Students who participate by providing their contact information will receive phone calls each semester to check-in and offer assistance as needed. E-mail updates about upcoming events and activities are also available: studentlife.uoguelph.ca/occ

5. FINDING HELP: START ON TRACK / BOUNCE BACK

Students often believe they need 'to figure things out on their own'. We know from transition research and our own experience working with first year students that asking for help is an important skill to learn. The Centre for New Students offers two opt-in peer-support programs to help first year students navigate the challenges of living and learning at university: START on TRACK begins day 1 of the fall semester; BOUNCE BACK begins day 1 of the winter semester. Encourage your student to connect with us early in the semester with their questions or concerns. Our team of upper-year students remember what first year was like and can help your student to build an action plan to start and stay on track in fall, and bounce back in winter. ontrack@uoguelph.ca and bounce@uoguelph.ca

6. COMMUNITY ENGAGEMENT & GLOBAL CITIZENSHIP

This unit in the Student Life Department fosters student leadership, civic engagement and social change through active involvement in meaningful community based learning experiences. Their programs provide opportunities for students to participate in a wide range of roles and settings locally, regionally and nationally, including Project Serve, YOU in Guelph, and the Peer Helper Program. Home to Vote Savvy and the vote mob, CEGC promotes civic literacy and democratic engagement. We encourage you to learn more at studentlife.uoguelph.ca/cegc/

7. FIRST YEAR SEMINARS

A First-Year Seminar is an exciting addition to any student's program. The seminars are open to every first-year student in every college, department and program across the university. There are no prerequisites or requirements other than being enrolled in semester 1 or 2. In First-Year Seminars students from anthropology and accounting, physics and philosophy, or nutrition and nanoscience work together to explore themes such as science and poetry or the impact of

poverty, or what we'll eat on Mars. Participation in a seminar provides a great chance to meet students from other disciplines and departments, and it's a wonderful opportunity to get to know a professor. Because seminar groups are kept small – a maximum of 18 people – there is lots of discussion and debate. www.uoguelph.ca/fys

8. RECREATION

Beyond the high level athleticism demonstrated by our varsity athletes, the Athletics Department offers intramurals (sports ranging from fun to competitive), aquatics, skating, weight lifting, dance and fitness classes, martial arts, indoor rock climbing, running, squash, and a seemingly endless list of other ways to be physically active. Some activities require registration at the beginning of the semester while others are available on a drop-in basis throughout the year.

www.gryphons.ca

9. UNDERGRADUATE CALENDAR

The Undergraduate Calendar is the official guide to being a student at the University of Guelph and is only available online. It outlines what student needs to know about how the University works, including descriptions of which courses to choose each semester based on each program and major, minor or specialization. It is each student's responsibility to read it and be familiar with the Undergraduate Degree Regulations & Procedures (p. 25). Particular attention should also be paid to the Schedule of Dates, the procedures for Academic Consideration, rules of conduct, and grading conventions from Excellent, Good, Acceptable, Minimally Acceptable, to Fail. Finally, it contains a glossary of terms that will help students to navigate its contents. www.uoguelph.ca/registrar/calendars/undergraduate/current/pdf/files/calendar.pdf

10. STUDENT LIFE AT GUELPH

This program gives students the opportunity to attain credit for their involvement on campus. Working with a Peer Helper (an upper year student), participants receive 1-on-1 coaching and support to help them take an intentional approach to their out-of-classroom experiences. By completing a pre-assessment, students determine their strengths and challenges within 8 Learning Domains: Sense of Self; Life Skills; Communication; Intercultural Maturity; Diversity and Inclusion; Engagement in Learning; Leadership; and Civic Engagement and base their co-curricular roadmap on these results. Upon successful completion of the various skills-based curricula students receive badges and, ultimately, a notation on their co-curricular transcript. This is a great way for students to build their portfolio by demonstrating how they have applied their knowledge outside the classroom, developed skills, and gained diverse experiences! Student Life at Guelph gives students a competitive edge in today's global marketplace.

Do you want a job after university? Maybe go to graduate school? Do you want to be engaged on campus? Do you want to explore more about yourself and what being a Gryphon means?

If you answered yes to any of the above questions then the STUDENT LIFE AT GUELPH program is for you!



STUDENT LIFE AT GUELPH

Do you want a **job** after university? Maybe go to **graduate school**? Do you want to be **engaged on campus**? Do you want to **explore** more about **yourself** and what **being a Gryphon** means?

If you answered yes to any of the above questions then the STUDENT LIFE AT GUELPH program is for you!

The skills that you develop and the experiences you gain through co-curricular pursuits have become increasingly important. In the workplace of the 21st century, employers are seeking graduates who have developed the right mix of soft skills, such as:

- teamwork and collaboration;
- communication skills;
- leadership; and
- intercultural competence, adaptability and accountability.

Begin planning your co-curricular journey, get involved, and before long you will be awarded your first badge of completion. Sign up today!

Email: involve@uoguelph.ca

COMPUTER & TECH HELP

Computing and Communications Services (CCS) is the campus IT connection.

IT HELP DESK

Located on the first floor of the Library, our IT Help Desk staff are here to help students with any technical questions.

DIAL 58888 FOR HELP!

On campus, students can call our CCS Help Centre at extension 58888 for any CCS related issues. We'll help them figure out how to solve their IT problem in no time.

IT RESOURCES FOR STUDENTS

Here's a list of the top technology-related links for undergrad students: www.uoguelph.ca/ccs/get-started

DISCOUNTED SOFTWARE

All U of G students can get free and/or discounted software by visiting guelph.onthehub.com.

ONLINE SECURITY

Keeping you and your information safe online is a top priority of CCS. Being aware of good security practices can make you less vulnerable to online scams. Visit www.uoguelph.ca/cio/it-security for tips on how you can stay safe.

THE LIBRARY & LEARNING COMMONS

Over 13,000 people walk through McLaughlin Library's doors on a busy day, and it's a top study spot. Students have access to millions of print and electronic resources in addition to research help through the Ask Us Desk located on the Library's first floor and through online chat. There are quiet floors, group study floors, hundreds of individual study carrels and several bookable group study rooms in the Library. Students love that they can eat in the Library and purchase snacks and coffee at our new Starbucks Café. The Library's Academic Town Square is home to a number of events from author readings to collection unveilings; there is always something to attend. Visit www.lib.uoguelph.ca to learn more.

COMPUTING HELP IN THE LIBRARY

There are many public desktop computers throughout the Library and students can sign out laptops for use in the Library. There are also scanners and printers – both black/white and colour. The IT Help Desk, managed by Computing and Communications Services (CCS) is located on the Library's first floor.

STUDY HELP

The Library's Learning Commons provides learning, writing, research and technology assistance for students. A popular program with first-year students is the Supported Learning Groups program which provides peer-led study sessions in historically difficult courses. Encourage your student to participate in the Library's Learning Commons programs and to use its resources. Read more about the Learning Commons in the Student Transitions section of this handbook.

STUDENT ACCESSIBILITY SERVICES

(SAS; FORMERLY THE CENTRE FOR STUDENTS WITH DISABILITIES)

www.uoguelph.ca/csd/

The University of Guelph is committed to creating a barrier-free environment. We feel that providing services for students with disabilities is a shared responsibility among students, faculty and administrators. This relationship is based on respect of individual rights, the dignity of the individual and the University community's shared commitment to an open and supportive learning environment.

Some students who have previously felt uncomfortable disclosing their disability choose not to avail themselves of our services. We respect each student's right to make this choice. We do, however, strive to uphold confidentiality and disclose information only as required and only after having received the student's consent. In order to ensure that disability-related academic accommodations can be put in place, it is best to register with SAS early each semester. Registering with SAS late in the semester may delay access to potentially helpful resources.

At Guelph, eight areas of disability are recognized as likely to occur among the university population:

- attention deficit disorder (ADD)
- acquired brain injury
- hearing
- learning
- medical
- mobility
- psychological/emotional
- vision

Student Accessibility Services offers specialized programming and services to students registered at the University of Guelph (full-time or part-time, undergraduate and graduate). Students will be asked to provide appropriate documentation from a medical or mental health professional to verify their disability.

Examples of our programs and services include: academic accommodations, adaptive technology, sighted guides, a team of professional advisors, referrals, screening services, and exam centre accommodations. Transition programs such as Pre-Flight, Campus Compass, Guelph Pre-Semester Launch, and the LD course PSYC*1300 "Learning Disabilities: Experience to Understanding" and PSYC*1400 "Understanding Mental Health" are designed to support students with disabilities in their transition to academic life and study and beyond.

CAREER SERVICES: A RESOURCE FOR ALL STUDENTS

JOB OPPORTUNITIES

With our online resources, students can find work locally, nationally and internationally. Through our website, www.recruitguelph.ca students can access a full range of part-time, summer and full-time job opportunities. New postings are added daily.

JOB SEARCH WORKSHOPS

Co-operative Education & Career Services offers programs for job searching, resumes, cover letters, interview preparation and much more.

EMPLOYMENT EVENTS AND CAREER NIGHTS

A variety of career events offer students an opportunity to hear from graduates and professionals who are working in fields closely connected to students' current areas of study.

WHAT CAN YOU DO WITH YOUR DEGREE?

You can do almost anything you want! That can be both an exciting and overwhelming prospect. Many first year students meet with us in person or browse the information we have created online to answer the question, "What can I do with my degree"? We have career information, links to online job postings, paid internships and much more.

STUDENTS WHO ARE FEELING LOST

We encourage them to consider taking formal career assessments that examine their interests or personality. The tests are completed online and then our career professionals will sit down with students to explore their situation and the choices available based on their interests.

INTERESTED IN CO-OPERATIVE EDUCATION?

Applications to Co-operative Education may be considered in first year for programs that still have space available. Applications are due the last day of classes of the Fall or Winter semester depending on the program. Interested students can contact our office for more information at ext. 52323.



RELIGIOUS DIVERSITY

RELIGIOUS DAYS

www.uoguelph.ca/diversity-human-rights/human-rights/major-holy-days

The University of Guelph accommodates students who experience a conflict between a religious obligation and scheduled tests, midterm examinations, final examinations, requirements to attend classes or participate in laboratories. The type of accommodation granted will vary depending on the nature, weight and timing of the work. The request for alternative arrangements is normally expected to be submitted to the instructor within two weeks of the first class.

PRAYER SPACE

studentlife.uoguelph.ca/oia

Prayer space is available for students from a variety of religious traditions in the Multi-Faith space in room 533, University Centre (North). A schedule of prayer times for Muslim students is typically posted outside the room each semester. Students from other faith traditions also have access to this space and other venues for prayer and meditation; the Multi-faith Resource Team should be consulted for more information.

FOOD OPTIONS

www.hospitality.uoguelph.ca/

Halal, Kosher, lactose free, peanut and nut-free, gluten-free, vegan and vegetarian food options are available at many dining venues across campus and at most special events. At times, these options are set aside to avoid cross contamination. If the preferred option is not immediately visible, students should ask a staff member of Hospitality Services or the host of the event for assistance.



Wellness Education Centre

2nd floor of the J.T. Powell Building above Student Health Services

Open Monday to Friday 8:30AM - 4:30PM

519-824-4120 Ext. 53327 wellness@uoguelph.ca

www.uoguelph.ca/studenthealthservices/wellness



The Wellness Centre at University of Guelph



Twitter: @Wellness_UofG

Offering free educational information and support:

- Alcohol
- Birth Control
- Body Image
- Breast & Gynecological Cancers
- Caffeine
- Communication and Conflict Resolution
- Depression
- Drugs
- Health at Every Size
- Eating Disorders
- Fitness
- Gambling
- Gay, Lesbian, Bisexual, Trans, Queer/Questioning Issues (Including Sexual Health)
- Healthy Eating
- Hepatitis A/B/C
- HIV/AIDS
- Living Off Campus
- Mental Health
- Migraines
- Nutrition
- Pregnancy Option
- Perfectionism
- Relationships
- Sexual Health
- Safe Travel
- Self-harm/ Self-injury
- Sexual Assault
- Sleep Disorders
- Smoking
- Spirituality
- Sexually Transmitted Infections (STIs)
- Stress Management
- Transitions
- Testicular Cancer
- Vitamins and Minerals

Also available: free condoms (lubed and unlubed) and water- based lubricant

Drop in and speak to a trained student Peer Health Educator

CONFIDENTIAL AND INCLUSIVE



student
LIFE
Centre for
New Students

THE CENTRE FOR NEW STUDENTS

Student Life, University Centre, 3rd Floor South
519-824-4120, ext. 52277
cns@uoguelph.ca | studentlife.uoguelph.ca/cns



EVERYTHING YOU NEED TO PREPARE
FOR SEPTEMBER

STARTonline.ca

AVAILABLE JUNE 1ST



@UofGNewStudents

student
LIFE
Centre for
New Students

