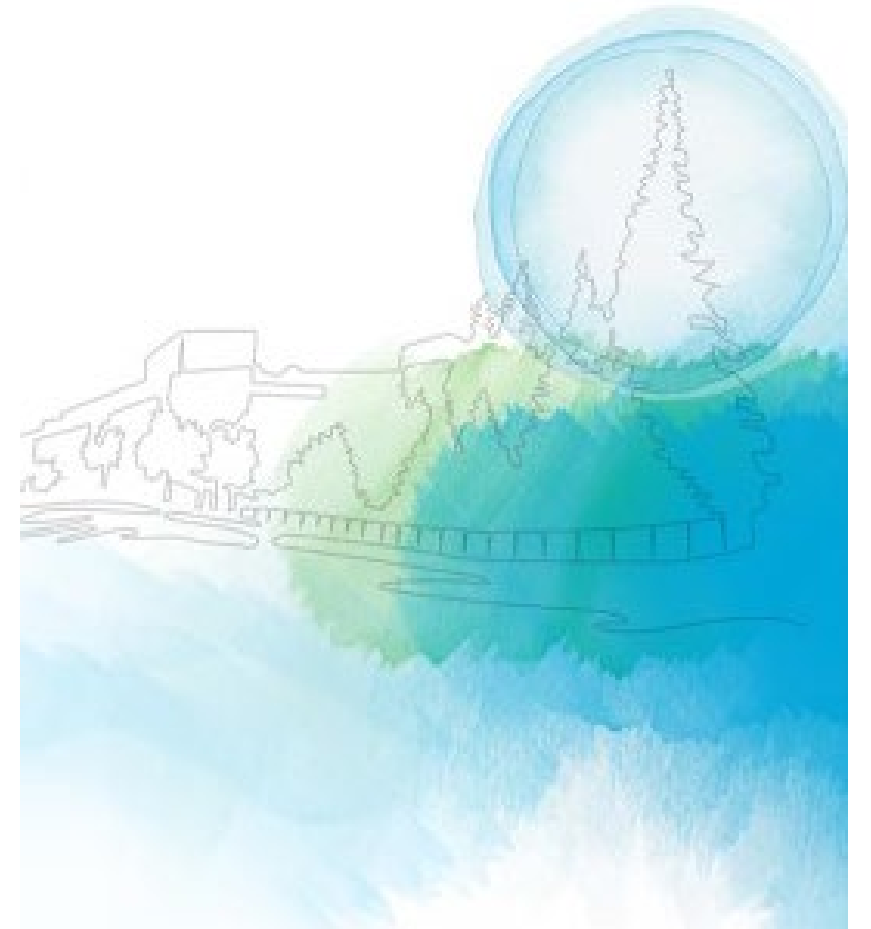


WELCOME TO UNIVERSITY LIFE AND LEARNING

A head start in finding
future success

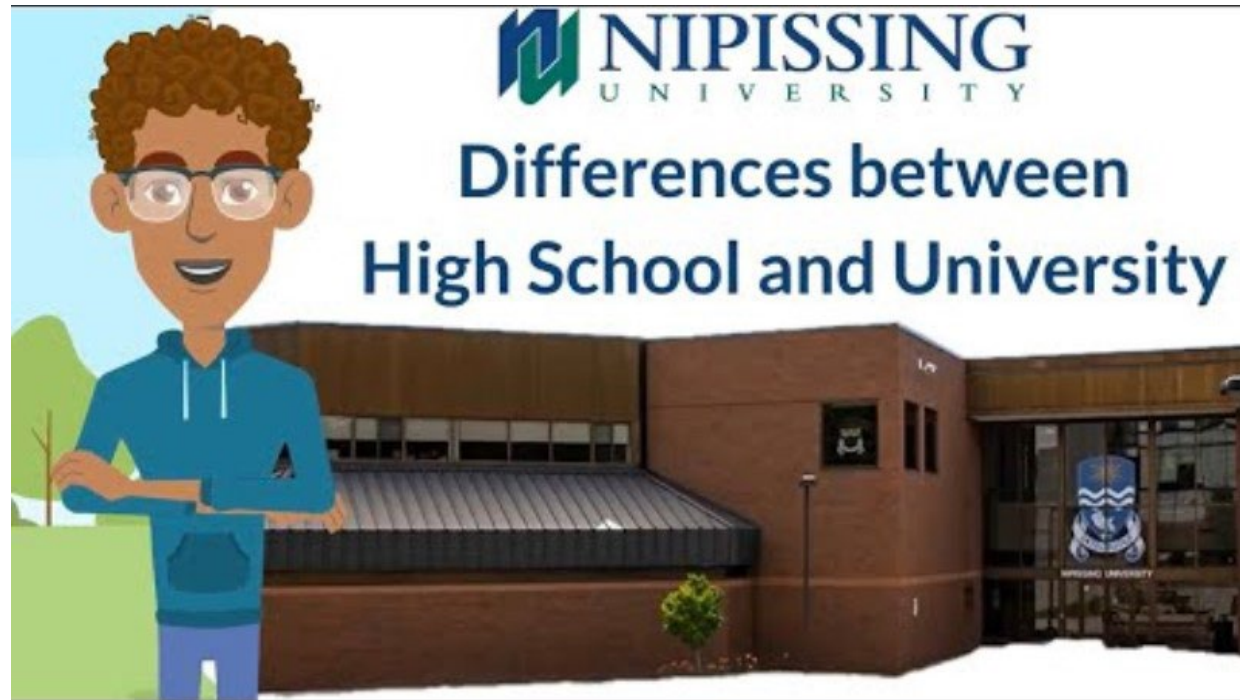




NOW THAT YOU ARE HERE...

- What are your expectations?
- What are you excited about?
- What are some of your worries?

WHAT TO EXPECT



Video link: [Differences between High School and University](#)

UNIVERSITY LIVING

More freedom
AND more
responsibility.

It will be up to you to:

- Advocate for yourself.
- Know your limits, including financial.
- Balance your social life + academic obligations.
- Track your progress + identify challenges early.

Ask yourself:

- How are you doing academically, emotionally, physically...?
- Should you reach out for help?

UNIVERSITY LEARNING

More academic
independence and
variety.

LEARNING:

- Less CLASS time but more INDEPENDENT STUDY time.

COURSES:

- No course or professor is the same.
- Not all classes happen in a typical campus setting.
- There is often less time to learn the material.

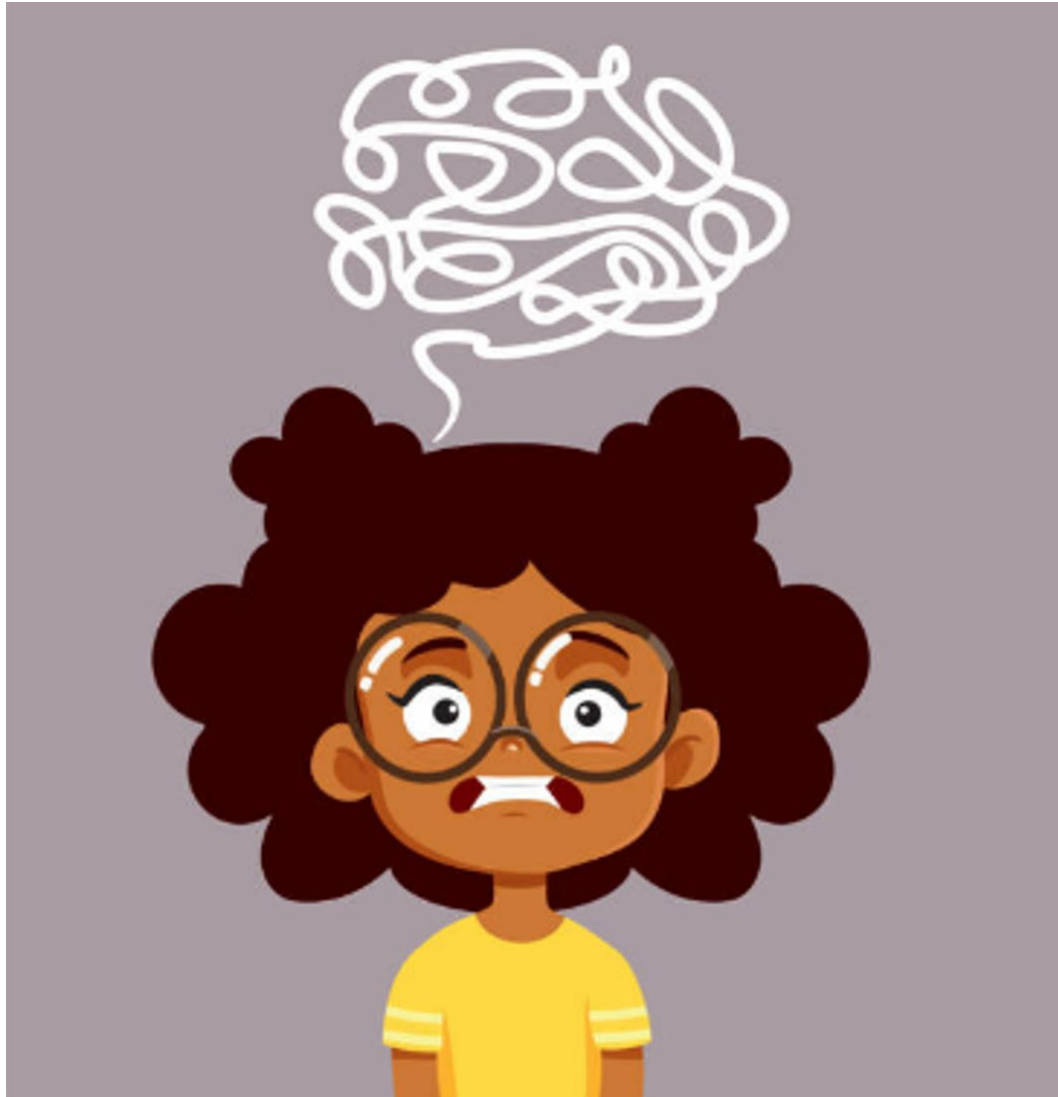
EVALUATIONS:

- bigger tests like midterms and final
- formats vary from multiple-choice, written answers, essays, calculations.
- frequent quizzes or pop-quizzes
- essays, assignments and/or lab work

POP QUIZ

For each hour of class time in a course —
— how many hours should you be studying?





The first year is going to throw a lot at you.

- Academic deadlines
- Financial stress
- New relationships
- Home sickness
- Demands on your time
- Second thoughts courses or choice of program

Attitude Is Everything ...Almost

Active Learning and
Growth Mindset

You can avoid some common struggles and improve your ability to bounce back by keeping the following in mind:

You will have to **actively participate** in your learning.

It is through trial and error that you will figure out what works best.

You should expect setbacks but approach them with a **growth mindset**.

This means that you understand that these setbacks are not catastrophic.

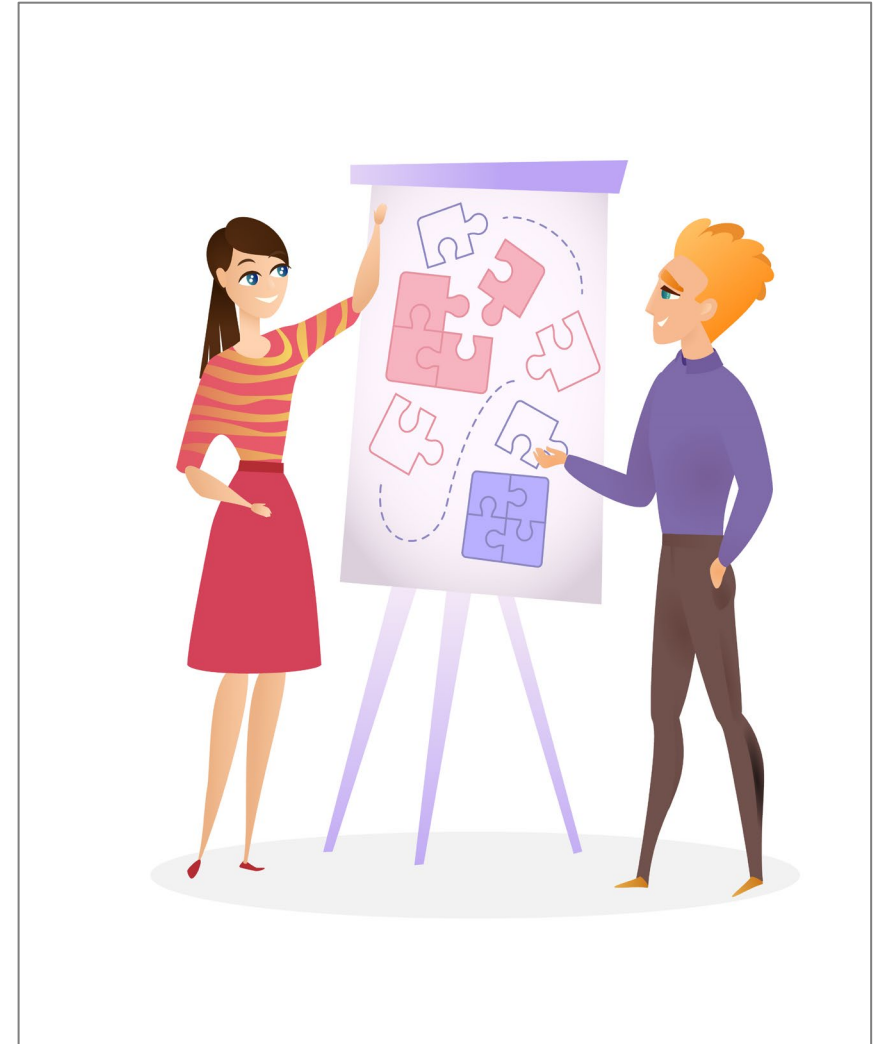
PLANNING AHEAD

Planning ahead gives **you** control of your time, energy and resources.

By now you have chosen your area of study, know where you're living and have a financial plan for tuition, textbooks etc.

To help our SAS students, we put together a general timeline to help with planning.

For a more detailed electronic version, see the [SAS Planner](#) on our ATP webpage.



August and September

Putting your financial
and academic
supports in place.

- Complete OSAP application (if eligible).
 - including Disability Verification Form (DVF) so you can access the Bursary for Students with Disabilities (BSWD)***
- Continue SAS Registration with your Accessibility Consultant.
- Approve your accommodations in the ClockWork portal.
- Review the SAS Policies relevant to your accommodations.
- Submit SAS Agreements relevant to your accommodations.

*** you will need to do this yearly

Requesting and Accessing Accommodations

...as a returning SAS
student

Every term you will need to:

- Approve your Letter of Accommodation (LOA).
 - Talk to your Accessibility Consultant to discuss any changes in your accommodation needs.

As soon as you can, as applicable:

- Request your E-textbooks
- Request course notes.
- By the deadline:
 - Book your tests, quizzes and midterms
 - Let SAS know of any disability-related conflicts
- Look ahead to deadlines to submit assignments and plan accordingly if you need to request extensions.

FINAL EXAMS

Each **October and February**, the Final Exam schedule is released by the Registrar's Office, and you will be notified.

As soon as possible:

- Review the schedule and book your in-person SAS exams.
- Advise SAS of any disability-related conflicts.

IMPORTANT DATES

BSWD Application Deadline

Reach out to our Accessibility Consultant so you don't miss the deadline to apply for funding through the BSWD.

Nipissing University Deadlines include:

- Course registration deadline for adding or changing courses.
- Course withdrawal deadline for possible refunds/credits.

For more details, see the "Important Dates" section of the [Academic Calendar](#).

You're Not Alone!

And we can help.



Feeling overwhelmed is perfectly normal AND expected.

Let's make sure you have everything in place to get the support you need here at Nipissing University.

STUDENT DEVELOPMENT AND SERVICES (SDS)

SDS strives to enrich the academic and personal development of each student through direct student support, training and funding for student initiatives.

Let us tell you about a little about what is available to you.

A full list of resources is available at the [Student Development and Services webpage](http://www.nipissingu.ca/sds) at www.nipissingu.ca/sds.

Student Accessibility Services (SAS)



[Introduction to SAS](#)

Email: sas@nipissingu.ca

Phone: 705-474-3450 ext. 4362

In Person: In B210

You can visit the [SAS Webpage](#) at
www.nipissingu.ca/sas

Mental Health and Wellbeing (MHW)

Your mental and emotional health matters to us. MHW offers various services to support you:

- **Wellness Promotion:** Engage in programs and resources aimed at enhancing your overall wellbeing.
- **Peer Support:** Access immediate group and individual support and connect with peers.
- **Drop-In Therapy:** Same day appointments with a counsellor are available every afternoon.
- **Counsellor Assisted E-Support, Individual & Group Therapy:** Receive professional help tailored to your needs, both in person and online.

Mental Health and Wellbeing (MHW)

- **Dibaadan:** Specialized support from a holistic Indigenous wellness perspective; available to all students, whether status, non-status, or non-Indigenous.
- **BIPOC Student Support:** Culturally sensitive approaches to psychotherapy which acknowledges the different experiences of BIPOC students as they address mental health challenges and wellbeing
- **Student Intervention Support & Specialized Care:** Coordinate your service providers or get referrals for specialized support.

Mental Health and Wellbeing (MHW)

For more information, please visit the [MHW webpage](http://www.nipissingu.ca/mhwellbeing) at www.nipissingu.ca/mhwellbeing

Email: mhwellbeing@nipissingu.ca

Phone: call 705-474-3450 ext. 4507, or

In person: In B210 between 8:30 AM - 4:30 PM

Sexual Violence Prevention and Education (SVPE)

SVPE is dedicated to building awareness about sexual and gender-based violence on campus. The SVPE Coordinator supports survivors, students, staff, and faculty.

SVPE also offers training and workshops through consentbelongshere@nipissingu.ca.

For more information, you can visit the [SVPE webpage](http://www.nipissingu.ca/consent) at www.nipissingu.ca/consent

Email: svsupport@nipissingu.ca

Phone: 705-474-3450 ext. 4075

In person: In B210

Student Learning and Transitions (SLT)

SLT strives to enhance your academic experience and connect you to the campus community. Here's how:

- **Academic Skill Development:** Help with academic writing, math, and science
- **Academic Success Program:** Skill-building workshops and peer tutoring to improve studying and confidence

Student Learning and Transitions (SLT)

- **Student Success Supports:** Help with the university experience and overcoming obstacles. Need help attaining your degree?SLT is here!
- **Orientation & Transition Supports:** For new and mature student who need transition support, LST is here to help you settle in and thrive.
- **Mature/Transfer Students:** Specialized support for mature students, as well as college and university transfer students continuing their studies.

Student Learning and Transitions (SLT)

Career Services: Get career advice and resources to prepare for success after graduation.

Visit the [SLT webpage](http://www.nipissingu.ca/slt) at www.nipissingu.ca/slt to book an appointment, check drop-in availability, or access academic resources.

Email: slt@nipissingu.ca

Phone: call 705-474-3450 ext. 4459, or

In person: In B210

ACADEMIC ADVISING

Academic Advising helps students understand their academic options and fulfill their degree requirement by:

- helping choose courses or make changes to courses, schedules and program;
- making sure they understand academic procedures & regulations.

You can meet with an Academic Advisor:

In Person: in Room A232 or

Virtually: via Microsoft Teams

For more, or to join the waitlist, visit the [Academic Advising webpage](https://www.nipissingu.ca/departments/academic-advising) at www.nipissingu.ca/departments/academic-advising

SELF- ADVOCACY

I learned a long time ago the wisest thing I can do is be on my own side, be an advocate for myself and others like me. ~*Maya Angelou*~



What is Self-Advocacy?

Video link: [What is Self-Advocacy](#)

We hope we have helped you feel a bit more prepared for this new journey.

It's a lot of work but a lot of fun here and we love nothing more than seeing you grow.

YOU GOT THIS!!

