



AccessAbility Services StartUp 2020

Live Online Events Schedule

Tuesday, August 18th

- 11:00am – 11:15am **Welcome**
- 11:30am – 1:00pm **Community Building Activity**
- 2:00pm – 4:00pm **Strength-Based Resiliency** with Dr. Tayyab Rashid
- 4:00pm – 4:30pm **Wrap Up**

Wednesday, August 19th

- 10:30am – 11:30am **Community Building Activity**
- 11:45am – 12:45pm **Study Skills & Time Management**
- 2:00pm – 3:00pm **Peer Panel** with upper year students & alumni
- 3:10pm – 3:30pm **Wrap Up**

Thursday, August 20th

- 11:00am – 12:00pm **Wellbeing Activity**
- 12:15pm – 1:00pm **Accommodations & Transition**
- 2:00pm – 3:00pm **Top 10 Transition Tips**
- 3:10pm – 3:30pm **Final Wrap Up**

All events hosted in [MS Teams](#), available for free to all students.
Invitations to sessions will be sent via UToronto Email.