AccessAbility Services Start Up Schedule

Day 1 Monday, August 16th

- **Morning 10:00am-12:00pm** Welcome, Icebreaker, Overview and Instructions for the program, Quercus Information
- **12:00am – 1:00pm** Lunch Break
- **Afternoon 1:00pm – 3:00pm** Strength-Based Resiliency, Strength Assessment, Wrap Up

Day 2 Tuesday, August 17th

- **Morning 10:00am – 11:30am** Icebreaker, AccessAbility Services Overview, Navigating the Move to University, Accommodations 101
- **11:30am – 1:00pm** Lunch Break
- **1:00pm – 3:00pm** Time Management and Assistive Technology, Wrap Up
Day 3 Wednesday, August 18th

• 10:00am – 12:00pm Icebreaker, Study Skills, Note Taking
• 12:00pm – 1:00pm Lunch Break
• 1:00pm – 3:00pm Peer Panel with upper year students and alumni, Wrap Up
• 5:00pm – 6:30pm Online Student Social open to all students registered with AccessAbility Services

• 6:00pm – 7:30pm Parent/Caregiver Session for information and to register, please visit our event page website www.uoft.me/StartUp or fill in the online parent/caregiver registration form

Day 4 Thursday, August 19th

• Morning 10:00am – 12:00am Icebreaker, Reading Academic Text Strategies
• 12:00pm – 1:00pm Lunch Break
• 1:00pm – 3:00pm Top 10 Transition Tips, Thriving in University, Wrap Up

Day 5 Friday, August 20th

• Morning 10:00am – 1:00am Well-being activity, Community Connect, Wrap Up

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