

**THERE IS  
SO MUCH  
HERE  
FOR YOU.**

In this guide you will find information about your next steps, as well as candid stories and advice from students who have been in your shoes. There is no single formula for success at university, but finding inspiration and learning from the experience of others is a great place to start.





You have completed an important chapter in your life and are about to start another.

Welcome to Arts & Science. The experience here is pretty special. You have access to all the resources of Canada's number one university, the most diverse and flexible program options available and an incredible network to help you shape your education and your future. All the while, you will be studying on an awesome and inspiring campus, with a world-class city right at your door.

Opportunity has knocked, and you are uniquely positioned for success.

**WELCOME!**



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# YOUR NEW HOME

Your campus is right at the heart of an amazing place to live and learn. Here are a few iconic spaces and student favourites that will make your experience exceptional.

“It feels like the whole city is built around the campus. I find inspiration all around me here.”

Janessa Duran, second year

### 1. Study Haven

Hart House Library is a quiet, cozy place to study with beautiful window seats that are flooded with natural light.



### 2. Indoor Escape

It's pouring outside but you're craving some time in nature. Grab a coffee and relax at the Bamboo Gardens in the Donnelly Centre.



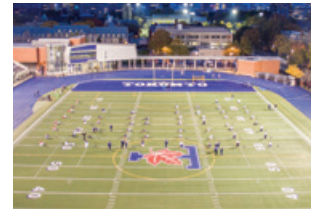
### 3. Quad Goals?

They say the grassy quad is the centre of life on campus. Here, you have many dreamy green spaces to read, hang out and relax.



### 4. Go Blues

Take a break from the books to cheer on your classmates and other world-class athletes at Varsity Stadium.



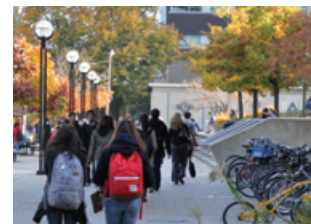
### 5. Room with a View

Graham Library has that quintessential library smell, fireplaces, couches and cubicles. Bonus: It overlooks the spectacular Munk School Garden.



### 6. Hub for Everything

There are many reasons to visit Sidney Smith Hall... for class, a study group, fundraising for your club or for information sessions run throughout the year.



Start exploring: [map.utoronto.ca](http://map.utoronto.ca)



You will apply to a program at the end of first year, which means this year is an excellent opportunity to explore a range of interests. First-year course enrolment takes place at the end of July and now is a good time to start researching the courses that will help provide a solid foundation for your studies. Search the courses offered in the Academic Calendar at [calendar.artsci.utoronto.ca](http://calendar.artsci.utoronto.ca).



# 5 TIPS FOR PLANNING YOUR STUDIES



1

Figuring out what you're interested in can be hard, and taking some unrelated courses can be a good way to see what kinds of things you like. But that only works if you're engaged in your courses. Conversely, try to narrow your choices to two or three things you might be interested in so you don't overwhelm yourself. I applied thinking I would study math, but ended up in computer science.

**Asher, third year**



2

Go through all the programs and make a short list of the ones that spark an interest. Start exploring those programs and write down the 100-level courses that are complementary for a few of the programs so that you can keep your options open after first year.

**Eros, fourth year**



## Plan for Success

Keep in mind, the recommended course load for full-time, first-year students is five courses per term. Your first year will comprise a mixture of courses related to your intended program(s), small classroom options and electives. Your schedule will consist of a combination of lectures, labs and tutorials, depending on the courses you take. You can always contact your college registrar's office if you have questions about course selection.

3

I didn't get into my preferred program in second year, but I took it as a learning lesson. Instead, I started taking media studies and film courses and I totally loved them. I decided on book and media studies, and everything has worked out so well. I think I do well because I'm studying what I love!

**Jemel, fourth year**



4

Once you have an idea of what program you might want, start picking courses that fulfill the prerequisites. But keep an open mind, too. My college registrar suggested I take the class Intro to Diaspora Studies based on my interests. I'd never heard of that program but loved the course so much I ended up adding it as a second major.

**Janessa, second year**

5

Apply to a First-Year Learning Community to connect with other students in your area of study. I was a part of the Life Sciences FLC. It was a really friendly learning environment and so helpful to be with people who were experiencing the same transition to university and learning the same materials. Plus, the FLC counts toward your co-curricular record.

**Victor, fourth year**



FYI

### WHAT'S IN A PROGRAM?

To receive your degree, you will complete 20 credits, including a minimum of one of these program options:

#### Specialist

Focus your learning into one concentrated area.

#### Double Major

Combine two areas of interest to develop a unique perspective.

#### One Major & Two Minors

Build a diverse academic record while studying many areas of interest.

View your program options: [uoft.me/fas-program-list](http://uoft.me/fas-program-list)

(Don't worry—you'll get additional information and advice at the end of first year when it's time to make your program selection.)

FYI

### ARTS & SCIENCE MEANS BREADTH

During your studies, you are required to meet a Breadth Requirement, which allows you to explore courses outside your program of study, and introduces you to other ways of looking at topics and issues from a range of fields. The Academic Calendar explains the rules for completing your Breadth Requirement and every course description in the Calendar indicates the Breadth category it fulfills:

**CCR:** Creative & Cultural Representations

**TBB:** Thought, Belief & Behaviour

**SII:** Society & Its Institutions

**LTE:** Living Things & Their Environment

**PMU:** Physical & Mathematical Universes

Learn more at [artsci.utoronto.ca/newstudents/courses/degreq](http://artsci.utoronto.ca/newstudents/courses/degreq)

# MY ACADEMIC ADVENTURE

## Student Experience



## EROS

**Eros Grinzato—Fourth Year.** Double major in contemporary Asian studies and economics. **Hometown:** Castel San Pietro, Switzerland. **One thing about me:** I can speak varying degrees of English, Italian, Spanish, French, German and Mandarin. **Wish I had known:** Don't stay stuck on who you were in high school. It's a good time to start fresh.

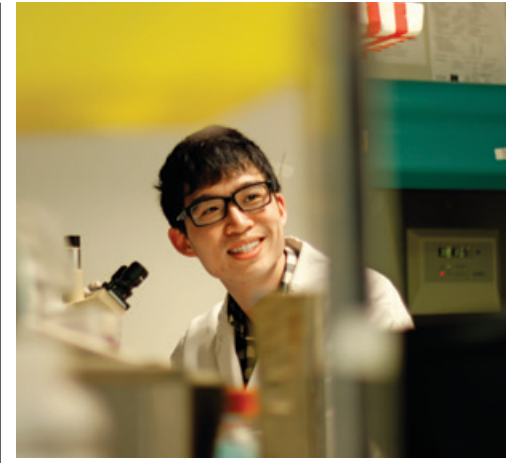
I travelled to Myanmar (formerly known as Burma) as part of an International Course Module. In second year, a couple of us started brainstorming ideas, and from there the whole process was extremely student-led. We wanted to learn about how Myanmar had changed since becoming a democracy in 2011. The trip was enriching on all dimensions. We met with people involved in democratization and peace-building—people you would never meet under other circumstances, including political leaders, media and heads of multinational businesses. The highlight was meeting local university students. It was eye-opening to hear their perspectives and how different day-to-day life is for them. We're still in contact to this day.



## JANESSA

**Janessa Duran—Second Year.** Double major in peace, conflict and justice studies, and diaspora and transnational studies. **Hometown:** Simi Valley, California. **One thing about me:** I did a year of high school in Chile. **Wish I had known:** If you want to do well, you can, but opportunities only appear if you chase them.

I was the Political/Economic Intern at the U.S. Consulate General Toronto in the summer after first year. I really wanted to get involved and volunteer, and one of my lecturers helped connect me to this position (with an awesome reference!). I got to conduct research and prepare briefing documents for the U.S. Ambassador to Canada on diverse policy issues like combatting human trafficking and countering violent extremism. It was a life-changing experience. The highlight of the internship was meeting the diplomats, who are well-respected professionals and now incredible mentors in my life. I never imagined I would have this opportunity by second year.



## VICTOR

**Victor Lee—Fourth Year.** Double major in neuroscience and animal physiology. **Hometown:** Richmond Hill, Ontario. **One thing about me:** I play the piano and have my performance diploma for music. **Wish I had known:** I found out this year U of T has a mountain-biking team, and there are all sorts of cool trails within Toronto.

Undergraduate studies are a great time to develop a breadth of knowledge and find out what you want to pursue next. Through my department I had the opportunity to work in local hospitals and at the Wheeler Microfluidics Laboratory. One of the areas of focus in the lab is drug screening on cancer cells. This lab is actually more about engineering. Engineering and biology may appear to be unrelated, but I have found that gaining experience in another area has helped me improve my understanding of biology concepts. You never know when something you learn in one area will help in another.



### Small But Mighty Seminars

Quirky topics and lively discussions are the hallmark of First-Year Seminars, also called 199s. With a maximum of 24 students, these seminars offer a great way to meet new people and engage in your studies. Register during course selection: [uoft.me/fas-seminars](http://uoft.me/fas-seminars)

FYI

### THE WHAT?! DECODING AMAZING OPPORTUNITIES

There is so much available to enrich your academic experience, and sometimes it's hard to know where to start. Here's a breakdown of a few of your options.

#### b2B

Backpack to Briefcase provides opportunities to meet, mingle and network with alumni and faculty members who can offer guidance, career advice and encouragement.

#### CIE

The Centre for International Experience organizes exchanges at more than 150 universities in 40+ countries around the world.

#### Explore It!

This program connects you with alumni from the same academic program. You'll be able to ask questions about your career path and gain insights into working in their field.

#### FLCs (or flicks)

First-Year Learning Communities match you with 25 students who all study in the same core courses, meet outside of class for fun activities and help each other. Register online from mid-June.

#### ICM

The International Course Modules are an opportunity to incorporate an intensive international experience into an existing undergraduate course.

#### Ones

The First Year Foundations/One Programs are interactive small-group courses that allow you to network with peers and professors and explore a range of compelling issues while earning credit. There are eight distinctive programs to complement your academic interests. Applications required.

#### PEY

The Professional Experience Year is a 12- to 16-month paid internship after second or third year of studies.

#### ROP

In the Research Opportunities Program you earn course credit while working closely with a professor in a research project as early as the summer after first year.

# WHAT MY COLLEGE MEANS TO ME

**Madeline Taylor**

**Second Year.** Double major in ethics, society and law, and psychology, with a minor in women and gender studies.

**Hometown:** Flesherton, Ontario.

**One thing about me:** I've been on three TV game shows with my sister.

**Wish I had known:** If you don't like what you are reading, you aren't going to read it, so pick subjects that interest you. That is the secret to an amazing GPA.

Your college community provides a small and supportive home within U of T. It's the place where you will get a lot of core services, such as academic and financial counselling, residence and orientation.

It is also a social network where you will find a range of academic and non-academic programs and activities, special traditions and lifelong friendships.



**Q: What did you know about the colleges when you applied to U of T?**

**A:** I'm from a small town and lived in residence my first year, so moving to the "Big City" was a huge change. I chose U of T because I was searching for a place that would challenge me academically and give me the opportunity to explore my interests in a city that literally has everything. But I had no idea how to rank the colleges. I just picked based on the type of room I wanted and didn't realize it would become so much more than just my residence.



**Q: Now that you're in second year, how would you describe your college experience?**

**A:** It's where I've met all my best friends. The colleges are like neighbourhoods, and mine has become a huge part of my life. It breaks U of T down into a small community so that I felt very connected to people right from the beginning. You might connect with people through your program, sports or other activities, but for me my college is like a family who is always going to be there.



**Q: Do you need to study the programs affiliated with your college?**

**A:** Your college affiliation has no restriction on what you can or should be studying. My college sponsors criminology and sociolegal studies and employment relations, but I am a double major in ethics, society and law, and psychology, with a minor in women and gender studies. Your choice of college will not limit your academic path or opportunities.



**Q: What advice do you have for navigating first year?**

**A:** The best people to talk to are upper-year students because they know the little tricks and have been in your shoes. You'll be surprised how nice people are when you stop to talk to them. If you get involved in something—even a little thing—you're bound to meet students. Or you can go to your college registrar and sign up to get an upper-year mentor (who will probably end up becoming your friend, too).



## Your One-Stop Shop

Your college registrar's office is a reliable first stop whenever you have questions or concerns, or are facing issues that are getting in the way of your success.

Within your college you will find:

- Academic and financial advising
- Academic success programs
- Social events
- Health and wellness counselling
- Orientation activities
- Residence accommodations
- Student clubs and organizations



# TIME OF



**Jemel Ganai**

This is your life and you are the lead curator. This means you can shape your education around your interests and values.

**Her lens: Jemel's passion for photography brings a fresh perspective to campus.**

Check out Humans of the University of Toronto on Facebook at [facebook.com/humansoftheuniversityoftoronto](https://www.facebook.com/humansoftheuniversityoftoronto).

**Q: What is Humans of the University of Toronto and how did it begin?**

A: It is a photo journal I started, using social media to share the faces and stories of people on campus—stories that you otherwise may never hear. I was doing street photography for fun, and my friends suggested I start this based on the well-known Humans of New York. U of T is filled with people who have interesting and imperfect stories. It's important to see the real, human faces and remember that we are part of a community together.

**Q: What impact has it had on your time here?**

A: I'm a sociable person, but can be quite shy and wanted to do something out of my comfort zone. There are so many layers to how it changed university for me. It is the first time I felt like I had a purpose. I got recognition for my work from students, staff and faculty, and I even had my work displayed at the Hart House Gallery, which was pretty cool. Professionally, it has been amazing for my portfolio and opened new doors for me.



# MY LIFE

**Q: How did you find the time to balance Humans of the University of Toronto with your classes?**

A: Learning how to prioritize my schoolwork has helped me find balance in my life. I keep the assignments for my major as top priority, followed by my minors and electives. Sometimes you can't do it all, and need to have a method to choose where to focus your time. I also try to make time for activities outside of class, because that's how I keep my sanity.

**Q: What advice would you give to students looking to get involved outside of class?**

A: Nothing is going to come to you. You can't sit around thinking, "should I really do this?" Just do things. You need to meet people because that's what helps you when you graduate. Go to a random event where you'll meet people you would otherwise never meet. If it doesn't work, try again. To thrive, you need to put yourself out there.

**On the Record!**

We believe learning happens in many ways, in many places. The Co-Curricular Record documents your involvement outside the classroom at U of T. It's a great resource to find opportunities to expand your experience and horizons, and helps as you build your resumé. [ccr.utoronto.ca](https://ccr.utoronto.ca)



**5 DAYS. 5 WAYS TO SHAKE THINGS UP AFTER CLASS**

**Day 1**

Join a club or association that sparks your interest. With more than 700 to choose from, odds are in your favour to find your fit.

[ulife.utoronto.ca](https://ulife.utoronto.ca)

**Day 2**

Sweat it out at one of U of T's many fitness facilities. There are workout classes, cardio machines, weights, swimming, and the list goes on. You'll be buzzing from endorphins.

[athletics.utoronto.ca](https://athletics.utoronto.ca)

**Day 3**

Feeling great from yesterday's workout? Throw your sneakers back on and head to an intramural sports game. There is everything from volleyball and cricket to ultimate frisbee and inner-tube water polo. You may need to register in advance.

[uoftintramurals.ca](https://uoftintramurals.ca)

**Day 4**

Add leadership experience to your resumé by joining a student government. You will meet other students and have a chance to bring about positive change.

[utsu.ca](https://utsu.ca) / [assu.ca](https://assu.ca) / [apus.ca](https://apus.ca)

**Day 5**

Satisfy your Pinterest cravings and attend one of Hart House's free weekly drop-in craft workshops. Not so crafty? Hart House offers everything from music and theatre to swimming and archery, not to mention an amazing brunch menu.

[harthouse.ca](https://harthouse.ca)

Want more ideas? Visit [studentlife.utoronto.ca](https://studentlife.utoronto.ca).

# MY TORONTO

You only need a snapshot to see what makes this city one-of-a-kind. His picks: Asher tours his favourite spaces and places.



1

**1. Nathan Phillips Square.** Skating at this famous rink is a great way to enjoy winter in the city.

**2. King Street.** You will be well-caffeinated by the independent coffee shops with WiFi-friendly study spots and seriously good coffee.

**3. Queen West.** You'll find shopping for every style and budget, with all sorts of eclectic spots to keep things interesting.



2



3

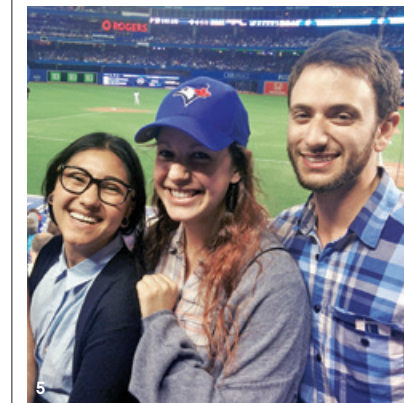


**Make Your Own T.O. Bucket List**

Living in a world-class city provides endless academic, social and networking opportunities. Visit [seetorontonow.com](http://seetorontonow.com) for fresh ideas and start exploring!



4



5



7



8



9



6



10

**4. The Beaches.** With three kilometres of boardwalk and sand, you can skip stones, play volleyball or lie in the sun.

**5. Major League.** If you like pro sports, this town has hockey, basketball and baseball. Taking in a Jays game has become my annual tradition.

**6. Kensington Market.** One of my favourite places to wander for a range of good eats and handmade and second-hand finds.

**7. The Distillery.** The historic red-brick buildings, cobblestone streets, restaurants and galleries make this a great spot.

**8. Trinity Bellwoods Park.** Soccer, frisbee, art shows, theatre, drum circles and white squirrels are among the things you might see on any given day.

**9. The ROM.** This is Canada's largest collection of art, culture and natural history. The exhibits are top-notch, and dinosaurs never really get old.

**10. The Waterfront Trail.** Biking is my healthy break from studying. This trail is awesome for novice and avid cyclists.

Asher Minden-Webb

**Third Year.** Specialist in computer science.  
**Hometown:** Toronto, Ontario.  
**One thing about me:** I meditate regularly.  
**Wish I had known:** There are people here who can help you figure out your goals. Use them.

Coming to university may feel like a big adjustment. Rest assured, there is a wide range of personal and academic support available. You just have to take the first step.

# THRIVE IN FIRST YEAR

## Get Answers FAST

Visit [FAStanswers](http://FAStanswers), a resource for first-year students to find reliable information from the Faculty of Arts & Science at [answers.artsci.utoronto.ca](http://answers.artsci.utoronto.ca).

## Where To Go When

**College Registrar's Office:** advising on personal, academic, financial, family or career issues.

**Department and program advisors:** specifics on courses, programs, prerequisites and instructional issues.

**College Deans of Students and Student Life Offices:** information and advice about student-life activities, residence and commuter-student support.

**The Office of the Faculty Registrar:** transcripts, exam conflicts, final marks and exam rereads.

**U of T Student Life programs and services:** academic support, health and wellness, career planning, diversity and equity offices, community safety and more.

**English Language Learning Program:** support to improve your English language skills.

Learn more about these and other resources at [artsci.utoronto.ca/current/advising](http://artsci.utoronto.ca/current/advising).



The Writing Centre is the best service at U of T, especially as an ESL student. The Career Centre is also really helpful. If you have no idea where you want to go with your studies, they can simulate job interviews, provide career advice and improve your resumé. I feel much more confident after going through the mock interview process with them.

**Eros, fourth year**



I've used the Health and Wellness Centre on campus when I've been sick. After your first appointment you can book online, which is really convenient. A student's time is valuable, and they get you in and out quickly here.

**Madeline, second year**



If you're struggling (mentally or physically) and not sure what to do, the Health and Wellness Centre is a good place to start. I also use Accessibility Services for my learning disability, and they have been helpful.

**Asher, third year**



The Writing Centre has been an integral part of my time here and helped me improve my grades. I love my college registrar, too. If you have any questions about money, go there. They won't know you need support unless you talk to them!

**Janessa, second year**



## CAN'T LIVE WITHOUT...

Here are a few tried-and-tested items that are helping other top scholars in their studies.

- My agenda never leaves my side. If I write things down, I remember them better.
- Granola bars with almond, coconut, cashew, chai—the perfect study snack.
- Lip balm, of course.
- My noise-blocking headphones.
- Coloured markers, because note-taking is just more fun that way.
- Digital textbooks on your laptop to make your backpack lighter.

# AND BEYOND

# THINGS TO REMEMBER

This checklist of key dates and deadlines will help you keep track of your next steps.

## ✓ Stay Connected

Keep an eye out for emails from Arts & Science and your college. They will be communicating with you and sending helpful information leading up to September.

## ✓ Residence Status

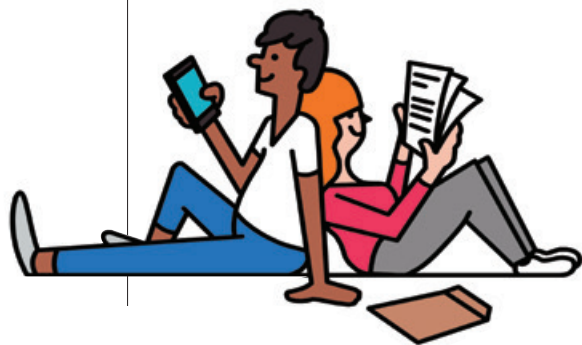
If you're living in residence, check with your college's residence office for your status, as well as tips and information on what to pack.

## ✓ Orientation Week

Whether you live on or off campus, orientation is a great way to meet people and get to know your way around. Watch for updates from your college.

## ✓ Your Offer

If you have not yet done so, follow the instructions in your offer package to accept your offer and make it official!



FYI

## PLANNING YOUR FINANCES

In addition to entrance scholarships offered by the University, Arts & Science and your college, there are many ways to support your financial needs. For more information about awards, financial aid and advising, and tuition fees and budgeting tools, visit [artsci.utoronto.ca/newstudents/finances](http://artsci.utoronto.ca/newstudents/finances).

### Financial Aid Guarantee

The U of T Advance Planning for Students Program (UTAPS)—open to Canadian citizens, permanent residents or protected persons studying full-time—guarantees that financial circumstances won't prevent you from attending and completing your studies. [www.adm.utoronto.ca/utaps](http://www.adm.utoronto.ca/utaps)

### In-Course Scholarships

If you excel in your program of study, you are automatically considered at the end of your first, second and third year.

### Working on Campus

U of T is one of Toronto's top employers. There are many Work-Study positions available to provide you with an opportunity to develop your knowledge and skills through paid work on campus. [studentlife.utoronto.ca/cc](http://studentlife.utoronto.ca/cc)

### Working off Campus

Being in the heart of Toronto means that you are surrounded by job opportunities in business, recreation, retail, restaurants and tourism. Start your search at [torontojobs.com](http://torontojobs.com).

FYI

## MARK YOUR CALENDAR

### Ongoing

Apply for a First Year Foundation (Ones) Program [uoft.me/fas-ones](http://uoft.me/fas-ones)

### June 1

Deadline to accept your offer of admission

### Mid-June

Registration opens to join a First-Year Learning Community (FLC) [flc.utoronto.ca](http://flc.utoronto.ca)

### July 22

Find your start time for course enrolment on ACORN, U of T's online student information service [acorn.utoronto.ca](http://acorn.utoronto.ca)

### July 28

Course enrolment begins on ACORN

### August 23

Deadline to pay your first tuition fee installment (or defer based on OSAP)

### September 5

Orientation Week begins

### September 12

Classes start

FYI

## NEXT STEPS VIDEOS

Find everything you need to get started at the University of Toronto in these helpful video guides. Topics include:

Join U of T portal  
Connect with your college  
Residence  
Sign into ACORN  
Research courses and programs  
Enroll in courses  
Pay your fees  
Get your T-Card  
Set up UTmail+  
Orientation week

Watch at: [artsci.utoronto.ca/newstudents/nextsteps/videos](http://artsci.utoronto.ca/newstudents/nextsteps/videos)

“Begin university with an open mind. It will be a time of self-actualization, and slowly you will start to become the person you always aspired to be.”

Madeline Taylor, second year