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What is Gradlife?

Gradlife.utoronto.ca

Grad school can seem like an individual challenge, but you’ll find a strong sense of community here if you get involved in campus life. Gradlife provides programs exclusively for grad students to help you build skills, get support, find balance, meet other grad students, and navigate life at U of T. We can connect you to workshops, social events, campus services, and helpful resources that will enrich your experience and enhance your academic achievements. Take advantage of the many opportunities and services offered, and ask for help when you need it – you’ll be glad you did!

Grad Escapes

uoft.me/gradescapes

Sometimes you just need a break to relax, have fun, and hang out. Grad Escapes helps connect you to a community of grad students by offering social, cultural, and recreational opportunities. Grad Escapes are usually hosted by other students, and each season brings a lot of different ways to get involved. Art classes, theatre, sporting events, historic tours, and more – there’s something for everyone. So, forget your thesis for a night, try a new experience, and meet other students outside your discipline. Bring a partner, a friend, or just yourself. Families are welcome too!

Grad Talks

uoft.me/gradtalks

To help you develop your skills and explore your interests, Grad Talks offers a range of free learning sessions under the general themes of Communication, Mindfulness, Creative Arts, Community Engagement, Career, and things that are “Great to Know.” Specific topics covered include things like negotiating with your supervisor, scholarships and awards, and using the U of T library system.

Gradlife blog

blogs.studentlife.utoronto.ca/gradlife

By grad students, for grad students, this blog covers topics of interest throughout the year.

Questions about campus or Student Life? Use the online ASKme tool to find answers.

Follow @UofTGradlife on Twitter, or like GradlifeUofT on Facebook.
Directory of programs and services at the St. George Campus

Aboriginal Student Services
First Nations House
563 Spadina Avenue
416-978-8227
fnh.utoronto.ca

Provides culturally relevant services to Aboriginal students, as well as opportunities for all students to engage with Aboriginal communities within U of T and beyond. Resources include academic support, financial assistance, Aboriginal community, and meetings with Elders and traditional teachers.

Academic Support
Aboriginal Student Services
563 Spadina Avenue
416-978-8227
fnh.utoronto.ca

Meet with the Aboriginal Learning Strategist, get help with academic planning and advocacy for academic issues, or use the Resource Centre and Computer Lab.

Academic Success Centre (ASC)
214 College Street
(Koffler Student Services Centre)
416-978-7970
asc.utoronto.ca

Provides a range of supports to help you reach your academic potential. Meet one-on-one with a learning strategist, access online resources, or try a drop-in session or workshop. Popular workshops for grad students include Effective Writing, Avoiding Procrastination & Time Management, Exam Preparation & Anxiety, and Reading, Note-Taking & Studying. The ASC’s Graduate Writing Group provides support from a group of peers who share your experience and can help keep you accountable.

Jennifer
PhD, Pharmaceutical Sciences

“Every graduate student I’ve spoken to has gone through a difficult period in his or her academic career for any number of reasons. If you ask for help, seemingly overwhelming obstacles or anxieties that interfere with writing or exams can be overcome relatively easily and painlessly. The University of Toronto has a lot of services and people who are available to help when times are tough. I have been meeting semi-regularly with a learning strategist to help with goal setting. The one-on-one meetings have helped me declutter my calendar, make realistic goals, and get back on track.”

Conflict Resolution Centre (CRC) for Graduate Students
416-978-8920
gradcrc.utoronto.ca

Confidential, knowledgeable advice from trained Grad-to-Grad (G2G) peer advisors to help you navigate and resolve conflicts arising in the course of your studies. G2Gs do not intervene or advocate – they listen and help you understand your options and available resources. Drop-in hours and one-on-one appointments are available, as well as training and events. No matter is too small to discuss! Visit the website for details.

Charity
MA, Political Science

“The Academic Success Centre’s graduate writing groups provide a sense of solidarity which is essential to overcome or at least get through the struggles and isolation that come with the process of writing. The ASC also provides writing strategies through one-on-one meetings and through group sharing.”

Libraries
416-978-8450
library.utoronto.ca

Access extensive resources and support, including workshops, computers, printing and Wi-Fi, study space, and research guides featuring advice, tools, and the best resources for your needs curated by expert librarians. The U of T library system comprises 44 libraries, with a collection including 12 million volumes in 341 languages, and has again been ranked as one of the top three in North America (after Harvard and Yale).

Office of Research and Innovation
research.utoronto.ca

Find and apply for research funding, understand research ethics, explore entrepreneurship, learn how to commercialize inventions, and more.
Ivan
PhD, Rehabilitation Sciences
“As a graduate student, a father, a person with a learning disability, and a music enthusiast, I benefited from supplementary programs to succeed in my PhD. I consulted Accessibility Services for support with my learning needs, and the Family Care Office (FCO), for peer support and childcare advice. I also nurtured my love for music through performances at Hart House’s U of T Idol.”

Accessibility
Accessibility Services
455 Spadina Avenue,
4th Floor, Suite 400
416-978-8060
accessibility.utoronto.ca
Provides students with a network of resources and the academic accommodations necessary to succeed at the University of Toronto. If you have a documented disability, ongoing or temporary, register early with Accessibility Services. Even if you never need any accommodations, you can relax knowing you can access them if necessary. Accommodations may include note-taking services, on-campus transportation, or alternate format textbooks.

Library accessibility
416-978-1957
uoft.me/accessservices
U of T Libraries offer a variety of services to students registered with Accessibility Services, including required readings in alternative formats, the Accessible Content E-Portal, and assistance navigating buildings.

Arts & Culture
Art Museum at the University of Toronto
artmuseum.utoronto.ca
The Justina M. Barnicke Gallery at Hart House and the University of Toronto Art Centre at University College together form the Art Museum. This interdisciplinary arts hub offers encounters with diverse artistic and cultural perspectives and is one of the largest gallery spaces for visual art exhibitions and programming in Toronto.

ArtsZone
416-946-8522
www.arts.utoronto.ca
Your one-stop connection to the huge variety of cultural events happening around campus – film, music, theatre, galleries, and more.

Faculty of Music
80 Queen’s Park
416-978-3750
music.utoronto.ca
Paid concert events by celebrated musicians run from September to April each year. Recitals by U of T Music students are free.

Hart House
7 Hart House Circle
416-978-2452
harthouse.ca
A place to explore cultural, intellectual and recreational activities, offering a wide array of events, lectures, live music and performances, as well as classes for every interest, from filmmaking and acting to archery and dance.

Poet in Community
poet.utoronto.ca
Through workshops, conversations and one-to-one meetings, the Poet in Community program uses writing to address the interests, passions and needs of students.

U of T Events
events.utoronto.ca
There are interesting events happening on campus all the time. Get out and explore!

U of T Tix
416-978-8849
www.uofttix.ca
U of T’s central box office for ticketed events – everything from theatre productions to sport championship games to craft beer festivals.

Career
Career Learning Network (CLN)
cln.utoronto.ca
An online tool to help connect you with internal and external partners interested in your career success. Join the CLN to view and register for workshops and events; participate in recruitment activities, career exploration, and experiential learning programs; access the informational interview database, and more.
Career exploration is a long-term process of finding your own answers, rather than a one-time action. So, don’t leave it to the day just before your convocation! I attended almost all the workshops held in the Career Centre, and participated in the career exploration series. The peer career advising and career educators were fantastic in offering advice tailored to my specific situation. It helped me figure out the area that I would like to start my career after graduating.

Career Centre
214 College Street
(Koffler Student Services Centre)
416-978-8000
careers.utoronto.ca
Explore your career options through one-on-one career advising, online resources for the academic work search, workshops, networking opportunities, and more. Key services for grad students include the GDS and CLN.

Graduate Dossier Service (GDS)
214 College St
416-978-8000
studentlife.utoronto.ca/cc/dossier
A service for U of T doctoral students conducting their academic job search, GDS acts as a depository of confidential letters of reference and can also include transcripts. GDS forwards these documents (upon request) to institutions that are hiring.

Graduate Professional Skills Program (GPS)
66 Harbord St
416-946-3497
uofit.me/gps
Join to build critical career skills beyond what you gain in your academic work. Learn about effective communication, planning and time management, entrepreneurship, ethics, teamwork, and leadership. Offered by SGS as part of the Graduate Professional Development (GPD) program, which also includes events like SGS Opening Doors (November) and the SGS Summer Institute (June).

Equity & Diversity
Anti-Racism and Cultural Diversity Office (ARCDO)
215 Huron St
416-978-1259
www.antiracism.utoronto.ca
Provides training and education, policy expertise, events and programs, dialogue facilitation, and other services in support of equity, diversity and inclusivity at the University.

Centre for Women and Trans People
womenscentre.sa.utoronto.ca
This safe drop-in space for all women and trans people on campus provides free support, referrals, resources and advocacy through workshops, events, services and programming.

Sexual and Gender Diversity Office (SGDO)
21 Sussex Ave
416-946-5624
sgdo.utoronto.ca
The SGDO offers a wide variety of programs and supports for students, including the annual Lead with Pride conference, Queer Orientation, and the LGBTQ International Student Group. Join the LGBTQ-Grads listserv to be in touch with other graduate students and keep informed of events, programs and more. The UTGSU Queer Caucus, a political and social caucus, holds events throughout the year.

Family
Child & youth athletic programs
uofit.me/kidsprograms
Recreational athletic programs for kids, including Camp U of T and Junior Blues, offered by U of T’s Faculty of Kinesiology and Physical Education.

Faith & Spirituality
Campus Chaplains Association
uofit.me/campuschaplains
Connect with spiritual advisors of many faiths and denominations.

Multi-Faith Centre for Spiritual Study and Practice
569 Spadina Avenue
(Koffler House)
416-946-3120
multifaith.utoronto.ca
The Multi-Faith Centre supports the spiritual well-being of students, staff and faculty through interfaith dialogue and other activities that help to increase our understanding of and respect for religious beliefs and practices.

Multi-faith spaces around campus
uofit.me/multifaithspaces
Looking for a place on campus to practice your faith? The St. George campus offers several multi-purpose spaces suitable for prayer, meditation and other spiritual practices.

Religious accommodations
uofit.me/religiousaccommodation
Accommodations may be available for students who observe religious holidays other than those formally recognized by the University through regular scheduling or statutory holidays.

Equity & Diversity
Anti-Racism and Cultural Diversity Office (ARCDO)
215 Huron St
416-978-1259
www.antiracism.utoronto.ca
Provides training and education, policy expertise, events and programs, dialogue facilitation, and other services in support of equity, diversity and inclusivity at the University.
Family Care Office
214 College Street
(Koffler Student Services Centre)
416-978-0951
www.familycare.utoronto.ca
Find on- and off-campus child care services, and access confidential guidance, resources, referrals, educational programming and advocacy on family-related issues.

Family Resource Centre
at the University of Toronto
Early Learning Centre
7 Glen Morris Street
& 252 Bloor Street West
416-978-6725
elc.utoronto.ca
A child and parent drop-in centre on the St. George campus for children up to 5 years of age. No registration required.

Guide for Graduate Students with Family Responsibilities
uoft.me/gradfamilyguide
Download this list of resources and contacts to help you manage family responsibilities.

Hart House Family Sundays
7 Hart House Circle
416-978-2452
harthouse.ca/family-Sundays
Bring your family to Hart House one Sunday a month for fun, interactive and educational family events that explore cultural diversity through storytelling, music, food, arts and crafts.

Student Family Housing
30 and 35 Charles St W
416-978-0951
studentfamilyhousing.utoronto.ca
A family-oriented residence reserved for U of T students with partners and/or children, located near Yonge and Bloor.

Fitness & Sports
Hart House
7 Hart House Circle
416-978-2452
harthouse.ca/fitness
Open 365 days a year, the Hart House Fitness Centre features an art deco pool, squash courts, multi-level fitness facilities, suspended indoor track and a variety of spaces for everything from basketball to archery. Membership is automatic during semesters when you are registered and have paid Hart House incidental fees; summer memberships may be purchased for an additional fee.

KPE athletic facilities
physical.utoronto.ca/
FacilitiesAndMemberships
The athletic facilities operated by U of T’s Faculty of Kinesiology and Physical Education (KPE) are open to students for a wide range of recreational fitness and sport activities. Membership is covered by incidental fees during terms in which you are registered and taking courses. Students who are not registered through the summer may purchase a summer membership to use the facilities.

Goldring Centre for High Performance Sport
100 Devonshire Place
416-946-0400
New, beautifully designed sport and exercise facility housing a 2,000-seat, internationally-rated field house for basketball, volleyball and other court sports, a state-of-the-art strength and conditioning centre, fitness studio, and more. Open to all students, not only high performance athletes!

Back Campus Fields
East of St. George/
South of Hoskin/
West of Tower Road/
North of University College
Outdoor synthetic turf fields, perfect for recreational field hockey, soccer, Ultimate, lacrosse and other field sports (during non-programmed activity times).

Varsity Centre
299 Bloor Street West
416-978-6428
Includes a 5,000-seat stadium, 400m eight-lane track, artificial turf field, and 4,000-seat arena. Home to international, intercollegiate and intramural competitions throughout the year, Varsity Centre also hosts recreational and instructional classes, children’s programs and high performance athlete training. During the winter months, try drop-in golf and other recreational activities under the dome.

Intramural team sports
www.uoftintramurals.ca
Offers different levels of competition in many sports through leagues, tournaments and special events. Participate in a faculty or college team, or form/join open teams. Check online for available sports, detailed registration procedures and deadlines.

KPE fitness & recreation programs
physical.utoronto.ca
Drop-in programs like fitness classes, weight training tutorials, diving, and skating, are free of charge. Check online for the current schedule – no registration required.
Registered Fitness Programs in aquatics, fitness, certifications, sport, martial arts, personal training and nutritional consultation are available for an additional fee, and help you build skills progressively each week.
University of Toronto Graduate Students’ Union (UTGSU) Gym
16 Bancroft Avenue
416-978-2391
www.utgsu.ca/gym

Open only to grad students, the UTGSU gym is mainly for court sports (no exercise equipment). Please check the website for availability and booking information, or join the volleyball league in September!

Varsity Blues
www varsity blues.ca

U of T boasts a highly competitive intercollegiate athletics program, with 43 Varsity Blues teams across 25 sports. Varsity Blues games are free to all students with your TCard. Cheer on your favourite team! Check the website for schedules and more. We all #BLEEDBLUE! If you’re an athlete interested in trying out, see the “Recruits” section of the website for details.

Food
Food Services
214 College Street
(Koffler Student Services Centre)
ueat.utoronto.ca

There are more than 40 places to eat on campus. Food Services can help with everything food-related at U of T, including meal plans, special events, recipes and tips, and more.

Note: Food Services will be moving in Fall 2016 to 229 College Street, 2nd Floor.

Hart House 5-buck lunch
harthouse.ca/5-buck-lunch

Selected Wednesdays from September to March, drop by Hart House for a fun and affordable $5 lunch. See website for dates.

Harvest Noon
16 Bancroft Avenue (UTGSU Building)
416-978-5247
harvestnoon.com

Housed in the Graduate Student Union building, this autonomous, largely volunteer-run café offers affordable, locally-sourced, fair trade, and organic vegan and vegetarian food.

U of T Food Map
map.utoronto.ca

To find all of your food options on campus, check out the food layer on map.utoronto.ca.

Funding
Aboriginal Student Services – financial aid advising
563 Spadina Avenue
fhn.utoronto.ca

Learn about and access a wide variety of scholarships and grants for Aboriginal students. Contact them for financial aid advising, or read online about the many financial aid opportunities.

Graduate Awards Office (GAO)
63 St. George Street
416-946-0808
uoft me/grad funding

Your official source for funding information, providing administrative support for a wide range of scholarships and financial aid programs.

Rong
MSc, Biomedical Engineering

“With Grad Escapes, I went on the group trips to the AGO, the ROM, an ice sculpture exhibition, and a skating event. By taking part in these events, I got to know the culture here and made some new friends, which had a very positive effect on my graduate life at U of T.”

Graduate Student Community

Grad Escapes
21 Sussex Ave
416-946-0148
uoft.me/gradescapes

“Thesis avoidance with style.” Relax, have fun, and meet other students while enjoying social, cultural, and recreational events. Art classes, theatre, sporting events, historic tours, and more – there’s something for everyone.

Grad Room
66 Harbord Street
416-946-7666
uoft.me/gradroom

Your exclusive graduate student lounge and event space, furnished with a Second Cup coffee kiosk, Wi-Fi, a comfortable workspace, and patio seating.

Ulife
www ulife.utoronto.ca

Pursue your interests and connect with other like-minded students – join a club! Ulife is a one-stop website listing a large and diverse directory of student clubs, associations, organizations, activities and opportunities on all three campuses.

Health & Wellness

Dental care
uoft.me/dentalclinics

Dental services performed by supervised dentistry students at a reduced rate. Services include paediatric, emergency and general dentistry, and orthodontics.
“I thought that as a social worker, I should have enough insight to have all of my “personal issues” figured out. What I realized is how those in helping professions often need the most support to function at their best. I completed all four CBT (Cognitive Behavioural Therapy) workshop classes at the Health and Wellness Centre. I also attended a few one-on-one counselling sessions for graduate students. I am happy to say that I am better at managing my anxiety now. I can take risks that allow me to learn more. I feel more confident in myself and in my identity as a social worker. I definitely encourage others to attend workshops or therapy to assist with reducing the stress and anxiety that comes along with being a student.”
University of Toronto Graduate Student Union (UTGSU) health and dental insurance plans
16 Bancroft Ave
416-978-2391
www.utgsu.ca/insurance

Supplementary plans that provide many important services and cover expenses such as prescription drugs, health practitioners, medical equipment, travel health coverage, which are not covered by a basic health-care plan (i.e. OHIP) or the equivalent (such as UHIP for international students).

Housing

Graduate House
60 Harbord Street
416-946-8881
gradhouse.utoronto.ca

The only residence at U of T reserved exclusively for graduate and second-entry professional faculty students. Provides accommodation for single students sharing same-gender, 3- and 4-person furnished suites. Please see the website for eligibility requirements and application information.

Student Family Housing
30 and 35 Charles St W
416-978-8049
studentfamilyhousing.utoronto.ca

A family-oriented residence reserved for U of T students in a full-time degree program with partners and/or children, located near Yonge and Bloor.

Housing Services
214 College Street
(Koffler Student Services Centre)
416-978-8045
housing.utoronto.ca

If you need to find housing, the staff at Housing Services can help. Use your UTORid to log in to the off-campus housing finder for more than 10,000 listings near U of T campuses with pre-approved landlords looking for student tenants. If you need a roommate, check out the Roommate Finder to meet other students looking for shared housing. You can also access the new buy-and-sell board.

Off-Campus Housing
offcampushousing.utoronto.ca

The new University of Toronto Off-Campus Housing website allows you to access housing near all three campuses. Save and compare favorite listings, view your search history, and more.

International Experience

Safety Abroad Office
uoft.me/SAO

Helps to minimize risk for students travelling abroad, providing workshops and other services to give you peace of mind when you’re away from home. Registration is mandatory for students travelling for academic purposes.

Study Abroad
cie.utoronto.ca

Interested in broadening your horizons? Depending on your academic program, you may be eligible to take a semester or a year abroad for research or course work.

• For a University-wide overview of your options, see uoft.me/internationalopportunities.
• Use the CIE International Opportunities online database at uoft.me/gointernational to search for specific opportunities to study abroad.

U of T Global
global.utoronto.ca

An online gateway to international activities at the University of Toronto. Through this site, you can connect to a variety of websites outlining U of T’s international initiatives and opportunities across all three campuses.

International Students

Centre for International Experience (CIE)
33 St. George Street (Cumberland House)
416-978-2564
cie.utoronto.ca

Located in the historic Cumberland House, CIE is the campus hub for international students and domestic students seeking international experience. Access a wide range of helpful services, including transition advisors, learning and language support, workshops on immigration, permanent residency, and income taxes, and other information about living in Canada. CIE also hosts fun activities throughout the year, and manages the inbound and outbound student exchange programs.

International Transition Advisor for grad students
uoft.me/transitionadvising
yaseen.ali@utoronto.ca
416-708-1208

For help adjusting to life in Canada, meet with a transition advisor specifically for grad students at one of the following locations:
• School of Graduate Studies, 65 St. George Street, Room 307
• Graduate House, 60 Harbord Street
• Grad Room, 66 Harbord Street
Please check the website or contact Yaseen Ali for available times.

iConnect Mentorship Program
uoft.me/iconnect

A mentorship program that matches students from different countries, providing opportunities to reflect on cultural identity and strengthen intercultural skills. International students starting at U of T in September 2016 are invited to apply to be matched with a mentor.

Wenyangzi

MEd, Language and Literacy Education program, OISE

“The Transition Advisors at CIE provide an amazing service for students to discuss some of the problems faced as both a new grad and newcomer to Canada, especially how to adjust to life in Canada and how to deal with the overwhelming information. My transition advisor always provided me with helpful resources and suggestions to solve my problems.”
International Students’ Caucus
www.utgsu.ca/committees-caucuses/international-students-caucus
Coordinates efforts around international graduate students’ interests and concerns. Volunteer leadership and involvement opportunities available annually.

UHIP (University Health Insurance Program)
214 College St
416-978-0290
uoft.me/uhip
uhip.ca
A mandatory health insurance plan for all international and exchange students enrolled in an Ontario university. UHIP helps to cover the cost of hospital and medical services you may need while in Canada. Enrolment is automatic; the coverage charge will be listed on your student account on ACORN/ROSI. The Centre for International Experience offers online resources to help you set up and manage your UHIP.

Language support
CIE Language Exchange
cie.utoronto.ca
Open to all U of T students with an interest in language (not just English, and not just international students) this program connects students who want to learn a new language and share their own in a casual setting. Register in September for Fall 2016.

English Communications Program at the CIE
uoft.me/Englishcommunication
A non-credit program that gives you the opportunity to develop your communication skills in English, gain insight into Canadian culture and life at U of T, and share cultural experiences.

English Language Program at the School of Continuing Studies
english.learn.utoronto.ca
In-depth academic courses in English offered by the University of Toronto’s School of Continuing Studies.

English Language & Writing Support (ELWS)
63 St George St
416-946-7485
uoft.me/ELWS
Provides graduate students with advanced training in academic writing and speaking, which can help you prepare to write proposals, present a conference paper, and publish your work. A program of the School of Graduate Studies (SGS).

Legal Support, Academic Advocacy & Conflict Resolution
Conflict Resolution Centre (CRC) for Graduate Students
416-978-8920
gradcrc.utoronto.ca
Confidential, knowledgeable advice from trained Grad-to-Grad (G2G) peer advisors to help you navigate and resolve conflicts arising in the course of your studies. G2G do not intervene or advocate— they listen and help you understand your options and available resources. Drop-in hours and one-on-one appointments are available, as well as training and events. No matter is too small to discuss! Visit the website for details.

Michael
PhD, Institute of Medical Science, Faculty of Medicine
Grad-to-Grad (G2G) Peer Advisor
“I worked as a G2G Peer Advisor with the Graduate Conflict Resolution Centre, a novel service that allows graduate students to express their thoughts about any conflicts or issues that arise during their studies and get informal advice and referrals to appropriate resources. The center provides a great opportunity to talk with a fellow graduate student who genuinely cares while knowing with full confidence that what is being discussed remains confidential. The 40 hours of training I received as a G2G Peer Advisor has also enabled me to resolve a variety of conflicts in my own graduate studies and personal life.”

Daniel
MSc, Computer Science
“ELWS provided me with the tools to write with a clear structure and purpose. I learned more about writing in a couple of short courses than in my whole undergraduate program.”
Senjuti
PhD candidate, Davidson and Maxwell Labs, Department of Molecular Genetics

“I took the Community Engaged Learning Seminar for Doctoral Students. I absolutely loved it! It gave me a stage to meet people with very similar core interests, but diverse backgrounds. It confirmed my belief that we are all under the same umbrella and we all need to communicate and assist each other if we want to make a difference.”

Downtown Legal Services
655 Spadina Avenue
416-934-4535
downtownlegalservices.ca

A community legal clinic operated by the Faculty of Law at the University of Toronto. Free legal services are provided by law students working under the close supervision of expert staff lawyers.

University of Toronto Ombudsperson
12 Queens Park Cres. W
416-946-3485
uoft.me/Ombudsperson

The Ombudsperson considers complaints in an impartial fashion, assisting in achieving procedural fairness and reasonable outcomes. Confidential unless you approve otherwise.

UTGSU academic advocacy
www.utgsu.ca/services/academic-advocacy

Confidential academic advocacy services. If you are experiencing academic and/or administrative difficulties, UTGSU can assist you with advice, information and representation.

Personal and professional development

Centre for Community Partnerships (CCP)
569 Spadina Ave
416-978-6558
ccp.utoronto.ca

Gain experience through community-engaged learning – an organized service activity that balances community needs with educational benefits. The annual Community-Engaged Learning Seminar for Doctoral Students runs from September to April each year; registration is limited and usually happens in June. Other opportunities of interest to grad students range from single-day events and activities to long-term involvement. Community Action Projects (4-10 months) include tutoring, mentoring and elder care, and can be added to your Co-Curricular Record upon completion.

Co-Curricular Record (CCR)
ccr.utoronto.ca

A database of opportunities at U of T that helps you get involved beyond the classroom and have your experiences recognized on an official document. Build your skills, grow your network, improve your career prospects, and enhance your academic record.

Graduate Professional Skills (GPS) Program
66 Harbord St
416-946-3497
uoft.me/gps

Prepare for your future with GPS! Build critical career skills beyond what you gain in your academic work. Learn about effective communication, planning and time management, entrepreneurship, ethical practices, teamwork, and leadership. Successful completion will be recognized by a transcript notation. GPS is part of Graduate Professional Development, which also includes events, student associations and more. See uoft.me/gpd for details.

Leadership for grads
21 Sussex Ave
416-946-7780
leadership.utoronto.ca

Learn key skills for successful leadership in an academic setting. Workshops in collaborative leadership techniques will help build your skills and knowledge in group facilitation, conflict resolution and more. Participation counts toward the SGS Graduate Professional Skills program.

Mentorship programs
21 Sussex Ave
416-978-1402
mentorship.utoronto.ca

Whether you’re sharing your own knowledge or learning from someone more senior, mentorship matches you with another student to create a mutually beneficial learning experience. To find a mentor, or to mentor someone else, access the Mentorship Database and explore the many opportunities to connect.

Teaching Assistants’ Training Program (TATP)
130 St George St
416-946-3139
tatp.utoronto.ca

A peer-training program providing pedagogical support to teaching assistants and grad students. Access the TATP Teaching Toolkit, seminars and workshops, certificate programs, and awards and recognitions. A program of the Centre for Teaching Support and Innovation (CTSI).

3MT® – Three Minute Thesis Competition
uoft.me/3MT

Challenge yourself with this University-wide competition for doctoral students. Participants have three minutes or less to present their research to a panel of non-specialist judges, showcasing their innovative and significant research to a wider audience, across disciplines within the University, and to the broader public.
Places and spaces

City of Toronto
www.toronto.ca
Official site of the City of Toronto. Includes information on attractions, facilities, transportation, events and emergency services.

www.toronto.com
Concerts, festivals, movies, restaurants, free events and much more – your official guide to things to do in Toronto.

www.211toronto.ca
A comprehensive guide to City of Toronto services.

Grad Room
66 Harbord Street
416-946-7666
uoft.me/gradroom
Your exclusive graduate student lounge and event space, furnished with a Second Cup coffee kiosk, Wi-Fi, a comfortable workspace, and patio seating.

Green space at U of T
Toronto is actually green for half the year – enjoy it while you can! Use map.utoronto.ca to find green spaces on campus, like Queen's Park and Philosopher's Walk. If you want to get off campus, check out www.toronto.ca/parks and start exploring.

Libraries
www.library.utoronto.ca
U of T’s libraries offer a variety of drop-in and bookable study spaces for individuals and groups. Robarts Library (130 St. George) offers plenty of study space. The Gerstein Science Information Centre (7 & 9 King’s College Circle) features quiet study areas, group study rooms, and a presentation practice room. Both Robarts and Gerstein also offer private carrels; see uoft.me/carrels for info in how to reserve one.

Sidney Smith Hall
100 St. George
Includes a Second Cup coffee kiosk and large study and lounge area perfect for relaxing, eating or studying.

U of T Map
map.utoronto.ca
Detailed, interactive maps of all three campuses. Download the app (android or iOS) for navigation on the go! Printable versions also available.

Relax
Just a friendly reminder that relaxing and having fun once in a while are essential to your well-being ☺. Take some time out from your busy schedule to unwind and let go of your stress – it will benefit your academic performance, too. If you’ve already forgotten how to relax, check out the Arts & Culture, Fitness & Sports, and Social life sections of this directory.

Safety
Campus Police
21 Sussex Avenue
www.campuspolice.utoronto.ca
For urgent matters, call 416-978-2222. For emergencies, call 911.
Services include the WalkSmart program (see below), building patrols, community policing, and emergency response.

Community Safety Office
21 Sussex Ave
416-978-1485
www.communitysafety.utoronto.ca
Provides confidential assistance to students, staff and faculty members who have personal safety concerns. Free self-defence training for women is also available – see website for details.

EmergencyPhones
uoft.me/emergencyphones
There are 120 emergency call stations around campus which connect you directly to the Campus Community Police dispatch centre. You can also make free emergency calls from Bell pay phones on campus. Check online for a map of phone locations.

UTAlert
alert.utoronto.ca
Subscribe to this service to quickly receive important University messages via telephone, email and text message.

WalkSmart
416-978-SAFE (7233)
uoft.me/walksmart
An alternative to walking alone at night – get a WalkSmart escort to walk you between buildings on campus or to surrounding TTC locations.

Transportation
Bikechain
563 Spadina Crescent (North Borden Building; entrance on Bancroft Avenue)
416-978-6849
bikechain.ca
A not-for-profit cycling organization providing DIY services, affordable repairs, educational opportunities, and a welcoming community of staff and volunteers.

Understand Consent
consent.utoronto.ca
Consent is the informed agreement to take part in intimate activity and it’s necessary every single time. Learn more about your rights and responsibilities.

University of Toronto Environmental Health and Safety
ehs.utoronto.ca
Services and training around chemical and lab safety, occupational health and safety, environmental protection, and more.
Bike Share Toronto
www.bikesharetoronto.com
Toronto's bicycle rental service has stations on campus and around the city.

Discounted TTC Metropasses
Student Metropasses are available at discounted rates, and must always be accompanied by a special TTC student photo ID card. You can have your photo taken year round at Sherbourne TTC station, or in the Hart House reading Room (7 Hart House Circle) on the following dates:
• Wednesday, September 7, 2016, 9 a.m. to 3 p.m.
• Thursday, October 27, 2016, 9 a.m. to 2 p.m.

GO Transit
www.gotransit.com
Bus and train service for travel around the Greater Toronto Area and Southern Ontario.

Transportation and parking
www.transportation.utoronto.ca
U of T's official online guide to on-campus parking, public transportation, and more. Buy student parking permits here, and find links to TTC and GO Transit info.

TTC (Toronto Transit Commission)
www.ttc.ca
Route maps and schedules, closure notices and service advisories.

UTM shuttle bus
www.utm.utoronto.ca/shuttle
For travelling between the St. George and Mississauga campuses.

Unions & Governance
CUPE3902 – University of Toronto Education Workers
cupe3902.org/unit-1
Information about your U of T teaching assistant employee union, including benefits, training, documents, and bargaining.

Governing Council (GC)
Uoft.me/governingcouncil
U of T's central decision-making body, the Governing Council, oversees the academic, business and student affairs of the University. Graduate students have two elected seats on the GC.

Graduate Education Council (GEC)
416-946-3102
uoft.me/gec
The GEC is the academic advisory and approval body responsible for academic policy and regulations for SGS and for graduate studies at U of T. Membership includes three grad students elected annually by peers.

Virtual connections
Information Commons:
Robarts Library
130 St. George Street, 1st floor
sites.utoronto.ca/ic
Get help with your U of T email, logins, passwords, book a room with screen display, buy software, get help with internet access, and more.

Learning Portal/Blackboard
portal.utoronto.ca
An online tool used by professors and students to share information, post assignments, articles, marks, and more.

UTmail+
email.utoronto.ca
Everything you need to know about setting up your U of T email account. The University will communicate with you through this account, so you are responsible for checking it regularly.

UTORid
utorid.utoronto.ca
Your UTORid is your personal key to U of T web-based services.

University of Toronto Graduate Students' Union (UTGSU)
16 Bancroft Ave
416-978-2391
www.utgsu.ca
Your graduate student union administers health and dental benefits, and advocates for increased student representation, funding, services, and a voice for the graduate student body on the various committees of the University. Also operates the UTGSU Pub, gym, and Harvest Noon cafe.

UTORweb
individual.utoronto.ca
Get free web space for personal pages, pictures, word-processing documents, etc. Can be used to share documents with others or to save and access documents from any networked computer.

Wi-Fi access
wireless.utoronto.ca
Wi-Fi is currently available in most U of T buildings – login with your UTORid.

TCard office
130 St. George Street, Room 2054A
(Robarts Research Library)
416-946-8047
sites.utoronto.ca/tcard
Your TCard is your official University of Toronto access card for services on campus. Email service, wireless network, and access to ACORN/ROSI will be available upon receipt of your TCard and authentication of your UTORid. Proof of citizenship, identification, and your offer of admission letter or student number are required in order to receive a TCard.
Note: The TCard office is moving! In 2017, the office will be located in the Koffler Student Centre. Check the website in late fall for updates. Students will still need to use the Robarts Library office in September.