



Essential Guide for Grad Students 2019 - 2020



UNIVERSITY OF TORONTO
SCHOOL OF GRADUATE STUDIES

STUDENT
LIFE

BE SAFE

safety.utoronto.ca

In emergencies, call 911, then Campus Community Police (24/7/365);

UTSG Police: 416-978-2222

U of T Mississauga Police: 905-569-4333

U of T Scarborough Police: 416-978-2222

For personal safety issues, including stalking and harassment, bullying, domestic violence, sexual assault, workplace conflict and volatile behaviour, contact the **Community Safety Office: 416-978-1485** (Monday to Friday, 9:00 a.m. – 5:00 p.m.).

Walking or travelling alone between University buildings, parking lots and transit stops near campus? Get a free escort:

UTSG: 416-978-SAFE (7233)

UTM WalkSafer: 905-607-SAFE (7233)

UTSC Patrol: 416-287-7022

Need emergency shelter? Call 416-397-5637.

Are you experiencing safety issues while studying abroad?

Contact the **Safety Abroad Office: 416-978-1148** (9:00 a.m. – 5:00 p.m.).

For calls outside of these hours, contact the **Emergency Hotline via Campus Police: 416-978-2222** (Collect calls accepted).

Feeling distressed?

Call **Good2Talk at 1-866-925-5454** for a free, confidential helpline with professional counselling, information and referrals for mental health, addictions and well-being, 24/7/365.

Call **My SSP at 1-844-451-9700** to access free, multilingual, 24-hour support specifically for international students.

Welcome

Welcome to the *Essential Guide for Grad Students*, 2019-20 edition!

In creating this year's guide, we asked current graduate students what information would be truly "essential" to their experience at U of T. We arrived at a format that combines the instructional with the navigational, with a little of the anecdotal thrown in. We hope you find it useful, whether it's your first or your final year as a graduate student.

Please remember, too, that Student Academic Services staff at the School of Graduate Studies (63 St. George Street) always welcome your questions in person, via phone (416-978-6614), or email (graduate.information@utoronto.ca). Beginning August 20, we are extending our hours on Tuesdays to accommodate later advising and counselling appointments and access to frontline services. When you are at 63 St. George Street, I encourage you to use our first floor lounge, a beautiful space exclusively for graduate students. Our website (www.sgs.utoronto.ca) and monthly *Gradschool e-news* also convey essential information that will help you keep on top of academic dates and deadlines, finances and funding, and upcoming tri-campus events.


If there is one idea that I would like to leave you with, it is to remember that graduate school, while important, is just one part of your life. Be sure to take time away from your academic work to do other activities you love, with the people who mean most to you. The Recreation & Campus Life section of this guide can offer some suggestions at U of T and within Toronto, this exciting city we are fortunate to share.

I wish you success this year, both academically and personally.

A handwritten signature in black ink, appearing to read 'Joshua Barker', with a stylized, flowing script.

Joshua Barker

*Dean, School of Graduate Studies and Vice-Provost,
Graduate Research and Education*

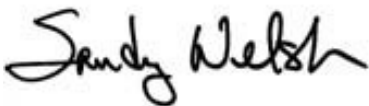


U of T offers a world of opportunity and a chance for you to pursue many diverse interests.

You are part of an academic community in which you will deepen your learning and be able to conduct research with internationally distinguished faculty. You are also part of a larger community that is deeply embedded in the culture of the Greater Toronto Area.

You and your colleagues will find that U of T is a place where you can follow your passions both within and beyond your classes and research, whether they are cultural pursuits, sports, international opportunities or community service.

Look through this book to discover the many services or programs that can help you make your time at U of T fulfilling, academically, professionally and personally. The staff at SGS and Student Life are here to help you make the most of your graduate experience and we encourage your support of Student Life programs that help you start strong and finish stronger!



Professor Sandy Welsh

Vice Provost, Students

A Message from the University of Toronto Graduate Students' Union (UTGSU)

**16 Bancroft Avenue, Toronto, ON M5S 1C1 | 416-978-2391 |
info@utgsu.ca | utgsu.ca**

The University of Toronto Graduate Students' Union (UTGSU) represents more than 19,000 full- and part-time graduate students, studying in more than 85 departments across the St. George, Mississauga and Scarborough campuses. All graduate students are eligible to be members of the UTGSU.

All UTGSU members have access to crucial services such as: health and dental insurance, graduate student grants and bursaries, confidential advice and advocacy work, free gym space, advocacy campaigns, and community-building events throughout the academic year.

The UTGSU advocates for students by acting as your voice on committees within the University of Toronto community and on all government levels. Past campaigns defined by students' interests include: creating a hub of mental health resources available to graduate students on campus in partnership with the School of Graduate Studies, helping develop a funding complaint process, and establishing transparency for funding data available in each department.

The democratic structure of the Union also ensures strong student representation across departments. Each department is represented by a course union or association, meant to unite students through advocacy and social campaigns and activities. Course unions receive funding from the UTGSU to support these activities.



We also engage you in various community-building activities, from our orientations and pub socials to student development workshops. Students are encouraged to get involved in the UTGSU committees and caucuses that work on a number of issues identified and defined by the members, such as increased mental health support for students and advocating for lower transit fees. For more information, visit: utgsu.ca/committees-caucuses-levy.

In addition, the UTGSU provides a variety of year-round services such as:

- The UTGSU Health and Dental Insurance Plan (HDI)
- The Graduate Wellness Portal
- An International Student Identity Card (ISIC)
- The free UTGSU Gym
- UTGSU Academic Advocacy
- Grants and Bursaries

Stop by our office at 16 Bancroft Avenue to learn more about the services we provide. We are located in the basement offices, just below the GSU Pub and Gym.

For more information, check us out online at utgsu.ca or on social media at: facebook.com/utgsu and twitter.com/utgsu



A Message from the Graduate Students' Association at Scarborough (GSAS)

gsas@utsc.utoronto.ca | utsc.utoronto.ca/groups/gsas

Welcome from the University of Toronto Scarborough. Here at UTSC, we are uniquely positioned within one of the most diverse and multicultural neighbourhoods in the GTA, surrounded by the natural beauty of the Highland Creek Ravine.

During your time at UTSC, we encourage you to participate in the many graduate events held each year, including monthly coffee breaks where you can socialize and speak with other graduate students; holiday events hosted by the graduate students' association; invited speaker talks, where visiting academics come to showcase new and exciting research; and the intramural graduate sports teams.

If you have any questions about how you can get involved to make the most of your graduate experience at UTSC, please do not hesitate to contact GSAS at gsas@utsc.utoronto.ca or visit our website to see what's going on: utsc.utoronto.ca/groups/gsas.

We sincerely hope your time here brings you academic success, career development and personal growth, and we are committed to helping you achieve this.

Graduate Students' Association at Scarborough

A Message from the University of Toronto at Mississauga Association of Graduate Students (UTMAGS)

utmags@utoronto.ca | utmags.sa.utoronto.ca

Welcome (or welcome back) to the University of Toronto Mississauga!

Whether you are new to the campus or a few years in, U of T's strong graduate community is ever-present at the heart of the Mississauga campus. Here, students have the opportunity to actively engage in the governance, operation, and future of student life at the campus. The past few years at UTM have been a developmental period for the community as a whole, culminating in the opening of several new buildings including the new North Building and the completion of the newly renovated meeting place at the William G. Davis Building. The addition of these spaces has immensely increased the resources available to graduate students at the UTM campus, and they have also been home to events like the Graduate Research Colloquium (GRC), the Three Minute Thesis (3MT®) Competition, and the Graduate Student Professional Development Conference (GPDC).

In addition to supporting and hosting professional and academic events, UTM and the Association of Graduate Students (UTMAGS) offer services that broadly serve the graduate student community working and living on campus. UTMAGS in collaboration with the UTM Alumni Association, the Career Centre, the Office of the Associate Dean Graduate, and the International Education Centre also aim to provide services and organize events catered to supporting student health and wellness on campus.

We hope that you accept our initiation to the possibilities and opportunities present at U of T's beautiful Mississauga Campus.

University of Toronto at Mississauga Association of Graduate Students (UTMAGS)



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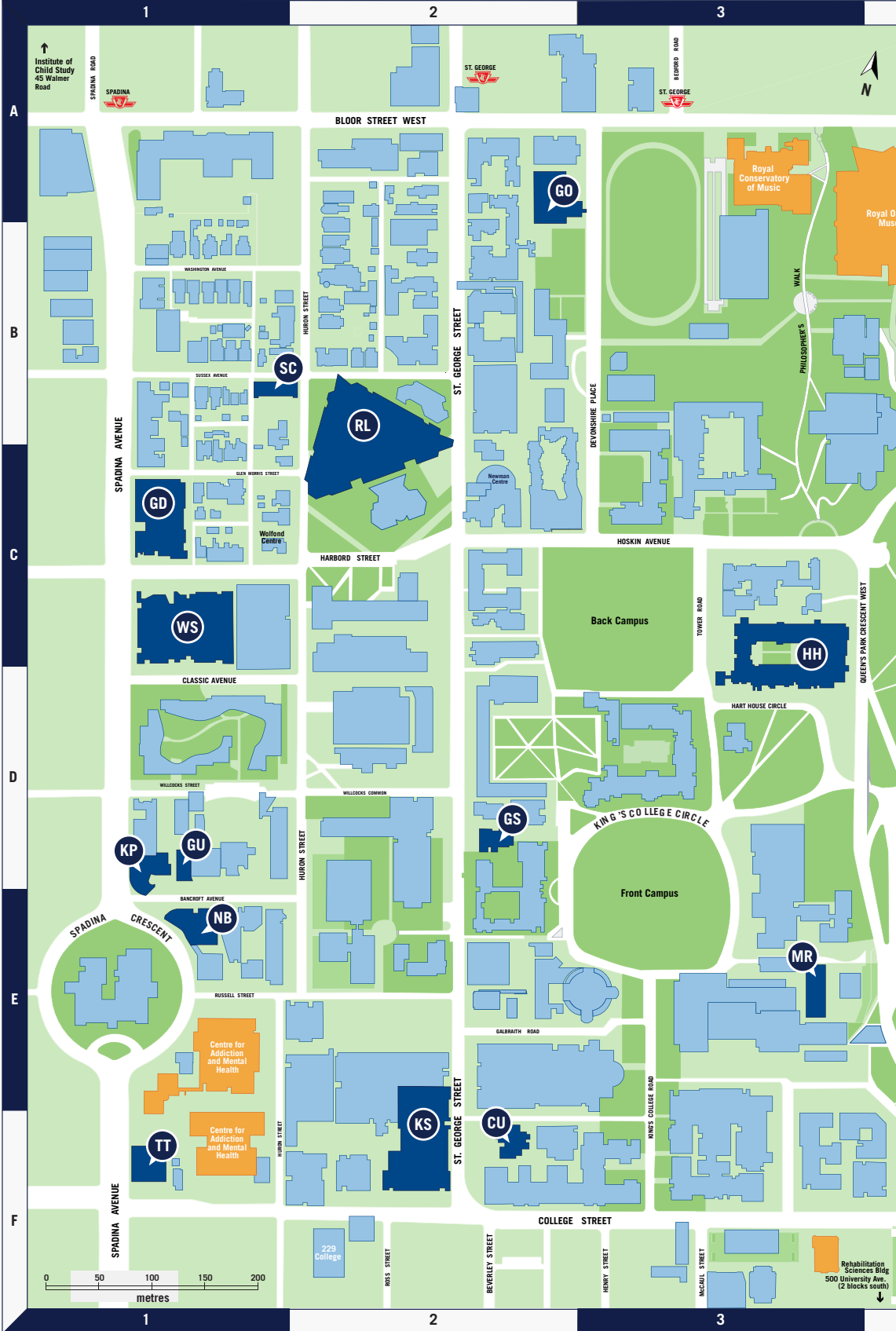
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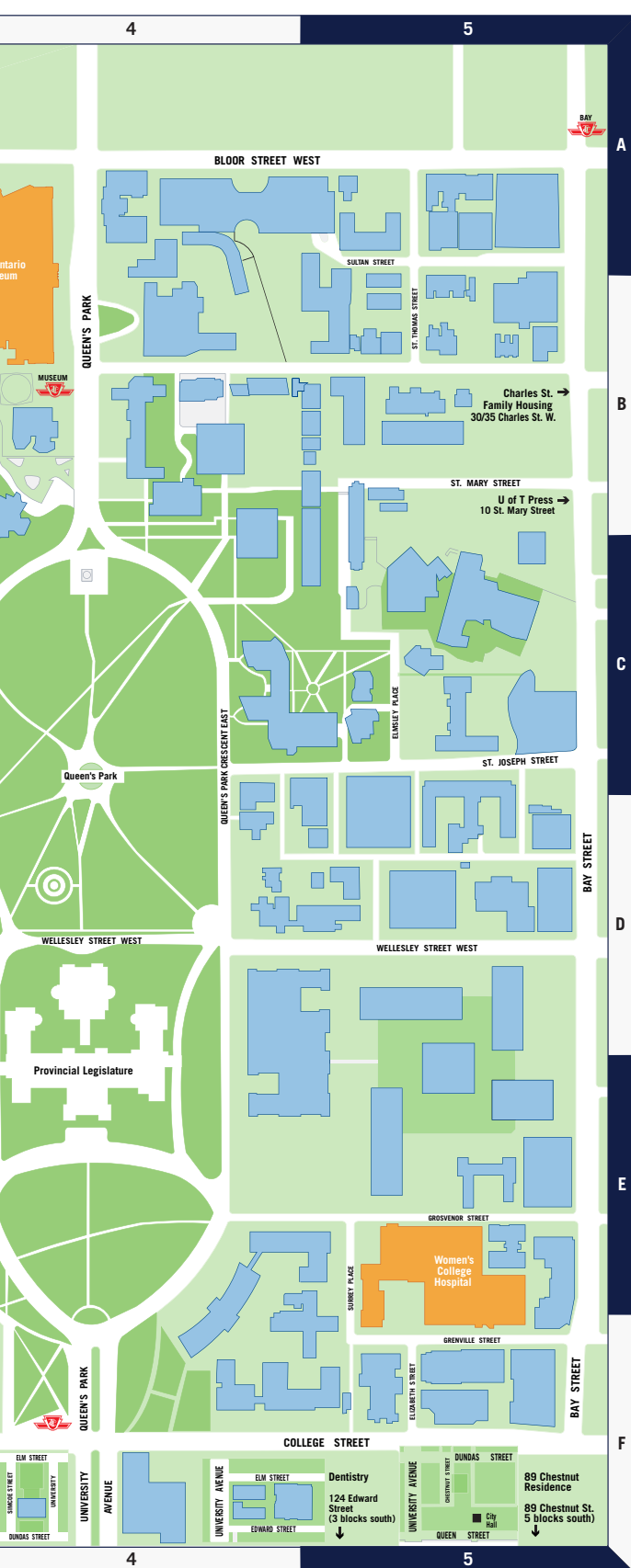
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Get Oriented: Places & Spaces on St. George Campus (UTSG)

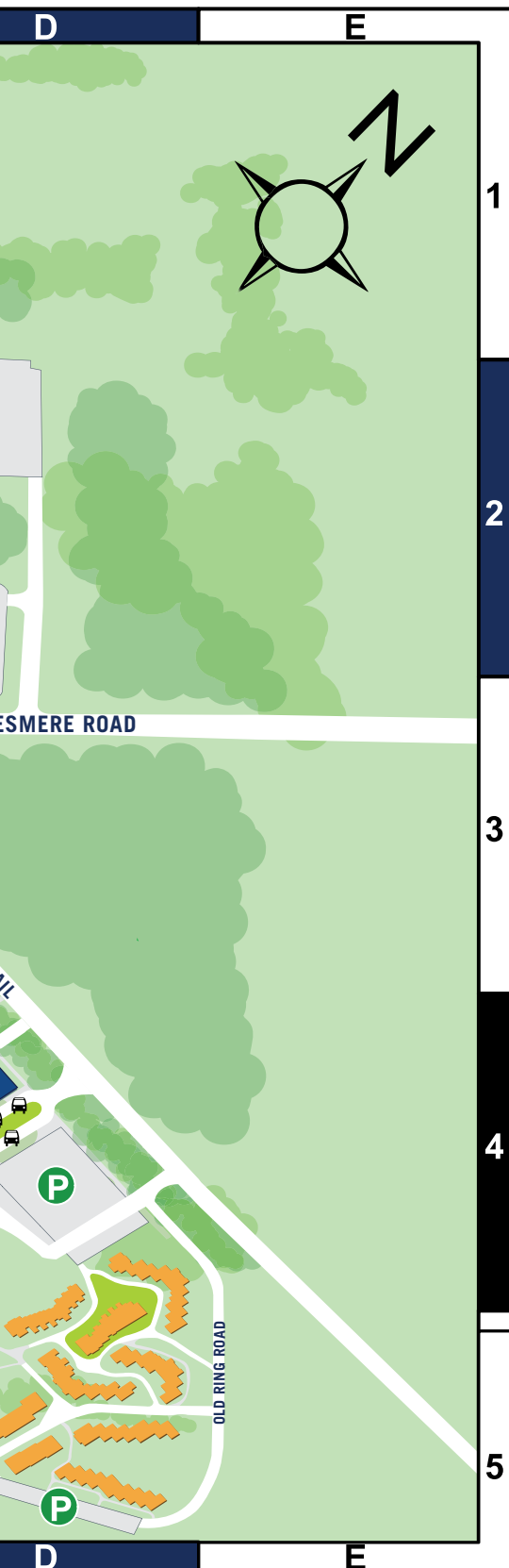
LEGEND

- SC** - Gradlife Office
- GD** - Grad Room / Graduate House
- RL** - Robarts Library
- WS** - Athletic Centre
- KP** - Multi-Faith Centre
- GU** - University of Toronto Graduate Students' Union (UTGSU)
- NB** - Indigenous Student Services/First Nations House
- GO** - Goldring Centre for High Performance Sport
- GS** - School of Graduate Studies, Student Academic Services
- KS** - Koffler Student Services Centre (includes Student Success Centre, Health & Wellness, Family Care Office, and more!)
- CU** - Centre for International Experience (CIE)
- HH** - Hart House
- MR** - Graduate Centre for Academic Communication (GCAC)
- TT** - Accessibility Services



UNIVERSITY OF
TORONTO





Get Oriented: Places & Spaces on Scarborough Campus (UTSC)

LEGEND

AQ - Toronto Pan Am Sports Centre

CC - N'sheemaehn Child Care Centre

SW - Science Wing (includes
Campus Community Security and
Graduate Lounge)

HL - Highland Hall (includes
International Student Centre)

AA - Arts & Administration
(includes Accessibility Services,
as of Summer 2019)

SL - Student Centre (includes
Health & Wellness Centre)

AC - Academic Resource Centre
(includes Academic Advising &
Career Centre, UTSC Library,
Writing Centre, and more!)



UNIVERSITY OF
TORONTO
SCARBOROUGH

1

2

3

A

B

C

D

E

F

OUTER CIRCLE ROAD

OUTER CIRCLE ROAD

HM

P

MIDDLE ROAD

NN

D

5 MINUTE WALK

P

P

RESIDENCE ROAD

INNER CIRCLE ROAD

MISSISSAUGA ROAD

1

2

3





Get Oriented: Places & Spaces on Mississauga Campus (UTM)

LEGEND

HM - Hazel McCallion Academic Training Centre (Includes UTM Library)

DV - William Davis Building
Includes:
- Accessibility Services
- Career Centre
- Graduate Lounge
- Health & Counselling Centre
- Indigenous Centre
- International Education Centre

RAWC - Recreation Athletic and Wellness Centre

ELC - Early Learning Centre

NN - New North Building
(Includes Robert Gillespie Academic Skills Centre)



UNIVERSITY OF
TORONTO
MISSISSAUGA

SECTION 1

Academic Services

SGS Important Dates 2019-2020

Fall session 2019

Mon, Jul 15	Registration for fall session begins
Mon, Aug 5	Civic Holiday (University closed)
Fri, Aug 23	Recommended tuition fee payment deadline for students registering or starting their program in the fall session to ensure payment is received by the registration deadline of September 13, and to avoid cancellation of registration and course enrolment. International students must make a payment by this date to ensure they are covered by UHIP at the beginning of September.
Thu, Aug 29	Grad Step Up orientation for all incoming international grad students. A full-day event to help bridge the transition to graduate studies at U of T. For details, visit studentlife.utoronto.ca/cie/orientation-grad-stepup
Aug 19, 21, and 23	Gradlife campus tours
Sep 1 to 30	Fall Health and Dental Insurance (HDI) opt-in and opt-out period for students. For more information, visit utgsu.ca/health-and-dental , or contact the UTGSU HDI Office at: health@utgsu.ca .
Mon, Sept 2	Labour Day (University closed)
Tues, Sept 3	SGS Orientation for all incoming graduate students. Visit www.sgs.utoronto.ca for details.
Mon, Sept 9	Most formal graduate courses and seminars begin this week
Fri, Sept 13	Registration deadline for students registering or starting their program in the fall (September to December) session; after this date a late registration fee will be assessed. Minimum required payment due (unpaid fees from previous session(s) + 100% of current fall tuition fee charges).
Mon, Sept 16	Final date to submit final doctoral theses to SGS to avoid fee charges for 2019-20
Mon, Sept 23	Final date to add full-year and fall session courses
Fri, Sept 27	Final date to submit final doctoral theses for fall convocation
Fri, Sept 27	Final date for receipt of degree recommendations and

submission of any required theses for master's degrees for fall convocation without fees being charged for the fall session

Mon, Sept 30	Payment deadline to avoid service charges on unpaid fall session (September to December) tuition and non-tuition fee amounts for all students registered in the fall session only, except for those who have successfully registered without payment because they are receiving a full funding package via a research stipend, a major award or scholarship, teaching assistantships, tuition waiver, and/or sponsorships. Monthly service charges will incur starting October 15.
Mon, Oct 14	Thanksgiving Day (University closed)
Mon, Oct 28	Final date to drop fall session full or half courses without academic penalty
November	Fall convocation information and dates are posted at: convocation.utoronto.ca
Sat, Nov 30	Payment deadline to avoid service charges on unpaid winter session (January to April) tuition and non-tuition fee amounts for all students registered in both fall and winter sessions, except for those who have successfully registered without payment because they are receiving a full funding package via a research stipend, a major award or scholarship, teaching assistantships, tuition waiver, and/or sponsorships. Monthly service charges will incur starting December 15.
Fri, Dec 20	Recommended tuition fee payment deadline for students registering or starting their program in the winter session to ensure payment is received by the registration deadline of January 14, and to avoid cancellation of registration and course enrolment. International students must make a payment by this date to ensure they are covered by UHIP at the beginning of January.
Mon, Dec 23	University closed for the winter break from December 23 to January 3 inclusive. For the last day of classes before the winter break, consult the graduate unit concerned.

Winter session 2020

Mon, Jan 6	University re-opens
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Mon, Jan 6	Most formal graduate courses and seminars begin this week
Fri, Jan 10	Coursework must be completed and grades submitted for fall session courses
Wed, Jan 15	Final date to submit doctoral theses without payment of incidental winter session fees
Wed, Jan 15	Fall session grades available for viewing by students on ACORN
Mon, Jan 20	Registration deadline for students registering or starting their program in the winter (January to April) session; after this date, a late registration fee will be assessed. Minimum Required Payment due (unpaid fees from previous session(s) + 100% of current winter session tuition fee charges).
Mon, Jan 20	Final date to add winter session courses
Fri, Jan 24	Final date for receipt of degree recommendations and submission of any required theses for March or June graduation for master's students without fees being charged for the winter session
Fri, Jan 24	Final date for all students to request that their degrees be conferred in absentia in March
Fri, Jan 24	Final date to submit final doctoral theses for March convocation in absentia
Fri, Jan 24	Students dually registered in the fall session must be recommended for the master's degree by this date to maintain their PhD registration
Fri, Jan 31	Payment deadline to avoid service charges on unpaid winter session (January to April) tuition and non-tuition fee amounts for all students registered in the winter session only, except for those who have successfully registered without payment because they are receiving a full funding package via a research stipend, a major award or scholarship, teaching assistantships, tuition waiver, and/or sponsorships. Monthly service charges will incur starting February 15.
Mon, Feb 17	Family Day (University closed)
Mon, Feb 24	Final date to drop full-year and winter session courses without academic penalty

March	March graduation in absentia information is posted at: convocation.utoronto.ca
April	For last day of winter session classes, consult unit concerned
Fri, Apr 10	Good Friday (University closed)
Fri, Apr 17	For students obtaining degrees at June convocation, course work must be completed and grades submitted for full-year and winter session courses
Fri, Apr 17	Final date for receipt of degree recommendations and submission of any required theses for master's degrees for June convocation
Fri, Apr 17	Final date for submission of final doctoral thesis for students whose degrees are to be conferred at the June convocation
Fri, Apr 17	Students dually registered in the winter session must be recommended for the master's degree by this date to maintain their PhD registration
Fri, Apr 17	Recommended tuition fee payment deadline for students registering or starting their program in the summer session to ensure payment is received by the registration deadline of May 3, and to avoid cancellation of registration and course enrolment
Thurs, Apr 30	Payment deadline to avoid service charges on unpaid fall/winter session (September to April) tuition and non-tuition fee amounts for all students who have successfully registered without payment because they are receiving a full funding package via a research stipend, a major award or scholarship, teaching assistantships, and/or sponsorships. Monthly service charges will incur starting May 15.

Summer session 2020

May	For first day of summer classes, consult graduate unit concerned
Fri, May 1	Registration deadline for students registering or starting their program in the summer (May to August) session; after this date, a late registration fee will be assessed. Minimum required payment due (unpaid fees from previous session[s] + 50% of summer session tuition fees).

Mon, May 4	Final date to enrol in May-June or May-August session courses
Fri, May 8	Course work must be completed and grades submitted for full-year and winter session courses (except for extended courses)
Wed, May 13	Winter session grades available for viewing by students on ACORN
Mon, May 18	Victoria Day (University closed)
Fri, May 22	Final date to drop May-June F section courses without academic penalty
Sat, May 31	Payment deadline to avoid service charges on unpaid summer session (May to August) tuition and non-tuition fee amounts for all students registered in the summer session, except for those who have successfully registered without payment because they are receiving a full funding package via a research stipend, a major award or scholarship, teaching assistantships, tuition waiver, and/or sponsorships. Monthly service charges will incur starting June 15.
June	June convocation information and dates are posted at: convocation.utoronto.ca
Mon, Jun 15	Final date to drop May-August session Y section courses without academic penalty
Wed, Jul 1	Canada Day (University closed)
Mon, Jul 6	Final date to enrol in July-August courses
Fri, Jul 10	Coursework must be completed and grades submitted for May/June F section courses
Mon, Jul 13	Final date to drop July-August S section courses without academic penalty
Wed Jul 15	Grades for May-June F section courses available for viewing by students on ACORN
Mon, Aug 3	Civic Holiday (University closed)

Help is here

Need an official letter or information about academic records, registration or enrolment? Looking for assistance with program management or progress? The SGS Student Services counter in **Room 101, 63 St. George Street** is open to assist you on **weekdays from 9:30 a.m. – 4:30 p.m.**, with extended hours on **Tuesdays, 9:30 a.m. – 7:00 p.m.** (beginning August 20, 2019). Come see us in person, or contact us by phone or email (416-978-6614; graduate.information@utoronto.ca). Various official forms and letters are also available on the SGS website; visit uoft.me/gradforms to learn more.

For some registrarial issues, the SGS Student Services office may refer you to the administrator in your graduate unit who can offer support with issues including course enrolment, funding and program matters. For a complete listing of all graduate administrators, visit portal.sgs.utoronto.ca/public/directory/graduateunits.

Two steps to registration

Step one: Get connected

If you're a new student, get connected to the JOINid, TCard, UTORid and UTMail+

- The University of Toronto issues a JOINid to applicants so that they can access key online services before coming to campus. You should have received an email with your JOINid and instructions for enabling it at uoft.me/enable. If you've lost the email or didn't receive it, please contact admissions.sgs@utoronto.ca.
- Before arrival, you can use your JOINid and existing email address for residence applications and to access your student account on ACORN (acorn.utoronto.ca).
- Once you pick up your TCard (your U of T student card), your JOINid will become your UTORid, giving you access to further services: ACORN, wireless networks, online library resources, Career Exploration & Education and more. After you activate your UTORid, you'll be able to set up your U of T email account, where you'll receive all official email communications from the University.
- Proof of citizenship and your offer of admission letter are required in order to receive a TCard. For detailed information about the documentation required to get your TCard, visit tcard.utoronto.ca.

You can get your TCard at the following locations:

**St. George campus
(UTSG) TCard Services**
214 College Street
(Koffler Student
Services Centre),
Room 102

**Mississauga campus
(UTM) TCard Office**
1800 Middle Road
(Communication,
Culture & Technology),
Room CCT 0160A,
Atrium lower level

**Scarborough campus
(UTSC) TCard Plus
Office**
1265 Military Trail
(Bladen Wing), Room
BV498A (September
to May); Room BV482
(May to August)

If you're a continuing student, you're already connected. Beginning July 15, check ACORN for your invoice.

Step two: Fee payment or fee arrangement

What's the difference between enrolment and registration? To enrol, you add yourself to courses. To register, you pay your tuition and incidental fees, or make an arrangement to register without payment (fee deferral).

Enrolment

Most graduate units allow you to enrol in courses through ACORN (acorn.utoronto.ca), but some graduate units require you to fill out a form. Consult your home graduate unit for detailed instructions and the SGS sessional dates for course enrolment deadlines: uoft.me/sessional-dates

Registration

For detailed instructions on how to make a fee payment, visit the website of the Office of Student Accounts (www.fees.utoronto.ca). Click on the link for the session in which you will register for full instructions.

August 23 is the recommended tuition fee payment deadline for students registering or starting their program in the fall session. To register on time, pay your tuition and incidental fees, or make an arrangement to register without payment (fee deferral) by **September 13** (if you're starting in September) or **January 20** (if you're starting in January). Detailed instructions on how to pay tuition fees, including making a fee payment from outside of Canada, are found on the Office of Student Accounts website (www.fees.utoronto.ca). To find out how much you owe, check your invoice on ACORN. For information about service charges, visit uoft.me/graduate-fees.

You may request to register without payment (fee deferral) through ACORN if you have no outstanding fees from a previous session and are the recipient of one of the following which exceeds the minimum payment to register amount on your invoice:

- Ontario Student Assistance Plan (OSAP) loan
- Other provincial government loan
- US government loan
- University funding package (major award, research stipend or teaching stipend)

Late registration

If you register after the final date to register without financial penalty, you're required to pay a late registration fee of \$44. This is done online through the **SGS Portal** (apps.sgs.utoronto.ca). For more information, contact Student Academic Services at graduate.information@utoronto.ca.

If you don't register by the deadline, your enrolment in courses will be cancelled and further enrolment will be blocked. After **September 13** (fall/winter sessions) or **January 20** (winter session), you must provide proof of payment and register at the SGS Student Academic Services office.

Funding & awards

In order to make informed decisions about your future, it's important to have a clear understanding of the graduate funding landscape – an awareness of your program's funding context and of the financial opportunities and supports available to you between admission and graduation.

If you're a student in a professional master's, flex-time or professional doctoral program, you'll typically self-fund your educational expenses through a variety of programs including student loans, student lines of credit, savings and employment income. You may also be eligible for a limited number of graduate awards available through your graduate unit and various external agencies.

Most research-stream master's and PhD programs at the University of Toronto offer a range of financial supports to offset the cost of a graduate education. The amount and type of student support varies among graduate programs; if you're registered full-time in a research-stream program, your own graduate unit will outline your financial support in an annual funding letter. Your funding letter will also identify the sources of funding that you'll receive (for example, teaching assistantships, awards, research stipends, and/or fellowships), along with a payment schedule to help you plan your finances throughout the year. On an annual basis, the School of Graduate Studies publishes base funding amounts and actual average incomes – in addition to average times to

complete a degree – for graduate units across the University. Available online, this information will allow you to compare units and divisions, and help you set expectations about your own program of study. For details, visit uoft.me/understandfunding.

You are also encouraged to explore the wide range of financial supports available to U of T graduate students in the form of scholarships and merit-based awards. Visit uoft.me/gradawards for more information.

Remember, if you're thinking of applying for scholarships, awards and student loans, plan ahead! Give yourself enough time to:

- review your budget using the U of T Financial Planning Calculator (uoft.me/UofT-calculator)
- explore financial aid & advising services offered by the School of Graduate Studies throughout your studies (uoft.me/sgsfinancial)
- visit the various funding agencies' websites to plan out the application process
- research and apply for government student loans (uoft.me/gov-loans)
- take advantage of relevant information sessions. The SGS Graduate Awards Office offers these in early fall (www.sgs.utoronto.ca)
- register for workshops and courses to help improve your applications. The Graduate Centre for Academic Communication is an excellent resource (uoft.me/GCAC)
- start thinking about reference letters.

Information for International Students

All three campuses offer resources and services specifically for international students. From conversational groups that can improve your understanding of “Toronto” English to advice about immigration issues, the University Health Insurance Plan (UHIP) and work or study permits, you’ll find the information and support you need to make a smooth transition to U of T. *See the Directory page 46.*

Please also be aware that if your legal status changes while you’re studying at U of T, you may be eligible for the **Status in Canada fee exemption**, permitting you to pay domestic tuition fees. To qualify:

- You must be in a program that was not affected by the 2018 change in international fee structure (uoft.me/2018-fees-change); and
- You must bring original documents noting your legal status change to SGS Student Academic Services by the following deadlines: November 1, February 1 or June 28. See the table for details and note that a change of status is not retroactive to any previous session.

The stage you’re at in your program when your legal status changes may impact the minimum degree fee you’ll be required to pay. For details, please consult the Fees section in the SGS Calendar (sgs.calendar.utoronto.ca).

Changes to legal status must be made by the following deadlines:

November 1	For reassessment of the complete fall and winter session
February 1	For reassessment of the winter session only
June 28	For reassessment of the complete summer session (only applies to students charged tuition fees for the summer session)

Questions? Contact SGS Student Academic Services at graduate.information@utoronto.ca or 416-978-6614.

Supervision Resources & Supports

If you're in a research-stream program, you'll know that supervision plays a defining role in your graduate program – and your future career. How can you ensure that this experience will be as productive and enriching as possible?

Your graduate administrator or coordinator can provide a wealth of information specific to your program. Your graduate coordinator and graduate chair can help you address questions or concerns about your own experience of supervision. Another helpful resource is the **Graduate Supervision Guidelines** (uoft.me/gradsupervision), available in both student and faculty editions on the SGS website. In addition to offering insight on how to choose a supervisor and supervision committee and how to understand your shared responsibilities, these guidelines offer a checklist to help set expectations between you and your supervisor.

Looking for an impartial sounding board outside your department? Need direction on how to resolve a potential conflict with your supervisor? Download a **Supervision tip sheet** from the SGS website (uoft.me/supervision-resources) to learn about additional options and sources of support.





Spotlight 1

Accessibility advising for graduate students

Graduate students with a documented disability, whether ongoing or temporary, have unique needs. That's why the School of Graduate Studies has an **on-site accessibility** advisor who can discuss accommodations for all kinds of grad-specific contexts. Whether you're working in the lab or doing field research, preparing a dissertation or completing your final oral exam, support is available. Register early with Accessibility Services to request a referral. *See the Directory page 39.*



Spotlight 2

Build your professional skills

It's never too early to start thinking about what comes after graduate school. Take some time to consider what gaps you may have in your skillset (do you need to brush up on Excel or Python? How comfortable are you with delivering oral presentations or leading a group?). Explore professional development courses and workshops offered by your Faculty and by the University (*see the Directory page 40*). Introduce yourself to the wide range of careers open to graduates with advanced degrees by accessing the **10K PhDs Project dashboard** (uoft.me/10KPhDs). Download the 10K PhDs divisional fact sheets to learn career search strategies and important questions to ask during informational interviews.

A final tip: if you're working on a thesis or have a major research project, enter the **Three Minute Thesis (3MT®) Competition** (uoft.me/3MT). You'll learn how to translate your complex research ideas into a persuasive, accessible and powerful presentation – an invaluable skill when networking at conferences or talking with prospective employers. *Learn more on page 44 of the Directory.*

Frequently Asked Questions

1. My TCard was lost or stolen.

What do I do?

To replace your TCard, visit the nearest TCard office with your student number or UTORid, one piece of valid government-issued photo ID and the \$20 replacement fee (debit or credit only). For full details, visit tcard.utoronto.ca/lost-replacement-tcard.

2. What is ACORN?

ACORN stands for **Accessible Campus Online Resource Network** (acorn.utoronto.ca) and is the student web interface where you can enrol in courses, check fees and finances, and perform registration tasks such as updating address and contact information. It provides a convenient, personalized and guided experience for using U of T's online services. As a new graduate student, you need to get your TCard (U of T student card) and activate your UTMail+ (U of T email address). You can then log in to ACORN using your UTORid and password.

3. Who in my department can answer my questions about my program, my funding or supervision matters?

The **Graduate Units Directory** (portal.sgs.utoronto.ca/public/directory/graduateunits) on the SGS website is a good place to start. There, you'll find the contact information for a variety of staff

members and faculty who play key roles in graduate program administration across the three campuses.

4. What is the difference between “funding” and an “award”?

“Funding” is a general term used for financial support that a student may receive. It can come from various sources including but not limited to awards, teaching assistantships, stipends from supervisor research grants (research assistantships) and bursaries. An “award” (also known as a scholarship, fellowship or grant) typically involves an application and is determined through a competitive process, based on set of criteria (e.g. merit, financial need, leadership, etc.). In other words, students may receive funding that includes awards, and an award is a source of funding.

5. What does “clearing conditions” mean?

Your SGS offer of admission letter outlines important information about your program. It may also include conditions that must be satisfied before you can register. If you're unsure about how to clear your conditions, contact your graduate unit.

6. What is my minimum degree fee?

All graduate students, both full-time and part-time, must pay a minimum degree fee. For master's students, this fee is based on the full-time program length for each graduate master's program. If, at the end of your program, the total amount of academic fees you paid during the time you were registered is less than this minimum degree fee, you'll be required to pay the outstanding balance, known as a Balance of Degree fee. Note that there is no maximum degree fee. Acquaint yourself with your program's minimum degree fee as early as possible to avoid any surprises upon graduation and ask the Student Academic Services office at SGS for more information. Also, changing your legal status may have implications regarding your minimum degree fee. Please refer to the fee regulations in the **SGS Calendar** ([sgs.calendar.utoronto.ca](https://sgs.utoronto.ca)).

7. How do I change my campus affiliation?

Affiliation with a campus is automatic and based on your program of study; however, you may apply to change your campus affiliation if you meet specific criteria. Deadlines for requesting a change in campus affiliation are the same as the registration deadline at the beginning of each term. Retroactive changes are not allowed. If your degree program is offered at University of Toronto Mississauga or University of Toronto Scarborough, you are automatically

affiliated with UTM or UTSC. The Change in Campus Affiliation form is available through the **SGS Portal** (apps.sgs.utoronto.ca).

8. I'm nearing the end of my research-stream program. Where can I go to learn more about program completion?

First, be sure to check with your **graduate administrator or coordinator** about specific program requirements. Consult the SGS website (www.sgs.utoronto.ca) for details on final-year fees as well as extensive information about formatting, submitting and defending your thesis.

Staff at the **Program Completion Office at the School of Graduate Studies** are also happy to help you coordinate the details of your doctoral final examination, answer questions about graduation, and provide letters indicating the completion of your degree requirements (63 St. George Street, Room 104).

Finally, it's a good idea to consult the **Office of Convocation** website (convocation.utoronto.ca) a few months before you anticipate graduating to ensure you're aware of their dates and deadlines!

Directory Listings

Academic support

Academic Success

214 College Street (Koffler Student Services Centre),
Room 150
416-978-7970
studentlife.utoronto.ca/asc

Academic Success 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 Graduate Writing Group provides support from a group of peers who share your experience and can help keep you accountable.

Graduate Centre for Academic Communication (GCAC)

12 Queen's Park Crescent West (McMurrich Building), 1st floor
416-946-7485
uoft.me/GCAC

The Graduate Centre for Academic Communication (GCAC) provides instruction to U of T graduate students on written and oral communications skills. Each year, through free courses, workshops, one-on-one writing consultations, and writing boot camps, thousands of students across the disciplines discover how to improve their academic writing and speaking. Find out more about what GCAC does to support both non-native and native speakers of English at uoft.me/GCAC.



"I quickly realized that scientific writing had many of its own challenges and nuances I had never faced before. My supervisor suggested I try the Graduate Centre for Academic Communication (GCAC), where I found several workshops, as well as one-on-one sessions to get feedback on my own writing. I still drop in every so often to brush up on my skills and get individualized feedback on my writing."

Peter
PhD, Department of Mechanical & Industrial Engineering

Libraries

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 been ranked as one of the top three in North America (after Harvard and Yale). Robarts Library on St. George campus also hosts a Family Study Space (uoft.me/robarts-family) for current students, faculty members, visiting scholars, and staff at U of T who have children 12 years old or under.

Office of Research and Innovation

research.utoronto.ca

Find and apply for research funding opportunities, understand research ethics, explore entrepreneurship, learn how to commercialize inventions and more.

School of Graduate Studies (SGS)

63 St. George Street

416-978-6614

www.sgs.utoronto.ca

Your main resource for academic information, including registration and enrolment, managing your program, policies and guidelines, finances and professional development. The SGS website provides a wealth of student resources, from the SGS Graduate Supervision Guidelines for Students (uoft.me/graduatesupervision) and the 10K PhDs Project dashboard (uoft.me/10KPhDs) to Best TTC Practices for Doctoral Students (uoft.me/gradTTC).

Toronto Public Libraries

See Recreation & Campus Life Directory page 62.

UTM Library

3359 Mississauga Road (Hazel McCallion Academic Learning Centre)

905-828-5236

library.utm.utoronto.ca

The UTM Library has a designated graduate study room. Go to the front desk and ask for a key that will be handed out on a first-come, first-served basis. Access U of T libraries' outstanding collection, computers, wireless internet and a wide range of services.

UTM - Robert Gillespie Academic Skills Centre

3359 Mississauga Road (New
North Building), Room 3251
utm.utoronto.ca/asc

Workshops and one-on-one support
for grad students, English language
classes, resources and specialized
training for teaching assistants, and
much more.

UTSC - Centre for Teaching & Learning

1265 Military Trail
uoft.me/utscctl

Services for grad students include
GPS workshops, graduate writing
support, TATP workshops, TA training
sessions and more.

UTSC Library

1265 Military Trail
416-287-7500
utsc.library.utoronto.ca

Access the library collection, book a
study room and discover many other
resources – including a MakerBot 3D
printer.



“The ‘Just Write’ workshops offered through the Centre for
Teaching and Learning at UTSC are a great opportunity to work
on writing projects in a quiet, supportive, and well-cafeinated
environment.”

Meagan

PhD, Department of Ecology and Evolutionary Biology

Accessibility

Accessibility Services

On-site Advisor for Graduate Students:

School of Graduate Studies
63 St. George Street

Central Services:

455 Spadina Avenue, 4th Floor,
Suite 400 (Just north of College
Street)

416-978-8060

www.studentlife.utoronto.ca/as
accessibility.services@utoronto.ca

The School of Graduate Studies has an on-site Accessibility Advisor at 63 St. George Street to provide resources, services, and academic accommodations to graduate students both inside and outside the classroom. Accommodation needs are based on a documented temporary or permanent physical, learning, sensory, or mental health issue, disability or medical condition. Grad student-specific accommodations include support for thesis-related work, fieldwork, practicums and laboratory components. Early registration is encouraged. For information about the Accessibility Advisors at other campus locations, please check the website for details.



“As a peer mentor for Access Us, I create a safe and comfortable community where peers can navigate disability-related barriers, receive unconditional support, and find academic and social opportunities. As a student registered with Accessibility Services, I’m happy to give back to the community that has helped me so much.”

Claudia
*MSc, Institute of Medical
Science*

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.

UTM – Accessibility Services

Resource Centre

1867 Inner Circle (William G. Davis Building), Room DV 2037
905-569-4699

utm.utoronto.ca/accessibility
access.utm@utoronto.ca

Resources, services, advice and academic accommodations for students who have a documented learning, physical, sensory or mental health disability, or medical condition.

UTSC - AccessAbility Services

Until Summer 2019:

1265 Military Trail (Science Wing), Room SW302

Beginning Summer 2019:

1265 Military Trail (Arts & Administration), Room AA142
416-287-7560

utsc.utoronto.ca/ability

Services and academic accommodations for students who have a documented learning, physical, sensory or mental health disability, or medical condition.

Career & professional skills development

10K PhDs Project Dashboard

uoft.me/10KPhDs

Where are U of T's PhDs employed? Find out by exploring the interactive dashboard of the 10,000 PhDs Project, which used internet searches of open-access data sources to determine the current and/or first (2016) employment status of the 10,886 PhDs who graduated from U of T between 2000 and 2015 in all disciplines. 10K PhDs fact sheets with career-search strategies and resources are also available for download.



“The 10,000 PhDs Project offers a clear understanding of the value of my doctoral degree. It’s great knowing that U of T’s high-calibre training can serve me in a variety of professional settings.”

Afif

PhD, Department of Cell and Systems Biology

Career & Co-Curricular Network (CLNx)

clnx.utoronto.ca

An online tool that brings together opportunities and resources that will connect you with internal and external partners interested in your career success. Log in and access advising resources and participate in recruitment activities, career exploration, and experiential learning programs, including research, mentorship and co-curricular experiences.

Career Exploration & Education

214 College Street (Koffler Student Services Centre),
Room 150

416-978-8000

careers.utoronto.ca

Build your future in a changing world! At Career Exploration & Education you will build on your university experiences to shape your career. You can participate in dozens of programs and services that connect you with industries, organizations, alumni, and career professionals. Key resources can be found within CLNx (clnx.utoronto.ca/home.htm), where you can also register to participate in the Flexible Futures for Grad Students and Postdocs series.

Centre for Community Partnerships (CCP)

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 companionship, and can be added to your Co-Curricular Record upon completion.

Co-Curricular Record (CCR)

clnx.utoronto.ca/ccr

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.

Grad Talks

uoft.me/gradtalks

Gradlife and Grad Room partner to offer learning sessions to help grad students build skills and gain balance. Most sessions are held at Grad Room at 66 Harbord Street and cover topics like communication, personal development, academic support, careers and more.

Graduate Dossier Service (GDS)

416-978-8015

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)

uoft.me/gps

Prepare for your future with GPS! Build critical career skills to strengthen what you gain in your academic work. Take seminars, workshops, and non-credit courses to 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 a program of the School of Graduate Studies (SGS).



“The School of Graduate Studies provides many opportunities for Graduate Professional Development (GPD). I attended workshops on a variety of topics, including grant writing, leadership skills, and project management as part of the Graduate Professional Skills (GPS) program. I also participated in improv workshops organized by my department’s graduate student union with the help of the GPD Innovation Fund.”

Daniel

*PhD, Department of
Computer Science*

Leadership for Grads

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.



“Being a Leadership for Grads facilitator has allowed me to connect with other graduate students outside my program and to hone my skills as an educator. It is so deeply fulfilling as a facilitator to work with passionate and engaged learners. I always leave sessions having learned something new or having had my own thinking pushed or challenged in some way.”

Jared

*MA, Language and Literacies
Education – Department of
Curriculum, Teaching and
Learning*

Mentorship Programs

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)

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 graduate 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.

UTM - Career Centre

1867 Inner Circle (William G. Davis Building), Room 3094
905-828-5451

utm.utoronto.ca/careers

In-person and online resources to give you an edge in developing and managing your career. Find your focus, work with a career counsellor, and explore careers inside and outside academia.



“The UTM Career Centre organizes frequent workshops for graduate students that address topics like how to find jobs and how to make yourself marketable. These have helped me identify my transferable skills and taught me how to prepare for interviews, both in the academic and industrial worlds.”

Kayla

MSc, Department of Cell and Systems Biology

UTSC - Academic Advising & Career Centre

1265 Military Trail (Academic Resource Centre), Room AC213
416-287-7561

utsc.utoronto.ca/aacc

Try the assessment tools to find your ideal career path or register for the Jobs for Grads program to access full-time work listings, workshops and campus events with employers.

Funding

Indigenous Student Services/ First Nations House – Financial Aid Advising

563 Spadina Avenue (North Borden Building), 3rd Floor
fnh.utoronto.ca

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

SGS Graduate Awards Office (GAO) and Financial Advising

63 St. George Street
416-946-0808

uoft.me/gradfunding
uoft.me/sgsfinancial
sgs.financial.assistance@utoronto.ca

For information about funding packages, consult the SGS website. Speak to a financial advisor to learn more about financial aid opportunities, managing educational expenses and grant applications.

International experience

International Student Identity Card (ISIC)

416-946-8699

utgsu.ca/services/#isic
membership@utgsu.ca

Full-time graduate students are entitled to this free card which may be used to obtain discounts on travel, merchandise and services throughout the world. The ISIC provides members with student discounts on Greyhound Bus, VIA Rail, Porter Air and other travel.

Learning Abroad

learningabroad.utoronto.ca

No matter where you go, or for how long, learning abroad will shape you and how you see the world. Add an international edge to your degree by taking courses in another country. Conduct research abroad at leading universities around the world, exploring groundbreaking perspectives and developing new skills. Take your resume to the next level by engaging in an international internship or work placement abroad. New opportunities await you!

Safety Abroad

learningabroad.utoronto.ca/safety-abroad

U of T Safety Abroad supports the University community in managing risk pertaining to student travel abroad and offers support to students while they are abroad. Registration is mandatory for all students travelling abroad on a University activity.

International students

Centre for International Experience (CIE)

33 St. George Street
(Cumberland House)
cie.utoronto.ca

Located in the historic Cumberland House, CIE is the campus hub for international students and domestic students seeking international experience. We provide a wide array of services on topics unique to international students: Canadian study and work permits, health insurance in Ontario, learning and language support, income taxes, and other information about how to build community and succeed in Canadian campus life. In addition, CIE enables global learning for all students through study, research, and internship opportunities. International experience awards are also available.

iConnect Mentorship Program

uoft.me/iconnect

A mentorship program for incoming international students that matches them with mentors from different cultural backgrounds, providing opportunities to explore together on and off-campus, make connections and strengthen intercultural skills. International students starting at U of T in September 2019 are invited to apply during the summer to receive support from their mentors online prior to their arrival.

International Students' Caucus (ISC) - UTGSU

facebook.com/InternationalUofTisc@utgsu.ca

As a University of Toronto Graduate Students' Union (UTGSU) Caucus, the ISC coordinates efforts on international graduate students' success in academic and campus adaptation. Meetings and events focus on the needs of the caucus membership including funding, academics, immigration, health insurance, social activities and more.

International Transition Advisor for Grad Students

416-708-1208
uoft.me/transitionadvising

The International Transition Advisor can support you with questions around cultural adjustment, preparing for winter, working in Canada, finding immigration resources, and navigating new academic expectations. Meet with the advisor at one of the following locations:

- School of Graduate Studies, 63 St. George Street
- Graduate House, 60 Harbord Street
- Grad Room, 66 Harbord Street
- Daniels Faculty of Architecture, 1 Spadina Crescent
- OISE, 252 Bloor Street West
- Student Family Housing, 35 Charles Street West

Please check uoft.me/cie for available times.



“Being a mature student, I moved halfway across the planet for my second master’s at U of T, and it has been a huge adjustment! The transition advising services offered through the Centre of International Experience (CIE) really helped me quickly navigate the resources on campus and be fully prepared to make the most of my experience here. At U of T, there is always someone to help you.”

Qian

*MEd, Curriculum Studies and Teacher Development
– Department of Curriculum, Teaching and Learning
(Collaborative Specialization: Comparative, International
and Development Education)*

SGS International Graduate Student Portal

uoft.me/sgsinternational

Get connected to services and resources designed to answer questions and meet the needs of international graduate students at U of T! This online portal will help you prepare, plan and experience the best that our three campuses have to offer.

My SSP

*see Health and Wellness Directory
page 82.*

UHIP (University Health Insurance Program)

*see Health & Wellness Directory
page 83 and spotlights on
pages 76-77.*

UTM - International Education Centre (IEC)

1867 Inner Circle (William G. Davis Building), Room DV 2071
905-569-4716

utm.utoronto.ca/international

Need assistance with your study permit, permanent residency, working in Canada or almost anything else related to living in Canada? The IEC can help. See the website for a full list of services and programs.

UTSC - International Student Centre

1265 Military Trail (Highland Hall), Room HL448
416-287-7087

uoft.me/utsc-isc

Make an appointment with a transition advisor for personal guidance.

Language support

English Conversation Communities for Grads

uoft.me/eccg

Are you a multilingual graduate student looking for a drop-in space to have informal conversations in English? Chat about Toronto slang and idioms, meeting new people, campus life, and other fun topics in a pressure-free environment.

English Language Program at the School of Continuing Studies

english.learn.utoronto.ca

Intensive English courses, including Academic English, open to students and the general public. Fees apply.

Graduate Centre for Academic Communication (GCAC)

see Academic Services Directory page 36.

UTSC - Conversation Community

uoft.me/utsc-isc

Practise English and learn about the diverse cultures of Toronto.

Virtual connections

Information Commons: Roberts Library

130 St. George Street, 1st Floor
onesearch.library.utoronto.ca/ic-home

Get help with your U of T email, logins and passwords, book a room with screen display, buy software, get help with internet access and more.

Quercus

q.utoronto.ca

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

UTmail+

email.utoronto.ca/students

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're responsible for checking it regularly.

UTORid

utorid.utoronto.ca

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

Student Web Services —

ACORN

acorn.utoronto.ca

ACORN (Accessible Campus Online Resource Network) is U of T's student information service, which you will use for course selection, financial account management and to access other services like the Co-Curricular Record and Career Learning Network.

TCard Services

214 College Street (Koffler Student Services Centre),
Room 102

416-946-8047

tcard.utoronto.ca

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.

UTM - TCard Office

1800 Middle Road

(Communication, Culture & Technology), Room CCT 0160A,
Atrium lower level

905-828-5344

utm.utoronto.ca/iits/services/tcard

UTSC - TCard Plus Office

1265 Military Trail (Bladen

Wing), Room BV498A

(September to May); Room

BV482 (May to August)

416-208-2233

utsc.utoronto.ca/registrar/tcard

UTORweb

individual.utoronto.ca

Get free web space for personal pages, pictures, word-processing documents, etc. This service 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 — log in with your UTORid.



Recreation & Campus Life

Learning how to stay active and involved while completing your degree is an essential skill. Browse this section to discover places to play, eat, live, study and find community on all three campuses.



Spotlight 1

Where can I meet grad students from other divisions?

Venturing outside the familiar walls of your department or lab can be extremely rewarding. In addition to broadening your social network, you can broaden your outlook and perhaps even find colleagues to collaborate with in the future! Attend a talk about a subject area you are unfamiliar with or join the conversation at Grad Room's monthly **Graduate Speaker Series** (uoft.me/grad-speakers). Explore the many programs offered through **Gradlife** (uoft.me/gradlife) – including Grad Talks, Grad Connections and Grad Escapes – that run the gamut from skill-building to playing board games. Join an **intramural sports league** (utgsu.ca) or enjoy some **intercultural learning activities** at the Centre for International Experience (uoft.me/intercultural).

Graduate student associations and clubs on all three campuses also offer a range of opportunities (from social events to committees and caucuses) that bring students from diverse departments together. For more ideas, ***browse the Directory on pages 66-68.***





Spotlight 2

Hidden gems on St. George campus

1. Free talks at the Fields Institute (not just for math majors!) (fields.utoronto.ca/calendar)
2. Grad Loft at the UTGSU (utgsu.ca/services-2/room-bookings)
3. Exhibitions at the Art Museum at the University of Toronto (artmuseum.utoronto.ca)
4. Events and lectures at the Munk School of Global Affairs and Public Policy (munkschool.utoronto.ca/events)
5. Family Study Space at Robarts Library (uoft.me/robarts-family)



Spotlight 3

Hidden gems on UTSC campus

1. Wednesday Farmers' Market (www.facebook.com/UTSCfarmers)
2. New Frontiers Seminar Series and workshop (utsc.utoronto.ca/research/new-frontiers-seminar-series)
3. Events & Coffee Breaks at the Graduate Students' Association at Scarborough (utsc.utoronto.ca/groups/gsas/gsas-events/calendar-of-events)
4. The Instructional Centre (IC) rooftop garden (utsc.utoronto.ca/aboutus/ic-rooftop-garden)
5. Highland Creek Ravine (utsc.utoronto.ca/aboutus/ravine-zone)

Spotlight 4

Hidden gems on UTM campus

1. UTM Grad Lounge (utmags.sa.utoronto.ca/info)
2. Graduate Student Study room 3 (Level 1) in the UTM library (uoft.me/utm-library-policy)
3. UTM's Nature Trail and Erindale Park (uoft.me/utm-wellness-walks)
4. The Blackwood Gallery (blackwoodgallery.ca)
5. Lecture Me! Series by UTM faculty (uoft.me/utm-lecture-me)

Spotlight 5

Where can I find family-friendly supports & programming?

A great place to begin your search is the **Family Care Office website** (familycare.utoronto.ca).

Though the FCO is located on St. George campus, you will find tri-campus events, discussion groups, webinars, meet and greets, and workshops listed on their events page. A page devoted to family events in Toronto also invites you to explore the city!

Check the roster of **Grad Escapes** (uoft.me/gradescapes) offered through the Gradlife program, as some are also family-friendly, particularly during holiday seasons. Popular sports camps and lessons for children and/or youth are regularly offered at St. George campus, UTSC and UTM as well. For more information, *see the Family and Fitness & Sports sections of the Directory on pages 60 and 62.*



Directory Listings

Arts & culture

Art Museum at the University of Toronto

artmuseum.utoronto.ca

Together, the Justina M. Barnicke Gallery at Hart House and the University of Toronto Art Centre at University College 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

www.arts.utoronto.ca

Your one-stop connection to the huge variety of cultural events happening around campus – film, music, theatre, galleries and more.

The Doris McCarthy Gallery

utsc.utoronto.ca/~dmg

Located on the upper level of the Academic Resource Centre at UTSC, this art gallery presents a variety of contemporary art exhibitions and events each year.

Centre for Drama, Theatre & Performance Studies

dramacentre.utoronto.ca

Hosts performances and events across campus by undergraduate and graduate drama students throughout the year.

City of Toronto

toronto.ca

Official site of the City of Toronto. Includes information about cultural attractions as well as facilities, transportation, events, and emergency services.

Faculty of Music

80 Queen's Park

416-978-3741

music.utoronto.ca

Paid concert events by celebrated musicians run from September to April each year. Recitals by U of T Music students as well as the popular Thursdays at Noon recitals 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-on-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

uoftix.ca

U of T's central box office for ticketed events – everything from theatre productions and sport championship games to craft beer festivals and more.

Faith & Spirituality

Campus Chaplains Association

uoft.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

uoft.me/multifaithspaces

Looking for a place on campus to practise your faith? The St. George campus offers several multi-purpose spaces suitable for prayer, meditation and other spiritual practices.

Religious Accommodations

uoft.me/religiousaccommodation

Accommodations may be available for students who celebrate religious holidays other than those formally recognized by the University through regular scheduling or statutory holidays.



UTM – Multi-Faith Spaces

uoft.me/multifaithspaceUTM

Student organizations recognized through Ulife can book space at UTM for prayer and other religious purposes.

UTSC – Scarborough Campus Students Union (SCSU)

Multi-Faith Prayer Room

scsu.ca/services/student-services/multifaith-prayer-room

The SCSU holds two multi-faith prayer rooms that are reserved for religious purposes. Please check the website for booking information.

UTSC – Multi-Faith

Engagement

utsc.utoronto.ca/studentlife/multifaith-engagement

Meet with a UTSC campus chaplain, or take part in events and workshops throughout the year. Accommodations may be available for religious observances.

Family

(see also *Housing* page 70)

Child & Youth Athletic Programs

uoft.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.

Family Care Office

214 College Street (Koffler Student Services Centre), Room 103

416-978-0951

familycare.utoronto.ca

Find on- and off-campus childcare services, and access confidential guidance, resources, referrals, educational programming and advocacy on family-related issues.



“Balancing parenthood and graduate studies can be quite challenging. Without the right support, both experiences can also be quite isolating. Being a parent mentor at the Family Care Office and participating in various FCO activities have helped me connect with other student parents facing similar challenges. I’ve built new skills and shared my existing strategies to juggle multiple responsibilities with other student parents.”

Marycarmen

PhD, Social Justice Education – Department of Social Justice Education

Family Resource Centre at the University of Toronto Early Learning Centre

7 Glen Morris Street
elc.utoronto.ca

A child and parent drop-in centre on the St. George campus for children up to five years of age. No registration required.

Family Study Space in Robarts Library

Robarts Library, 130 St. George Street, 9th floor
uoft.me/robarts-family

A space for current students, faculty members, visiting scholars, and staff at U of T who have children 12 years old or under.

Guide for Graduate Students with Family Responsibilities

http://dlrssywz8ozqw.cloudfront.net/wp-content/uploads/sites/38/2017/12/FCO_GGSFamRes_2017_v3_digital.pdf

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 little one for child friendly activities the whole family will enjoy. This drop-in monthly programming offers fun physical activities like Zumba, family circuit “boot camps” and play-based exercise. Free for U of T students and Hart House members.

School of Graduate Studies

63 St. George Street
www.sgs.utoronto.ca

Graduate parents and caregivers are welcome to use the baby-changing station in the first floor washroom. As of Summer 2019, a breast-feeding/pumping space will also be available in the first-floor Graduate Student Lounge.

SGS Leave of Absence Policy for Parental Leave

See Spotlight page 79.

SGS Parental Grant

See Health & Wellness Directory page 82.

UTM – Childcare Resources

utm.utoronto.ca/childcare

A variety of childcare information and support is available to UTM students, staff and faculty who are parents, foster parents or legal guardians of children.

UTM – Early Learning Centre

1900 Outer Circle (Leacock Lane Residence)

905-569-4422

elc.utoronto.ca/location-operating-hours/utm-location

Full- and part-time care available, with priority given to UTM students, staff and faculty. U of T Early Learning Centre fees apply. Sign up for the waiting list by downloading and filling out the application form – see website for details.

UTSC – N’sheemaehn Child Care Centre

1255 Military Trail

416-287-7624

childcare.utsc.utoronto.ca

A warm and positive environment that provides programs for children from infants and toddlers to preschool and kindergarten.

Toronto Public Libraries

Near St. George campus: Lillian Smith

Near UTM campus: Brentwood North Branch

Near UTSC campus: Highland Creek Branch

torontopubliclibrary.ca

From Family Time, Baby and Toddler Time drop-ins to After School Clubs, the Toronto Public Library offers a wealth of free programs for children and caregivers. Check out the branch nearest you!

Fitness & Sports

Athletic Centre

55 Harbord Street

416-978-3436

kpe.utoronto.ca/facility/athletic-centre

With seven gyms, three pools (including the only Olympic-sized pool in downtown Toronto), a strength and conditioning centre, indoor track, dance studio, cardio machines, tennis and squash courts and steam rooms, there’s something for everybody!

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).

City of Toronto Parks

toronto.ca/explore-enjoy/parks-gardens-beaches

If you want to get active off campus, check out the City’s many parks, trails, and green spaces.



"I've enjoyed the Hart House community. The Hart House gym offers a variety of drop-in fitness classes that are perfect to continue feeling fit and healthy after spending a great part of your time sitting and studying. And the Hart House pool is the perfect place to swim and relax after a heavy day."

Teresa
PhD, Centre for Comparative Literature

Drop-in Programs - U of T Sport & Recreation

uoft.me/whatyoucando

Drop into any of Sport & Rec's state-of-the-art facilities on campus to enjoy the largest range of classes, events and club sports at a Canadian university, in an inclusive, welcoming environment. From Fit Mix and personal training to field sports and swimming, we've got a range of drop-in activities that will work with your schedule. These programs are open to all U of T students, and are offered as part of your U of T student fees. Come see what you can do!

Goldring Centre for High Performance Sport

100 Devonshire Place
416-946-0400

kpe.utoronto.ca/facility/goldring-centre-high-performance-sport

This beautifully designed sport and exercise facility houses 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!

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 fall/winter semesters when you are registered and have paid Hart House incidental fees; summer memberships may be purchased for an additional fee.

Intramural Team Sports

uoftintramurals.ca

Co-funded by the School of Graduate Studies and the University of Toronto Graduate Students' Union, SGS Intramurals offer 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.

Registered Programs - U of T Sport & Recreation

uoft.me/whatyoucando

Whether you want to improve your swing, step or stroke, our instructional programs offer high quality training in an inspiring environment. Instructional programs are a great way to learn a new skill or improve an existing one. Small class sizes and dedicated instructors will help you reach your goals. Nominal fees apply to cover the cost of instructors and equipment; however, beginner classes offer lower prices to help get you started. Come see what you can do!

University of Toronto Graduate Students' Union (UTGSU) Gym

16 Bancroft Avenue
416-978-2391

utgsu.ca/gym

The UTGSU Gym is reserved for graduate students to use free of charge. Students can sign up in September for a non-competitive drop-in volleyball or basketball league offered in the evenings once a week, as well as other activities on weekdays after 5:00 p.m.

UTM – Recreation, Athletic and Wellness Centre (RAWC)

1825 Outer Circle
905-828-3714

utm.utoronto.ca/athletics

Sport and fitness activities at UTM are based in the Recreation, Athletic and Wellness Centre (RAWC) in the William G. Davis Building.

UTSC – Toronto Pan Am Sports Centre (TPASC)

875 Morningside Avenue
416-283-3211

uoft.me/utscathletics

This facility hosts athletics and recreation at UTSC. Programs include drop-in and registered fitness classes for all skill levels, aquatics, outdoor recreation and a tennis club. TPASC is also home to a 41-foot climbing wall, with multiple routes for varying levels of experience.

Varsity Blues

varsityblues.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. 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.

Varsity Centre

299 Bloor Street West

416-978-6428

kpe.utoronto.ca/facility/varsity-centre

Includes a 5,000-seat stadium, 400 m 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.

Food

Food Services

229 College Street, 2nd Floor

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.

Hart House 5-Buck Lunch

harthouse.ca/5-buck-lunch

On selected Wednesdays from September to March, drop by Hart House for a fun and affordable five-dollar lunch. See website for dates.

U of T Food Map

map.utoronto.ca

To find all of your food options on campus, check out the food layer on the online U of T map.

UTM – DineOnCampus

1867 Inner Circle (William G.

Davis Building), Room DV 3127

905-569-4795

utm.utoronto.ca/hospitality

Detailed info about food options on campus, including locations and menus, catering, sustainability and wellness.

UTM – Hospitality & Retail Services

1867 Inner Circle (William G. Davis Building), Room DV 3127
905-569-4795

utm.utoronto.ca/hospitality

Provides student meal plans for convenient dining on campus, as well as food and beverage services for conferences and events.

UTSC – Food & Beverage Services

utsc.utoronto.ca/businessdev/food-partnerships

The website includes a handy guide to food options at UTSC, as well as info on catering and beverage services for events and conferences.

UTSC – Meal Plans

1265 Military Trail (Bladen Wing), Room BV498A (TCard Plus Office)
416-208-2233

utsc.utoronto.ca/businessdev/meal-plans

For convenient dining on campus, try a meal plan. Pay using your TCard.

Graduate Community

Civics Committee – UTGSU

civics@utgsu.ca

This committee coordinates efforts to deal with issues of civic engagement in all its forms. It engages in campaigns to increase member, campus and community involvement in democratic governance within wider society.

Environmental Justice and Sustainability Committee (EJSC) – UTGSU

civics@utgsu.ca

The EJSC tackles issues of environmental justice and promotes sustainable policies and practices undertaken by the UTGSU.

Grad Connections

uoft.me/gradconnections

Take a break and connect with other grad students at this free, bi-weekly chat forum. Share your experiences in an informal setting, talk about your challenges and life as a graduate student. An expert staff facilitator will be available to answer questions related to each week's theme.

Grad Escapes

uoft.me/gradescapescapes

Thesis avoidance with style. Relax, have fun and meet other graduate students from outside your department while enjoying social, cultural and recreational events. Art classes, theatre, sporting events, historic tours and more – there's something for everyone. All activities are facilitated by a current graduate student.



“Facilitating Grad Escape events and attending Grad Connections chats have been great ways for me to connect with graduate students beyond my department. They’ve also given me much needed breaks from my studies, opportunities to try new activities, and spaces to discuss the successes and challenges of my experience here at U of T. I highly encourage all students to get involved with Gradlife!”

Samara

*MSW, Factor-Inwentash Faculty of Social Work
(Field: Health and Mental Health)*

Grad Talks

See *Academic Services Directory* page 42.

Gradlife on Social

Facebook: [UofTGradlife](#)

Twitter: [@UofTGradlife](#)

Blog: blogs.studentlife.utoronto.ca/gradlife

In addition to providing programs exclusively for grad students, Gradlife is active on social media. Connect with Gradlife on Twitter or Facebook, or read the Gradlife Blog to get daily updates about tri-campus events, resources and useful information.

Intercultural Learning Program

uoft.me/ilp

The ILP is a community of international, domestic, and exchange students and offers many ways to get involved, from workshops and outings to peer discussion groups.

International Students' Caucus (ISC)

See *Academic Services Directory* page 46.

Professional Graduate Students' Caucus (PGSC) - UTGSU

info@utgsu.ca

The PGSC is composed of graduate students in professional programs to discuss their unique needs. The PGSC keeps students updated on information and events, hosts mixers and advocates on behalf of professional graduate students to various U of T bodies.

Queer Caucus (QC) - UTGSU

facebook.com/groups/utgsu.qc

queer@utgsu.ca

The QC is a political and social caucus for graduate students who identify as lesbian, gay, bisexual, trans*, and queer (LGBTQQIP2SAA). This body has the goal of naming and fighting oppression, including homophobia, heteronormativity, transphobia, gender normativity and more, within and beyond the UTGSU and the University of Toronto.

Race & Ethnicity Caucus (REC) – UTGSU

facebook.com/groups/rec.utgsu

rec@utgsu.ca

The REC is committed to social justice, community-building and healing for self-identified racialized and/or graduate students of colour at the intersections of gender, ability, age, class, religion and sexuality. Activities include meetings, social events, reading groups, community outreach, panels and more.

“As the President of the University of Toronto Graduate Students’ Union’s Race & Ethnicity Caucus, I am an advocate for issues of equity, inclusion and access to enhance student success on campus, especially for those belonging to marginalized groups. I am committed to empowering racialized graduate students, building community, and advocating for better access to mental health services for these communities.”

Farhana

*PhD, Department of
Pharmacology & Toxicology*



Graduate Spaces

Bookable Spaces for Grad Students

uoft.me/sgsrooms

Need to find on-campus space for your next graduate student group meeting? Consider booking one of the rooms available through the School of Graduate Studies. Reservations can be requested up to four weeks prior to your meeting’s date.

SGS Grad Room

66 Harbord Street

uoft.me/gradroom

Home to the Graduate Professional Skills (GPS) program, Grad Room is your inclusive graduate space on St. George campus. Relax, socialize, and study in the Grad Room Lounge. Join a writing group, or take in a Grad Talk or workshop in our multi-purpose programming space. Community Animators are on hand daily to answer your questions about graduate student life at U of T. Grad Room’s lower level is also available for student event bookings. View the online calendar for availability.

SGS Graduate Student Lounge

63 St. George Street, 1st floor

A comfortable space to relax, read, or socialize while you're on St. George campus. Fully accessible and open weekdays 9:30 a.m. to 4:30 p.m. and until 7:00 p.m. on Tuesdays beginning August 20, 2019.

UTGSU Pub

16 Bancroft Avenue, 1st floor

utgsu.ca/services-2/room-bookings

Beer, pizza, and a patio – one of U of T's best-kept secrets. Perfect for relaxing or casual meetings. Open Monday to Friday.

UTGSU Grad Loft

16 Bancroft Avenue, 3rd floor

utgsu.ca/services-2/room-bookings
officeassistant@utgsu.ca

Looking for a meeting or event space with personality? Book the Grad Loft, located on the top floor of the UTGSU building.

UTM – Grad Lounge

1867 Inner Circle (William G.

Davis Building), Room DV 2068B
uoft.me/utmgradlounge

A place for grad students to socialize and/or study. Access the lounge any time with your TCard. Managed by UTMAGS.

UTSC – Graduate Student Lounge

1265 Military Trail (Science Wing Building), Room SW524A

Dedicated space for grad students to socialize and enjoy lunch daily between 11:00 a.m. and 2:00 p.m.

The Grad Lounge is also available outside these hours as a meeting space for graduate student groups. In the summer, pick your own vegetables and fruit from the balcony garden.

UTSC – Graduate Lounge

1065 Military Trail

(Environmental Sciences and Chemistry Building),
Room EV431

Meet with colleagues or get some work done in this graduate student space.

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, three- and four-person furnished suites. Please see the website for eligibility requirements and application information.

Housing Services

214 College Street (Koffler Student Services Centre),
Room 150
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 buy-and-sell board.

Massey College

4 Devonshire Place
416-978-2891

masseycollege.ca

Massey College is a graduate students' residential community affiliated with, but independent from, the University of Toronto. It provides a unique, congenial, and intellectual environment for grad students in all disciplines.

Off-Campus Housing

offcampushousing.utoronto.ca

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

Student Family Housing

30 & 35 Charles Street West
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.

UTM – Student Housing & Residence Life

3375 Residence Road (Oscar Peterson Hall), Suite 120
905-828-5286

uoft.me/utmhousing

Bachelor apartments for grad students feature Wi-Fi, laundry facilities and close proximity to all the facilities and services on campus. Check online for eligibility and application information, and important dates.

UTSC – Student Housing & Residence Life

1265 Military Trail (Student Residence Centre)
416-287-7365

uoft.me/utschousing

Grad students are welcome to apply to live in residence at UTSC. You can also connect to the University of Toronto off-campus housing listings website, and get advice and support at the Student Housing & Residence Life office.

Student Life

St. George Campus

studentlife.utoronto.ca

Student Life supports many programs and activities, from academic and life skills to social and cultural events. Download the U of T Student Life app for quick access to campus resources, upcoming events, and to create lists. You can download the app through the Google Play or iTunes stores.

UTM

utm.utoronto.ca/sas/student-affairs-services

Student Affairs and Services provides wide-ranging programs in support of your campus life, from community to career resources, and multi-faith programs to mental wellness services.

UTSC

utsc.utoronto.ca/studentlife

Student Life offers a variety of resources to support your student experience, cultivating strong community connections to enhance your learning opportunities outside of the classroom.

Ulife

ulife.utoronto.ca

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

University of Toronto Graduate Students' Union (UTGSU)

See *Academic Advocacy, Equity & Supports Directory* page 96.

UTM's Association of Graduate Students (UTMAGS)

See *Academic Advocacy, Equity & Supports Directory* page 97.

UTSC – Graduate Students' Association at Scarborough (GSAS)

See *Academic Advocacy, Equity & Supports Directory* page 97.

Transportation

Bikechain

563 Spadina Crescent (entrance on Bancroft Avenue)

bikechain.ca

A not-for-profit cycling organization providing DIY services, affordable repairs, educational opportunities and a welcoming community of staff and volunteers.

Bike Share Toronto

bikesharetoronto.com

Toronto's bicycle rental service has stations on campus and around the city.

Discounted TTC PRESTO cards

prestocard.ca/en

Visit the PRESTO website to learn how to register and load your PRESTO Card with a post-secondary student monthly metropass. This card must be accompanied by a special TTC student photo ID card. You can have your photo taken year-round at Sherbourne TTC (check “Fares & Passes” on ttc.ca).

GO Transit

gotransit.com

Bus and train service for travel around the Greater Toronto Area and Southern Ontario.

Transportation and Parking

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)

ttc.ca

Route maps and schedules, closure notices and service advisories.

UTM – Bikeshare

uoft.me/utmbikeshare

Offers free 48-hour bicycle loans, as well as bike-related events throughout the year and group rides.

UTM - MiWay (Mississauga Transit)

mississaugatransit.com

Public transportation for getting around Mississauga, with connections to TTC and GO Transit. Schedules, maps and Student PRESTO cards are available online.

UTM – Parking & Transportation Services

1550 The Collegeway (Alumni House), Room AH 108

905-828-5254

uoft.me/utmparking

Buy parking permits for the UTM campus, get maps and directions and access alternative transportation options.

UTM Shuttle Bus

utm.utoronto.ca/shuttle

uoft.me/utmshuttle

For travelling between the St. George and Mississauga campuses.

UTM – U-Pass

1867 Inner Circle (William G. Davis Building, Office of the Vice-Dean), Room DV 3200

uoft.me/upass

This student transit card allows unlimited fare-free rides on MiWay, Mississauga’s transit system.

Health & Wellness

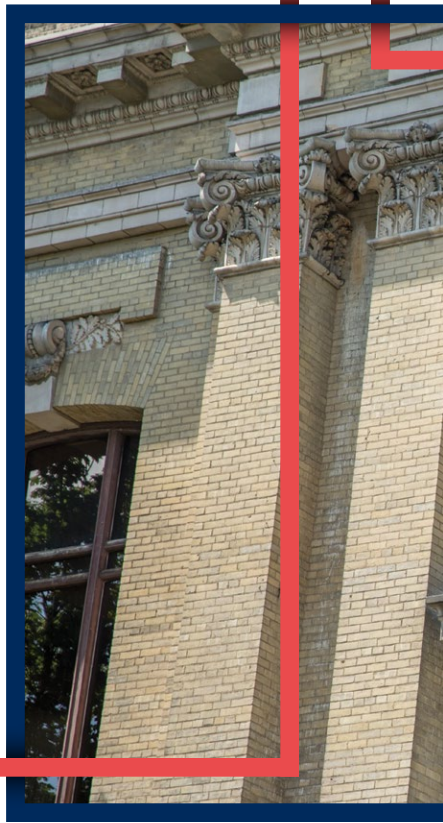
Completing a graduate degree requires a lot of stamina, energy and focus – and that means it's essential to take care of yourself. In this section, find medical, counselling and other wellness services across the three campuses, and explore resources that will help you strike a balance between your academic work and the rest of your busy life.

Spotlight 1

What kind of insurance plan do I have?

U of T grad students can be enrolled in up to three health insurance plans: either OHIP (for domestic students and permanent residents) or UHIP (for international students); the UTGSU Health & Dental Plan (HDI); and if you are a Teaching Assistant, the CUPE 3902 Top-Up Plan. If you are a staff-appointed employee of the USW Local 1998, the USW Local 1998 (Appointed) benefits would apply to you.

For information about how they differ plus how to use them to receive coverage on doctor's visits, medication and services, check out the **Health and Dental** section of utgsu.ca.



Spotlight 2

I am a student caregiver. Where can I find assistance?

Whether you are taking care of children, parents, or relatives, you can find support on all three campuses. Browse the Family section in the *Directory on page 60* to learn more about programming and to access a variety of resources.

It's also helpful to note that the **UTGSU Health & Dental Plan**, **OHIP/UHIP**, the **CUPE 3902 Top-Up plan** and **USW Local 1998 (Appointed) benefits** permit members to enrol their dependents and receive coverage. Be sure to check each plan for a definition of what “dependents” means, what the enrolment process entails and when important deadlines are.





Spotlight 3

Are there any wellness supports especially for international students?

While you are welcome to access existing campus services and supports, you might also consider accessing **My SSP**. Offered for free to international students at U of T, My SSP offers confidential, multilingual, and 24-hour support by phone or chat. Visit uoft.me/myssp to learn more and to download the app.



Spotlight 4

What kinds of leaves are offered to grad students (parental, medical, other)?

Life doesn't stop while you are doing your graduate studies, and sometimes things happen that may make it useful to pause your education and return at a later time. The School of Graduate Studies has policies that address this potential need. There are three types of leave available for graduate students:

- **Parental Leave:** taken by either parent at the time of pregnancy, birth or adoption, and/or to provide full-time care during the child's first year. Normally, parental leave is completed within 12 months of the date of birth or custody.
- **Medical Leave:** a documented health issue makes it temporarily impossible for the student to remain in the program.
- **Personal Leave:** "Personal problems" should be interpreted broadly, and do not need to be health-related. Students may have financial reasons for requesting a leave (though we recommend they first explore the possibility of an emergency assistance grant); exceptional temporary employment, placement or education opportunities relevant to the student's program or career goals may arise; family members or close friends may require care; or the student may simply have any number of serious personal reasons for requesting a leave from academic study.

Details about the various situations that are covered by each type of leave are available at

uoft.me/grad-LOA.

Directory Listings

Wellness & Medical

— see also *Fitness and Sports*
page 62.

David L. MacIntosh Sport Medicine Clinic

Faculty of Kinesiology and Physical
Education

100 Devonshire Place, 4th floor
416-978-4678 (Press “0” for
reception)

[kpe.utoronto.ca/david-l-macintosh-
sport-medicine-clinic](http://kpe.utoronto.ca/david-l-macintosh-sport-medicine-clinic)

A comprehensive sport medicine care facility, the clinic’s staff includes certified athletic therapists, sport and manual physiotherapists, sport massage therapists, sport physicians, orthopaedic surgeons, a certified podiatrist and a registered psychologist (in clinical neuropsychology). Fees vary for U of T students — check the website for details.

Dental Care

416-864-8000

uoft.me/dentalclinic

Dental services performed by supervised dentistry students at a reduced rate. Services include pediatric, emergency and general dentistry, and orthodontics.

Elders and Traditional Teachers

*See Academic Advocacy, Equity &
Supports Directory page 92.*

Grad Minds

gradminds.ca

Grad Minds is part of the U of T Graduate Students’ Union (UTGSU) and provides mental health-related resources and services to students, advocates for graduate students’ mental health, and creates partnerships in the community. Offerings include events (arts events, film screenings, talks), the annual Open Minds conference, free yoga and monthly Mental Health at the Grad Room.



“My experience working on Grad Minds has made me grow as a leader and continue learning how I can better serve the needs of my community. It has also motivated me to continually look for opportunities to contribute to my communities.”

Jacalyn

*PhD, Department of Medical
Biophysics*

Graduate Conflict Resolution Centre (Grad CRC)

See *Academic Advocacy, Equity & Supports Directory* page 94.

Graduate Wellness Counselling Services at SGS

63 St. George Street, Room 207A/B

uoft.me/grad-counselling

uoft.me/wellness-workshops

SGS Wellness Counsellors offer brief counselling services five days a week as well as bi-monthly wellness workshops exclusively for graduate students. Build coping skills to help you meet the demands of your academic and personal life. Offered in partnership with the Health & Wellness Centre.

Graduate Wellness Portal

uoft.me/wellnessportal

Looking for mental health services, resources, or academic supports? This portal, a collaboration between SGS and the University of Toronto Graduate Students' Union (UTGSU), can help point you in the right direction. Find on-campus and community wellness resources through a grad-focused directory and browse (or contribute!) helpful FAQs.

Health & Wellness Centre

214 College Street (Koffler Student Services Centre),

2nd Floor

416-978-8030

healthandwellness.utoronto.ca

Confidential, student-centred health care services available to all full- and part-time students who possess a valid TCard and have provincial health insurance coverage (e.g. OHIP) or UHIP for international students. General health services include: health check-ups, prescriptions, allergy shots, immunizations, birth control, documentation of illness for exam deferral and specialist referrals.

Mental health services include: individual psychotherapy/counselling, group therapy, assault counselling and pharmacotherapy.

Mental Health Framework

mentalhealth.utoronto.ca

U of T's commitment to student mental wellness includes everyone. From student leaders to faculty and staff, we all have roles to play in ensuring student mental wellness. Explore the 22 recommendations across five key areas to discover how you fit in.

Mindful Moments

uoft.me/mindfulmoments

Maintaining a moment-by-moment awareness of thoughts, feelings, bodily sensations and environment through mindfulness can help you increase your relaxation and resiliency. Drop-in sessions on campus run from September to March.

My SSP

uoft.me/myssp

Offered for free to international students at U of T, My SSP offers confidential, multilingual, 24-hour support by phone or chat.

Visit uoft.me/myssp to learn more.

Office of Health Professions Student Affairs (OHPSA)

UTSG: 6 Queen's Park Crescent West (C. Naylor Building), 3rd floor

UTM: 3359 Mississauga Road (Terrence Donnelly Health Sciences Complex), 2nd Floor
416-978-2764

md.utoronto.ca/student-resources

Supports students enrolled in the Faculty of Medicine with services in the areas of personal counselling & student wellness, career development, academic coaching, service learning and community outreach.

OISE Psychology Clinic

252 Bloor Street West

Suite 7-296

416-978-0620

oise.utoronto.ca/psychservices

Provides comprehensive assessment and intervention services to children and adolescents, and assessment and counselling services to adults. Services typically provided by students doing their clinical training under supervision.

SGS Parental Grant

All campuses

uoft.me/SGSparental

Doctoral students within the funded cohort may apply for this fund that helps offset the loss of funding as a result of taking an approved parental leave of absence at the time of birth or adoption.

SGS Leave of Absence

See Spotlight page 79.

Sexual Violence Prevention & Support Centre

416-978-2266 (all locations)

svpscentre.utoronto.ca

This tri-campus resource enables students who have been affected by sexual violence to receive support and information and, if they choose, make a report to the University.

UHIP (University Health Insurance Program)

uoft.me/uhip

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. Visit the UHIP website for helpful information about the plan, such as how to enrol your dependents (e.g. spouse or common-law partner and/or children).

University of Toronto Graduate Students' Union (UTGSU) Health and Dental Insurance Plan

416-978-8465

utgsu.ca/health-and-dental
health@utgsu.ca

This plan fills the gaps in government health care. It provides important services and covers expenses such as prescription drugs, health practitioners, medical equipment and travel health coverage. The plan goes beyond the treatments and services provided by the basic health-care plan, OHIP or UHIP.

UTM – Health & Counselling Centre (HCC)

1867 Inner Circle (William G. Davis Building), Room DV 1123A
905-828-5255

utm.utoronto.ca/health

Access a wide range of medical and counselling services provided by student-friendly physicians.

UTSC – Health & Wellness Centre

1265 Military Trail (Student Centre), Room SL270
416-287-7065

utsc.utoronto.ca/hwc

Medical, nursing, counselling, health promotion and education services are available for any UTSC student with a current student card and a valid health card.

Teaching Assistants' Health Insurance

180 Bloor Street West (CUPE Downtown Office), Suite 803
416-593-7057

cupe3902.org

Teaching Assistants have additional coverage through CUPE 3902. For more information, please contact the union directly.

Academic Advocacy, Equity & Supports

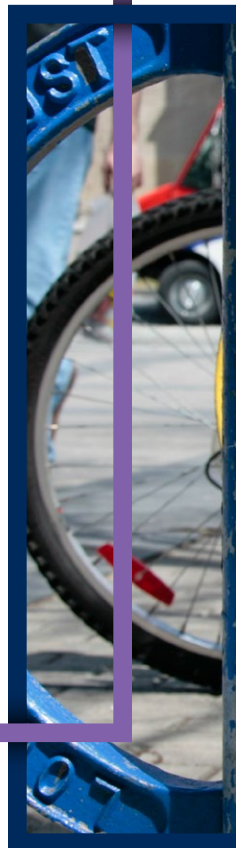
Are you looking for a community that shares your identity and/or life experience? Do you need assistance resolving an issue affecting your academic progress? In this section, you'll find services and resources to help you feel supported and have your voice heard.

Spotlight 1

I have a complaint related to funding, supervision, my instructor or my academic program. Where do I turn?

For **funding complaints**, follow the Funding Complaint Process (uoft.me/sgs-fcp) outlined on the SGS website.

For **issues related to supervision or your academic program** you have several options, both within and outside your department: talking with your graduate coordinator or graduate chair; with a G2G Peer Advisor at the Graduate Conflict Resolution Centre; with your UTGSU academic commissioner; with the UTGSU's Membership and Advocacy Coordinator; and/or with the Vice-Dean, Students at the School of Graduate Studies. If your issue remains unresolved throughout this process, you may wish to contact the University of Toronto Ombudsperson.



Spotlight 2

I have a complaint related to my employment as a teaching assistant or research assistant. Where do I turn?

If you are a member of **CUPE 3902, Unit 1**, contact your CUPE representative or consult the CUPE website (cupe3902.org), where you will find a detailed description of the grievance process as well as your collective agreement.

USW 1998 (Appointed) represents students in their role as salaried research assistants through a collective agreement with the University. If you're a member, contact your USW representative or consult the USW website (usw1998.ca).

If your issue remains unresolved, you may wish to contact the **University of Toronto Ombudsperson** (ombudsperson.utoronto.ca/contact.html).





Spotlight 3

I am experiencing discrimination based on my race or gender. Where do I turn?

All three campuses have mechanisms to address complaints of discrimination and harassment. For instance, the Equity & Diversity Offices at UTM and UTSC as well as the Sexual & Gender Diversity Office (SGDO) and Anti-Racism and Cultural Diversity Office (ARCD) on St. George campus can respond to concerns and provide advocacy, as needed. For additional resources, including Indigenous services and sources of peer support, *see the Directory pages 91-92.*



Spotlight 4

What should I know about the Grad Conflict Resolution Centre (Grad CRC)?

1. We're just like you! Our team of G2G (grad-to-grad) peer advisors are current master's and doctoral students from a wide range of departments with diverse life experiences. Learn more about us and our services on our website (gradcrc.utoronto.ca).
2. No issue is too small or too big to discuss. Whether you're having difficulty with your supervisor, or want to talk through options for resolving an issue with a labmate or classmate, we're here to provide an impartial sounding board.
3. We don't keep files about our conversations. We have strict confidentiality guidelines so that you can feel more comfortable talking to us about your concerns.
4. Connect with a G2G whether or not you're on campus. Talk to us in person, over Skype or by phone. Today's drop-ins are posted on Twitter [@GradCRCUofT](https://twitter.com/GradCRCUofT) or log into CLNx (clnx.utoronto.ca/home.htm) to book an appointment.
5. We can visit your department or grad unit! We facilitate workshops about conflict management for grad students and for faculty. Contact us to find out more.

Directory Listings

Anti-Racism, Equity & Diversity

Anti-Racism and Cultural Diversity Office (ARCDO)

155 College Street, Room 356
416-978-1259

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

563 Spadina Avenue (North Borden Building), Room 100
416-978-8201

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.

Equity & Advocacy Committee (EAC) – UTGSU

external@utgsu.ca

The EAC discusses issues of social justice with graduate students and engages in campaigns to combat all forms of discrimination and social inequity that intersect with U of T and the wider community.



“Being a part of student groups has allowed me to make new connections and fight the isolation of doctoral research. Discussing practical ways of taking action to promote social justice has made the grad experience more memorable and worthwhile.”

Paolo

PhD, Department of Italian Studies; Collaborative Program in Sexual Diversity Studies

Sexual & Gender Diversity Office (SGDO)

21 Sussex Avenue,
Suite 416-417
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.

Ulife: Culture and Identities, Social Justice/Advocacy

ulife.utoronto.ca

Searching this central U of T website by the “Culture and Identities” or “Social Justice/Advocacy” categories reveals a multitude of student groups across the tri-campus. Some, like the Black Graduate Students Association (BGSA), are graduate-focused; others, like the Canadian Asian Student Society (CASS), are open to U of T students in all degree programs.

“The events organized by the Sexual & Gender Diversity Office have helped me find my best friends in a new country. The SGDO also gave me the opportunity to work as a work-study student, and help make Pride events and Queer orientation on campus possible. I was able to connect to queer communities in three campuses, meeting new graduate students and forging interesting academic connections.”

Ian

*PhD, Adult Education and
Counselling Psychology -
Department of Leadership, Higher
and Adult Education*



UTM – Equity and Diversity Office

1867 Inner Circle (William G. Davis Building), Room DV 3094G
905-569-4916

utm.utoronto.ca/equity-diversity

UTSC – Equity and Diversity Office

1265 Military Trail (Bladen Wing), Room BV536
416-208-2241

utsc.utoronto.ca/edo

Indigenous Student Services

First Nations House/ Indigenous Student Services

563 Spadina Avenue (North Borden Building)
416-978-8227

fnh.utoronto.ca

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



“Through the Indigenous Education Network (IEN), Supporting Aboriginal Graduate Enhancement (SAGE), First Nations House (FNH), Centre for Indigenous Studies (CIS) and the Ciimaan/Kahuwe’yá/Qajaq (CKQ) language initiative, there is always an event or workshop to attend on campus. As a working graduate student, meeting and connecting with other Indigenous students at lectures, traditional teachings, and socials has expanded my network of friends and nourished my mind, body and spirit.”

Julie

MSW, Factor-Inwentash Faculty of Social Work (Field: Indigenous Trauma and Resiliency)

Supporting Aboriginal Graduate Enhancement (SAGE UT)

563 Spadina Avenue, 2nd Floor
(Centre for Indigenous Studies)
416-978-2233

indigenoustudies.utoronto.ca/sage
sage@utoronto.ca

Operating out of the Centre for Indigenous Studies at the University of Toronto's St. George Campus, this graduate student-led group plans workshops, presentations, meetings and other events promoting the academic and personal development of Indigenous graduate students.

UTM – Indigenous Centre

1867 Inner Circle (William G. Davis Building), Room DV 3206
905-569-4867

utm.utoronto.ca/indigenous-centre

Meet with Traditional Indigenous Elder Cat Criger or take part in a Learning Circle, a seminar, or other experiential learning opportunities. The Waawaakte Northern Lights Initiative provides many ways for students to engage with various traditional Indigenous cultures.

UTSC – Indigenous Outreach Program

utsc.utoronto.ca/studentlife/indigenous-outreach-program

Indigenous programming, engagement and outreach at UTSC includes traditional teachings by the Indigenous Elder-in-Residence, leadership development workshops and experiences, educational and cultural events, and community outreach to the significant Indigenous population residing in the East Scarborough area.

Legal Support, Academic Advocacy & Conflict Resolution

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.

Funding Complaint Process

academics1and2@utgsu.ca

academics3and4@utgsu.ca

If you have followed the SGS funding complaint process (uoft.me/sgs-fcp) and require additional help or information, reach out to the UTGSU academic and funding commissioner in your division. These commissioners can advocate on your behalf and assist in resolving your funding complaint with the dean of the department.

Graduate Conflict Resolution Centre (Grad CRC)

416-978-8920

gradcrc.utoronto.ca

gradcrc@utoronto.ca

A resource for early and effective conflict resolution for members of the graduate community.

Confidential, knowledgeable advice from trained G2G (grad-to-grad) peer advisors to help students navigate and resolve conflicts arising in the course of their studies. G2Gs do not intervene or advocate – they listen and help students understand options and available resources. Appointment and drop-in hours available weekly, as well as training and events. No matter is too small to discuss!



“Being a G2G Peer Advisor at the Graduate Conflict Resolution Centre has been one of the highlights of my graduate school experience. I get to work with a team of fellow graduate students to support the graduate community at U of T—students, staff and faculty. Using conflict resolution theory and our training on the resources on campus, we work together to help them navigate difficult situations.”

Amika

MSc, Institute of Health Policy, Management and Evaluation (Concentration: Health Services Research)

University of Toronto Ombudsperson

ombudsperson.utoronto.ca

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

UTGSU Academic Advocacy

416-946-8699

utgsu.ca/services-2/advocacy/membership@utgsu.ca

Confidential academic advocacy services. If you are experiencing academic and/or administrative difficulties, the UTGSU can assist you with advice, information, and representation. Please email for an appointment.

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 twelve grad students elected annually by peers.

University of Toronto Graduate Students' Union (UTGSU)

16 Bancroft Avenue
416-978-2391

utgsu.ca

info@utgsu.ca

The UTGSU advocates for increased graduate student representation and acts as a voice for students by advocating on their behalf. The UTGSU engages students through community building events and campaigns, organized by various committees and caucuses. The UTGSU also offers a variety of services, such as health and dental insurance, confidential advice, grants and bursaries, and access to gym space.

USW 1998 (Appointed)

25 Cecil Street, 3rd floor
416-506-9090

usw1998.ca

info@usw1998.ca

A union of clerical and professional employees of the University of Toronto, United Steel Workers Local 1998 represents students in their role as salaried research assistants through a collective agreement with the University.

UTM's Association of Graduate Students (UTMAGS)

utmags.sa.utoronto.ca

A graduate student association representing all MSc, MA, M Biotech, MMI, BMC and PhD students who spend the majority of their academic and social time at UTM. UTMAGS represents the interests of UTM graduate students at the Graduate Students' Union, and several other UTM committees. Over the past few years, it has lobbied for increased student support, improvement of UTM student housing, and increased services to students at UTM.

UTSC – Graduate Students' Association at Scarborough (GSAS)

utsc.utoronto.ca/groups/gsas

A student-run non-profit organization working to improve the student life for all graduate students at UTSC. Established in 1978 under the former name Scarborough College Association of Graduate Students, the purpose of GSAS is to bring graduate students from all academic departments at UTSC together and ensure all the needs of UTSC graduate students are met.

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