

Transcript – Orientation for Students with Family Responsibilities – September 2023

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00:00:13.622 --> 00:00:41.441

FCO – Jennifer: With great pleasure that I introduce Kay, the Kay Francis, the manager. Sorry the assistant director. Congratulations on your recent, the assistant director of the Family Care Office here at the University of Toronto, and I'll be muting myself now and enjoying the presentation along with our others other friends in the virtual community today. But I just wanted to acknowledge and to give the floor to you.

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00:00:41.952 --> 00:00:59.402

FCO Kaye Francis: Okay, so welcome to the orientation for students with family responsibilities. Just some housekeeping, as Jennifer mentioned. We're going to share my slides and facilitate her slides usually by Monday at the latest. We'll be giving you an email, and we'll also share recording of the session as well.

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00:00:59.492 --> 00:01:12.521

FCO Kaye Francis: and also to note if there any inappropriate, verbal, or written communication. Individuals were removed from the session. We're asking that we, as a community, hold each other accountable for maintaining a space of safety, accountability, respect, and inclusion.

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00:01:12.552 --> 00:01:17.602

FCO Kaye Francis: If there's a resume bombing of the session, then we'll close the session. You'll be notified by email.

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00:01:18.152 --> 00:01:36.531

FCO Kaye Francis: So I wanna welcome Jenny and Kristen today, and they'll providing us with the Asl interpretation. Just some accessibility notes. Thank you. So you can PIN their videos by hovering over their videos and clicking the 3 dots that appear and then selecting PIN video

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00:01:36.572 --> 00:01:46.732

FCO Kaye Francis: while slides are being presented, you can select side by side in view options and adjust the size of the speakers and interpreters. Windows by sliding the separator between the presenters and the slides

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00:01:47.022 --> 00:01:51.112

FCO Kaye Francis: closed. Captioning is also available by clicking CC. On the bottom of your screen.

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00:01:51.252 --> 00:02:02.262

FCO Kaye Francis: If you have any questions or need anything during the session, please send a chat message directly to Jennifer directly, and she'll be able to help you as well.

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00:02:03.482 --> 00:02:05.992

FCO Kaye Francis: Natasha, can you move to the next slide, please?

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00:02:12.192 --> 00:02:18.741

FCO Kaye Francis: So this statement of acknowledgment of traditional land, even though we're connecting virtually, it's still applicable today.

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00:02:18.752 --> 00:02:26.602

FCO Kaye Francis: So we wish to acknowledge this land on which we operate. The University of Toronto operates for thousands of years it has been the traditional land of the

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00:02:26.722 --> 00:02:38.042

FCO Kaye Francis: Wendat, the Seneca, and the Mississauga of the credit. Today this meeting place is still the home to many indigenous people from across her island, and we're grateful to have this opportunity to work on this land.

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00:02:38.312 --> 00:02:48.302

FCO Kaye Francis: So, as a settler, I want to acknowledge and show my gratitude to native individuals that live on this land, and we need to acknowledge that we have prospered from this land that was taken from them.

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00:02:49.872 --> 00:02:52.462

FCO Kaye Francis: Jennifer Natasha, if you can move slides.

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00:02:53.622 --> 00:02:56.071

FCO Kaye Francis: So in terms of the goals for today.

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00:02:56.082 --> 00:03:12.551

FCO Kaye Francis: We have 3 goals set out. The third goal is, going to be a little bit more difficult, because, you'll just find you'll find difficult to share with other students. But anyways, the first goal is, make you aware of the university resources that may support your transition to the university life?

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00:03:12.792 --> 00:03:30.332

FCO Kaye Francis: The second goal is, provide you with some suggestions on integrating your family in academic life. And that's going to be happening mainly during the student family responsibilities. Panel so we're going to have the panel, and that will give you some of these suggestions for integrating your family and academic life, and mainly the peer mentors are going to be on that panel.

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00:03:30.602 --> 00:03:37.921

FCO Kaye Francis: And thirdly, we're hoping to expand your personal networks by making connections with university peer mentors and other students.

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00:03:39.722 --> 00:03:42.042

FCO Kaye Francis: If you can move the slides. Thank you.

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00:03:42.202 --> 00:03:55.232

FCO Kaye Francis: So in terms of the agenda today. We're hoping. Well, I'm going to do the orientation, the overview of the family care office today. Then we're going to have family. Helen ready cat! Speak. She's the family Care Office.

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00:03:55.552 --> 00:04:02.681

FCO Kaye Francis: She's with the family care officer. She's a family care advisor, and she'll talk about the peer mentor program and supports for students.

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00:04:02.742 --> 00:04:07.072

FCO Kaye Francis: Then we're going to have a panel students with family responsibilities panel mainly

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00:04:07.532 --> 00:04:11.231

FCO Kaye Francis: hosted or populated by the peer mentors.

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00:04:11.332 --> 00:04:13.052

FCO Kaye Francis: We're going to have a little bit of a break.

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00:04:13.222 --> 00:04:27.802

FCO Kaye Francis: Then we're gonna have 2 breakout rooms. So we're gonna have in the main room. We're gonna have graduate students. They're gonna talk about graduate students. the graduate and financial support services they can have as well as the Gsu will be available.

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00:04:27.812 --> 00:04:42.091

FCO Kaye Francis: Then we're gonna have a breakout room 2, which will you'll have to attend the session, for the undergraduate students will have the financial supports, academic financial supports as well as Apus and Atsu will also attend the session as well.

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00:04:42.252 --> 00:04:48.272

FCO Kaye Francis: Then we're going to have a presenter from the Academic Success Center, and then we'll have some closing remarks from myself

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00:04:49.582 --> 00:04:51.161

FCO Kaye Francis: if we can move the slide.

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00:04:53.282 --> 00:05:01.711

FCO Kaye Francis: So a little perspective on the Family Care office, sir, one of the few office in Canada that focused on supporting individuals with family responsibilities.

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00:05:01.752 --> 00:05:04.501

FCO Kaye Francis: Our office is founded over 25 years ago.

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00:05:04.512 --> 00:05:11.032

FCO Kaye Francis: We're one of the UofT equity offices, and we serve all U of T student staff and faculty members

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00:05:11.852 --> 00:05:13.842

FCO Kaye Francis: next slide.

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00:05:17.932 --> 00:05:29.152

Kaye: So we're a small, but my team that works hard provide you with the information that you're looking for supports for students, staff and faculty across all family responsibility.

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00:05:29.492 --> 00:05:30.402

FCO Kaye Francis: Sorry.

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00:05:34.572 --> 00:05:35.472

FCO Kaye Francis: Okay.

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00:05:35.832 --> 00:05:48.021

FCO Kaye Francis: we're. I'm Kate Francis I mentioned. I am the manager of the family Care office. Helen, ready. Katz is going to be our second speaker is our family care advisor who focus and providing students with the sports they require.

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00:05:48.132 --> 00:05:53.152

FCO Kaye Francis: she, the individual you'd be contacting for any advice and resource that could support you as a student.

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00:05:53.172 --> 00:06:09.382

FCO Kaye Francis: And just to note her Ms bookings, link is found in her email address. So you can email her also found on our website. You can look in the soon section on our website. I'll tell you what our what website is in the next few slides.

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00:06:09.542 --> 00:06:24.631

FCO Kaye Francis: J. Sparks is the education Communications Coordinator. She focused a lot of our program planning and that we offer Natasha Vanderburg is our faculty relocation, family caregiver. Leave specialist, and she deals a lot with staff and faculty

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00:06:25.012 --> 00:06:31.612

FCO Kaye Francis: and Meike is our information communications officer, and she'll often be your first point of contact.

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00:06:31.922 --> 00:06:42.521

FCO Kaye Francis: You can reach any member of our team via email. And we're more than happy to provide you with the supports that you require or provide you with another resource that you'll be looking for

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00:06:43.452 --> 00:06:54.182

FCO Kaye Francis: if you can forward the slides. So in terms of what we do. the family Care Office supports you as in your family life, as you learn and or work.

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00:06:54.222 --> 00:07:01.172

FCO Kaye Francis: we provide confidential guidance and resources. We provide educational programming and topics, such as planning for a child.

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00:07:01.282 --> 00:07:05.621

FCO Kaye Francis: looking for child care or schools, parenting strategies and elder care.

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00:07:05.891 --> 00:07:20.191

FCO Kaye Francis: And we serve the University of Toronto's student staff and faculty and their partners. And I've got listed there as our website. So familycare.utoronto.ca, if you want to take a look at that. That will also explain some of our services as well.

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00:07:20.272 --> 00:07:25.842

FCO Kaye Francis: Just as a note we're not councillors, we can make referrals to on and off campus, depending on your need.

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00:07:27.862 --> 00:07:29.681

FCO Kaye Francis: if you want to move to the next slide.

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00:07:35.262 --> 00:07:45.682

FCO Kaye Francis: So we're located at 2, 15 Huron Street. We're located at the sixth floor. Suite 6. So 3. Just ring the doorbell to get entrance to our area.

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00:07:45.722 --> 00:08:03.432

FCO Kaye Francis: So while the coffee center, so we're located normally at 2 14 College Street, which is the Coffee Student Service Center. But that's going under renovations right now. So

temporarily, we're located at 2 15 Huron and the St. George campus, and we're here until at least August 2024.

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00:08:04.002 --> 00:08:11.422

FCO Kaye Francis: most of our workshops are online at this time. Our resource and lending library is open at 2 15 Huron

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00:08:11.432 --> 00:08:15.872

FCO Kaye Francis: and our family care advisors are available for virtual or in-person appointments.

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00:08:16.002 --> 00:08:27.571

FCO Kaye Francis: The best method to reach us is by phone call. So we're at (416) 978-0950ne or email familycare.utoronto.ca.

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00:08:27.792 --> 00:08:35.121

FCO Kaye Francis: our office hours are Monday to Fridays from 9 0 to 5 0 PM. Except on by appointment till on Tuesdays until 6 Pm.

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00:08:38.022 --> 00:08:39.142

FCO Kaye Francis: If you want to. Just

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00:08:39.162 --> 00:08:54.711

FCO Kaye Francis: so keep in touch. How do you keep in touch thus? So you can subscribe to our E. Newsletter for upcoming events and news. So just to to email familycare.utoronto.ca at uturan.ca, to get onto our ease newsletter.

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00:08:54.812 --> 00:09:08.992

FCO Kaye Francis: We can visit us online, as I mentioned as a family to care.ustrano.ca, we're also available on social media on Facebook, on X, which is formerly Twitter or on Instagram. And we also have a blog.

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00:09:09.672 --> 00:09:14.751

FCO Kaye Francis: and I just want to say, Thank you at this point and turn it over to Helen.

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00:09:20.042 --> 00:09:21.452

FCO - Helen Katz (she/her): Thanks, Kay.

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00:09:22.622 --> 00:09:26.211

FCO - Helen Katz (she/her): I am just there we go

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00:09:28.362 --> 00:09:31.011

FCO - Helen Katz (she/her): making sure I have control of the slides.

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00:09:34.482 --> 00:10:04.362

FCO - Helen Katz (she/her): So I'm gonna be talking a bit today about the peer mentor and student supports available for students through the fco. So I love this job. I love meeting all the students I already see some names on the list of people I've met with as you've been entering U. Of T. And asking to find housing and childcare, and I hope you found most of the pieces, if not all, of the pieces, and we're here to continue supporting you now that you've arrived, and

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00:10:04.362 --> 00:10:28.512

FCO - Helen Katz (she/her): enjoying your time at the University and in the city of Toronto. If you're new to our city. So there's lots of opportunities for students to engage with the fco. The first is, we have regular family events. They occur approximately once a month, give or take, and we try to find a variety of different ways. For different

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00:10:28.572 --> 00:10:53.371

FCO - Helen Katz (she/her): age groups to explore our campus community and get to know each other. So some of our events are more geared towards younger children. Some of events are more up geared towards families with teenagers. We really like to partner with the with the great opportunities we have on campus throughout the year. We always have days that we partner with astronomy, and go to see Varsity games.

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00:10:53.602 --> 00:11:18.322

FCO - Helen Katz (she/her): So look for those opportunities are always in the newsletter and on social media. The first of those opportunities coming up that I know you were all emailed about, but it will mention it again. This presentation is our family picnics. This year is the first year our family socials. I guess we're a little bit late in the year that we thought picnics was a bit dicey weather dependent. But

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00:11:18.352 --> 00:11:39.161

FCO - Helen Katz (she/her): what the first of our socials is taking place tomorrow on the Scarborough campus. It is actually homecoming. And Scarborough. They have a number of free family events going on, so we thought it was a great day for families to stay there throughout the day. Next weekend on Friday evening we have an event on the Utm campus.

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00:11:39.162 --> 00:11:54.551

FCO - Helen Katz (she/her): and then we'll be having an event on the Saint near the St. George campus and Ramston Park, which is located at Rosedale subway station. So if you haven't, are speaking for those events yet, feel free to do so. After this presentation

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00:11:55.682 --> 00:12:13.301

FCO - Helen Katz (she/her): the second we have is the Life Management Series. We this is while a lot of our workshops are for student staff and faculty, the Life Management Series is geared towards students. It's a number of virtual programs.

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00:12:13.302 --> 00:12:33.872

FCO - Helen Katz (she/her): And we cover such topics as time management skills, organization careers, etc. If you attend a certain number of the programs. It's eligible for Ccr accreditation as well. Christina, who's on our panel today. We it will be running one of the first of the Life Management Series, and she'll speak about that more later on in our session.

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00:12:34.562 --> 00:12:47.241

FCO - Helen Katz (she/her): one on one advising. So there are opportunities to meet with me directly as Kay as and mentioned, my link is on the website. As soon as you visit the students section of the website,

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00:12:47.652 --> 00:12:58.101

FCO - Helen Katz (she/her): and I can also meet over the phone or by email to discuss anything related to family matters. So pregnancy, childcare school enrollment, enrollment, time management.

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00:12:58.122 --> 00:13:03.801

I could either help you directly or direct you towards the resource that can best support you.

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00:13:04.262 --> 00:13:27.521

FCO - Helen Katz (she/her): And last of all, you're welcome to attend any of our workshops or events taking place that are geared towards student staff and faculty, and that your partners as well. So if there's an event that you think is relevant, or a workshop that you think is relevant to your family and storing your class time. You're welcome to send a partner or another family member to attend the event.

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00:13:33.202 --> 00:13:43.621

FCO - Helen Katz (she/her): So some common issues faced by students with family responsibilities. So these are some of the more common topics that come up.

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00:13:44.012 --> 00:14:03.491

FCO - Helen Katz (she/her): looking for childcare spaces. Well, I cannot directly find you a childcare space. I can walk you through the system of finding childcare spaces in the city of Toronto. I also hold a regular workshop, each semester about the incident of finding childcare and how child care operates in our city

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00:14:03.762 --> 00:14:21.112

FCO - Helen Katz (she/her): financial issues. And it's important note that unfortunately, family care doesn't directly have a financial resources available for students, but can help you in navigating grants, funds, etc., that are available through the university and community to apply to your family situation.

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00:14:21.682 --> 00:14:30.812

FCO - Helen Katz (she/her): integrating family life and study. So time, management skills, etc., and also finding belonging in the community.

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00:14:37.262 --> 00:14:47.641

FCO - Helen Katz (she/her): So some of the most frequent questions. I'm asked how to find that child care, space, pregnancy, what steps to take leave, policies, resources for new parents, etc.

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00:14:47.792 --> 00:14:57.012

FCO - Helen Katz (she/her): Financial difficulties. Oh. thank you. And how to communicate with professors, and when to disclose family responsibilities.

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00:14:57.012 --> 00:15:21.842

FCO - Helen Katz (she/her): You know I can we? I hold a session on this in conjunction with a number of our accessibility offices and student life. Talking about how to reach out and introduce yourself as a student. But I will say a note. Now, while it is a choice, I often suggest that students that have family responsibilities reach out at the start of the year and introduce themselves to their professors, and let them know

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00:15:21.872 --> 00:15:41.202

FCO - Helen Katz (she/her): that while they're taking their life as a student very seriously, there are sometimes issues that come up over the course of the year, and sometimes that can save you later on in bringing this up, when inevitably you have a student sick, conflicting with a deadline, etc. A child that's sick, conflicting with a deadline, etc.

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00:15:41.202 --> 00:16:03.971

FCO - Helen Katz (she/her): But if you have a specific situation that you're wondering how to best navigate, I can help with you in self advocacy, as you can see at family care. We're a small team, so I always urge students to self-advocate to begin. But if they're coming up with a conflict with the department professor, etc., please let us know, and we'll see how we can support you at that time.

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00:16:09.572 --> 00:16:12.172

FCO - Helen Katz (she/her): Can someone help me move to the next slide?

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00:16:15.212 --> 00:16:17.111

FCO - Helen Katz (she/her): Thank you so much.

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00:16:18.312 --> 00:16:20.582

FCO - Helen Katz (she/her): Oh. perfect!

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00:16:21.042 --> 00:16:39.762

FCO - Helen Katz (she/her): We have a we have services and supports available for student cares. Some of our sessions revolve around parenting strategies, family adjustment, student life. We also have bereavement resources and finally, separation and divorce resources. If they are needed for your family.

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00:16:47.742 --> 00:16:48.872

FCO - Helen Katz (she/her): Therefore

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00:16:50.882 --> 00:16:53.501

FCO - Helen Katz (she/her): thank you so much.

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00:16:53.512 --> 00:17:15.481

FCO - Helen Katz (she/her): So I wanted to speak a bit about our peer mentorship program. I'm currently in the works of hiring our coordinator for our peer mentorship program for this year. We're hoping to have it up and running for October. But it's a program that runs during the duration of the academic year. So fall and winter semesters. We usually have 10 plus

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00:17:15.482 --> 00:17:34.381

FCO - Helen Katz (she/her): pure mentors and room for unlimited peer mentees to join the group. So it's not necessarily a one to one ratio. If you're interested in engaging in the program, anyone can engagement in the program both for mentors and mentees can be Ccr recognized.

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00:17:34.382 --> 00:18:04.211

FCO - Helen Katz (she/her): And there are opportunities for both. Weekly, one on one and group connections. Again, starting in O early October. So we have a Facebook group, and the links will be shared when the slides are distributed. We have a Facebook group for peers to connect our peer mentors monitor the group, and it gives opportunities for connection. There we have a study Hub. Who Melinda, who's actually on our peer panel, will be talking about at that time.

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00:18:04.212 --> 00:18:29.792

FCO - Helen Katz (she/her): and we also have monthly peer chats. So last year they were all virtual this year, depending on the state of health, etc. We might try to bring some in person, but opportunities for the mentors, the mentorship coordinator to connect and just have a casual conversation on how everything everyone's doing and managing families during this time.

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00:18:31.432 --> 00:18:32.992

FCO - Helen Katz (she/her): Next slide, please.

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00:18:39.742 --> 00:18:50.302

FCO - Helen Katz (she/her): So here are some great pictures from our family events. I'm so happy to say that last year was one of the first years

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00:18:50.302 --> 00:19:11.662

FCO - Helen Katz (she/her): sort of coming out of the pandemic that we managed to have a good number of in person events again. We had a great event during pride for Lg. Lgbtq. Plus families and their allies and their supporters at Har Host in the quad. It was a beautiful day. That's what that

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00:19:12.112 --> 00:19:25.601

FCO - Helen Katz (she/her): iconic U of T. Pictures from we partnered with East Asian studies, and the Christine Library, and we hosted within the East Asian Library, a great.

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00:19:25.602 --> 00:19:49.402

FCO - Helen Katz (she/her): a lunar New Year event that invited both members of the community celebrating and members that wanted to learn about the lunar New Year. And and you know, hopefully, we'll see without reach if we're able to host that again this year. So those are some examples of the type of fun events they switch every year. And yeah, if if you check out our website in the coming days, we're setting up an event right now

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00:19:49.402 --> 00:19:50.922

with

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00:19:51.082 --> 00:20:10.401

FCO - Helen Katz (she/her): with I, said the Gerstein Library. That's the Robarts Library. We're setting up an event with the Gerstein Library for older children and families to learn 3D printing. So, and later on in the semester, we're going to be holding an event with First Nations House. So stay tuned for more info on those great events.

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00:20:12.152 --> 00:20:24.132

FCO - Helen Katz (she/her): Sorry I'm having issues with the slides. Thank you so much. Here are some of our study spaces available on campus. If you have to bring your

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00:20:24.132 --> 00:20:45.372

FCO - Helen Katz (she/her): children or choose to bring your children onto campus. Someday. Obviously, there are lots of opportunities for older children that are old enough to engage in the university to bring them on the campus. But for our little children we have some great spaces. So Roberts Library has a great family study space that's pictured on the left hand side of the screen. Here.

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00:20:45.372 --> 00:21:04.271

FCO - Helen Katz (she/her): They have a take a book, leave a book, boring library for children. Some great choice and activities. Obviously, it won't be the quietest study space. So bring your headphones. But if you are interested in using that space. I think you might be using that space during the year

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00:21:04.692 --> 00:21:20.132

FCO - Helen Katz (she/her): connect with robots, and they'll organize for you to have a fob to the space, so that when you come on site you can go up Bob, in and use the space, and it's adjacent to a washroom that has changing facilities as well.

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00:21:20.312 --> 00:21:40.822

FCO - Helen Katz (she/her): And this is a neat space over at the Gerstine Library that for very young children that it's like a study carol, and it has a little play area crib area attached. If you just need to have a small child stay in one place. Will you read some documents or go over some readings. It's a great little space on campus

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00:21:40.822 --> 00:22:03.021

FCO - Helen Katz (she/her): and it is very close to the back door of Gerstine, which has a buzzer that you can buzz in. It's fully accessible to bring a stroller into, etc. So these are just some examples of the great spaces on campus. And if you go to our website. We have a great list of resources of spaces on campus breastfeeding and chest feeding accessible spaces on campus etc.

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00:22:08.912 --> 00:22:20.382

FCO - Helen Katz (she/her): And oh, my gosh! I realize I talk too fast. So I'm a little bit early reaching the peer mentorship panel, and I'm just going to check to make sure all my mentors are

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00:22:20.512 --> 00:22:22.522

FCO - Helen Katz (she/her): back in the room.

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00:22:28.852 --> 00:22:38.302

FCO - Helen Katz (she/her): I think we're just waiting for one of our mentors to rejoin us while we're waiting. Does anyone have any questions.

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00:22:38.432 --> 00:22:48.432

FCO - Helen Katz (she/her): Oh, about the present? Someone asked. Would it be possible to share the procedure, to ask for a fob to the Robart study space?

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00:22:48.892 --> 00:22:51.752

FCO - Helen Katz (she/her): That is a really good question.

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00:22:52.632 --> 00:23:02.681

FCO - Helen Katz (she/her): as I have not done it myself. Do any of my colleagues on the phone? Know where in the library you go to ask about getting the fob to the study space.

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00:23:05.362 --> 00:23:12.581

FCO Kaye Francis: I think if you go to the the website that you've given to us the registration that'll that explains how you get the fog.

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00:23:13.712 --> 00:23:14.662

FCO - Helen Katz (she/her): Yes.

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00:23:19.322 --> 00:23:32.732

FCO - Helen Katz (she/her): but like I said, it would be easier if you're on campus a day without your child, and have the opportunity to do it that way you can. You can have it ready to use at that at that time when you have to access it.

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00:23:37.202 --> 00:23:38.921

FCO - Helen Katz (she/her): Any other questions

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00:23:44.702 --> 00:23:59.261

Natasja Vanderberg: I am going to ask are peer, maybe, Helen? Well, where one person came, a student came into the family care office, and they talked about that study space and the possibility of like

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00:23:59.432 --> 00:24:04.492

Natasja Vanderberg: connecting with other student parents to go at the same time, such that you

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00:24:04.532 --> 00:24:30.101

Natasja Vanderberg: kind of rotate among the adults to be with the children. So that say, you can study 75% of the time rather than 0% of the time. But our Facebook group for students is a great opportunity to connect with other students to arrange informal things like that. So the Facebook group is just students. And it's a great place to to make those connections, such that you can use your community to help

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00:24:30.402 --> 00:24:43.312

Natasja Vanderberg: you as your parenting. And also a student. So yeah, feel welcome to post on that Facebook group. It's such things. And even, you know, meet ups or that kind of thing. But that's one use. That library space is amazing. And the kids

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00:24:43.372 --> 00:24:47.322

Natasja Vanderberg: love it. But it's a bit underused right now. So use it.

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00:24:48.252 --> 00:25:03.582

FCO - Helen Katz (she/her): Yes, that's the other thing I was. Gonna add that it's it's not it's not a crowded space. It's not a busy space. So don't worry about not having access. We're trying to promote it as much as possible. In the meantime.

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00:25:08.522 --> 00:25:17.802

FCO - Jennifer (she/her): If I may also share some Library options.

122

00:25:17.802 --> 00:25:41.962

FCO - Jennifer (she/her): I feel like UofT libraries are very supportive, inclusive to students from a variety of backgrounds and a variety of family responsibilities.

123

00:25:43.172 --> 00:26:07.632

FCO - Helen Katz (she/her): yeah, Jennifer is actually working on a blog post about the family friendly spaces and things that you can access through library, especially for those of school age children that some of the great supports and items they have available through the library. Scarborough has a great seed library for planting. They also have access to a number of

124

00:26:07.632 --> 00:26:32.632

FCO - Helen Katz (she/her): of the sort of engineering Lego sets that you can get out for your family. There's great online, even without going into the libraries. The library has a great film database that almost gets films directly out of the theater for free for your family. So check it out. That's through the robots website. You can find that information.

125

00:26:32.632 --> 00:26:43.532

and all you need is your Utorid, and you can save yourself a ton of money on subscriptions and renting films, etc., for your family.

126

00:26:44.822 --> 00:27:06.092

FCO - Jennifer (she/her): So I'll also share how I, when I was a post secondary student parent here at UofT, I also really enjoyed the peer, mentor, panel part of the orientation session. That

was my favorite part. So I'm looking forward to hearing the peer mentors today. Hearing from them. Helen, have all your peer mentors joined at this time.

127

00:27:06.282 --> 00:27:23.252

FCO - Helen Katz (she/her): I think. We're still waiting for Esther. I just have one question to answer. In the meantime, someone's asked about finding an elementary school for family with a 7 year old.

128

00:27:23.252 --> 00:27:42.422

FCO - Helen Katz (she/her): Child, if you can connect with Mika via the familycare.utoronto.ca email address. Oh, there you go! Mika is on top of it. She's posted the Tdsb. Find your school resource. If you're coming internationally.

129

00:27:42.522 --> 00:27:45.601

FCO - Helen Katz (she/her): Then the

130

00:27:45.822 --> 00:28:09.321

FCO - Helen Katz (she/her): If you're coming internationally, there's we have a sheet put together about how to access the documents you might need as an international family accessing the Toronto District School Board. I know that some of our students live outside Toronto might live in the Peel Durham regions and beyond York, etc. So if you need those resources.

131

00:28:09.372 --> 00:28:23.432

FCO - Helen Katz (she/her): please contact us, and we'll do our best to direct you. But most school boards have a similar site to be able to look at your address and find where to go to school. But that's definitely if someone has a

132

00:28:23.812 --> 00:28:47.512

FCO - Helen Katz (she/her): questions for their family explicitly. A lot of families meet with me, and to talk about schools and talk about the school system, etc. It should have disclosed, when introducing myself that I am also a parent. Myself. I've been a student parent before. I have 4

children in all the various levels of the Toronto District School Board. So I can talk, you know, as objectively as possible about

133

00:28:47.512 --> 00:28:56.591

FCO - Helen Katz (she/her): my own experience and what I found worked in accessing schools and resources that our school boards have for children as well.

134

00:28:56.952 --> 00:28:59.832

FCO - Helen Katz (she/her): Hi!

135

00:28:59.942 --> 00:29:04.162

FCO - Helen Katz (she/her): Thank hold on 1 s.

136

00:29:05.412 --> 00:29:17.072

FCO - Helen Katz (she/her): I think we're still waiting on one of our mentors to return. But in the meantime, can we, ask

137

00:29:17.362 --> 00:29:19.272

FCO - Helen Katz (she/her): our

138

00:29:19.442 --> 00:29:29.021

FCO - Helen Katz (she/her): peer mentor, or panel members that are present to come on screen and start our introductions?

139

00:29:29.632 --> 00:29:31.892

FCO - Helen Katz (she/her): just 1 s.

140

00:29:52.012 --> 00:29:53.312

FCO - Helen Katz (she/her): Excellent.

141

00:29:53.512 --> 00:30:13.831

FCO - Helen Katz (she/her): Okay, so we have Melinda and Amanda, and we're gonna have Esther joining us momentarily. But I'm wondering, while we're waiting for Esther, Melinda and Amanda, if you could introduce yourselves and talk a little bit just to start about.

142

00:30:13.832 --> 00:30:23.921

FCO - Helen Katz (she/her): you know. Your journey as a parent with family responsibilities and as well what you're studying at U of T.

143

00:30:24.112 --> 00:30:27.952

FCO - Helen Katz (she/her): And Melinda. If you'd like to start, and then, Amanda, if you'd like to go after.

144

00:30:28.342 --> 00:30:55.251

Malinda Hapuarachchi (she/her): Sure. Thanks. Hi, everyone. My name is Melinda. I am a Phd. Candidate in the Kinesiology department at the University of Toronto. So I study biomechanics. My research looks at developing resources to evaluate high performance athletes using different bio mechanical tools. And I am in the process and hopefully to be done. Sort of this academic year. So I'm in the much later stages of my

145

00:30:55.252 --> 00:31:10.351

Malinda Hapuarachchi (she/her): my degree. I have one daughter. She is 7, almost 8 years old I had my daughter after I finished my coursework and comprehensive exams in my program. So she I had her sort of at the

146

00:31:10.372 --> 00:31:18.241

Malinda Hapuarachchi (she/her): earlier stages of my Phd, I guess you could say and it was. It's been a very interesting journey. After becoming a parent.

147

00:31:18.542 --> 00:31:45.661

Malinda Hapuarachchi (she/her): I would say that I definitely took some time readjusting to learning to becoming a student again after having her so I took a year off. I took a parental leave from the University of Toronto. So I took a one year leave and I aligned my leave with the academic year. So, even though she's her birthday's in November I took my leave September to September. Partly because it made sense

148

00:31:45.692 --> 00:31:46.952

Malinda Hapuarachchi (she/her): from

149

00:31:47.042 --> 00:32:01.951

Malinda Hapuarachchi (she/her): being a graduate student and a aligning what I was going to be in school with my ta responsibilities, and not departing partway through a semester and returning partway through a semester and because her birthday, so close to the start of the academic year

150

00:32:02.182 --> 00:32:29.332

Malinda Hapuarachchi (she/her): it worked out my partner. He took a 2 month, 2 and a half month parental leave. So when I returned to school in September and she wasn't in daycare yet he was home with her until she got a spot, her spot in daycare, and then he returned to work as well. So, as I was saying, it was an adjustment. I was still nursing her. I was pumping at the lab during the day.

151

00:32:29.342 --> 00:32:46.471

Malinda Hapuarachchi (she/her): and my supervisor and my lab mates were super supportive and so that was really obviously having an inclusive environment to do all of those things is really important. Everybody was super understanding, but something that I didn't have really any.

152

00:32:46.772 --> 00:32:56.251

Malinda Hapuarachchi (she/her): I didn't have a lot of colleagues or any colleagues at the time who had children. Most of my lab mates were a little bit younger than me. Most of the folks in the kin department are sort of

153

00:32:56.431 --> 00:33:03.992

Malinda Hapuarachchi (she/her): fresh out of high school, go straight into undergrad. There weren't really any older students or students with family care responsibilities.

154

00:33:04.252 --> 00:33:19.222

Malinda Hapuarachchi (she/her): Even in the graduate department. So it wasn't until I joined graduate writing groups through the academic success that I met other fellow students with family care responsibility. So that's something that I would encourage you to do is to

155

00:33:19.232 --> 00:33:43.122

Malinda Hapuarachchi (she/her): be a part of family care office, be a part of network that have students who are experiencing similar or experiencing things similar to you. Sharing those stories, being able to relate to peers that are going through those things as you, and sharing. Not just, you know, resources, but having others understand where you're coming from and having others

156

00:33:43.122 --> 00:33:52.881

Malinda Hapuarachchi (she/her): empathize with you about the additional challenges you have as a student with family care. Responsibilities is really, really

157

00:33:52.932 --> 00:33:56.622

Malinda Hapuarachchi (she/her): a big. I think it was a really big turning point for me

158

00:33:56.842 --> 00:34:11.231

Malinda Hapuarachchi (she/her): when I met folks who were also experiencing the same things. It was, and it's kind of validated my experience and reassured me that yeah, like, I can't do work at 2 in the morning, when I'm nursing my daughter, I have to

159

00:34:11.412 --> 00:34:20.452

Malinda Hapuarachchi (she/her): parent first. Things are going to take me longer than some of my peers, because my weekends aren't my own. My evenings aren't my own luckily

160

00:34:20.572 --> 00:34:29.482

Malinda Hapuarachchi (she/her): she was in daycare, and now she's obviously in elementary school. So during the day now the str. The structure of our day is a lot more.

161

00:34:29.862 --> 00:34:34.562

Malinda Hapuarachchi (she/her): What's what I love predictable? But when she was quite young

162

00:34:34.592 --> 00:34:58.421

Malinda Hapuarachchi (she/her): you know, just if she woke up in the middle of the night. You know, I was gonna be really tired the next day. Now I am a graduate student. So for folks that are undergraduate students who are doing course based research. You may not have the same autonomy I did as a graduate student who I'm doing research. Because I was done my coursework and my comprehensive exams the research base part of it is really

163

00:34:58.522 --> 00:35:11.512

Malinda Hapuarachchi (she/her): the benefit is that there's a lot of autonomy. But it means you have to hold yourself accountable. Which is why I really benefited from joining study hubs and graduate writing groups to hold myself accountable.

164

00:35:11.672 --> 00:35:19.001

Malinda Hapuarachchi (she/her): And as Helen mentioned, I'm actually the student parent peer, mentor for the study hub.

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00:35:19.002 --> 00:35:41.781

Malinda Hapuarachchi (she/her): So I ran those on Thursday mornings. And what it is. It's a virtual space that parents or students with family care, responsibilities can log on we share our goals for the morning. So whether it's rooting a paper, writing a few paragraphs on a document,

or, if you're taking course, work completing part of an assignment, it's a chance to sort of work in that shared space.

166

00:35:41.912 --> 00:35:55.482

Malinda Hapuarachchi (she/her): Meet other folks that have family care, responsibilities and work to work in a space where you can. There's a understanding that you're, you know. You might be a little bit late, because you have to take your kid to it

167

00:35:55.482 --> 00:36:16.641

Malinda Hapuarachchi (she/her): a doctor's appointment, or in the summer even I was late a couple of times, because camp schedules are different than school schedules and can't start later than school start. So I would sometimes rushing back, and there's always the understanding. Oh, no! Worries like I totally get it, or I have to come a bit. Leave early cause I have to pick up my kid for this, that or the other. So

168

00:36:16.752 --> 00:36:38.732

Malinda Hapuarachchi (she/her): that's something that I facilitate, and it is been really nice space to meet other folks that have student care, response, family care, responsibilities. And it's just a an understanding, all of us. Just. It's a nice community. So I encourage you to get involved in the family care office to navigate. It's a lot of

169

00:36:38.732 --> 00:36:49.871

Malinda Hapuarachchi (she/her): stuff to navigate on campus. There's so many resources available to us, but it's really sometimes hard to know who to reach out to where to even start what can be available. And

170

00:36:49.892 --> 00:36:59.211

Malinda Hapuarachchi (she/her): you know Helen and her staff and the other peer mentors as well. We have those experiences and help can help navigate that. I think it's

171

00:36:59.212 --> 00:37:22.372

Malinda Hapuarachchi (she/her): We get inundated with emails, with tens of links to all these different things, and it's so much information that you almost kind of wash it out. You don't really pay attention to it unless someone is like this is something you should really try it sort of. You have to have someone sort of walk you through it, and the family care offices exactly that they can help you navigate everything on campus and help. You

172

00:37:22.772 --> 00:37:52.682

Malinda Hapuarachchi (she/her): understand the spaces. And the last thing I'll touch on is you do have those additional responsibilities, and you do have those additional constraints in your life. So be really transparent with your academic supervisors, your professors, speak to them early and often about what you're going through. I'm guilty of this as well where my supervisor was really supportive. But sometimes I just wasn't disclosing to him that I was struggling with navigating

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00:37:52.682 --> 00:37:58.852

Malinda Hapuarachchi (she/her): my work, and he said, You just just let me know I'm here to help you. That's my job.

174

00:37:58.852 --> 00:38:01.671

Malinda Hapuarachchi (she/her): So communicate with your

175

00:38:01.932 --> 00:38:14.242

Malinda Hapuarachchi (she/her): with the folks that are running the programs, the courses. If you're taking. If an undergrad student. It's always better to let people know in advance. If you're comfortable with that.

176

00:38:14.432 --> 00:38:38.981

Malinda Hapuarachchi (she/her): Say, these are sort of my constraints. This is, you know, what I have to work with, and then they can work with you to sit, if if they can accommodate you directly, at least they can redirect you to. Who'd ask for if you need additional support, or modifications or adjustments to deadlines, that kind of thing, it's always to better to speak early and often, then to ask after a deadline that you needed

177

00:38:39.172 --> 00:39:06.642

Malinda Hapuarachchi (she/her): additional help or time sometimes it's not easy for professors to make those adjustments after the fact, but it's just sort of the big thing is communicate with the people on the academic side early. And and look at your timetable. Look at the course, syllabus, and plan. And if you can see stuff coming up great and obviously with children, if they get your kids get sick or you get sick, that's out of your control. But at least the people in

178

00:39:06.842 --> 00:39:31.452

Malinda Hapuarachchi (she/her): in charge of your courses or your programs know that you're working with very different constraints, so that a lot of the other students on campus are not having to deal with. So that's something that I hope that you can take away is that you're not alone communicate to those around you and definitely lean on the resources from the Family Care office. That are available to you to help you navigate the university and and your and your program.

179

00:39:32.132 --> 00:39:47.371

Malinda Hapuarachchi (she/her): So I'll take a step back now, Helen and I can pass it on, and happy to jump in after if needed. That was so great, Melinda, you always have so much great advice and insight for us. Just to Melinda mentioned the study hub. What she does

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00:39:47.372 --> 00:40:03.412

FCO - Helen Katz (she/her): is so dedicated to, and you know I'm so thankful for her work. There the study have just for you that are familiar. The student running the study hub has been given some training through academic success.

181

00:40:03.412 --> 00:40:27.962

to run that study hub, according to the U. Of T guidelines for running it. Study hubs are more of an accountability space. So if you're sitting there going well, I don't know if people are studying the same thing as me, or I'm writing. And this person's reading. It's more of an accountability group than an actual study help group. So no matter where you are. It kind of gives you an opportunity in that commitment.

182

00:40:27.962 --> 00:40:52.611

FCO - Helen Katz (she/her): that you have a commitment that you're showing up for those these people every week, and you're all committing to kind of sitting there in that virtual space together and working especially if you have. If you're easily distracted by other things. It's good to have that commitment in place, and it also gives you another network of peers like Melinda mentioned. So that's great. Another thing. Before we continue our introductions to our panel members.

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00:40:52.612 --> 00:40:56.942

as Kay's noted here. And I'll admit that sometimes I

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00:40:56.942 --> 00:41:24.761

FCO - Helen Katz (she/her): I know that. The majority of people of majority of students that access our services do so. Existence with children. But family responsibilities in the family care office is a broad definition. We help those with elder care, responsibilities. Any people that have care giving responsibilities. Maybe you have a disabled household member. Maybe you are simply the person in the household who

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00:41:24.762 --> 00:41:32.481

FCO - Helen Katz (she/her): their English capacity is the best in the household, and they have to take on a lot of responsibilities like bureaucratic responsibilities in the household.

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00:41:32.482 --> 00:41:51.842

FCO - Helen Katz (she/her): you know. There is a lot of caregiving responsibilities that are students that U of T. Take on. So if this applies to yourself, if you're like, it's not. My family. Responsibility isn't necessarily as apparent, but other caregiving responsibilities. This is a place for you, and spread that word amongst your friends and colleagues, too, because.

187

00:41:51.842 --> 00:42:03.731

FCO - Helen Katz (she/her): although, like I said, a lot of our programming is geared towards student parents, we also have programming geared towards elder care and a general care giving responsibility. So something to keep in mind.

188

00:42:03.732 --> 00:42:17.951

I'm gonna move on to Amanda. Who's next on our panel, Amanda. If you can introduce yourself. Talk a moment about your studies in your family, and also you'll be joining us this year as a peer mentor. But you held some other roles within the family Care office, so

189

00:42:18.082 --> 00:42:19.631

FCO - Helen Katz (she/her): we'd love to hear from you.

190

00:42:19.712 --> 00:42:35.881

Amanda Deeley: Alright, thank you so much. It's great to be here. And thanks for inviting me so welcome to everyone. 2 years ago I was in the same boat. I was joining U. Of T. Coming in to do, my masters?

191

00:42:35.882 --> 00:42:54.911

Amanda Deeley: so I've had a long journey outside of academia. And then returning to academic studies. So I am a single parent. I have 2 teenagers. So I haven't met that many parents with teenagers even at U of T. But

192

00:42:54.962 --> 00:43:10.571

Amanda Deeley: There's one there's me so I don't know if anyone here has that situation. But it's different. It's not quite the same as years ago, when I had babies, and I started my BA in my twenties.

193

00:43:10.632 --> 00:43:14.141

Amanda Deeley: That was a whole other kettle of fish.

194

00:43:14.162 --> 00:43:42.241

Amanda Deeley: But now I have teenagers who are sort of autonomous. They are 17 and 16, and actually, my son just started here at U. Of T. As well. So we're in that rare boat where we can like say, Hey, are you on campus? Can we meet for lunch? So, anyway? But there are, you know, teenagers are different. Beast, and they're autonomous. They can go do things I might have to worry about where they are sometimes.

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00:43:42.242 --> 00:43:45.991

Amanda Deeley: and yeah. So it's a different experience.

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00:43:46.042 --> 00:43:58.232

Amanda Deeley: However, they do their laundry and those sorts of things which helps me so. Yeah, I so I'm in my second year now of my Phd.

197

00:43:58.382 --> 00:44:22.142

Amanda Deeley: in sociology. I actually went back to school. I had a career in technology, and I went back to finish my BA in 2,018 at a different university. So I did that in 3 years. So I've been going full time. With kids. At that point they were like 12 and 13 years old. So yeah, it's been a bit of a long journey.

198

00:44:22.142 --> 00:44:36.131

Amanda Deeley: My degree is in sociology. And I initially was researching children's screen time and the messaging to parents around, you know, safety and risk. And how parents interact with those messages.

199

00:44:36.192 --> 00:44:46.201

Amanda Deeley: I've more recently switched my focus to looking at marital status and divorce and common law. And mental health outcomes. So that's

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00:44:46.342 --> 00:44:52.191

Amanda Deeley: an emerging area for me, for my research, which is exciting. But

201

00:44:52.212 --> 00:45:14.861

FCO - Helen Katz (she/her): What else can I tell you? What was the other part of the question? I'm sorry, Helen. Oh, I think you covered it, Amanda, and that's something I should have. I should have noted that, Amanda not only and don't put down being a parent of teenagers as a

parent that's apparent of both young children and teenagers. They hold their own challenges on both ends so, and it's important. All sorts of

202

00:45:14.862 --> 00:45:38.321

FCO - Helen Katz (she/her): like, I said. All sorts of families are encouraged. And Amanda yes, on top of being peer mentor, due to her family status, is also like her studies are so related to what we encounter is family. So now that you know that you can ask Amanda all the questions pertaining to her research. So

203

00:45:38.322 --> 00:45:52.371

FCO - Helen Katz (she/her): thank you so much for being with us today. Amanda. there is a couple of questions in the chat, but I'm gonna ask Esther to do a similar introduction? Before we address some of the questions in the chat.

204

00:45:56.082 --> 00:45:58.622

Esther Bethou: Hello, everyone. Can you guys hear me? Well.

205

00:45:58.862 --> 00:46:22.222

Esther Bethou: yes, okay, cool. So my name is Esther, and like Amanda and Melinda, I'm still in my undergraduate in my fourth year right now. Almost graduating. Oh, hoping to graduate next year. I am studying specialists in political science with a minor and public law.

206

00:46:22.342 --> 00:46:27.302

Esther Bethou: I was a St. George campus before I transferred to the UofT campus.

207

00:46:27.462 --> 00:46:48.891

Esther Bethou: I am a young mom. I have a very little watch. 14 months, so the reason as to why I joined the mentorship program last year, and I am returning is for the purpose of trying to help those young moms out there not to shy away from asking for help, especially like.

208

00:46:48.892 --> 00:46:59.131

Esther Bethou: I moved to this family housing. And I see that 90% to like 95% of the students there are either doing their Phd or their masters, and

209

00:46:59.132 --> 00:47:25.021

Esther Bethou: I was approached by a few students last year talking about the fact that oh, they're not. They feel like they're left out when it comes to like, you know, they wanna ask for help, but they feel like they don't feel like that. They belong. So that's one of the reasons that I joined the mentorship program and through the mentorship program I was able to get support, obviously, like from Helen and the resources that were offered to

210

00:47:25.122 --> 00:47:49.202

Esther Bethou: to the students through the like. Finding daycare, I was able to like get assistance with the subsidy process. Even though I did it from this other end of like Utc, but still huge portion of it. It's from the family housing, which is the family Care office. It's just one. There's no UTSC public your office, or it's just that

211

00:47:49.202 --> 00:47:58.562

Esther Bethou: family housing. Although I was not able to go through directly, like from the office, I was able to get support from the other end, and I

212

00:47:58.562 --> 00:48:13.351

Esther Bethou: because I the nature that I wanted to go back to school sooner I had my baby, and in July, and then I wanted to go back to school in September. So the process was a bit hard, like getting daycares. And

213

00:48:13.652 --> 00:48:33.342

Esther Bethou: you know, just a matter of pushing. So, like other families, they they go through the same like similar situation. It's really difficult, because of the wait list, the the the nature of the wait list. So far it is given to a either student faculty members or like people living within the family housing, that is, if you're applying to the 35 trials.

214

00:48:33.342 --> 00:48:48.961

Esther Bethou: But at Utc the Nishima child care, I was lucky to have gotten a spot like. I was called towards the end of August and school starting in September because I was gonna be stranded. What I was gonna do. But I got lucky, and I was called

215

00:48:49.072 --> 00:49:01.581

Esther Bethou: my stuff. My son started when he was 2 months old, which I had so much anxiety. Like going to class having to run back every other time. It's just it makes it easier, because he's just like

216

00:49:01.742 --> 00:49:28.802

Esther Bethou: 2 foot 2 steps away, so I can just rush there and run and look at him, see him breastfeed him and do all that sort of stuff throughout the like. Through my experience as being a mentor, I was able to like expand my network with the with the family Care Office, and also being able to like get a position as a residence advisor at the University family housing.

217

00:49:28.902 --> 00:49:31.322

Esther Bethou: which I'm currently

218

00:49:31.672 --> 00:49:51.221

Esther Bethou: doing. I'm I'm like, currently residence advisor at the family housing. I believe it's through the experience that I got from the mentioned program and also being able to connect with other students. I'm willing to do and continue to do that. They're very few undergraduate students in that family housing, but

219

00:49:51.222 --> 00:50:05.371

Esther Bethou: I am there for them like I just tell them you know what I'm there for you. Don't shy. You might try to go and ask us somebody, because they might not be in the same. You feel like you're not in the same category, but I'm there, so

220

00:50:05.372 --> 00:50:30.191

Esther Bethou: don't shy away from asking whatever. And anytime I get somebody. I just direct them to Helen immediately. Like Helen, I have somebody who needs out like this. Can you do this. Can you help? Can you connect? And she's always there? She's always willing to like, you know, and I appreciate Helen so much. She's even though she's like I message her in the evening. She just responds immediately, and like, I really appreciate you for that. So

221

00:50:31.892 --> 00:50:57.901

FCO - Helen Katz (she/her): that's so sweet to hear. Thanks, Esther, and I want to, I mean. Esther told her own story so well. But Esther, when she joined the mentorship last year, and everyone's like, Oh, I have a 10 year old. I have a 5 year old investor was like, I have a 2 month old, and I was, you know, and and it goes to show that that there are. There are benefits there for both undergraduate students and graduate students. But graduate students often can take that funded leave of absence

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00:50:57.902 --> 00:51:19.892

FCO - Helen Katz (she/her): where undergraduate students can take time away from their studies, but we always try to meet students when they're where they're at, and some students don't have that year to take off and don't have that opportunity to take a year. A lot of your international students and your status in Canada depends upon you. Stay remaining registered at the University. So

223

00:51:19.892 --> 00:51:44.861

FCO - Helen Katz (she/her): You know we meet you where we're at. We're try to find those things. Esther was, you know, very fortunate to find that child care for a young child. So you know, it really goes to show. If you look at our panel, the diversity in the experiences of the students. Going back to what Amanda said, I know a lot of people here has been away from school for a significant amount of time. And so that's an added level

224

00:51:44.862 --> 00:51:56.002

FCO - Helen Katz (she/her): sometimes that some people are having child children directly during their academic career, and some people have had their children and stepped away from their academic career and are coming back to it.

225

00:51:56.002 --> 00:51:58.032

FCO - Helen Katz (she/her): alright.

226

00:51:58.402 --> 00:52:21.641

FCO - Helen Katz (she/her): in terms of questions. We've had a question, and I'm I'm gonna read it out that not all academic supervisors are accommodating to parents and younger children, and they're sometimes labeled as inefficient or incompetent. And when we ask for flexibility to be asked to fetch our kids from school or taking

227

00:52:21.762 --> 00:52:24.861

FCO - Helen Katz (she/her): than for a medical appointment

228

00:52:25.322 --> 00:52:42.761

FCO - Helen Katz (she/her): or asking for a little more time to complete tasks. Some supervisors are not even keen to renew one's contract if they feel like your responsibilities are interfering with research. So how does one deal with such discrimination. This is really unfortunate. It is not officially

229

00:52:42.762 --> 00:53:02.562

FCO - Helen Katz (she/her): allowed to occur. That is why we're an equity office. At the same time, I'm not gonna turn a blind eye and say, Oh, not because it's not allowed to occur. It doesn't occur for sure. We know it occurs. So first of all. This is one of the reasons I mentioned to people reaching out at the start of the year, because you can kind of feel out which professors are like.

230

00:53:02.622 --> 00:53:30.672

FCO - Helen Katz (she/her): I'll do anything to accommodate you, and which professors, even within the realm of of not discriminating, you know you can tell, or just as people going to be a little bit more flexible, and you can kind of make your decisions. As to you know, if you have 2 assignments, do the same week who you might ask for that time with before another. But this being said, if you ever feel that you are facing discrimination due to your family responsibilities.

231

00:53:30.672 --> 00:53:41.452

FCO - Helen Katz (she/her): Please reach out and contact our office, we will look into it and examine it and say, Is this actually an issue that someone is being discriminated against.

232

00:53:41.452 --> 00:54:06.361

FCO - Helen Katz (she/her): And we can explore that that with you, and see if everyone's following the correct procedures. You know a a as you mentioned, some some things are a little bit more gray that that you're just having experience with more or less flexibility. But in some cases it is discrimination, and that's why our office as an equity office is here to support those with family responsibilities.

233

00:54:06.532 --> 00:54:30.271

FCO - Helen Katz (she/her): Does any of our mere peer mentors have anything else to add to that without without getting into personal experiences, but but just any any advice to give when dealing with with. You know you talked about a great Supervisor Melinda. But dealing with an experience of someone that's less flexible. Well, what I was just trying to jump in is, if

234

00:54:30.272 --> 00:54:44.202

Malinda Hapuarachchi (she/her): if folks are conducting research as a graduate student. Or you have T responsibilities, or you're on contract with university. You also have support from Qp, which is your Union and they can help you navigate

235

00:54:44.692 --> 00:54:50.541

Malinda Hapuarachchi (she/her): basically, all the contractual obligations and your rights as an employee of the of the university. So

236

00:54:50.542 --> 00:55:15.112

Malinda Hapuarachchi (she/her): so in my example at my department. If you are, if you're a graduate student, you get funding from the department, if you're within the funding co funding cohort. So that's your for your eligible years of that. There's only so many years of that. If you are a ta, you're also getting funding, and sometimes it's tied to your your funding contract. Sometimes it's separate. That depends on your department.

237

00:55:15.212 --> 00:55:28.511

Malinda Hapuarachchi (she/her): But if you are conducting research and you are signing a contract at the University of Toronto. I believe everything is, you know, is ha! Is in conjunction with your with the Union and depending on

238

00:55:28.642 --> 00:55:53.091

Malinda Hapuarachchi (she/her): the contract. You maybe unit one, you may be Unit 3. It depends on that particular ri roles and responsibilities. So if you are a course instructor, or you are a teaching assistant or an Ra. I believe everything will fall under one of those Qp regulations, and so you can also speak in terms of the nitty, gritty details of the contractual applications and your

239

00:55:53.092 --> 00:55:59.302

Malinda Hapuarachchi (she/her): designated hours, and and your con fulfilling your contract. And also, if there's a breach of contract due to your

240

00:55:59.312 --> 00:56:23.111

Malinda Hapuarachchi (she/her): supervisor. Your keepy representative can also help you navigate that, and you should have one in your faculty in your department, or you can go onto the Qp website and look up, and they can help you navigate. Who is who's your rep, or they can help you find a supports as well. So from a logistical standpoint, outside of the family care office, there are other people that can help you navigate

241

00:56:23.112 --> 00:56:37.372

Malinda Hapuarachchi (she/her): those kinds of just if you're facing those kinds of discrimination. Sorry to hear if that's something that is, you're been that you've you've been dealing with. Obviously, that is a form of discrimination and and as Helen mentioned, it's

242

00:56:37.752 --> 00:56:52.351

Malinda Hapuarachchi (she/her): shouldn't be happening. But we know that it it does but there are resources that are available to you to navigate. Yeah, II wasn't just I was II luckily I have had wonderful supports from my supervisors.

243

00:56:52.352 --> 00:57:16.472

Malinda Hapuarachchi (she/her): But I have heard stories of folks who didn't, even even without children didn't have, you know, if they're dealing with mental health issues, or if there so there are, there are, you know, reach out to Helen, reach out to the family care office, research the accommodations office as well. If you're dealing with other concerns. That can help you navigate that as well. If you'd need extensions or deadline addressing your deadline so

244

00:57:16.482 --> 00:57:43.091

Malinda Hapuarachchi (she/her): As Helen mentioned. Sometimes all it takes is talking to the professor, and if you can get a sense, they're not going to be somebody that is going to be supportive or gonna give you a hard time, then reach out again to the family, care office to help navigate those those situations. You're not alone. You don't need to deal with this alone, so make sure you reach out to Helen. And we'll certainly help to support you folks.

245

00:57:44.192 --> 00:57:55.372

FCO - Helen Katz (she/her): Thanks, Melinda, and and you make a great point that if a lot a lot of our students, you know always, but especially in this weird time in the world, a lot of our parents do struggle

246

00:57:55.372 --> 00:58:19.442

FCO - Helen Katz (she/her): with mental health, or are realizing going back to school that maybe they do have different disabilities they might not have realized. And they have different accessibility issues. So for sure, I think, as parents sometimes we're like, well, you know, we are anxious. So we're not doing well, but it's because we're parents, or it's because we have these other care responsibilities. But

247

00:58:19.492 --> 00:58:44.481

FCO - Helen Katz (she/her): please recognize if if your anxiety or your mental health or any anything. You're coming up any barriers to coming across. Go beyond the everyday that you know, and I always encourage students reach out to accessibility, reach out to health services if it it goes beyond just being a parent, because you are as entitled to access those supports and that access around mental health

248

00:58:44.822 --> 00:59:05.031

FCO - Helen Katz (she/her): and other accessibility barriers as any other student. So sometimes the parents talking to me, I'm like, that's not just, you know, situational anxiety. That's that's something that that we should talk to accessibility about. And and we could work to put more accessibility.

249

00:59:05.312 --> 00:59:13.932

FCO - Helen Katz (she/her): controls in place. Just because I have. We're we're breaking at 1110, and I have another.

250

00:59:13.962 --> 00:59:15.002

FCO - Helen Katz (she/her): quick!

251

00:59:15.162 --> 00:59:46.271

FCO - Helen Katz (she/her): I have. I have a couple of more quick slides to go over before the panel breaks. We have a quick question. And then I'm just gonna ask if anyone has any last advice to share with parents here. So think about that as I put up the question, and I'll take, you know, another another minute response from each of you. So the question here is as an international student with a 4 year old daughter, and without too many supportive networks here. Yet

252

00:59:46.272 --> 00:59:57.552

FCO - Helen Katz (she/her): I have a major concern about what would happen in the unfortunate event that I have an accident, or, for instance, cannot pick my child from school, or face a similar situation.

253

00:59:58.352 --> 01:00:20.881

FCO - Helen Katz (she/her): Absolutely. This is the reality of being responsible for people beyond just yourself. This is one of the reasons I suggest reaching out to the professors ahead of time, you know, because even if think so, many of the staff and faculty at our university, also face these challenges. And and you know, for the most part, I hope they're understanding

254

01:00:20.882 --> 01:00:37.062

FCO - Helen Katz (she/her): one of the little tidbits of information I give beyond disclosing, that is, when these situations come up often the concern is about losing a class participation marks or affecting in that way. Sometimes I suggest, you know.

255

01:00:37.062 --> 01:00:59.232

FCO - Helen Katz (she/her): proposing an alternative to the Prof. Instead of just saying this, came up, and there's nothing I can do about it, the add. See, this came up. I'm not going to be in class. But could I? Could I write a response in response to the reading something to show that although you're dealing with this, you're you're willing in some other way to compensate for what's occurred.

256

01:00:59.232 --> 01:01:24.921

FCO - Helen Katz (she/her): In terms of of building a network. For sure. This is something we're hoping to do. This is why we hope to get you to meet each other. As Esther mentioned, she's a residence advisor, family housing. If you are fortunate to live in family housing, meet your neighbors, meet your networks, meet the other parents in your daycare or at your school, because those are gonna be your friends and family in in Canada while you're here.

257

01:01:25.162 --> 01:01:51.221

FCO - Helen Katz (she/her): but also as an office. We have a list of babysitters that we can that that are only accessible. For the students, staff and faculty living in the office, and they are all U of T students, with the one exception, being partners that live in family housing. So sometimes, if you don't have a regular babysitter, or that person. Some people reach up, start the year just looking to connect

258

01:01:51.222 --> 01:02:15.661

FCO - Helen Katz (she/her): with someone that lives near them or someone they can call upon if these, if these incidents occur. So that's an option as well, if if you don't have some built in support. But remember, you know, that's why we build this community and that's why you should look at your community of students. And you know, especially for international students. We understand that.

259

01:02:15.822 --> 01:02:27.861

FCO - Helen Katz (she/her): And a lot of a lot of the people that access our office are international students. Because we realize as soon as you let go of those family supports. You have to build that support network again. In Toronto.

260

01:02:30.672 --> 01:02:41.551

FCO - Helen Katz (she/her): Excellent! Oh, someone's asking with the, with the fear of the forthcoming winter season. What if I slip on an icy sidewalk, and I won't be able to get my child in time for pick up.

261

01:02:41.552 --> 01:03:03.001

FCO - Helen Katz (she/her): Call your school, let them know. Call your daycare. Let them know they do have fees for late pick up, but in the event of an accident hopefully, they'd be generous, or or the fees would be low, or they'd be able to coordinate something. I will say. Fortunately, don't be too nervous if you haven't been here in the winter. The icy sidewalks are

262

01:03:03.002 --> 01:03:17.171

FCO - Helen Katz (she/her): are scary, but Toronto does a good job of looking after them. So fingers crossed. You'll be okay. I made it through the whole winter without falling last year for the first time in my life. But don't be too nervous about the unknown of the winter, and and

263

01:03:17.172 --> 01:03:21.972

FCO - Helen Katz (she/her): try to factor in some time to take your time with your walk.

264

01:03:22.812 --> 01:03:28.132

FCO - Helen Katz (she/her): Any last comments from our panel? Yes, Amanda.

265

01:03:28.902 --> 01:03:53.611

Amanda Deeley: I just have one very practical tip that a parent, a student parent told me when I went back to school in 2,018. She suggested, taking your Sylla all your course outlines at the beginning of the term, not just mapping the deadlines out on a on a calendar, but also creating like a combined syllabus. So I created like a reading list. That was just a long table.

266

01:03:53.872 --> 01:04:13.571

Amanda Deeley: a long list in word, and it sort of just combined all the readings for the week or any due dates. So, and then I just posted it on my wall, so I could always see and just check off so it's just such a practical tip to keep on top and just feel that you you understand the

267

01:04:13.632 --> 01:04:18.651

Amanda Deeley: every like the week's deadlines ahead of time. So just a tip.

268

01:04:21.942 --> 01:04:25.101

FCO - Helen Katz (she/her): Linda or Esther, any any last minute tips from you.

269

01:04:26.462 --> 01:04:51.682

Malinda Hapuarachchi (she/her): Basically. It's not easy. And what? And I think something that I want folks to know is that you're not alone. It's there. Gonna be times that are harder than others. And you know, just don't don't feel like you're alone in this situation. You know, there are gonna be times where you're gonna have to make hard decisions, and navigate.

270

01:04:51.962 --> 01:05:19.042

Malinda Hapuarachchi (she/her): You know the situation differently than some of your peers. So it is just that I just want to reassure you that it's not easy, but you will be able to do it. You are doing it. Parents and students with family care, responsibility, responsibilities get stuff done. It's just the nature of the role that you're in. So just know that you're not alone. There are resources available to you reach out and ask for help

271

01:05:19.042 --> 01:05:43.221

Malinda Hapuarachchi (she/her): when needed. Re, reach out and ask for help what you don't even need it, just so that it can be. You have those resources at hand in times of crisis. But the family Care office is here for you, the peer mentors. We're here for you. And you'll be surprised where you find your you know your allies in in the university, but just know that you're not alone, and that you are capable for sure.

272

01:05:45.452 --> 01:05:48.812

FCO - Helen Katz (she/her): Esther, we're running short on time. But anything from you.

273

01:05:48.952 --> 01:05:56.612

Esther Bethou: Yeah. Just to add on that Melinda has already put like, put it well, don't shy like.

274

01:05:56.612 --> 01:06:20.981

Esther Bethou: and Amanda has already put that in the chat. One thing I wanted to add is, attend events. All those events that are sent out by the family Care office. If it's great like, if you get a chance to attend them. You'll be able to make good great connections. Find family like members who are going through this like similar situation, and you'll be able to like share from there and then you will understand that you're not alone. So

275

01:06:20.982 --> 01:06:36.452

Esther Bethou: all those events even tried to attend the yoga. It's so relaxing. I went last time, and I really enjoyed it. It's very, very relaxing. So please just all the events. Read out the newsletters, and just try to go to any of the events and make connections.

276

01:06:37.352 --> 01:06:43.171

FCO - Helen Katz (she/her): Thanks so much, Esther. I realize we're coming up on our break time.

277

01:06:43.352 --> 01:07:15.011

FCO - Helen Katz (she/her): and thank you so much to our panel and for all of you for participating. It's so good to hear from students. I had a couple of slides remaining Jennifer, but I believe that most of them were about our external resources, our health, benefits, etc., that are going to be covered as we move forward in the presentation. So I'm not gonna go into detail on these, but just know that these are some. As we were thinking of resources that were most relevant for students. These were some

278

01:07:15.012 --> 01:07:17.071

the resources that we thought of

279

01:07:17.071 --> 01:07:33.372

FCO - Helen Katz (she/her): and you will receive these slides to review them, and if you have any, can you go to the next slide, Jennifer. I think that's it. If you have any questions around the resources. Yes, so we have information sheets, available, child care, etc. We have

280

01:07:33.372 --> 01:07:56.251

FCO - Helen Katz (she/her): lists of the grants available for childcare. We have information for the Ut Food Bank. If you feel you know it's a hard time to afford to live in Toronto, and I saw some questions around that, too, that we can answer in our breakout rooms, perhaps. But if you do have to access the food bank. You know, it's happening for more and more people, unfortunately. And

281

01:07:56.252 --> 01:07:58.212

FCO - Helen Katz (she/her): it, that info is there.

282

01:07:58.472 --> 01:08:06.961

FCO - Helen Katz (she/her): and as well as I mentioned our baby change and nursing stations available on campus, you know. Go to the next slide, think?

283

01:08:08.772 --> 01:08:17.411

FCO - Helen Katz (she/her): Thanks, that's everything. So thank you so much for taking the time. So we are, Jennifer, do you want to introduce? Introduce our break?

284

01:08:18.962 --> 01:08:29.272

FCO - Jennifer (she/her): Yes, we're heading into just a quick break. We we plan to resume at 1115. But don't go too far, you know. Do what you need to do. It's a great opportunity to have that little bio break

285

01:08:29.282 --> 01:08:48.532

FCO - Jennifer (she/her): after the break at 1115, we will be offering additional more specific resources to those on the call. Today we'll be inviting our graduate students to collect together in the main room, and we'll be inviting our undergraduate students with family responsibilities to connect in a separate breakout room.

286

01:08:48.622 --> 01:08:57.892

FCO - Jennifer (she/her): We have, we have a variety of on campus partners and resources, who are going to be making presentations about things that they offer and can help.

287

01:08:57.892 --> 01:09:19.222

FCO - Jennifer (she/her): With specifically in terms of families and being a you know, student with family responsibilities. So stay tuned. I'll also be during this break time monitoring the chat. So if you have any chat, I'll be sticking around, but feel free to depart and do what you need to do. We will be taking about a a minute break and resuming at 1115.

288

01:09:21.142 --> 01:09:30.861

FCO - Jennifer (she/her): I'll also make a quick note if if you've had! If you've joined us today in the zoom space and you are using a screen name which is different from that

289

01:09:30.862 --> 01:09:53.221

FCO - Jennifer (she/her): you used to registered for the session. No problem at all. We do just take a quick form of attendance. We don't track your participation, but we just like to know how many people attended for our internal records. So if you have joined the session today and are using a different name, feel free to direct. Message me just so that I can.

290

01:09:53.222 --> 01:10:03.031

FCO - Jennifer (she/her): I can record that you attended today and send you information post sessions such as today's slides recording and a post session handout.

291

01:10:03.212 --> 01:10:05.821

FCO - Jennifer (she/her): we will resume at 1115.

292

01:11:10.662 --> 01:11:26.772

FCO - Jennifer (she/her): We realize that the break was very short. So we'll be giving an additional 2 min for anybody who needs to run out, grab a copy, or have a quick bio break or check on some little ones, perhaps, or big ones in the family. No problem at all. We'll be resuming in about 2 min. Time.

293

01:14:40.002 --> 01:14:41.981

FCO - Jennifer (she/her): Welcome back everyone.

294

01:14:42.042 --> 01:14:59.062

FCO - Jennifer (she/her): As mentioned this stage of our presentation, we we happily invite you to self. Assign where best will suit your information, needs your personal background and your family situation in the main room.

295

01:14:59.192 --> 01:15:13.122

FCO - Jennifer (she/her): We will be having a presentation geared more towards students who have graduate status at the University of Toronto, and are also also also balancing family responsibilities. While studying

296

01:15:13.122 --> 01:15:39.831

FCO - Jennifer (she/her): in the breakout room we will have resources and speakers geared to our undergraduate students who are also balancing family responsibilities. You will not be self. You will not be auto assigned to either the main room or the breakout room will will leave that up to you to choose the space that will best suit your needs. But just to reiterate again, those who are graduate students feel free just to remain

297

01:15:39.922 --> 01:15:51.781

FCO - Jennifer (she/her): in the current zoom space, and no, nothing's needed. You just stay where you are. Because between 1115 and 1145 we'll be having some resources and presentations.

298

01:15:51.782 --> 01:16:15.961

FCO - Jennifer (she/her): Geared towards you graduate students, and for those of us in the room who are undergraduate students, please select to enter the breakout room that is currently open. That will be open from 1115 to 1145, and that breakout room will automatically close at 1145, and our whole group, our graduate students, our undergraduate students, and our presenters and staff

299

01:16:16.122 --> 01:16:38.761

FCO - Jennifer (she/her): on the call today, we'll come back together at 1145 for additional information and resources about student success and academic success. So that's the plan. For the next half an hour or so I will. I will depart from this space. I'll be joining the breakout room with with my undergraduate student friends and

300

01:16:38.762 --> 01:16:46.551

FCO - Jennifer (she/her): undergraduate specific support, and I'll see you back in the main room. I'll give the floor over to my colleagues, Kay

301

01:16:46.552 --> 01:16:51.652

FCO - Jennifer (she/her): and Natasha, who will? Who will lead the session in the main room?

302

01:17:39.282 --> 01:17:41.952

FCO Kaye Francis: Virginia Asco!

303

01:17:42.262 --> 01:17:46.131

Yvonne Hilder: I can't see breakout room, too, when I open breakout rooms.

304

01:17:53.532 --> 01:17:54.972

Natasja Vanderberg: Sorry. What's a question?

305

01:17:57.982 --> 01:17:59.511

Natasja Vanderberg: Sorry. What's the question?

306

01:18:01.702 --> 01:18:16.041

Yvonne Hilder: II this is Yvonne. I need to break. Hi! I need to join breakout room, too. But when I open it's one. So I just joined breakout room one.

307

01:18:16.852 --> 01:18:17.612

Natasja Vanderberg: Yes.

308

01:18:20.582 --> 01:18:31.772

Natasja Vanderberg: So it's anyone who's if you're looking for grad specific information, you're in the right place. If you are looking for undergrad specific information, you'll be joining group room one

309

01:18:31.872 --> 01:18:42.651

Natasja Vanderberg: I just wanted to confirm right now. You can see a slide that says breakout sessions without the notes. Is that true? That's correct? Great! I will proceed. And I just

310

01:18:43.642 --> 01:18:51.521

Natasja Vanderberg: Kristen if you're on. But I will message you if I believe you are providing interpretation in this room. But let me

311

01:18:51.682 --> 01:19:04.031

Natasja Vanderberg: just move the slide to the next one and pass control. It's Virginia, right? As presenting for us. Yes, or Pascal, or who should have slide control. Okay, wonderful.

312

01:19:04.512 --> 01:19:19.272

FCO Kaye Francis: So I just wanted to choose Virginia and Pascal from the Sgs who are going to be talking today about academic supports. Advantage supports that you available to you as soon as responsibilities Shane will look at you on probably around 1135, 1140,

313

01:19:33.192 --> 01:19:36.391

Natasja Vanderberg: Virginia, I should have passed control to you.

314

01:19:37.072 --> 01:19:41.501

Virginie SGS: I think I have it. Okay. Thank you.

315

01:19:43.042 --> 01:20:02.101

Virginie SGS: Alright. Good morning, everyone. My name is Virginia Kobayashi, and I'm part of the Sgs financial Aid and advising office. So today I'm just going to review some helpful financial tips and resources that are available for graduate students and include the including the Sgs parental grant.

316

01:20:05.232 --> 01:20:06.152

Virginie SGS: Hmm.

317

01:20:07.962 --> 01:20:09.962

Virginie SGS: oh, sorry. K,

318

01:20:11.512 --> 01:20:19.111

Virginie SGS: so the first so budgeting and planning is a helpful way to

319

01:20:19.782 --> 01:20:28.412

Virginie SGS: prepare you financially for the academic year. It's very important to take care of your financial health as you would any other part of your life.

320

01:20:31.122 --> 01:20:42.881

Virginie SGS: One helpful tool is the financial planning calculator. This calculator will show you how much money you'll need to cover your expenses, such as tuition fees.

321

01:20:43.012 --> 01:20:49.112

Virginie SGS: housing costs, food, and other other costs that may come up during the academic year.

322

01:20:49.382 --> 01:20:59.901

Virginie SGS: If you provide some background and incom information. This tool will show you a budgeting summary and direct you to some other resources to help you save money.

323

01:21:00.842 --> 01:21:08.162

Virginie SGS: I recommend using this tool at the beginning of the year throughout the year, towards the end of the year, to sort of keep your budgeting in check.

324

01:21:09.912 --> 01:21:13.152

Virginie SGS: osap.

325

01:21:13.312 --> 01:21:28.581

Virginie SGS: osap is the Ontario student assistance program. It is available for Ontario residents. Only students who apply for this loan can also receive the Grant portion where you would not have to repay that.

326

01:21:29.052 --> 01:21:34.782

Virginie SGS: This osap is administered by the University registrar's office.

327

01:21:34.882 --> 01:21:46.241

Virginie SGS: If you have not already applied for osap, you should do so as soon as you can. Students who are in the funded cohort can also apply for osap.

328

01:21:50.362 --> 01:21:51.571

Virginie SGS: So

329

01:21:52.582 --> 01:21:56.212

Virginie SGS: new for this 2023, 24 session

330

01:21:56.342 --> 01:22:04.592

Virginie SGS: students who'd like to be considered for Utabs can complete and submit an application along with any supporting documentation.

331

01:22:05.002 --> 01:22:09.111

Virginie SGS: If you're not eligible for you taps, you can still apply.

332

01:22:09.482 --> 01:22:15.992

Virginie SGS: and you can be considered for other grants offered through your division, college, or faculty.

333

01:22:16.672 --> 01:22:38.231

Virginie SGS: You can, if you submit your application through the need navigator, along with the supporting documentation by the posted deadlines, you will be considered for awards and bursaries, that you might be eligible, for in addition to utabs this information is available on the university registers. Office website.

334

01:22:43.332 --> 01:22:54.162

Virginie SGS: Line of credit is also another useful tool. It's a type of loan that banks extend, allowing students to borrow or draw down money for a particular purpose.

335

01:22:54.262 --> 01:22:58.651

Virginie SGS: You only have to pay interest for a portion of the funds that you use.

336

01:22:58.972 --> 01:23:15.622

Virginie SGS: Sorry, oh, sorry interest rates are similar to those for personal loans, which is about 6 to 9%. And most students in a professional program, can turn to using a line of credit to support their studies.

337

01:23:17.982 --> 01:23:19.442

Virginie SGS: Sorry. Okay.

338

01:23:31.422 --> 01:23:42.411

Virginie SGS: So our office, the financial aid and off advising office. I just we just wanted to show some awards and grants that our our office administers.

339

01:23:42.442 --> 01:24:06.492

Virginie SGS: This is. It's a wide variety from, you know, the emergency grant to the Master's completion, bursary University wide awards, and then the Sgs parental grant. We also provide fin financial advising. And for students who have any questions about our programs or just have questions about resources that are available for financial aid for students.

340

01:24:09.972 --> 01:24:20.372

Virginie SGS: So the Sgs parental grant is a grant that aims to provide financial support for research stream. Doctoral students who are within the Funda cohort.

341

01:24:20.442 --> 01:24:27.721

who experience a loss or reduction in funding as a result of taking up an approved parental leave.

342

01:24:28.412 --> 01:24:39.822

Virginie SGS: Leaves are normally taken at the time of birth or adoption, in order to provide full time care during the child's first 12 months of life, or first 12 months of care. If the child was adopted.

343

01:24:41.592 --> 01:24:53.052

Virginie SGS: the value of this grant will serve to cover cover the portion of their programs based funding up to a maximum of \$9,000 paused while the student is on approved parental leave of absence.

344

01:24:53.632 --> 01:25:01.271

Virginie SGS: Parental grants will be provided to eligible students, student parents of up to 2 sessions, which is 8 months

345

01:25:01.282 --> 01:25:08.681

Virginie SGS: birth. Mothers may be eligible for a third installment to support parental leave 12 months or more in duration.

346

01:25:09.532 --> 01:25:14.251

Virginie SGS: There are full details are available on our Sgs parental grant website

347

01:25:14.512 --> 01:25:18.282

and an approved leave must be on file with your department.

348

01:25:18.452 --> 01:25:31.812

Virginie SGS: For further information on how to obtain a parental leave of absence. You can review the Sgs leave of absence policy website. Yeah. And we also encourage you to speak to your graduate unit for more information.

349

01:25:39.562 --> 01:25:46.792

Virginie SGS: So triagencies, scholarships also provide parental leave su supplements.

350

01:25:47.342 --> 01:25:58.072

Virginie SGS: So if any students are receiving Cihr and circuit shirk, for example, they may be eligible, for up to 12 months of paid parental leave equal to the award amount.

351

01:25:58.342 --> 01:26:14.091

Virginie SGS: The amount is dependent on the number of sessions of the leave. The process would be that you would submitter an interruption or request for an interruption of an N circ. Or shirk form to the graduate Awards office at graduate_awards@utoran.ca.

352

01:26:16.272 --> 01:26:27.772

Virginie SGS: if you want more information about parental leave supplements through your supervisors. Triagency grant you can acquire with your supervisor, or business officer, or financial officers.

353

01:26:30.272 --> 01:26:46.791

Virginie SGS: Most awards. Do not, oh, sorry. Most awards. Do not provide parental leave supplements, such as Ogs or the QG. Sst Awards. You'd have to check the award guide, guide holders, guide in terms for more information.

354

01:26:49.402 --> 01:27:08.072

Virginie SGS: So the Sgs policy a little bit of detail about that graduate students whose programs require continuous registration may apply to their graduate coordinator for a one to 2, 3 session lead during their program study for serious health or personal issues.

355

01:27:08.472 --> 01:27:19.602

Virginie SGS: or parental leave, by either by either parent at the time of pregnancy, birth, or adoption, and or to provide full time care during the child's first year

356

01:27:20.882 --> 01:27:26.671

Virginie SGS: the parental leave must be completed within the first 12 months of the date of birth or custody.

357

01:27:26.832 --> 01:27:34.381

Virginie SGS: So additional information is not available on the Sgs leave of absence policy section of the Sgs website.

358

01:27:41.192 --> 01:27:44.271

Virginie SGS: If you need to be aware, away from your studies.

359

01:27:44.532 --> 01:28:05.061

Virginie SGS: be sure to speak with your graduate administrator about your options for taking a leave of absence. You can again review the Sgs calendar for more information, and if you have any questions about leaves of absences, you can also contact the Sgs student Services Office at graduate_information@utorano.ca.

360

01:28:09.292 --> 01:28:29.401

Virginie SGS: so when it comes to financial aid. It's best for you to seek help early. So your problems don't get out of control. So you're welcome to reach out to our office, our financial advising hours. We are available virtually via email or over the phone from 9 30 to 4 30 pm. From Monday to Friday.

361

01:28:30.332 --> 01:28:43.271

Virginie SGS: You can also contact us@sgs.financial assistance@utorano.ca, if you have any more questions, or you can call us at (416) 978-2839.

362

01:28:46.152 --> 01:28:51.742

Virginie SGS: Oh, I'm sorry. I'm gonna that concludes my presentation. I'm gonna pass pass it over to Shane.

363

01:29:06.882 --> 01:29:08.971

FCO Kaye Francis: Your mooded sane. Thank you.

364

01:29:09.072 --> 01:29:10.192

Shain Abdulla: Okay.

365

01:29:12.152 --> 01:29:13.552

Shain Abdulla: Sorry about that.

366

01:29:13.892 --> 01:29:33.752

Shain Abdulla: My name is Shane Abdullah and I work for the University of Toronto Graduate Students Union. And I am your health plan. Administrator. I have been in this role for over 18 years, and prior to that I work for an insurance company manual like financial. So I'm very familiar with insurance, so any unusual situations please reach out to me.

367

01:29:35.762 --> 01:29:39.292

Shain Abdulla: Oh, next slide, please. I'm having a bit of difficulty

368

01:29:41.882 --> 01:29:48.102

Shain Abdulla: perfect. So understanding the Utgst health and dental plan next slide, please.

369

01:29:53.452 --> 01:30:09.041

Shain Abdulla: So what is the UT. Gsu health and dental plan? The UT. Gsu health and Dent plan is a collective plan. In the 19 eighties a group of graduate students got together and reached out and had a referendum that they wanted affordable health and dental plans.

370

01:30:09.042 --> 01:30:35.412

Shain Abdulla: As you can imagine, the graduate student demographics is much older, so they are either not covered by their parents or you know. Ha! Do not have spouses. So the referendum was actually approved. 99% of the students agree. And we started. We had a health plan and then slowly integrated the dental plan, and then the travel plan. So now we have a health dental, accidental, and travel plan very affordable price.

371

01:30:40.692 --> 01:30:42.132

Shain Abdulla: So what's covered

372

01:30:42.222 --> 01:30:55.761

Shain Abdulla: the coverage you have is health. And you have about \$8,000 in this coverage. There's prescription drugs, vaccinations, health practitioners, diagnostic services, Physio, Cairo, psychology, etc.

373

01:30:55.852 --> 01:31:04.872

Shain Abdulla: We also have vision. We have eye exams and contact lenses or eyeglasses, anything that's prescription. It could even be sunglasses would be covered under this.

374

01:31:04.992 --> 01:31:20.022

Shain Abdulla: Our dental plant is a basic plant. It's not a cosmetic plant. So when I say cosmetic, it doesn't cover any orthodontics or crowns or bridges, but it does cover for cleanings, check ups, fillings, root canals and grum treatments.

375

01:31:20.942 --> 01:31:42.182

Shain Abdulla: I call it the best travel plan, because it is the best travel plan. We have a plan that covers it for 5 million dollars coverage per lifetime. We have now included trip cancellation in and trip interruption, and we also extend coverage for students who go on and exchange your internships up to a year, so I will have a slide later on, which I can explain a little bit more

376

01:31:46.062 --> 01:31:47.682

Shain Abdulla: the health benefits.

377

01:31:47.722 --> 01:32:16.482

Shain Abdulla: We have a lot of practitioners who have partnered with us to give you discounts. So there is going to be a slide where I'll discuss that. But we have massage, therapist, chiropractors, physiotherapists, naturopathic doctors, acupuncturists, and and we have the whole list on that list. That we have, and that we have actually partnered with them to give you discounts. Now, whether, if you wish to or choose to go to another practitioner, that's okay to your cover, your plan. Your claims will be covered.

378

01:32:16.742 --> 01:32:17.742

Shain Abdulla: Thank you.

379

01:32:23.382 --> 01:32:48.211

Shain Abdulla: We've partnered with a pharmacy network, and that pharmacy network is Rexall and Rexall is actually partnered with us to give you discounts. Your insurance coverage covers you for prescriptions at 80, for example, you have a prescription for \$10. \$8 will come from your plan, which is the Green Shield system. \$1 pharmacy network Rexall will give you will wave it off, and you will only be

380

01:32:48.212 --> 01:33:06.102

Shain Abdulla: paying the dollar. So your \$10 prescription would you would only pay a dollar, which is your copay. However, if you do decide that if you are a ta, which I think a lot of our graduate students are tas they can actually use the balance of the money claiming it through the ta plan, and we'll get to that a bit later.

381

01:33:06.172 --> 01:33:30.472

Shain Abdulla: Rexall has also partnered with us to give you 20% off their name brand products. So if you're not into branding, and you wish to purchase your toothpaste toothbrush, you know, toilet paper. You can go to Rexall, and as long as it says Rexall Brand, you can get 20% off, and you can download that card, and it's called the Rexall exclusive savings card, and it's in the download center which I will again share with you a little later.

382

01:33:30.622 --> 01:33:43.722

Shain Abdulla: I also understand from Rexall, we're actually trying to negotiate to up the 20% to 30. And I'm hoping by the early next year we should have that as well, so hopefully. That will work and you'll get more discounts.

383

01:33:46.882 --> 01:34:10.292

Shain Abdulla: What is the pay direct card? A lot of times students want to know. What card should I use when I go to the dentist? What card should I use when I go to the pharmacy? It is called the pay direct card? And if you go to the pharmacy, or even a dentist, and you show them this card, they will actually charge it. They will actually make their claim online. So you wouldn't have to worry about then completing a paper form or completing a form online.

384

01:34:10.302 --> 01:34:34.392

Shain Abdulla: The only thing is that right now. You are not on the system yet, especially if you're new students, because the university has not sent in your names to the provider, they have to wait till the add drop period is over which won't be there till middle of October. You are covered as of September first, and ending on August thirty-first. The only thing I suggest is, if you do need to get prescriptions, or do you need to see a dentist

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01:34:34.422 --> 01:34:39.662

Shain Abdulla: hold on to your receipt, and as soon as your names are on the system, you'll be able to make the claim.

386

01:34:40.052 --> 01:35:03.981

Shain Abdulla: and Utg is your policy number, as you can see on that pay direct card, and the your student number is your Id. And I understand our demographics. You may be enrolling your families so as a student, your student number will. Yo will be your id ending with a 0. 0. A spouse could be 0. One ending could be O, 203, and that's how it works, and we do have

387

01:35:03.982 --> 01:35:11.932

Shain Abdulla: a physical card, but the only thing is we're not in the office right now, so it would be hard. But you can download this card from the download center.

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01:35:12.392 --> 01:35:13.182

Thank you

389

01:35:15.242 --> 01:35:41.061

Shain Abdulla: are dental benefits. You're insured. It's 70%. And the network savings basically means we have a a provider network, a dental provider network where dentists have partnered with us to give you extra discounts. I often get asked, what do you do in the summer you probably get the summer off, but that's when I'm going out knocking on doors and see who's going to help us, and who's going to give you a discount, and if there are any dentists who will partner with us.

390

01:35:41.062 --> 01:35:59.302

Shain Abdulla: we have over 600 dentists across Ontario and and some also in Canada and across Canada who've partnered with us to give you discount. So the way it works is your coverage, your coverage pays 70 so when you go to the dentist with the pay direct card. It will cover you for 70,

391

01:35:59.302 --> 01:36:24.952

Shain Abdulla: and you will have to do the copay of 30. However, if you go through the network provider checklist. And you choose one of the providers from that network save network providers. They could wave off anywhere from 20 to 30% off. So if you're seeing a dentist who's going to give you a 30 off, 70% will be claimed from Green Shield, and 30% will be waived off. So you actually walk away from there, you know, not having to pay anything.

392

01:36:26.572 --> 01:36:27.812

Shain Abdulla: Next, please

393

01:36:31.862 --> 01:36:41.641

Shain Abdulla: travel, plan. As I said, it's the best travel plan. It covers you for one 100 and 20 days at a time, and it's a 5 million dollars coverage per lifetime

394

01:36:41.642 --> 01:37:03.451

Shain Abdulla: we have now, since, I think, about 2 or 3 years ago, we added trip cancellation and trip interruption, and that that was due to the time when we went through a pandemic. I think we're still going through it. But that was really harsh at that time, and a lot of our students were stuck outside in in during research or doing other academic trips, and we had to get them home

395

01:37:03.452 --> 01:37:16.632

Shain Abdulla: very quickly, because the Canadian Government said we need to get them home. And I. And usually when students reach out to me. I know who they are. So I reached out to a bunch of students, and because their their travel was changed they

396

01:37:16.632 --> 01:37:39.501

Shain Abdulla: had to pay the extra money, but because we had this coverage they were able to get the trips. They were able to come home without having to pay anything at all. All the trip, interruption, anything that was caused by the pandemic they were all covered. So this is a great plan, and this is I'm not hoping to have another pandemic, but it is there now in our policy. So if anything anything happens, we'll be able to do that.

397

01:37:39.672 --> 01:37:58.682

Shain Abdulla: It also covers you. It's if you do travel longer than a hundred 20 days, it can cover you entire trip up to a year without you having to pay anything. All you need to do is send us an email and we'll guide you the process so that we can help you get coverage for the full year.

398

01:37:59.412 --> 01:38:04.122

Shain Abdulla: Sorry, Shane. You just have about 2 or 3 min left. Okay, I'm I'm going to end

399

01:38:04.212 --> 01:38:24.361

Shain Abdulla: this is the provider. This is the list. This is where, if you look at the right sign, there is this provider network, where all this providers have actually partnered with us, to give you discounts. And I mean, I'm gonna leave this page. You can actually look at it yourself because the next couple of slides, and maybe more important because they covered the 3 plans so maybe you could just switch to the next.

400

01:38:25.732 --> 01:38:41.612

Shain Abdulla: So claim administration options you can do direct claim as by taking your pay direct card. You can actually also sign up for online services and submit your claims online. And you can also do the old fashioned way as download the form and then do a paper form

401

01:38:41.972 --> 01:38:43.102

Shain Abdulla: next, please.

402

01:38:45.662 --> 01:39:05.612

Shain Abdulla: This is the slide that is very important to me right now. So there, those of your international students and also QP. Members. These are the 3. This is the slide that's very important. So O, Hip and U hip are the provincial coverage. Ontario. The domestic students have. Oh, hip! International students have U hip.

403

01:39:05.682 --> 01:39:13.972

Shain Abdulla: when you see a doctor or go to a medical facility or have to have blood tests or anything like that done, you use your U hip card.

404

01:39:13.972 --> 01:39:36.311

Shain Abdulla: When the doctor gives you a prescription you use your pay direct card with a Utgs you. If you are a ta, you can claim the balance of it through your Uta card. Now, ta tas, do not have a physical card. But your employee number is your Id, and it's U. Ot. Is your group number which stands for University of Toronto just as Utg is for the

405

01:39:36.482 --> 01:39:59.022

Shain Abdulla: the graduate students. Ut. Gsu plans. It stands for university of Graduate, and Ot. Stands for the because that's you are employed by the university. So just remember, if you're going to see a doctor, you're going to use your U hip card or or hip card when the doctor gives Zip prescription, you're using your graduate student Union plan, and if you are a ta, you can use the your Uta information to claim the balance of it.

406

01:40:01.192 --> 01:40:25.632

Shain Abdulla: We are into a change of coverage period right now, if you wish to opt out, then this is the time to opt out it. It's from September first to October third. One very important thing I wanted to let you know is that I think Virginia May mentioned about the leave of absence. I want you to know if you are going on a leave of absence. You do not have to worry about your coverage. You do not have to worry about not having coverage.

407

01:40:25.632 --> 01:40:36.281

Shain Abdulla: I'll take care of it. I've made arrangements with the broker and the insurance provider where I can actually advocate for you and get you an exception and get you the coverage. The only difference will be that

408

01:40:36.282 --> 01:40:57.532

Shain Abdulla: you will pay directly to the broker as opposed to when you. You. You were paying your tuition where your incidentals were included. This also covers your family. If you have enrolled in a family plan, and I would highly recommend you to get in touch with me if you're going on a leave of absence, and I'll be very happy to advocate for you. I'm always there for all of you, and I'm always, you know, happy to help you.

409

01:40:58.212 --> 01:41:22.431

Shain Abdulla: And the next 2 slides are basically because I think my time is up. It was pretty fast, but the next 2 slides are basically where to contact the student care broker their phone numbers. And then our numbers and our we're not. So just to let you know we're not physically in the space right now. We had a major flood which destroyed our bill, our flooring, and our furniture and everything. So we're just going through heavy maintenance. But I'm available by email.

410

01:41:22.432 --> 01:41:34.721

Shain Abdulla: I'm always available by email. And I so highly recommend that you email me, if you have any questions, any. You need, any help. I'm happy to help you on a one, on one. Any specific questions you have any specific health needs. You have.

411

01:41:34.782 --> 01:41:35.651

Shain Abdulla: Thank you.

412

01:41:40.172 --> 01:41:42.951

FCO Kaye Francis: This is the end of the presentation from Shane.

413

01:41:43.022 --> 01:41:51.971

FCO Kaye Francis: I don't believe we have time for questions, but if there are any questions I think there's one in the chat. If we just look at this the chat session right now.

414

01:41:55.962 --> 01:42:18.971

Shain Abdulla: The does. The U. Tjs recovery expenses for private or semi-private room. The Utjs who covers for private and semi-private, or due to an accident. It's an accident. Only coverage. Otherwise. You can use the coverage, I mean, go to the hospital, and you can be in a ward sometimes it's 2, sometimes it's 3, sometimes it's 4 people, but private and semi-private is only due to an accident.

415

01:42:20.152 --> 01:42:29.591

FCO Kaye Francis: Okay, thanks very much, Shane. We're back in the main room. It's according to Jennifer. So we're just going to be switching over to Christina Peters right now.

416

01:42:44.002 --> 01:42:47.371

Cristina Peter- Academic Success: Hi, everyone. I'm just trying to get my camera working.

417

01:42:48.092 --> 01:42:53.101

Cristina Peter- Academic Success: Oh, I don't have the option to

418

01:42:53.152 --> 01:42:59.411

Cristina Peter- Academic Success: to my camera. That is totally fine. Alright. So I now have control of the slides.

419

01:43:00.752 --> 01:43:07.011

FCO Kaye Francis: Okay, so this is Christina Peter from the academic success center. And still just be talking about the academic Success center.

420

01:43:08.222 --> 01:43:09.072

Cristina Peter- Academic Success: Great!

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01:43:12.492 --> 01:43:19.141

Cristina Peter- Academic Success: Alright! So welcome, everybody. I'm so sorry you can't see my face. I'm unable to

422

01:43:20.362 --> 01:43:27.632

Cristina Peter- Academic Success: show my video, which is, which is odd. But that is totally fine. Oh, maybe this will.

423

01:43:27.722 --> 01:43:49.042

Cristina Peter- Academic Success: Nope, okay, so my name is Christina Peter. I usually her pronouns. I'm a learning strategist. I'm also. So I work full time at the university as learning strategist. I am also an Ed student. So I'm in my third year of my doctoral program, and I am also a mom of 2. And that was taken 2 years ago. They're bigger now.

424

01:43:49.162 --> 01:44:15.041

Cristina Peter- Academic Success: and that is what I look like and so, and I haven't changed over the last 2 years at all. So in terms of what we do at academic success. We provide you with all supports available around your learning. And so I'm gonna give you a quick Mini workshop and how to best support your learning as a caregiver. While you're also a learner.

425

01:44:15.042 --> 01:44:30.262

Cristina Peter- Academic Success: So the first thing that I recommend to all folks who have caregiving responsibilities is to set expectations. With their prof. So try to be proactive. Be specific about what your needs are. Oh, I lost the screen.

426

01:44:30.352 --> 01:44:37.092

Cristina Peter- Academic Success: But now you can see me.

427

01:44:39.312 --> 01:44:41.322

Cristina Peter- Academic Success: Can everyone see the slide still?

428

01:44:43.212 --> 01:44:46.202

FCO Kaye Francis: No, we can't to the slides, Christina.

429

01:44:46.552 --> 01:45:00.082

Natasja Vanderberg: I don't know where they are. Okay. Well, the good news is, I have the slides popped up on my computer as well, so I will share those. I don't know why they disappear into but let me

430

01:45:00.272 --> 01:45:02.212

Natasja Vanderberg: try again. Okay.

431

01:45:05.152 --> 01:45:06.172

Natasja Vanderberg: so weird.

432

01:45:10.662 --> 01:45:11.962

Cristina Peter- Academic Success: Okay.

433

01:45:12.612 --> 01:45:13.702

Natasja Vanderberg: let me just

434

01:45:14.482 --> 01:45:15.302

Cristina Peter- Academic Success: sure.

435

01:45:19.042 --> 01:45:25.721

Natasja Vanderberg: What are people saying now? Every family belongs with notes or without notes.

436

01:45:25.792 --> 01:45:27.292

Cristina Peter- Academic Success: with notes. Yeah.

437

01:45:27.882 --> 01:45:33.341

Natasja Vanderberg: sorry people it. I didn't. I wasn't even touching anything and things went weird.

438

01:45:34.092 --> 01:45:37.521

Natasja Vanderberg: Now, you see, without notes. Is that true? That's correct?

439

01:45:37.662 --> 01:45:39.892

Natasja Vanderberg: Okay. But unfortunately.

440

01:45:40.722 --> 01:45:41.661

Natasja Vanderberg: let me

441

01:45:43.772 --> 01:45:45.212

Natasja Vanderberg: so apologies

442

01:45:45.332 --> 01:45:51.722

Natasja Vanderberg: for this. What's about to happen? It's a good review yeah.

443

01:46:05.082 --> 01:46:05.912

Natasja Vanderberg: soon.

444

01:46:21.842 --> 01:46:46.042

Cristina Peter- Academic Success: Alright, thanks, Natasha. That's great. Yeah. Do you wanna keep track? Unfortunately, there's a lot of animations. So we'll have to pay team on this. But okay, so as I was mentioning so setting expectations because you do have things outside of your work as a learner, is setting expectations

445

01:46:46.042 --> 01:47:09.692

Cristina Peter- Academic Success: with your profs is super important. Try to be proactive. So if you need an extension, or, if you need some accommodation due to your caregiving responsibilities, try to be proactive and specific. So during the pandemic we had students that, you know, requested to have a written assignment rather than pro providing a presentation online, especially because they had kids running around in the background.

446

01:47:09.992 --> 01:47:34.911

Cristina Peter- Academic Success: Things like that. Try to try to troubleshoot as well as you can and never, ever drop a course or change your degree in any way until talking to your advisor and a member of the family Care office. Your role as a family caregiver should not prohibit you from participating in your education. You also should maybe think about setting expectations with your family. So as you go to school.

447

01:47:34.912 --> 01:47:55.871

the rest of your family also goes to school, so you might need to rearrange some of the family responsibilities you might need to rearrange how you participate. Try to protect your time, and we will talk about that a little bit earlier on. But thinking about net right now is the time to start setting those expectations and those boundaries and organizing yourself up for success.

448

01:47:55.982 --> 01:47:58.111

We'll do the next slide, please.

449

01:47:58.262 --> 01:48:14.092

Cristina Peter- Academic Success: and setting expectations of yourself. You can't do everything and be everyone to everyone at all times. So now is a really good time to reflect on what your expectations are of yourself. Before embarking on this incredible journey.

450

01:48:14.502 --> 01:48:36.121

Cristina Peter- Academic Success: Okay, the next slide. Is a quick sentiment to remember that some of the balls in your life are glass, and some of them are rubber. Now is a great time to think about which balls are rubber, and which balls are glass. If you drop one, will it bounce? Will it be fine, or will it shatter and sometimes, when I drop

451

01:48:36.122 --> 01:49:14.521

Cristina Peter- Academic Success: many of the balls that circle circulate my life. I need to remind myself, is this a glass ball, or is this a rubber ball? And then move on from there. The other little tip that I have is prioritization over time management many of our lives as caregivers come with unpredictability. And so, you know, creating a beautiful schedule is sometimes tempting fate. And so what I like to do when I'm thinking about what I need to get done in a day or in a week is I prioritize. I can't do everything, so I need to choose to do what's most important with the time that I have.

452

01:49:14.822 --> 01:49:30.002

Cristina Peter- Academic Success: So what I try to do is I protect. Try to protect my best work time. And I use this little chart to think about what is absolutely urgent and important. And I think about doing that first. When I have a spare minute minute of time, I find that really helpful.

453

01:49:30.172 --> 01:49:58.411

Cristina Peter- Academic Success: Yeah. Next slide, please, would be great. Okay, now pick your values. So while you're setting your expectations while you're thinking about which balls are rubber, which balls are glass. Think about your values. So for me, my values, we could throw on all the animations. Now, my values are my kids. They're my first and foremost and my family. So

I'm trying to get support with them. I'm trying to find as many meals as I can possibly source that are easy for me to make.

454

01:49:58.452 --> 01:50:09.952

Cristina Peter- Academic Success: I'm also I really like to stay fit and I find that I am a better parent and a better human when I am moving my body. And so I try to schedule that in advance and try to have buddies that I can go see and enjoy that time.

455

01:50:10.172 --> 01:50:32.481

Cristina Peter- Academic Success: Then I've also got work. I work full time, so I try to have open communication and boundaries. With my work place I've have a very supportive boss, which I know is my own. You know, that's that's luck of the draw, but I'm very grateful for that. And I plan strategic vacation time and sometimes yes, that vacation time is actually not vacation. It's work school work.

456

01:50:32.482 --> 01:50:51.872

Cristina Peter- Academic Success: And then the last is school. I have a small crew of buddies. We're all moms, and we have a Whatsapp chat that is on fire almost every day. And it is so helpful to me to have that community and to think about how all these values and important things mesh in my life.

457

01:50:52.322 --> 01:51:15.622

Cristina Peter- Academic Success: And then the last part is asking for help, speaking for about asking for help, using resources. So you can find all of the programs and supports that we offer right here the slides, I believe, will be shared at the end. So all of these are hyperlinked. You can learn more about the services that we offer. I want to also share a quick plug about our making the most of your time and energy.

458

01:51:15.622 --> 01:51:26.381

Cristina Peter- Academic Success: Which is a workshop with me if you liked any of the tips and tricks that I shared in advance. You want to hear more about them that's happening on November. Oh, let me just in the chat. No, vem, Nope.

459

01:51:26.872 --> 01:51:34.501

Cristina Peter- Academic Success: November. I'm typing in the chat. I promise November ninth, at 12 Pm.

460

01:51:34.532 --> 01:51:47.531

Cristina Peter- Academic Success: put that in your calendar and keep your eyes open for that in the fco Newsletter. I'll be sharing a more in-depth version of how to manage your time and energy when you've got caregiving responsibilities on deck.

461

01:51:47.922 --> 01:51:49.881

and I believe that is the last slide.

462

01:51:52.742 --> 01:51:54.311

Cristina Peter- Academic Success: Do we have time for Q. And A.

463

01:51:55.092 --> 01:51:56.922

FCO Kaye Francis: Are there any questions for Christina?

464

01:51:59.862 --> 01:52:12.912

FCO - Helen Katz (she/her): I just want to add that. Yeah, we we just Christina and I set the date for the website just the other day. But would the info should be up on the website next week. If you want to register to hear more from Christina, always a fabulous session.

465

01:52:13.912 --> 01:52:17.491

Cristina Peter- Academic Success: Thank you so much, and I promise. I know how to use technology.

466

01:52:18.872 --> 01:52:24.172

FCO Kaye Francis: Thanks, Christina. Well, I'm just gonna do some closing remarks for the the session.

467

01:52:24.182 --> 01:52:40.851

FCO Kaye Francis: Basically. I don't think in the chat session. It's been out in terms of the the evaluation form. But we're gonna send out the slides that we use today. Also at a recording for those presentations will be will be available.

468

01:52:41.152 --> 01:52:47.081

FCO Kaye Francis: if you are looking for the chat set and for the feedback form it'll be

469

01:52:47.112 --> 01:53:07.121

FCO Kaye Francis: given the chat session, but also we'll also send it out by email by Monday at the latest. We'll have a feedback form, and it's important for us to be able to use the form it'll help us to understand what your your needs are for assistance, family responsibilities, and we'll we'll hopefully incorporate that into the sessions as well

470

01:53:08.342 --> 01:53:22.492

FCO Kaye Francis: in terms of sort of next slide. I just want to also mention that we have substant family socials coming up. We're going to be having some light snacks, some children's activities as well as an adult icebreaker.

471

01:53:22.522 --> 01:53:50.991

FCO Kaye Francis: First one we're gonna be having is tomorrow. September 20 third at the Student Life Center live patio at Scarborough Campus. So just to be aware of that, 11 to 12 pm. We're going to be also going to the St. George campus on September thirtieth. So next Saturday from 10 to 1130 Am. We're gonna be in the Ramster Park playground area, and that is near the the Rosedale subway station. If you gonna get off there to get off to Ramsey Park.

472

01:53:51.072 --> 01:53:59.402

FCO Kaye Francis: and then on Utm on Friday we're going to be having on Friday, September 20 ninth, from 6 7 PM. We're going to meet in the Roy Iver Lobby.

473

01:53:59.562 --> 01:54:14.081

FCO Kaye Francis: So please register for these sessions, these socials. It's a way to meet other parents, other those family responsibilities. And you can get extra details from us if you go to our website

474

01:54:16.172 --> 01:54:20.851

FCO Kaye Francis: if you go to the next slide. So just in terms of keeping in touch.

475

01:54:20.902 --> 01:54:25.691

FCO Kaye Francis: sorry, I thought, we're gonna have some upcoming events. I guess the

476

01:54:26.422 --> 01:54:31.601

FCO Kaye Francis: so we do have some upcoming events coming up on September 20 seventh. We're going to have Balancing

477

01:54:31.852 --> 01:54:35.571

FCO Kaye Francis: act how to prioritize family members and post Covid.

478

01:54:35.672 --> 01:54:44.991

FCO Kaye Francis: We're also gonna have an October twelfth for Aldecare. We're gonna have the realities of aging Canada today and October twenty-fifth. We're gonna have supporting children

479

01:54:45.022 --> 01:55:08.111

FCO Kaye Francis: in French immersion and multilingual learning environments. So those are some up upcoming events. Please check out our website. It will go to our website at [familycare dotutra. Ca](http://familycare.dotutra.ca), you'll if you check it out very often. That'll tell you what the updated events are, or if not, you can just come to our newsletter and get our newsletter about every twice a month.

480

01:55:08.182 --> 01:55:14.802

FCO Kaye Francis: And that means emailing us to get onto our newsletter. So family dotcare at Utrona. Ca.

481

01:55:15.482 --> 01:55:30.861

FCO Kaye Francis: is the email address. But just as a reminder, we do have the online. So we have got the information there. We've got some social media on Facebook, on X and Instagram, and we have some blog posts as well.

482

01:55:31.332 --> 01:55:36.161

FCO Kaye Francis: But if you want to get in our email letter, as I said, you just wanna twice a month.

483

01:55:36.672 --> 01:55:44.961

FCO Kaye Francis: Give us an email@family.care at utrona.ca. so thank you all for participating today.

484

01:55:45.052 --> 01:55:49.262

FCO Kaye Francis: And help. You have a great day, and if you have any questions, let us know

485

01:56:57.832 --> 01:57:07.832

FCO - Jennifer (she/her): Jenny as well.

486

01:57:08.372 --> 01:57:09.502

Interpreter - Jenni (she/her): Thank you.

487

01:57:10.422 --> 01:57:23.581

FCO - Jennifer (she/her): I wanted to let the group know that I'm going to stop my recording now and we'll be leaving the meeting in about a minute and thank you. Thank you again for everyone's contributions to make making and making today awesome. Thank you.

End of Transcript.