TIPS & TRICKS
FROM YOUR
REGIONAL MENTORS

2020 2021 ACADEMIC YEAR

FIRST YEAR STUDENT GUIDE

QUESTIONS?

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uOttawa Regional Mentors régionaux
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uOttawa.ca/student-guide
WHAT YOU NEED TO KNOW TO START OFF RIGHT!

1. Memorize your student number and your login credentials to:
   - Enrol in your courses
   - View your Statement of Account to pay your tuition fees
   - Regularly check your uOttawa email account
   - Complete forms at your faculty’s undergraduate office

2. Enroll in your courses
   - To receive your university degree, you must meet the academic requirements shown on your Student Center page. If you need help, contact your regional mentor!
   - Have a look at our enrolment support page to watch useful videos on course enrolment: uOttawa.ca/course-enrolment/enrolment-support.
   - Get to know the important dates for enrolment: uOttawa.ca/important-academic-dates-and-deadlines.

3. Pay your tuition fees
   - To pay your fees, you can:
     - Go to the Financial Resources “Payment plans” page: uOttawa.ca/financial-resources/student-accounts/payment-plan
     - Go to the Financial Resources “Student Accounts” page for more information: uOttawa.ca/financial-resources/student-accounts

4. Get your uOttawa card and U-Pass
   - These cards are not mailed. You must pick yours up in person. If you are not on campus for the Fall term, you can wait until the Winter term to get them.
   - uOttawa card:
     - Your student ID card
     - Used as a payment card on campus
     - Good for student discounts
     - How to get your uOttawa card: uOttawa.ca/uottawacard/get-a-card
   - U-Pass:
     - Find all information on how to obtain your public transit pass here: uOttawa.ca/uottawacard/upass/get
Organize your study space

Studying from home can certainly bring you new challenges. To create a productive work environment, try these tips:

- Ideally, a good work area should:
  - be somewhere quiet
  - have a comfortable chair
  - have good lighting
  - be organized!
- You can try adding a calendar, a whiteboard or sticky notes to keep track of what you need to do.

Take part in virtual activities

Here are some activities that might interest you during your first week of university:

- Mandatory information sessions for your faculty: welcome.uOttawa.ca/info-sessions
- Welcome Week: welcome.uOttawa.ca
- 101 Week: seu-oosu.com
- Virtual mental health and wellness activities: uOttawa.ca/wellness/covid-19/virtual-series

Attend your classes (even online!)

By attending your first courses, you are taking the first step towards your academic success.

- Professors will tell you which textbooks to buy, what assignments or evaluation method the course will have and much more.
- Make sure to ask each professor if you need particular software and keep a charging cable nearby for your devices.

Take care of yourself

Maintaining a balance between your academic and social life is key!

- Take breaks and make time to relax when studying. Even the best students take time to do things other than studying!
- Exercise and meditation are great activities to reduce stress levels and to take your mind off your studies.
- Reaching out and talking to other students in your courses, friends and family is a great way to keep yourself grounded.
- Contact your regional mentor for questions, tips and tricks or anything else!

MENTOR’S TIP:

To stay up to date with the most recent information, check these web pages regularly:

- Important dates and deadlines: uOttawa.ca/important-academic-dates-and-deadlines
MONE Y
MATTERS

Tuition fees
Your statement of account is posted in mid-August. It includes your residence fees. Find it in uoZone, under “Finances and jobs”.

Governmental financial aid
You might be eligible! For more information: uOttawa.ca/financial-aid-awards/government-assistance.

Scholarships and bursaries
All scholarship and bursary funds are credited directly to your student account.
To apply for some of our many scholarships and bursaries, use the Online Scholarships and Bursaries tool, available in uoZone.

RESIDENCES

Moving to Ottawa
If you are moving into residence for the Fall or Winter term, staying up to date with the latest information will be crucial. Go to the Housing Service’s FAQ page regularly for the latest information: uOttawa.ca/housing/coronavirus.

uOConnexion
uOConnexion aims to support newly-admitted international and residence students by pairing them with upper-year students. Learn more here: international, uOttawa.ca/en/study-at-uottawa/buddy-program.
Sometimes, all you need is a cup of coffee! Do you feel like you need to discuss questions or concerns with someone who has been in your shoes and faced similar challenges? Contact your mentor to set up a virtual meeting!

**University of Ottawa Health Services**

If you need to see a health care professional, contact UOHS or visit uOttawa.ca/health.

**Counselling Services**

Our student-centred approach aims to support and empower students so that you can thrive and find your own path to academic success and wellness. Go to the Counselling website to learn more: sass.uOttawa.ca/en/personal.

**MAKING THE GRADE**

**Regional mentors: Your first-year guides**

All year long, we’re there to help you find the support you need. Believe us—we’ve received every question imaginable and are ready to answer yours.

**Academic accommodations**

If you have any form of disability that could affect your academic success, go to sass.uOttawa.ca/en/access for information and to contact a learning specialist to discuss what accommodations might be available to you.

**Faculty mentors**

Second-, third- or fourth-year students can offer a variety of academic services to help you succeed in your courses. Find your faculty’s mentoring centre: sass.uOttawa.ca/en/mentoring/student/locations-faculty.