

Swoop Into Success Month

sunday monday tuesday wednesday thursday friday saturday

September 2020

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	

Legend

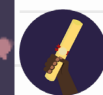
Events & Services



Academic Advising



Alumni Services



The BASE (Black Academic Success & Engagement)



Career & Placement Services



CliftonStrengths



Consent Peer Education Program (CPEP)



First Year Experience (FYE)



IGNITE



Library Services



LGBTQ+ Resource Centre



The Math Centre



Peer Assisted Learning Services (PALS)



Sustainability

Societies



Alpha Phi Sigma



DECA UofGH



ECS Society



GH Business Council (GHBC)



GH Consulting Association (GHCA)



GH Entrepreneurs Society (GHES)



GuHu Media



GH Pre-Med Society



KinSoc



Psi - Chi

Event Information

Tuesday, September 8, 2020



IGNITE - Virtual Frosh @ 7:30 PM

This might just be the best part of back-to-school.

Our back-to-school season looks a little different this year, but it doesn't mean you can't still start off the semester on a high note. Tune in for an exclusive IGNITE virtual Frosh concert with Toronto's own Daniel Caesar!

Did we mention the first 100 students to register get a free Bluetooth speaker to enjoy the show with? What are you waiting for? Register for your FREE ticket at ignitestudentlife.com

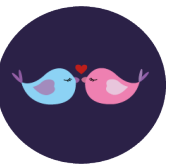


GH Business Council - Contest @ 2 PM

University of Guelph-Humber business students of all years, are invited to participate in a contest all about the amazing area of emphasis options available to them. Between September 8 at 2pm till September 18 at 12pm, those eligible will also be entered into a draw to win a prize, while gaining better insight into what the Guelph-Humber Business Council has to offer!

Follow [@GHbusinesscouncil](https://www.instagram.com/GHbusinesscouncil) on Instagram for more information!

Wednesday, September 9, 2020



CPEP - What's your Pleasure? Sex & Intimacy during COVID 19 @ 1 - 2 PM

Join the Consent Peer Education Program (CPEP) for a conversation on consent, sex, and intimacy during isolation. We'll chat about how consent can look different digitally and when choosing to meet up in person, as well as ways to reduce risk when engaging in sexual activities digitally or in person.

Join on [Microsoft Teams](#).

Thursday, September 10, 2020



ECS Society - Q&A with Fourth Year ECS @ 1 - 2 PM

During this live Instagram Q&A, new and returning students will have the opportunity to connect with fourth year ECS students. We are here to answer questions about academic, social, and placement opportunities.

Follow [@ecsociety](https://www.instagram.com/ecsociety) to join us!

Friday, September 11, 2020

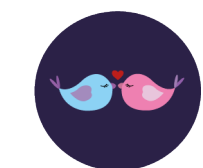


CliftonStrengths - Introduction to Strengths Workshop @ 3 - 4 PM

This workshop introduces students to the CliftonStrengths program through reflection and activities. After participating, students will be able to define their top five strengths, describe how their strengths help them succeed as a student, and recall where to access resources.

Register [now](#).

Monday, September 14, 2020



CPEP - Healthy Relationships & Boundaries @ 2:30 - 3:30 PM

Join the Consent Peer Education Program to discuss healthy relationships. We'll chat about how to recognize our boundaries, communicate them to others, and what to do if someone doesn't respect our boundaries. We'll also explore different conceptions of healthy relationships and reflect on what feels right for us.

Join on [Microsoft Teams](#).

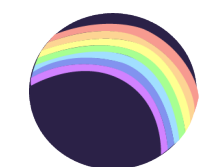


CliftonStrengths - Introduction to Strengths Workshop @ 11 AM - 12 PM

This workshop introduces students to the CliftonStrengths program through reflection and activities. After participating, students will be able to define their top five strengths, describe how their strengths help them succeed as a student, and recall where to access resources.

Register [now](#).

Tuesday, September 15, 2020



LGBTQ+ Mix and Mingle @ 1 - 2:30 PM

Welcome all new and Returning LGBTQ+ students! Join the LGBTQ+ Resource Centre for an afternoon of meeting new people, learning what the Resource Centre offers, and playing some fun games.

Join on [Zoom](#).



Networking with GuHu! @ 1 - 3 PM

This online event will give first year students the opportunity to network. Get to know your classmates and the executive members of GuHu Media. Join us on Microsoft Teams for an introduction to the society, fun games to learn about your peers, and tips for university from other students!

Follow [@guhimedia](#) on Instagram to learn more.

Wednesday, September 16, 2020



The BASE Mix and Mingle @ 2 - 3 PM

Do you have questions about the BASE (Black Academic Success & Engagement) Program? Join us for games and conversations, while meeting old and new friends and celebrating the start of Fall 2020!

Join on [Zoom](#).



Career & Placement Services - Virtual Career Cart: What to do with your degree @ 11 AM - 12 PM

Join our CSP's whom are fellow students, leading in our pop-up drop-in sessions where we explore UofGH resources to support students in exploring their career options by learning how to access the many online resources. We will also guide students in creating and mapping out a career plan, by setting goals, exploring options and answering any questions.

Join on [Microsoft Teams](#).



IGNITE - Health and Dental Insurance Plan 101 @ 12 - 12:30 PM

Get to know all about your IGNITE health insurance plan! Learn about your plan coverage for vision, dental and prescription needs, how to make a claim, COVID-related information, and more. Ask your questions at the Q&A following the info session.

Check out ignitestudentlife.com for more information.



Library Basics @ 11 - 11:30 AM

Do you know how to find the right information for university-level assignments? Attend this introductory library session and learn about the resources available to assist you with your studies.

Join on [Microsoft Teams](#).

Thursday, September 17, 2020



Alpha Phi Sigma - First Meeting (MANDATORY) @ 2:30 - 4 PM

Join Alpha Phi Sigma to be informed about upcoming events and society issues. Members and rookies will participate in events and activities taking place, while also share their insights and interests to better plan handling events for the year.

Follow [@ghalphaphi](#) for more updates.



CPEP - Sexy Bingo & Trivia @ 3 - 4 PM

Join the Consent Peer Education Program (CPEP) for a game of Sexy Bingo & Trivia! Topics will include consent, sex, sexual violence, rape culture, resources and supports; prizes will be given out throughout the event.

Join on [Microsoft Teams](#).



FYE - A Letter to Future You @ 6 - 7 PM

We are living in historic times, so why not capture them? Share your current hopes, goals, and concerns in a letter to your future self! UofGH FYE will provide the platform and writing prompts, and we'll email your finished letter to you on the last day of Winter semester so you can reflect on your journey this year.

Join on [Microsoft Teams](#).



Instagram Live with GHES @ 1:30 - 2:30 PM

Meet the Guelph-Humber Entrepreneurs Society Executive team as we share some of the exciting workshops planned. This is your chance to find out your opportunity to get involved on campus and meet like-minded students.

Follow [@ghes_2020_2021](#) to join us!



Sustainability - Your Guide to a Sustainable Semester @ 1 - 2 PM

Tune in to meet the Office of Sustainability team and learn about sustainable living. During the event we will provide you with tips for a sustainable workspace, answer any questions you have and let you know what's in store for the semester!

Join on [Microsoft Teams](#).

Friday, September 18, 2020



Academic Advising - Remote Learning & Staying Focused @ 2 - 3 PM

We know that university from home is a transition that many are worried about. We're here to help! We'll talk about how to stay focused from home and manage your time so don't get off course. We'll address all your questions and concerns to ease the transition online and discuss how to be successful.

Join on [Microsoft Teams](#).



The BASE - Circle of Queens @ 3:30 - 4:30 PM

A supportive community of like-minded self-identifying BLACK women sharing stories, experiences and resources. We explore a variety of relevant hot topics such as self & group identity, relationships, family, health & wellness, personal & professional development and many more!

Join on [Zoom](#).

Monday, September 21, 2020



KinSoc Presents - Kin Talk : Meet a Prof @ 6 - 8 PM

Kin Talks offers participating students an opportunity to learn about various facets of the health industry through guest speaker's experience. This KinTalk would open the student's eyes to the topic of Blood Doping and introduce Prof. Sergiu Freduic.

Email kinsoc@guelphhumber.ca for further updates!



Psi Chi - Graduate School Funding @ 2:30 - 3:30 PM

This event sheds light on the financial aspect of graduate school programs in the Psychology field. Dr. Adam Sandford, Assistant Program Head of Psychology will speak on funding sources for grad school.

Email ghpsichi@guelphhumber.ca for more information!

Tuesday, September 22, 2020



Career & Placement Services - Virtual Career Cart: Enrich @ 10 AM - 1 PM

Join our CSP's whom are fellow students, leading in our pop-up drop-in sessions where we explore UofGH resources to support students in exploring their career options by learning how to access the many online resources. Join our webinar where we explore Enrich. Learn how to access, navigate and utilize it in your professional and academic journey.

Join on [Microsoft Teams](#).



CliftonStrengths - Introduction to Strengths Workshop @ 2 - 3 PM

This workshop introduces students to the CliftonStrengths program through reflection and activities. After participating, students will be able to define their top five strengths, describe how their strengths help them succeed as a student, and recall where to access resources.

Register [now](#).

Wednesday, September 23, 2020



GHCA - Intro to Consulting @ 5 - 7 PM

The Guelph-Humber Consulting Association (GHCA) recognizes there is some unfamiliarity surrounding consulting and what it is. Throughout this event, our goal is to provide students clarity on it.

Email ghca@guelphhumber.ca for further information!

Thursday, September 24, 2020



Alumni Services - Future Alumni Day @ ALL DAY

You may be a student for a short time, but you're alumni for life. Join us on Instagram as we talk about all things our alumni services department has to offer, including an Instagram Live Q&A with a recent alum.

Follow [@UofGHstudents](#) on Instagram to join in!



CliftonStrengths - Group & Teams Workshop @ 2 - 3 PM

This workshop introduces students to the four domains of CliftonStrengths and how they can be leveraged to work effectively in teams. After participating in this workshop students will be able to apply the four domains of talent themes to Tuckman's stages of group development.

Register [now](#).

Friday, September 25, 2020



The BASE - Kings Gathering @ 3:30 - 4:30 PM

A supportive community of self-identifying BLACK men conceptualizing ideas, sharing stories and experiences while holding each other accountable. During sessions we discuss relevant hot topics including self & group identity, relationships and family, health and wellness, personal and professional development and more!

Join on [Zoom](#).



PALS - Learning Aint What it Used to Be @ 1 - 2 PM

No one told you that learning was going to be this way, you're spending all your time on screens and thinking hmm, maybe I do need to figure out how to learn better in this new era, what does cheating even mean when everything is online? How can I stay focused when it's just me and the screen? Join the PALS for a discussion for some tips on learning, fun videos, and maybe a meme or too.

Join on [Blackboard Collaborate](#).

Monday, September 28, 2020



FYE & Library Services - Quest for Success: A Scavenger Hunt

How do you use Microsoft Teams? Where do you find e-books? When is reading week?! You tell us! From September 28 - October 2 a scavenger hunt will be active on the UofGH website. Find the answers and enter for a chance to win 1 of 2 \$25 e-gift cards of your choice.

Join the [hunt](#).



Academic Advising - Tackling Teams : Use Microsoft Teams to connect with your Academic Advisor @ 11 AM - 12 PM

Join the Learning Support Peers for an interactive workshop on how to use Teams to talk with your Academic Advisor. We'll go over all the steps, from setting up the appointment to joining the call, and everything in between.

Join on [Microsoft Teams](#).

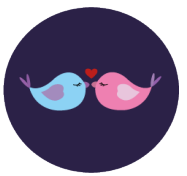
Tuesday, September 29, 2020



Career & Placement Services - Virtual Career Cart: Resume & Cover Letter Resources @ 10 AM - 1 PM

Join our CSP's whom are fellow students in our pop-up drop-in sessions where we explore UofGH resources to support students in exploring their career options by learning how to access the many online resources. Join our webinar where we explore resume and cover letter resources to help you get started as a professional student.

Join on [Microsoft Teams](#).



CPEP - Love in the Time of Corona: The Future of Love & Intimacy @ 1 - 2 PM

What does love and intimacy look like if COVID-19 is our reality for the foreseeable future? How do we make relationships and sustain relationships? What does it mean to make connection during an extended period of isolation? Join members of Centennial College and Humber College as we discuss the future of love and intimacy during the COVID-19 pandemic from intersectional, multi-faith, and multi-community perspectives.

Register [Now](#).



DECA - The Launch

Kick off this year with DECA's: The Launch event! This event will introduce you to GH Alumni that are now business professionals who will speak about their DECA experiences. The event will also cover any questions new students may have about DECA, by showing examples of cases and discussing what to expect from future events.

Follow our Instagram [@decaugh](#) for updates!

Wednesday, September 30, 2020



CliftonStrengths - Group & Teams Workshop @ 11 AM - 12 PM

This workshop introduces students to the four domains of CliftonStrengths and how they can be leveraged to work effectively in teams. After participating in this workshop students will be able to apply the four domains of talent themes to Tuckman's stages of group development.

Register [Now](#).



GH Pre Med Society - Meeting and Giveaway @ 1:30 - 2:30 PM

Our first meeting as Pre-Med Society for this school year. Join us to learn about how to become a member, network with other students, and learn about everything we have in store for you this year! We will also announce our monthly social media giveaway winner.

Follow our Instagram [@guelphhumberpremed](#) to enter the contest. Join on [Microsoft Teams](#).



Sustainability - Zero Waste Bingo @ 1 - 2 PM

The Office of Sustainability presents Zero Waste BINGO! Tune in to meet new people, learn more about sustainable living and win prizes from local businesses in the Greater Toronto Area. Register before September 30 to receive your BINGO card!

Register [now](#).

Thursday, October 1, 2020



Library Services - Research Bootcamp @ 2 - 2:30 PM

Are you looking for ways to improve your research skills and save time finding scholarly sources? Learn how to search more strategically for those relevant resources that you need for your upcoming assignments.

Join on [Microsoft Teams](#).

Wednesday, October 2, 2020



The BASE -Circle of Queens @ 3:30 - 4:30 PM

A supportive community of like-minded self-identifying BLACK women sharing stories, experiences and resources. We explore a variety of relevant hot topics such as self & group identity, relationships, family, health & wellness, personal & professional development and many more!

Join on [Zoom](#).



Weekly Sessions



Career & Placement Services - Virtual Drop in Sessions

For the month of September, Career & Placement Services will be hosting weekly drop-in sessions on MS Teams specific to each program--both the Career Coordinator and Field Placement Coordinator will be hosting the session. Students from all years are welcome!

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Early Childhood Studies:</i> 11 AM - 12 PM <i>Business:</i> 1:30 PM - 2:30 PM	<i>Family & Community Social Services:</i> 11 AM -12 PM <i>Psychology:</i> 12:30 PM - 1:30 PM	<i>Justice Studies:</i> 10:40 AM - 11:40 AM	<i>Media Studies:</i> 1 PM - 2 PM	<i>Kinesiology:</i> 10 AM - 11 AM

Contact career@guelphhumber.ca to book an appointment.



The Math Centre - Math Centre Appointments

Students can receive free math tutoring for the entirety of the semester. We can help with any math course.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>8:30am – 6pm</i>	<i>8:30am – 7pm</i>	<i>8:30am – 7pm</i>	<i>8:30am – 7pm</i>	<i>8:30am – 4pm</i>	<i>11am – 4pm</i>

Email mathcentre@humber.ca for any questions or booking.