THUNDERWOLVES HOWL! 2014 ORIENTATION

GUIDEBOOK 2015

Lakehead UNIVERSITY







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WELCOME, NEW LAKEHEAD UNIVERSITY STUDENTS!

Greetings.
Boozhou.
Bonjour.

It is a privilege to welcome you to Lakehead University during the academic year we celebrate our institution's 50th anniversary (1965-2015).

You are exceptional and unconventional. You are here because you embody these words that prospective students, present students, and alumni have used to describe our University.

Whether you're stepping onto our beautiful Thunder Bay or Orillia campuses for the first time, or getting reacquainted with facilities and friends as a returning student, I am pleased that you have chosen to continue your academic journey with Lakehead.

Our University continues to create and enhance student-centred resources and opportunities that help you build paths to realize your unique dreams. We believe in our students — exceptional and unconventional individuals seeking an education that is about how to think, not what to think.

Your University believes in your passion and drive to realize your dreams. We believe in intellectual freedom and unconventional pursuits of knowledge. We believe in the rich diversity of our students' cultures and nations, and how your individuality contributes to our University community.

We believe in you and look forward to facilitating your journey's possibilities.

Sincerely,

Dr. Brian Stevenson
President & Vice-Chancellor
Lakehead University
Orillia | Thunder Bay

LAKEHEAD'S QUICK & DIRTY

SCHOOL MASCOT: Wolfie the Thunderwolf

SCHOOL SONG: "Thunderstruck" by AC/DC (Unofficial)

SCHOOL COLOURS: **COBALT** and **BLAZE**

LUSU: Lakehead University Student Union

THE HEALTH PLAN: A benefit offered through LUSU, not Student Health and Counselling



FIRST-YEAR CHECKLIST



- ☐ Remember your important documents: (passport, driver's licence, OSAP information, bank information, debit/credit card).
- ☐ Make sure you are registered into the correct classes
- ☐ Ensure your OSAP or tuition payment has gone through and you won't be charged a late fee.
- ☐ Don't forget to get your new Lakehead student ID card from the Library Learning Commons.
- ☐ Get your bus pass from the LUSU office.
- ☐ Pick up your textbooks at the Bookstore for the upcoming semester!
- ☐ Find out about Lakehead's Work-Study Program available to all students of the University.
- ☐ Discover where the Res Caf is located and how to work your meal plan.
- ☐ Looking to opt-out of the Student Health and Dental Plan? You can opt out of the plan if you have equivalent coverage. Visit the LUSU office in the fall and bring proof of your health coverage.
- ☐ Don't forget to pick up a parking pass for your car.

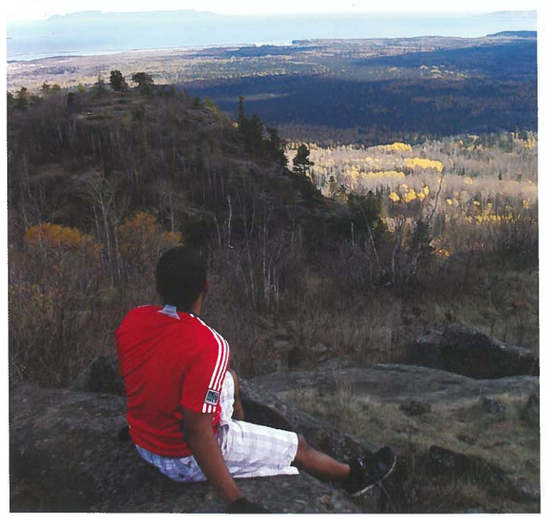
10 THINGS TO DO AT LAKEHEAD!



1. Attend Orientation events and get involved with University activities
2. Get painted up for Thunderwolves Games
3. Hang out in the Library Commons
4. Relax by our very own Lake Tamblyn
5. Reduce stress by taking a yoga class or shooting some hoops at the Hangar & Fieldhouse
6. Grab a second helping from the Res Café buffet (it's for all students)
7. Hitch a ride on a dogsled during Lakehead's WinterLUde
8. Tune in to CILU Radio on 102.7 FM
9. Take a ride to the 5th floor of the ATAC for a spectacular view of Thunder Bay
10. Join a Lakehead student club or activity

OVER 100KM OF BIKE PATHS TO TRAVERSE

10 THINGS TO DO IN THUNDER BAY!



1. Try our famous persians, a delicious local pastry
2. Enjoy some tasty Finnish pancakes at great prices
3. Take in the mist at Kakabeka Falls
4. Visit the farmer's market for some tasty locally grown goods (Saturday mornings and Wednesday evenings at the CLE)
5. Catch the latest flick every cheap Tuesday at Silvercity
6. Stop by Hillcrest Park for a picnic while admiring the Sleeping Giant
7. Climb Mount McKay to get a great view of the city
8. Use your student bus pass to see the city streets
9. Check out local talent at one of the art galleries or restaurants
10. Stroll along historical Bay Street for a local shopping experience

FALL ORIENTATION SCHEDULE

THURSDAY, SEPTEMBER 4

RESIDENCE MOVE-IN
9:00 AM - 7:00 PM
Bartley Front Desk

ORIENTATION REGISTRATION TABLES
LUSU DAY TRIPS SIGN-UP
NEW STUDENT CHECKLIST
TOURS
10:00 AM - 3:30 PM
The Agora

RESIDENCE WELCOME DINNER
5:00 PM - 7:00 PM

BIGGEST EVENT EVER
7:00 PM - 8:30 PM
Residence Field

OUTDOOR MOVIE
8:30 PM - 11:00 PM
Residence Field

FRIDAY, SEPTEMBER 5

BREAKFAST FOR ALL
7:30 AM - 9:00 AM

FOR STUDENTS	FOR PARENTS
STUDENTS' ORIENTATION CHECK-IN 9:00 AM - 9:30 AM	**PARENT CAFÉ** 9:00 AM - 10:00 AM The Study
STUDENTS' TEAM BONDING, ICEBREAKERS & CHEERS 9:30 AM - 10:30 AM	**PARENTS' WELCOME TO LAKEHEAD** 10:00 AM - 10:30 AM
STUDENTS' CONCURRENT BREAKOUT SESSIONS 10:30 AM - 12:30 PM	**PARENTS' CONCURRENT BREAKOUT SESSIONS** 10:30 AM - 12:00 PM Various Locations
LUNCH 12:30 PM - 1:30 PM TBA	**LUNCH** 12:00 PM - 1:30 PM TBA
	CAMPUS TOURS 12:00 PM - 1:30 PM
STUDENTS-FACULTY MEET & GREET 1:30 PM - 3:00 PM	**PARENT TALK WITH EXPERTS** 1:30 PM - 3:00 PM

OPENING COMMENCEMENT
3:30 PM - 4:00 PM
The Hanger

PRESIDENT'S DINNER
5:00 PM - 7:30 PM
Both Cafeterias

STUDENTS MONTE CARLO
7:30 PM - 9:00 PM
The Agora

TAILGATE PARTY
8:30 PM - 9:30 PM
The Outpost

VARSITY MADNESS
9:30 PM - 11:30 PM
The Thunderdome

LUSU

Lakehead UNIVERSITY | Student Success Centre

SATURDAY, SEPTEMBER 6

LUSU DAY TRIPS
Hike the Sleeping Giant
See Kakabeka Falls
Frisbee golf mini-tournament
Biking in Centennial Park
Sailing (for Parents & Mature Students)
10:00 AM - 5:00 PM

LUSU ON-CAMPUS EVENTS
11:00 AM - 3:30 PM
Various Locations Around Campus

LUSU CARNIVAL
7:00 PM - 10:00 PM
Agora & Agora Circle

LUSU FIREWORKS
10:00 PM - 11:00 PM
TBA

SUNDAY, SEPTEMBER 7

RESIDENCE MINI-OLYMPICS
1:00 PM - 3:00 PM
VARIOUS LOCATIONS

REZ TALK
4:00 PM - 5:00 PM
RB 1042

RESIDENCE HOUSE MEETINGS
7:00 PM - 8:00 PM
Various Houses

RESIDENCE HOUSE WALKS
8:00 PM - 9:00 PM
Various Houses



MONDAY, SEPTEMBER 8

STUDENT SERVICES FAIR
9:00 AM - 3:00 PM
The Agora

TUESDAY, SEPTEMBER 9

VENDORS' FAIR
10:00 AM - 3:30 PM
The Agora

WEDNESDAY, SEPTEMBER 10

MATURE STUDENT COFFEEHOUSE
8:00 AM - 10:30 AM
The Study

STUDENT SUCCESS CENTRE
Open House
3:00 PM - 7:30 PM
SSC

THUNDERWOLVES HOWL! 2014 ORIENTATION

YEAR AT A GLANCE



FALL 2014

SEPTEMBER

8: First day of Fall Term classes
19: Final day to add Courses

OCTOBER

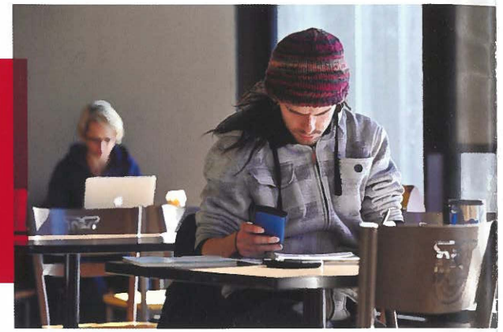
13: Thanksgiving Day

NOVEMBER

4: Final day to withdraw from Fall Term courses

DECEMBER

1: Final Day of Fall Term classes
4- 17: Fall Examination Period
18: Contingency Exam Date
24: Marks Due



WINTER 2015

JANUARY

5: First day of Winter Term classes
17-19: Special Examinations Period for Fall Term classes

FEBRUARY

6: Final day to withdraw from year long courses
16: Family Day
17-20: February Break

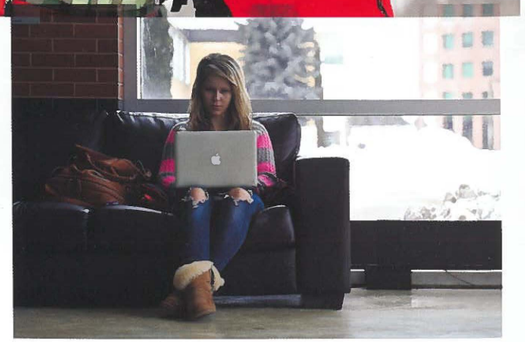


MARCH

6: Final day to withdraw from Winter Term Courses

APRIL

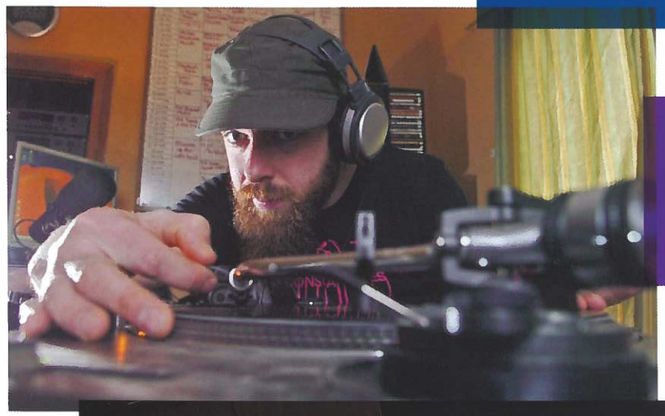
3: Good Friday
6: Easter Monday
7: Final Day of Winter Term classes



GET INVOLVED

CAMPUS/ACADEMIC CLUBS

LUSU sponsors many student clubs that are active on campus each year. Clubs are formed by students who share similar interests- there's bound to be one that's right for you- or you can easily start your own! For more information on how to start a club, email vpfin@lusu.ca or stop by the LUSU office (SC 0001).



LU RADIO 102.7 FM

We have out very own radio station! Tune in or host your very own show! Stream it live via: **luradio.ca**



THE ARGUS

Love writing? Apply for the many paid staff writing and editing positions at The Argus, Lakehead's student newspaper. Email **editor@theargus.ca** for more information!

CAMPUS REC

Hit a Yoga class, join a bootcamp or spin class, or take to the soccer field with some friends. Call Campus Rec at 343-8808 or visit their website to see what sports and exercise classes are available: **athletics.lakeheadu.ca**



LAKEHEAD UNIVERSITY INTERNATIONAL



INTERNATIONAL INFORMATION

Be sure to keep up to date with your permits! Do you want to learn more about travelling on study breaks? Make an appointment or stop by Lakehead University International to ask questions about Citizenship and Immigration Canada's regulations.

CULTURAL AND SOCIAL SUPPORTS

Making the transition to life in Canada can be a challenge! Weekly workshops, along with social gatherings can help make your adjustment fun and enjoyable. Meet new friends from around the globe and get to know your new community.

UNIVERSITY HEALTH INSURANCE PLAN (UHIP)

UHIP is a mandatory health insurance plan for all international students (and their family members if they are living in Canada). Make sure you are enrolled in the plan, and have paid the fees. Stop by our office before September 30 to receive your UHIP card. It is your proof of Health Insurance.

VOLUNTEER OPPORTUNITIES

We have volunteering options if you are interested in volunteering with our office, or participating in a short-term volunteer trip. Learn something about another culture and feel more confident with your academic and social skills.

ONLINE RESOURCES

Check our website for up to date information, video tutorials, Frequently Asked Questions and more!

A TASTE OF CULTURE

Thunder Bay has a wide range of cuisines, that are sure to satisfy your appetite and give you a taste of home. Here are some of the types of cuisine that are available:

Asian • Canadian • Chinese • Greek• Korean • Italian • Japanese • Indian • Mexican • Middle Eastern • Mexican • Scandinavian • Thai• Vegan • Vegetarian • Organic

thunderbayrestaurants.com
tripadvisor.com/restaurants
restaurantica.com/on/thunder-bay

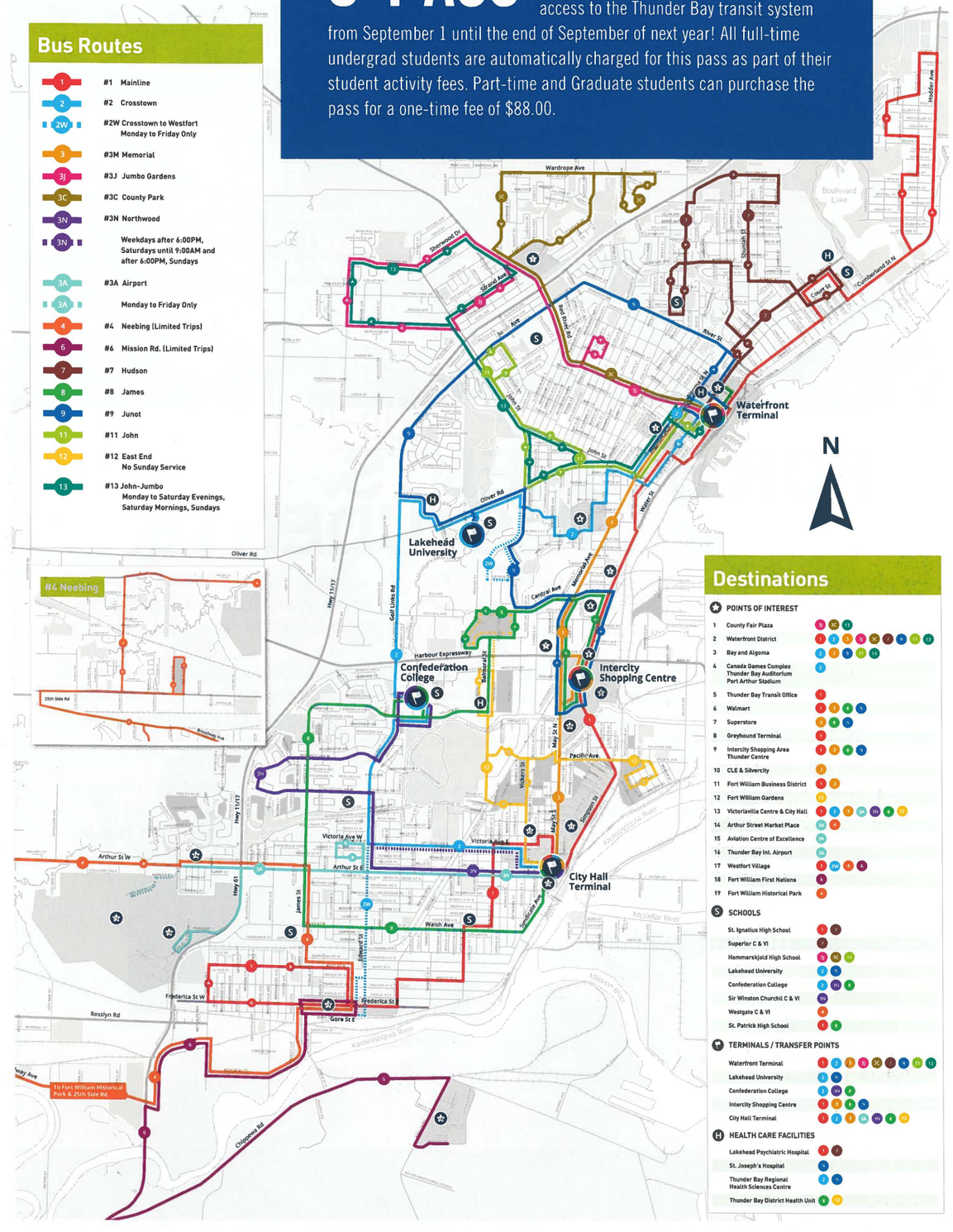


U-PASS

Need to get across town? The U-Pass is your student bus pass that allows you unlimited access to the Thunder Bay transit system from September 1 until the end of September of next year! All full-time undergrad students are automatically charged for this pass as part of their student activity fees. Part-time and Graduate students can purchase the pass for a one-time fee of $88.00.

Bus Routes

- #1 Mainline
- #2 Crosstown
- #2W Crosstown to Westfort Monday to Friday Only
- #3M Memorial
- #3J Jumbo Gardens
- #3C County Park
- #3N Northwood
- #3N Weekdays after 6:00PM, Saturdays until 9:00AM and after 6:00PM, Sundays
- #3A Airport
- #3A Monday to Friday Only
- #4 Neebing (Limited Trips)
- #6 Mission Rd. (Limited Trips)
- #7 Hudson
- #8 James
- #9 Junot
- #11 John
- #12 East End No Sunday Service
- #13 John-Jumbo Monday to Saturday Evenings, Saturday Mornings, Sundays



Destinations

POINTS OF INTEREST

1. County Fair Plaza
2. Waterfront District
3. Bay and Algoma
4. Canada Games Complex, Thunder Bay Auditorium, Port Arthur Stadium
5. Thunder Bay Transit Office
6. Walmart
7. Superstore
8. Greyhound Terminal
9. Intercity Shopping Area, Thunder Centre
10. CLE & Silvercity
11. Fort William Business District
12. Fort William Gardens
13. Victoriaville Centre & City Hall
14. Arthur Street Market Place
15. Aviation Centre of Excellence
16. Thunder Bay Int. Airport
17. Westfort Village
18. Fort William First Nations
19. Fort William Historical Park

SCHOOLS

- St. Ignatius High School
- Superior C & VI
- Hammarskjold High School
- Lakehead University
- Confederation College
- Sir Winston Churchil C & VI
- Westgate C & VI
- St. Patrick High School

TERMINALS / TRANSFER POINTS

- Waterfront Terminal
- Lakehead University
- Confederation College
- Intercity Shopping Centre
- City Hall Terminal

HEALTH CARE FACILITIES

- Lakehead Psychiatric Hospital
- St. Joseph's Hospital
- Thunder Bay Regional Health Sciences Centre
- Thunder Bay District Health Unit

Lakehead University Student Union



FOR STUDENTS. BY STUDENTS.

Welcome! Whether you're a new or returning student, we are excited to fill you in on what your student union can do for you (hint: a lot).

LUSU is here to support and fight for students at Lakehead, while building community on campus. We run events, create student jobs, help students in academic disputes, provide essential services like the health plan and bus pass, operate student centres, and a lot more. We also work hard to protect students' rights and best interests within the university.

For many students, LUSU makes the difference between simply getting a degree and having a life-changing educational experience.

We invite you to get involved in student life this year and make our campus a better, friendlier place. There are plenty of opportunities to do so, from attending events to working or volunteering with LUSU.

Please visit our website, lusu.ca, to find out more about your student union, how to get involved and access services and supports.

Sincerely,
your student leaders

Ian Kaufman
President

Dan Bacsa
VP Operations & Finance

Matt Quick
VP Advocacy

Ian McRae
VP Orillia

www.lusu.ca

EVENTS

All Schoolwork and No Play...

Will eat your soul. Keep a healthy balance – come out to LUSU's student-organized events. Whether you want to meet new people, explore Thunder Bay and the surrounding area, learn new skills, or dress up in your neon spandex onesie and play a no-holds-barred game of dodgeball, we've got you covered!

To keep up with campus events, read your weekly LUSU mass emails or check the events calendar at **lusu.ca**



WINTER CARNIVAL
January



LUSU TOWN HALLS



HAUNTED FORT NIGHT
October



MOVIE NIGHTS

CAMPAIGNS

Past Successes



2013
Students preserve indigenous content at Lakehead Law School with a month-long sit-in.



2012
Lakehead backtracks on removing the student vote on tuition increases after pressure from LUSU.



2011
Deal to sell off campus green space to a golf course stopped by students.

Students have often led the way in pushing for social change. From stopping the Vietnam War to battling discrimination against marginalized groups, students have shown our power to change the world for the better.

Today, we are called to similar moral confrontations with power. Universities are increasingly being run like big businesses, with the needs of learners and teachers sidelined. Rising tuition fees push poorer youth out of our education system. Meanwhile, our generation is facing runaway climate change, while politicians continue subsidizing fossil fuel companies and the destruction of our planet.

These challenges are big. But when students stand together, we get results.

When students in Newfoundland & Labrador stood 100% united and got loud, they won cuts to tuition fees – now the lowest in the country – and got student loans turned into grants.

Lakehead students organize through LUSU to create change on local and global issues. Don't just get educated – get involved! To join an existing campaign, or start a new one, email **campaigns@lusu.ca** or visit the LUSU office.

Current Campaigns

Fossil Free Lakehead
The Hikes Stop Here
No Means No
Building Bridges





Join Lakehead University Athletics!

THUNDERWOLVES

Making Local Sports Heroes!



VARSITY SPORTS >>

- Basketball (M/W)
- Cross Country (M/W)
- Men's Hockey (M)
- Nordic Skiing (M/W)
- Track & Field (M/W)
- Volleyball (W)
- Wrestling (M/W)

CLUBS >>

- Cricket
- Curling
- Dance
- Golf
- Lacrosse
- Rugby
- Soccer
- Ultimate Frisbee
- Volleyball (M)
- Start your own club!

CAMPUS REC >>

- Coed Volleyball
- Coed Indoor/ Outdoor Soccer
- Coed Hockey
- Men's Hockey
- Coed Flag Football
- Coed Ultimate
- Coed Rugby
- Fitness Classes
- Yoga Classes

check us out online www.thunderwolves.ca



Lakehead UNIVERSITY

Building Legend

- AC Avila Centre
- AT Advanced Technology & Academic Centre (ATAC)
- BB Braun Building
- BC Balmoral Street Centre
- BL Bora Laskin Building
- BM Building Maintenance
- BS Bike Shelter
- CB William Tamblyn Centennial Building
- FB Centre for Northern Forest Ecosystem Research
- GH Greenhouse
- HG Psychology Research Lab
- HF Centre of Excellence for Children Adolescents with Special Needs
- LI Chancellor Paterson Library
- MS School of Medicine
- MV Music & Visual Arts Centre
- NO 1294 Balmoral Building
- PA PACI (see bottom right)
- PH Power House
- RB Ryan Building
- RC Regional Centre
- RL Lot 5 Research Lab
- SB Sanders Fieldhouse
- SC Student Centre
- SH Sanders Hangar
- SN School of Nursing Building
- UC University Centre (Agora)

Accessibility

- Automatic Door
- Ramp
- Washroom

Residence Legend

1. Prettie Residence
- Dorion
- Terrace Bay
- Sioux Lookout

2. Bartley Residence
- Atikokan
- Dryden
- Ear Falls
- Fort Frances
- Geraldton
- Kenora
- Longlac
- Marathon
- Nipigon
- Rainy River

3. Deer Lake Ridge
- Red Rock
- Rossport
- Eagle River
- Minaki
- Quetico
- Sandy Lake

4. North Residence
- Shebandowan
- Armstong
- Upsala

5 South Residence
- Schreiber
- Balmertown
- Jellicoe

6 Halliday Hall
- Wawa
- Shabaqua

7. North Spirit Heights
- Wabigoon
- White River
- Beardmore
- Keewatin
- Ignace
- Nakina

8. Bearskin Lake
- Kakabeka
- Ogoki
- Ouimet
- Silver Islet
- Lansdowne
- Rocky Bay

- One Way
- Accessible Parking
- Bus Stops
- Bike Racks
- Walking, Cycling Paths
- Tunnels
- Emergency Phones
- Parking Meters



MANAGING YOUR MONEY

TAKE CHARGE OF YOUR MONEY

The best way to take charge of your money is to have a plan for it. Instead of thinking about money as just something to spend, think about making your money work for you. This is called "financial planning," and it starts with three steps:

1. Define your financial goals.
2. Make plans to reach your goals.
3. Take action until your goals become a reality.

PROTECT YOUR PERSONAL INFORMATION

Don't give someone else the opportunity to spend your money or use your credit. To the right are some tips that will safeguard your personal and financial information.

FIND THE BEST DEAL FOR YOUR CHECKING ACCOUNT

With a checking account, you have easy access to your money through writing checks, using a debit card, or getting cash from an ATM—while having the security of keeping your money in a bank. To decide which bank or credit union is best for you, research institutions near you and compare what they offer. This will help you choose the right bank. You can visit the branch in person or visit their website:

A FEW THINGS TO REMEMBER

1. Where is the bank or credit union located? Is there a branch or ATM on campus?
2. What is the minimum deposit to open an account?
3. Does the bank or credit union offer any special student accounts?
4. Does the bank or credit union offer a basic or no-frills account that costs less?
5. Does the bank or credit union offer online banking, and if so, is there a fee?
6. Is there a monthly fee for having the account?
7. What is the cost of 100 new checks?
8. Is there a minimum balance required to avoid penalty fees?
9. Can you write as many checks as you want, or are you limited to a certain number per month?
10. What is the fee for a bounced check or overdraft item?
11. How much does overdraft protection cost?
12. What other fees does the bank or credit union charge?

For more information visit:
smartaboutmoney.org

SAFEGUARD YOUR PERSONAL AND FINANCIAL INFORMATION

→ Don't give anyone your Social Security, credit card, or bank account numbers unless you know why the individual or organization is requesting them. If you are unsure, ask the person to send you a request by mail instead of asking for it over the telephone. Also be sure to ignore and delete emails requesting personal information.

→ Don't just throw away papers that list important account numbers or other financial numbers. Shred anything with your name, address, credit card information, or bank account numbers before putting it in the trash or recycle bin. This includes unused credit card offers.

→ Don't send your credit card number over the Internet unless you are sure the website is secure and your computer is protected by a firewall and anti-virus, anti-spyware, and other security software. Keep your security software updated.

→ Review your credit card statements and telephone bills for unauthorized use. If you suspect fraud, call the company immediately.

→ If you're a victim of identity theft, report the crime to the police and your bank immediately.

The next page has an example of a budget form. Write down the amounts that best represent what you would actually spend and see how much money you need to get through the school year. You can find out your tuition amount on myInfo and your osap amout on the Student Loan website: **osap.gov.on.ca**

EXAMPLE BUDGET FORM

Financial Resources For The Study Period

Savings		Band Funding for Tuition & Other Fees	
Parental/Spousal Assistance or Monetary Gifts		Native Band/ Funding Council: Living Allowance: ___ x ___ Months	
Support Payments ___ x ___ Months		Government Income (i.e. Ontario Disability, Child Tax Credit, Welfare): ___ x ___ Months	
Part-time Job ___ x ___ Months		Other Resources (i.e. Scholarships, bursaries and awards)	
Total OSAP		Bank Loan balance prior to the start of your term	
Other Provincial Student Loan		Line of Credit balance prior to the start of your term.	

Total Resources = _____

Estimates Expenses For the Study Period

Tuition Fees (Check myInfo)		Food ___ x ___ Months	
Other Lakehead Fees		Personal Care Products (i.e. medications, toothpaste) ___ x ___ Months	
Books / Equiptment / Supplies		Entertainment ___ x ___ Months	
Residence/ Rent ___ x ___ Months		Local Transportation (i.e. parking pass, gas) ___ x ___ Months	
Utilities ___ x ___ Months		Minimum Bank Loan monthly payment ___ x ___ Months	
Internet/Cable ___ x ___ Months		Minimum Lone of credit monthly Payment ___ x ___ Months	
Phone ___ x ___ Months		Trips home ___ x ___ #trips	

Total Expenses = _____

Total Resources: _____ - Total Expenses: _____ = Your Financial Need _____

BURSARIES

One of our largest and most exciting bursary offers is the Fall/Winter Bursary, which opens October 1 and closes November 7. The application is accessible through mylnfo. Fall/Winter Bursary amounts typically range from $500 - $2000. Applicants with student loan debt are always given extra consideration. Students are notified of the results of the Fall/Winter Bursary in mid-December by email.

Like the Fall/Winter Bursary, the Returning/Transfer/Mature Student Bursary is another enticing offer from Lakehead. The application, which opens March 1 and closes June 28, is accessible through mylnfo. This maximum $1000 bursary is available to all returning, college transfer, and mature undergraduate students not in a 2nd entry program (1-year Bed , 1-year Social Work, and Law, for example). Students are notified of the results of the Returning/Transfer/Mature Student Bursary in mid-July.

WHAT IS A BURSARY?
A bursary is an award that is based on financial need.

WHAT IS A SCHOLARSHIP?
A scholarship is an award that is based on academic standing.

For our OSAP-eligible students with identified permanent disabilities (and have a minimum 40% course load), we have the BSWD (Bursary for Students with Disabilities). For students who qualify a variety of goods and services are available, from computers and tutors. Awarded amounts can vary depending on what is required. BSWD applications are available through Student Accessibility Services.

For our Aboriginal and Métis students, we have bursaries that are specifically for you! The Aboriginal Student Bursary and Métis Nation of Ontario Bursary applications will be available on the Student Awards & Financial Aid website October 1. The Aboriginal Student Bursary amount typically ranges from $500 - $2000, while the Métis Nation of Ontario Bursary is a minimum of $500 (depending on the number of applicants). Students are notified of the results in mid-December by email.

SCHOLARSHIPS & AWARDS

Full-time undergraduate students should consider applying for in-course scholarships and awards, many of which are open to students in any major. Applications will be available September 1 until October 15 on the Student Awards & Financial Aid website.

External scholarship and award opportunities include (but are not limited) to:

SCHOLARSHIPSCANADA.com

student AWARDS.com

NSERC CRSNG

Association of Universities and Colleges of Canada / Association des universités et collèges du Canada

MANAGING YOUR TIME

To help you organize your time, fill in all your daily activities, using different colours for different categories of activity. Be honest – if you sleep in every day till 11, put that in! Once completed, you will be able to see where you can cut back to make room for important activities such as studying. Remember, to be successful academically, each hour spent in class requires at least two hours of reading and study time. Be sure your calendar allows you the hours you need to complete schoolwork.

Follow the example below to help you schedule your week to best use all the time available to you, and use the blank calendar on the following page to create your personalized schedule.



Academic Commitments: Classes and labs
Personal Time: Meals, Sleep and social life
Work Schedule (unless hours vary)
Extra-Curricular Activities: Teams, clubs, volunteer work

	M	T	W	TH	F	SAT	SUN
7:00	Walk Fido	Walk Fido	Walk Fido	Walk Fido	Walk Fido		
7:30	Shower, eat	Shower, eat	Shower, eat	Shower, eat	Shower, eat		
8:00		Independent Study Time, Book Writing Centre app'ts Go to Skills for Success seminars				Shower, eat	
8:30	Calculus RB 2054		Calculus RB 2054		Calculus RB 2054		
9:00				Independent Study Time, Book Writing Centre app'ts Go to Skills for Success seminars		WORK 9-5	
9:30							
10:00	Review Math and do Homework		Review Math and read for Sociology		Early unch & get to work		House clean up
10:30		Calculus Tutorial RB 2034 1-2					Shower, eat
11:00							
11:30	ociology 1100 UC 2001 1-2:30		Sociology 1100 UC 2001 1-2:30				Math Assistance Centre do homework and get tutoring
12:00					WORK 11-7		
12:30		Lunch		Lunch			
1:00	Lunch	English 1112 AT 1002 1-2:30	Lunch	English 1112 AT 1002 1-2:30			
1:30							
2:00	Review Sociology notes and read for Biology, 2-4						
2:30			Review Soci Notes Read Biol	Biology 1130 lab CB 2045 2:30 - 5:30			
3:00		Math Assistance Centre Do homework and get tutoring					
3:30							
4:00	Biology 1130 RC 1005 4-5:30		Biology 1130 RC 1005 4-5:30				
4:30							
5:00							
5:30	Make supper for roomies						
6:00			Dish duty				Sunday Dinner at Grandma and Grandpa's
6:30							
7:00				SOCCER PRACTICE 6-9			
7:30			Independent Study Time,				
8:00		LU RADIO SHOW				Country Night at the Outpost	
8:30							
9:00	Bachelor in Paradise						
9:30							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
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9:30							

STUDENT SUPPORT SERVICES

THE STUDENT SUCCESS CENTRE (SSC)

mysuccess.lakeheadu.ca

ssc@lakeheadu.ca
SC 0008
807-343-8018

The SSC will help you transition into university and throughout your 4 years. We provide:

MENTORING:

- Gateway students
- Personal goal setting
- Academic Performance
- Academic/Career Path Options and Graduate Studies

CAREER AND CO-OP EDUCATION:

- Career Advising & Job Search Skills
- Career Interest Assessment
- Co-op Education opportunities
- Resume & Cover Letter Review
- Career Events

ORIENTATION & LEADERSHIP:

- Leadership Program
- Orientation Activities



ACADEMIC SUPPORT:

- Study Skills
- Tutoring Services
- Skills for Success Seminars
- Lakehead University Writing Centre

ENROLMENT SERVICES - ACADEMIC ADVISING, RECORDS & REGISTRATION

From Registration to Graduation...Ask us for help!

records@lakeheadu.ca
UC 1004
807-343-8675

For information on your academic record, contact Enrolment Services - Academic Advising, Records & Registration. We are the office that is dedicated to the collection, maintenance and security of all student records.

We also provide: Academic Advice, Course Registration Assistance, Enrolment Verification, Interpretation of Academic Regulations, Course and Examination Schedules, Transcripts, Graduation.

STUDENT TIPS FOR SUCCESS:

- Check your Lakehead email regularly
- Know what is in mylnfo
- Understand your program requirements
- Pay attention to important dates & deadlines
- Review your grades
- Know your program Chair
- When in doubt, ask us for help!

ABORIGINAL CULTURAL & SUPPORT SERVICES (ACSS)

aboriginalservices.lakeheadu.ca
RC 0002
807-343-8085

We have an Aboriginal Student Lounge, which is a hub for student activities throughout the year. It is used for academic tutoring, post-secondary counsellors' visits, study sessions, and much more. The lounge offers an open and comfortable environment where students can access a study area, kitchenette, and computer lab. In addition, we have a cultural room for individual or group sessions with our Elders-in-Residence Program. The lounge is a home away from home for Aboriginal students who are pursuing their dream of post-secondary education.

Aboriginal Cultural & Support Services provides a culturally supportive environment to all Aboriginal students in a variety of ways:

- academic/cultural workshops
- referrals to various Lakehead University departments
- assistance with application, course selection, registration
- assistance with applications for scholarships, bursaries, sponsorship, and OSAP
- Aboriginal student lounge and computer lab



- transitional support including assistance with housing, daycare, referrals to city services
- Elder-in-Residence program
- cultural teachings, feasts, and sweat lodge
- ceremonies
- annual Fall Harvest and LUNSA powwow

OMBUDSPERSON

ombudsoffice.lakeheadu.ca

ombuds@lakeheadu.ca
UC 1002
807-343-8061

The Office of the Ombudsperson at Lakehead University provides an independent, impartial and confidential service to all members of the university community, staff, students, and faculty alike. All are welcome to seek advice and help from the Ombudsperson with respect to a wide range of issues, including Academic Concerns, Appeals, Campus Services, Personal Matters, and Landlord and Tenant Issues.

Often an individual will contact the Ombudsperson when the person is of the view that he or she is being treated unfairly, either by another member of the university community, or by the application of any University Policy or Procedure. The Ombudsperson can attempt to provide an objective view of a complaint or concern, and assist in arriving at an informal solution. Where an informal resolution is not possible, the Ombudsperson can provide information with about the appropriate formal processes within the University. A referral may also be made to resources outside the University for more help or information.

While email is the fastest way (ombuds@lakeheadu.ca) to arrange to meet with the Ombudsperson, parties are reminded that email is not a confidential means of communication, and therefore the provision of confidential information in an email should be avoided.



Mon. - Fri. 10a.m. - 1 p.m. Fall and Winter Term
Tues. and Thurs. 10a.m. - 1 p.m. Spring Term

CHAPLAINCY

Monday to Friday 8 am - 4 pm (by appointment)
807-343-8002

As the University Chaplain, Sister Alice Greer is available to serve the whole University Community, regardless of religious denomination. Students and their family, staff and faculty are most welcome to contact her. Sister Alice also works with specific groups on campus, including Resident Assistants (RAs), Students in the Faculty of Education and the Peer Ministry Program.

Through the academic year, everyone is invited to attend the Sunday Eucharistic Celebrations, 11 am at the University Chapel at Avila Centre.

Counselling topics Sister Alice addresses are:

- Personal — relationships and family
- Spiritual — vocational, sacraments, personal, church information
- Grief — personal, family, friends, surgery, change
- Addiction — alcohol, drugs, gambling/spending

LIBRARIES: CHANCELLOR PATERSON, EDUCATION LIBRARY

library.lakeheadu.ca
rlref@lakeheadu.ca
807-343-8302

The mail floor of the Chancellor Paterson Library features dozens of personal computers available for student use, a print/copy area, group study rooms and group/casual seating throughout. Also available are hot coffee and coldsnacks at the Library Cafe. Utilize our 5 floors of resources and study areas from which you can choose individual quiet areas to group study rooms and areas. We provide an online course reserve where you can find your professors reserve readings.

We also provide several different services:

- Student Photo ID
- Research Help/IT Support Desk
- Wireless Internet throughout the Library
- Tours of the Chancellor Paterson and Education library

CONTINUING EDUCATION AND DISTRIBUTED LEARNING

lakeheadu.ca/cedl

cedl@lakeheadu.ca
ATAC 5031
807-346-7730

Continuing Education and Distributed Learning offers an extensive selection of flexible, year-round programming so you can further your education in a way that fits your life!

- year-round online programming options
- extensive selection of courses in 25+ subject areas
- online & on-campus spring/summer courses offered in condensed formats ranging from 3 - 6 weeks
- Spring/Summer 2015 course list will be posted on our website in late October



ENROLMENT SERVICES - STUDENT AWARDS & FINANCIAL

financialaid.lakeheadu.ca

finaid@lakeheadu.ca
UC 2024
807-343-8152



Please email or come see us with questions or before you drop courses, as it may affect your scholarship, bursary or student loan funding at: **finaid@lakeheadu.ca**

Students should feel free to rely on us for help with:

- OSAP, Out-of-Province or US student loans
- Ontario Tuition Grant - 30% off tuition applications for those students who did not apply for OSAP, meet citizenship and residency requirements, have been out of high school for less than 4 years and parents' combined gross income is $160,000 or less
- Inquiries pertaining to the continuation of your Academic Entrance Scholarship
- Financing Your Education > Funding Opportunities for Current Students:

  a) In-course Scholarships and Awards for entering high school and continuing Lakehead students. Visit our website for eligibility (Opens September 1; Closes October)
  b) In-course Bursaries for Full-Time Undergraduate Students (Fall/Winter Bursary)
  c) For students who are returning to Lakehead University in 2015/16, the Returning Student Bursary
  d) A popular option for students, the Lakehead University Work Study Program can provide students with that extra financial assistance to make it through the second semester. Visit our website for eligibility (Opens October 1; Closes November 7)

The Returning Student Bursary can be a valuable resource to assist with tuition and textbook costs in September. Like the Fall/Winter Bursary, the Returning Student Bursary is based on financial need. (Opens March 1; Closes June 28). The Lakehead University Work-Study Program runs from September – March and provides eligible students with valuable opportunities to work part-time on campus (Thunder Bay and Orillia) while attending classes. Apply at **mysuccess.lakeheadu.ca** starting August 15.

STUDENT HEALTH AND COUNSELLING

lakeheadu.ca/current-students/student-services/tb/health-and-counselling

UC 1007
807-343-8361



Currently enrolled students can make appointments at the Centre for medical and personal counselling concerns.

- Medical services - You are eligible if you have paid the Health Services Support Fee for the current term; proof of provincial or other health insurance coverage required at every appointment
- Make an appointment with a physician for concerns such as illesses, prescription renewals, STI testing or mental health concerns
- Make an appointment with a counsellor if you are feeling stressed, anxious, sad or lonely

Remember:

- Student cards are required at every appointment
- Please try to come ~10 minutes before your appointment to allow for check-in processes
- If you can't shake the stress or the blues, please, talk to someone or visit the Centre
- Services are confidential – barring legal or risk obligations

ACCOUNTS RECEIVABLE OFFICE

lakeheadu.ca/faculty-and-staff/departments/services/finance/accounts-receivable

accounts@lakeheadu.ca
UC 0002
807-343-8140

The Accounts Receivable Office can assist you with questions, or in making payments for tuition, residence, transcripts and most university fees. In addition, questions can be directed to us about the refund of surplus scholarships, awards and bursaries, your tax receipts (T2202A or T4A), or any other general questions about your financial experience at Lakehead University. We recommend that your view important fees information online at: **lakeheadu.ca/current-students/tuition-fees/fees**

Mark your calendar for the following payment deadlines:

August 15, 2014	Option A – Payment in FULL for the 2014 Fall/Winter session Option B – Payment of First Installment for the 2014 Fall/Winter session
December 15, 2014	Payment of Second Installment of Tuition and Compulsory Fees for the 2014 Fall/Winter session and/or any other balance.
May 1, 2015	Payment of Tuition and Compulsory Fess for the 2015 Spring/Summer term

TECHNOLOGY SERVICE CENTRE (TSC)

tsc.lakeheadu.ca
2nd Floor ATAC and Research Helpdesk
807-346-7777



We bring together the skills, knowledge and technology to provide Academic and Administrative Computing, Information Services, Voice and Data Communications and Computing Services in the areas of learning and research. With a team of over 35 highly trained and skilled individuals, the TSC remains committed to supporting and strengthening our students' academic careers by providing University-wide access to information and technology resources. The full TSC team is committed to providing the highest level of support possible.

We support and manage:

- Desktop environment for labs, classrooms, offices and walk-up casual computing/ communications (approximately 1500 systems)
- A virtual server environment of some 200 servers dedicated to various application and academic endeavours
- A new state-of-the-art High Performance Computing Cluster for research and academic projects
- Full implementation of a modern Voice Over IP (VoIP) telephone system (including residences)
- Lakehead University's ERP application for consolidated information handling
- Modern 3-D Virtual Reality environment to aid research and academic study
- Help Desk services available: phone: 807-346-7777, online Help Desk ticketing system, walk up in Chancellor Paterson Library and the ATAC building.

When in doubt for anything technical, ask us first!

STUDENT ACCESSIBILITY SERVICES (SAS)

learningassistance.lakeheadu.ca

sas@lakeheadu.ca
SC 0003
807-343-8047

In collaboration with students, faculty and staff, SAS coordinates services and facilitates the provision of reasonable academic accommodations for students with disabilities/medical conditions. Academic accommodations are based on current Medical and/or Psychological Documentation.



- Check with SAS to ensure you have the required documentation
- Meet with an Advisor to determine appropriate academic accommodations
- Order electronic versions of textbooks
- Make arrangements to access the notetaking service
- Explore adaptive devices/software programs
- Develop self-advocacy skills

Book a meeting with the Manager if you require a Psychological reassessment or to determine your eligibility for the Bursary for Students with Disabilities (BSWD). Getting the paper work in place is an important "first step" before appropriate academic supports can be recommended. If you have a disability/medical condition which may affect your educational studies at Lakehead University, or you would like more information about our services, we invite you to contact our office.

INTERESTED IN VOLUNTEERING?

SAS requires volunteer notetakers for a variety of courses, an activity that can be added to your Co-Curricular Record. Listen for an announcement in class or an email from your Professor, then contact SAS.

LAKEHEAD UNIVERSITY ALUMNI ASSOCIATION

lakeheadualumni.ca

alumni@lakeheadu.ca
Avila Centre
807-343-8155

As a Lakehead graduate, there are many opportunities to network and get involved. Alumni play a vital role in University governance and operations, and helping Lakehead faculty, staff, and students in many ways, including:



- Recruiting students by sharing knowledge of the campus and positive experiences with students
- Communicating Lakehead's success stories and serving as informal ambassadors and advocates
- Assisting students, teachers, and researchers through financial support
- Assisting with special events and contributing your success stories to our Lakehead University magazine and Ezine
- Providing advice and counsel as volunteers participating on a variety of committees and governance bodies

DID YOU KNOW?

After receiving 5 full credits you are considered a Lakehead Alum.

We are committed to keeping our alumni informed, involved and invested in the alumni community. Formed in the late 1960s, the Alumni Association of Lakehead University aims to serve all graduates under one central organization. We have grown into a broad, full-service organization which provides benefits and opportunities to a world-wide network of over 54,000 alumni, while continuing to be an active partner in the direction, success and prosperity of the University.

LAKEHEAD UNIVERSITY BOOKSTORE

bookstore.lakeheadu.ca

bookstr@lakeheadu.ca
UC 1020
807-343-8314

Our friendly staff can assist you in finding all the necessary textbooks and lab manuals required for your courses. We are your one-stop shop for all your Lakehead University branded memorabilia clothing, and stationery supplies. Visit us online or in-store to place your orders.



CAMPUS TECH

www.campustech.ca

campus.tech@lakeheadu.ca
SC 0002
807-343-8770

Located in the tunnels across from LUSU, Campus Tech is a full-service computer sales and repair shop. An addition to being the only Apple Authorized Service Provider in Northwestern Ontario, Campus Tech can disinfect viruses and spyware, install software or operating systems, and conduct upgrades and data recovery.

Campus Tech also offers a host of educationally priced software and hardware, including Apple, Microsoft and Adobe products. If you can't find what you're looking for in-store, you can browse the stock online at **store.campustech.ca** as well as purchase direct with academic discounts.

CAMPUS TECH

RESIDENCE

Lakehead University Residence and Conference Services welcome all of our new and returning students for the upcoming academic year.

The Residence Offices are located in Kenora House in Bartley Residence. Come see us with any of your questions! The Residence Life Team has a very exciting year planned with all sorts of different activities to participate in. Come and join in on all the fun!

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369 Main Street , Unit C7
Thunder Bay, ON
(807) 626-9063

SKILLS FOR SUCCESS SEMINARS

ACADEMIC PREPAREDNESS

ACADEMIC READING & NOTE TAKING

Although this may seem like a simple task, note taking at the university level can be one of the most challenging skills for students. It is important to prepare and paraphrase in your own words to retain more information. In this seminar, gain practical skills on taking effective lecture notes.

Fall Term	Sept. 15	4:30 - 5:30 pm
	Sept. 16	1 - 2 pm
	Sept. 19	12 - 1 pm
	Oct. 16	4:30 - 5:30 pm
	Oct. 17	12 – 1 pm
	Oct. 20	11 am - 12 pm
	Nov. 14	12 - 1 pm
Winter Term	Jan. 12	4:30 - 5:30 pm
	Jan. 16	12 - 1 pm
	Feb. 23	4:30 - 5:30 pm
	Feb. 27	12 - 1 pm

TEST PREPARATION, TIPS & BEST PRACTICES

Study about studying! Gain practical skills to help you study like a pro! It is important to start early so that you can keep up with the pace.

Fall Term	Sept. 23	4:30 - 5:30 pm
	Sept. 26	12 - 1 pm
	Sept. 29	10 - 11 am
	Nov. 10	4:30 - 5:30 pm
	Nov. 18	1 - 2 pm
	Nov. 21	12 - 1 pm
Winter Term	Jan. 20	4:30 - 5:30 pm
	Jan. 22	12 - 1 pm
	Mar. 25	4:30 - 5:30 pm
	Mar. 27	12 - 1 pm

WRITING ESSAY EXAMS

Do you want to perfect the art of writing an essay on an exam? Join us for tips and advice on how to best prepare for your next long answer, essay exam questions.

Fall Term	Oct. 29	5:30 - 7 pm
	Nov. 19	5:30 - 7 pm
Winter Term	Feb. 25	5:30 - 7 pm
	Mar. 18	5:30 - 7 pm

WRITING MULTIPLE CHOICE EXAMS

When in doubt, choose 'c'. Is this your method when taking multiple choice tests and exams? Attend this workshop to gain valuable tools and information on how best to study and be successful when writing multiple choice exams.

Fall Term	Oct. 6	4:30 - 5:30 pm
	Oct. 10	12 - 1 pm
	Nov. 24	4:30 - 5:30 pm
	Nov. 28	12 - 1 pm
Winter Term	Jan. 28	4:30 - 5:30 pm
	Jan. 30	12 - 1 pm
	Feb. 2	11 am - 12 pm
	Mar. 9	4:30 - 5:30 pm
	Mar. 13	12 - 1 pm
	Mar. 30	4:30 - 5:30 pm

GETTING BACK ON TRACK!

Did you get the marks you want on Mid-terms or in Fall Term courses? Do you feel like you were ready for exams and you don't know what happened? In this seminar we'll provide you with some tips for how to turn your grades around and get back on track before the end of term.

Fall Term	Oct. 28	4:30 - 5:30 pm
	Oct. 31	12 - 1 pm
Winter Term	Jan. 7	2 - 3 pm
	Jan. 8	4:30 - 5:30 pm

THINKING ABOUT GRADUATE SCHOOL SEMINAR SERIES

This series will help you make a decision about graduate studies and give you the tools you need to apply.

Fall Term ONLY (Little Dining Room):

1. Thinking About Graduate Studies: Sept. 18 1 - 2 pm
2. How to Write Your CV: Sept. 25 1 - 2 pm
3. How to Write Your Statement of Intent: Oct. 2 1 - 2 pm

Check out **mysuccess.lakeheadu.ca** for details

CAREER & JOB SKILLS

RESUME RX & CHECK-UP WORKSHOPS

Your resume is a self-marketing tool that advertises and communicates why you are the right person for the job. Come and learn how to write a resume and cover letter that will make you stand out and get the job you desire.

* Please note that you must attend a Resume Rx Workshop before you can attend the Resume Check Up

Fall Term	Sept. 30	4:30 - 5:30 pm
	Oct. 6	12 - 1 pm
	Nov. 4	4:30 - 5:30 pm
Resume Check-Up	Oct. 1	5:30 - 7 pm
	Oct. 2	1 - 2 pm
	Nov. 5	5:30 - 7 pm
	Nov. 6	4:30 - 5:30 pm
	Nov. 10	12 - 1 pm
	Nov. 11	4:30 - 5:30 pm
Winter Term	Jan. 13	4:30 - 5:30 pm
	Feb. 4	4:30 - 5:30 pm
Resume Check-Up	Jan. 15	4:30 - 5:30 pm
	Jan. 21	5:30 - 7 pm
	Feb. 11	5:30 - 7 pm
	Feb. 12	1 - 2 pm
	Mar. 11	5:30 - 7 pm
	Mar. 25	5:30 - 7 pm

GET THE JOB NOW!

Prepare to make the most of this year's Career Fairs to meet directly with numerous company representatives. Research occupations and organizations of interest and begin your job search early.

Fall Term	Oct. 1	4:30 - 5:30 pm
Winter Term	Jan. 14	4:30 - 5:30 pm
	Feb. 24	4:30 - 5:30 pm

PROFESSIONAL ONLINE PROFILE MAKEOVER

Introduction to LinkedIn – the largest online professional network in the world. And…..techniques to ensure your online presence is ready for job search.

Fall Term	Oct. 3	1 - 2 pm
	Nov. 3	4:30 - 5:30 pm
Winter Term	Jan. 19	11 am - 12 pm
	Feb. 5	4:30 - 5:30 pm

CHOOSE YOUR OWN ADVENTURE: EXPLORE CAREER OPTIONS

Explore how your degree prepares you for various career directions of interest and ways to gain valuable and related experience along the way.

Fall Term	Oct. 21	4:30 - 5:30 pm
Winter Term	Mar. 11	4:30 - 5:30 pm

WRITING CENTRE WORKSHOPS

INTRODUCTION TO SENTENCE BASICS

The sentence is the essential tool for communication of ideas. This workshop teaches you to analyze sentences so that you understand their mechanics.

Fall Term	Sept. 17	5:30 - 7 pm
	Sept. 24	5:30 - 7 pm

ENGLISH GRAMMAR ESSENTIALS

These workshops focus on the parts of speech and the rules of conventional punctuation that will help you fine tune your style.

Fall Term	Oct. 8	5:30 - 7 pm
	Oct. 15	5:30 - 7 pm
	Oct. 22	5:30 - 7 pm

AVOIDING PLAGIARISM

All academic writers use others' research and ideas for inspiration, confirmation or comparison. Building on the University's definition of plagiarism and through examples, this workshop shows you how to incorporate your sources and maintain academic integrity.

Winter Term	Jan. 14	5:30 - 7 pm

REFERENCING CLINIC

Although online and print resources exist for writers who need to follow a specific referencing style, sometimes it helps to talk to an experienced academic writer about documentation and format. Bring your citations, your paper and your questions.

Winter Term	Feb. 4	5:30 - 7 pm
	Mar. 4	5:30 - 7 pm

UNIVERSITY CAN BE DAUNTING ENOUGH.

Tech shouldn't be.

Campus Tech offers convenient full-service repair and sales, as well as education pricing on many items in store and online. Whether it be **Magic: The Gathering** or **Microsoft Surface**, our knowledgable sales staff can help. Drop by the store or check out the website to find out more.

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+

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