

University Experience Session	Description
<b>Mandatory Student Experience Sessions (International, Exchange, and OMA Students)</b>	International Student Experience Session   1 :00 p.m. - 2:00 p.m.   CL 110
	Exchange Student Experience Session   1 :00 p.m. - 2:00 p.m.   CL 126
	OMA Student Session   1 :00 p.m. - 2:00 p.m.   CW 117
<b>What I Wish I Knew in my First Year (Student Panel)</b>	Hear from current students as they share their advice, helpful tips, and things they wish they had known when they first started at the U of R. Come with questions, leave with confidence (and maybe a few laughs)!
<b>Pre-Professional Pathways</b>	Learn about pre-professional pathways at the U of R! At this session you will learn how these pathways will help prepare you for whichever professional program (dentistry, law, medicine, nutrition, occupational therapy, optometry, pharmacy, physical therapy, speech pathology, or veterinary medicine) you are interested in.
<b>Enhancing Your Degree: Work &amp; Volunteer Experience</b>	Your academic program is a key part of your time at university, but there is more to your experience than academics alone. Join this session to learn how you can get involved, grow your skills, meet new people, and make the most of opportunities like volunteering, work experience, and career exploration!
<b>Ace Your Academics</b>	Discover the essentials for acing your academics in your first year and beyond! Key topics for this session include time management, study strategies, staying motivated, and maintaining confidence in yourself. You will also be introduced to the variety of centres that can offer support and guidance.
<b>Understanding Scholarships and Student Loans</b>	Student Awards and Financial Aid (SAFA) offers a variety of financial support options. Join this session to learn about accessing scholarship, applying for student loans, managing funding opportunities, as well as discover important deadlines, eligibility requirements, and maintaining your financial aid.
<b>What is ta-tawâw?</b>	Join this session to learn what the ta-tawâw Student Centre offers, including support services, programming, cultural teachings, and more!
<b>Campus Fun!</b>	Looking to get involved on campus? This session will offer you insights to all the ways you can have fun on campus, including joining clubs, associations, and recreational leagues!

<b>Recharging your Wellness Battery</b>	How do you recharge without having the time for a vacation? Our Student Mental Health team will offer self-improvement insights to help you understand your "low battery" states, outline practical and time-efficient ways to recharge, and equip you with knowledge and resources you can use right away!
<b>Understanding Academic Integrity and Avoiding Academic Misconduct</b>	Learn about the principles of academic integrity and how these apply in your courses. This session will cover key areas, such as understanding plagiarism, the importance of citing sources, generative AI policies, and authorized/unauthorized AI use.
<b>Campus Tours</b>	