Sponsored by the University of Toronto, Enrolment Services & the National Student Loans Service Centre

REPAYING YOUR OSAP LOANS

Two information sessions to choose from:
University College (15 King’s College Circle) Room 179
Tuesday, November 21st, 2017
12:00pm – 1:00pm OR 1:00 – 2:00pm
FOOD & MOOD

Explore how our relationship with food can affect our mood.

See how mindfulness meditation and practical nutrition knowledge can make a difference.

**Wed. Nov. 8, Wed. Dec. 6, 5:10 – 7:30 pm**
Call 416-978-8030 to register

More dates: uoft.me/mindfulness
FINANCIAL SURVIVAL TALKS

Wednesday, November 15
12:00 - 2:00 PM
MultiFaith Centre,
Main Activity Hall

Come to speak with various U of T staff and union staff representatives about financial assistance you can access in the university; learn more about grants, awards, and benefits! Lunch will be served.

REGISTER AT: FAMILYCARE.UTORONTO.CA
BOARD GAME CAFE

Get on board

Tuesdays, 3–5 pm
Reading Room, Hart House / Free

Board Games are a great icebreaker that allow you to connect without that pesky awkward small talk! Come join for games, tea, fun and friendly competition.

This event is offered in partnership with Pair-A-Dice Gaming

More info: harthouse.ca

HartHouse 7 Hart House Circle / 416.978.2452 / www.harthouse.ca / Follow us @HartHouseUofT
DEVELOP YOUR WRITING SKILLS

At your college or faculty writing centre.
Advice on planning, organizing, writing and revising assignments in all subject areas.

writing.utoronto.ca
YOUR ONLINE LIFE AT U OF T IS CHANGING!

Name the New Portal for a chance to win a $250 gift card for the U of T Bookstore.

uoft.me/PortalContest
Would you like to be more calm, confident and connected?

Join weekly opportunities to practice secular mindful meditation techniques that will increase your relaxation, resiliency and focus.

uoft.me/mindfulmoments
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon.</td>
<td>5-6 p.m.</td>
<td>BA B025</td>
</tr>
<tr>
<td>Tues.</td>
<td>10-11 a.m.</td>
<td>BA 3008</td>
</tr>
<tr>
<td>Thurs.</td>
<td>1-2 p.m.</td>
<td>BA 1200</td>
</tr>
<tr>
<td>Fri.</td>
<td>12-1 p.m.</td>
<td>BA B025</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon.</td>
<td>6-7 p.m.</td>
<td>BA B026</td>
</tr>
<tr>
<td>Tues.</td>
<td>12-1 p.m.</td>
<td>BA 2159</td>
</tr>
<tr>
<td>Wed.</td>
<td>5-6 p.m.</td>
<td>BA 2185</td>
</tr>
<tr>
<td>Thurs.</td>
<td>6-7 p.m.</td>
<td>BA 3116</td>
</tr>
<tr>
<td></td>
<td></td>
<td>BA 2145</td>
</tr>
</tbody>
</table>
CONNECT

Looking for career advice?

More than 5,500 members of the U of T Engineering CONNECT community are willing to help you take the next step!

SIGN UP TODAY
uoftengineeringconnect.ca
LECTURES at the LEADING EDGE

Irving O. Shoichet Distinguished Lecture

20 September
FRANCES ARNOLD
California Institute of Technology
Innovation by Evolution: Bringing New Chemistry to Life

4 October
DAVID DREISINGER
University of British Columbia
The Role of Hydrometallurgy in Meeting the Supply Chain for Life in the 21st Century

18 October
KATHLEEN STEBE
University of Pennsylvania
Curvature Directed Assembly of Colloids at Interfaces

22 November
WILLIAM SAMPSON
University of Manchester
Optimising Structure-Property Dependencies of Stochastic Materials by Probabilistic Modelling

6 December
JULIA KORNFIELD
California Institute of Technology
Megasupramolecules

All lectures will be held at 12:00 pm in WB 116, 200 College Street, Toronto, ON