

Monday, August 28	Tuesday, August 29	Wednesday, August 30	Thursday, August 31	Friday, September 1
Brantford Campus 1:00 PM – 2:00 PM Coping with Stress Room #: A113 2:00 PM – 3:00 PM Goal Setting for Post Secondary Success Room #: A113 3:00 PM – 4:00 PM Identity and Connection to Community Room#: A113	Brantford Campus 1:00 PM – 2:00 PM Resume Building and Career Preparedness Room #: A113 2:00 PM – 3:00 PM Importance of Self-Care Room #: A113 3:00 PM – 4:00 PM Academic Toolkit: Effective Note-taking, Study Strategies, and Exam Preparation Room #: A113	Brantford Campus 1:00 PM – 2:00 PM Digital Fluency: An Introduction to College Technology Room #: A113 2:00 PM – 3:00 PM Your Wellness Toolkit Room #: A113 3:00 PM – 4:00 PM Being Safe Online Room # A113	Ohsweken Campus 4:30 PM – 6:00 PM Orientation Grand River Room 6:15 PM - 7:00 PM Digital Fluency: An Introduction to College Technology Onondaga Room 7:00 PM – 8:00 PM Resume Building and Career Preparedness Onondaga Room	Ohsweken Campus 4:30 PM – 5:30 PM Identity and Connection to Community Onondaga Room 5:30 PM – 6:30 PM Academic Toolkit: Effective Note-taking, Study Strategies, & Exam Preparation Onondaga Room 6:30 PM – 7:30 PM Your Wellness Toolkit Onondaga Room

BRIGHT Start Session Descriptions

Coping with Stress

Not all stress is bad. Good stress can help you meet your daily goals and keep you pushing forward but bad stress, the kind that makes you tired and distracts you from concentrating, needs to be identified and managed. In this session, you will learn techniques that will help you to deal with the challenges and conflicting priorities that can often lead to unproductive stress.

Goal Setting for Post-Secondary Success

Goal setting helps to create behaviors that will enable us to acquire something worth planning and working for, essentially, something meaningful. It requires that we allocate time to preparing and visualizing the goals we set for ourselves – a road map that plots the direction our journey needs to take. This session will help you identify your goals alongside a clear plan, for achieving them.

Digital Fluency: An Introduction to College Technology

Becoming aware of the various technologies available in your learning environment is important and it is best to recognize and understand their functionality and how you can leverage them to make them work for you. The technical tools introduced in this session will help you not only with the completion of your coursework but, will give you added technological skills that you can add to your resume.

Your Wellness Toolkit

Cultivating a wellness plan is a highly personal journey that will evolve over your lifetime. This session will help you to develop more awareness about what wellness looks like for you and how mindfulness and reflection can enable you to set realistic, manageable goals to incorporate Indigenous Wellness philosophies into your everyday life.

Being Safe Online

The Internet provides us with a vast wealth of resources and information at our fingertips. The opportunity to collaborate with people across the world opens up exciting possibilities to broaden the depth and breadth of our educational experience however, we need to exercise caution online. This session explores the term *Cyber-Savvy* and addresses the importance of engaging in responsible digital communications by safeguarding your online presence.

Importance of Self-Care

Self-care is a sustainable and holistic investment in our minds and bodies. It includes taking good care of our physical health, eating healthily, exercising, and sleeping well. But it also entails looking after our minds and emotions. In this session, you will learn about self-care and how to manage yourself to be balanced.

Resume Building and Career Preparedness

If you have a resume or, have contemplated creating one, this session will provide an overview of the essential components of a professional resume. Explore different career opportunities through job classification sites such as the National Occupational Classification (NOC) and the North American Industry Classification System (NAICS). Other topics include communication in the workplace, emotional intelligence, and self-management skills.

Identity and Connection to Community

Fostering a sense of identity and connection to community is vital for personal growth and societal harmony. When individuals have a strong sense of their own identity, encompassing their values, beliefs, and unique qualities, they can navigate life with confidence and purpose. By fostering connections to a community, individuals can find support, belonging, and opportunities for collaboration, leading to a sense of unity and shared responsibility.

Academic Toolkit: Effective Note-taking, Study Strategies, and Exam Preparation

Explore effective techniques to record and organize notes taken in class and during virtual class time. Uncover how to make the most of the time you spend studying and preparing for exams. This session will equip you with the tools that will enable you to focus your energy productively - simple, yet effective strategies that will save you time and, can be employed in the classroom and at home.