



# SUMMER 2026

## ORIENTATION DAY SCHEDULE

10:00 AM – 11:00 AM	<b>Presentation (Room 417)</b> Feel welcome and informed with essential information and Q&A. Get the information you need to start the school year on a high note!
11:00 AM – 11:30 AM	<b>Health &amp; Wellness Workshop</b> At the Health and Wellness workshop, you will learn about managing stress, staying active, eating well, and accessing healthcare in Canada. It's a great opportunity to get tips on adjusting to life in Canada and maintaining a healthy lifestyle during your studies.
11:30 AM – 12:00 PM	<b>Academic policies workshop</b> At the Academic Policies workshop, you will learn about important rules and regulations, including grading systems, attendance requirements, and academic integrity. You'll also get information on how to access academic support and resources to help you succeed throughout your studies.
12:00 PM – 12:15 PM	<b>Campus Tour</b> Discover your new campus! This tour will help you get familiar with your classes and learn where everything is located.
12:15 PM – 1:15 PM	<b>Lunch and Mingle Time (Cafeteria)</b> Join us at the school cafeteria for a delicious lunch. Meet new friends, chat with fellow students, and enjoy some great music!
	<b>Session with RBC</b> Get a chance to connect with banking professionals. Learn about banking in Canada, ask your questions, and gain valuable financial insights.