

A message from Dr. Janet Morrison



We're here for you

May 29, 2020

Dear Sheridan Students,

As we approach June, I want to use today's update to remind you of the many resources that are available to support your learning and keep you connected to the Sheridan community. In today's email, I'll cover:

- Health and Wellness
- Learning Resources
- Virtual events

Health and Wellness

Sheridan cares deeply about your health and wellness. We pride ourselves on being a supportive community that fosters mental, physical and social wellbeing. The pandemic has disrupted almost every aspect of our daily lives and continues to cause significant stress and anxiety. As you navigate related challenges, please know that there are many supports available to you, including:

- [Mental well-being resource guide](#) that answers questions about stress, self-care, and helping oneself and others.
- [Mindset matters guide](#) that teaches you to build resilience and develop strategies for bouncing back when things don't go as planned.
- [Counselling services](#) that are free and confidential.
- [Health Centres](#) that continue to offer telephone and virtual visits with doctors and nurses.

Learning Resources

Studying from home doesn't mean learning alone. We understand that this experience is new for some students and that it can be hard to stay focused and engaged. While our physical campuses are closed, there are many virtual supports available to you, including:

- [SLATE resources](#) to help you use our learning management system.
- [Digital learning resources](#) for help with assignments, citation, tutoring, study skills or academic integrity.
- [Learning and study tools](#) with tips and resources on time management and more.
- [Remote learning module](#) with tips for getting organized with technology, setting up your study space, studying for online tests and strategies to reduce test anxiety.

Virtual Events

While public health directives are keeping us physically separated, there are still many opportunities to foster connections and friendships with your peers. Each week, we publish a calendar of activities, found at the link below:

[Virtual Event Calendar](#)

Please: stay well, continue to make smart choices about your personal safety, and take advantage of the many resources available at Sheridan. Questions can always be directed to us at careandwellness@sheridancollege.ca or by phone at 905-815-4009. In the spirit of service excellence and continuous improvement, we'll continue to use your queries to update and refresh our [FAQs](#).

Thank you for choosing Sheridan as your learning community.

Janet Morrison
President and Vice Chancellor

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Sheridan

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