

## A message from Carol Altília

Vice President, Student Experience and Enrolment Management and Interim Provost



### Resources for your Reading Week

October 23, 2020

Dear Sheridan Students,

Congratulations on making it to what is roughly the half-way point in the Fall Term! During a historic time of change and disruption, I think this milestone in your academic journey is important to recognize.

We know that Reading Week is typically an opportunity to travel, spend time with family and friends and take a break from our daily routines. These things may no longer be part of your plans, so I wanted to share some virtual supports that are in place to help you adapt to our current reality.

#### Free tutoring support is a click away

Reading Week is an opportune time to catch up on readings, assignments and projects. If you find yourself in need of support, you're not alone.

Tutoring is available virtually. Book appointments at [sheridan.tutorocean.com](https://sheridan.tutorocean.com) or email [tutoring@sheridancollege.ca](mailto:tutoring@sheridancollege.ca) to ask about services and additional tutoring supports.

All first-year students have access to a program-level tutor in their Learn Well Virtual Community.

I encourage you to take advantage of the resources available to you. There's no time like the present to get academic support while connecting with a peer.

#### Learn Well module designed to help you succeed online

The Learn Well program includes three learning modules designed to support you from the beginning of your term through to completion in the online learning environment. [This video provides an overview of the program.](#)

Learn Well topics include Build Community: Technology, Workspace and Community; Thrive Online: Study Smart, Positive Mindset and Wellness; and Preparing for Online Assessment: Test Taking, Written and Oral Assignments. Upon completion, you'll receive a Learn Well Certificate of Completion.

The modules are embedded in more than 120 first-year courses to ensure access to all new students, and they're available for all students. [Sign up here.](#) The modules take about 30 to 45 minutes to complete and you'll receive a Learn Well Certificate of Completion.

Any questions about Learn Well can be directed to [learnwell@sheridancollege.ca](mailto:learnwell@sheridancollege.ca).

#### Health and safety during Reading Week

I want to remind our community that following Public Health recommendations remains of utmost importance as we all do our part to address the ongoing presence of COVID-19 in our communities and around the world.

Please take note of these Public Health recommendations as you make plans for Reading Week:

- [Protect yourself and others](#) — how to prevent the spread of respiratory viruses including COVID-19.
- [Practice "social distancing"](#) — what social distancing means, and how to practice it.
- [COVID-19 self-assessment tool](#) — to help you determine if you need to seek further care from your healthcare practitioner or Telehealth Ontario for COVID-19.
- [How to self-monitor for COVID-19](#) — if you believe you've been exposed to someone with COVID-19 symptoms.
- [How to self-isolate for 14 days](#) — if you've just returned from travel outside of Canada, or if you feel symptoms of COVID-19.

We as a community need to do our best to adhere to protocol for the health and safety of ourselves and others.

As always, [important COVID-19 updates can be accessed on the Sheridan website.](#) Should you find yourself in need of confidential counselling, it's available 24 hours a day, seven days a week from [EmpowerME](#) or [KeepMeSafe](#). You can also book a virtual appointment with our Counsellors by contacting [askanadvisor@sheridancollege.ca](mailto:askanadvisor@sheridancollege.ca).

We understand that change seems to be the only constant these days and applaud you for the work you've done to adapt to new learning delivery, ways to access student supports and virtual events.

That being said, change can be exhausting. I encourage you to carve out some time to relax, recharge and reflect on what you've accomplished amidst all of the change and unpredictability.

I wish you a healthy, safe and happy Reading Week!

Sincerely,

Carol Altília, VP Student Experience and Enrolment Management and Interim Provost

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