Sheridan’s Well Series is a collaborative, pan-institutional initiative designed to help your students succeed. The series prepares students in each step of their academic journey, from pre-arrival readiness, through the key transitions, while building the confidence and experience needed to launch their future careers.

Visit the Well Series website for more information.

For Staff, Admin, and Professors:

**Teach Well**
- Create course materials using a multi-media interactive approach
- Cultivate a sense of community and connection in the teaching and learning environment
- Explore a variety of evidence-informed teaching and learning strategies to increase student engagement and motivation

**Mindful Redundancies**
- Creating community
- Navigating Sheridan services and supports
- Elements of well-being and a mindful approach to the academic journey
- Engage in various academic preparedness components