

# Well Series

Click the icons below to learn more about each program from the video trailers.  
Click on the name of the well series program to connect to the module content.

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.](#)



## Transition Well

Navigate services and build community.



## Start Well

Strengthen required academic skills.



## Arrive Well

Succeed in Canadian post-secondary.



## Learn Well

Access virtual supports and impactful learning strategies.



## Work Well

Determine career planning next steps.

14 Weeks Before Term  
- Through First Year

Before School Starts

First Year International  
Students

First Year

Start to Finish at  
Sheridan

- Cultivate social networks based on program, interests, and social identity
- Identify Sheridan supports and services available and their purpose
- Learn important program related information while meeting faculty as part of New Student Orientation

- Identify personal strengths and learning preferences
- Create an effective time management semester plan by applying Creative Problem Solving strategies
- Compare discipline specific literacy and numeracy skills to their own skills

- Understand how to effectively interact with Sheridan professors and community members
- Identify Canadian post-secondary education system's key characteristics
- Recognize critical program specific technology and academic skills for future career preparation

- Apply strategies for staying focused and motivated while monitoring personal well-being
- Discover test prep and essay tips and strategies
- Connect with upper year student tutors and peer mentors

- Navigate a career path, including seeking employment and managing career transitions, while building experience and resiliency
- Hone professional behaviour to successfully navigate the workplace
- Recognize employee rights and approaches to asking for accommodation

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