

# Well Series

Click the icons below to learn more about each program from the video trailers.  
Click "Start Well" for a sneak peak of the module.

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.](#)



## Start Well

Strengthen required academic skills.

Before School Starts

- 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



## Transition Well

Navigate services and build community.

14 Weeks Before Term - Through First Year

- 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



## Arrive Well

Succeed in Canadian post-secondary. **Fall 2021**

First Year International Students

- 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



## Learn Well

Access virtual supports and impactful learning strategies.

First Year

- 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



## Work Well

Determine career planning next steps.

Start to Finish at Sheridan

- 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 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