



# Top tips for First Generation students: Campus Life

Welcome to Durham College (DC)! Being the first in your family to attend college may seem a bit overwhelming. Thankfully there are many useful services here at DC to help you connect and thrive. On this card you will find tips and resources to help you get prepared, be involved and succeed on campus. Check out [www.durhamcollege.ca/firstgen](http://www.durhamcollege.ca/firstgen) or [www.durhamcollege.ca/orientation](http://www.durhamcollege.ca/orientation) for more information.



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## FIND THE MONEY

### Financial Aid, Awards and OSAP

DC offers a variety of financial tools and resources to assist you with your educational costs, including scholarships and bursaries, help accessing the Ontario Student Assistance Program (OSAP), financial aid programs and on-campus employment. Visit the Financial Aid tab on MyCampus to fill out your financial profile, book an appointment or learn more about what's available.

### Ontario First Generation Bursary

This bursary is specifically for First Generation (First Gen) students and can range from \$1000 - \$3500. Visit the Scholarships, Bursaries and Awards link under the Financial Aid tab on MyCampus to fill out an application.

## CONNECT WITH A COACH

### Coaching and Support Centre (CSC)

Meet with a coach to help you stay on track and create a success plan that will help you achieve your goals.

## FIND A JOB

### Career development

Access a team of career coaches to help you with your career goals. Individual appointments are available for job search strategies, cover letter and resume writing, portfolio development and interview skills. Check out the DC Hired Portal (<https://hired.durhamcollege.ca>) to access an online job board, career resources, employer events, and to book an appointment with a coach.

### DC Works

Work on campus from September to April each year. Each job offers a maximum of 12 hours per week and pays \$13.50 per hour including vacation pay. Check out your MyCampus account under the DC Student Works tab for more information.

## BE A CAMPUS AMBASSADOR

### Institute of Student Leadership

Team members receive specialized training in leadership, team building, diversity, campus services, campus tours and event planning. This exciting opportunity allows you to improve your communication, organization and public speaking skills while meeting new people! Email [dccrew@durhamcollege.ca](mailto:dccrew@durhamcollege.ca) for more information.

## BE HEALTHY

### Student Mental Health Resources

- Aspiria – 24/7 confidential counselling (1.877.234.5327)

- Good2Talk – Free, professional and confidential counselling support for students in Ontario. (1.866.925.5454)
- Durham Mental Health Services – 24/7 helpline (905.666.0483)
- Healthy Minds mobile app – [www.healthymindsapp.ca](http://www.healthymindsapp.ca)

## APPRECIATE DIVERSITY

The Office of Student Diversity, Inclusion and Transitions welcomes students to participate in a variety of inclusive programs designed to introduce them to the academic, social and diverse environment on campus.

### Aboriginal Student Centre

The Suswaaning Endaajig Aboriginal Student Centre uses a holistic approach to support Aboriginal students by focusing on their physical, mental, emotional and spiritual well-being through activities and teachings.

## GET INVOLVED

Co-curricular recognition: Use your MyCampus login to see the opportunities waiting for you!

Student Association (SA): The SA provides a range of services, supports, and events for you. You can join one of the 160+ clubs on campus.

## GET MOVING!

### Campus Recreation and Wellness Centre (CRWC)

Need a break from class? Get active at the CRWC by going to the gym, taking a fitness class, using the indoor track, playing a game of soccer in the Fieldhouse, signing up for an intramural sport or joining one of the Durham Lords varsity athletic teams.

## EAT ON CAMPUS

### Food Services

Do you want to save 13% on your meal purchases? Meal plan information and food services hours and locations can be found at <http://durham-uoit.campusdish.com>.

## STAY SAFE

### Office of Campus Safety

If you are feeling unsafe, dial (905) 721-2000, ext. 2400 to speak with security or request Campus Walk services on weeknights.

### Campus Walk

A service provided by trained student teams who will, on request, accompany students, employees or visitors to their residence, car or other campus locations on weeknights. To make a request contact campus security at 905.721.2000 ext. 2400.