FALL 2018

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>September 2-3</td>
<td>Move into residence</td>
</tr>
<tr>
<td>September 2-8</td>
<td>Meet your peers at Orientation</td>
</tr>
<tr>
<td>September 6</td>
<td>Begin lectures</td>
</tr>
<tr>
<td>October 9-10</td>
<td>Fall break study days</td>
</tr>
<tr>
<td>December 3</td>
<td>Attend your last class of the term</td>
</tr>
<tr>
<td>December 4-5</td>
<td>Study days</td>
</tr>
<tr>
<td>December 6-21</td>
<td>Write final exams</td>
</tr>
</tbody>
</table>

SUMMER 2018

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Early July</td>
<td>Register for Orientation</td>
</tr>
<tr>
<td>By August 22</td>
<td>Become “Fees Arranged”</td>
</tr>
</tbody>
</table>

The University of Waterloo is on lands that are deeply connected to Indigenous peoples who have historically lived and who currently live in this territory. These groups include the Neutral, Anishinaabeg, and Haudenosaunee peoples.

The University of Waterloo is situated on the Haldimand Tract, the land promised to the Six Nations, also known as the Haudenosaunee people. This land includes six miles on each side of the Grand River.

1. Turn on Wi-Fi on your device.
2. Select “eduroam” from the list of available Wi-Fi networks.
3. When prompted, enter your full @edu.uwaterloo.ca user ID and password. This is the same user ID and password you would use to log in to Quest (e.g. jsmith@edu.uwaterloo.ca).
4. Connect to Wi-Fi.
STUDENT SCHEDULE

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
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</thead>
<tbody>
<tr>
<td>8:30 - 9:30 a.m.</td>
<td>CHECK-IN - Fed Hall</td>
</tr>
<tr>
<td>9:30 - 9:55 a.m.</td>
<td>WELCOME - Fed Hall&lt;br&gt;Official welcome to the University of Waterloo by the Associate Dean of Mathematics, Francis Poulin. Hear about the Faculty’s history and receive an overview of the day’s programming.</td>
</tr>
<tr>
<td>9:55 - 10:15 a.m.</td>
<td>TRANSITION TIME</td>
</tr>
<tr>
<td>10:15 - 12:00 p.m.</td>
<td>SAMPLE LECTURE: GRAPH THEORY AND WORKSHOP - AHS 1689, M3 1006&lt;br&gt;Experience a first-year math lecture with instructors Shane Bauman and Carmen Bruni and learn the differences between high school math and UWaterloo math. You will learn about SQ3R: a textbook reading and lecture preparation strategy for your math courses.</td>
</tr>
<tr>
<td>12:00 - 12:45 p.m.</td>
<td>LUNCH - AHS Foyer</td>
</tr>
<tr>
<td>1:00 - 2:00 p.m.</td>
<td>ADVISOR CHAT &amp; PEER PANEL&lt;br&gt;Meet your advisor and learn how they can help you navigate your first year in Waterloo Math. Upper-year mathematiccs students will answer questions and offer advice to help you prepare.</td>
</tr>
<tr>
<td></td>
<td>› Business Accounting and Computing and Financial Management - MC 4020</td>
</tr>
<tr>
<td></td>
<td>› Mathematics - MC 2066</td>
</tr>
<tr>
<td></td>
<td>› Computer Science -MC 4059</td>
</tr>
<tr>
<td>2:15 - 2:30 p.m.</td>
<td>CLOSING - Fed Hall&lt;br&gt;Hear closing remarks from the Francis Poulin, Associate Dean of Mathematics and learn more about Orientation and what you can do to prepare for September.</td>
</tr>
<tr>
<td>2:30 - 4:30 p.m.</td>
<td>VISIT THE MATH UNDERGRADUATE OFFICE (OPTIONAL) - MC 4022&lt;br&gt;Meet the staff at the Math Undergraduate Office (MUO) and have your questions answered about course selection, your first-term schedule, and more.</td>
</tr>
<tr>
<td>3:00 - 3:45 p.m.</td>
<td>MANAGING YOUR FINANCES (OPTIONAL) - Fed Hall&lt;br&gt;Learn how to pay your fees as well as how to apply for OSAP and scholarship opportunities. If you would like to hand in RESP forms or have questions about these forms, please go to the Registrar’s office drop-in.</td>
</tr>
</tbody>
</table>
**DROP-IN ACTIVITIES**

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
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</table>
| 7:30 a.m. - 4:30 p.m. | **PARKING PASS PICKUP - COM**  
Drop by Parking Services to pick up your campus parking pass for the fall term. Bring your student ID number, vehicle registration, and government-issued photo ID. |
| 8:30 a.m. - 4:30 p.m. | **ACCESSABILITY SERVICES - NH 1401**  
Learn about the process of registering with the office and the support you can access to help you succeed both inside and outside the classroom. |
| 8:30 a.m. - 4:30 p.m. | **REGISTRAR’S OFFICE - NH 2nd floor**  
Have questions or want to drop off your RESP forms? Visit the Registrar’s Office and they will be able to help you. |
| 9:00 a.m. - 5:00 p.m. | **WATCARD - SLC lower level**  
Visit the WatCard Office inside Campus Tech to pick up your Waterloo student card. Bring a piece of government-issued photo ID to verify your identity. |
| 9:00 a.m. - 5:00 p.m. | **WATERLOO STORE - SCH main level**  
Visit the Waterloo Store to purchase University of Waterloo clothing, school supplies, or gifts. |
| 3:00 - 4:45 p.m. | **CO-OP AND CAREER SERVICES - TC**  
Learn how you can prepare for your first co-op term and build your résumé. |
| 3:00 - 5:00 p.m. | **RESIDENCE - Various Locations**  
Residence staff will be present at different points throughout the day. Although tours are not available, common areas in UW Place (UWP), Claudette Millar Hall (CMH), and Columbia Lake Village (CLV) are available for drop-in visits and to get an idea of the distance to your classes. |

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**ACCESSIBILITY**

- Accessible entrance to M3 is the main door facing Mathematics & Computing
- Accessible entrance to AHS is the entrance facing Columbia street
- Accessible entrance to MC is on the main floor facing Biology 1

**INCLUSIVE WASHROOMS**

- The closest inclusive and barrier free washroom is in BMH 1665
SQ3R METHOD

STEP ONE: SURVEY
Survey the chapter:
› Read the introductory and concluding paragraphs
› Read the headings
› Read graphs charts and diagrams
› Read any bolded or italicized terms

STEP TWO: QUESTION
Turn the headings into questions.

STEP THREE: READ
Read to answer these questions.
SQ3R METHOD

STEP FOUR: RECITE
Create a summary of what you have just read, either in point form or map style using your textbook or notes.

STEP FIVE: REVIEW
Review your summary and clarify with your notes/textbook the ‘gaps’ in the information and add them in.
**MATH 101 - Definitions and Theorems**

A **graph** $G$ is a finite nonempty set, $V(G)$, of objects, called **vertices** together with a set, $E(G)$, of unordered pairs of distinct vertices. The elements of $E(G)$ are called **edges**.

A **directed graph** or **digraph** $G$ is a finite nonempty set, $V(G)$, of objects, called **vertices** together with a set, $E(G)$, of ordered pairs of distinct vertices. The elements of $E(G)$ are called **directed edges** or **arcs**.

**Multiple edges** are distinct edges which are incident to the same two vertices. An edge that joins a vertex to itself is called a **loop**. A graph with no multiple edges and no loops is called a **simple graph**. A graph with loops and multiple edges is called a **multigraph**.

If $e = \{u, v\}$ is an edge in an undirected graph $G$, then we say that $u$ and $v$ are **adjacent** vertices and that edge $e$ is **incident** with vertices $u$ and $v$. We can also say that the edge $e$ **joins** $u$ and $v$. Vertices adjacent to a vertex $u$ are called **neighbours** of $u$.

The number of edges incident with a vertex $v$ is called the **degree** of $v$, and is denoted by $\text{deg}(v)$.

**Handshaking Lemma** For any graph $G$ we have $\sum_{v \in V(G)} \text{deg}(v) = 2|E(G)|$.

**Corollary** The number of vertices of odd degree in a graph is even.

A graph in which every vertex has degree $k$, for some fixed $k$, is called a $k$-**regular graph** (or just a **regular graph**).

The **complete graph** in one in which all pairs of distinct vertices are adjacent. (Thus each vertex is joined to every other vertex.) The complete graph with $p$ vertices is denoted $K_p$, $p \geq 1$.

For $n \geq 0$, the $n$-**cube** is the graph whose vertices are the $\{0, 1\}$-strings of length $n$, and two strings are adjacent if and only if they differ in exactly one position.

A graph in which the vertices can be partitioned into two sets $A$ and $B$, so that all edges join a vertex in $A$ to a vertex in $B$, is called a **bipartite graph**, with **bipartition** $(A, B)$.

**Theorem** A simple graph is bipartite if and only if it is possible to assign one of two different colours to each vertex of the graph so that no two adjacent vertices are assigned the same colour.
MATH SPECIFIC RESOURCES

CENTRE FOR EDUCATION IN MATHEMATICS AND COMPUTING (CEMC)
Mathematics and Computing (MC) 6254
courseware.cemc.uwaterloo.ca

COUNSELLING SERVICES, FACULTY OF MATHEMATICS
Mathematics and Computing (MC) 4019C
uwaterloo.ca/math/resources-and-services/counselling-services

MATHEMATICS UNDERGRADUATE OFFICE (MUO)
Mathematics and Computing (MC) 4022
uwaterloo.ca/math/current-undergraduates

MATHSOC
Mathematics and Computing (MC) 3038
mathsoc.uwaterloo.ca

MATHEMATICS TUTORIAL CENTRE
Mathematics and Computing (MC) 4066-67
uwaterloo.ca/math/current-undergraduates/mathematics-tutorial-centre

WOMEN IN COMPUTER SCIENCE
Mathematics and Computing (MC) 1011
cs.uwaterloo.ca/wics

WOMEN IN MATHEMATICS
Mathematics and Computing (MC) 5236
uwaterloo.ca/women-in-mathematics/
C&D
The Math Coffee & Donut shop (Math C&D) offers an affordable food alternative on campus. Specials include Mac and Cheese Mondays, Chili Fridays, and a selection of soups, sandwiches, salads, and Halal Indian food every day. You’ll find the C&D on the third floor of the Mathematics & Computing Building (MC), next to the Comfy Lounge.

CENTRE FOR EDUCATION IN MATHEMATICS AND COMPUTING (CEMC)
The CEMC aims to increase everyone's enjoyment, confidence and ability in mathematics and computer science. Their courseware is free to use and access without any registration. Courseware includes lessons, interactive worksheets and an unlimited opportunity to practice and receive feedback. You can even use CEMC courseware to prepare for your first term!

http://cemc.uwaterloo.ca/

COMFY LOUNGE
The Math Comfy Lounge is a great place to relax or study. It is right next to the Math C&D on the third floor of the Mathematics & Computing Building (MC).

MATH FACULTY COMPUTING FACILITY (MFCF)
Having computer-related problems? For in-person assistance, self-help resources, and forums, come to the MFCF on the third floor of the Mathematics & Computing Building (MC) 3017.

519-888-4567, ext. 36323 | mfcfhelp@uwaterloo.ca

MATH READINESS ASSESSMENT
Between June 14th at 9:00 a.m. and July 31 at 9:00 p.m., all incoming students are expected to write the Math Readiness Assessment. The questions on the assessment indicate the fundamental mathematical background that is expected in the Faculty of Mathematics as you enter your first year.

uwaterloo.ca/new-math-students/math-readiness-assessment

MATHEMATICS TUTORIAL CENTRE
Visit the Tutorial Centre to receive assistance with your first- and second-year math core courses. Tutors will provide you with assistance on an individual basis, and their schedules are published by the end of the second week each term. It is located on the fourth floor of the Mathematics & Computing Building (MC 4066/67).
MATH LINGO

MATHEMATICS UNDERGRADUATE OFFICE (MUO)

If you have a question or concern and you aren’t sure who to speak to, the MUO is a great place to start. Staff can provide answers or refer you as needed.

PI DAY

An annual event celebrating everyone’s favourite number… Pi! Join the Math Society on the 3rd floor of the Mathematics & Computing Building (MC) for free Pi(e), a Pi(e)-eating contest, a Pi recitation contest and much more.

PINK TIE CALCULATOR POLICY

To ensure that all students have equal access to calculators, the Faculty of Mathematics has approved only a small number of calculators for use. Free Pink Tie calculators are provided in your Orientation kit. If you aren’t attending Orientation, you can purchase an approved Pink Tie calculator from MathSOC or from retail services.

WOMEN IN COMPUTER SCIENCE (WICS)

Women in Computer Science (WICS) is dedicated to supporting women who are studying, or interested in studying, computer science. They work to build a supportive environment and ensure that young women see computer science as an option, and connect to outside organizations and events for women in computer science.

WOMEN IN MATHEMATICS (WIM)

Women in Math is an organization of faculty and students that provide support and resources for women in Math. The committee encourages women to pursue mathematics, and organizes speakers and events for the campus community.
ACADEMIC AND CAREER

ACADEMIC ADVISORS
uwaterloo.ca/registrar/current-students/advisors

ACADEMIC INTEGRITY
Needles Hall (NH) 3006D
uwaterloo.ca/academic-integrity

ACCESSABILITY SERVICES
Needles Hall (NH) 1401
uwaterloo.ca/accessability-services

BOOKSTORE
South Campus Hall (SCH)
bookstore.uwaterloo.ca

CO-OPERATIVE EDUCATION & CAREER ACTION
Tatham Centre (TC)
uwaterloo.ca/ceca

FEDS USED BOOKS
Student Life Centre (SLC) lower level
feds.ca/fedsusedbooks

THE LIBRARY
Dana Porter (DP)
Davis Centre (DC)
St. Jerome’s University (STJ)
Renison University College (REN)
Conrad Grebel University College (CGR)
Optometry Building (OPT)
Architecture Building (Cambridge)
uwaterloo.ca/library
**Writing and Communications Centre**
South Campus Hall (SCH) second floor
uwaterloo.ca/writing-centre

**Finances and Administration**

**Registrar's Office**
Needles Hall (NH) second floor
uwaterloo.ca/registrar

**Student Awards and Financial Aid**
Needles Hall (NH) second floor
519-888-4567 ext. 33583
uwaterloo.ca/safa

**Student Financial Services**
East Campus 5 (EC5) 4053
uwaterloo.ca/finance/student-financial-services

**WatCard**
Student Life Centre (SLC) lower level inside Campus Tech
watcard.uwaterloo.ca

**Health and Wellness**

**Athletics and Recreational Services**
Physical Activities Complex (PAC) 2012 - North Corner
gowarriorsgo.ca

**Campus Wellness**
Counselling Services
Needles Hall (NH) 2401
uwaterloo.ca/campus-wellness/counselling-services

Health Services
Health Services (HS)
uwaterloo.ca/campus-wellness/health-services

**UW Mates**
feds.ca/feds-services/uw-mates

**UW Food Services**
Various locations across campus
uwaterloo.ca/food-services
SAFETY AND PARKING

POLICE SERVICES
Commissary (COM) 154
Available 24 hours, 7 days a week
519-888-4911
uwaterloo.ca/police

PARKING SERVICES
Commissary (COM) 154
uwaterloo.ca/parking

WATSAFE
uwaterloo.ca/watsafe

STUDENT EXPERIENCE

FEDERATION OF STUDENTS (FEDS)
Student Life Centre (SLC) 1102
feds.ca

GLOW CENTRE FOR SEXUAL AND GENDER DIVERSITY
Student Life Centre (SLC) 2102
feds.ca/glow

STUDENT PORTAL
uwaterloo.ca/portal
CAMPUS-WIDE RESOURCES

STUDENT SUCCESS OFFICE
South Campus Hall (SCH) second floor
uwaterloo.ca/sso

TURNKEY DESK
Student Life Centre (SLC)
uwaterloo.ca/slc/turnkey-desk

WATERLOO INDIGENOUS STUDENT CENTRE
St. Paul's University College (STP) 232
uwaterloo.ca/stpauls/wisc

WOMEN’S CENTRE
Student Life Centre (SLC) 2101
feds.ca/women

VISITOR RESOURCES

RETAIL SERVICES
Bookstore
Campus Tech
media.doc (printing services)
Waterloo Store (clothing and Waterloo gear)
writestuff (stationery)
South Campus Hall (SCH) first floor
retailservices.uwaterloo.ca
ACADEMIC ADVISOR

Academic Advisors assist students with questions about course selection, timetable concerns, regulations, policies and grade appeals or petitions. They can advise students on program and plan requirements, academic standing, or academic difficulties.

ACADEMIC LEVEL

As a Waterloo student, you’ll explain which academic term you’re in by using a number and letter (e.g. 1A). The number, ranging from one to four, refers to your year. The letter, either A or B, refers to the term, with ‘A’ being the first term of the year and ‘B’ being the second.

Note: In some academic plans, promotion to the next level is dependent on the successful completion of the previous term. In other academic plans, promotion is dependent on the successful completion of a specified number of units (or courses).

ACCESSABILITY SERVICES

AccessAbility Services designs and facilitates services, supports and academic accommodations for University of Waterloo students who have permanent, temporary or suspected disabilities.

BOMBER

The Bombshelter Pub is Waterloo’s on-campus pub. It offers a relaxing place for students to eat and hang out with friends and faculty. You can try your luck at Trivia Night, come in for Bomber Breakfast, or enjoy talented performances by amateur and professional musicians.

COUNSELLING SERVICES

Counselling Services supports your personal and interpersonal functioning through individual, group and peer support counselling. You can also access wellness workshops delivered by their professional team.

DON

Dons are upper-year Waterloo students who are responsible for the development of inclusive and positive housing communities. There are two types of dons – on-campus and off-campus – and both support and encourage student goal development.
FDA

On main campus, you will see Front Desk Assistants (FDA’s) behind every reception desk in residence. These student leaders will answer your questions, receive packages for you and provide you with outstanding customer service. You can even borrow games and movies from them!

FEDERATED UNIVERSITY AND AFFILIATED COLLEGES

Also known as University Colleges, they include: Renison University College, St. Jerome’s University, St. Paul’s University College, and Conrad Grebel University College.

Each University College is a small, unique community with its own character, history, traditions, and programming. The University Colleges are not-for-profit institutions that maintain an independent identity, but are fully affiliated with, and integrated, into the larger Waterloo campus.

FEDS

The Federation of Students (Feds) is Waterloo’s undergraduate student government. Feds has a mandate to serve, empower and represent students. Feds offers a variety of services, operates several businesses, supports student societies, oversees nearly 300 student clubs, and facilitates a wide range of special events and activities for students, both on and off campus.

FEES ARRANGED

Being “Fees Arranged” means that you have shown Waterloo how you intend to cover your fees for the term, and made a commitment to pay all the fees charged to your student account, even if financial aid is denied or turns out to be less than you expected. Fees are charged one term at a time and you must become Fees Arranged each term.

FLEX DOLLARS

Flex dollars and meal plan money both live on your WatCard. Flex dollars allow you to purchase food outside of Waterloo residence cafeterias, including several local restaurants and grocery stores. You or your family members can load flex dollars onto your WatCard online.

GLOW

Glow Centre for Sexual and Gender Diversity is entirely run by dedicated student volunteers and offers a wide variety of discussion groups, social events, advocacy opportunities, awareness campaigns, resources, and information.

GRAND RIVER TRANSIT (GRT)

As the local public transit system for Waterloo Region, the GRT buses run to the University of Waterloo from Kitchener, Waterloo and Cambridge. The GRT’s new light-rail transit system, called ION, is set to start running in late 2018. Use your WatCard as a transit pass, called UPASS, for unlimited use of GRT services.

HEALTH SERVICES

Medical staff are here on campus to provide you with primary healthcare and to promote a safe, healthy environment for students. You can access walk-in care, immunizations, testing, allergy injections, family planning, and nutritional counselling at Health Services. There is also an on-site lab and dispensary.

KING WARRIOR

The Athletics and Recreation mascot at the University of Waterloo is a lion called King Warrior.

OSAP

The Ontario Student Assistance Program (OSAP) offers financial support to students pursuing post-secondary education in Ontario. To be eligible for funding, you’ll need to apply and complete the required paperwork online through the Government of Ontario.

OFFICE HOURS

The times that faculty and staff are available on campus to answer your questions.
PAC
The Physical Activities Complex (PAC) is one of Waterloo’s two athletics facilities on campus. It houses the university pool, a large gymnasium, a high-performance zone, squash courts, and studios. Many students will have final exams in this building. The PAC is open during construction of the SLC/PAC Expansion Project, which is scheduled to open in Spring 2019.

REGISTRAR’S OFFICE
The Registrar’s Office (RO) is located in Needles Hall and is responsible for academic dates, course scheduling, transcript requests, and final exam scheduling.

SLC
The Student Life Centre (SLC) is the hub for student life at Waterloo. Home to the Federation of Students and their many services, the building also offers study space, multi-use prayer rooms, and food outlets. The SLC is open during the construction of the SLC/PAC Expansion Project, which is scheduled to open in Spring 2019.

STUDENT ACCESS VAN
Students with a temporary or permanent disability should contact AccessAbility Services to arrange pick-up with the Student Access Van.

SYLLABUS
A syllabus, or course outline, is a contract between the instructor of a class and their students. The syllabus sets out the weekly schedule, required readings, assignment parameters, class expectations and contact information for the instructors.

TA
Teaching Assistants (TAs) are assigned to help professors facilitate lectures, tutorials, office hours, and marking.
CAMPUS-WIDE LINGO

TURNKEY DESK

The Turnkey Desk is an information and service kiosk located in the Student Life Centre (SLC). It is open 24 hours a day, 7 days a week, 365 days a year, including holidays. Turnkey has discounted movie tickets, offers inter-city transportation tickets, and is the place to go to book space in the SLC or ask questions.

UW MATES

Mentor Assistance Through Education and Support (MATES) provides peer support services to students who are experiencing social difficulties, mental health difficulties, and challenges with transitioning to university or life in Canada.

WATCARD

You WatCard is your most important piece of identification on campus. You’ll use your WatCard to access library services, as your ID for writing exams, to travel on the local bus system (Grand River Transit), and to access campus athletics facilities. During the final exam period, you must show your WatCard to be admitted into exam rooms. You can load money onto your WatCard and use it like a debit card to purchase food and other items at several locations. For more information on your WatCard visit:

watcard.uwaterloo.ca
BOOKLOOK
The online tool that students use to look up what textbooks they need for their classes.

bookstore.uwaterloo.ca

LEADS
An online tool used by students to view and apply for volunteer or paid positions on campus.

leads.uwaterloo.ca

LEARN
LEARN is a web-based learning management system that enables Waterloo instructors to interact easily and efficiently with you outside the physical classroom. You’ll use LEARN to access some of your course materials, to submit assignments, and to complete activities, quizzes and assessments. LEARN functions both as a component of on-campus courses and as a platform for exclusively online courses.

uwaterloo.ca/learn

OFFICE 365
You have an official University of Waterloo email account (userid@edu.uwaterloo.ca) provided by Microsoft Office 365 Education. The University will send all communication, including updates, news, course selection periods, and fee deadlines to this account. Professors and faculty administration will also communicate with you using this account, so it’s important to check it regularly. This cloud-based email and calendar service includes access to download the Microsoft Office suite of apps (e.g. Word, Excel).

uwaterloo.ca/office-365

QUEST
Quest is the University of Waterloo's student information system. You’ll use Quest to view your finances and academic standing.

uwaterloo.ca/quest
Portal pulls together your personalized information from across campus into one handy place. Download the Portal mobile app or use the web version and customize to fit your needs - whether you're looking for study space, a part time job, or vegetarian food options.

portal.uwaterloo.ca | Apple App Store | Google Play

WATIAM

Thanks to WATIAM, you will log into most online systems at the university using the same user ID and password (LEARN, Quest, Waterloo Works, etc.). Visit the WATIAM website to change your password or authentication questions.

watiam.uwaterloo.ca

WATSAFE

Download the WatSAFE app to your mobile device to receive push notifications in case of major campus emergencies. The app includes emergency contact information, a personal safety toolbox with flashlight and alarm, and campus maps.

Apple App Store | Google Play | Blackberry World

WATERLOO WORKS

The online tool used by students during the co-op process to apply for positions, view interviews, and see job offers.

waterlooworks.uwaterloo.ca
COMMUNITY RESOURCES

GRAND RIVER HOSPITAL
835 King Street West, Kitchener
519-742-3611  |  grhosp.on.ca

GOOD2TALK
Confidential helpline for post-secondary students, providing professional counselling, information and referrals for mental health, addictions and well-being.
1-866-925-5454  |  good2talk.ca

HERE 24/7
Addictions, mental health and crisis services provided by 12 agencies across Waterloo Region.
1-844-437-3247 (HERE247)  |  here247.ca

PUBLIC HEALTH & COMMUNITY SERVICES
The Region of Waterloo Public Health and Community Services offer education, support and programs.
99 Regina Street South, Waterloo
519-575-4400  |  www.regionofwaterloo.ca/health-and-wellness

SEXUAL ASSAULT SUPPORT CENTRE OF WATERLOO REGION
151 Frederick St., Kitchener
519-741-8633  |  sascsr.org

ST. MARY’S GENERAL HOSPITAL
311 Queen’s Blvd, Kitchener
519-744-3311  |  smgh.ca
THANK YOU FOR JOINING US FOR MATH 101 DAY

You’ve taken a great step towards getting ready for your first year!

Want to recap the information you learned today at Math 101 Day? Visit

UWATERLOO.CA/
NEW-MATH-STUDENTS/MATH-101-DAY

COUNeTDOWm TO CAMPUS

WHAT YOU NEED TO KNOW BEFORE YOU START AT WATERLOO

DON’T MISS A SECOND OF THE ACTION

REGISTER FOR ORIENTATION TODAY

UWATERLOO.CA/ORIENTATION/COUNTDOWN-TO-CAMPUS