

University of Waterloo Academic and Wellness Resources

Academic Resources:

- **Make use of the Assignment Planner** that helps you create a plan to meet all your assignment due dates.
- **Contact your TA or instructor** if you have any questions about course content, exams, or assignments.
- **Make use of the Student Success Office Study Skills workshops:** Making the Most of Online Learning Workshops, Warrior Virtual Study Hall, and the Learning Resources are just a few resources that are available!
- **Book a time with a Peer Success Coach.** Get one-to-one support from an upper year student. [Academic development | Student Success Office | University of Waterloo \(uwaterloo.ca\)](#)
- **The Writing and Communication Centre** offers appointments, workshops, and tools.
- **Have you used the Grade Calculator in Portal yet?** This tool will help you determine what grades you need to get on assignments to achieve the course grade you want. Find this tool in each Course under Academics/course/grades.
- If you have a known (or suspected) disability, medical condition, or have experienced trauma, we encourage you to register with [AccessAbility Services](#) to explore what academic accommodations may be available to support you at the University of Waterloo.

Mental Health and Wellness Resources:

- **Campus Athletics** offers lots of ideas to get you moving and keep you active at home! It is a fantastic way to lower stress.
- **Book a time with a UW MATE in Arts** for one-to-one student peer support for referral to a variety of supports on campus.
- **Campus Wellness;**
- **Counselling Services** – Includes individual appointments, seminars and workshops, group therapy.
- **Health Services;**
- **Good2Talk** – Post-secondary students' helpline – 1-866-925-5454.
- **Here 24 Seven** – Mental Health Crisis Services – 1-844-437-3247.
- **Empower Me** - Mental Health Resources 24/7: 1-833-628-5589; available in 22 countries worldwide

Please email us at safadvisor@uwaterloo.ca and we are happy to set up a meeting to discuss any of these resources in more detail and direct you appropriately.

As we return to in-person experiences on campus, we are still offering virtual advising appointments through Microsoft Teams.

Your SAF Advising Team: Matt, Stavros and Robin