



FIRST YEAR FRIDAYS



**SEPT
26**

Career Kickstart

Meet the Co-op and Career team, get tips for job applications, and learn how to find work both on and off campus.

**NOV
7**

Student Leadership Opportunities

Find out about leadership programs, and ways to build your skills and community connections. Hear directly from students and staff about how to get involved.

**OCT
3**

Meet the UVSS Advocacy Groups

Connect with UVSS advocacy groups, discover the services they offer, and explore ways to get involved in student life.

**NOV
14**

Wellness Friday

Take some time for yourself, discover supports from the Multifaith and Wellness Centre, and explore resources to strengthen your wellbeing.

**OCT
10**

Sustainability Spotlight

Learn how to live sustainably on and off campus with tips on waste diversion, plant-based food choices, and biking resources.

**NOV
21**

Global Connections

Celebrate global connections at UVic during International Education Week. Connect with the Global Community, learn about international exchange and co-op programs, and hear from students who have gone abroad.

**OCT
17**

Increasing Care, Reducing Harm

Join the UVic Harm Reduction Team and the Consent is Care Collective to learn about campus and community harm reduction and safety supports, pick up supplies, and explore ways to look after yourself and others.

**NOV
28**

Study Strategies

Get ready for finals with study strategies, exam prep tips, and academic support from the Academic Skills Centre.

**OCT
24**

Connection to Place

Explore local Indigenous history and cultural connections, and learn how to engage with place respectfully.

**DEC
5**

Winter Bucket List

Share ideas for fun winter activities, make your own seasonal bucket list, and get inspired for the break ahead.

**OCT
31**

Spooky Craft Friday

Get creative with festive crafts, enjoy a fun drop-in atmosphere, and take home something spooky for Halloween.

**DEC
12**

Study Break

Take a pause from studying with relaxing activities to reflect on your fall term journey before the holidays.



**Every Friday, 10 a.m. to 12 p.m.
in the Student Life Hub!**

