



UNIVERSITY OF  
**TORONTO**  
SCARBOROUGH

Academic & Career  
Advising & Centre  
DIVISION OF STUDENT AFFAIRS

# ArriveUTSC:

## *Striving Towards Academic Resiliency*

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# What is ArriveUTSC?



- 6 week group-based pilot program
- 2 hour sessions with 2 facilitators
- Based on a positive psychology framework with learning skills strategies
- Intended to provide **training** and **resources** to enhance students' academic performance



# ArriveUTSC Learning Outcomes

## **By the end of the program, students will:**

- Learn the tools necessary to experience a greater degree of academic success and self-efficacy;
- Adopt new study strategies for effective learning;
- Understand the direct impact that wellness activities have on academic success;
- Anticipate and bounce back from academic and personal challenges;
- Demonstrate an increased sense of agency and intentional decision-making.

# Program Participants

- On probation or at risk
- Email outreach
- Self-select
- Commit to attending all 6 sessions
- Certificate of completion, program materials, CCR







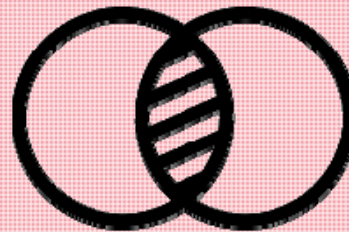
# Measuring Impact

- Program will be assessed using the following:

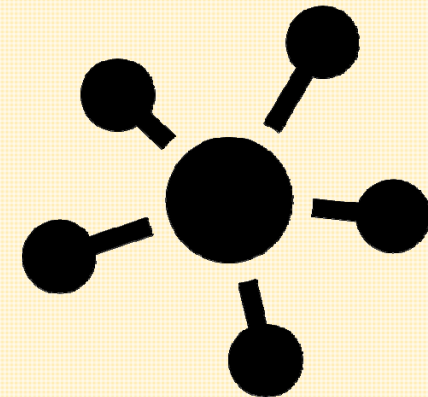
**Pre-test and post-test**



**Analysis of academic outcomes**



**Student satisfaction and feedback**





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# Thank you for your attention!

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