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Fall exam schedule & upcoming deadlines

Other upcoming fall term deadlines:

- Nov 15: Deadline to request Fall exam accommodations with the <u>Paul Menton</u> <u>Centre</u> for Students with Disabilities.
- Nov 15: Fall course withdrawal deadline.
- Nov 25: Deadline to <u>pay</u> winter fees without late charges, unless you're receiving provincial student loans such as <u>OSAP</u>.

Bursary application deadline: October 31st

A bursary is a financial award (free money!) that is granted on the basis of *financial need*, not grades (which makes them different from scholarships). Unlike loans, bursaries *do not have to be repaid*. The bursary program exists to help (but not replace) your main sources of funding such as OSAP or other loans/grants/etc. The deadline for bursary applications this year is **October 31st.**

Apply online through Carleton Central. Looking for a bursary to help offset the costs of technology? You can add that request to your Undergraduate Application Bursary in Carleton Central.

Don't forget, **academic coaches** can help you with your application! <u>Book here</u>.

Visit the <u>Awards</u> website for more information on bursaries.

Apply to add a half credit in January

Doing well in your courses? Consider adding another in the winter term. The criteria for adding a half-credit course in January is:

- Minimum of B- (70%) average in current courses
- Strong (70+%) workshop and FYSM attendance

The deadline to apply is December 15th – but applying earlier is better since courses do fill up. Select any course from the <u>public class schedule</u> (provided you meet the registration/prerequisite requirements, there are still seats available, and it works with your current winter term courses).

Complete the application form here. Or book an advising appointment and complete it together with an advisor.

What to do on Fall Break: October 20-24

Just a reminder that classes and workshops will not be held during the fall study break (Oct 20-24). We hope you have a productive and restful break.

- Practice some self-care. Go for walks, talk with friends, take care of yourself.
 - Explore the <u>Wellness Service Navigator</u> to explore services to help you navigate stress, addictions, health, and more.
- Brush up on your academic skills and get stuff done:
 - Get ahead on your work take the time to get organized and make a study plan.
 - Check out Carleton Psychology Professor
 Chris Motz's <u>YouTube</u> series on the science of academic success.
 - Enroll to add the Centre for Student
 Academic Support's <u>Brightspace module</u>
 that includes workshops on:
 - Exam prep, note-taking, memory and concentration, motivation, and much more.
- For a full list of Fall Break Resources, click here.
- Check out the student <u>events</u> calendar to see what's on offer.

Register with PMC

If you have a physical, learning, attention, or mental health related disability, register with the Paul Menton Centre to receive accommodations and support. Need a note taker? Coping with anxiety? Have a test coming up and you'd do a better job with more time? Or a quiet space? PMC can help. To make sure you're set up, submit requests for accommodation to PMC three weeks before the first in-class scheduled test, midterm, or exam.

Note sure how to register or if you qualify? Book an ESP <u>advising appointment</u>.

Meet with one of our Academic Coaches

Coaching appointments will not be available during the fall break (Oct 20-24), but you can still book now, or book ahead for the week you return!

Did you know that ESP coaches can show you how to...

- apply for a <u>bursary</u>?
- · read for psychology?
- plan your essay?
- solve calculus problems?
- write lab reports?
- organize studying efficiently?
- tackle first year seminar assignments?
- study for all pesky mid-terms?
- get great grades?

Book a <u>Coaching appointment</u> and find out! Why wouldn't you?

Book an Advising Appointment

Advisors **ARE** available over the fall break (Oct 20-24)

Meet with an ESP Advisor to:

- plan your degree program
- look at course and admissions requirements for different programs
- make sure you know what average you need to qualify for your program
- apply to your degree program (winter term)
- ask questions about any aspect of being a university student
- withdraw from a course(s). Reminder, academic withdrawal deadline for fall term courses is November 15
- adding or changing courses for the Winter term

Make sure to meet with an advisor at least once per term.

Click <u>here</u> to book an advising appointment.

Upcoming ESP Social Events

All events are in the ESP lounge (room 1521 Dunton Tower – 15th floor) and start at 5:30pm

• Friday, October 17: Trivia Night

- No ESP Socials over Fall break
- Friday, October 31: Movie Night
- Friday, November 7: Game Night
- Friday, November 14: Game Night

Last chance to participate in our Fall Scavenger Hunt! Deadline to submit your play card is this Friday, October 17. Submit your card to the main office, 1516 Dunton Tower, for a chance to win a \$50 campus gift card!!

Don't have a play card? There is still time. Pop by our office, 1516 Dunton Tower, to pick up your game card or email esp@carleton.ca for a digital copy.

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- X @carleton esp
- Instagram @carleton.esp
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