



2025 January





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES			New Year's Day Dec. 25–Jan. 2 Hanukkah (Judaism)	2	3 University reopens	4
				sity closed		
5	6 Winter term begins. Full winter and early winter classes begin.	7	8	9	10 Last day for registration and course changes (including auditing) for early winter term courses	11
12	13	14 \$ PAY DAY	15	16	Last day for registration and course changes (including auditing) for full winter and late winter term courses. Last day to withdraw from early winter courses with a full fee adjustment	18
19	20	21	22	23	24	25
					Full fall and late fall term def	erred examinations to be held
26	27	28	29 Lunar New Year	30 \$ PAY DAY	31 Last day for withdrawal from full winter term and winter portion of fall/winter courses with full fee adjustment	NOTES
Full fall and late fall term deferred					Full fall and late fall term deferred examinations to be held	
examinations to be held			Sexual Assault Awareness Week at Carlet	ton		

NOTES

Did You Know? Have goals that you want to achieve this New Year? Make them SMART: Specific, Measurable, Achievable, Realistic and Timely.



2025 February

JANUARY										
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MARCH

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
NOTES						1 February is Black History Month				
						Last day for academic withdrawal from early winter courses. Last day to request Formal Examination Accommodations for Feb./Mar. final examinations from the Paul Menton Centre.				
2	3	4	5	6	7	8				
Full fall and late fall term deferred examinations to be held										
9	10	11	12	13 \$ PAY DAY	14 Last day of early winter term classes	15				
16	17 Family Day University closed Deadline for course outlines to be made available to students registered in late winter courses	18	19	20 Service Excellence Awards	21	22 Final examinations in early winter				
		I	Winter break, no classes	1	I	undergraduate courses to be held				
23	24 Late winter term classes begin	25	26	27 \$ PAY DAY	28 Feb. 28–Mar. 29 Ramadan (Islam)	NOTES				
Final examinations (continued)										
			D111/ 1/ 0							

NOTES

Did You Know? February is the Heart & Stroke Foundation's Heart Month. Get your heart pumping by taking the stairs, participating in a lunchtime league or simply moving throughout your day!



2025 March

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APRIL									
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES						1
						Final examinations in early winter undergraduate courses to be held
2	3	4	5	6	Asst day to withdraw from late winter term courses with a full fee adjustment	8 International Women's Day
Final examinations (continued)						
9	10	11	12 Please submit summer term textbook adoptions to the Carleton Bookstore by this date	13 \$ PAY DAY	14	Last day for academic with- drawal from full winter, late winter, and fall/winter courses. Last day to submit Formal Examination Accommodation Forms for April examinations to the Paul Menton Centre.
					Early winter undergraduate defe	erred final examinations to be held
16	17	18	19	20	21	22
Final examinations (continued)						
23	24	25	26	27	28 S PAY DAY	29 Eid Al Fitr (Islam)
30	31	NOTES		I		I

NOTES

Did You Know? A few minutes a day of sunlight can boost immunity as well as energy levels. Take advantage when the sun shines by taking a walk outside or sit by the window.



2025 April

MARCH										
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
NOTES		1	2	3	4	5	
6	7	Winter term ends. Last day of full winter, late winter, and fall/winter courses.	9	10	11	12 Apr. 12–20 Pesach/Passover (Judaism)	
					Final examinations in full winter, late w Examinations are normally	vinter, and fall/winter courses to be held. y held all 7 days of the week.	
13	14 \$ PAY DAY	15	16	17	18 Good Friday University closed	19	
20 Easter Sunday University closed	21	22	23 Yom HaShoah (Judaism)	24	25	26	
	Fir	nal examinations in full winter, late winter, a	and fall/winter courses to be held. Examina	ations are normally held all 7 days of the v	veek.		
27	28 Deadline for course outlines to be made available to students registered in early summer and full summer courses		30	NOTES			

NOTES

Did You Know? April is a particularly stressful time for students. Carleton offers resources to faculty and staff to identify those in need of help–visit **carleton.ca/students-enrolment/support-resources** for details.



2025 May

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES				1 May is Let's Bike Month	2	3
4	5 Early summer and full summer classes begin.	6	7	8	9 Last day for registration and course changes (including auditing) for early summer courses	10
11	12	13	14 \$ PAY DAY	15	Last day for registration and course changes (including auditing) for full summer courses. Last day to withdraw from early summer courses with a full fee adjustment.	17
10	10 Victoria Dav	20	21	22	Full winter, late winter, and fall/winter	
18	19 Victoria Day University closed	20	21	22	23	24
		Full winter, la	te winter, and fall/winter deferred final exam	ninations to be held		
25	26	27	28	29 SPAYDAY	30	31 Last day to withdraw from full summer courses with a full fee adjustment
	Full winter lete winter and fall/wint	er deferred final examinations to be held				

work.



2025 June

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JULI									
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June is Indigenous History Month / Pride Month June 1–3 Shavuot (Judaism) Last day for academic withdrawal from early summer courses. Last day to submit Formal Examination Accommodation Forms for June examinations to the Paul Menton Centre.	2	3	4	5	June 6–10 Eid al-Adha (Islam)	7
8	9	10	11	12 \$ PAY DAY	13	14
15	16	17 Last day of early summer classes. Note: Full summer classes resume July 2	18	19	20 Spring convocation	21 National Indigenous Peoples Day
22	23	24	25 Deadline for course outlines to be made available to students registered in late summer courses	26	27 \$PAY DAY	28
Final examination	30	examinations in full summer courses to be NOTES	neid. Examinations are normally held all 7	ays of the week.		

NOTES

Did You Know? Carleton faculty and staff can celebrate and recognize the exceptional efforts and remarkable contributions of their colleagues by submitting a Service Excellence nomination throughout the entire year.



2025 July

			JUNE				
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AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES	Monday	1 Canada Day University closed	2 Late summer classes begin. Full summer classes resume.	3	4	5 Saturday
6	7	8 Last day for registration and course changes (including auditing) for late summer courses	9	10	11	12
13	14 \$ PAY DAY	Last day to withdraw from late summer courses with a full fee adjustment	Please submit fall term textbook adoptions to the Carleton Bookstore by this date	17	18	19
20 Examinations (continued)	21	22	23	24	Early summer term deferred	26
27	28	29	30 \$ PAY DAY	31	NOTES	

NOTES

Did You Know? Summer is in full swing–make sure you keep hydrated! Drinking water helps your memory and mood, reduced headaches, and cleanses your body inside and out. Strive for 2L every day.



2025 August

JULY										
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SEDTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES					Last day for academic withdrawal from full and late summer courses. Last day to request Formal Examination Accommodations for August examinations from the Paul Menton Centre.	2
3	4 Civic Holiday University closed	5	6	7	8	9
10	11	12	13	Last day of late summer and full summer classes. Classes follow a Monday schedule. PAY DAY	15	16
17	18	19	20	21	22	23
		Final examinations in late summer and ful	Il summer courses to be held. Examination	ns are normally held all 7 days of the week.		
24	25	26	27 Deadline for course outlines to be made available to students registered in full fall, early fall and fall/winter courses	28 S PAY DAY	29	30
31	NOTES					

NOTES

Did You Know? The Ask Me campaign welcomes students (back) at the beginning of fall/winter terms. Wear your red Ask Me button to help answer students' questions! If you don't know the answer, Info Carleton at **613-520-7400** can help! Visit **carleton.ca/askme** for details.



2025 September

AUGUST										
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OCTOBER										
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES	1 Labour Day University closed	Academic orientation (undergraduate and graduate students)	Fall term begins. Full fall, early fall and fall/winter classes begin.	4	5	6
7	8	9 Last day for registration and course changes (including auditing) for early fall courses	10	11	12 \$ PAY DAY	13
14	15	Last day for registration and course changes (including auditing) for full fall, late fall and fall/winter courses. Last day to withdraw from early fall courses with a full fee adjustment.	17	18	19 Full and late summer term defe	20
21 Final examinations	22 Sept. 22–24 Rosh Hashanah (Judaism)	23	24	25	26	27
28	29 \$ PAY DAY	30 Orange Shirt Day Last day to withdraw from full fall and fall/winter courses with a full fee adjustment	NOTES			

NOTES

Did You Know? The new academic year is starting, which means Healthy Workplace leagues resume! Check out the full list of upcoming programming: **carleton.ca/hwp**



2025 October

SEPTEMBER										
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NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES			Oct. 1–2 Yom Kippur (Judaism) Last day for academic withdrawal from early fall courses. Last day to request Formal Examination Accommodations for Oct./ Nov. examinations from the Paul Menton Centre.	2	3	4
5	6 Oct. 6–13 Sukkot (Judaism)	7	8	9	10	11
12	13 Thanksgiving Day University closed	Please submit winter term textbook adoptions to the Carleton Bookstore by this date Oct. 14–15 PAY DAY Please submit winter term textbook adoptions to the Carleton Bookstore by this date Oct. 14–15 Simchat Torah (Judaism)	15	16 Last day of early fall classes	17	18
19	20 Diwali Deadline for course outlines to be made available to students registered in late fall courses	21	22 United Way campaign Oct. 22–Nov. 14	23	24	25
26	27 Late fall classes begin	28	Fall break, no classes	30	31	Final examinations in early fall courses NOTES
20	41	20	23	\$ PAY DAY	31	
Final examinations in early fall courses						

NOTES

Did You Know? The United Way campaign starts in October! Help out by donating or volunteering at one of dozens of events—all to help change lives for the better in Ottawa. Visit **carleton.ca/unitedway** for details.



2025 November

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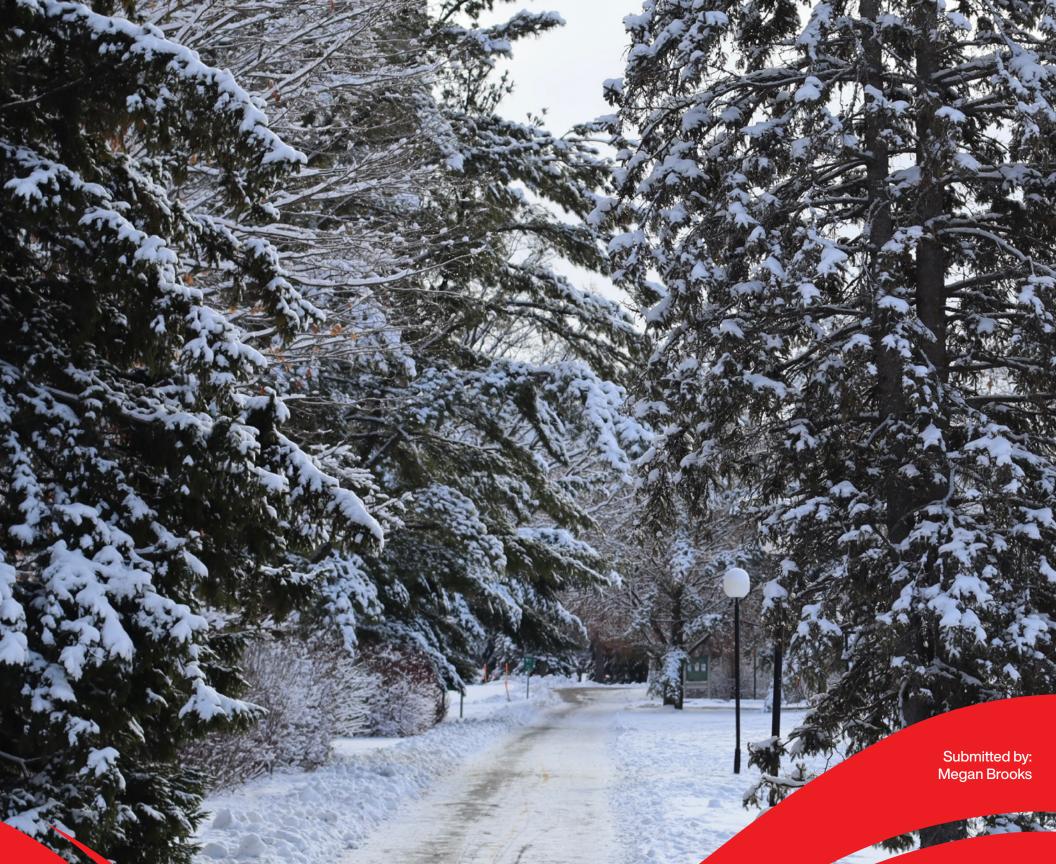
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DECEMBED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES						1
						Final examinations for early fall courses
2	3	4	5	6	Last day to withdraw from late fall term courses with a full fee adjustment	8 National Indigenous Veterans Day
Final examinations in early fall courses						
9	10	11 Remembrance Day	12	13 \$ PAY DAY	14	15 Last day for academic withdrawal from full and late fall courses. Last day to request Formal Examination Accommodations for December examinations (full and late fall courses) from the Paul Menton Centre.
					Early fall deferred final	examinations to be held
16	17	18	19	20 Transgender Day of Remembrance	21	22
Early fall deferred final examinations						
23	24	25 16 Days of Activism Against Gender Based Violence begins	26	27 \$ PAY DAY	28	29
30	NOTES				,	

NOTES

Did You Know? November is Financial Literacy Month. Check out a workshop to help you manage your money and debt wisely, save for the future and take control of your finances!



2025 December

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JANUARY 2026									
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES	1	2 Giving Tuesday	3	4	Fall terms ends. Last day of full and late fall classes. Classes follow a Monday schedule.	6 National Day of Remembrance and Action on Violence Against Women
7	8	9	10	11	12 \$ PAY DAY	13
		Final examinations in full and late fall	courses and mid-term examinations in fall/w	vinter courses may be held. Examinations ar	e normally held all 7 days of the week.	
14 Dec. 14–22 Hanukkah (Judaism)	15	16	17	18	19	20
	Final examinal	ions in full and late fall courses and mid-term	examinations in fall/winter courses may be	held. Examinations are normally held all 7 d	ays of the week.	
21	22	23	24	25 Christmas Day	26 Boxing Day Dec. 26–Jan. 1 Kwanzaa	27
				University closed December 24, 2025 a	at noon through January 2, 2026 inclusive	
28	29 Deadline for course outlines to be made available to students registered in full winter and early winter term courses	30 S PAY DAY	31	NOTES		
	University closed December 24, 2025 a	t noon through January 2, 2026 inclusive				

NOTES

Did You Know? For many people, the holidays can be a difficult time of year. Discover ways to support your colleagues and practice self-care on the Workplace Mental Health webpage: carleton.ca/healthy-workplace/resources

Resources and Support

Support for Faculty and Staff

All Carleton employees are encouraged to speak with their manager or Human Resources if they require support for accommodations or personal requests, including medical accommodations or leave, concerns about work capacity, or requests related to workplace equipment.

The **Employee Assistance Program** is available to all Carleton employees. EAP offers free, confidential short-term counselling and consultation services for a variety of issues including mental health concerns, elder care, and childcare. Call **613-725-5676**, or visit **carleton.ca/hwp/employee-family-assistance-program**

Healthy Workplace

Healthy Workplace encourages Carleton University faculty and staff to champion positive physical and mental health, build meaningful social connections, foster personal and collective resilience, explore opportunities for personal growth, and enjoy work-life balance. Lunchtime workshops and activities, monthly challenges, and many other programs and resources allow members of the Carleton community to get involved in our Healthy Workplace culture. carleton.ca/healthy-workplace

Workshops & Events

Healthy Workplace offers lunchtime workshops and events for faculty and staff on a variety of topics, from nutrition and fitness to eldercare and financial literacy. carleton.ca/healthy-workplace/healthy-workplace-events

Lunchtime Leagues & Activities

Healthy Workplace offers a variety of lunchtime leagues and activities to help Carleton faculty and staff get away from your desk at lunch, incorporate some physical activity into the workday, and to socialize and meet new people from across campus.

carleton.ca/healthy-workplace/lunchtime-activities

Workplace Mental Health

This webpage includes numerous internal and external mental health supports, including the 4 Rs approach to supporting a colleague, upcoming mental health training opportunities, and a list of mental health resources available online and by phone. Here you can find resources on issues related to wellness support, declining mental health, childcare, elder care and substance use. carleton.ca/healthy-workplace/mental-health

Professional and Personal Development

Learning and Professional Development offers a range of activities to support skills development: carleton.ca/learninganddevelopment

Coaching at Carleton provides FREE access to an on-campus personal and professional coach: carleton.ca/learninganddevelopment/coaching-at-carleton

Canada Life Health & Wellness site

Offers a wealth of resources to help you and your family stay informed about health. Access at **my.canadalife.com/sign-in** and click on the Resources menu.

Supporting our Students

As members of the Carleton University community, we all have a commitment to supporting our students in achieving their academic, personal and professional potential.

Student Support Resources

The Office of the Vice-President (Students and Enrolment) provides a variety of support resources to assist you in helping support students throughout their time at Carleton. To view these documents, or request copies, please visit **carleton.ca/studentsupport /supporting-our-students**.

Wellness Services Navigator

Designed to help Carleton students create a curated list of mental health and wellness resources that are available to them, both on and off-campus. **wellness.carleton.ca/navigator**

Submit a Care Report

Members of the Carleton community who are concerned about a student and are unsure of the best resource or support are encouraged to submit a Care Report. This will alert the Care and Support Team who will reach out as required and will provide the appropriate support and guidance to the student. wellness.carleton.ca/care-report

Counselling Services for Students

Counselling Services supports the academic and personal development of students at Carleton by providing a wide range of accessible mental health services that align with our Stepped Care approach to student wellness. Mental health services include single-session counselling, brief individual counselling, group counselling, psycho-educational events and programs, workshops and online resources. wellness.carleton.ca/counselling

Crisis Support (distress, thoughts of suicide)

Walk-in Counselling Clinic: Locations around Ottawa and provides immediate, free counselling services on a first-come, first-served basis, Monday through Sunday, in-person and virtual. walkincounselling.com

Good2Talk: Offers free, confidential support to post-secondary students in Ontario. Call **1-866-925-5454** or text **GOOD2TALKON** to **686868**. **good2talk.ca/ontario**

Crisis Line: Professionally trained crisis line responders are there to answer calls 24/7. **613-722-6914**, **crisisline.ca**

Distress Centre Ottawa: Offers crisis prevention, intervention, information and support 24/7. **613-238-3311**, dcottawa.on.ca

Suicide Crisis Line: Call or text 9-8-8





Emergency Preparedness

Being #CUReady

An emergency can happen at any point and experiencing an emergency is a matter of "when" rather than "if". Being prepared and ready will provide some stability and control during a chaotic situation.

There are four vital components to be #CUReady:

Know the Risks

It is important to know the risks and hazards that could affect the campus and the City of Ottawa. Hazards, whether natural or intentional, can vary from one community to another. Knowing more about hazards and local threats is an important part of being prepared.

Stay Informed

You can download various mobile apps and follow key social media accounts to provide emergency alerts and/or keep you informed about weather advisories, watches and warnings.

Have a Plan

In an emergency, it is important to know what to do, where to go and who to contact. Prepare a plan, so that you have information readily accessible in an emergency. As you become familiar with Carleton's Emergency Procedures, take the time to develop a plan for work, school and home. Your plan should include personal information, emergency contacts, emergency numbers, meeting location and safe destination site, medications and health history, and pet or service animal information.

Build a Kit

If an emergency happens in your community (e.g. storm or power outage), it may take time for emergency workers to reach you or municipal services to be restored. You should be prepared to take care of yourself and your family for a minimum of 72 hours at home. You should also have a ready-to-go bag should you have to leave your location in a hurry. Visit **getprepared.ca** for more information.

For more information on being #CUReady, including what you should include in your kit or ready-to-go bag, visit **carleton.ca/emergency/cu-ready**

Carleton Emergency Response Team

The Carleton Emergency Response Team (CERT), formerly known as Fire Wardens, is a team of Carleton community members that have volunteered to provide assistance during emergencies. This program has been expanded to encompass all types of emergencies. Various facilities on campus have designated CERT Team Leaders and CERT Team Members that have been trained in basic emergency and disaster response skills.

The CERT program is actively recruiting and is currently looking for volunteers. If you would like to learn more about the program or if you would like to volunteer, please contact our team at **emco@carleton.ca**.

Emergency Notification System

Carleton's Emergency Notification System (ENS) allows the university to contact a mass number of people in the event of a campus-wide emergency that requires action by members of the Carleton community. It uses three forms of communication to deliver instructional messages should an emergency occur:

- a computer screen notification
- emails sent to Carleton addresses (e.g. @cmail.carleton.ca, @cunet.carleton.ca) and;
- push notification through Carleton Mobile

While automatically installed on campus computers with the standard campus image, you can download the ENS software for your personal computer/laptop. carleton.ca/emergency/emergency-notification-system-ens

Training and Events

Carleton offers a wide variety of training and events on fire safety, business continuity, situational awareness and emergency awareness. View upcoming training opportunities and events at carleton.ca/emergency/training-and-events

Stay Informed



Download **Carleton Mobile** to review information relevant to a variety of emergency situations and to receive emergency notifications from Carleton University. You must allow notifications in order to receive emergency notifications.

You can also follow @MyCarletonU, @ Carleton_U and/or @CarletonSafety on X for updates on university-related situations.

For additional information on emergency preparedness, visit carleton.ca/emergency.





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