

Well Series



Click the icons below to learn more about each program from the video trailers.
Click "Start Well" for to view the module.

Sheridan's Well Series is a collaborative, pan-institutional initiative designed to help your students succeed. The series prepares students in each step of their academic journey, from pre-arrival readiness, through the key transitions, while building the confidence and experience needed to launch their future careers.

[Visit the Well Series website for more information.](#)



Transition Well

Navigate services and build community.



Start Well

Strengthen required academic skills.



Arrive Well

Succeed in Canadian post-secondary.



Learn Well

Access virtual supports and impactful learning strategies.



Work Well

Determine career planning next steps.



Graduate Well

Discover post-graduation pathways.

14 Weeks Before Term - Through First Year

Before School Starts

First Year International Students

First Year

Start to Finish at Sheridan

Last year of program

- Cultivate social networks based on program, interests, and social identity
- Identify Sheridan supports and services available and their purpose
- Learn important program related information while meeting faculty as part of New Student Orientation

- Identify personal strengths and learning preferences
- Create an effective time management semester plan by applying Creative Problem Solving strategies
- Compare discipline specific literacy and numeracy skills to their own skills
- **Babamadizwin: Supporting Indigenous Learners**

- Understand how to effectively interact with Sheridan professors and community members
- Identify Canadian post-secondary education system's key characteristics
- Recognize critical program specific technology and academic skills for future career preparation

- Apply strategies for staying focused and motivated while monitoring personal well-being
- Discover test prep and essay tips and strategies
- Connect with upper year student tutors and peer mentors
- Customized virtual communities for some programs

- Navigate a career path, including seeking employment and managing career transitions, while building experience and resiliency
- Hone professional behaviour to successfully navigate the workplace
- Recognize employee rights and approaches to asking for accommodation

- Complete checklist items required for graduation
- Identify the educational and career pathway options available after graduation
- Understand the post-graduation work permit application process

Mindful Redundancies

- Creating community
- Navigating Sheridan services and supports
- Elements of well-being and a mindful approach to the academic journey
- Engage in various academic preparedness components



Travel Well

Prepare students for international experiences - both in-person and online

- Understand the responsibility of being a Sheridan student abroad and the expectations Sheridan has for students
- Identify the resources available to students while traveling internationally
- Increase inter-cultural awareness and respect