



CSA'S STUDENT SURVIVAL GUIDE

ALL THE INFO YOU NEED
FOR A SUCCESSFUL FIRST
YEAR!



Meet Your Executive Council

Every student in Communications, Digital Journalism, Public Relations, or World Cinemas is a member of the Communications Students' Association. Our executive council's job is to ensure the best possible university experience for you by hosting social and academic events, and working with the Department of Communication on your behalf! Our office is located in Desmarais 2170F. Feel free to come hang out with the team anytime!

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Follow us on social media to stay up to date on all the hottest events we have planned!



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An Intro to 101 Week:

As an undergraduate student of the Department of Communications, you are officially a “Commie.” The Communications Students’ Association (CSA) is excited and proud to welcome you to the best department on campus! We will help to ensure that you are well prepared for your first year of university, and will do our best to create a safe, enjoyable, and memorable year for you! This year we will all be facing unexpected challenges, and the CSA is here to help you navigate your way to a successful semester at UOttawa!

Literally Everything We Wish We Knew in First Year Explained:

IMPORTANT ACADEMIC DATES AND DEADLINES

Fall 2019 Semester

Classes: Sept. 9 to Dec. 9

Last Day to Enrol in a Class: Sept. 22

Holiday: Oct. 12

Reading Week: Oct. 13-19

Last Day to Drop a Class: Nov. 20

Exams: Dec. 10–22

Winter 2020 Semester

Classes: Jan. 11 to Apr. 14

Last Day to Enrol in a Class: Jan. 22

Holiday: Feb. 15, Apr. 2-5

Reading Week: Feb. 14-20

Last Day to Drop a Class: Mar. 26

Exams: Apr. 16-29

ADDING A MINOR

If you’re thinking of adding a minor, don’t stress about it just yet! Students don’t generally declare their minors until the end of their first year! A minor consists of 30 credits (or 10 classes) and further information can be found by Googling “uOttawa Adding a Minor.” You can do this at the bottom of the “Program Change Request” app page in your [uoZone](#).

TEXTBOOKS

We understand that textbooks are becoming more expensive, so here are a few options:

All textbooks and course-packs can be found at either the [UO Bookstore in UCU](#), [Rytec](#), or [Benjamin Books](#) with a course code and professor name. **Our**

recommendation: Join the Facebook textbook exchange groups to find cheap used textbooks and sell yours when you’re finished with them! Recycling is cool!

OC TRANSPD

Every student pays for an OC Transpo U-PASS as part of their tuition. HOWEVER, during COVID-19 times, some of our classes are online. You will only be automatically given a U-Pass if you have more than one online class! To get your card head over to UCU (University Centre) – you'll wait in a long line, fill out a form, get your picture taken, and leave with a card. Four main apps are used for bus schedules and routes: [Google Maps Bus Icon](#), [OC Transpo app](#), [Bus Buddy](#), and [Transit](#).

There's also a sign at the bus stop that gives a number and code to text for bus schedules! ***Please do not think that the OC Transpo busses run on a loop like they perhaps did in your hometown, they don't! They run in two different directions, so each bus says its route number and destination. Keep this in mind when you're taking the 8 to Gatineau during your first year perhaps!***



TAKE THE LRT AT YOUR OWN RISK! DELAYS ARE FREQUENT!

STUDENT CARD

Your student card is seriously your new best friend. During your first week here, head over to TBT (Tabaret) InfoService to get your student card. This card has your name, picture, and student number – it's also \$25 to replace, so don't lose it. It's a pretty universal card: you must bring it to all your midterms and exams, it gives you access to the Minto and Montpetit facilities (gym, swimming pool, courts), and if you have a meal plan, then your card gives you access to the cafeteria and your flex dollars. P.S. you can use it at most restaurants and cafés on campus.

HOMESICKNESS

Everyone experiences homesickness at some point in the first year! It is completely natural to miss your friends, parents, hometown, pets, etc.! Here are some tips on dealing with homesickness:

- ❑ For every thing/person you miss back home, think of someone new you've met or something awesome you've done that you're thankful for!
- ❑ Bring pieces of home with you, be it putting up pictures of your pets or memories of your friends!
- ❑ Plan a trip home! Keep a countdown going of how many days until you get to sleep in your own bed and the days will go by faster than you think!
- ❑ Don't be afraid to call or Facetime home! No matter what time of day or how far away they are, your parents are still your parents!
- ❑ Talk about how you're feeling! Be it with your roommate, friends, or anyone of the CSA guides or exec members, there is always someone who is happy to listen!

VP FRESHMAN AFFAIRS

Each year a student in their first year is elected onto the CSA! This member is responsible for representing the first year students of our program and hosting two events! The representative wants to create a better experience for students and is there to listen to any concerns, ideas, or questions you might have. If this interests you, watch our Facebook page or website for election updates and application forms!

CO-OP, STUDY ABROAD, VOLUNTEERING

If you're in the CO-OP option with your program, you'll have four semesters of hands on experience in your field. During your second year, you'll get access to the Co-op Navigator in your uoZone to apply for your first summer work term. If you're looking to study or volunteer abroad pop by the [International office at Tabaret 2nd Floor!](#) Ask the University Affairs for more information!

MIDTERMS & EXAMS

We promise they're not as scary as you think! Midterms can come up pretty quickly if you're not prepared and it's easy to get carried away on your first-ever reading week, but stay on top of your work. The best advice we can give (from experience) is to make a weekly schedule and keep on top of your work (and readings!) — do this and you'll minimize midterm season stress. Remember to regularly check your syllabus to make sure you know the exact date and time of your midterm. There's nothing worse than pulling an all-nighter right before an important test. Study well in advance and you are sure to be raking in those As!

Exams can be pretty stressful the first time around but the Mentoring Center is able to give helpful tips on how to survive exams. Our faculty also organizes helpful study groups with life-saving study cheats! Check your email and our Facebook page for updates! Overall, just make sure you're on top of your work and talk to your professor or TA if you need clarification!

NOT 19? WE GOT YOU

Not being 19 in first year isn't as bad as you'd think! One of the many perks of living in Ottawa is that you're 10 minutes away from Gatineau, where 18 is the legal drinking age. Gatineau has tons of fun clubs, pubs, and a McDonald's within walking distance of those clubs — you're welcome. Check out the clubs' Facebook pages to get free guest list access — you're welcome again. On the flipside, all of our wet 101 Week events also offer an alternative dry event and Ottawa has tons of cool spots that don't require alcohol to enjoy such as The Loft, Zak's Diner, Byward Market and more!

STUDENT LIFE AND CLUB INVOLVEMENT

Whether you want to pick up a new skill or connect with a culture, there is something for everyone. Lucky for us, uOttawa is in the center of the city which means there is plenty to do right in walking distance! You can participate in yoga or dance classes, have a few laughs with your friends at Yuk Yuk's comedy club, grab a bite at Zak's Diner or Blue Cactus in the Byward Market, or visit The Escape Manor for a super fun but challenging time with friends! There are over 100 clubs and teams to keep you occupied at the university! One club that a lot of communications students join is Enactus. It is a global non-profit with chapters in countries across the world, Canada and uOttawa being one of them! This club gives students the opportunity to work on real-life projects that are completely run by students. Members grow through entrepreneurship and competition and gain work experience by making business decisions and performing hands on work. For more information visit their website at www.enactusottawa.ca. Don't miss out on the clubs fair during 101 Week — but, if you do, there's a list of all uOttawa clubs with contact info on the [UQSU website](#).

HOUSING FOR SECOND YEAR

Your second year will come sooooo much quicker than you think! If you're looking for an apartment, whether it be by yourself or with some new friends, check out the [uOttawa Student Housing Billboard Off-Campus options](#), [uOttawa Housing Facebook groups](#), [Kijiji](#), or [Craigslist](#)!

FRESHMAN 15

You may have heard warnings about the dreaded “freshman 15” — don't worry about it! There are many temptations that can have an impact on your weight now that you're free to eat what you want, when you want! With that being said, it is important to remember the benefits of living a healthy lifestyle (ie. exercising regularly and sleeping for enough hours). There's more to life than Kraft Dinner and ramen — check out the [uOttawa Food Bank](#) if you're in a tough situation or use your flex dollars for a healthy, cafeteria-free alternative. In addition, your student card gives you **free** access to two gyms, a swimming pool, squash and basketball courts, and more!

CHECK OUT UOTTAWA'S INCOMING STUDENT'S GUIDE FOR MORE INFORMATION!

[STUDENT GUIDE | UNIVERSITY OF OTTAWA](#)

UOSU – University of Ottawa student's union:

Each year, a part of your tuition goes towards the UOSU and the services that they provide for students. UOSU is responsible for service centres, four student-run businesses, philanthropic initiatives, 250+ clubs, YOUR student health plan, and the U-Pass Program. You can find out more in-depth info at their website:

www.uosu-seuo.com

STUDENT HEALTH PLAN

As a student you're entitled to a lot more insurance coverage than you might think, especially since it can be combined with your parents coverage. Visit the UOSU office in UCU to pick up your Green Shield access code and register your account at greenshield.ca. Check out

<https://student.greenshield.ca/ottawa-university-students-unv> to find out what your health benefit package covers.

BOARD OF DIRECTORS

The UOSU Board of Directors is a group of elected students responsible for representing your voices to create a better university experience. Each Faculty has their own representatives that you can reach out to with any questions, ideas, or suggestions regarding your university experience!

Things NOT to Miss on & off

Campus:

PANDA GAME: This will be the most intense event on campus; go and enjoy the hell out of it!

FREE STORE: Located at 647 King Edward Ave, you'll find all kinds of clothes and household items!

PIKNIC INTERNATIONAL: Eat your way around the world on Tabaret Lawn!

FOOD FESTIVALS: Poutine Fest, RibFest, Mac'n'Cheese Fest, Taco Truck Fest, all a walk away!

COMEDY NIGHTS: Check out Cafe Nostalgica or Yuk Yuk's on Elgin!

OTTAWA ESCAPE ROOMS: A killer place for your group of friends!

PARLIAMENT LIGHT SHOW: Head to parliament hill for 9pm for a historic

lightshow through Canadian history!
(Perfect date spot)

RIPOSTES: Team up for a monthly debate that'll be broadcasted on Rogers TV!

PAINT NIGHTS: Come with your friends for a night of painting at Cafe Nostalgica!

THE OTTAWA SPLASH RUN: Have a blast on this fun run and see how many colours you can cover yourself in before crossing the finish line!

OTTAWA SNOW FESTIVAL: Enjoy a sugar bush meal and compete in the snowman competition during this winter wonderland of a week in February!

Where to eat in Ottawa:

ON CAMPUS

Bento Sushi
Tim Hortons
Pivik
1848 Pub
Starbucks
Freshii
Subway
Quesada
Go Cafe
Second Cup
Father n Sons
Cafe Alt
The Draft Pub
Bac a Frites
Cafe Nostalgie
Bac Plus
Premiere Moisson

CHEAP MUST GO'S

El Warehouse
Zak's Diner
Nacho Cartel
Royal Oak
Uji Cafe
The King Eddy
Paradise Poke
Asian Alley
Shafali
Smoke's Poutine
Cô Châm
The Korean House
Suzy Q Doughnuts
El Camino Tacos
Govindas Vegetarian Buffet
Carb Free Cafe
Oh So Good! Desserts

CHEAP & DELISH VEGAN/VEG.

The Green Door
Pure Kitchen
Perfection-Satisfaction-Promise
Cafe My House
Blossom Vegetarian Cafe
Simply Raw Express
Peace Garden
Talay Thai
Havana Cafe
So Good Restaurant
Clover Food & Drink
Bread & Sons Bakery
Ahora Mexican Cuisine
ThimbleCakes
Fuel Bar
Fiazza Fresh Fired

[Free Mental Health Services And Support](#)

["Student Academic Success Service"](#) is a free network of services and programs designed to give you the tools and information to help you thrive and find your path to academic success. Delivered by professionals and fellow students who care about your success and your well-being, the programs and services of SASS complement your classroom learning and support you in achieving your academic and professional goals.