

Well Series

Click the icons below to learn more about each program from the video trailers.
Click on the name of the well series program to connect to the module content.

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.](#)



Start Well

Strengthen required academic skills.

Before School Starts

- 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



Transition Well

Navigate services and build community.

14 Weeks Before Term - Through First Year

- 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



Arrive Well

Succeed in Canadian post-secondary. **Fall 2021**

First Year International Students

- 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



Learn Well

Access virtual supports and impactful learning strategies.

First Year

- 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



Work Well

Determine career planning next steps.

Start to Finish at Sheridan

- 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

For Professors

Teach Well



- Create course materials using a multi-media interactive approach
- Cultivate a sense of community and connection in the teaching and learning environment
- Explore a variety of evidence-informed teaching and learning strategies to increase student engagement and motivation

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