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HELLO OVC Class of 2021 & WELCOME to YOUR Orientation Week!!

We are your Orientation Committee and we could not be more excited for your arrival at the OVC! For the past few months we and our team have been hard at work making your Orientation bigger, better, and easily worthy of a 5-Ruby rating. We want to make sure your first week in the program gets off on the right paw! But hold on, Orientation doesn’t stop there! Rhino you might not know this yet, but we are here to make sure your first trots through Orientation Week, first crawl through the exam period, and your first end of year celebrations are the best they can be!

The Ontario Veterinary College may not live up to the hype of Hogwarts, but we’re basically the same except we DVMs-in-training wield stethoscopes and make tails wag with our veterinary spells (aka liver treats). By now you have already been sorted into your practice groups and, believe it or not, your newest families! But the love doesn’t stop with your class. You are now all a part of the OVC community and through thick and thin, we are and always will be there for each other.

Hold tightly onto this trusty handbook because it’s like your training wheels to your first year at the OVC. Inside you’ll find many (many!) welcome letters from some important people (trust us, it means a lot getting welcomes from these A-list veterinarians!), rhino-approved tips for success for each course, information about the wonderful City of Guelph, and much more! On your 4 year journey through the jungle, you may encounter a few elusive Owls soaring overhead, or even tentacle sea creatures keeping you safe through stormy seas, and of course some two-horned heroes there to support you and answer all the questions rhino you want to ask...we are all here to help you and excited to meet you! The next four years are about to fly by so remember to work hard, be spontaneous, persevere, and HAVE FUN! And, after all remember that you belong here...and together WE. BELONG. HERE.

Congratulations & Welcome to YOUR Orientation Week,

Your 2017 Orientation Committee
Orientation Chair and Dean’s Office Liaison – Salomon Schroeter
Curriculum Subcommittee Chair and P2P1 Head Guide – Hailey Hoffman
Materials Subcommittee Chair – Brittany Lang
Social Subcommittee Chair - Darren Lo
Orientation Handbook Artwork – Sarah Jajou
...and many many more!
Dear OVC Class of 2021,

It’s my pleasure to welcome you to our OVC community and the veterinary profession. We know how hard you have worked to get to this point, and we congratulate you, and also wish to acknowledge your families, mentors, and supporters that have helped you along the way.

You are feeling nervous and uncertain at this point, but that will soon be behind you. The College is blessed with a tremendous applicant pool, excellent teachers and staff, and a culture of mentorship; you will find we care deeply about the success and well-being of each and every one of you.

This profession will provide you with countless opportunities to contribute to the health of animals, humans, and the environment. Further, you’re joining this profession at the Ontario Veterinary College - a world leader in veterinary health care, learning and research. With the launch of the OVC Strategic Plan this fall, we are ready to build on our success to truly “Improve Life”. Many of the initiatives will have a positive impact on your experience at OVC, including enhanced learning pathways and career preparedness, bringing new educational technologies into the classroom and hospitals, and taking a One Health approach to all that we do.

I am looking forward to getting to know you over the next four years, so please do not hesitate to include me in your class activities -- I really enjoy them.

All the best for the next four years!

Jeffrey Wichtel
Dean

GUELPH  ONTARIO  CANADA  N1G 2W1  (519) 824-4120  FAX: (519) 837-3230
Dear Colleague in OVC 2021 –

Welcome to the Ontario Veterinary College! We are recognized as one of the premier veterinary colleges in the world, and as a member of the OVC community you will be joining over 10,000 men and women who have attended the College since our founding in 1862.

I know that you will find this to be a very supportive environment. One of my responsibilities is to ensure that you have the resources you need to help you thrive as a person, scholar, and citizen. Over the next four years, I encourage you to explore the academic and non-academic opportunities that will be presented to you. Don’t spread yourself too thin, but do stretch yourself.

This is a tremendously diverse program; sample that diversity while you are at OVC. Clubs, sports, social events, and student government are just some of the organizations and activities here for you, and we are part of a University that has a vast menu of extra-curricular activities from which you can choose.

The next four years will be exciting and challenging, and on an afternoon in June 2021, all going according to plan, you will graduate as fully-fledged veterinarians. Until then, we are here for you - whatever the need, big or small, that you have not been able to resolve yourself, come and see us. If we can’t help, we will find someone who will. Please don’t hesitate to ask. And always remember that ‘You Belong Here’.

With my very best wishes,

Peter Conlon, BSc(Agr), MSc, DVM, PhD, MEd
Associate Dean, Students
Director, Hill’s Pet Nutrition Primary Healthcare Centre
Ontario Veterinary College

GUELPH ▪ ONTARIO ▪ CANADA ▪ N1G 2W1 ▪ (519) 824-4120 ▪ FAX: (519) 837-3230
Greetings from the Canadian Veterinary Medical Association

Welcome, student veterinarians of the Class of 2021! Congratulations on your excellent career choice; you are entering a distinguished and highly respected profession.

Student veterinarians are full Canadian Veterinary Medical Association (CVMA) members, Canada’s national veterinary association. The CVMA has volunteer veterinarians on over 30 different boards, associations, legislative and policy-making groups in Canada and abroad, helping the CVMA achieve its work on behalf of Canadian veterinarians. The CVMA is interested in student veterinarians’ voices, which is why each year, a student veterinarian sits on the CVMA Council.

As Students of the CVMA (SCVMA), you will soon become familiar with the SCVMA Committee and its representatives. One student veterinarian from each of the five Canadian veterinary colleges represents the SCVMA Committee and organizes annual activities and events, with CVMA’s financial support.

Over the next four years, through the CVMA, you’ll learn how valuable your voice is, as a member of your national professional association, in directing your profession’s future and in turn, your career.

I wish you a successful year ahead!

Dr. Troye McPherson
CVMA President
As veterinary students, we know how exhilarating it feels to find yourself in first year at one of the world’s greatest veterinary colleges. We also know how nerve-racking it can be... after all, this is it. This is where you will find yourself and this is where the so called ‘real world’ takes you on an adventure (in all likelihood) for most of your life. We’re here to tell you that you’re not alone.

We are privileged to have one of the most dedicated professional associations in North America right here in Ontario. Founded in 1980, the Ontario Veterinary Medical Association (OVMA) represents more than 4,400 Ontario veterinarians in private practice, government, academia, industry and public service. Its mandate is to advance and promote excellence in the veterinary profession in Ontario, and contribute to the betterment of animal health and the protection of human health.

But OVMA is more than that. For almost three decades, OVMA has been a mentor and a partner to veterinarians across Ontario. Its ground-breaking economic research and dedicated staff and volunteers have made it possible for veterinarians right across Canada and the US to begin to enjoy professional-level salaries and achieve a work-life balance that makes being a veterinarian even greater than you ever imagined it could be.

And the best part is this... OVMA treats student veterinarians as though you are already veterinarians and they offer you free membership throughout the duration of your time here at OVC.

Be sure to take advantage of all the free resources and services OVMA will offer you over the coming years (seminars, practice start-up information, Associate Compensation and Benefits Reports, Suggested Fee Guides, a subscription to the award-winning magazine Focus, student veterinary classifieds, just to name a few). And keep your eyes open for news about the Farley Foundation and OVMA’s SafePet Program.

As OVMA student reps, we sit on the OVMA Board of Directors and we are happy to be “Your Source. Your Voice.”, ensuring that your thoughts are heard. You’ll hear from us shortly about your free membership. Please visit www.ovma.org in the meantime to learn about the realities of practicing veterinary medicine in Ontario.

Stephanie Gerritsen, Class of 2019
sgerrits@uoguelph.ca

Alison Thomas, Class of 2020
athoma11@uoguelph.ca
Welcome from the College of Veterinarians of Ontario

On behalf of the Council of the College of Veterinarians of Ontario, I am pleased to welcome you to the veterinary profession as a student veterinarian at the Ontario Veterinary College. This is an exciting time as you join OVC’s Class of 2021 and embark on your career in veterinary medicine.

As the provincial regulatory body for the veterinary profession, the College supports quality and safety in the delivery of veterinary medicine in Ontario. The College licenses approximately 4,600 veterinarians and accredits over 2,300 facilities in Ontario.

Self-regulation is at the heart of the integrity of the veterinary profession. It is a distinct privilege to be “self-regulating” and to have authority over your own profession - a privilege that is not granted to all professions. By establishing and maintaining standards, the College ensures the public has access to competent and ethical veterinary care. Veterinarians in general and specialty practice in Ontario value professionalism and are committed to high quality veterinary medicine.

The College Council governs the profession with the public’s interest at the forefront of all College activities and decisions. The College is committed to excellence in the profession and looks forward to your participation in that objective.

In the months and years ahead, the CVO will be providing you with information to assist you with becoming licensed to practise in Ontario. You will begin receiving news from the College regularly and please visit www.cvo.org to learn more about practising veterinary medicine in Ontario. The College looks forward to responding to any questions you may have.

Congratulations and best wishes as you begin the incredible and very rewarding journey of becoming a veterinarian. The CVO wishes you much success at the Ontario Veterinary College.

Dr. Marc Marin
President
College of Veterinarians of Ontario

“Instilling public confidence in veterinary regulation.”
Dear OVC Class of 2021,

On behalf of the Ontario Veterinary College Alumni Association, it is my pleasure to welcome you to the veterinary profession – the greatest and most rewarding profession in the world. As future veterinarians, you will have the opportunity to impact countless people and animals by serving to ensure that animal welfare is a priority.

Your next four years at OVC will be amongst the best in your lives. As you train to be a veterinarian at OVC, you will be taught by world-class professors while studying at one of the most highly regarded veterinary colleges in the world.

I encourage you to take advantage of the wonderful opportunities and extracurricular activities available to you as a student at OVC. One such opportunity is the OVC Alumni Association OVC Class of 2021 representative. In this role you will able to contribute your ideas and insights on important issues that affect veterinarians and the future of veterinary medicine. I strongly encourage you to take an active role in influencing your school and profession by considering applying for this rewarding position.

The OVC Alumni Association is committed to enhancing the veterinary profession through the many programs and continuing education opportunities it offers. We are here to guide you in your lifelong experience as a veterinarian, both as a social network and an organization that supports ongoing learning. This support starts as you begin your studies and will continue throughout your professional career. As you embark on this journey, you will become a welcomed addition to over 6,000 Ontario Veterinary College alumni who strive to work together to strengthen our profession. To learn more about the Ontario Veterinary College Alumni Association, visit our website or Facebook page.

Congratulations again and welcome to the OVC community!

Matt Spiegle, DVM
OVC 2008
President, OVC Alumni Association
Congratulations! You did it! You made it into the Doctor of Veterinary Medicine (DVM) program here at the Ontario Veterinary College, University of Guelph. We are so excited to welcome you!

OVC is unique and has a strong history - something we’re all very proud of. One of the many unique things about OVC is OVC Pet Trust.

OVC Pet Trust is a charitable fund entirely dedicated to the health and well-being of companion animals. Founded in 1986, we raise money to support research, healthcare, education and special projects at OVC. Currently, we are raising $9 million to update and renovate the OVC Companion Animal Hospital with new surgery and anesthesia facilities – a place where YOU will receive part of your clinical hands-on training once you enter Phase Four of the DVM program. These facilities will be built during your time here and will enhance our ability to help pets with serious illnesses that may require complex surgeries or specialized treatments.

Learn more about how we support advances in veterinary medicine by funding research conducted by many of the professors you will be learning from over the next four years at pettrust.ca and connect with us on Facebook (www.facebook.com/ovcpet) and Twitter (www.twitter.com/OVCPetTrust).

I look forward to meeting many of you during Orientation week...enjoy the rest of your summer!

Sincerely,

Kim Robinson
Managing Director, OVC Pet Trust
Dear Classmates,

As you sit here, many of you may feel a kaleidoscope of emotions. Some of you may be giddy with excitement about what will lie ahead. Others may feel nervous about what the upcoming year will be like, personally and academically. You may feel a bit shy having to meet over 100 new people and getting used to a new environment. Don’t worry because your Central Veterinary Student Association (CVSA) is here to help you through it all!

The CVSA is similar to the student government that you would have in high school. We provide all vet students with a variety of services such as professional business cards, organize networking opportunities, support school clubs, and tell the administration of the OVC what YOU want and need! In many ways we are like the backbone of the OVC student body: not the flashiest structure, but definitely important. And just like any organization, each individual member we have working on our team is important to making sure we can continue to support vet students. That means we need amazing people like YOU to join us! Positions will be posted later on in the Fall and I hope you will join our team. Come to one of our bi-weekly Monday night meetings at 5:30 pm to see what we are all about! We are also always looking for people to represent the OVC on various OVC and campus wide committees/boards. These positions are extremely important so the voices of vet students aren’t drowned out by all the other undergraduate students!

Another role the CVSA plays is that we run a whole bunch of cool events throughout the year! Here is just a brief summary of some of them. Please check the CVSA website www.uoguelph.ca/~cvsa for more specific dates closer to the time of the event!:

· Corn Roast (September 27, 2017): A fun and delicious social event

· Halloween Spirit Day (October 31, 2017): Show off you class spirit for a charitable cause!

· Coffeehouse (December 9, 2017): Unwind with your fellow upper years and witness all the talent at the OVC

· Inside Ride (February 2018): Cycle indoors with a team to raise money for kids cancer charities
· National Cupcake Day (February 2018): Decorate cupcakes and raise money for the Humane Society!

Finally, one of the biggest things that will help you have the best time possible in your 4 years here is to really become part of the OVC family. Don’t be afraid to ask for help or offer help in return. We have all been in a tough spot at one point in this journey and it’s thanks to this amazing community that many of us have been able to get back on our feet. Don’t be intimidated by the upper years! We don’t bite and we’re more than happy to answer any questions you have.

All the best in this upcoming year. Make good memories and don’t stress too much!

Sincerely,

Natalie Chow
CVSA President
OVC Class of 2020
WELCOME CLASS OF 2021! (aka the Sapphire Sea Turtles)

On behalf of our entire Crash of Ruby Rhinos we’d like to extend the warmest of welcomes to the Ontario Veterinary College! We know that you’ve heard this many times by now, and we aren’t going to change things up. We’d like to wish you all the biggest CONGRATULATIONS on being accepted into one of the most competitive professional programs in the country! You have already accomplished so much in the past couple of months, and without a doubt you deserve to call yourselves a student veterinarian. Welcome to our wild and wonderful family here at the OVC.

As you embark on the adventure of veterinary school and begin the 'journey to DVM' (it has a nice ring to it doesn’t it?), here are a couple handy packing tips and tidbits (..maybe some timbits too!) for your trusty knapsack. Be open-minded! The OVC has so many great opportunities and experiences available to help you determine what kind of veterinarian you want to be. Open up that catcher's glove and grab a hold of anything that you find interesting! Be open to each and every opportunity that comes your way over the next few years, you may be surprised with what catches your eye. With a mixture of excitement, 100% pure determination, a handful of willingness to step outside your comfort zone, and a pinch of resiliency you will have the perfect ingredients and the recipe for success!

Be resilient. This year will challenge you at times, and you will learn to be okay with that. Your resiliency will allow you to push through and persevere, no matter what comes your way! Take those steel-toed rubber boots and kick those challenges out the door because nothing will stop you from achieving your goal of becoming a veterinarian.

Last piece of equipment you don’t want to forget and easily the most important – remember why you want to be here. Whatever that inspiration and little friendly reminder may be, do not leave it behind! For some of you this has been a lifelong dream. For others, you’ve have found this passion in the last couple of years. No matter what path has taken you to this point, it was definitely one that did not go without some dedication and hard work. It's humbling to reflect back on your answer to “why do I wish to be a veterinarian”, and to do this half way through your first year. Take hold of that feeling of excitement when you heard you got accepted and use that as footings on your climb to DVawesoMness. Remember how big the smile on your face was, and wear it with pride – you earned it!

With your knapsack becoming full and too heavy to carry, let’s think of some things that are better left behind. The first thing to let go is your competitiveness. You no longer need to compete with your colleagues to read the words “admitted” – we know you’ve read it many times already! The road to becoming a DVM will be much smoother with friends and study group mates by your side. You are
now all working towards a common goal – becoming veterinarians and building an amazing support network for years to come.

Save space by leaving behind your **self-doubt**. All that exciting class merch you’re going to order will have your name on it! That’s right, coveralls, blue lab coats, you name it! Your name is on them for a reason and you deserve it! And just you wait till you get one of those coveted black jackets with “Veterinary Medicine” written in bold on the back. Just like everything else, your name will be written on the sleeve and DVM on the other. You. Belong. Here.

Final thing you’ll want to say goodbye to is your **fear**. It's okay to feel nervous, scared, or out of your comfort zone. Embrace these feelings with confidence and trust that OVC will provide you with the right tools to succeed. OVC is seen as one big family for a reason – we are here to support you, encourage you, and cheer you on! Everyone is here to lend you a helping hand along your journey. Everyone wants to see you succeed. Everyone wants you to be here. Have you ever wondered what it would be like to go back to high school, except this time everyone loves animals just as much as you do, is welcoming you with open arms, and you can head over to the barn with classmates for study breaks? OVC is the place for you. You may not be a bird of prey, a mythical sea creature, or a two-horned friendly giant, but as the Class of 2021 you will soon enough develop your own identity and leave your mark on this school for years down the road.

So, all you Sapphire Sea Turtles, remember these words – **be proud of YOU. You’re here for a reason. You belong here.** You are about to embark on one of the most incredible journeys of your lives as a student veterinarian and a future DVM. Don’t worry about checking your watch because the next four years are going to fly by. Take time to slow down and enjoy every second of it.

**Keep Crashin’ On Future Vets!**

Megan Wieser and Salomon Schroeter  
Class of 2020 Co-Presidents

PS. After asking our class for what they’d like to pass down to you as advice, we’d like to leave you with a list of helpful hints on how to thrive during your first year of vet school.

## TIPS FROM YOUR FRIENDLY NEIGHBOURHOOD RHINOS

Thriving during your first year of vet school is definitely possible, though at times you may not believe it!! Here we have compiled some helpful tips for success and sanity:

1. **You Belong Here.** Don’t ever forget that! You worked tirelessly to get here and you deserve it. Everyone here wants you to succeed and will help you along your journey to success. At the
end of everything, ups and downs, you WILL be a VETERINARIAN. Sounds pretty cool now, and it will feel even better 4 years down the road!

2. Have a life outside of OVC - join a team or a club, or do something else you enjoy in the city. See your friends that do not go to OVC! You NEED to take time off of school. It will help you keep balance in your life. Trust us on this.

3. Stay active - if you do some physical activity, you are bound to work off some of that stress that is building up over Monday morning exams. Get outside, get some fresh air, and take a walk. Taking that time off will help clear your mind and actually help you focus and use your time more effectively.

4. Step out of your comfort zone - branch out and meet new people! It’s ok to take breaks from studying to go out with your friends. You made it to vet school, enjoy your time here before the next four years flash before your eyes! (because they will)

5. Take everything one day at a time - if you constantly look at the big picture, you may end up stressing yourself out over the 20 tests you have coming up. Make a to-do list for every day and focus on accomplishing those tasks. If you take it day by day, it is a lot more manageable and you will be less likely to have a meltdown.

6. Quizzes and Midterms throughout the year - study! But don’t go overboard and run yourself down. That extra 10% of a mark on a test that is only worth 10% is NOT worth the added stress. When it comes to prioritizing your time, focus on courses that are weighted more, or that have a minimum grade you need to achieve to pass. You can do it!

7. Let it be - sometimes, no matter how much effort you put into a class, your grade will not reflect your effort. We were not all born to be Geniuses of Histology…it’s time to accept it. Do the best you can do and let it be.

8. Organize events with your group outside of class - getting to know your group is KEY. It will help labs run smoothly and you can also learn everyone’s strengths and support each other when needed. Your practice group is your family - spend time together!

9. Not everyone is on the same level - everyone comes with different backgrounds, experiences and expertise. Don’t compare yourself to your classmates. First year has a well rounded class variety meant to get everyone on the same page. It is your first year, so take some breaths, enjoy the moment, and do the best that YOU can do!

10. Leave the competitive attitude behind - you are IN. There is no need to compete with your classmates. You are colleagues now and you should support each other to the best of your abilities. Focus on truly learning the material you are given, the goal is to become a competent veterinarian, not memorizing to get a stellar grade (but if you also get a good mark, hey that’s great!).
11. Enjoy the atmosphere - do an RFS shift, even if you aren’t large animal inclined, it is a great experience. Go to a conference, you will always learn new things, network with interesting people, and enjoy your time. Don’t hesitate to miss class to partake in opportunities around the school or outside of school! Most of our learning does not occur in lectures, so get some hands on experience!

12. Don’t forget why you are here - with possible 8-9 hour days at school, it can sometimes seem like you never see any animals or you may forget the reason you even came to the OVC. Remember your reasons for choosing this career path. Really passionate about a particular field? Continue to volunteer or attend club meetings in that field…it will help you remember why you are here and will push you to continue to do your best every day. Don’t EVER lose your passion!

13. Have faith in yourself - you got in on YOUR hard work. You would not be here if you did not deserve to be here. No matter how bad it gets, remember how far you have come. You can and you WILL do this.

14. Ask for help if you need it - there are going to be days when you are overwhelmed. It is just going to happen. The OVC plague is beating you down, you have 2 exams that week to study for, your pet gets sick, and you feel like you just can’t handle it anymore. It happens to everyone. Reach out if you need help. Ask your group for notes if you need to take a day off class. Talk to a peer helper. Talk to Dr. Conlon. Go to Counselling services. Reach out to your prof. There are always people there to talk to you and help you if you need it.
ORIENTATION INFORMATION

We. Belong. Here. You will definitely be hearing that often throughout this week! As you start your journey here at the OVC, we hope that your Orientation Week will get you started on the right hoof, paw, or foot. Your orientation doesn't stop after the first week – we have plenty of activities planned throughout your first month here at the OVC! You are now part of the OVC community, and we hope to welcome you in with open arms and help you find your fit in our jungle and truly believe that OVC is where you belong. Get ready for an exciting ride!

When is it?

Your DVM orientation begins on Monday, September 4th at 1:30 PM. Make sure you arrive early (registration begins at 12:30 PM) so we can sign you in and give you some important information before orientation kicks off. Class Merchandise Try-On Days will be held the week before on Thursday, August 31st and Friday, September 1st from 10AM–12PM.

Where is it?

Orientation will start out in the Lifetime Learning Centre Rm. 1714 at the OVC! If you don’t know where this is, check out the map (click here!) or ask any upper year or staff member to point you in the right direction (don’t be afraid to talk to us!!!)

What should I bring?

Don’t worry about being fancy, just dress comfortably! Orientation days are long and involve quite a bit of walking and touring. So make sure you travel light – laptops and tablets are not necessary until Wednesday September 6th, where we would like you to have a laptop to access your class schedules and take notes during your first afternoon of classes! However, feel free to use your phone or bring a small notebook and pen, in case you want to jot some info down!

Lunch is provided on Tuesday and Wednesday! Also, the OVC cafeteria or the Second Cup in the Pathobiology/AHL building is always available for any much-needed snacks (or coffee) during the day, so bring some extra cash, cards or put some money on your meal plan (see more on this in the “General Info” section by clicking here).

Most importantly, BRING YOUR CHEQUEBOOK! You will need cheques for a lot of your merchandise (merch) orders, so make it a priority! If you do not have a chequebook, please order one ASAP as it takes several weeks to arrive. For some, but not all material, it is possible to make your purchases using a credit card for an additional small transaction fee.

Mascots!!?!?

Class colour and mascot voting (aka the most important thing that will ever happen to your class) will occur on Monday, September 11th at lunchtime in LLC 1714 and the results will be announced that
night after the Exhibition Hockey Game! Ballots will be submitted to your P2P1 Guides at lunch on your second day of orientation, so start thinking about your top picks for colours and animals!

Bark Lake

Your class will be the first class at OVC to experience the Bark Lake Orientation Camp!! Thanks to the gracious sponsorship of VCA Canada, we are able to add this new experience to your Orientation Week! Coach buses will depart from OVC at 7:30AM on Thursday, September 7th and you will return from the camp at approximately 7:30PM on Friday, September 8th. The goal of the Bark Lake Orientation Camp is to establish the learning objectives of community building and community engagement. Large and small group activities will be lead by the Bark Lake Staff that will challenge you to work together to accomplish tasks while developing teamwork, leadership skills. OVC Facilitators will lead debrief discussion sessions after all activities to discuss the relevance to being a student veterinarian and build up your self-reflection skills. By the end of this camp I’m sure you’ll feel that “we’re all barking up the same tree”.

Orientation is only the beginning of this long adventure...you’re going to start getting to know your classmates and your new family (aka your practice group), you finally get to choose your long-awaited class mascot and sport your coveted black vet jacket, you’ll meet some of your new profs, and you’ll get a taste of the abundance of activities that you can get involved in this year! Get excited, WE BELONG HERE! No need to check your admission status anymore! Again, CONGRATULATIONS and look forward to the next big step!
PHASE 1 COURSES

Phase I of the DVM program trains you to recognize the fundamental of veterinary medicine – what is “normal” – as well as gives you an introduction to applying this knowledge to clinical cases. It consists of 7 courses that you’ll take for the full year, from September to April. You will be presented with the basics of veterinary medicine and will have the chance to apply your knowledge through several hands-on labs and case-based tutorials. There is so much to do but here we’ve provided some summaries and tips for your upcoming courses that should help prepare you!

If you are not familiar with CourseLink (https://courselink.uoguelph.ca), you soon will be. This is where you will find course outlines, notes, and slides for your lectures.

Most people take notes on their computer or tablet, so make sure you have a PDF annotating program that you like (almost all course notes/lecture slides are in PDF format). However, some people print out the slides and take notes with a pen. To each their own!

Early on in the year, Course Representatives will be elected by your class for each course. This position entails being the liaison between the class and faculty members: keeping the class up to date on what is happening in the course, any changes that might occur, and presenting questions and concerns from members of the class to the professors. This position basically streamlines communication and prevents the professors from being bombarded with emails about the same question/concern/suggestion.

VETM*3070 Veterinary Anatomy

This course will introduce you to the anatomy of the major animals you will be learning about during vet school: cats, dogs, horses, and ruminants (sheep or cows). The lectures are organized by region of the body (thorax, abdomen, head and neck, pelvis and perineum, and limbs) and are complemented by corresponding labs. Each lab starts with a video demonstration and instructions from faculty for the dissection you will be focusing on that day with your practice group. The videos are available on Courselink to view before the labs or to review afterwards.

Radiology and Live Animal Anatomy and Principles of Surgery are also components of this course and allow integration of the material you learned in lecture and lab with practical aspects of the field.

Testing consists of group oral exams (viva voces – Latin for “oral instead of written”) which test your practice group on the material you learned in lab for each region of the body (these are not worth much, but give you a great indication of what you need to work on when studying). There is one bellringer each semester, both which are cumulative. The final exams consist of a multiple-choice exam written along with part of physiology, a radiology exam, and individual oral exams for live animal anatomy and suturing which takes place during your Objective Structured Clinical Examinations (OSCE).
Tips for Success

- Prep for the labs as much as you can, as this will save a lot of time once you are in there.
- Group study is key! Quiz each other - test what you know and pick up on new things.
- Take VIDEOS while you are dissecting your specimens (not just pictures) - these are valuable study tools (not to be posted publicly!)
- Bellringers are not as scary as they seem, but they require a lot of prep! Don’t leave studying to the last minute!

Anatomy Course Reps

**Phase II Contact: Nicola Wenn, Cristin McCarty**

As the Anatomy representative, you will have a number of duties to focus on:

- **Keeping track of the anatomy laboratory key and recording when the lab has been used by Phase I DVM students** (MOST IMPORTANT ROLE)
- **Receiving questions from students and relaying them to the anatomy professor** (to ensure he or she is not overwhelmed by emails from Phase I students)
- **Collecting money from the Phase I students for lab book printing if necessary** – last year they were paid for by a sponsoring company in which case you would coordinate with them for the distribution of the lab manuals
- **Creating a Google spreadsheet for the whole class to keep track of the anatomy key for after-hours anatomy lab use** - example spreadsheet headings can be: Name | Date and time of lab use | Key in hand (Y or N) | Contact Info (cell phone is preferred)

VETM*3080 Veterinary Physiology & Biochemistry

This course will give you an understanding of how the major organ systems in domestic animals function, as well as the biochemical processes that accompany them. Topics include neurology, hematology, acid/base balance, respiratory physiology, cardiovascular physiology, endocrinology, digestive physiology, and immunology. Lectures are accompanied by tutorials and some labs which give you the opportunity to apply what you have learned to explore clinical cases and practice clinical skills.

Testing is all multiple choice-based **midterms** and **finals**. The midterms are not cumulative and the first physiology final consists of digestive physiology and immunology. The second final includes all of the other material taught in the course.

Tips for Success

- This is a huge course (very information heavy), so keep up on the material! It piles up faster in vet school than in undergrad (even if you’re familiar with the topic at hand).
- Use all of the practice questions provided to your advantage
- The distribution of questions reflects the amount of time spent on each subject
Veterinary Biochemistry & Physiology Course Reps

Phase II Contact: Kai Moore, Adam Ayoub

As the Veterinary Biochemistry & Physiology representative, you will be responsible for:
- Relaying any concerns or questions from students to the course coordinator (Dr. Saleh)
- Answering questions directly regarding testable material, test dates, etc. you can do so, and those that you are unable to answer get passed on to the professor
- Giving feedback on tests and their level of difficulty, as well as setting up review sessions with the professor for the class
- Pick up and return of iClickers from the Dean’s office during the immunology portion of the course

VETM*3120 Veterinary Histology & General Pathology

This course will introduce you to the histology and general pathology of tissues within major organ systems in various domestic species. It will help you understand how morphology and function of a structure are linked. Not only will you study the normal histology associated with tissues, but you will also examine the abnormal histology and gross pathology associated with diseased or pathological tissues. Lectures and labs complement one another, highlighting structure, function, identification, and in the case of pathology, description and interpretation of lesions.

Testing includes short answer and bellringer-style midterms and exams.

Tips for Success

- Take the time to understand what you are seeing and what characterizes it – histology exams generally ask for identification of a structure and reasons for the particular identification so keep this in mind when studying
- The slides you see in histology labs can be viewed at Objective Pathology. Use this when reviewing!
- The pathology aspect of the course can be challenging, so keep up with the material and ask questions early to clear up any confusion! Practice makes perfect when describing lesions.
- The bellringer format can be stressful but be sure to take a deep breath and you will have enough time
- Lecture notes, labs, and supplemental notes complement each other so be sure to have a good understanding and review all of them

The three courses from the previous 2 pages will be your highest time commitment courses in Phase I. Each one covers the major body systems; professors do their best to coordinate it so that the same system is covered in each course simultaneously (but don’t get mad if this doesn’t happen - they do their best!). In this way, you will be able to incorporate your understanding of gross anatomy with function, microscopic morphology, and pathological processes while highlighting unique aspects and differences between the major domestic species. It helps to think of these three courses as puzzle pieces and integrate the knowledge to get the bigger picture. Most importantly, do your best to keep
up with all the material. Believe it or not, but you can thrive in vet school! It may seem overwhelming, but you will be surprised how much you actually know by the end of the year...

**Histology and General Pathology Course Reps**

*Phase II Contacts: Mandy Yu, Rosa Esmaeilbeigi*

As course representatives of Histology and General Pathology, you must ensure you:

- **Attend as many classes and council meetings as possible**
- **Act as the voice between all of the students of the class and the teacher as well as student council**
- **Provide summary notes for key topics as well as quizzes or review notes before tests**
  (optional but highly recommended, it will help your fellow students out a lot!)

**VETM*3210 Art of Veterinary Medicine (AVM) I**

AVM will teach you about the ethical and legal aspects of the profession, while aiding in the development of communication, self-reflection, resiliency, health and wellness.

Students will take part in simulated client interviews with actor clients, a faculty coach, and a classmate; a self-assessment assignment will follow. You will also have the chance to work through a clinical case with your practice group under faculty supervision, beginning with signs and symptoms and ending in the discharge of the patient.

The Phase I wellness curriculum includes the following **Domains of Wellness:**

- **Emotional Wellbeing:** Coping effectively with life and creating satisfying relationships
- **Environmental Wellbeing:** Good health by occupying pleasant, stimulating environments that support wellbeing
- **Financial Wellbeing:** Satisfaction with current and future financial situations
- **Social Wellbeing:** Developing a sense of connection, belonging, and a well-developed support system

You will also keep a log of your extracurricular activities during the entire year to practice keeping track of your **continuing professional development**, a much-needed skill for a veterinarian. A new goals-based assignment will be introduced in AVM, with more detail coming in September!

In conjunction with Clinical Medicine, you are expected to complete a certain number of **shifts at the Hill’s Pet Nutrition Primary Healthcare Centre (PHC).** These shifts give you the opportunity to observe real cases in a clinical setting and learn from upper years. Small assignments will need to be completed during the year while at PHC.

Testing includes a **written final**, as well as the numerous assignments mentioned above.
**Tips for Success**

- Simulated client interviews can feel nerve-wracking, but just remember that they are there to help you and prepare you! Pay attention to things that you do and try to improve on them. It is a very safe environment to try different ways of dealing with a situation, so take advantage of that!
- Review the AVM client interview marking scheme before your simulated interviews so you can ensure that you are using all of the required communication skills during the interview.
- Keep on top of your extracurricular activity log (CPD) - don’t just fill it in at the last minute.

**Art of Veterinary Medicine I Course Rep**

*Phase II Contacts: Lisa Costa*

As the AVM representative, you will be responsible for:

- Monitoring the Facebook group and answering emails regarding questions related to the course.
- Passing on questions to the course coordinator (Dr. Conlon) and relaying answers to the class.
- Sending out reminders for assignment due dates and upcoming exams.
- Clarifying the material that was to be tested – relaying this information to the class.
- Contributing to study material when possible such as compiling final exam summary/study notes and posting an example CPD.
- Passing on general course feedback to the course coordinator to help improve curriculum for future years.

**VETM*3430 Clinical Medicine I**

This is the main hands-on course in Phase I - you’ll get lots of opportunity to interact with small and large animals on campus. Through lectures and labs, you’ll learn to handle, safely restrain, and conduct physical exams on horses, cows, sheep, and dogs. There are very few lectures, so expect a more lab-based experience.

Testing consists of several online quizzes and a final Objective Structured Clinical Examination (OSCE), which is a station-based practical exam where you demonstrate to faculty what you have learned.

**Tips for Success**

- Practice, practice, practice! These are skills you NEED TO KNOW and your final practical exam will go much more smoothly if these skills are second nature to you. **DO NOT leave this until the last minute**.
- Use your practice group members’ expertise with animals you aren’t comfortable with and ask them to help you. This will help you learn how to be safe around these animals, too.
- Get those vital parameters (heart rate, resp rate, temperature, etc.) down pat for each species! Cue cards are useful for memorization.
Clinical Medicine I Course Reps

Phase II Contacts: Marissa McGaffey, Emily Smith

As the Clinical Medicine representative, you will be responsible for:

- Sending out reminder emails for upcoming quizzes (open dates and due dates), assignments, and exams
- Assembling a complete list of ALL dates for all quizzes, midterms, exams, assignments, etc.
- Organizing the Phase I shadowing program with the course coordinators
- Letting the class know expectations and needed materials for labs
- Compiling class questions (prior to tests and exams) and send them to professors, then send out responses to class
- Organizing review sessions for the OSCE
- Communicating information to the entire class from course coordinators
- Collecting course feedback
- Answering individual classmates’ emails regarding questions on material or upcoming assignments, or passing their questions along to the course coordinators

VETM*3390 Veterinary Developmental Genetics

This course covers embryology, genomics and regenerative medicine as its three main topics. There is a midterm and final, both with multiple choice and short answer components. The course introduces you to key elements in domestic animal development, embryological anatomy, comparative differences across species, genomic diseases and disorders, and the understanding of stem cells and therapies.

Tips for Success

- DO THE PRACTICE QUESTIONS AND PAST MIDTERMS!
- Read the extra readings if you don’t have a background in developmental genetics. This was especially useful for the embryology section of the course because they go through it very quickly!

Developmental Veterinary Genetics Course Rep

Phase II Contact: D’Arcy Dykeman

As the Genetics representative, you will be responsible for:

- Communicating with the professors, course coordinators, and students
- Making surveys and being the liaison for the concerns of everyone
- Making reviews for the midterms

VETM*3400 Health Management I

In Phase I, you will be introduced to the different fields of veterinary medicine and the various animal industries veterinarians are involved in. Topics include industries such as dairy, beef, swine, poultry,
small ruminant, equine, lab animal, companion animal, public health, and epidemiology. You also get to go on a field trip to the University of Guelph research stations to see certain industries in action.

Testing consists of multiple choice midterms and a final. Be prepared to do some calculations when epidemiology is involved.

**Tips for Success**

- Work together with your practice group to understand the intricacies of all the different industries - remember, you all have varied experience in different fields, so use this knowledge to help each other!
- Take advantage of the practice problem sets for the epidemiology sections. The more you practice, the easier the exams will be.

**Health Management I Course Rep**

*Phase II Contact: Andrea Patterson*

As the course representative of Health Management, you will be responsible for:

- Informing/reminding the class of tests/what material will be on which tests
- Reminding the class of the field trips and the mandatory clothing required for each
- Helping set up review material for your class
- Receiving questions from your class and sending them along to the course coordinators
- Receiving information from the course coordinators and relaying that information to your classmates
GENERAL INFORMATION

UofG email
Email is the primary mode of communication at OVC - this is how professors, clubs, course reps, industry reps, etc. will contact you regarding classes, events, and more. It is very important that you check your @uoguelph.ca account **at least once a day** to stay on top of them. Everyday there are dozens of emails . . . **DOZENS!**

**NOTE** that IT will never send you an email asking for your password so be sure not to respond to any such requests.

*Pro tip*: create a ‘signature’ that ends every email you send from this address; it looks professional and saves you time having to type out your name every time you send an email. **Your signature should include:**

- Name, any degrees
- OVC Class of 2021
- Mailbox #
- Email address

**Student card**
Your student card is your official UofG-issued identification - it has your picture and student number on it. It acts as your access card to OVC buildings, bus pass (once you get the sticker handed out during the first week), meal card, library card, gym pass, etc. Your first card is free for our new UofG students.

If your student card gets damaged, you can have it replaced for free, but lost cards are replaced at a $60 charge. In addition, lost bus pass stickers need to be replaced for the original cost they were purchased for, so lost student card = lost money! To report a lost card, visit the Hospitality Services website. New cards can be picked up from the 3rd floor of the University Centre (UC); you will need photo ID and proof of your student number.

**Meal plan**
Your student card acts like a meal card - it carries a balance and is swiped to pay for meals at all eateries on campus (including some off-campus restaurants, but more on that later). As even more of an incentive, students with a meal plan actually receive discounts on food on campus! To add money to your card and check your balance, simply visit the Hospitality Services website.

*Pro-tip*: **to find out what’s on the menu the next day at the OVC Caf, check out the** OVC Cafeteria Facebook Page!

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Bus pass
A portion of your student fees goes towards a bus pass at a discounted rate for the whole semester (thanks to the Central Student Association)! The pass is in the form of a small sticker that is placed on the corner of your student card. These stickers will be available to pick up during Orientation Week through the CSA (date TBA), stay tuned!! There is a grace period during the first week of school that allows you to use Guelph transit (as long as you show your student card) before you get your sticker.

Parking pass
Some of you may have cars that you want to park on campus during the day - this requires a Parking Pass. Click here for more information!

ATM
There is an ATM located just outside the cafeteria in the Lifetime Learning Centre (LLC). On main campus, there is an ATM in the Bullring as well as CIBC ATMs in the University Centre (these can also be used by anyone).

Lunch hour (and cafeteria attire)
The designated lunch hour at OVC is **12:20-1:30pm**, Monday to Friday. This time is normally when OVC wide talks, club-related talks/activities, and group (class council, etc.) meetings occur.

In order to keep the cafeteria clean and safe for everyone, coveralls, barn boots, scrubs, and lab coats are **not allowed** to be worn in this area.

Wellness Wednesdays
Provided through the OVC Office of the Associate Dean, Students and the Peer Helpers, and sponsored by Zoetis, Wellness Wednesdays are lunch talks that offer strategies for DVM students to make balanced lifestyle choices and to promote wellbeing and resiliency. Different topics from guest lecturers are given each session and cover the domains of wellness discussed in AVM I. Pizza, fruit and drinks are also provided, so come on out! [http://ovc.uoguelph.ca/dvm/student-life/peerhelpers](http://ovc.uoguelph.ca/dvm/student-life/peerhelpers)

Pizza lunches
Bring your love for pizza to OVC! Pizza is usually offered during lunch talks, so you’ll be eating a lot of it during the year. And for you gluten free, vegetarian, and vegan people, special pizzas will be available for you as well!

Photographs/Social Media
We know you all want to be able to share your amazing experiences here at OVC with your friends and family, but there are some rules! You may take photos of certain experiences, but they must only be for personal use and cannot be posted on any social media sites. Photos of or with client or teaching animals must follow our updated social media policy – click here. For more information, please contact **Jane Dawkins**, our marketing communications officer, at: [jdawkins@uoguelph.ca](mailto:jdawkins@uoguelph.ca)
Clothing Policy
Personal protective clothing is worn to reduce the risk of spread of pathogen and/or contaminating underlying clothing or skin surfaces. Personal protective clothing must not be worn outside of the OVC, except for OVC-associated teaching and clinical activities (e.g. field service calls). Personal protective clothing can be worn outside when moving between the main building and other HSC buildings, Barn 37 and the clinical skills buildings.

Pets on campus
Recognized service dogs and service dogs-in-training permitted at the OVC, but your family pet is not. No animals are allowed in the anatomy lab due to the chemicals used to preserve specimens, so make arrangements for your service animals before labs start! More info on the policy can be found at: https://www.uoguelph.ca/hr/policies/animals-campus-policy

Rabies vaccines
As a student of OVC you need to show a protective rabies titre every 2 years in order to participate in certain labs, enter the clinics, etc. If you have received a rabies immunization in the past you must have a titre done by University of Guelph Health Services, even if you have a recent titre from an external source. OVC will be holding a titre clinic during the beginning of the school year.

If you have never received a rabies immunization, don’t worry! OVC will coordinate with Health Services to set up immunization clinics early in the fall, followed by a second titre clinic. These will take place at Health Services on main campus. All costs for immunizations and titres are covered in your tuition.
RESOURCES FOR YOU

The Ontario Veterinary College and the University of Guelph provide several resources for students. Check out a bunch of the resources here: Resources for Student Veterinarians

The Office of the Dean
The office of the Dean is the head administration of the college. Any issues related to programming, facilities, curriculum, research, communications, etc. is managed through this office. A full list of personnel is available at the following link: http://ovc.uoguelph.ca/office-of-the-dean

Office of the Associate Dean, Academic: Dr. Kerry Lissemore
The Associate Dean, Academic manages all aspects of the DVM curriculum, including the Curriculum Committee, class schedules, and DVM curricular concerns including scheduling, exams, academic misconduct, etc.

Contacts:
Dr. Kerry Lissemore - 519-824-4120 x54423, klissemo@uoguelph.ca
Lynn Rumig, Academic and Student Affairs Assistant - 519-824-4120 x54422, lrumig@ovc.uoguelph.ca

Office of the Associate Dean, Students: Dr. Peter Conlon
We are committed to helping you thrive as a person, scholar, and citizen. We do this through multiple programs, including the OVC Peer Helpers, counselling, wellness initiatives, learning support, awards and scholarships, alumni mentoring opportunities, job and career opportunities, and more. As well, we can connect you with others in the College, the University, and the community in order to help you reach your personal and academic goals.

Contacts:
Dr. Peter Conlon - 519-824-4120 x54413/54583, pconlon@uoguelph.ca
Elizabeth Lowenger, Manager, Student Affairs - 519-824-4120 x54430, lowenger@uoguelph.ca
Lynn Rumig, Academic and Student Affairs Assistant - 519-824-4120 x54422, lrumig@ovc.uoguelph.ca

Office of the Associate Dean, Research & Innovation: Dr. Gordon Kirby
Want to try your hand at research here at OVC? We have faculty doing research from the cellular level to clinical trials and everything in between. Every summer our faculty hire students to work in their lab or to do research in the field, and the Summer Leadership and Research Program (SLRP) provides access to conferences, site visits and workshops to complement the summer research experience. Or if you might like to pursue a career in research we can point you in the right direction.

Contacts:
Dr. Gordon Kirby - 519-824-4120 x54796, gkirby@uoguelph.ca
Elizabeth Lowenger, Manager, Student Affairs - 519-824-4120 x54430, lowenger@uoguelph.ca
Barb Gaudette, Research and Innovation Assistant - 519-824-4120 x54406, bgaudett@uoguelph.ca

Office of the Associate Dean, Clinical Program: Dr. Stephanie Nykamp
- Provides strategic leadership and management for the OVC Health Sciences Centre (HSC)
- Working with the Associate Dean, Academic and Associate Dean, Students creates an environment that maximizes learning within the OVC-HSC
- Working with the Associate Dean, Research and Innovation, establishes processes to support and enhance clinical research
- Ensures that services and programs maintain the highest level of quality, efficiency, and cost-effectiveness, responding to the needs of referring veterinarians, patients, clients, veterinary and graduate students, specialists-in-training, clinicians, and the greater community
- Ensures that the OVC-HSC is in compliance with accrediting bodies, funding sources and other regulatory requirements

Contact:
Dr. Stephanie Nykamp - 519-824-4120 x54652, snykamp@uoguelph.ca

Central Student Association (CSA)
The CSA is in charge of advocating for students and is based out of main campus. They offer many benefits and programs such as the student bus pass, health and dental plan, thecannon.ca (classifieds), bike centre, Safe Walk, Meal Exchange, Food Bank, and more.

Website: http://www.csaonline.ca

Off-Campus Living
Here you can find information about rooms/apartments for rent, and some helpful tips for living off campus. Be sure to check out the OVC Classifieds Facebook page as well.

Website: https://studentlife.uoguelph.ca
Phone: 519-824-4120 x53357

Student Financial Services (SFS) and Ontario Student Assistance Program (OSAP)
SFS provides information about tuition, payment due dates, scholarships, bursaries, OSAP applications/ pick up, and budgeting advice. They are located on the 3rd floor of the University Centre.

Websites:
https://www.uoguelph.ca/registrar/studentfinance/; https://osap.gov.on.ca/OSAPPortal
Phone: 519-824-4120 x58715

Library Services/Learning Commons
The UofG library on main campus has great programs for academic help, including research assistance, writing help, workshops for studying, workshops for report writing, and more. IT help is
also available. The Learning Commons offers programs to learn how to improve time management skills, avoid procrastination, and reduce perfectionism. Using your central login information you will have access to thousands of journal articles to further your studies and perform research.

Websites: http://www.lib.uoguelph.ca; http://www.learningcommons.uoguelph.ca

IT Resources

OVC Information Technology Services (ITS)
ITS is the place to go for your OVC computer and internet related troubles. They can help you access the internet on campus or the V: drive, but cannot help with personal computer issues. They are located in the corner of the hallway West of the lockers and anatomy lab in room 1601.

Website: http://ovc.uoguelph.ca/its
Phone: 519-824-4120 x54778

V: Drive
This is the OVC’s shared drive, which can be accessed from any computer at the OVC. You can also access it on your own computers while you are on campus.

Internet Access on Campus
You can access the ‘Secure WiFi’ network using your central login and password. Mac users will be prompted to log in when within range. If you’re a PC user you will need to download ‘Cisco NAC Agent’ to access the wireless network on campus.

Printing on Campus
Printers are located in the OVC Learning Commons and the main campus library. To print on campus you will need a Print & Copy card, which can be purchased for $1.00 at the front desk on the first floor of the main campus library. You can load your new card with money at either library. Black and white sheets are $0.10/page and colour is $0.45/page. Photocopying and scanning services are also available at the library.

CourseLink
You will be visiting this site on a daily basis. It constitutes the online component of your courses where you will find notes, outlines, grades, and communications from your professors.

Website: https://courselink.uoguelph.ca

WebAdvisor
This site holds all of your personal UofG information such as tuition and fees, important deadlines, and final grades. If you are a Canadian student, this is also where you can download your T2202A for your taxes (you will get an email when it’s available).

Website: https://webadvisor.uoguelph.ca
Health Resources
Student Health Services (SHS) offers a walk-in and appointment clinic Monday – Friday from 8:30am-4:30pm, located in the JT Powell building on main campus, near the Athletic Centre. Appointments fill up quickly, so book early!

Website: https://wellness.uoguelph.ca/health/
Phone: 519-824-4120 x52131
Email: health@uoguelph.ca

The Wellness Education Centre consists of 5 different units that offer programs for stress management, sexuality awareness, quitting smoking, alcohol and drug abuse, and eating disorders. For the Stress Management & Sleep Workshops and Programs, contact Kathy Somers at ksomers@uoguelph.ca. In addition, there are also regularly planned wellness activities on-site at OVC.

Website: https://www.uoguelph.ca/studenthealthservices/wellness;
https://wellness.uoguelph.ca/sws/
Phone: 519-824-4120 x53327

The Guelph General Hospital is located at 115 Delhi Street in Guelph. The phone number is (519) 822-5350.

Counselling Services
They provide confidential assistance, both individual and support-groups, to assist students with stress, eating disorders, bereavement, obsessive/compulsive disorder, performance anxiety, depression, and more. Counselling will be offered on site at OVC, and you will receive an email with hours and location in September.

Fall, Winter & Summer Semesters Hours of Operation: 8:15am - 4:15pm
Fall & Winter Semester Walk-in: 12:30pm - 3:30pm (weekdays)

Website: https://www.uoguelph.ca/counselling/

OVC Counselling Services – Bruno Mancini – bmancini@uoguelph.ca
For more information on what is available at OVC, visit: http://ovc.uoguelph.ca/dvm/student-life/support

Additional Resources:
- UofG Wellness Resources
- OVMA Student Membership Services
- UofG Student Life
- Lesbian and Gay Veterinary Medical Association
**OVC Peer Helpers**
The Peer Helpers are student veterinarians who provide fellow students with CONFIDENTIAL assistance for both personal and academic matters. They are part of the OVC Student Affairs Office and provide guidance and support for workload management, anxiety and panic, stress management, work-life balance, time management, and conflict resolution. Each year, applications are solicited from the first year class and two peer helpers are chosen.

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**Current Peer Helpers:**

- Sophie Goodall ([goodalls@uoguelph.ca](mailto:goodalls@uoguelph.ca)) OVC 2018
- David McPhee ([mcpheed@uoguelph.ca](mailto:mcpheed@uoguelph.ca)) OVC 2018
- Laura Hartman ([hartmanl@uoguelph.ca](mailto:hartmanl@uoguelph.ca)) OVC 2019
- Eric Kwok ([ekwok@uoguelph.ca](mailto:ekwok@uoguelph.ca)) OVC 2019
- Sam Manner ([smanner@uoguelph.ca](mailto:smanner@uoguelph.ca)) OVC 2020
- Preeti Sambi ([asambi@uoguelph.ca](mailto:asambi@uoguelph.ca)) OVC 2020
- Michaela Botts ([botts@uoguelph.ca](mailto:botts@uoguelph.ca)) OVC 2020 International Students Peer Helper

**Website:** [http://ovc.uoguelph.ca/dvm/student-life/peerhelpers](http://ovc.uoguelph.ca/dvm/student-life/peerhelpers)
WHAT YOU’LL NEED FOR VET SCHOOL

Clothing
During your time here at OVC, you will need a few sets of lab coats, coveralls, and scrubs, which all come in a very specific blue colour. There will be a mass merchandise order as part of Orientation, during which you will be able to try on the sizes before ordering. As you already know, you can sign up for a merchandise try-on time slot on Thursday, August 31st or Friday, September 1st from 10am-12pm and if you can’t make it to either of those, there will be a time slot during Orientation on Tuesday, September 6th. If you are cash-flow sensitive, keep in mind that graduating upper years are always looking to pass on their old lab coats/coveralls/scrubs through the “OVC Classifieds” group on Facebook. They will be cheaper and you can take them to get the name and year re-embroidered! Something to keep in mind...

Re-embroidery
If you choose to buy used items from upper years, you must have them re-embroidered with your name on top (first and last) as well as OVC 2021 under it in white thread. Please refer to the following contact info:

VTR Uniforms
Phone: (519) 837 1272
Website: http://vtruniforms.ca/index.php?route=common/home

Please note that prices are subject to change

Lab coats (~$35)
You will receive one blue lab coat as a gift from the CVMA at your Professional Welcoming Ceremony! Most people will also buy 1-2 additional ones in case one gets dirty, so you’ll always have one at the ready. You will also need a white lab coat for your anatomy labs.

Coveralls (~$50)
Most people order 2 pairs of blue coveralls (usually 1 long-sleeve and 1 short-sleeve); however, if you are already set on going into the large animal field, you might want to order 3 pairs (you’ll be surprised how quickly those coveralls get dirty!).

Scrubs (~$45)
We recommend 1-2 sets but you won’t need to wear them much during Phase I and you can always order more during the mass merchandise order of the classes that come in after you. So, order a couple of pairs for now, and wait and see what you’ll need later.

Steel-toed boots (boots: ~$41, over-boots: ~$50)
You are required to wear steel-toed footwear when handling large animals. You have three options: (1) bring your own pair of steel-toed footwear from home, (2) order steel-toed rubber boots during the mass merchandise order, or (3) order rubber over-boots in the mass order to slip over your own steel-toed footwear. The rubber boots or over-boots are preferred as they are easy to clean! Note that over-boots are preferred for RFS shadowing.
**Nitrile gloves (~$20)**
These are very important for anatomy labs and can be purchased through the mass order (however, the order might take a while to come in, so try and coordinate with your practice group mates to have a box of gloves to share for the first few labs). Keep in mind that latex gloves are not allowed, due to allergies.

**Equipment**

**Stethoscope**
You will receive a stethoscope as a gift from the OVMA at your Professional Welcoming Ceremony!

**Pen lights (~$3)**
These are ordered through the mass order and are needed for Clinical Medicine labs. Make sure you order at least 3 (if not more) as they will mysteriously go missing and many don’t have the longest lifespan to begin with.

**Digital Thermometer (~$9)**
Also a must-have for Clinical Medicine labs. These, too, are ordered through the mass order. You’ll only need to order 1 (unless you think you’ll misplace it)!

**Dissection kit**
You will need a dissection kit for Anatomy labs. Contrary to popular belief, there is no “OVC specific” kit, so feel free to bring your own if you already have one! You can also purchase one from the University of Guelph Bookstore on main campus (there are 2 types sold there, so ask for the cheaper one). You will also need to buy replacement scalpel blades throughout the year (available at the Bookstore) - another purchase you can coordinate with your practice group to save some money!

**Surgery kit**
The 4 main pieces of equipment for Principles of Surgery are: needle holders, hemostats, thumb forceps, and suture scissors. There will be an opportunity to buy all equipment via mass class order in the year. You will be working on DASIEs. More information will come out closer to the winter semester with updates on other items as well.

**Textbooks**
Every course you take has recommended textbooks, but it is totally up to you if you want to buy them or not. Most recommended textbooks can be purchased year-round at the University of Guelph Bookstore. The “OVC Classifieds” group on Facebook is also a great place to look for used books from upper-years at a discounted price! Don’t forget that almost all of these textbooks are also available for use in the OVC Library. Some textbooks were found to be more useful than others by upper-years, but you will hear more about that during O-Week!
Locker decor
You will be assigned a locker during Orientation so that you have a spot to store all of that merchandise you just ordered (make sure you bring a lock)! You might want to consider getting a locker organizer or some stacking shelves for the bottom as that will make your life much easier when trying to distinguish your lab coats, scrubs, and coveralls from that huge bundle of blue. Also, feel free to personalize your locker with non-permanent decorations!

A message to the fellas: Ask one of the numerous women in your class if they will be kind enough to share a locker with you…it will make your life so much easier if you don’t have to walk a million miles to where YOUR lockers are situated (sorry guys) in the Centre for Public Health and Zoonoses (CPHAZ).

Sports equipment
Possibly the most important item to have for your OVC career…if you haven’t already heard, hockey is a HUGE part of the OVC community! We cannot begin to tell you how important it is to have a stress relieving outlet while in vet school, and what better way than to get on the ice with your fellow classmates for some friendly (?) competition against the upper years? Intramural hockey is just the prep for the real battle - OVC Challenge Cup! Get excited ladies and gentlemen! If you already know you’re interested in giving hockey a try, think about buying some cheap used equipment over the summer from places like Play It Again Sports. If you’re still deciding, there will be Ruby Rhinos Presents: Crashed Ice! The ice time has been booked the afternoon on Sunday, September 10th at 7:30PM for you to learn to skate and/or play hockey. This event is hosted by the upper years and they will gladly lend you some equipment so you can try it out! If you can’t skate well, you’ll learn quickly - we promise! This is a new stage in your lives - try something new and step out of that boring comfort zone! There's also the Peer Helper Ball Hockey tournament so be sure to bring any old hockey sticks you may have when you make the move to Guelph.

Apart from hockey, every OVC class has multiple other types of Intramural teams, so there is something for everyone! Trust us when we say that you’ll want some physical activity in your lives after the hours upon hours you will spend sitting in class each week...
EXTRA-CURRICULARS

GET INVOLVED!! Seriously, it is totally possible to balance school work, intramurals, clubs, etc. And now you don’t have to worry so much about getting those epically high marks to get in - you’re already here! So get out there and try some new things. We can tell you from experience that it is absolutely worth it and you won’t regret it. You have to start learning how to manage that work-life balance sometime!

Central Veterinary Students’ Association (CVSA)
The CVSA is a student-run council which represents all the student veterinarians at OVC. The CVSA works to ensure that the needs of the students are heard by OVC administration, as well as the University of Guelph itself. They host annual events such as the Welcome BBQ, Corn Roast, and the Buddy Mentor Lunch. They also support students through monetary donations to classes and clubs, sell merchandise for fundraising purposes, and provide bulletin board space for the variety of clubs at OVC.

Every year CVSA has **EIGHT** open positions for first-years interested in joining CVSA Executive Council and making a difference for all DVM students at OVC! We’ve included some information on what each role involves, and a contact for you to email with any questions you have, even before you get to OVC. The nomination period and elections will take place during the second week of school, and the transition into your new positions will start at the **CVSA Annual Corn Roast on September 27th**. Meetings take place **every second Monday from 5:30-7:00pm**, and everyone is welcome to attend! This is a great way to get involved and network with other students from all different phases; we can’t wait to meet you!

**CVSA President** *(Natalie Chow, nchow01@uoguelph.ca)*
- 2-year position
- Works closely with the Sr. VP and books rooms for student events

**Sr. Vice President** *(Hailey Hoffman, hhoffm03@uoguelph.ca)*
- 2-year position (1st year as Jr. Vice President)
- Work closely with Jr. Vice President and president to manage clubs and room bookings

**Sr. Treasurer** *(Elizabeth Silk, esilk@uoguelph.ca)*
- 2-year position
- Assists Sr. Treasurer with their duties in preparation for undertaking Sr. position

**Sr. Social Affairs Director** *(Adam Ayoub, ayoub@uoguelph.ca)*
- 2-year position
- Assists Sr. Social Affairs director plan CVSA events like Corn Roast and Inside Ride

**Sr. Merchandise Director** *(Sophie Bile, sbile@uoguelph.ca)*
- 2-year position
- Assist with merchandise logo compilation and distribution of merchandise
- Help design and distribute business cards to Phase I’s and other Phases

**Sr. Technology Director** *(Clarisa Somali, csomali@uoguelph.ca)*
- 2-year position
Updates the CVS Events calendar and works with the Sr. Tech to update the website

Sr. Industries Representative (Tori Brown, tbrown15@uoguelph.ca)
- 2 year position
- Works with Sr. Industry Rep as a liaison between industries and students

Industry representatives
Several animal health, nutrition, and other companies and organizations look for student liaisons to represent them within OVC. These opportunities become available during the school year and you will receive emails regarding the positions. The duration of a position depends on the company, but will often last your entire career at OVC. Examples of companies and organizations that look for a student representative include the CVMA, Hills, Royal Canin, Zoetis, Scotiabank, and many more. New positions are posted through the Manager, Student Affairs.

Class Council
Every class at OVC has their own council which oversees class-related matters (such as class merchandise, class bulletin board decoration, and fundraising). Throughout the year, the council organizes mandatory class events including Family and Friends Day (in February), the annual College Royal Anatomy display (in March), and other events once you reach upper years. There are a variety of positions and many ways to get involved, HOWEVER, only apply if you are totally willing to put in the appropriate time commitment for your position!!! This is very important! Your class depends on you, so don't let them down! Elections will occur in early September, but here is a list of positions and their Phase II contacts and responsibilities, so you can start deciding if you’re interested:

President/Co-Presidents
Phase II Contacts: Salomon Schroeter and Megan Wieser
- Organize 2021 class council: As president, you will determine which positions your class council needs, and then organize a class election to fill these roles. You will lead meetings with your council as needed, and oversee all of its activity.
- Facilitate the creation of your class crest and sports logo: You will lead the process to determine what your class crest will look like! This design typically appears on your class merchandise and bulletin board.
- Organize class events: For Phase I specifically, you will be responsible for Family and Friends Day, your College Royal Display, and Spring Fling. You may choose to have additional events, but must not run similar events to the upper year classes.
- Attend meetings with the CVSA: The CVSA is the governing body for the entire OVC student population. You will attend meetings to stay informed on school events/discussions, will vote on various school issues including financial matters, and report class updates to the CVSA.
- Represent your class at curriculum meetings: The OVC curriculum is always being discussed to make improvements and ensure the needs of the students are being met. You will speak to the needs of your class and assist in upholding the quality of our education at OVC.
- Act as a liaison between the students and the Dean's Office: Along with the other class presidents, you will meet with the Deans to stay informed about the administration at OVC. These meetings are also an opportunity to raise any class issues and work to find solutions.
Fundraise for your class: You will need to build up some funds in your class account. You will need to make sure your account is growing and make financial decisions on behalf of your classmates and your class council.

Listen to and address class issues: It is important that you get to know and make yourself approachable to your peers. They may come to you with concerns regarding your class, and it will be up to you to address the concerns accordingly.

Communicate with the other Phases of OVC: The class presidents from all phases work together to tackle school-wide issues and create the best year possible for the entire student body! Be ready to collaborate with them throughout the year!

Vice-President, Events (Optional)
Phase II Contact: Werdah Iqbal
The VP supports the class council and the presidents as needed. Most responsibilities will be delegated to you throughout the year by the co-presidents and will include:

- Attending class council meetings
- Assisting in communication between administration, class council, and the class
- Taking on a leadership role and assisting in planning all major events (including Family & Friends Day, and College Royal, etc.)
- Creating and maintaining the class website (optional)
- Creating/participating in fundraising events
- Participating in all class events (Family and Friends Day, College Royal, etc.)

Secretary
Phase II Contact: Cassia Michel
The secretary’s main responsibility involves recording minutes for Class Council meetings. You must:

- Ensure minutes include important dates and details for upcoming meetings and events
- Send minutes to the presidents for revision and distribution after all meetings
- Work with council members to plan, set up, and participate in class events such as Family and Friends Day
Treasurer

Phase II Contact: Katelyn Tilma
The class treasurer is responsible for managing the finances of the class. You will:

- **Set up an account for the class** ("OVC Class of 2021"): This includes gathering the necessary paperwork and setting up an appointment at the bank at a time that is convenient for you as the treasurer and also the copresidents, as they will also need to have signing authority on the account.

- **Properly receive and deposit any funds that come into the account**: This includes counting and making sure it balances with what you are supposed to be receiving.

- **Be responsible for dispersing money when appropriate**

- **Keep accurate records of all money received and/or dispersed**

- **Keep the class council informed of the class finances when appropriate** (i.e. class council meetings)

- **Be involved with looking for sponsorship for various events** (e.g. Family and Friends Day)

Social committee

Phase II Contacts: Erica Gernon, Brittany Hammer and Brittany O’Brien
As a Social Coordinator (SoCo), your main responsibility is to organize social events for your class. It is a great way to stay active, de-stressed from school, and in contact with your fellow classmates. If you are an organized, out-going individual, who loves participating in extracurricular activities, you should consider applying for this position! **SRM and bus travel training is required.** Events organized last year by the Phase I Social Committee were:

- **Lip-Sync Battle (November 2016)**
  - Completed an SRM application
  - Booked a room at OVC to host the event
  - Advertised the event prior to and got classmates to participate
  - Collected money for the event

- **Gingerbread House Decorating (November 2016)**
  - Completed an SRM application
  - Purchased gingerbread house sets and candy
  - Advertised event prior to and got classmates to participate

- **Secret Santa Letter Exchange (December 2016)**
  - Gaged class interest and collected a list of participants
  - Assigned classmates to one another
  - Handed out letters on the final day

- **Harry Potter Movie Night (January 2017)**
  - Completed an SRM application
  - Booked a room at OVC to watch the movies in
  - Advertised the event prior to
Made and sold tickets for the event
Ordered pizza and purchased other food for the event

**Spring Fling aka “the Rhinoscars” (February 2017)**
This is an annual event for the Phase I class
Contacted Frank and Stein’s to host the event
Completed an SRM application
Advertised the event prior to
Made and sold tickets for the event
Selected the menu options for the event
Bought decorations for the chosen theme
Room set up and take down before and after the event

**Sports Director**

*Phase II Contacts: Autumn Kelly, Darren Lo*
As Sports Director, you will be in charge of:
- Setting up and ordering jerseys for hockey and soccer
- Setting up the sports clothing, as well as assisting the merchandise representatives with orders and distribution
- Setting up a design team and monitoring the construction of the class mascot
- Helping to organize sporting events with the social committee

In Phase II and Phase III you will be involved in organizing challenge cup (Phase II as understudies, Phase III in charge).

**Merchandise Representatives**

*Phase II Contacts: Courtney Mitchell, Preeti Sambi, Jenna Bryfonski*
As Merchandise Representative, you will have the following duties:
- Organizing, ordering, sorting and delivering class merchandise in Phase I.
- Approving all artwork and ideas to be used on merchandise that stay within a reasonable budget.
- Handling all cash and cheques: You will work with the class secretary to approve budgets and receive money orders.
- Organizing merchandise to sell at Family and Friends Day (possible new items)
- Preparing and organizing the Phase I scrub/coverall/penlight/etc. orders in Phase II
- Answering all questions that classmates will have about merchandise
- Holding meetings, polls, tallies, votes to decide on merchandise that everyone will agree upon

*Note: This is at least a two-year position with the possibility to extend into all four years.*

**CVSA Representative**

*Phase II Contact: Paula Baya*
As the Central Student Veterinary Association (CVSA) class representative, you will be in charge of:
Being the link between each class and the CVSA
Attending bi-weekly meetings with the class president or one of the co-presidents: At meetings, issues involving the student body and student colleges are discussed and decisions are made based off of input given by representatives and the council.
Relaying information from CVSA to their class, answering questions about the CVSA and their role, as well as promoting and participating in most CVSA events

OVC Alumni Association Representative
Phase II Contact: Caitlin Evered
As the OVCAA Student Representative, you will be responsible for:
Attending meetings of the OVCAA Board of Directors: They meet four times a year, in addition to the Annual General Meeting in June.
Acting as a liaison between students and the OVCAA: You will relay information about opportunities, events, and services of interest to students.

This position offers many opportunities to get involved with events sponsored by the OVCAA, as the representative’s schedule permits, and is an excellent way to network with faculty and alumni.

Bulletin Board Committee
Phase II Contacts: Jackie Brooks, Sarah Jajou, Katy Gardiner, Jenna Bryfonski, Alexis Bhambrah, Alice Miao
Being a member of the bulletin board committee involves:
Putting together a bulletin board to represent your class: This is a great opportunity for artistic and creative students to showcase your year’s pride! This board allows the students and faculty to get to know your class with pictures of each student, and is most importantly a means of communicating upcoming events and important dates via a class calendar.

Your job will begin after mascot selection. It is a lot of work in a short time, but once it is complete it requires very little upkeep (updating important dates, decorating for holidays etc.). This position is so much fun that you won’t mind the work involved to design and create the board!

Yearbook Representative
Phase II Contacts: Ivys Roman-Diaz, Alexis Bhambrah, Carley Willcock
As the yearbook representative, you will be responsible for:
Attending one meeting at the beginning of the year: A tutorial on how to use the yearbook program
Completing pages for the yearbook: Each representative will be assigned a few pages to do on their own time and there are deadlines for each page - typically between January and the end of the school year.
Acting as the yearbook editors in third year
Gathering photographs of each event or phase activity and including as many of each classmate as possible to fully encompass the life of a student veterinarian

This position is a 4-year role with a reasonable time commitment.
Animal Welfare Representative  
_Phase II Contact: Justin Arthur_

As the Animal Welfare representative, you will be responsible for:

- Attending all class council meetings
- Establishing connections with Dr. Lee Neil (head of Dog Colony/Dog Enrichment Program and the manager of Barn 37 for the large animal programs)
- Reaching out to the Clinical Medicine course reps to let them know who you are and offering help with any animal oriented labs and Horse Care Week
- Trying to encourage classmates to get involved in animal welfare related activities
- Making them aware of symposiums (i.e. CCSAW Research Symposium)
- Receiving and responding to any questions/concerns regarding animals used in the program (teaching, labs, club activities): This occasionally means contacting faculty/ OVC personnel to address concerns.

Health and Wellness Representative  
_Phase II Contact: Angela Tiessen_

As the Health and Wellness Representative you will be responsible for:

- Attending all class council meetings
- Establishing connections with OVC THRIVE to be aware of wellness events
- Establishing connections with your phase’s Peer Helpers
- Writing and distributing a Health and Wellness newsletter (distributed in January last year)
- Encouraging classmates to attend wellness events at OVC and on main campus

Course Representatives  
_Please refer back to the Phase 1 courses section for the contact(s) for each course!

The course representatives act as a liaison between the course coordinators/professors and your class. They will be in charge of communicating questions from the class, organizing review packages for exams, etc. Think of them like the unofficial TA for each course!

Final Thoughts on Council

Keep in mind that the positions listed below are only a guideline! Your presidents, once elected by your class, will decide on a set list that best fits your class’s needs, so they can add and remove positions as they please. If you have any questions about class council please do not hesitate to contact Sal (schroets@uoguelph.ca) or Megan (mwieser@uoguelph.ca) and they will be more than happy to put you in touch with the respective Phase II contacts.
The OVC offers many clubs for students to explore their interests in various aspects of veterinary medicine and to be a part of the OVC community in yet another way! OVC Club Days will occur at lunch on Thursday, September 15th and Friday, September 16th, so you can check out all the clubs, talk to club exec, and sign up (keep in mind that almost every club has a $5 fee - so have your cash ready). There are also clubs on the University of Guelph main campus that you can join that may cater to your non-veterinary interests, but UofG Club Days are hosted separately on main campus during the first few weeks of school. Here is a list of the OVC Clubs that are currently offered:

**Animal Welfare Club**
The Animal Welfare Club is dedicated to finding opportunities for students to learn more about animal wellbeing and how to promote it in everyday practice. Our main events include the Animal Welfare Forum (which takes place at the end of September), lunch talks on different areas of welfare (subject to suggestion!), and a tour of the Ontario Livestock Exchange with Ontario Ministry of Agriculture and Farms (OMAF) veterinarians.

**Behaviour Club**
The focus of this club is on both normal and abnormal companion animal and exotic behavior. The goal is to better understand specific animal behaviours that are encountered in practice and how to recognize, address, and alter those behaviours for the benefit of the animal and the owner. These range from canine training techniques, to feline low stress handling, to the prevention and treatment of stereotypies in exotic species. We hope to expand our lunchtime behavior discussions to a wider range of species and topics, as well as, increase the number of hands on labs this year.

**Business Club**
We promote the importance of proper business management as an essential part of responsible veterinary practice by exposing student veterinarians here at the Ontario Veterinary College to educational events, including lunch talks, labs, and seminars. Our aim is to assist in developing the student's critical business knowledge and skills prior to their graduation from the veterinary program.

**Christian Fellowship Club**
We meet weekly over lunch and discuss books, bible passages, current events and vet related topics. We also meet weekly to pray for our campus and each other. A few times a year we have social nights with board games and a potluck. Anyone is welcome to come out to weekly meetings and hangouts! We also enjoy being active in supporting our campus and classmates, especially during exam seasons. OVC CF has committed to prayerfully and financially supporting a missionary family, and makes an effort to involve our classmates in this. This year we plan to host a speaker and free lunch, open for anyone to attend.

**Community Outreach Program**
The Community Outreach Program is a club that partners with communities to provide support, service and education for people and pets in need. We strive to provide meaningful opportunities for
club members to make a positive impact on their community. The club contains 5 subcommittees, and your one membership fee allows you to participate in as many of the subcommittees you want to. Listed are the Subcommittees and a quick example of an event they ran in the past year:

Urban Outreach Committee: Toronto Humane Society behind-the-scenes tour including talks about shelter medicine
First Nations Committee: Kettle and Stony Point Straw Day and Wellness Clinic, and Six Nations Wellness Clinic
Children's Education Committee: Interactive presentations at various local elementary schools
Fundraising and Promotions Committee: Dog Wash at the OTS Dog Jog, various bake sales
Communications Committee: We act to keep the lines of communication running between the subcommittees, it's members, and the greater OVC Community

Dentistry Club
The OVC Dentistry Club strives to provide fellow student veterinarians with an opportunity to gain valuable skills and knowledge in dental health, management and disease prevention. We offer informative lunch talks, dynamic labs and interactive case-based sessions. These out-of-class opportunities provide you with a chance to acquire abilities in the dentistry field that would be vital in private practice.

Diagnostic Imaging Club
Our club provides students the opportunity to gain interpretive skills for radiology, as well as advanced imaging modalities such as MRI, CT, and ultrasound. Each month students will have the opportunity to present a challenging and relevant clinical case to the club. This club also provides insight into career opportunities in the rapidly expanding field of veterinary medical imaging. In the past, we have provided canine abdominal ultrasound labs, reproductive ultrasound labs, and informative lunch talks relating to diagnostic imaging.
Equine Club
Equine Club is an action-packed club filled with events for all equine inclined or equi-curious students. We run lunch talks, labs and social events throughout the school year to help you get your equine fix during your time at OVC. Some highlights include: "A Night at the Races" trip to Woodbine racetrack, our "Practitioners Forum" where equine veterinarians come from all over Ontario to network with our equine students, countless lunch talks on equine diseases, industry changes and veterinary procedures, as well as numerous labs where we get hands on practice floating teeth, injecting joints, handling horses for first timers, or reviewing for your large animal exams! We are one of the largest and most active clubs at OVC and we would love for you to join our Equi-keener family!

Food Animal Club
The OVC Food Animal Club is a group of veterinary students who aspire to work in food animal medicine. We passionately live and breathe everything to do with cows, sheep, goats, pigs, and poultry, and more! The role of the club is to provide students with increased learning opportunities to learn about food animal medicine, and to promote networking with other students, veterinarians and professionals involved in food animal industries. We host lunch talks with guest speakers, hold labs and exam preparation sessions that improve student clinical skills, organize field trips to important events and sites of interest, and provide opportunities for further learning at OVC and abroad. For anyone wanting to work in the field of food animal medicine, the club represents a fantastic resource to help your veterinary career take flight. For more information, contact us at faclub@uoguelph.ca, and check out our Facebook page. We look forward to meeting you in September!

Integrative Medicine and Alternatives Club
The OVC Integrative Medicine and Alternatives Club aims to increase the student population’s understanding and exposure to integrative and complementary veterinary medical practices. Our purpose is to educate and provide learning opportunities to students as well as graduates and faculty members who are interested in learning about integrative veterinary modalities. This includes, but is not limited to both large and small animal acupuncture and chiropractic practice, physical rehabilitation and sports medicine, nutrition and food therapy, Chinese herbal therapy and medicine. The OVC Integrative Medicine and Alternatives Club aims to provide lunch talks on a wide range of topics, case-based studies and seminars, hands-on workshops and networking opportunities to increase accessibility and exposure to integrative veterinary modalities not touched upon in the student’s curriculum. The goal is to present a holistic approach to patient care that supports a solid foundation built on conventional medicine while encouraging the use of complementary therapies to support the patient. As student veterinarians, it is important to consider all appropriate means of therapy available to provide our patients with a fully comprehensive treatment plan.

Internal Medicine Club/Student Chapter of the American College of Veterinary Internal Medicine (SCACVIM)
The purpose of this chapter is to promote the specialties of cardiology, neurology, oncology, as well as both large and small animal internal medicine. The club offers interactive problem based learning sessions where students get together with a clinician to present a challenging clinical case to the other
members. We also offer hands on experience with an internal medicine diagnostic procedures lab, informative cardiology lab and a rotating dinner panel with board certified specialists in the field.

**International Veterinary Medicine Club (IVMC)**
The purpose of this club is to promote and support veterinary student involvement in sustainable international projects which foster the health and welfare of animals, communities and the environment. The club coordinates the Global Vets Program in the summer after Phase 2.

**Laboratory Animal Medicine Club**
The goal of the Laboratory Animal Medicine Club (LAMC) is to allow students to learn about a growing and exciting career alternative in veterinary medicine. In the past, the club hosted lunch talks and a practitioners’ night in order to encourage students to engage with laboratory animal veterinarians and learn more about the field. The club is also interested in teaching students about the use of animals in research by simulating Animal Care Committee meetings and organizing day trips to various research facilities. In the past, student trips were hosted by the McMaster School of Medicine, University Health Network, and the Honey Bee Research Center among others. During these trips, students are taught about common animal care practices and in some cases allowed to handle the animals and perform basic medical procedures.

**Nutrition Club (Student Chapter of the American Academy of Veterinary Nutrition)**
The Nutrition Club is a relatively new club at the OVC; our goal is to provide information on nutrition and closely related topics in companion, large and exotic animals. Like many other clubs we do this by running lunch talks and activities that cater to our stated goals. In the past, these have included tours of the Royal Canin pet food manufacturing plant and a workshop on labeling of pet foods. Additionally, the club works with board certified clinical nutritionist Dr. Adronie Verbrugghe and her residents to provide shadowing opportunities to DVM students interested in clinical nutrition.

**OVC THRIVE Club**
OVC THRIVE is OVC’s newest club that promotes wellness and resiliency in student veterinarians. THRIVE events are a great way to destress, take a break, and get together with students from all phases. Membership is free, as are the majority of events. The first annual OVC THRIVE week last year included:

- Paint night
- Yoga class
- Mental Health Panel
- "One Voice Come Together" wall, which provided a safe space for students and faculty alike to anonymously talk about their mental health experiences.
Pain Management Club (Student Chapter of the International Veterinary Academy of Pain Management)
As a student chapter of the International Veterinary Academy of Pain Management, our club aims to promote, enhance, and advance pain management in animals. This year, we are planning to host lunch talks focusing on pain management in various areas of veterinary medicine. As well, we plan to offer a dinner discussion panel where club members will have the opportunity to discuss pain management and network with current experts in the area.

Parasitology Club (Student Chapter of the American Association of Veterinary Parasitologists)
The Parasitology Club is about connecting people with a common love - parasites! Throughout the year, club members will have the opportunity to participate in a variety of events including, but not limited to, lunch talks, review sessions and wet labs. The wet labs are designed to give students hands on experience with common veterinary parasites, as well as to give students the opportunity to perform fecal floats on feces from their own pets!

Pathology Club (Student Chapter of the American College of Veterinary Pathologists (ACVP))
The OVC Pathology Club is essentially a group of students who share a passion for learning about disease processes and how these processes affect the body both grossly and histologically. We hold a wide variety of lunch talks, wet labs, tours, etc throughout the year, as well as monthly gross pathology-rounds to discuss interesting cases that have come into OVC through the necropsy room. Incoming students are able to attend all of these events. Gross rounds will introduce them to describing lesions, which is something that they will be tested on in their pathology course. Some of the cases also have a histology component, which may aid their studies for the Phase I histology course. In addition to helping with first year content, our club also gives Phase I students an opportunity to learn additional skills and practice these skills as we’ve hosted activities such as necropsy, urinalysis, and clinical pathology labs. These labs provide great practical experience and build student confidence.

Student Chapter of the Lesbian and Gay Veterinary Medical Association (SCLGVMA)
Our mission is to be the official representative body of student veterinarians at the Ontario Veterinary College of the University of Guelph interested in issues surrounding the LGBT community within the profession of veterinary medicine, to advocate for and support the members of said community, and to provide a safe and welcoming environment for discussion of those issues. Our past events have included:
- Comedy Show with Comedian and Veterinarian Ted Morris
- Networking brunch with LGBT veterinarians
- Social Events, including Room Escape games, Ice Cream, and Movie nights
- Float in Toronto Pride Parade
Small Animal Club
Are you interested in small animal medicine or general practice? Then the Small Animal Club is a 'must join' for you! We offer many fun and educational experiences throughout the school year, including a Bandaging Lab where you learn several different bandaging & casting techniques and get to practice them on real dogs, a Suture Lab where you get to learn and improve your suturing patterns and techniques under the support of OVC's fabulous small animal surgeons, and the Dentistry Lab where you get to practice scaling and extractions on cadavers under the supervision of a board-certified veterinary dental specialist. We also have countless lunch talks on all of your favourite surgery topics throughout the school year. Our club executives are working hard to come up with new ideas for our club and would love your input on what you would like to do. We also will be looking for 2 new Phase I representatives for the Small Animal Club, so check us out during Club Days if this is something you would be interested in!

Surgery Club
The surgery club offers a variety of opportunities for students interested in surgery to gain hands on skills, further their knowledge, and network with residents and faculty members. The club runs a variety of labs for students to practice their surgical skill such as:

- DASIE Suture Lab
- Cadaver Suture Lab
- Wound Management Lab
- Orthotics and Prosthetics Lab
- Calf Disbudding Team
The club also offers students the opportunity to sign up for an on-call shift in Small Animal Surgery to observe emergency cases after hours. Members of the Surgery Club are also invited to a number of lunch time lectures and case-based learning opportunities led by OVC faculty members on a number of topics.

**Student Veterinary Emergency and Critical Care Club (SVECCS)**
SVECCS strives to provide its members with practical learning and networking opportunities in veterinary medicine, with a specific focus on emergency and critical care practice. SVECCS organizes lunch talks on topics ranging from dealing with common emergencies (e.g., toxin ingestion, GDV, vehicular traumas) to the internship and residency process. We provide a variety of hands-on labs such as CPR dry lab, Emergency Procedures wet lab and Wound Closure wet lab. Additionally, we offer a unique opportunity for students to volunteer at the OVC Veterinary Teaching Hospital Intensive Care Unit (ICU) department.

**Theriogenology Club**
The Theriogenology Club is for all OVC students who are interested in aspects of animal reproduction. Our club focuses on the reproduction of all species, including companion animal, equine, food animal and zoo/exotics. We generally host several lunch talks each semester, as well as our ever popular puppy visits to a local Labrador breeder! There are also opportunities to shadow the Companion Animal Theriogenology Service. Past lunch talks include Giant Panda insemination, canine C-section and equine neonatal care. In addition to our regular events, this year we hope to host a lab and/or field trip focusing on bovine or equine theriogenology!

**ZEW Club (Zoo Exotics and Wildlife Club)**
Welcome to the Zoo Exotics and Wildlife Club for the academic year of 2016/2017. This club is all about every kind of animal imaginable and the institutions or individual people who care for them. You can expect to gain knowledge about the tiniest of toads to enormous elephants; various wildlife, exotic species under human care, and furry, fuzzy, scaly, and feathery pocket pets! We hope to make this year as incredibly exciting as the last. We are looking forward to many interesting, fun and informative lunch talks, exotic animal handling labs, and excursions to various places to get the inside scoop on some of the things happening with animals at some of our favourite locations. It’s always very unexpected the kinds of activities we can carry out from year to year but some of the things we have provided in the past are:

- 🌐 Behind the scenes tours at The Toronto Zoo
- 🌐 Ostrich Farm tours
- 🌐 Ripley’s Aquarium Behind the scenes tour
- 🌐 Parrot and reptile handling labs
- 🌐 Dinner Panel
- 🌐 AVEX on-call shifts

So, take a walk on the wild side and join us this year for what is sure to be a one of a kind experience at OVC!
OTHER EXTRA-CURRICULARS

Ruminant Field Services (RFS)
RFS is a service run by the Large Animal Clinic at OVC where large animal veterinarians and Phase IV students go out on farm calls in the surrounding area. This service provides students in lower years the opportunity to accompany them! You simply have to sign up for a shift with your name and phone number on the board in the hallway across from Room 1529 (down the hall from large animal admissions). Generally, you’re expected to be in Room 1529 and ready to depart by 8:30 am for a morning shift and 1:00 pm for an afternoon shift. Be sure to dress appropriately in CLEAN coveralls and steel-toed boots - plus, dress for the weather! This is a great way to experience large animal veterinary medicine, whether you have previous experience or not. **If you have any questions or concerns, you can contact Todd Duffield (tduffiel@ovc.uoguelph.ca).**

Foal Watch
This program gives students (both OVC and non-OVC) a chance to assist in the monitoring and care of neonatal foals in critical condition. Students sign up for 4-hour shifts that span 24 hours of the day during foaling season. Everyone starts as a rookie volunteer, but with enough experience, there are opportunities to move up to a paid position. If you want more equine-handling or neonatal care experience, this program could be for you! **You can find more information at the Foal Watch Facebook Page (contact: foalwatc@uoguelph.ca).**

Large Animal Emergency Team (LAET)
This program allows students from Phase I, II, or III to shadow emergency cases that come into the large animal clinic overnight or on weekends. Students sign up for shifts via a Google Doc and get called in if and when a case comes in. This is a great way to learn more about large animal medicine.
Animal Enrichment Programs

Teaching Horse Enrichment
Enrichment of the teaching horses at OVC is now performed through Horse Care Week, which is a mandatory part of the Clinical Medicine I course. Within this program, students are assigned to a group of 6 for one week during the year and are expected to provide daily care to 2 of the OVC teaching horses that live in Barn 37. While you are participating in this program, the horses must not be used for your studies (horses can be separately booked for this purpose). If you’ve never worked with a horse before, you will be given practice and are always teamed up with a horse-experienced person from your class! More information will be given to you in your Clin Med classes.

Further enrichment of the teaching horses can be performed outside of Horse Care Week - this way all of the horses in the barn can get some well-deserved attention! Rob Leighton is the main contact for horse use (rleigho@uoguelph.ca).

Dog Colony Enrichment
The main goals the OVC Dog Colony Enrichment Program are to improve dog welfare and adoption through increased exercise, socialization and training, and to provide DVM students with extracurricular opportunities to gain hands-on experience with handling and training of dogs. This is a voluntary program that is open to all DVM students, and previous experience working with dogs is not required. Groups of up to 5 students will be assigned to each dog, and regular activities will include walks, off-leash play and interactions with people and other dogs, training for basic commands, and working to improve existing behaviour issues. All participants will need to attend a 1-hr introductory lecture on dog behaviour and training, and a 1-hr orientation session at the Central Animal Facility (CAF). Once you have committed to participating in the program, regular attendance throughout the academic year is required and the expected time commitment will be a minimum of one hour per week. If you do have interest, please contact Dr. Lee Niel (niell@uoguelph.ca)

Veterinary Experience Program (VEP)
The VEP is a voluntary program for Phase I and II students. This is a learner-centred program for students who wish to experience more practical aspects of veterinary medicine. It provides students the opportunity to spend a half or full day with a practicing veterinarian (usually an OVC grad) to gain hands-on experience. If you are travelling or want to shadow an alum working in a specific field or place, please email Elizabeth Lowenger (lowenger@uoguelph.ca).

Mentor and Support Programs
There are several mentor programs available at OVC in which mentors can share with you their expertise, tips, experience, and knowledge in order to enrich your vet school experience.

Peer Helper Program
The Peer Helper Program involves two chosen student veterinarians that are in place to give you another counselling outlet outside of faculty and UofG services. Click here for more information on this program!

Alumni Mentors
In the first semester of school you will be emailed, will have the opportunity to choose an area of veterinary medicine that interests you, and may be placed, along with a group of your colleagues, with a mentor in that field. The primary method of communication between students and their mentor will be an initial face-to-face meeting, followed by email communication. This is a great way to do some networking and get some great advice!

Phase 2-Phase 1 (P2P1) Guides
During orientation you will meet your P2P1 guides who will be a great source of advice on basically anything you might be worried about during your first year (classes, study tips, resources, volunteering, extracurriculars, etc.). The program matches two Phase II students with one practice group and is designed to provide a source of support from peers who have just gone through what you’ll soon be facing this year. You should be getting an email from your group mentors sometime in August before orientation!

Keep in mind that you will all be asked to volunteer for this next summer, so start thinking about whether you’d be interested or not!

Career Opportunities and Research Exploration (CORE) Program
The CORE Program gives students involved with summer research at OVC a variety of events from May - August. Students hired through the Undergraduate Research Assistant (URA), the Undergraduate Student Research Awards (USRA), and other sources of funding can participate in the program while working with faculty on research projects. CORE offers leadership and research-oriented activities for students while they complete their primary research work under faculty guidance. Students will have the opportunity to attend various talks, conferences, and presentations, as well as present their own research with peers and the OVC community throughout the summer. More information, including other sources of funding, will be sent out in the new year. If there is a faculty member whose research interests you, go ahead and approach them and start a dialogue. If they know you may want to work with them over the summer, they can apply for funding. Contact Elizabeth Lowenger (lowenger@uoguelph.ca or Ext. 54430) if you have any questions.

Website: https://ovc.uoguelph.ca/core/about

OVC Ambassadors and Tour Guides
As a DVM student you are an ambassador of OVC. Aspiring veterinarians will ask you how they too can get into vet school and what life as a student veterinarian at OVC is like. As an Ambassador, you may be requested to:
1. Participate in an activity held by the University of Guelph Future Vets Club
2. Correspond with high school or university students from your hometown or undergrad program
3. Participate in a recruitment activity (U of G open house, career day at a high school, online chats, etc.)
4. Help out with a specialized group tour

Official OVC tour guides are recruited following Family and Friends Day in February and are hired for a two-year term (yes, it is a paid position!). Tour Guides provide regular Friday tours and also assist in other recruitment activities. Be sure to respond to emails from Elizabeth Lowenger requesting assistance if you are interested in helping out. Training in admissions criteria and tour scripting is provided.

**UofG Intramurals**

Intramurals are run through the University of Guelph’s Athletic Centre on main campus. They offer a wide variety of sports at different competitive levels for women’s, men’s, and co-ed leagues. Every class at OVC usually has a few teams in various sports such as soccer, volleyball, and OF COURSE hockey! With sports other than hockey, you can invite anyone to be on a team with you, so for co-ed teams that are lacking in testosterone you can bring in outside help. Whatever sport it is that you love to play, get some people together and get active! It’s a ton of fun, great exercise, and an amazing stress-buster!

If it hasn’t already been made extremely clear, hockey is the most popular sport at OVC. EVERYONE (from the most experienced player to the fresh-on-the-ice-never-worn-skates-before player) is welcome to play. Even if you don’t play, being a fan and supporting your class’s team is a huge part of class spirit! Each class has one women’s team and one co-ed team. You will play other OVC teams, OVC alumni/faculty teams, and other student teams from UofG in Intramurals. However, things get pretty serious around March when the OVC Challenge Cup rolls around and each class’s women’s and co-ed teams battle for honour and bragging rights. There is even a smaller Challenge Cup held during the fall semester against faculty teams!

Registration occurs pretty early in September, so ask the upper years if you have any questions on how to set up a team and register! Use the Guelph Gryphons Connect Website to register for Intramurals.
THIS IS GUELPH!

Helpful for those not familiar with your new home away from home!

Transportation

Biking
Guelph is exceptionally bike-friendly!! There are plenty of bike lanes on the roads, and also great trails around the city. There are many bike racks on the OVC campus, and even more on main campus.

Bus Pass
As mentioned above, the CSA provides you with a discounted bus pass for the semester! For an overview of the bus system in Guelph, please see: http://guelph.ca/living/getting-around/bus/

Greyhound and GO Buses
Greyhound and GO buses can be caught from the University Centre main bus terminal, or at the station downtown on 79 Carden St. It is best to purchase tickets ahead of time online or at the Student Life Information Desk in the University Centre on main campus. Hard copies of route maps and schedules can also be found there. GO bus tickets are usually good up to four hours after purchase, and can also be purchased at the ticket machine directly on the UC bus terminal. You can also purchase a Presto card at the Student Life Information Desk, which can be used on GO buses. The busiest transit times are on Thursdays and Fridays especially around the holidays. Be sure to plan ahead, and get to your platform early!

For more information or to book tickets:
Student Life Info Desk, Main floor of the University Centre
Phone: 519-824-4120 ext 56200
Websites: https://www.greyhound.ca; http://www.gotransit.com

Via Rail and GO Trains
The ViaRail train station is located downtown on 79 Carden St., and GO trains can also be caught at this station. Tickets are not available on the train and must be purchased in advance. You can buy tickets online or at the station when the booth is open.

For more information or to book tickets:

Parking on Campus
Parking on campus during evenings (after 5:00pm) and weekends is FREE except if otherwise noted. Parking on weekdays requires a parking pass. Passes are available for purchase online using your
central login information, and are picked up in person at the Trent Building on main campus, or can be mailed to a mailing address of your choice. The parking pass you purchase can be used at both the OVC campus and main campus.

To purchase a permit online see: https://www.parking.uoguelph.ca/

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**Taxi Services**
If you prefer taxis to Uber, Red Top and Canadian Cab are the main taxi services in Guelph. Red Top accepts all forms of payment and even takes your student card! Canadian Cabs do not always accept debit/credit payments, so be sure to tell the operator that this is how you plan to pay when you call for your taxi.

Contact information:
Red Top Taxi: 519-821-1700
Canadian Cab: 519-824-3110

**Airport Services**
There are several airports close to Guelph. There is Pearson International Airport (Toronto), Billy Bishop Airport (Toronto-City), the Region of Waterloo International Airport (Waterloo), Hamilton International Airport (Hamilton), and we are a two hour drive away from the Buffalo Niagara International Airport (Buffalo). If you don’t have a means to get to the airport, or do not wish to take the GO bus, you can book with Red Car Service which will pick you up and drop you off at your desired terminal.

For more information on Red Car Services see: https://www.redcarservice.com/

If you are flying out of Pearson International Airport and wish to drive your own vehicle, you can use a park and fly service such as Skyway Park: [http://www.skypark.ca/](http://www.skypark.ca/)
Restaurants and Eateries

Here are just SOME of the many popular eateries in Guelph. In addition to the restaurants listed below, Guelph has many chain restaurants such as Montana’s, Boston Pizza, Swiss Chalet, Eastside Mario’s, Milestone’s, and Mandarin Restaurant!

Can’t decide where you want to eat? Here is an interactive Google map with a couple of our top ruby-rated restaurant picks!

https://www.google.com/maps/d/viewer?mid=1vUelrzcUEN3XHMCcwsJk_o3rQGc&ll=43.5332558574382%2C-80.24664670000004&z=12

For a list of restaurants that accept payment using University of Guelph Student Card, visit:

http://hospitality.uoguelph.ca/dining/offCampus.cfm

Cinemas

Galaxy Cinemas Guelph - 485 Woodlawn Rd. W
Galaxy Cinemas Pergola Commons - 3 Clair Rd. E
Mustang Drive-in Theatre (Seasonal) - 5012 Jones Baseline
The Bookshelf - 41 Quebec St.

Outdoor Activities

Canoe/Kayak Rentals
The Boathouse - 116 Gordon St. - (519) 822-5692

Paintball
Renegade Paint Ball - 490 York Rd. - (519) 824-1351

Indoor Rock Climbing
Guelph Grotto Indoor Climbing Gym - 199 Victoria Rd. S - (519) 767-0838

Hiking, Swimming, etc.
Guelph Lake Conservation Area - 7743 Conservation Rd - (519) 824-5061
Preservation Park - 226 Kortright Rd. W
Starkey Hill Conservation Area - 601-805 Arkell Rd.
Glen Eden, Kelso Conservation Area - 5234 Kelso Rd, Milton - (905) 878-5011
Elora Gorge - 7400 Wellington County Rd. 21, Elora - (519) 846-9742

For a list of parks/trails where you can take your dog for a walk or hike, visit: http://guelph.ca/living/recreation/parks/

Off-Leash Dog Areas
Centennial Park - 377 College Ave. W  Crane Park - 96 Dovercliffe Rd.
Eramosa River Park - 259 Victoria Rd. S  
John Gamble Park - 594 Kortright Rd. W  
Lee Street Park - 71 Lee St.  
Margaret Greene Park - 80 Westwood Rd.  
Norm Jary Park - 22 Shelldale Cr.  
Riverside Park - 709 Woolwich St.  

For the rules/regulations of off-leash dog areas in Guelph, visit: [http://guelph.ca/living/pets-andanimals/leash-free-zones-for-dogs/](http://guelph.ca/living/pets-andanimals/leash-free-zones-for-dogs/)

**Skating**  
Guelph City Hall - 1 Carden St. (seasonal/outdoor)  
Exhibition Park Arena - Starting October 1, Wednesdays (1:30-2:30) Starting November 5, Saturdays (8:009:00pm) *fees  
Centennial Arena - Staring October 5, 1:30-2:45pm *fees

For the weekly drop-in ice skating schedule at the University of Guelph, visit: [http://gryphons.ca/sports/2011/8/12/Fit_0812114621.aspx](http://gryphons.ca/sports/2011/8/12/Fit_0812114621.aspx)

**Fitness Centres & Pools**

Athletic Centre - UofG Main Campus ***cheapest rate!***  
College Park Community Centre - 302 College St. W  
Crossfit Guelph - 340 Edinburgh Rd. N  
Fit4Less - 435 Stone Rd. (Stone Road Mall)  
Movati Athletic - 80 Stone Rd. W  
Victoria Road Recreation Area - 151 Victoria Rd. N  
West End Community Centre - 21 Imperial Rd. S  
YMCA/YWCA - 176 Wyndham St. N

**Activities With Animals**

African Lion Safari - 1386 Cooper Rd, Hamilton - (519) 623-2620 or 1-800-461-WILD  
The Donkey Sanctuary - 6981 Concession 4, Puslinch - (519) 836-1697  
Cambridge Butterfly Conservatory - 2500 Kossuth Rd, Cambridge - (519) 653-1234  
Ripley’s Aquarium - 288 Bremner Blvd, Toronto - (647) 351-3474  
Toronto Zoo - 2000 Meadowvale Rd, Toronto - (416) 392-5929  
White Rock Ostrich Farm - 13085 Fourth Line Nassagaweya, Milton - (519) 856-2629

**Grocery Stores**  
There are many different venues to get your groceries in Guelph. It never hurts to save a few dollars here and there while you’re in school, so check out Zehr’s and Metro which both offer a 10% discount to students every Tuesday (as long as you show your student ID card).
Costco (membership required) - 19 Elmira Rd. S
Farmer’s Market (open 7:00am-12:00pm Saturdays only) - 4 Gordon St.
Food Basics - 3 Clair Rd. W, 380 Ermosa Rd, 222 Silvercreek Pkwy N.
Metro - 500 Edinburgh Rd S
No Frills - 35 Harvard Rd., 191 Silvercreek Pkwy N
Walmart - 175 Stone Rd W, 11 Woodlawn Rd. W,

The Guelph Farmer’s Market is a great place to get local produce, farm fresh eggs and meat, handmade goods, and homemade baking! The Farmer’s Market is open from 7am-12:30pm on Saturdays, year-round.

*Pro tip:* not quite a grocery store, but Bulk Barn offers a **10% student discount on Wednesdays!**

**Shopping Malls**
Stone Road Mall - 435 Stone Road West
Cambridge Centre - 355 Hespeler Rd., Cambridge
Conestoga Mall - 550 King St. N, Waterloo
Fairview Park Mall - 2960 Kingsway Drive, Kitchener
Toronto Premium Outlets - 13850 Steeles Avenue West, Halton Hills

**Other Activities**
Woodlawn Bowl - 253 Woodlawn Rd. W
Play With Clay - 42 Wyndham St. N
Fantescapes Guelph Escape Rooms – 121 Wyndham St N #106
Khronos Gauntlet Escape Rooms – 50 Cork St. E

**Seasonal Events**

Some of the more notable events that happen in Guelph and the Toronto area are:
- **Red heart** September 2016 - Toronto International Film Festival - Toronto
- **Red heart** November 2016 - The Royal Agricultural Winter Fair - Ricoh Colloseum & Direct Energy Centre (Exhibition Place), Toronto
- **Red heart** November 2016 - Fair November - University of Guelph
- **Red heart** November & December 2016 - One of a Kind Show - Direct Energy Centre (Exhibition Place), Toronto
- **Red heart** March 2016 - College Royal - University of Guelph

There are many great seasonal events that occur year-round in Guelph.

**For great resources in keeping up with all the latest events, visit:**
WELCOME TO YOUR ORIENTATION WEEK!