



Ontario Veterinary College

Class of 2022:

# Orientation Handbook



IMPROVE LIFE.



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## LETTERS OF WELCOME

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Hello OVC Class of 2022!

Welcome to your Orientation Handbook! For the past few months your Orientation Committee have been working their tail feathers off to create an Orientation Week that will make sure you start things off on the right foot here at the Ontario Veterinary College. We have tonnes of activities planned for the first week, including several guest lectures discussing important topics relevant to student veterinarians, introductions to people you will be seeing a lot within your 4 years at OVC, as well as several opportunities to interact with your practice groups and other student veterinarians in your class.

This handbook will be your guide for your first weeks at OVC so it's definitely worth it to take a gander through all of the resources that we have compiled for you. Everything that's in this guide is useful for you leading up to OVC, and also contains resources that are useful in general to know about the OVC campus, the University of Guelph campus, and the City of Guelph. There is a solid section containing information on the courses that you will be taking, clubs that are offered, and information about other great ways to get involved at OVC.

We are so excited to welcome you to OVC, a community where everyone has different backgrounds and different aspirations, and we all share the same passion for veterinary medicine that helps to bring us all together. You've done it. You made it to vet school and you belong here. The four years you will spend here will fly by so try not to get too consumed with the course work. Take those opportunities that OVC offers, and make sure you take the time to connect with your fellow student veterinarians and your profs, because once you graduate you will all be colleagues and the memories you make here will keep you connected forever. Approaching upper year students may seem intimidating, but we all want nothing but success for you. Don't be afraid to reach out if you need help or ask questions when you don't know the answers. Have fun, make the most of every opportunity that comes your way, and never forget that **you** belong here... and together **we** belong here.

Congratulations and Welcome to OVC!

Your 2018 Orientation Committee



**ONTARIO  
VETERINARY COLLEGE**  
OFFICE OF THE DEAN

Dear OVC Class of 2022,

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 (I remember that feeling), 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. Your orientation activities will provide you with many opportunities for you and your classmates to bond and become comfortable with each other. Make the most of these new friends – they will last a lifetime.

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 our new OVC Strategic Plan in hand, 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 welcome the invitations.

All the best for the next four years!

A handwritten signature in black ink, appearing to read "Jeffrey Wichtel".

**Jeffrey Wichtel**  
Dean

**Office of the Dean**  
Ontario Veterinary College  
University of Guelph  
50 Stone Road East  
Guelph, Ontario, Canada N1G 2W1  
T 519-824-4120  
[ovc.uoguelph.ca/sas](http://ovc.uoguelph.ca/sas)

**IMPROVE LIFE.**



Dear Colleague in OVC 2022 –

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 access to resources that support your well-being and 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 around you. Don't spread yourself too thin, but do stretch yourself.

This is a tremendously diverse program; try to 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 2022, 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 can. 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  
Professor and Associate Dean, Students  
Director, Hill's Pet Nutrition Primary Healthcare Centre Ontario Veterinary College

Office of the Dean  
Ontario Veterinary  
College University of  
Guelph  
50 Stone Road East  
Guelph, Ontario, Canada N1G 2W1  
T 519-824-4120  
[ovc.uoguelph.ca/sas](http://ovc.uoguelph.ca/sas)

IMPROVE LIFE.



## Greetings from the Canadian Veterinary Medical Association

Welcome to the Class of 2022! 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 many different boards, associations, legislative and policy-making groups in Canada and abroad, helping the CVMA achieve its work on behalf of Canadian veterinarians. For example, by year's end, all feed and water antimicrobials will be available upon veterinary prescription only. The CVMA lobbied for this significant change for over two decades and required the CVMA to communicate regular information and updates to all Canadian veterinarians.

The CVMA is interested in student veterinarians' voices, which is why, each year, a student veterinarian sits on the CVMA Council and a student from each Canadian veterinary college sits on the Students of the CVMA (SCVMA) Committee and, with CVMA's financial support, organizes annual activities and events. As SCVMA members, you will soon become familiar with your college's SCVMA Committee representative who will inform you on how you too can also be involved in your national veterinary association over the next four years. Through the CVMA, you will 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. Terri Chotowetz  
CVMA President



## Ontario Veterinary Medical Association

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 terrifying it can be... after all, this is it. This is where you'll have to prove 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 contribute to the betterment of animal health and the protection of human health by advancing and promoting excellence in the veterinary profession in Ontario.

But OVMA is more than that. For almost three decades, OVMA has been a mentor and a partner to veterinarians across Ontario. Its groundbreaking 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 (student symposium, career counselling, 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](http://www.ovma.org) in the meantime to learn about the realities of practicing veterinary medicine in Ontario.

Alison Thomas, Class of 2020  
[athoma11@uoguelph.ca](mailto:athoma11@uoguelph.ca)

Celeste Noble, Class of 2021  
[cnoble01@uoguelph.ca](mailto:cnoble01@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 2022 and take the steps to joining the highly regarded profession of 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 4,700 veterinarians and accredits over 2,300 facilities in Ontario.

The veterinary profession, established in 1874, is one of the oldest professions in Canada. Veterinary medicine is a unique and special career and it presents, as I expect you know, a range of options within clinical practice and beyond.

The College establishes and maintains standards which manage the risks in veterinary medicine. The College is committed to ensuring 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. We are committed to excellence in the profession and look 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. Please visit [www.cvo.org](http://www.cvo.org) to learn more about practising veterinary medicine in Ontario.

As well, Council promotes student engagement in professional self-regulation through its student representative role. Julie Calvert is a third-year student who currently fills that role. Feel free to connect with Julie should you have any questions regarding the CVO or contact the CVO office to connect with me.

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

Dr. Steven Jacobs  
President  
College of Veterinarians of Ontario

*"Instilling public confidence in veterinary regulation."*



Dear OVC Class of 2022

On behalf of the Ontario Veterinary College Alumni Association, it is my honour and pleasure to welcome you to the veterinary profession and the Ontario Veterinary College!!

You will now have the opportunity to impact and help countless people and animals, both locally and globally, throughout your career as a veterinarian.

During the next four years of your studies at OVC, you will make forever friends and colleagues while mastering the challenges of the program. In addition, you will be joining a family of over 6,000 active Ontario Veterinary College Alumni who are enthusiastic and passionate about working together to strengthen our veterinary profession. As a student veterinarian, the OVC Alumni Association will be here to help you by supporting, developing, and running programs and activities to enrich your education and extracurricular interests while expanding your veterinary network.

Furthermore, the OVC Alumni Association will need an OVC Class of 2022 representative to contribute ideas and share insights on important issues and events that affect veterinarians and the future of veterinary medicine. I strongly encourage you to take an active role in shaping your college and profession by applying to be the OVC Alumni Association OVC class of 2022 representative.

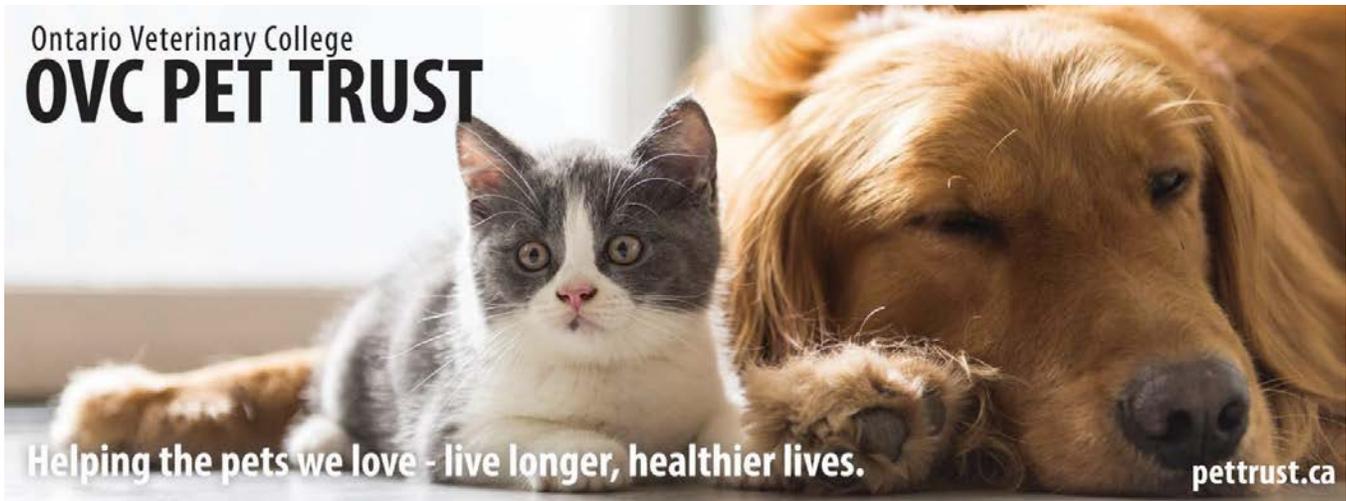
The OVC Alumni Association is committed to enhancing the veterinary profession in clinical practice and also the myriad of nonclinical opportunities available to veterinarians. Therefore, following graduation, the OVC Alumni Association will be here to guide and help you throughout your veterinary career. To learn more about the Ontario Veterinary College Alumni Association, visit our website or Facebook site.

Congratulations and welcome to the OVC community!

Sincerely,

Paul Woods, DVM, MS, Diplomate ACVIM (Internal Medicine, Oncology)

OVC 1985  
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](http://pettrust.ca) and connect with us on Facebook ([www.facebook.com/ovcpet](http://www.facebook.com/ovcpet)) and Twitter ([www.twitter.com/OVCPetTrust](http://www.twitter.com/OVCPetTrust)).

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

Sincerely,

A handwritten signature in black ink, appearing to read "K. Robinson".

Kim Robinson  
Managing Director, OVC Pet Trust



Fellow OVC Student Veterinarians –

Welcome! Congratulations to each of you on your acceptance to the Ontario Veterinary College.

The CVSA (short for Central Veterinary Students' Association) is our student government body at OVC. It is made up of students from all 4 phases, elected to represent the needs and wants of, and make decisions for our student body.

We meet on Mondays every 2 weeks from 5:30-7:30pm to conduct a wide range of business. This includes approving funding for various OVC clubs and initiatives, ordering OVC merchandise, and planning events for you to attend!

Here's a quick sneak-peek at our schedule of events:

- Wed. September 12<sup>th</sup>: **CVSA Corn Roast**
- October 31<sup>st</sup>: **Halloween Spirit Day**
- Late November/Early December: **OVC Coffeehouse**
- February (Day TBD): **Inside Ride**
- February (Day TBD): **National Cupcake Day**

I remember reading a welcome letter from the CVSA last year and having no idea what these events were. Don't worry ☺. I will be sure to come see you all in class on September 4<sup>th</sup> and talk to you about our events.

However – please mark down September 12<sup>th</sup> in your calendar: the date of our annual Corn Roast! From 5:30pm-7:30pm, we will be celebrating the new school year with delicious food and good times. You will all receive more information about the Corn Roast in September.

We will be hosting elections in mid-September, shortly after your arrival, to fill our outstanding positions. You are all invited to apply! The following positions are currently open (\*subject to slight changes):

- 2-year positions:
  - Junior Vice-President
  - Junior Treasurer
  - Junior Social Affairs Director
  - Junior Merchandise Director
  - Junior Industries Representative
  - Junior SCVMA Representative
  - Junior Technology Director

- 1-year positions:
  - SRM Director
  - Secretary
  - Phase 1 Class Representative (2 representatives)

If you would like to know the specific duties for each position, or simply want more information about the CVSA, please email me at [bflynn02@uoguelph.ca](mailto:bflynn02@uoguelph.ca). I will also see you all in-person in September to talk to you about the CVSA, encourage you to run for elections, and explain the positions to you.

On behalf of the CVSA, we are all really excited to meet you all and welcome you to the OVC family! Make sure to relax your last month of summer, because September and onward will be exceptionally busy – but, I promise, also exceptionally fun!

Sincerely,

Bret Flynn  
CVSA President 2018-19  
OVC Class of 2021

## WELCOME CLASS OF 2022! (aka the Maroon Manatees)

On behalf of all the Sapphire Snow Leopards 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 respected 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 Maroon Manatees, 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 Cool Future Vets!

Emily Mann and Emmett Swanton  
*Class of 2021 Co-Presidents*



# ORIENTATION INFORMATION

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## When is it?

Your Orientation Week starts on **Monday, September 3rd at 1:30PM**. 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. Parking will be free that day, but be sure not to park in medical sections. Class Merchandise Try-On Days will be held the week before on **Friday, August 31<sup>st</sup>**, but if you can't make it then try-ons will also happen on Tuesday afternoon.

## 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 at the end of this handbook *or* ask any upper year or staff member to point you in the right direction.

## What should I bring?

Just your wonderful selves! Dress comfortably and wear comfortable shoes, as we will be doing a fair number of activities, tours, and lectures so you want to be as comfortable as you can. There is no need to bring a laptop or school supplies for the 3<sup>rd</sup> and 4<sup>th</sup>, but on Wednesday, September 5<sup>th</sup> you will have your first classes, so you will want to bring your stuff then. It is always a good idea to carry a water bottle with you ... please put your name on it so it can find its way back to you if it is misplaced. Our cafeteria has a bottle filling station and there are many water fountains around OVC.

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).

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.

## Mascot

Class colour and mascot voting (aka the most important thing that will ever happen to your class) will occur on **Monday, September 10<sup>th</sup> 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

## Orientation Schedule

### Friday, August 31<sup>st</sup>

- Merchandise Try Ons- We will be doing email sign up for try on time slots

### Monday, September 3<sup>rd</sup>

#### First day of Orientation

- 12:30-1:30pm: Registration, (**LLC Hallway**)
- 1:30-2:00pm: Welcome by Dr. Peter Conlon, Dr. Deep Khosa, and Mackenzie Bourgoin, (**LLC 1714**)
- 2:00-3:30pm: Large Group Activities, Clinical Skills Building
- 3:30-5:00pm: Introduced to P2 Guides, Tour of OVC Facilities
- 6:00-8:00pm: Dinner with Practice Group and P2 Guides (**Location TBD**)

### Tuesday, September 4<sup>th</sup>

- 8:30-9:30am: You Belong Here by Peter Conlon (**LLC1714**)
- 9:30-10:15am: Orientation Chair Presentation by Mackenzie Bourgoin (**LLC1714**)
- 10:15-10:30am: Welcome by Dean Wichtel (**LLC1714**)
- 10:30-10:45am: Wellness Break- snacks can be purchased at the OVC cafeteria
- 10:45-12:00pm: Clifton StrengthsFinder Activity (**LLC1714**)
- 12:00-1:00pm: Fun Lunch with P2's and Group Code (**Location TBD – lunch provided**)
- 1:00-1:45pm: Diversity and Human Rights Talk (**LLC1714**)
- 1:45-2:30pm: Class of 2022, Elizabeth Lowenger, Jane Dawkins Introductions (**LLC1714**)
- 2:30-3:00pm: CVSA and Student Involvement by Bret Flynn (**LLC1714**)
- 3:00-4:00pm: Ice Cream Social (**OVC Caf**)
- 4:00-5:00pm: Merchandise Try On (**Location TBD**)
- 7:00-10:00pm: Graffiti Night at [Frank N Steins](#) (wear your orientation T shirt)

### Wednesday, September 5<sup>th</sup>

- 8:30- 10:00am: More About You - Myers Briggs (**LLC1714**)
- 10:00-10:45am: Help is Not a Four-Letter Word by Peter Conlon (**LLC1714**)
- 10:45-11:15am: Wellness Break- snacks can be purchased at the OVC cafeteria
- 11:15-12:15pm: Professional DVM Curriculum by Associate Dean Students & Academic (**LLC1714**)
- 12:15-12:30pm: Introduction to OVC Pet Trust (**LLC1714**)
- 12:30-1:20pm: Pet Trust Lunch Talk (**LLC1714 – Pizza lunch provided**)
- 1:30-5:30pm: Afternoon Classes
- 5:30-7:30pm: CSA Bus Pass Distribution (**PAHL 1810**)

## BARK LAKE

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### What is this?

Part of your Orientation Week is an overnight team building experience at [Bark Lake Leadership and Conference Centre](#) generously sponsored by VCA Animal Hospitals. As student veterinarians, you will be spending a significant amount of time with your colleagues in class so we want to start off your experiences here at OVC with the opportunity to get to know them in a non-academic setting. The buses will be leaving the OVC Parking Lot near the Large Animal Clinic at **7:00 am on Thursday, September 6<sup>th</sup>** and will be returning to campus at around **7:30pm on Friday, September 7<sup>th</sup>**.

### What will you be doing?



## Ontario Veterinary College @ Bark Lake

September 6<sup>th</sup> – 7<sup>th</sup>, 2018

### Thursday, September 6<sup>th</sup>

10:00	Peter arrives to help set up
11:00	Arrival, move in to rooms
11:30	Site Tours
12:00	<u>Lunch</u> <i>Welcome and Introductions (incl. Dining Hall)</i>
1:00	Meet with OVC Facilitators (OVC)
1:15	Bombs Away @ Pavilion (Bark Lake)
3:15	<u>Snack</u> Running Pictionary @ Dining Hall! (Bark Lake)
4:15	Debrief (OVC)
4:30	Free Time <i>Swimming, Canoeing and Kayaking available</i>
6:00	<u>Dinner</u>
7:00	Elephant Game (OVC)
7:45	Campfire @ Canoe Beach with Songs (Bark Lake)
9:00	Wrap up, return to cabins

### Friday, September 7<sup>th</sup>

7:45	Pack up, move luggage to the Pavilion
8:00	<u>Breakfast</u>
9:00	Settlers of Bark Lake @ Canoe Beach (Bark Lake)
10:30	Free Time <i>Swimming, Canoeing and Kayaking available</i>
11:30	<u>Lunch</u>
12:30	Team Building Activities @ Dining Hall Field (Bark Lake)
2:00	Debrief (OVC)
2:30	“We’re all Connected” Circle @ Canoe Beach (OVC)
2:45	“I’ve got your Back” Circle (OVC)
3:00	<u>Snack</u>
3:15	Load buses, depart from Bark Lake!



Items you should bring with you in your Backpack or Duffle Bag  
*Please note students may need to carry their bag to accommodations on arrival*

### Clothing

*We recommend wool or synthetic over cotton*

- Rain Jacket and Rain Pants
- Socks (at least 2, 3 preferred)
- Underwear
- Pyjamas
- 2 Pairs of shoes (1 pair of running shoes, 1 pair of sandals that can get wet)
- 2 Pairs of pants (comfortable and warm)
- 2 Pairs of shorts
- 2 Shirts
- Warm sweater
- Hat for daytime use and a **warm hat for the evening**
- Bathing suit

### Bedding

- Sleeping Bag or bedding for a twin size bed
- Pillow and pillow case

### Personal Care

- |  |  |
|--|--|
| <input type="checkbox"/> Toothpaste/brush                      | <input type="checkbox"/> Deodorant                 |
| <input type="checkbox"/> Hand & body Soap                      | <input type="checkbox"/> Feminine hygiene products |
| <input type="checkbox"/> Shampoo & Conditioner                 | <input type="checkbox"/> Towel/s                   |
| <input type="checkbox"/> Sunscreen ( Waterproof, min. SPF 30+) | <input type="checkbox"/> Bug spray                 |
| <input type="checkbox"/> Hairbrush                             | <input type="checkbox"/> Prescription medication   |
| <input type="checkbox"/>                                       | <input type="checkbox"/>                           |

### Miscellaneous

- Personal items: Cards, instruments, books, journals, camera (waterproof/disposable), sunglasses, water
- bottle, flashlight (extra batteries)
- Personal snacks (We do not allow any nut products)

### Reminders

Please leave all valuables at home. Bark Lake is NOT responsible for lost, stolen, or damaged articles.  
Please note that cell phone service is limited and there is no WI-FI available  
Bark Lake is a nut controlled site. Due to the nature of different groups onsite, we cannot be 100% nut free. Please help us do our part and do not bring any products containing nuts to Bark Lake.

If you have any questions regarding what to bring, please feel free to contact EIs at [guestservices@barklake.com](mailto:guestservices@barklake.com) or by phoning 1-888-517-9999, ext. 222

# DVM CURRICULUM

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The professional DVM Curriculum is split up into 4 years, termed phases, which delve into different aspects of veterinary medicine and each have their own phase specific learning objectives:

- Phase 1: You will learn what is 'Normal' in your first phase as a student veterinarian. Normal anatomy, normal physiology, normal histology etc... The courses you will be taking in Phase 1 are discussed further in the next section of this handbook.
- Phase 2: You will learn all about deviations from 'Normal'. The main course covering the 'Abnormal' is Principles of Disease which covers topics such as bacteriology, virology, parasitology, toxicants, cancer and inflammation.
- Phase 3: You will apply the background knowledge you learned in Phase 1 and 2. With a different medicine and surgery class for each species group including cats/dogs, food animals, equine species, and exotic animals, you get to learn about specific diseases and how we treat them in veterinary medicine. On top of that, you begin doing real surgeries with the supervising clinicians.
- Phase 4: This is your clinical year. You will choose to stream into either Food Animal, Small Animal, Rural Community Practice (Mixed Animal) or Equine and take specific placements depending on the stream.

## Phase 1 Courses

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The next few pages outline specifics about the courses that you will be taking in your first Phase as a student veterinarian and include the evaluation types as well as course specific tips for success. Course coordinators are listed next to the name of the course with their contact information.

### **VETM\*3070 Veterinary Anatomy**

J. Thomason ([jthomaso@uoguelph.ca](mailto:jthomaso@uoguelph.ca)) M. Vickaryous ([mwickary@uoguelph.ca](mailto:mwickary@uoguelph.ca))

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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 is outlined in a series of step by step narrated videos that walk you through the dissection and techniques required, while pointing out structures you are expected to know. These videos are stored on tablets that are distributed to each practice group; 1 for each animal being dissected. Each tablet is dedicated to either the carnivore (cat and dog dissections), the sheep (ruminant), or horse, and will be divided up amongst the groups. In addition, the

videos are available on Courselink or OneDrive to view before the labs, or to review afterwards. Previous years have used lab manuals, which are available on courselink and are still a very helpful reference for your dissection, and offer bolded terms for you to study from and find in your dissection.

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.

- Radiology – Content is presented as a series of lectures throughout the course, and throughout lab time, radiographs relevant to each topic will be posted for you to review what you've learned in class.
- Live Animal Anatomy – Built into your class schedule is “class-time” when you can book time working with the live animals (horses and cows from Barn 37, or Beagles from the CAF). This time is simply there so you have time to work with the animals and learn the live animal anatomy, however there is no professor or TA there to teach this material to you every time, and it is your responsibility to sign out the animals in advance of going to the barn or CAF. On Courselink there is a lab manual for live animal anatomy as well as step by step narrated videos of the content, which contains all of the anatomical landmarks you need to know and how to find them.
- Principles of Surgery – This material is presented to you as a series of lectures and labs, where you learn the basics of suturing, suture techniques, and instrument types. This will be tested as a station on your OSCE.

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, in the form of an informal presentation to discuss the anatomical consequences of an injury or presenting complaint (these are not worth much, but give you a great indication of what you need to work on when studying). There is one bellringer (~80 multiple choice questions, 1.5 minutes per station, based on actual dissection specimens in front of you) each semester, both which are cumulative. The final exams consist of a multiple-choice exam written as ½ of your combined anatomy physiology exam, an oral radiology exam (you are presented with a radiograph and give your interpretations to a TA or prof), and individual oral exams for live animal anatomy (large and small animals), and suturing which takes place during your Objective Structured Clinical Examinations (OSCE).

## Tips for Success

- Prep for the labs as much as you can by watching the videos in advance of the labs or reading the lab manual. This is make the dissection lab way more useful, and you will not need to cram as much when it's time for a Bellringer or Viva.
- Get involved in the dissection! Hands on experience and discussing what you're seeing is how to learn best in this course.
- 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!), with your own commentary on how to distinguish structures and landmarks
- Bellringers are not as scary as they seem, but they require a lot of prep! Don't leave studying to the last minute!
- The anatomy lab is available for you to sign out and use whenever you wish – make use of this time to apply your knowledge and review what you learned in lab
- Make study documents of key terms, either alone, as a group, or as a class!
- With your Practice group, use a google doc or online editor to prepare a rough template of your presentation for your Viva Voce to make it smoother and cover all topics.
- There is no one absolute way to learn anatomy, and what works for one person may not work for another. Try different things to see what works best for you!

## Anatomy Course Reps

*Phase II Contact: Ben Fuller, Leah Heldman*

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) – the key is stored in a lock box behind the door to the women's locker area near the anatomy lab, and you control and monitor its use.
- 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)
- Attend class council meetings – keep the council up to date on any important announcements or changes, and to field questions and concerns from the class.
- 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 returned to lock box | Contact Info (cell phone is preferred) (get in touch with your phase II contacts for a template).
- Organizing in lab review sessions and review materials for the class – this is optional, but it is a great way for the class to come together outside of lab time to discuss.

## VETM\*3080 Veterinary Physiology & Biochemistry

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J. LaMarre ([jlamarre@uoguelph.ca](mailto:jlamarre@uoguelph.ca))

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

Midterms and finals for this course are **multiple choice**. The midterms are not cumulative. The first physiology final covers digestive physiology and immunology. The second final covers all other topics taught in the course.

### Tips for Success

- This course covers a lot of material, so try to keep up on it and make sure you understand the core concepts well as the course progresses – it is not a course that can easily be crammed for!
- The course is taught by multiple professors each covering a specific topic, and each will have their own style of multiple choice questions – take advantage of any practice questions provided so that you know what sort of questions to expect from each professor
- Prioritize when studying and focus on material that was emphasized in class – the distribution of questions reflects the amount of time spent on each subject

### Veterinary Biochemistry & Physiology Course Reps

*Phase II Contact: Natalie Frolick, Rachel Boutette*

As the Veterinary Biochemistry & Physiology representative, you will be responsible for:

- Relaying concerns or questions from students to the course coordinator (Dr. Saleh)
- Answering questions regarding testable material, test dates, etc., or passing questions you are unable to answer onto 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

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B. Coomber ([bcoomber@uoguelph.ca](mailto:bcoomber@uoguelph.ca))

The combined Histology Pathology course is a full year course, split into two major components. In the fall semester, you will be introduced to histology- the study of tissues under microscope. This part of the course will get you familiar with what various organs and tissues look like on a microscopic level and will emphasize how the structure of a tissue

impacts and defines its function. Testing for this section will be a combination of short bellringer quizzes, with midterms and exams being short answer and bellringer style. The winter semester will introduce you to general pathology. This portion of the course will begin to teach you about the pathogenesis of disease and what diseases look like on a gross and histological level. You will learn what steps are involved in the development of a disease and how to interpret and describe lesions. Testing for this section is a number of formative tests which are short answer, and the final exam which is short answer and bellringer style. Both components of the course have labs that complement the lectures. Labs are important for getting comfortable with course material and will highlight important information.

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

#### Histology and General Pathology Course Reps

*Phase II Contacts: Victoria Waind and Erin Syjueco*

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 I (AVM)

P. Conlon ([pconlon@uoguelph.ca](mailto:pconlon@uoguelph.ca))

This course is designed through a combination of lectures, labs and assignments to enhance personal and professional development of each student. You will discover the ethical and legal aspects that come with this profession. Be prepared to develop your communication, self-reflection, resiliency, health and wellness throughout this course.

## Course Learning Objectives:

- **Domains of Wellness:** You will discover 4 of the 8 domains of wellness in this class, and subsequently keep track of personal goals, which implement these domains, through your *Continuing Professional Development Assignment*.
  - **a) Emotional Wellbeing:** coping effecting with life and creating satisfying relationships
  - **b) Environmental Wellbeing:** Good health by occupying pleasant, stimulating environments that support wellbeing
  - **c) Financial Wellbeing:** Satisfaction with current and future financial situations
  - **d) Social Wellbeing:** Developing a sense of connection, belonging and a well developed support system
- **Continuing Professional Development Assignment (CPD):** As an introduction to your commitment to lifelong learning, you will keep track of your extracurricular learning through the CPD Assignment.
- **Communication Labs:** You will have the chance to participate in *Simulated Client Interviews* where you will interact with actor clients, a faculty coach, classmate and a follow-up assignment. Here you will improve your client communication skills using your Calgary Cambridge Communication guide. You will be put in simulated clinic setting where you actually follow through from beginning to end of a personal interaction with amazing feedback to help you improve your skills.

**Marking scheme** includes a final written exam test where you will be able to display what you have learned throughout the year! There are also various assignments that are well worth your time and help you grow throughout the year.

### Tips for Success

- Keep on top of your assignments – ie: fill out your CPD assignment throughout the year so you benefit from this activity and are not rushing to fill it in at the end.
- Pay attention to your ethic lectures! These are what will come in handy to you when you deal with these situations in real life (and for the written final as well!)
- Simulated Client Interviews – take a deep breath! You can do this. Some students find these labs very nerve wracking; as your interaction is video taped. It's always slightly uncomfortable to watch a video of yourself (don't worry, its for your eyes only), but its 100% for your benefit and will help you realize where you need to improve! Make sure you really implement your communication skills learned in class during these interviews. Review lectures before the lab in order to make the most of it. It is an incredibly safe environment where you will learn a lot about yourself and most importantly learn how to become a better veterinarian. Remember – you already made it past the interviews to get here, so you got this!

## Art of Veterinary Medicine I Course Rep

*Phase II Contact: Jessica Davison*

As the AVM course representative you will be responsible for

- Communicating important upcoming dates from faculty to your class
- Being available to answer questions about course material or communicate concerns to the faculty members
- Attending biweekly class council meetings

## VETM\*3430 Clinical Medicine I

S. Blois ([sblois@uoguelph.ca](mailto:sblois@uoguelph.ca)) J. Hewson ([jhewson@uoguelph.ca](mailto:jhewson@uoguelph.ca))

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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 few lectures, but many online modules and labs.

You will be tested on all material in the course through 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.

**Hill's Pet Nutrition and Primary Healthcare Centre (PHC):** You will complete shifts at the PHC where you will have the opportunity to watch real cases (with real pets and owners!) at a working clinic. You will learn skills from upper years with small follow up assignments, which will be completed throughout the year.

### Tips for Success

- Practice, practice, practice! Your final practical exam will go much more smoothly if these skills are second nature to you.
- 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.
- Attend labs! These are the only times you will have an instructor to assist you with your physical exam, restraint, etc.

## Clinical Medicine I Course Reps

*Phase II Contacts: Amanda Santarossa, Amy Westlund*

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

- Assembling a complete list of ALL dates for all quizzes, midterms, exams, assignments, etc.

- Sending out reminder emails for upcoming quizzes (open dates and due dates), assignments, and exams
- Letting the class know expectations and needed materials for labs
- Letting students know how and when they can practice outside of class time with large and small animals
- Communicating information to the entire class from course coordinators
- Answering individual classmates' emails regarding questions on material or upcoming assignments, or passing their questions along to the course coordinators.
- Compiling questions from the whole class (prior to tests and exams) and send them to professors, then send out responses to the class.
- Organizing review sessions for the OSCE
- Collecting course feedback

## VETM\*3390 Veterinary Developmental Biology

T. Koch ([tkoch@uoguelph.ca](mailto:tkoch@uoguelph.ca))

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This course covers embryology, genomics and regenerative medicine as its three main topics with a strong focus on genetics. There is a multiple choice-based midterm and final as well as a written “cue card” research paper on a topic related to the course. 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. The embryology section of the course is presented in a short period of time, so the extra readings and reference videos are particularly helpful.

### Veterinary Developmental Biology Course Rep

*Phase II Contact: Roseann Kehoe*

As the Dev Bio 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
- Assisting the professor with organizing the cue card assignment
- Making reviews for the midterms

## VETM\*3400 Health Management I

T. Duffield ([tduffiel@uoguelph.ca](mailto:tduffiel@uoguelph.ca)) K. Lissemore ([klissemo@uoguelph.ca](mailto:klissemo@uoguelph.ca))

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Health Management gives you the opportunity to learn about a variety of industries including dairy, beef, swine, poultry, small ruminant, companion animal, and equine. It also covers topics in public health and epidemiology. Field trips to the [Guelph research facilities](#) may include the [Arkell Research Station](#) (Poultry, Equine, and Swine), as well as the [Livestock Research and Innovation Centre Dairy Facility](#) and the [Elora Beef Research Centre](#).

Exams are multiple choice, and there are typically two midterms and a final. Make sure to bring a calculator for the epidemiology sections!

### Tips for Success

- Practice epi sets and ask any questions you might have
- Work together 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!

### Health Management Course Reps

*Phase II Contacts: Alessandra Chek-Harder*

As course representatives of Health Management, you must ensure you:

- Receiving questions from the class and passing them on to the course coordinators, as well as relaying information to the class from the course coordinators
- Reminding the class when exams are and what material they cover
  - I recommend emailing the course coordinators beforehand to confirm what material the exam covers
- Reminding the class of field trips and what is mandatory for them

## CLASS COUNCIL

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Each class at OVC has their own council which oversees class-related matters (such as class merchandise, events, 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 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: Emmett Swanton and Emily Mann***

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. Other responsibilities throughout the year include:

- **Facilitate the creation of your class crest and sports logo**
- **Organize class events**
- **Attend CVSA meetings**
- **Represent your class at curriculum meetings**
- **Act as a liaison between the students and the Dean's Office**
- **Fundraise for your class**
- **Listen to and address class issues**
- **Communicate with the other Phases of OVC**

### Vice-President, Events

#### ***Phase II Contact: Steph Hookey***

The VP supports the class council and the presidents as needed. The responsibilities that will be delegated to you throughout the year by the co-presidents will include:

- **Attending class council meetings**
- **Taking on a leadership role and assisting in planning all major events**
- **Creating/participating in fundraising events**
- **Participating in all class events**
- **Ensure all rules related to events are followed (i.e. Student Risk Management)**

## Secretary

### ***Phase II Contact: Katelyn Byers***

The secretary's main responsibility involves recording minutes for Class Council meetings.

You must:

- **Ensure minutes include important dates and details**
- **Send minutes to the council after all meetings**

## Social committee

### ***Phase II Contacts: Adam Quinlan, Brenna Tuer, Taylor Morris, Olivia Mazurek***

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, outgoing individual, who loves participating in extracurricular activities, you should consider applying for this position!

## Sports Director

### ***Phase II Contacts: Danielle Harding, Andrew Bush***

As Sports Director, you will be in charge of:

- **Setting up and ordering jerseys for hockey and soccer**
- **Setting up a design team and constructing the class mascot**
- **Helping to organize sporting events with the social committee**

## Merchandise Representatives

### ***Phase II Contacts: Mack Bourgoin, Kaitlin Sparkman, Sara McNamara***

As Merchandise Representative, you will have the following duties:

- **Organizing, ordering, sorting and delivering class merchandise in Phase I**
- **Approving all artwork/ideas to be used on merchandise**
- **Handling all cash and cheques, and being class treasurer**
- **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: Afshaun Zaman***

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**
- **Relaying information from CVSA to their class**

## OVC Alumni Association Representative

### **Phase II Contact: Jess Dawley**

As the OVCAA Student Representative, you will be responsible for:

- **Attending meetings of the OVCAA Board of Directors**
- **Acting as a liaison between students and the OVCAA**

## Bulletin Board Committee

### **Phase II Contacts: Bret Flynn, Tasmin Dunkin, Mikkyla Reid, Amy Westlund,**

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! Your job will begin after mascot selection. You will need to collect photos from all of your classmates and incorporate them into a board that showcases your new mascot. 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:**

As the yearbook representative, you will be responsible for:

- **Attending one meeting at the beginning of the year**
- **Completing pages for the yearbook**
- **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: Caroline Van Waldburg**

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

- **Attending all class council meetings**
- **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**
- **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: Natalie Frolick**

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

- **Attending all class council meetings**
- **Establishing connections with OVC THRIVE**
- **Establishing connections with your phase's Peer Helpers**
- **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, and attending class council meetings to keep the class up to date on upcoming tests and messages from the profs. 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 Emmett ([wswanton@uoguelph.ca](mailto:wswanton@uoguelph.ca)) or Emily ([emann03@uoguelph.ca](mailto:emann03@uoguelph.ca))** and they will be more than happy to put you in touch with the respective Phase II contacts

## Peer Helpers

### **Phase II Contacts: Jodi Chan and Brad Henderson**

The Peer Helper Program involves two student veterinarians per phase. They provide support and guidance to their colleagues. The commitment is three years (Phases 1, 2, 3) and includes bi-weekly lunchtime meetings, helping organize and run events and activities related to student Wellness, and of course supporting your fellow student veterinarians. The Manager, Student Affairs will send out a call for applications in September for these positions.

## EXTRACURRICULARS

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*Note: OVC has a massive number of extracurriculars to offer, but remember that these are EXTRA- curriculars. Don't feel pressured that you have to be involved in everything because in a professional degree its unrealistic to do so. Be selective in what you join; they are there to add enrichment to the programmed learning and aren't a requirement.*

OVC Offers a wide range of clubs covering several individual aspects of veterinary medicine. Club Days will occur during the lunch hour on Thursday, September 13<sup>th</sup> and Friday, September 14<sup>th</sup>. This will be your opportunity to talk to some of the executives of the different clubs and get to know a little about what they offer. Some clubs have a sign up fee of \$5, but there are several clubs that don't have a fee that you can sign up for. Visit <https://www.uoguelph.ca/~cvsa/clubs.html> for more information.

- Animal Welfare Club
- Behaviour Club
- Business Club
- Christian Fellowship Club
- Community Outreach Program
- Dentistry Club
- Diagnostic Imaging Club
- Equine Club
- Food Animal Club
- Integrative Medicine and Alternatives Club
- Internal Medicine Club/ Student Chapter of the American College of Veterinary Internal Medicine
- International Veterinary Medicine Club
- Laboratory Animal Medicine Club
- Nutrition Club/ Student Chapter of the American Academy of Veterinary Nutrition
- OVC Pride Club
- OVC THRIVE Club
- Pain Management Club/ Student Chapter of the international Veterinary Academy of Pain Management
- Parasitology Club/ Student Chapter of the American Association of Veterinary Parasitologists
- Pathology Club/ Student Chapter of the American College of Veterinary Pathologists

- Small Animal Club
- Surgery Club
- Student Veterinary Emergency and Critical Care Club
- Theriogenology Club
- ZEW Club/ Zoo, Exotics and Wildlife Club

### **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 8:30am for a morning shift and 1:00pm 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 \(\[tduffiel@ovc.uoguelph.ca\]\(mailto:tduffiel@ovc.uoguelph.ca\)\)](#).

### **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 website](#) (contact: [foalwatc@uoguelph.ca](mailto: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 \(rleight@ovc.uoguelph.ca\)](mailto:rleight@ovc.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.

## **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 \(lowenger@uoguelph.ca\)](mailto:lowenger@uoguelph.ca).

## **Mentor and Support Programs**

### ***Peer Helper Program***

The Peer Helper Program involves two chosen student veterinarians in each of phase 1, 2 and 3 who are in place to give you another counselling outlet outside of faculty and UofG services.

### ***Veterinary Mentors***

In the first semester of school you will be emailed with the opportunity to choose an area of veterinary medicine that interests you, and may be placed, along with a small 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!

### **Summer Career Opportunities and Research Exploration (CORE) Program**

The Summer 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. SCOREP offers networking 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 in the fall semester 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@uoquelph.ca](mailto:lowenger@uoquelph.ca) or Ext. 54430) if you have any questions.

Website: <https://ovc.uoquelph.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. All people wishing to tour OVC must register through the official tour email, [vetmed@uoguelph.ca](mailto:vetmed@uoguelph.ca). Students are not allowed to bring individuals through the college on an ad hoc basis.

Before giving any advice on admissions be sure you are up to speed on requirements and process. Things change and the best source for this information is the [website](#) or ask Elizabeth Lowenger.

## 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 hockey! With sports other than hockey, you can invite anyone to be on a team with you. 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 is welcome to play. 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!

Use the [Guelph Gryphons Connect Website](#) to register for Intramurals.  
Use the [IM Leagues Website](#) to create your intramural team.

## WHAT YOU'LL NEED FOR VET SCHOOL

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*During your time at the Ontario Veterinary College you will need a few sets of labcoats, coveralls and scrubs which all come in a very specific blue colour.*

*Merchandise Try-ons will be on Friday, August 31<sup>st</sup> and Tuesday, September 4<sup>th</sup>. 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 however have to be re-embroidered. Below are the approximate prices of the items that you will be needing to get (they are all subject to change so please keep that in mind).*

### **Lab coats (~\$35)**

You will receive one blue lab coat as a gift from the CVMA at your Professional Welcome 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.

### **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.

### **Stethoscope**

You will receive a stethoscope as a gift from the Ontario Veterinary Medical Association (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!

### ***Musical Instruments***

Music is a great de-stressor. There will be opportunities for you to share your gift of music so feel free to bring a musical instrument (that you can easily carry) to activities such as Bark Lake and Peer Helper Jam Sessions.

## GENERAL INFORMATION

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### UofG email

Email is the primary mode of communication at OVC and the University of Guelph - this is how the dean's office, 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 or personal information 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 2022  
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](#)!

### 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 beside room 1713 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>

### 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](#).

Jane will explain in further detail in person about the social media policy.

For more information, please contact [Jane Dawkins](#), our marketing communications officer, at: [jdawkins@uoguelph.ca](mailto:jdawkins@uoguelph.ca)

Be sure to follow the Ontario Veterinary College on all of our Social Media pages [@OntVetCollege](#) for all platforms.



## 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.

## Animals 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/hr-services/environmental-health-safety-ehs/ehs-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. Rabies Titre Clinics will be held on [September 10<sup>th</sup>, 12<sup>th</sup> and 14<sup>th</sup>](#)! Stay tuned for times and locations.

If you have never received a rabies immunization, don't worry! OVC has coordinated with Health Services on main campus for you to get up to date on your immunizations. There are 3 immunizations that are administered: [September 21<sup>st</sup>, September 28<sup>th</sup>, and October 12<sup>th</sup>](#). More information will be provided in the first couple weeks of classes.

## CAMPUS RESOURCES FOR YOU

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*As a student at OVC you are still a student at the University of Guelph, and as such you have access to all of the resources that UoG students receive.*

### 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.

Jason Dodd ([jdodd@uoguelph.ca](mailto:jdodd@uoguelph.ca)) is a Science Learning Specialist. He assists OVC students with issues such as:

- Newly identified learning disabilities, mental health, and anxiety disorders;
- Adjusting to the volume of material and lower grades;
- How best to take notes on computers or tablets;
- Effective reading, learning from lectures, and exam writing;
- Studying actively, identifying important topics and structuring material; and
- Time management, sticking to a schedule, and procrastination and perfectionism.

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

## IT Resources

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### *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.

Access OVC Shared Drive from non-CFS login computers:

- PC
  - Open "My Computer"
  - Enter the following EXACTLY as it is written: [\\north.cfs.uoguelph.ca\ovc\\$](\\north.cfs.uoguelph.ca\ovc$)
- Mac
  - Open Finder > Click "Go" on the top of your screen > Click "Connect to Server"
  - Enter the following EXACTLY as it is written: [smb://north.cfs.uoguelph.ca/ovc\\$](smb://north.cfs.uoguelph.ca/ovc$)

### 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.

### 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

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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: 519824-4120 x52131  
Email: [health@uoguelph.ca](mailto: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](mailto: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: 519824-4120 x53327

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

## Counselling Services

Bruno Mancini is the OVC Counsellor in Residence and he is located in McNabb House, just beside the OVC main building. In order to make an appointment with Bruno, you can e-mail him at [bmancini@uoguelph.ca](mailto:bmancini@uoguelph.ca) or call the main Counselling desk in the University Centre at 519-824-4120 (ext. 53244) to set up an appointment. Appointments with other counsellors are also available at Counselling Services on the 3rd floor of the University Centre by calling 519-824-4120 (ext. 53244). There is no charge for this service. You do not need to be in a crisis to talk to a counsellor; many people just need some help with sorting-out, and dealing with, life's challenges.

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

OVC Counselling Services – Bruno Mancini – [bmancini@uoguelph.ca](mailto: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](#)
- [Pride: The LGBTQ+ Veterinary Community](#)
- [University of Guelph CSA and GSA](#)

### 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.

Website: <http://ovc.uoguelph.ca/dvm/student-life/peerhelpers>

Current Peer Helpers:

Sam Manner ( <a href="mailto:smanner@uoguelph.ca">smanner@uoguelph.ca</a> )	OVC 2020
Preeti Sambi ( <a href="mailto:asambi@uoguelph.ca">asambi@uoguelph.ca</a> )	OVC 2020
Michaela Botts ( <a href="mailto:bottsm@uoguelph.ca">bottsm@uoguelph.ca</a> )	OVC2020 International Students Peer
Helper Jodi Chan ( <a href="mailto:ichan30@uoguelph.ca">ichan30@uoguelph.ca</a> )	OVC 2021
Brad Henderson ( <a href="mailto:bhende04@uoguelph.ca">bhende04@uoguelph.ca</a> )	OVC 2021

Information Medium	Resource	Information
<p>In Person</p> 	<a href="#">Student Support Network</a>	<p>At the SSN, you'll find extensively trained student volunteers who provide confidential, non-judgemental listening and support, along with information and referrals.</p> <p>Drop-in peer support space is located in Raithby House (across from the cannon in the heart of campus) and is available during the Fall and Winter semesters from noon to 10:00 pm, Monday to Friday, while classes are in session, and 12:00 pm to 8:00 pm during scheduled exam weeks.</p>
	<a href="#">Student Health Services</a>	<p>For information on booking an appointment with a Student Health Service practitioner, please visit: <a href="https://www.uoguelph.ca/studenthealthservices/">https://www.uoguelph.ca/studenthealthservices/</a> or phone: 519.824.4120 x.52131 (during business hours)</p> <p>Walk-in Availability (no appointment required): Monday, Thursday and Friday, 8:30am-4:00pm. Tuesday and Wednesday 8:30am-7:00pm. (Fall and Winter Semesters)</p>
	<a href="#">Student Counselling Services</a>	<p>To book an appointment with a Therapist/Counsellor, please call (519) 824-4120 x. 52344 or drop by the front desk on the third floor of the University Centre.</p> <p>Walk-in Availability (no appointment required): weekdays, 12:30pm to 3:30pm (Fall and Winter semesters)</p>
	<a href="#">Wellness Education Center</a>	<p>The Wellness Education Centre is the educational arm of Wellness Services and is a student-driven space where all students can seek information and support about health/well-being.</p> <p>Open Monday to Friday, 8:30am-4:15pm.</p>

 <p><b>Telephone</b></p>	<p><b>Guelph-Wellington Women in Crisis</b></p>	<p>Guelph-Wellington Women in Crisis is a community-based organization providing services to women on abuse and sexual violence. All services are free. People of all genders are welcome to call for support.</p> <p>Available at: 1-800-265-SAFE (7233)</p>
	<p><b>Care and Treatment Center for Sexual Assault and Domestic Violence</b></p>	<p>Emergency support for sexual assault survivors with trained medical professionals. Daytime: 519-837-6440 ext. 2728 After Hours: 519-837-6440 ext. 2210 <i>Medical assistance accessed through Emergency at Guelph General Hospital.</i></p>
	<p><b>Good 2 Talk Helpline</b></p>	<p>Good2Talk is a free, confidential and anonymous helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario, 24/7/365.</p> <p>Available at: 1-866-925-5454</p>
	<p><b>Here 24/7</b></p>	<p>Here 24/7 is your front door to the addictions, mental health and crisis services provided by 12 agencies across Waterloo, Wellington, and Dufferin counties. Here 24/7 will help guide you, figure out your needs, and help you navigate the system. This leaves you free to focus on maintaining hope and pursuing recovery.</p> <p>Available at: 1 844 437 3247</p>
 <p><b>Online</b></p>	<p><b>7 Cups of Tea</b></p>	<p>7 Cups of Tea is a free, anonymous and confidential online text chat with trained listeners, online therapists &amp; counselors. You can choose who you want to engage with, and they will help you to develop new skills to solve your problems.</p> <p>Available at: <a href="https://www.7cups.com/">https://www.7cups.com/</a></p>
	<p><b>Pacifica</b></p>	<p>Pacifica is a free app designed to provide users with daily tools for managing their stress and anxiety alongside a supportive virtual community. The Pacifica app is based on Cognitive Behavioural Therapy and Meditation.</p> <p>Available at: <a href="https://www.thinkpacifica.com/">https://www.thinkpacifica.com/</a></p>
	<p><b>Student Counselling Services</b></p>	<p>For a comprehensive list of resources available online, please visit: <a href="https://www.uoguelph.ca/counselling/mental-health-resources">https://www.uoguelph.ca/counselling/mental-health-resources</a> Resource topic areas include: financial concerns; LBTTQ resources; general mental health; depression; anxiety and stress; drugs, alcohol and addictions; sexual abuse or assault; self-injury; eating disorders; and more.</p>
	<p><b>Mental Well-Being at the U of G</b></p>	<p>The University of Guelph provides programs and services in order to help students achieve a healthy student lifestyle. We encourage you to explore this site to find resources that will help you live well to learn well!</p> <p>Available at: <a href="https://www.uoguelph.ca/mentalwellbeing/">https://www.uoguelph.ca/mentalwellbeing/</a></p>

<p><b>Online</b></p> 	<p><b>Feeling Better Now</b></p>	<p>Canada's only medically based and approved website designed to assist family physicians and patients in the early diagnosis, treatment and ongoing management of mental health disorders using Medical Best Practices. Print out your results and bring them to counselling and/or a doctor's appointment.</p> <p>Available at:  <a href="http://www.feelingbetternow.com/uoguelph/uoguelph_questionnaire.php">http://www.feelingbetternow.com/uoguelph/uoguelph_questionnaire.php</a></p>
	<p><b>Mental Health Helpline</b></p>	<p>The Mental Health Helpline offers online chat services aimed at:</p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> providing information about counselling services and supports in your community</li> <li>• <input type="checkbox"/> listening, offering support and providing strategies to help you meet your goals</li> <li>• <input type="checkbox"/> providing basic education about mental illness</li> </ul> <p>Available at: <a href="http://www.mentalhealthhelpline.ca/">http://www.mentalhealthhelpline.ca/</a></p>
<p><b>Emergency</b></p> 	<p><b>Community Campus Police</b></p>	<p>Support available 24/7 at 519-840-5000, or 911.</p> <p>Our Community Campus Police are located on-campus in the Trent Building at 32 Trent Lane.</p>
	<p><b>Guelph General Hospital</b></p>	<p>Support available 24/7 through the Emergency Services department.</p> <p>Located at 115 Delhi Street in Guelph.</p>
<p><b>At a Cost</b></p> 	<p><b>Head Space</b></p>	<p>Headspace is an app designed to help you manage your own mental health anywhere, anytime using proven meditation and mindfulness techniques. A gym membership for your mind!</p> <p>Available at: <a href="https://www.headspace.com/">https://www.headspace.com/</a></p>
	<p><b>The Stress Management and High Performance Clinic</b></p>	<p>The Stress Management and High Performance Clinic, run by Kathy Somers, facilitates workshops and private training sessions on how to run your brain and body better.</p> <p>More information available at: <a href="http://www.selfregulationskills.ca/">http://www.selfregulationskills.ca/</a></p>

## COURSELINK OVERVIEW

For those of you that haven't used CourseLink as an online link to your courses during your undergraduate career, this section will walk you through how to navigate this crucial resource and highlight its importance.

**Q: What is CourseLink?**

**A:** CourseLink is an online tool that allows for online access to all of your courses at OVC. It is the main form of communication for all of your courses and is where professors will post course materials, updates and other resources.

**Q: How do I access my CourseLink?**

**A:** Simply go to <https://courselink.uoguelph.ca/> which will bring you to the CourseLink login page. Go to **Login** and type in your university central login username and password.

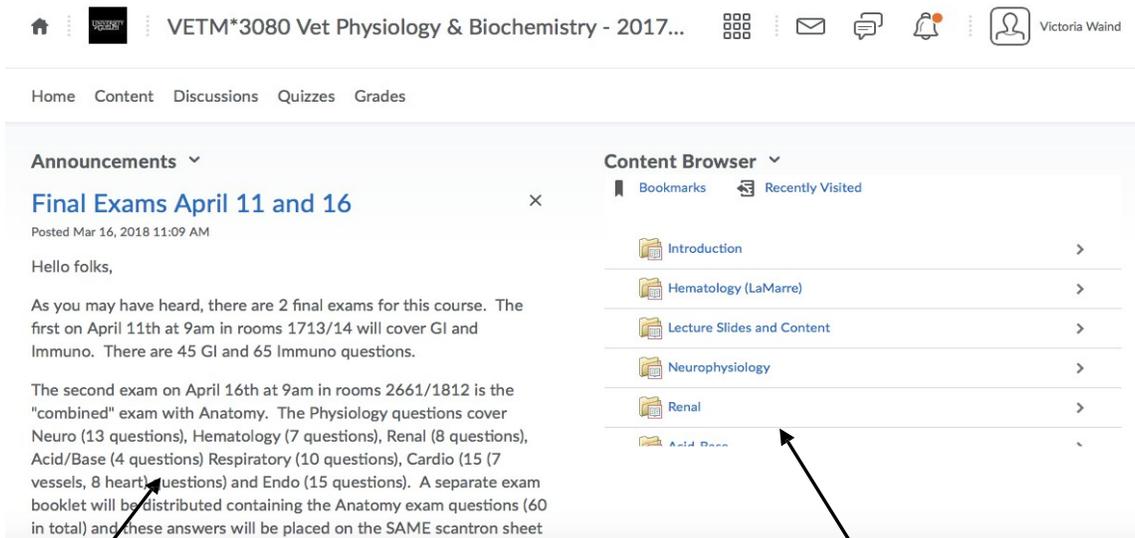
**Q: How do I navigate CourseLink?**

**A:** Once you've logged in, you will be brought to the CourseLink homepage that will look something like this.

The screenshot shows the CourseLink interface. At the top left is the CourseLink logo for the University of Guelph. To the right are icons for a grid, email, chat, notifications, and a user profile for Victoria Waind. Below the header is a navigation bar with links to ePortfolio, Locker, Self Registration, and CourseLink Help. The main content area is divided into two columns. The left column, titled 'My Courses', contains two course cards. The first card is for 'VETM\*3070 Veterinary Anatomy - 2017-18' (2018 Winter) with a background image of a forest. The second card is for 'VETM\*3080 Vet Physiology & Biochemistry - 2017-18' (2017 Fall) with a background image of a person examining a dog. The right column, titled 'Announcements', contains a message: 'There are no announcements to display.' Below this is a section for 'UofG Web Tools' with links to WebAdvisor, Gryph Mail, and Library.

From here, you have access to all of your individual courses for the year. By clicking on a specific course, you will be brought to the homepage for that course.

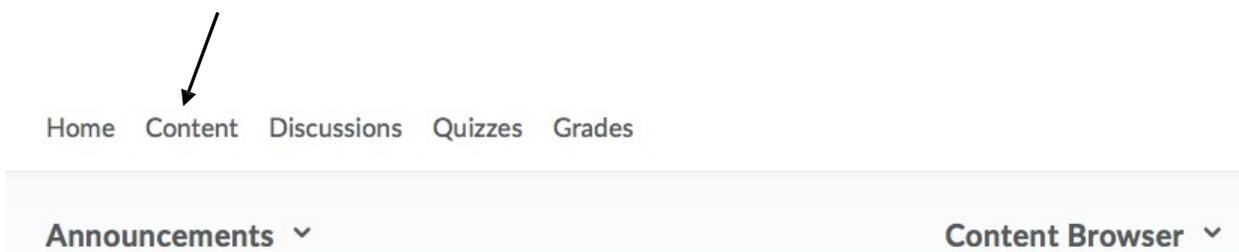
# This is the course homepage for Physiology & Biochemistry



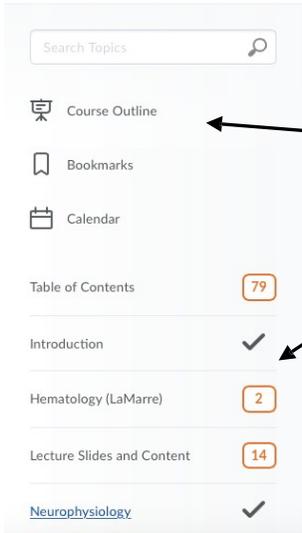
This is the announcement section and is where professors will post important information relating to the course such as advice for upcoming tests.

This is a quick-link content browser that brings you to various course materials. By clicking here, you will be directed to materials including power point slides, supplementary notes and lab handouts.

Some courses don't have the Content Browser like above, so in those cases, you will have to access the course material by clicking on the **Content** link in the top left-hand side.



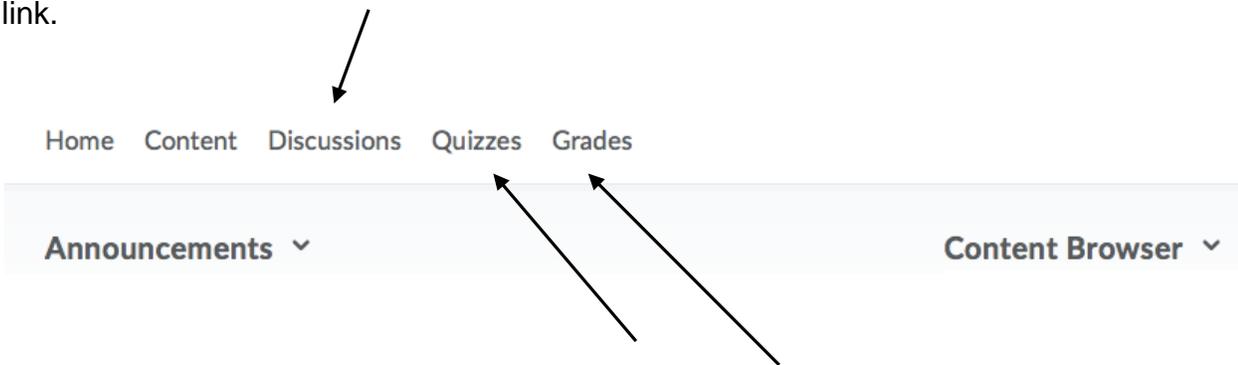
After clicking **Content**, you will be able to access all of the course materials by navigating the sections on the left side of the screen.



The left-hand side of each course will look similar to this. At the top you have access to the course outlines and calendars.

Below that will be all of the course material. It is often categorized by unit or based on the part of the course it pertains to.

Some courses will have a discussion section set up. This online forum allows you to ask professors questions through CourseLink and can be accessed by clicking on the **Discussion** link.



Some of your courses will have an online quiz component which can be accessed on the upper navigation bar via **Quizzes**. Grades will also be updated on CourseLink and can be accessed via the **Grades** link.



Finally, some courses will have a **Dropbox** link where you will be required to submit assignments.

To use Dropbox select the assignment you wish to submit for, under folder.

# Dropbox Folders

Help

View History

Folder	Score	Submissions	Feedback	Due Date
No Category				
<a href="#">Guided Consultations Assignment Submission</a>	- / -	2	-	Apr 2, 2018 4:00 PM



After that, you can select **Add a File** which will allow you to browse your computer and choose the file you wish to upload. You can also add comments to your assignment, but just note that this is not where you upload your assignment.

## Submit Assignment

Files to submit \*

(0) file(s) to submit

File names should not contain special characters: \* / : ; > < | | ' & # { } " other than hyphens and underscores

After uploading, you must click Submit to complete the submission..

Add a File

Record Audio

Record Video

Comments



The top of your browser has a couple other features that are helpful for quickly navigating CourseLink.



The **Bell** icon will show any recent notifications from professors, grade updates and new course material that is posted – very handy when you’re short on time (or forgot to download the lecture that has already started!)

The **Mail** icon will show any personal messages you have received from course coordinators. This feature isn’t used frequently as most professors prefer to communicate via e-mail.

The **9 squares** icon allows you to switch quickly between your courses. Finally,

the **Home** icon will bring you back to the homepage.

## FINANCIAL OVERVIEW

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*The following is a general overview of additional fees in Canadian funds that you could face this coming school year. This is based off of some fees that are from last year and are subject to changes so use this as a general overview and not an exact cost for your first year.*

Equipment	Price	Number Recd	Total Cost
Pen Light	3	3	9
Digital Thermometers	9	2	18
Dissection Kit (You'll only 3-5 per pra	20	1	20
Surgery Kit (this is the prie if you get	50	1	50
Long Sleeve Coveralls	50	2	100
Short Sleeve Coveralls	50	1	50
Scrubs Set	45	2	90
White Lab Coat (if you have one you	18	1	18
Blue Lab Coat (You get one free at Pr	35	1	35
Disposable Gloves	20	1	20
Safety Glasses	15	1	15
Steeled Toed Boots	41	1	41
Over Boots	50	1	50

## DEAN CONTACT INFORMATION

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### 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. *Position is being updated at the end of the summer.*

#### Contacts:

Dr. Kerry Lissemore (until August 31<sup>st</sup>)- 519-824-4120 x54423, [klissemo@uoguelph.ca](mailto:klissemo@uoguelph.ca)  
Jessica Mackinnon, Academic and Student Affairs Assistant - 519-824-4120 x54422, [jmacki12@uoguelph.ca](mailto:jmacki12@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](mailto:pconlon@uoguelph.ca)  
Elizabeth Lowenger, Manager, Student Affairs - 519-824-4120 x54430, [lowenger@uoguelph.ca](mailto:lowenger@uoguelph.ca)  
Jessica Mackinnon, Academic and Student Affairs Assistant - 519-824-4120 x54422, [jmacki12@uoguelph.ca](mailto:jmacki12@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 Career Opportunities and Research Exploration (CORE) Program provides access to conferences, site visits, workshops, and networking opportunities 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](mailto:gkirby@uoguelph.ca)

Barb Gaudette, Research and Innovation Assistant - 519-824-4120 x54406, [bgaudett@uoguelph.ca](mailto: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](mailto:snykamp@uoguelph.ca)

# THIS IS GUELPH!

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*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. Be sure to lock your bike securely.

### ***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.go transit.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:

**Websites:** <http://www.viarail.ca/en/explore-our-destinations/stations/ontario/guelph>;  
<http://www.go transit.com/publicroot/en/travelling/stations.aspx?station=GUEP>

### ***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/>**

### ***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 takes your student card. Red Top Taxi also has an app that you can use on your phone just like Uber! 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

### **Chain Restaurants**

Montana's  
Swiss Chalet  
Eastside  
Mario's  
Milestone's  
Boston Pizza  
Mandarin Restaurant

*Looking for something more unique?* Here is an interactive Google map with a couple of our top sapphire star restaurant picks!

[https://www.google.com/maps/d/viewer?mid=1vUelrzcUEN3XHMCcwsJk\\_03rQGc&ll=43.53325585743842%2C-80.24664670000004&z=12](https://www.google.com/maps/d/viewer?mid=1vUelrzcUEN3XHMCcwsJk_03rQGc&ll=43.53325585743842%2C-80.24664670000004&z=12)

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

<https://hospitality.uoguelph.ca/off-campus-dining>

### Cinemas

Galaxy Cinemas Guelph - 485 Woodlawn Rd. W  
Galaxy Cinemas Pergola Commons - 3 Clair Rd.  
E Mustang Drive-in Theatre (Seasonal)- 5012  
Jones Baseline  
<http://www.mustangdriveinguelph.ca> 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

#### ***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 Arkeil Rd.  
Glen Eden, Kelso Conservation Area - 5234 Kelso Rd, Milton - (905) 878-5011  
Elora Gorge - 7400 Wellington County Rd. 21, Elora - (519) 846-9742  
Guelph University Arboretum- College Ave E, (519) 824-4120

**For a list of parks/trails where you can take your dog for a walk or hike, visit:**

<http://quelph.ca/living/recreation/parks/>

### ***Off-Leash Dog Areas***

Crane Park - 96 Dovercliffe Rd.

John Gamble Park - 594 Kortright Rd. W

Eramosa River Park - 259 Victoria Rd. S

Centennial Park - 377 College Ave. 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://quelph.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 (8:00-9:00pm) \*fees

Centennial Arena - Starting 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)

GoodLife Fitness - 245 Edinburgh Rd. S, 101 Clair Rd. E, 297 Eramosa Rd.

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

### ***Indoor Rock Climbing***

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

### 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

Bring your [Student ID Card](#) for 10% discounts on:

- [Tuesday and Wednesday](#) at [Metro](#) - 500 Edinburgh Rd S
- [Wednesday at Zher's](#) - 124 Clair Rd. E, 160 Kortright Rd. W, 297 Eramosa Rd, 1045 Paisley Rd

Find good prices at:

- [No Frills](#) - 35 Harvard Rd., 191 Silvercreek Pkwy. N
- [Walmart](#) - 175 Stone Rd W, 11 Woodlawn Rd. W
- [Food Basics](#) - 3 Clair Rd. W, 380 Ermosa Rd, 222 Silvercreek Pkwy N
- [Costco](#) (membership required and everything is in bulk!) - 19 Elmira Rd.

If you like [farm fresh food and homemade goods](#) check out the [Guelph Farmer's Market](#) (open 7:00am-12:00pm Saturdays only) - 4 Gordon St

***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

Fantespaces 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:

- September 2018 - Toronto International Film Festival - Toronto
- November 2018 - The Royal Agricultural Winter Fair - Ricoh Colloseum & Direct Energy Centre (Exhibition Place), Toronto
- November 2018 - Fair November - University of Guelph University Centre
- November & December 2018 - One of a Kind Show - Direct Energy Centre (Exhibition Place), Toronto
- March 2019 - 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:

<http://www.guelphmercury.com/guelph-on-events/> or <http://guelph.ca/living/seasonal-information/>

