

Updated: Aug. 2024

Build skills!	<p>Future Smart <i>Professional Skills Development Program</i> Gain the skills needed to transition from graduate studies to successful careers.</p> <p>torontomu.ca/future-smart</p>	<p>Graduate Leadership Institute <i>Workshop series</i> Sessions empower graduate students through leadership, impact and skills development. Individual appointments available.</p> <p>torontomu.ca/graduate-leadership-institute</p>
	<p>GRADSkills <i>Workshop series</i> Build your toolbox of professional skills and competencies and earn a digital badge.</p> <p>torontomu.ca/grad-skills</p>	<p>GRADPeer Supporters <i>Fall 2024</i> Gain training from the Graduate Leadership Institute and Student Wellbeing to forge a new way forward for mental health support and peer connection.</p> <p>torontomu.ca/grad-peer-supporters</p>
Engage and connect!	<p>GRAD Contests <i>Fall 2024</i> Annual contests showcase creativity and experiences of graduate students.</p> <p>torontomu.ca/grad-contests</p>	<p>3MT® (Three-MinuteThesis) Competition <i>Winter 2025</i> Present your research in three minutes or less using only one slide! Improve your presentation skills and win cash prizes!</p> <p>torontomu.ca/3MT</p>
	<p>GRADTalks <i>Fall 2024 and Spring 2025</i> Fun, interactive events featuring expert speakers and contemporary topics.</p> <p>torontomu.ca/grad-talks</p>	<p>Design Your Life <i>Winter 2025</i> Navigate life's ambiguity and design careers full of joy and meaning through design thinking.</p>
Prioritize well-being	<p>Graduate Thriving in Action (GTIA) <i>Fall 2024</i> Join Dr. Diana Brecher and Venus Bali for a wellness workshop series designed with graduate students and postdocs in mind.</p> <p>torontomu.ca/thriving-in-action</p>	<p>GRAD Art Hive <i>Drop-in DCC 7th floor every other Wednesday from 1-4 p.m. starting Sept. 25</i> Connect with your peers through creative activities and learn about cultivating mental wellbeing.</p> <p>torontomu.ca/grad-art-hive</p>

Getting Started	Graduate Student Guide	Scholarships and Awards	Significant Dates
<p>Begin your graduate journey by registering for classes, preparing for a successful term, and accessing essential tools and support to start your studies confidently.</p> <p>torontomu.ca/getting-started</p>	<p>Explore an online guide summarizing the policies, fees, procedures and services you'll need to know as a Toronto Met graduate student.</p> <p>torontomu.ca/graduate-student-guide</p>	<p>Find out about scholarships and awards available each academic year to graduate students.</p> <p>torontomu.ca/grad-scholarships-awards</p>	<p>See important dates and curriculum descriptions for the academic year including fee deadlines, convocation and more.</p> <p>torontomu.ca/grad-calendar</p>

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