

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SYNCHRONOUS ACTIVITIES</b></p> <p>Team meet-up</p> <p>Jump Start welcome</p> <p>Campus Community Panel</p> <p>International Student Welcome</p>	<p><b>SYNCHRONOUS ACTIVITIES</b></p> <p>Team meet-up</p> <p>Academic skill-building workshop</p> <p>Academic Advising Session</p>	<p><b>SYNCHRONOUS ACTIVITIES</b></p> <p>Get to know SVPRO session</p> <p>Professor-led session</p> <p>Wellness Wednesday seminar</p>	<p><b>SYNCHRONOUS ACTIVITIES</b></p> <p>Team meet-up</p> <p>Faculty Panel: The Online Learning Environment</p> <p>Library Basics</p>	<p><b>SYNCHRONOUS ACTIVITIES</b></p> <p>Professor-led Seminar: Communicating with Instructors</p> <p>Campus connections workshop</p> <p>Team goodbyes</p>
<p><b>OPTIONAL SYNCHRONOUS ACTIVITIES</b></p> <p>Campus partner social</p> <p>Discipline-specific Faculty-led Seminars</p> <p>Virtual Campus Tours</p>	<p><b>OPTIONAL SYNCHRONOUS ACTIVITIES</b></p> <p>Social Media Challenge</p> <p>Glow with the Flow Yoga</p> <p>Indigenous students social</p>	<p><b>OPTIONAL SYNCHRONOUS ACTIVITIES</b></p> <p>LGBTQIA+ Social</p> <p>International Student Social</p> <p>Virtual Campus Tours</p>	<p><b>OPTIONAL SYNCHRONOUS ACTIVITIES</b></p> <p>IBPOC (Indigenous, Black, People of Colour) Social - Games Night</p> <p>Movie Watch Party</p> <p>Virtual Campus Tours</p>	<p><b>OPTIONAL SYNCHRONOUS ACTIVITIES</b></p> <p>Drop-in Chats with SVPRO</p> <p>Karaoke Showcase</p> <p>Discipline-specific Faculty-led Seminars</p>

## ASYNCHRONOUS ACTIVITIES

Daily modules focused on academic and university basics

Daily quizzes and reflections

Discussion boards

Social media challenges

Virtual Hike to Big White

Virtual fitness classes and other UBCO Recreation activities

Jump Start groups and schedules will be formed in consideration of time zones. Most students will be able to participate in activities during waking hours in their local time zone. The Jump Start schedule and activities listed are subject to change.

