



Upgrading and University Preparation

Student Orientation Fall 2023

The University of the Fraser Valley is situated on the unceded traditional territory of the Stó:lō peoples. The Stó:lō have an intrinsic relationship with what they refer to as S'òlh Tém:éxw (Our Sacred Land); therefore, we express our gratitude and respect for the honour of living and working in this beautiful territory.



First Day of Class (Face to Face and Hybrid) September 6th

Attend the first class:

Students are also required to attend the first regular meeting of the classes in which they are registered. Students who fail to attend the first regular meeting of a class in which they are registered, and who do not notify the instructor in advance, may be withdrawn from a course, at the discretion of the instructor.

Once classes begin, students must have instructor's permission to register for any course. Students waitlisted and seeking a seat must go to the first class to seek permission.

What to bring:

- ✓ Pen
- ✓ Binder/paper
- ✓ Money for textbooks/parking



*Check your registration and class schedule on your myUFV account.

First Day of Class

September 6th

Sign in to your online class:

1. Go to www.myclass.ufv.ca
2. Enter your student number and your myUFV password

For waitlisted students, contact the instructor by the first day of the semester. Instructors will use the wait lists to fill vacancies for the first class only.

Need help?

1. See next slides: myUFV account, re-setting myUFV password
2. Watch these video tutorials:

https://www.ufv.ca/eslfiles/edtech/exams_common/UUP.htm

Activation of student myUFV accounts are done through the Office of the Registrar (OReg). Upon acceptance into UFV, students will receive special access to an Application Portal where they will enter in necessary information to set up the initial connection to their myUFV account. Once set up, students can access things such as:

- Applications
- Online payments
- Tax receipts
- Registration
- Student email
- Grades/transcripts
- Parking passes
- Scholarship/bursary applications

Returning Students:

If a student is returning to UFV after stopping for a period of time, they will need to contact [OReg](#) or [ITS](#) to get their account re-setup.

Resetting your myUFV password

You can reset your student account password online at password.ufv.ca. You must have a personal email address registered with UFV for this to work.

If you haven't set up a personal email address or have forgotten the email address, you will need to contact the Office of the Registrar to get your personal email address registered:

<http://www.ufv.ca/admissions/contact/>

Important Dates

Semester 202209	UUP Full	UUP Early	UUP Late
Stable enrolment	Sep 15	Sep 15	Oct 17
Last day for 5% penalty	Sep 5	Sep 5	Nov 5
Last day for 10% penalty	Sep 25	Sep 15	Nov 13
No refund for withdrawals	Sep 26	Sep 16	Nov 14
Fee Payment Deadline	Sep 20		
Last day to withdraw (w/o W)	Oct 9	Sep 25	Nov 20
Final day to withdraw (with W)	Nov 10	Oct 11	Dec 4

If you have questions about tuition deadlines, contact the Office of the Registrar.

Important Reminder:

If you don't plan to complete a course, remember to **withdraw**.

Why?

All registered courses become part of your **permanent academic record**. Not withdrawing from a course you don't plan to complete will bring down your GPA.

Learn how to withdraw from a course online:

<https://ufv.ca/registrar/tutorial-videos/#d.en.998743>

Financial Aid & Awards

The **Adult Upgrading Grant** is available to assist with the cost of books, supplies, and other fees to qualifying students. A grant is money given to a student for educational expenses (it does not need to be repaid).

Grant funding is available for students who meet requirements:

- ❑ Canadian Citizen, landed immigrant or protected person
- ❑ An adult (19+ years of age)
- ❑ Attending a post-secondary institution in BC
- ❑ Enrolled in Adult Basic Education (ABE), English Language Studies (ELS), or the Workplace TASK program
- ❑ Able to demonstrate financial need—**proof of income is required**

Financial Aid & Awards

Applying for the Adult Upgrading Grant

Applications must be submitted four (4) weeks before the start of the program

- ✓ Fill out (type) the AUG form: <https://ufv.ca/upgrading/adult-upgrading-grant/>
- ✓ Sign
- ✓ Submit your application and proof of income (see next slide)
- ✓ Check your student email on myUFV, for confirmation

*If you receive funding from the Adult Upgrading Grant you need to confirm your eligibility by checking your email (myUFV) or with the Financial Aid office located in Student Services.

Financial Aid & Awards

Adult Upgrading Grant application:

Put your application and copies of ALL documentation into an envelope and:

1. Drop off at the Abbotsford campus Financial Aid & Awards drop slot located just past the Student Services doors (B214) below the Student Life info board, OR
2. MAIL to the UFV Financial Aid & Awards office:

University of the Fraser Valley
Financial Aid and Awards – CEP
45190 Caen Avenue
Chilliwack, BC V2R 0N3

Note: DO NOT email your application. In the case additional information is required, you will be contacted by phone or email

Textbooks

You will receive the book list of required textbooks from your instructor the first day of class. If you're approved for the Adult Upgrading Grant, funding for books may be included.

Textbooks are also listed on the bookstore site:

<http://ufv.bookware3000.ca/Course/campus>

To buy used textbooks visit Books2go:

<http://www.books2go.ca/ufv-used-textbooks/>

Or Amazon:

https://www.amazon.ca/New-Used-Textbooks-Books/b?ie=UTF8&node=15115321&ref_=sd_allcat_tb



HOW TO PLAN YOUR ONLINE CLASS HOMEWORK AND REDUCE ANXIETY

GET A TIME OVERVIEW

Print or draw up a calendar of the semester's weeks

It is natural for the beginning of the semester to be lighter in content than the end. Adjust your work and social plans accordingly.

MASTER LIST CLASS EXPECTATIONS

**Make a list of readings,
posting frequency,
assignments and tests for
each class**

Make the list by consulting a grading rubric if available. Itemize what is all needed to get a high mark. You can always adjust your approach if needed for a full schedule at the end of semester if necessary.

PACE YOURSELF

Match up each reading, writing draft, groupwork session, and posting with a time slot

Frequent small work sessions are the most realistic for staying on top of your homework. Try to schedule something specific every day. (ie. read pages 34-38 and take notes, write a 300 word draft, etc)

WORK WITH YOUR WORK STYLE

Consistency is key to success. Take advantage of natural focus times to knock off a few more items.

You can tell when you're on a roll. Use those times to get something extra done, but stop before burnout becomes a concern. As well, don't wait for inspiration to strike. Do your homework as you've scheduled.

TAKE IT ONE DAY AT A TIME

The smaller micro assignments you break your work into, the easier they will be to achieve.

Once you are done your homework for the day, give yourself a reward. Go for a run, walk the dog, make a tea, watch some Netflix. Let tomorrow's homework wait until tomorrow. This is a marathon, not a sprint.

Concerns? Stay calm. Email your instructor. Post a question for your classmates in the discussion board. Have a great semester!

Eduroam Wifi & UFV Alert



Eduroam is a collaborative network that provides current students, faculty, and staff with fast, secure, and reliable access to wireless services on UFV and other participating campuses.

UFV Alert is an alert system where students and employees can sign up to receive important information and instructions during an emergency. You can register your email and phone number to receive messages by voice, text, and email. If you want to receive these messages, sign up: <http://blogs.ufv.ca/urgent-news/sign-up-for-ufv-alert-emergency-messages/>

COVID-19 Updates at UFV: <https://blogs.ufv.ca/urgent-news/>

UFV Mobile App

Search "University of the Fraser Valley"
in Google Play or Apple App Stores.



Get personalized academic info

- View your courses & schedule
- Check your grades
- Connect to your BlackBoard (myClass) student account
- Book an appointment with the Advising Center
- ...and more!

Stay connected to campus services and activities

- Check shuttle bus schedules
- View GPS campus maps: find your way around campus
- Connect to Student Services
- Connect to Emergency Contacts
- ... and more!

Pay Parking

Visit <https://www.ufv.ca/parking/pay/> for more parking information

METERS:

Students can pay by two-hour increments at meters, or by phone using a credit card. To pay by phone, call: **1-866-234-7275**

E-PERMITS

To register for an e-permit go to your myUFV student account and follow the instructions to register your vehicle license plate.

E-Permits can be purchased in weekly increments by credit card. Using an e-permit is the most economical parking option for full-time students.

HOURLY PARKING RATES Abbotsford/Chilliwack campuses

TIME (hours)	COSTS
2 hours	\$2.00
4 hours	\$3.00
6 hours	\$4.00
8 hours	\$5.00

Sustainable UFV



Waste Stations

- Compost
- Mixed Recycling
- Refundables
- Landfill

UFV strives to see that waste is managed in a responsible and sustainable way, minimizing its potential impact to the planet, and reducing the amount of waste that ends up in a landfill. It starts with you!

Sustainable UFV

STOP! Is your item...
Organic? Refundable? Recyclable?



LANDFILL

Plastic bags/wrap
Chip bags
Candy wrappers
Styrofoam

STOP

Are you sure it belongs in landfill?

ORGANICS

Food waste
Paper towels/Napkins

COMPOSTABLE materials from:

Dana Hospitality LP

STOP

Does the item read "COMPOSTABLE"?

**REFUNDABLE
BEVERAGE CONTAINERS**

Empty plastic bottles
Empty pop cans
Empty juice boxes

STOP

Does it belong in mixed recycling?

**MIXED
RECYCLING**

Empty Tim Hortons/Starbucks cups
Plastics (#1,2,4,5)
Paper, Newspaper & Cardboard
Glass and tin cans

STOP

Does it belong in organics?



www.ufv.ca/sustainability/

Smoke-free UFV



What is prohibited?

Smoking, inhaling, exhaling, burning, vaping, or carrying lit smoke products including tobacco, cannabis, or any other substance, including, but not limited to: cigarettes, cigars, pipes, and e-cigarettes is strictly prohibited on UFV premises, except where an exemption to this policy has been applied for and granted.

Computer Labs

If you do not have access to a printer, the following computer labs are open with physical distancing measures in place:

Abbotsford:

Building D, Room 226 is open

Building G, Room 210 is open

Chilliwack:

Building A, Room A1202 (enter through the side hall entrance not the library)



Safe Student Community

The University of the Fraser Valley is committed to providing a civil and safe environment that is respectful of the rights, responsibilities, well-being, and dignity of all its members.

Check out their website for information about:

- Student rights and responsibilities
- Behaviors that may be subject to intervention or discipline
- Process to report allegations of disruptive behaviors
- Report such behaviors
- Student services



Campus Card: Visit <https://www.ufv.ca/campuscard/>

Your Campus Card is your university ID, and so much more! Load your card to print, or to grab a meal or much needed coffee. You can also use your card to check-out library resources, or hop on the shuttle between Chilliwack, Abbotsford, and Langley. If you plan to use your campus card for the shuttle, make sure you **visit the Student Union Society office for a UPASS sticker.**

Where to get it:

Abbotsford: Student Union building (room S1101)

Chilliwack: A0006

Hope Centre: Students can pre-book appointments for their card by calling 604-869-9991 or emailing michelle.vanderpol@ufv.ca

UFV Open campus

UFV campuses are open to the public and students from other program areas and campuses.

Please be sure to **secure personal belongings**. There are no guarantees for the safety of your personal belongings if you leave them unattended.

For campus updates regarding COVID-19, visit: <https://www.ufv.ca/coronavirus/>



Campus Security

1-855-239-7654

SecurityOperationCentre@ufv.ca



UFV's Security Centre is open 24 hours per day. The mission is to make sure UFV's campuses feel safe and secure to everyone

Safewalk Program

UFV's Safewalk program is available 24/7 to any member of the UFV community who would like an escort to any location on our campuses. You can book your Safewalk escort ahead of time, or at a moment's notice — security is happy to help either way.

Report an Incident

Incidents occurring on any UFV campus, at any time of day or night, are to be reported to Campus Security within 24-hours. Visit www.ufv.ca/risk-and-safety/report-incident/ for more information

Student Services



Contact Us

Advising

Academic Advisors can help you plan your educational journey.

Centre for Experiential & Career Education

Receive assistance with your resume and cover letter, find out tips for starting your job search, and schedule a mock interview.

Access [CareerLink](#) to book an online Career Coaching Appointment and browse job postings.

Counselling

Get help to explore your education options and learn study skills.
Get crisis support and assistance with personal issues.

Academic Success Centre

Need help with course material or adjusting to the academic lifestyle? Get **free tutoring** at the ASC from experienced peer tutors. **All appointments are currently being offered online.**

Receive help with:

- writing techniques
- citation styles
- subject area material
- study practices
- exam preparation
- or other academic inquiries

Locations:

Abbotsford: Room G126

CEP: Room A1212



Math & Stats Centre

Free online Math support

Many students find the UFV Math and Stats Centres to be great places to meet with classmates and work on their mathematics and statistics together.

Locations

Abbotsford: Room G161

Chilliwack: Room 1212a (inside the library)



<https://www.ufv.ca/math/math-stats-centre/>



The Math & Stats Centre is a great place for students to study mathematics and statistics individually or in groups, and get help from a faculty member or a student monitor.



UFV Math & Stats Centre promotes mathematics and statistics, and offers student employment.

Assessment Services

Assessment Services also offers [placement tests](#) to UFV students that assess your knowledge and skills level in order to help you find courses and programs that match your abilities and needs. Take an assessment in reading, writing, or math.

See website for updates.



www.ufv.ca/assessment



Locations

Abbotsford: S3125

Contact

Questions? Send an email to assessinfo@ufv.ca.

Centre for Accessibility Services



Register for support



Volunteer



See an advisor

What the Centre for Accessibility Services do for you?

The Centre for Accessibility Services (CAS) operates as the central contact point for students with disabilities at UFV. Our office focuses on providing accommodations and services to help meet academic demands, while promoting student responsibility and self-advocacy. Appointments are being offered online, see website for details.

Indigenous Student Centre

Abbotsford: Student Union Building, Room S1113

Chilliwack: A Building, Room A1441

Self-identified First Nations status & non-status, Métis or Inuit students can enjoy the easy-access cultural and academic support and resources and friendly, home-away-from-home environment of the Indigenous Student Centre.

Cultural events are open to all students, and include craft sessions, lunches, circle meetings, Elder visits, workshops, welcoming ceremonies, and other activities on and off campus.

Visit the Indigenous Student Centre website for more details.



Dogwood Diploma

(Adult highschool graduation)

Didn't finish high school?

Now you can! Book an appointment to discuss your options. It can be as simple as taking the following courses:

- ✓ Grade 12 English or higher
- ✓ Math 11
- ✓ Three grade 12 or university-level courses



Questions?

We'd love to hear from you!

Email: upgrading@ufv.ca

Call: Chwk: 604-795-2807

Abby: 604-854-4578

Visit: ufv.ca/upgrading



Get connected!

Like us on Facebook or follow us on Instagram...



www.facebook.com/ufv.uup



www.instagram.com/uup_at_ufv