Student Orientation
Winter 2021 online
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
January 6\textsuperscript{th}

Sign in to your online class:
1. Go to \url{www.myclass.ufv.ca}
2. Enter your student number and your myUFV password

Need help?
1. See next slides: myUFV account, re-setting myUFV password
2. Watch these video tutorials: \url{https://www.ufv.ca/eslfiles/edtech/exams_common/UUP.htm}

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

https://my.ufv.ca
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/

www.ufv.ca/its/learn/myufv-faq/login/
# Important Dates

## Winter 2021

<table>
<thead>
<tr>
<th>Semester 202101</th>
<th>UUP Full</th>
<th>UUP Early</th>
<th>UUP Late</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stable enrolment</td>
<td>Jan 22</td>
<td>Jan 15</td>
<td>Mar 11</td>
</tr>
<tr>
<td>Last day for 5% penalty</td>
<td>Jan 5</td>
<td>Jan 5</td>
<td>Mar 2</td>
</tr>
<tr>
<td>Last day for 10% penalty</td>
<td>Jan 22</td>
<td>Jan 15</td>
<td>Mar 11</td>
</tr>
<tr>
<td>No refund for withdrawals</td>
<td>Jan 23</td>
<td>Jan 16</td>
<td>Mar 12</td>
</tr>
<tr>
<td>Last day to withdraw (w/o W)</td>
<td>Feb 7</td>
<td>Jan 23</td>
<td>Mar 18</td>
</tr>
<tr>
<td>Final day to withdraw (with W)</td>
<td>Mar 10</td>
<td>Feb 8</td>
<td>Apr 6</td>
</tr>
</tbody>
</table>

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

[https://www.ufv.ca/registration/deadlines/](https://www.ufv.ca/registration/deadlines/)
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**

[www.ufv.ca/fineaid/](http://www.ufv.ca/fineaid/)
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/](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.

[www.ufv.ca/fineaid/](http://www.ufv.ca/fineaid/)
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

www.ufv.ca/bookstore
HOW TO PLAN YOUR ONLINE CLASS
HOMEWORK AND REDUCE ANXIETY

https://www.ufv.ca/online/student-centre/tips-for-success-as-an-online-learner/
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.
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.
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)
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/](http://blogs.ufv.ca/urgent-news/sign-up-for-ufv-alert-emergency-messages/)

**COVID-19 Updates at UFV:** [https://blogs.ufv.ca/urgent-news/](https://blogs.ufv.ca/urgent-news/)

[http://www.ufv.ca/its/eduroam/](http://www.ufv.ca/its/eduroam/)
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!

https://www.ufv.ca/mobile/
Pay Parking

**Pay Parking and all Parking Fees will be suspended for Faculty, Staff and Students for the 2020 Fall Semester**
Visit [https://www.ufv.ca/parking/pay/](https://www.ufv.ca/parking/pay/) for Winter 2021 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](chart.png)

**HOURLY PARKING RATES**
*Abbotsford/Chilliwack campuses*

<table>
<thead>
<tr>
<th>TIME (hours)</th>
<th>COSTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 hours</td>
<td>$1.00</td>
</tr>
<tr>
<td>4 hours</td>
<td>$2.00</td>
</tr>
<tr>
<td>6 hours</td>
<td>$3.00</td>
</tr>
<tr>
<td>8 hours</td>
<td>$4.00</td>
</tr>
<tr>
<td>10 hours</td>
<td>$5.00</td>
</tr>
<tr>
<td>12 hours</td>
<td>$6.00</td>
</tr>
</tbody>
</table>

**www.ufv.ca/parking/**
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!

www.ufv.ca/sustainability/
Sustainable UFV

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

LANDFILL
- Plastic bags/wrap
- Chip bags
- Candy wrappers
- Styrofoam

ORGANICS
- Food waste
- Paper towels/Napkins

COMPOSTABLE materials from:
- Dana
- University of Fraser Valley

REFUNDABLE BEVERAGE CONTAINERS
- Empty plastic bottles
- Empty pop cans
- Empty juice boxes

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

STOP
- Are you sure it belongs in landfill?
- Does the item read "COMPOSTABLE"?
- Does it belong in mixed recycling?
- 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.

https://ufv.ca/smoke-free/policy/
Computer Labs During COVID-19

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 closed for students

**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

[www.ufv.ca/safe-student-community/]
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)
Hope Centre: Students can pre-book appointments for their card by calling 604-869-9991 or email michelle.vanderpol@ufv.ca for more information.

https://www.ufv.ca/campuscard/
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/
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/](http://www.ufv.ca/risk-and-safety/report-incident/) for more information.
Student Services

Advising – Services temporarily online
Academic Advisors can help you plan your educational journey.

Centre for Experiential & Career Education – Online Appointments
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 – Services temporarily online
Get help to explore your education options and learn study skills. Get crisis support and assistance with personal issues.

www.ufv.ca/studentservices/
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

[www.ufv.ca/asc](http://www.ufv.ca/asc)
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)

*Due to COVID-19, the Math & Stats Centre has moved into an online format. See the website for more details.

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

Locations
Abbotsford: S3125

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

www.ufv.ca/assessment
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.

www.ufv.ca/accessibility/
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. **During COVID-19, staff are assisting students virtually, and can be reached by phone or email. See website for contact information.**

www.ufv.ca isc/
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

www.ufv.ca/upgrading
Questions?
We’d love to hear from you!

Email: upgrading@ufv.ca
Call: 1-888-504-7441 ext. 4597
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