



## **Academic Success, Personal Health and International Leadership Development**

2016 Summer Program

*University of Toronto*

Welcome to the Academic Success, Personal Health and International Leadership Development Summer Program at the University of Toronto. This program is aimed at helping university students develop leadership, personal health, communication and business skills, which are essential for their future success.

Over the past 189 years, the University of Toronto has established itself as a world-class research institution with 18 schools and faculties, 13 teaching hospitals, 19 graduate institutions, and 75 PhD programs. Its accomplished alumni include four Canadian Prime Ministers and six Nobel Prize winners. The University of Toronto is Canada's largest educational institution and continues to be the nation's leader in higher learning and research. The University has an annual enrollment of over 84,000 students, including more than 10,000 international students. World University Ranking placed the University of Toronto as the number one university in Canada and the 19th best university in the World in the 2015 – 2016 Time Higher Education.

### **Toronto, Canada**

With a population of over 5 million people, Toronto is Canada's largest city and has a reputation as the safest and cleanest major city in North America. It is consistently ranked as one of the top ten cities in the world in which to live and work. Toronto's multicultural population, which consists of over 100 language groups, makes it one of the most ethnically diverse cities in the world. From "Little Italy" to Chinatown", Toronto's diverse ethnic fabric offers visitors a unique international experience. Toronto's scenic location on the northern shore of Lake Ontario is an ideal point of departure for visits to other Canadian destinations including Niagara Falls, capital city of Ottawa.

### **Program Description**

The goal of this program is to help students develop important technical and "soft" skills needed to be successful in their academic and career endeavors. The program will offer daily classes and workshops in the areas of leadership, personal health, integrative and critical thinking, English communication, and business skills.

This program will also allow students to experience and immerse themselves into the Canadian

culture. Living at the University of Toronto's residence provides students with a unique opportunity to learn about different cultures, live with their classmates from around the world, and practice speaking English. Students will be taking multi-cultural and social activities to explore the Canadian financial centers, local and provincial government agencies, Niagara Falls, the Thousand Islands in Kingston, and much more.

### **Length of Program:**

3 week program: July 10 to July 30<sup>th</sup>, 2016

### **Main topics include:**

#### **Leadership development**

- Developing leadership and corporation skills through organized team sports
- Team Building, Collaborating and Empowering Others
- Decision making and problem solving
- Self-assessment and leadership styles
- Adaptability and never give up determination by team competition activities

#### **Communication & social skills**

- Understanding Group Dynamics
- Communication and Conflict resolution
- Building interpersonal & communication skills through group sports
- Presentation skills
- International business etiquette

#### **Personal health Lifestyle management**

- Stress management and coping skills through physical activity
- Positive thinking and psychology
- Exercise and nutrition tips to improve academic performance
- Maintaining healthy weight and body fat percentage through physical activity
- Learning about exercise training strategies across lifespan to keep youthful enthusiasm.

### **English Communication Development**

Students will be exposed to a wide variety of interactive classroom activities to improve their

English. Students will work in small groups to enhance their English pronunciation, listening and conversation skills. Students will also practice delivering oral presentations and participating in group discussions and debates.

### **Diverse Cultural Experience**

A variety of cultural activities, events and weekend trips are organized for students. Some of the main highlights are listed below

- Toronto's many distinguished art galleries and museums to world-class theatrical and musical performances
- Toronto Harbor front
- Toronto Beach Social
- Excursion and boat to Niagara Falls
- Visit an Ontario Winery
- Canada capital city - Ottawa
- City of Kingston and Thousand Island

Additionally, Students can flexible choose more than 10 extra-curricular activities organized by University after class in the evening.

### **Accommodations**

During the summer months, students can live in the safe and secure environment of the dormitory-style Residence at the University of Toronto's downtown campus.

The residence is located in the center of Toronto, walking distance from most of Toronto's major tourist attractions including Eaton Center, Toronto City Hall, The CN Tower, etc. Each student is offered a comfortable and air-conditioned room with high-speed internet access.

### **Evaluation and Certificates:**

Students will be evaluated based on participation, assignment completion, group presentations and examinations. Students will receive a certificate for the completion of the program from the University of Toronto.

**A typical day for students:**

|                  |                   |
|------------------|-------------------|
| 7:00 - 8:00am    | Breakfast         |
| 9:00am - 11:30am | Morning class     |
| 12:00 - 1:00pm   | Lunch             |
| 2:00 - 4:00pm    | Afternoon class   |
| 6:00 - 7:30pm    | Dinner            |
| 4:30 - 9:30pm    | Cultural Activity |

**Program fee:** 3790 CAD

Includes:

- Tuition fee
- Course materials
- Accommodation
- Some weekend activities
- Airport transfer
- Health insurance

Registration Fee: 300 CAD