



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 188 years, the University of Toronto has established itself as a world-class research institution with 17 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 and the capital city of Ottawa.

Program Description

This course introduces students to important technical and "soft" skills needed to achieve success in their academic studies, personal life, and career. Success is achieved through long, persistent hard work. In order to succeed, our bodies and minds need to perform at optimal levels. We also need to work together with others for ultimate results. Therefore, this course focuses on personal health, leadership development, and effective communication.

In the personal health component of the course, students will learn about practical strategies to keep the mind and the body performing at a high level. In the leadership component of the course, students will be introduced to various leadership styles, and to the different ways these styles can be used to their advantage. Students will also get the opportunity to further develop leadership skills through team activities and sports. The communication component of the course will teach students about effective English communication and personal and business etiquette. As part of the communication development training, students will engage in cross-cultural learning by visiting historical Canadian sites.

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
- Cross-cultural and international business etiquette

Personal health and 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.

Students can also specialize in one of the three areas to further enhance their English communication skills:

1) Business fundamentals

Classes prepare students for the demands of the global business world by focusing on verbal and written communication including: introductions, conversation strategies, negotiations,

participating in meetings, making presentations, improving grammatical accuracy, writing effective emails and using appropriate tone in business correspondence. (Note: A minimum TOEFL iBT 60 or IELTS 5.0 is required.)

2) Academic Fundamentals

This is designed for students who would like to study in a challenging environment and develop the skills that are essential for success at an English Language university.

Students focus on developing critical reading, oral presentation, seminar discussion, note taking, essay writing and research skills through a combination of classroom learning and research. (Note: A minimum TOEFL iBT 60 or IELTS 5.0 is required.)

3) General English

Students focus to develop oral and written fluency and accuracy. Classes use an integrated skills approach aimed to improve speaking, listening, reading and writing skills through a variety of communicative activities including group discussion and role play, as well as the use of authentic materials such as broadcast and print media.

Diverse Cultural Experience

This program will also allow students to immerse themselves in 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 involved in activities to explore the Canadian financial centers, local and provincial government agencies, Ottawa (Canada's capital), Niagara Falls and the Thousand Islands in Kingston. Additionally, Students can flexibly choose more than 20 extra-curricular activities organized by the school after class in the evening. Ultimately, this unique program will enable students to develop essential leadership qualities by immersing themselves in the ultimate English experience.

Length of Program:

July 31th to August 27rd, 2016

Accommodation

During your program stay, students will 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 Toronto Eaton Center, Toronto City Hall and Nathan Phillips Square, The CN Tower, etc. Each student is offered a comfortable and air-conditioned single or double room with high-speed internet and local phone access. Living in residence provides students with a unique opportunity to learn about different cultures, live with their classmates from around the world and practice speaking English.

The residence-dining hall provides students with a comfortable dining area to enjoy the “all you can eat” buffet menu. Students can watch as professional chefs prepare their delicious daily entrees in a unique “display style cooking” kitchen.

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:

7:00am - 8:00am	Breakfast
9:00am - 12:00pm	Morning Class
12:00pm - 1:00pm	Lunch
2:00pm - 4:30pm	Afternoon Class
6:00pm - 7:30pm	Dinner
5:00pm - 9:30pm	Diverse Cultural Activity

Program fee: 4150 CAD

Includes:

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

Registration Fee: 300 CAD