

# Strive to Thrive

## Career Tips For Ted Rogers School Students

These reports leverage the expertise of BCH staff to share best practices for students & alumni.

### Building Mental Health Resiliency

**Need a Boost? Need to Improve Your Grades? Take a Look.**

School is hard sometimes. But learning better, feeling better, and doing better is possible.

### What is Thriving in Action?

*Thriving in Action* is a Ryerson University initiative designed to help struggling students learn how to thrive, academically and personally. *Thriving in Action* is open, fluid, non-linear, and expansive with the aim of offering room to explore and play. It isn't intended as a step-by-step course, as one size fits all, or as a one-stop-shop of resilience skills. Rather, it's an uplifting, online guide-on-the-side for when school life might feel challenging, lonely, or confusing.

In addition to sessions being offered in each Fall semester, they also make their resources available online at [tia.ryerson.ca](http://tia.ryerson.ca), a holistic resilience e-library.

In this program, you will learn how to:

- Build motivation and optimism
- Be more self-compassionate
- Be more resilient
- Manage your time more effectively
- Take better notes in class and study effectively
- Do well on a test



This program has been running for four years now, and its graduates are reporting:

1. Better grades
2. Improved Confidence
3. Deepened connection to the campus community

### Did You Know?

This Ryerson program has been so successful, it is now being implemented at more than 35 Universities and Colleges across Canada!



## What to Expect

This resilience resource is organized around 12 themes, each ending in “-ness.” Each of these “-nesses,” from 'appreciativeness' to 'skillfulness', represent a window into a range of skill-building exercises around a disposition, or way of being, that a student who wishes to thrive may choose to explore.

*Thriving in Action Online* is an open, flexible resource. You can explore it in order, one lesson, activity, exercise, or reflection after another, following the laid out sequence. Or, you can jump around, picking and choosing and practicing what you like in any order. Each component is both self-contained and connected to what comes before and after.



## Student Profile



*Thriving in Action* taught me about setting healthy boundaries for myself, and learning about taking care of mental health and doing well in school. The website teaches methods on how to set healthy boundaries. I often have trouble balancing my health and school and once school is done I feel guilty for not taking care of myself. This course provides the skills required to do well in school and take care of your health, and overall how to achieve greatness.

3rd Year Criminology Student

**SELINGÜL YALCIN**



## Free Resources



### Thrive TMU Site

Email [thrivinginaction@ryerson.ca](mailto:thrivinginaction@ryerson.ca) to sign up for Thriving In Action. Find more resources and information at the Thrive TMU website [here](#).



### Mental Health Centre

Find resources to help yourself and others on campus, in our communities, and online [here](#).



### Academic Success Centre

Train to learn effectively with the Academic Success Centre. Find more information on Tutoring, Tip Sheets, and more [here](#).

### Business Career Hub Bootcamps

Consider taking a few free bootcamps offered by the BCH on topics like 'Having Courageous Conversations', 'Personal Branding', and 'Emotional Intelligence'. Information on bootcamps can be found [here](#).

### SMASH Ryerson

The SMASH pamphlet is a curated online go-to mental health resource guide for Ryerson students by Ryerson Students. It includes a compilation of all free resources available to Ryerson. Find resources [here](#).

## Visit the Business Career Hub

### Employer Events

The BCH hosts several employer events to prepare you for your professional career. Refer to your weekly 'BCH Careers Newsletter' for a list of upcoming events.

### Bootcamps/Prep Programs

Advance your technical and soft skills, earn digital badges, and gain an advantage in today's workforce through bootcamps. [Click here to register for current bootcamps](#).

### Coaching & Mock Interview

For career coaching, interview prep and more, [schedule a 1:1 appointment](#) with a Career Consultant or a Co-op Coordinator.



### Career Consultant Contributor Olivia Baratta

Olivia is a Career Consultant and TRSM Alumni, with 9+ years of experience in the hospitality, real estate and academic sectors. She brings her passion for building meaningful experiences for her clients to develop and showcase their unique brand.



### Student Contributor Alia Khan

Alia is a 3rd Year Global Management Studies student working part-time at the BCH. She is a Top 200 student, Co-President of Enactus Ryerson, and is passionate about social ventures.