This week Inside OISE @ Home Edition features an initiative supported by OISE graduate students Gabrielle Simmons and Kaitlyn Corlett from the Adult Education and Community Development program in LHAE. Check out how they are paying it forward to the University of Toronto student community through Stories from a Distance!

Please continue to share your updates with us! We want to know what’s happening with you and the OISE community. Be well and stay well.

Supportive Resources

Telepsychology Intervention Program
The OISE Psychology Clinic is offering a telepsychology intervention program to provide support for parents with children at home during COVID-19. This four-week program will help parents find ways to improve and manage behavioral issues and help their children increase levels of motivation, effort and attention when doing school work at home. Other areas that may be addressed include: coping strategies while dealing with restrictions during this pandemic, decreasing anxiety and improving well-being through the use of mindfulness, relaxation and breathing strategies.

The intervention program will conducted by student-clinicians under the supervision of registered psychologists. The cost of this service is $100.00 for each session.

Resources for Families with Children Learning from Home
The OISE Library has compiled a list of licensed and free online resources to support families with children who are learning from home. The resources include educational podcasts, documentaries, digital books and more.

COVID-19 Self-isolation & Quarantine: What you need to know
In an effort to limit the risk of infection and potential harm to others, U of T’s HR and Equity team have posted a Homewood Health fact sheet as a knowledge-resource amid the COVID-19 pandemic. This resource outlines the difference between self-monitoring, self-isolation, and quarantine, as well as potential symptoms to look out for. Check out the link below to learn more!

Maintaining Physical Wellness
HR & Equity’s Commitment to Physical Well-being
HR & Equity have posted online resources for maintaining physical wellness during quarantine. Check out their website to explore a range of activities, including daily workouts, stretches and tips on how to manage stress and anxiety.

Daily Workouts and Classes Offered with #UTrain
Looking to stay active during quarantine? U of T’s Faculty of Kinesiology & Physical Education are offering daily online workouts and classes! Check out their website below to access a complete class schedule.

Webinars & Events
The Center for Leadership & Diversity

Janelle Brady, Ph.D. from Social Justice Education will be moderating a webinar with OISE U of T Black Faculty in Conversation. Be sure to check it out!

“Addressing Anti-Black Racism in Education”

Date: Tuesday, May 26th
Time: 5:30 PM - 7:30 PM

Learn More

Drop-in Library Sessions

Getting started on your spring assignments? Chipping away at an existing research project? OISE Librarians are here to assist with all your unique research needs, including planning a comprehensive literature search, refining a complex search strategy, troubleshooting library databases, or managing your citations.

Emily Hector, Instruction and Public Services Librarian, will lead four drop-in sessions over the coming weeks. Check out the free drop sessions via Zoom during any of the times listed.

We hope to see you there!

OISE Alumni & Friends Series

Dr. Shelley Murphy, Professor in the department of Curriculum, Teaching and Learning, will be facilitating a wellness webinar about the science and practice of mindfulness for strengthening parts of the brain that govern emotion regulation, attention and resilience to stress.

Webinar: Mindfulness Practice as a Training Ground for Resilience

Date: Wednesday, May 27th
Time: 11:45 A.M. to 12:30 P.M.

Learn More

Health and the Environment

Thank you during National Nurses Week!

In honour of all nurses and healthcare professionals, including current student Helen Taabu from Social Justice Education as well as OISE alumna Cathy Crowe (MEd ’92) Street Nurse and Order of Canada recipient for decades of work combating homelessness in Toronto and across Canada.

OISE appreciates all the health professionals who are working tirelessly to keep our community safe during this difficult time. We value and appreciate your care and service!

Technology and Social Change

Saving Trees?

Recent events have cast a light on economic impacts on the environment. They prompt us to consider how our lives and our environment may be transformed when social forces meet technological advances. Education Commons takes a look at the Benefits of Paper-light Working and Telecommuting.

Check out the story on the Education Commons website.

Have a story you would like featured in the Inside OISE @ Home? Share it with us!

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