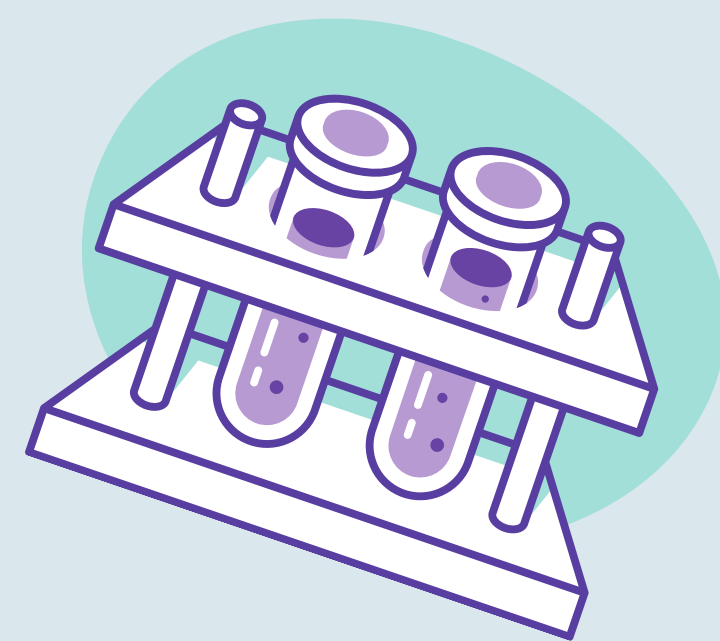




WELCOME!
LET'S MAKE SURE
YOU START
RIGHT

Excited to work on your thesis?



MODULES (PHD REQUIREMENT)

- Opportunities to learn about research or participate in professional development in the Department
- Four are required
- Offered on a rolling basis (often in the summer)
- Dr. McPherson or other professors email the Department about the modules – be sure to sign up quickly as spots are limited!
- Examples include:
 - The Effects of Cannabis on Driving (Dr. Brands)
 - Clinical Pharmacology (Dr. Lanctot or Dr. Swardfager)
 - PET Neuroimaging (Dr. Meyer)
 - Historical Landmarks in Drug Metabolism (Dr. Riddick)

COURSES (PHD REQUIREMENT)

- Opportunity to learn about an area outside your research to give you breadth of knowledge
- All students are required to take Graduate Pharmacology (PCL1002Y)
- In addition to PCL1002Y, you need one full-year course (or two half-year courses)
- Ask your lab/other students for suggestions on courses or check out course options on ACORN
- Examples include:
 - PCL1004Y: Clinical Pharmacology
 - CHL5201H & CHL5202H: Biostatistics I & II
- You may need approval to enroll in the desired course from your PI and Committee
- If you take a collaborative program, your course requirements for the program can count toward this degree requirement
- If you're interested in a course outside the Department, you should complete this [form](#)
- Register for courses on ACORN

SCHOLARSHIPS & AWARDS

- Visit the Departmental [website](#) to determine our internal deadlines, as they may differ from the funding agency's
- Be sure to give yourself ample time and ask for feedback from expert and non-expert readers
- Attend PGSA peer review workshops to ask questions and gain feedback from graduate students who have received awards
- Make an appointment with the [Writing Center](#) to get feedback on your application
- Depending on the award, you may be eligible for top-ups (e.g. money added onto your base stipend)
- Getting an award is good for your resume, but be mindful that the 'extra cash' only comes from the top-up

	Time Commitment	Competitiveness
CGS Doctoral (e.g. CIHR-D, NSERC-D)		
OGS		
OSOTF & University-Wide Awards		

STATISTICAL RESOURCES

- Some programs/software are free (e.g. Python, R), while others have [discounts](#) for students (e.g. SPSS, SAS) at the UofT library. Note that you'll need to purchase the licenses on a yearly basis
- Check out our [website](#) for stats tutorials (courtesy of Mr. Marcos Sanches from CAMH) and other resources



BECAUSE WHO DOESN'T WANT MONEY IN GRAD SCHOOL?



FUNDING STRUCTURE

Every thesis-based grad student in the Faculty of Medicine receives a guaranteed stipend* that covers living expenses and tuition fees! Your stipend is paid monthly throughout the year, usually at the end of every month. Don't forget to set aside money each month to pay for tuition! It's a good idea to defer your tuition until April (on ACORN) so that you can invest that money and earn interest on it (who doesn't love more money?)

*stipends are only guaranteed for the first 2 years for MSc, the first 4 years for PhD (with an MSc), or the first 5 years for direct-entry PhD or PhD transfers.

	Domestic stipend	International stipend
MSc	Tuition: ~\$8K Living: ~\$22.6K Total: ~\$30.6K	Tuition: ~\$28K Living: ~\$22.6K Insurance: ~\$760 Total: ~\$51.3K
PhD	Tuition: ~\$8K Living: ~\$25K Total: ~\$33K	Tuition: ~\$8K Living: ~\$25K Insurance: ~\$760 Total: ~\$34K

TEACHING ASSISTANTSHIPS

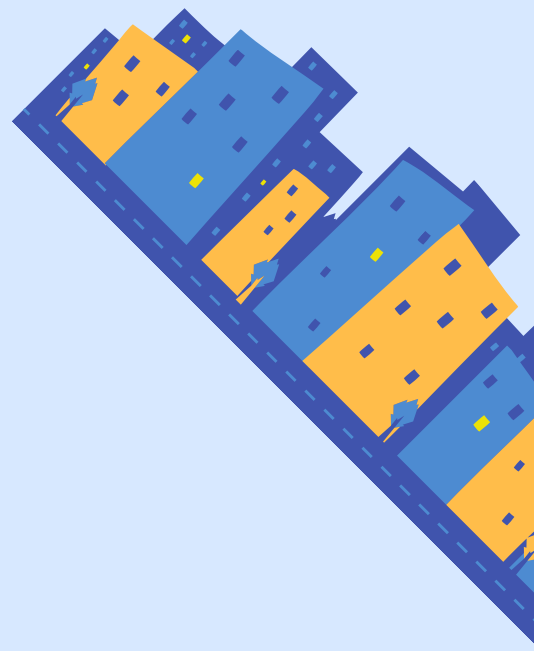
- TA positions are usually advertised in July/August via email from the Department
- Different courses have different numbers of guaranteed working hours and different duties
- All TAs are members of CUPE local 3902 Unit 1. Check out their [website](#) for health benefits that come with union membership, which kick in after 30 hours of TAing!

TAing is a great way to earn some extra cash and practice your teaching skills! Make sure to track your hours and let the professor/instructor know if you go over the hours in your contract. A word of advice... don't overwork yourself with TA duties - your thesis/coursework is your main priority!

SCHOLARSHIPS/ACADEMIC WRITING

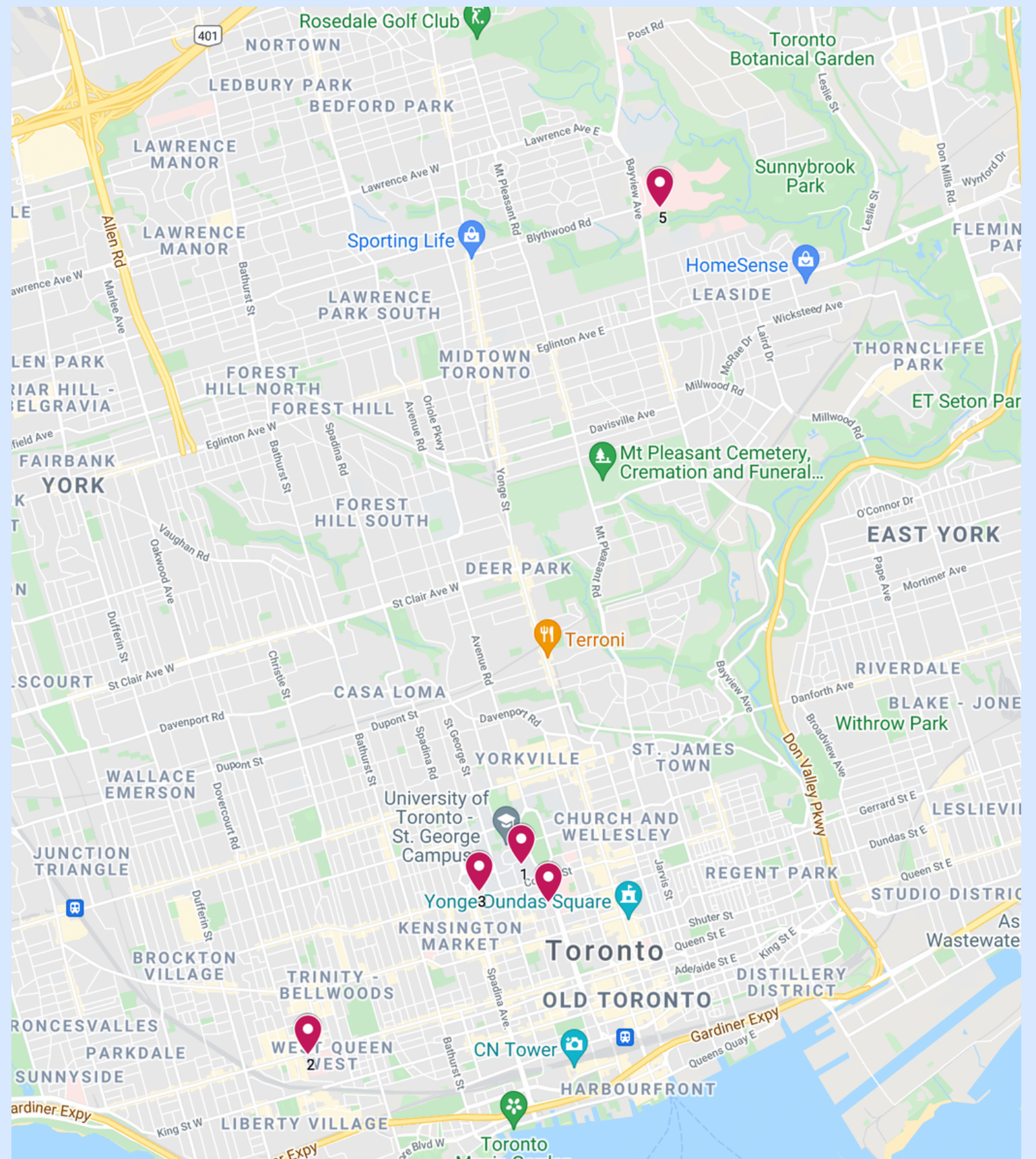
Part of scholarship applications is writing a research proposal for a general scientific audience. It can be tough to include important terms and knowledge without introducing jargon that takes up valuable space! It's a good idea to have someone outside of your field read your proposal, or visit the [Graduate Center for Academic Communication \(GCAC\)](#)! The GCAC holds many writing workshops and drop-in writing help sessions.

New to Toronto? Say no more!



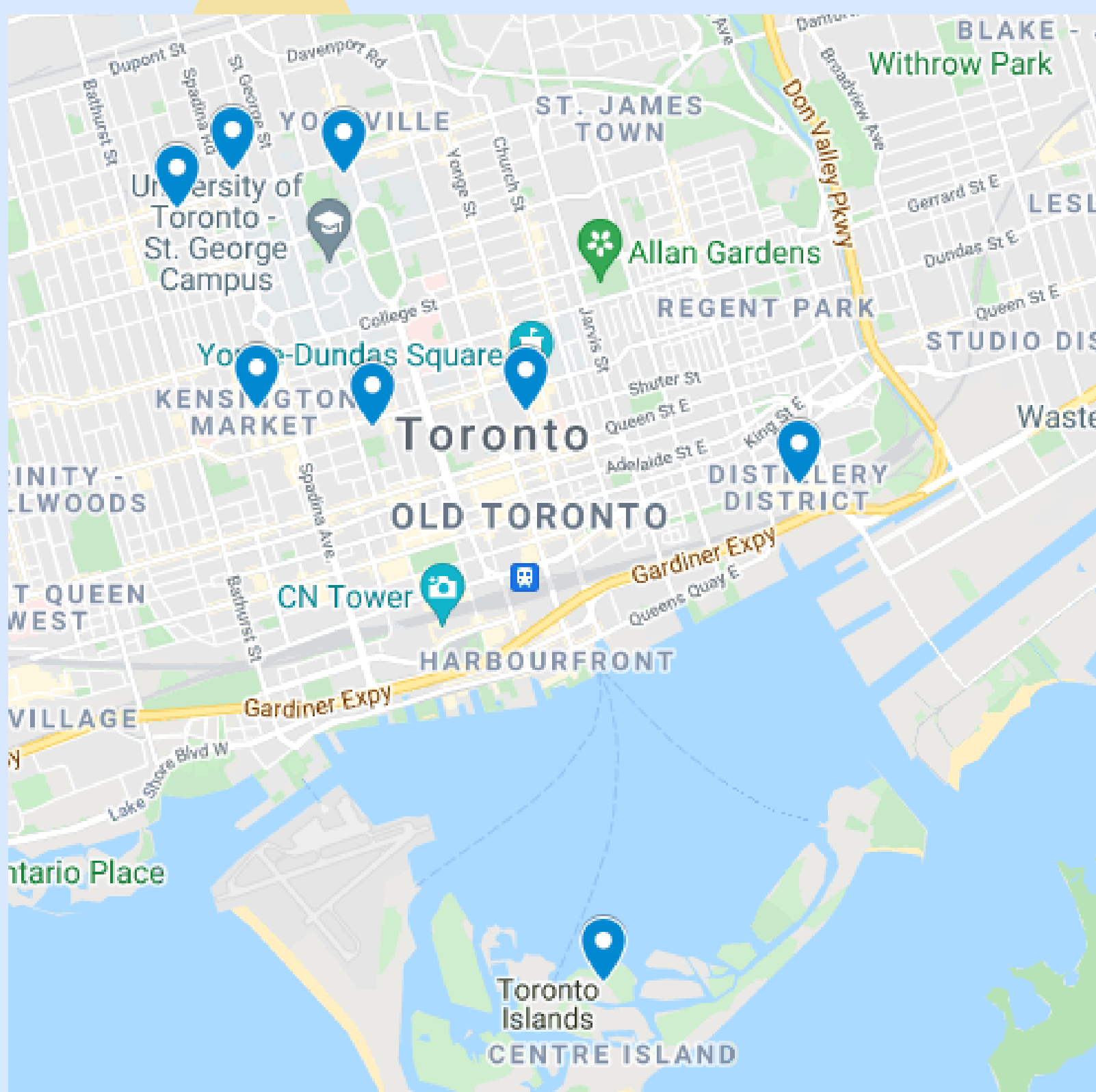
UNIVERSITY & COMMUTING-RELATED INFO

- The Department has labs/affiliations at multiple sites including:
 1. Medical Sciences Building (also referred to as MSB)
 2. CAMH (Queen St. site)
 3. CAMH (College St. site)
 4. Mount Sinai Hospital
 5. Sunnybrook Hospital
- MSB, CAMH, and Mount Sinai Hospital are within walking distance (see map, right)
- If you are commuting between Sunnybrook Hospital and campus, use the free shuttle bus (more info [here](#))
- You can use the TTC to commute in the city on the subway, streetcar, and bus. To use these services, you can purchase a PRESTO card and load money on it or obtain a discounted monthly pass [here](#)



FUN PLACES TO GO

- **Kensington Market:** Hip neighbourhood with a variety of restaurants and boutiques
- **Royal Ontario Museum:** A museum of art, world culture, and natural history (free admission for students on Wednesdays)
- **Future Bistro:** Need cake? Say no more...
- **Madison Avenue Pub (the Maddy):** Have a drink on a patio with some friends!
- **Eaton Centre:** Is it snowing? No worries, go to the mall!
- **Art Gallery of Ontario:** Home to over 90,000 works of art!
- **Toronto Island Park:** Catch a ferry, water taxi, or canoe/kayak to the islands yourself!
- **Distillery District:** Has a Christmas market during the holiday season!










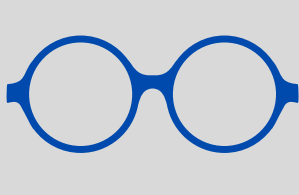
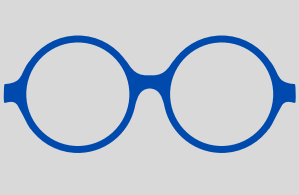


INTERNATIONAL STUDENTS



WelxoHere are useful tips to get you started!

HEALTH INSURANCE

Every international graduate student will automatically be enrolled in the University Health Insurance Plan (UHIP) and a supplementary (health and dental) plan through the UTGSU. These health plans cover a portion of hospital and medical services costs in Canada. If you are a TA and your contract is +30 hours, you also have an additional top-up plan via CUPE.

UHIP	Health and Dental plan (GreenShield)	CUPE Top-up plan
Hospital visits 	Prescription medicine 	Prescription medicine 
Physician services 	Dental 	Dental 
Laboratory tests 	Vision 	Vision 
	Psychologist, physiotherapy 	Travel 
See CIE website for more information	See studentcare.ca for more information	See cupe3902.org for more information

We highly recommend attending one of the CIE information sessions on health insurance plans for international students. These workshops can be found at CLNX.utoronto.ca.

IMPORTANT!

- Keep your UHIP card and GreenShield number with you to avoid paying costs upfront
- Travel coverage does not cover health costs in your country of origin, so make sure you have health insurance while travelling home

TAXES

- The Canadian government [website](#) explains the details of the tax filing process
- CIE [information sessions](#) provide information and resources
- Virtual/in-person free tax clinics that help you file your taxes can be found [here](#) and [here](#)

TIP! Your tax slips (noted as T(####) slips) can be found on [ACORN](#) under Tax Forms

SCHOLARSHIPS

Not every scholarship is available to international students. View the Department's [website](#) to see a list of scholarships, their deadlines, and eligibility criteria (e.g., citizenship status). Major scholarships for international students include:

- Vanier Canada Graduate Scholarship (extremely competitive!)
- OGS scholarships (note: different deadline from domestic!)

MENTAL HEALTH RESOURCES



Graduate school can be stressful, but always feel free to reach out for help! Here are some resources to support you; those marked with * are available 24/7 and free. For other resources, please visit our [website](#)!

[Good2Talk Helpline: 1-866-925-5454](#) or text GOOD2TALKON to 686868

- A confidential helpline providing professional counselling. Information and referrals are provided for mental health, addictions, and well-being to post-secondary students in Ontario*

[My Student Support Program \(My SSP\): 1-844-451-9700](#)

- A confidential service offered to UofT students with immediate and/or ongoing concerns, where students can chat with counsellors over the phone or through text. This support is available in various languages to better support international and ESL students*

[UofT Health & Wellness](#)

- Health services for mental and physical health, wellness programs, community resources, and more!

[Toronto Distress Centre Hotline: 416-408-HELP \(4357\)](#)

- Offers emotional support, crisis intervention, suicide prevention, and linkage to emergency help when necessary*

[Accessibility Services](#)

- Assist in navigating disability-related barriers to academic success at UofT for students with ongoing or temporary disabilities.

PROFESSIONAL DEVELOPMENT

It's never too early to explore potential career paths and connect with industry professionals! Here are some resources to get you started!

[MyIDP Science Careers:](#) Explore possible science career options based on your skills, interests, and values for free

[MyGPD \(by the SGS Centre for Graduate Professional Development\):](#) A variety of offerings to work on skills for communication, teamwork, teaching, and research

[Mitacs EDGE:](#) Free asynchronous and synchronous professional development workshops for graduate students. Create an account [here](#)

STUDENT GROUPS

Want to join student groups to connect with your peers, organize awesome events and initiatives, or gain support? Say no more!



Pharmacology Graduate Students Association (PGSA): Yes, we're tooting our own horn! We're a student-led association that strives to support graduate students and postdocs in the Department through academic, social, professional development, and philanthropic initiatives. We have many events throughout the year, so be sure to come out!

Sunnybrook Research Institute Student Network: A graduate student-run group at Sunnybrook whose mission is to encourage and foster relationships amongst the greater graduate student population at Sunnybrook. Reach out to them at sri.studentnetwork@gmail.com!

UofT Coders: Students and researchers dedicated to learning and sharing coding techniques and knowledge

Life Sciences Career Development Society (LSCDS): As the largest and only Temerty Faculty of Medicine-recognized career development society, their goal is to introduce potential career paths for graduate students and postdocs in the life sciences

Graduate Representation Committee (GRC): A group of graduate students from the Faculty of Medicine who are passionate about student rights, student mental health and wellbeing, and fighting for adequate graduate funding. They hold bi-monthly meetings to discuss all student-related topics. Reach out to them at grc.facmed@utoronto.ca!

Graduate Management Consulting Association (GMCA): A student-led association that offers programs to educate, train, and connect graduate students and postdocs in different facets of management consulting



Good luck!

Interested in joining the PGSA? Be sure to come out to our by-elections this month!



pgsa.toronto@gmail.com



pgsa.sa.utoronto.ca