ArriveUTSC Schedule Winter 2024
Wednesday (In-Person) Cohort 5:15 - 6:45 pm OR Thursday (On-line) Cohort 11:00 am   12:30 pm

		Mon	Tues	Wed		Thurs	Fri	Sat	Sun	Topic
Week 1	Jan 22-26	Asynchronous session live on Quercus *(Review prior to synchronous session)*		In-person session 5:15 pm - 6:45pm		Synchronous session on Zoom 11:00 am - 12:30 pm				

| Week 6 | Feb 26 - Mar 1 | | | In-person session 5:15pm - 6:45pm | Synchronous session on Zoom 11:00 am - 12:30 pm | Asynchronous session goes live on Quercus *(Review prior to synchronous session)* | | | -Leading from Strengths & Unpacking VIA Character Strengths Survey
-Active Listening, Holistic Note-Taking & Cultivating Concentration |

Week 7