

New Graduate Student Orientation



Dan Siddiqi

Vice-Provost (Graduate Studies)



Carleton
University

Graduate
Studies

David Lafferty

Professional Development and Outreach Coordinator



Carleton
University

Graduate
Studies

Introduction to Graduate Studies at Carleton



Grad School 101



Academic Development



Professional Development



In Brief: Essential Links

Welcome to **Graduate Studies** at Carleton University!

Graduate school is an adventure, and whether you are entering a Master's or PhD program, you probably have a lot of questions about what lies ahead. Karim Abuawad and David Lafferty, professional development coordinators in Graduate Studies, have created a guide that will answer some of those questions and help you start your journey.

Grad School 101 addresses some of the more immediate and practical questions you might have.

Academic Development answers questions regarding the fundamentals of academic work in research and writing.

GradPD at Carleton

- GradPD mailing list
- Large calendar of PD workshops for all grad students and postdocs
- Trajectories certificates
- Communications competition(s)
- Info on PD resources
- Bookshelf
- 1:1 PD consultations



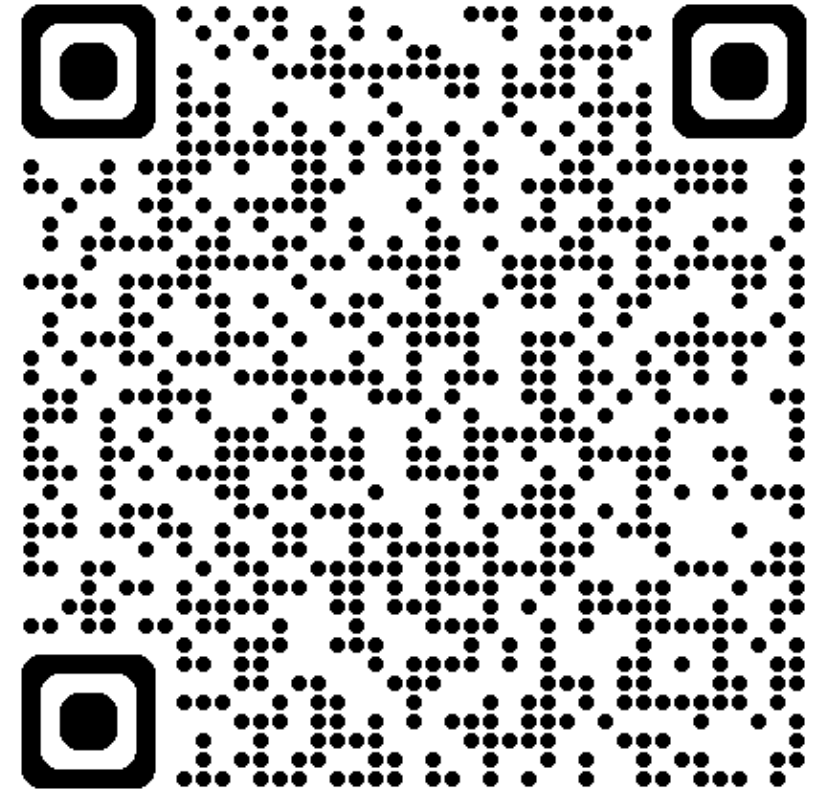
Sign up for our Professional Development email list at <https://carleton.ca/gradpd/list/>

carleton.ca/gradpd

Funding Your Graduate Journey: Awards You Should Know About

Webinar - Thursday, September 4, 2025 from 1:00 pm to 2:00 pm

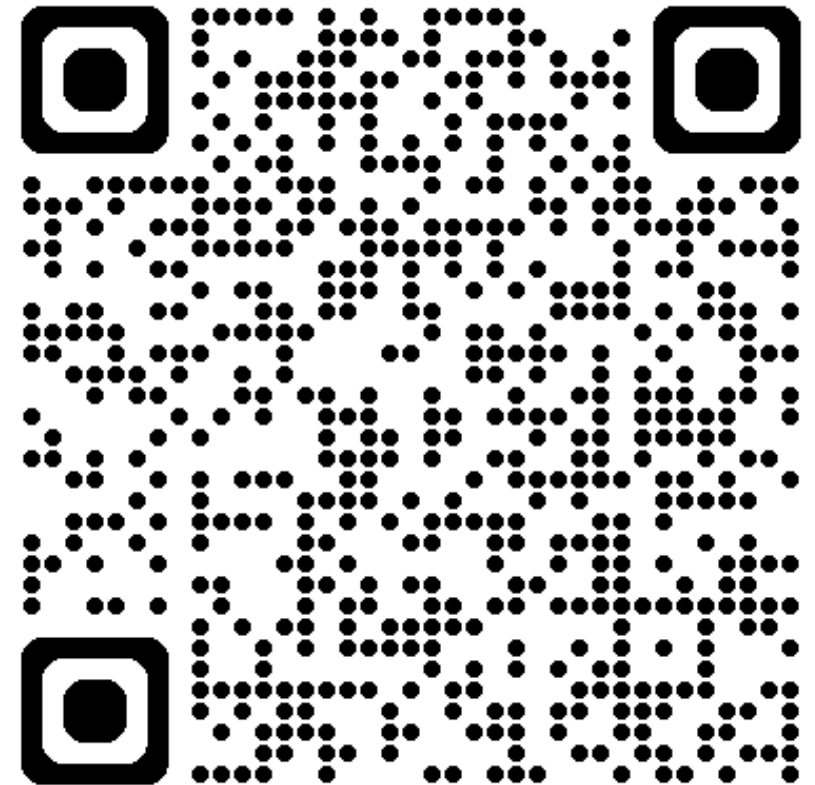
<https://carleton.ca/gradpd/cu-event/funding-your-graduate-journey-awards-you-should-know-about-2/>



Tips for PhD Research Success

Webinar - Tuesday, September 9, 2025 from 1:00 pm to 2:00 pm

<https://carleton.ca/gradpd/cu-event/tips-for-phd-research-success/>



Mike Hildebrand

Associate Vice-Provost (Graduate Student Affairs)



Carleton
University

Graduate
Studies

@gsacarleton



Meet the GSA

September 2025

 @gsacarleton

 <https://gsacarleton.ca>





Graduate Students' Association (GSA)
600 Nideyinàn, Carleton University
(613) 520-6616
gsa@gsacarleton.ca
<https://gsacarleton.ca>
IG @gsacarleton

What Is The GSA?

**By Students
For Students!**

- The **GSA** is an independent student body representing all graduate students (full time and part time) at Carleton University.
- The **GSA** offers a wide range of services to support graduate students.
- The **GSA** advocates for graduate student interests within the university and at the local, provincial, and national levels.
- The **GSA** is a community built by and for grad students. It is your home away from home, where you connect with like minded peers.

**By Students
For Students!**

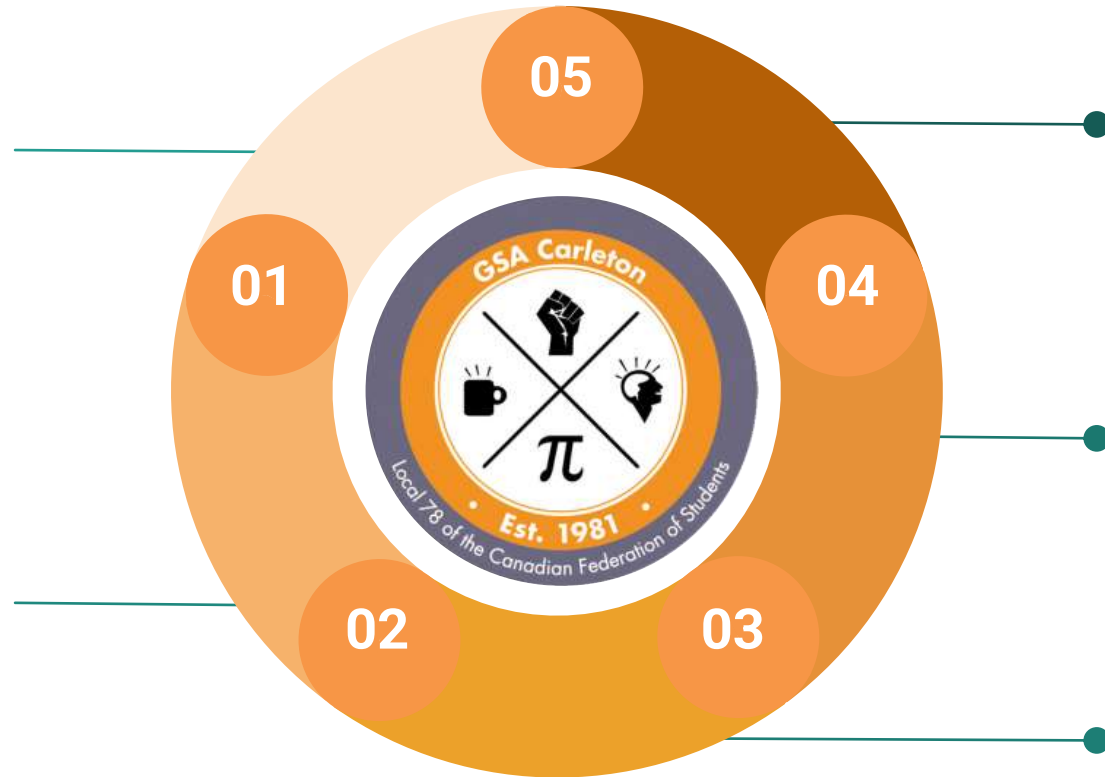
GSA Services

ADVOCACY & EVENTS

- Welcome week
- Community Garden
- Canadian Federation of Students
- Events and free merch

SERVICES

- FOOD HAMPER
- Mike's Place Pub
- GSA lounge
- Board room booking
- Coffee and tea
- Free printing & scanning



GRANTS & AWARDS

- Scholarships
- Grants
- Professional Development Support Program

HEALTH PLAN

- Dental
- Prescription
- Vision

SUPPORT PROGRAMS

- Peer Support Program
- Sexual Assault Outreach Program

Win free
giveaway!

By Students
For Students!



@GSACARLETON



www.gsacarleton.ca



@gsacarleton



[\(613\) 520-6616](tel:(613)520-6616)

Maria Vorobeva

VP Internal, CUPE 4600

CUPE 4600

Representing Contract Instructors,
Teaching Assistants, and Research
Assistants at Carleton University

WWW.CUPE4600.CA



WELCOME

You are a member of the largest union on campus,
and we are glad to have you with us!

As a CUPE 4600 member, you get

- Health benefits
- Protections at work
- Emergency funds
- Better pay
- Protection from tuition increases
- Solidarity



UPCOMING EVENTS



Health Benefits

**Learn about your
Benefits plan.**

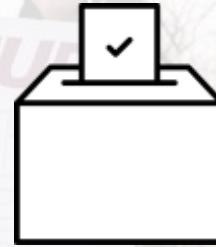
**Sept 10th, 3-4pm
Online workshop**



Potluck Picnic

**Sept. 13,
11am - 2pm**

**Commissioner's
Park, Dow's Lake**



Caucus and Election

**TA Caucus and
Stewards' Election**

**Sept. 17 2-3:30pm
Southam 406**



Letter Writing

**Political Prisoners
From the Palestine
to the Philippines**

**Sept. 17 5:30pm
location TBA**

GET INVOLVED



Mobilization

Meeting every
second Monday,
12pm
Hybrid and room
TBA



GMM

General
Membership
Meeting

November 4th



Town Hall

Presentation about
our bargaining
round

October 16th



Petition

Sign our petition

[www.cupe4600.c](http://www.cupe4600.ca)

a

Maddi Bruining

Academic Relations Coordinator, Office of the Deputy Provost
(Academic Operations and Planning)

MacOdrum Library

David Jackson, Research Support Services

Welcome to MacOdrum Library!

We're excited to see you!

Fall 2025

General Library Information

- MacOdrum Library | Carleton University: <https://library.carleton.ca/>
 - Borrow and Access Materials
 - Loan up to 500 items max for 120 days.
 - Interlibrary Loans
 - Account assistance, connection problems, etc.
 - Access to global collections including medical, science, engineering, arts and humanities
 - Digital articles within 24 hours
 - Research support
 - Scholarly Publishing and Copyright

The Building

- Buildings Hours:
 - Mon -Thurs: 7:30am – midnight
 - Fri: 7:30am – 9pm
 - Sat: 10am – 9pm
 - Sun: 10am – midnight
- Physical Space
 - Silent study space
 - Floors 3 & 5
 - Study rooms
 - [bookable](#)
 - Graduate study rooms, 5th floor
 - first come, first serve

Access to print and e-resources

- Accessing materials: Carleton + Omni Libraries, **Beyond** Carleton +Omni
 - Physical items
 - Chapters, articles
 - Interlibrary Loans
- Digitization Service for Carleton materials
- Hard to locate items?
 - Blank request form
- Harvard Business Review for Educators
- Questions? Contact LibraryServices@cunet.carleton.ca

General Research Support

- In-Person Research Help:
 - Mon-Wed: 10am-6pm
 - Thurs-Fri: 10am-4pm
- Chat or Text help:
 - Mon – Thurs: 10am – 10pm
 - Fri: 10am – 5pm
 - Sat & Sun: 12pm – 6pm
- 1-1 Research Consultations:
 - On Demand
- Library webpages:
 - [Subject Guides](#)
 - [Course Guides](#)
 - [Citation Guides](#)
 - [Research Help](#)
- Contact Us:
 - Subject Specialists:
<https://library.carleton.ca/services/research-help#specialists>
 - General Email: askthelibrary@carleton.ca

Scoping Reviews

- Identify/clarify concepts, definitions, available research, and gaps
- A systematic approach to gathering, sorting, selecting and synthesizing studies
- Akin to a literature review in a thesis
- Stand-alone publication
- Support and tools available to support scoping reviews, systematic reviews and other evidence synthesis methodologies
- <https://library.carleton.ca/guides/subject/systematic-reviews-and-other-knowledge-syntheses>

Scholarly Communication & Copyright Services

Copyright, Author Rights & Agreements

Supporting graduate students as users and creators of copyrighted materials

- Navigating permissions, licenses and use agreements
- Requesting permissions
- Fair Dealing consultation and analyses
- Theses / Dissertations - mandatory deposit support
- Maintaining and managing your rights
- Navigating publisher & author agreements

→ Questions to: Copyright@Carleton.ca

Open Access Publishing & Deposit

Publication support and consultations, including:

- Strategizing publication and research communication activities
- Seeking open access (OA) publishing venues
- Assisting in grant compliance on OA and open data
- Evaluating predatory publishers, journals and conferences
- Providing repository services – for academic research outputs and creative works by Carleton authors
- OA publishing discounts and support

→ Questions to: Open-Access@library.carleton.ca

Resources & Training

Workshops and training

- Copyright, fair dealing & attribution
- Researcher profiles
- Impact metrics & alternatives
- Building research narratives
- Publishing & research communication

Web guides

Research consultations

Research Profiles, Identifiers & Metrics

Increasing profile & availability of research by:

- Using scholarly ID schemes (e.g., DOI, ORCID) for better discovery, citation, metrics & integration
- Consulting on metrics, assessments and use contexts
- Telling your research impact story
- Providing open, persistent access to research works
- Exploring & adapting to changing research modes and outputs

Make your research journey easier - plan ahead!

Email: open-access@library.carleton.ca & Copyright@Carleton.ca

Web: <https://library.carleton.ca/services/scholarly-communications>
& <https://library.carleton.ca/copyright-carleton>

Data Access and Help

- How to access all types of data
 - [Microdata and aggregate data](#)
 - [GIS Data](#)
 - [Government information](#)
- What type of help
 - Quantitative data (SPSS, Stata): dataservices@carleton.ca
 - Qualitative data (including NVivo): qualitativdataservices@carleton.ca
 - GIS data: GIS@carleton.ca



Research Data Management

- Why?
 - To get funding from the Tri-Agencies
 - To defend your research
- Manage your data
 - Includes Data Management Plans
 - Help and consultations: rdm@library.carleton.ca
 - <https://library.carleton.ca/services/research-data-management>
- Data Storage and Repositories
 - Why, where and when to store your data
 - <https://library.carleton.ca/services/data-storage-and-repositories>

Thank you!

MacOdrum Library: <https://library.carleton.ca/>

We're more than books!

Lacey Thompson & Jennifer McPhee

Carleton Athletics

Fitness

September 2025



Fitness Centre



Fitness Centre

- **Hours:** Monday – Friday 6am-10:45pm, Saturday & Sunday 8am-8pm
- **Women Only Hours:** 10am-11:30am
- Lockers available
- Gym Orientation: Book here <https://athletics.carleton.ca/cu-facilities/fitness-centre/>
- Use student card for access

Group Fitness

- **CUFIT (\$100/term)** – Drop in group fitness

Includes: 30+ classes/week

Yoga, Strength, Kickboxing, Zumba, Spin & Circuit Classes

- **Instructional** – Specific fitness programs

Adult Skating, Hockey, Muay Thai, Strength Training, Burlesque & more

CUFIT SCHEDULE					
FALL 2025 (SEPT 2 - DEC 20)					
* SIGN UP REQUIRED SEE CARLETON.CA/BOOKING SCHEDULE SUBJECT TO CHANGE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:05 - 12:55 PM CU CIRCUIT	9:30 - 10:30 AM CU SPIN HIITS *	12:05 - 12:55 PM HATHA YOGA	12:05 - 12:55 PM CU INTRO PILATES *	12:05 - 12:55 PM HATHA YOGA	11:00 - 12:00 PM HATHA YOGA
12:05 - 12:55 PM CU SPIN HIITS *	12:05 - 12:55 PM CU CIRCUIT	12:05 - 12:55 PM CU CIRCUIT	12:05 - 12:55 PM KICKBOXING FUNDAMENTALS	12:05 - 12:55 PM SPIN & YOGA *	
12:05 - 12:55 PM AQUAFIT	5:30 - 6:30 PM KICKBOXING FUNDAMENTALS	6:00 - 7:00 PM ZUMBA	5:00 - 6:00 PM BALLET BARRE COMBO	12:05 - 12:55 PM CU STRONG	
5:30 - 6:30 PM SPIN & STRENGTH *	5:30 - 6:30 PM GLOW YOGA	6:00 - 7:00 PM GLOW YOGA	5:30 - 6:55 PM CU SPIN HIITS *	6:00 - 6:00 PM GENTLE HATHA	
5:30 - 6:30 PM YOGA	6:00 - 7:00 PM CU SPIN HIITS *	6:00 - 7:00 PM CU SPIN HIITS *	6:15 - 7:00 PM CU SPIN HIITS *	6:00 - 7:00 PM ZUMBA	
8:00 - 7:00 PM GLOW ZUMBA			7:15 - 8:15 PM CU CIRCUIT	6:00 - 7:00 PM KICKBOXING FUNDAMENTALS	
7:45 - 8:45 PM BALLISTIC BOXING					

NEW - Pilates Membership



\$75/month for students



Term prices available



11 classes/week



Leagues & Intramurals

September 2025

Intramurals

For Carleton Students Only

Sports Offered

- Soccer
- Basketball
- Volleyball
- Ultimate
- Flag Football
- Dodgeball
- Ice Hockey



Adult Leagues

For Community Members and Carleton Students

Sports Offered

- Soccer
- Basketball
- Volleyball



Intramurals and Adult Leagues Information

To see full schedule of available sports and to register, visit:

rec.carleton.ca



For any additional information or if you have any questions, please email:

leagues@carleton.ca



POOL SCHEDULE

FALL/WINTER 2025-26 (SEPT 1 - APRIL 30)



Carleton
RAVENS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:30 AM FITNESS SWIM SHALLOW ONLY	7:30 - 9:00 AM FITNESS SWIM SHALLOW ONLY	6:00 - 7:30 AM FITNESS SWIM SHALLOW ONLY	7:30 - 9:00 AM FITNESS SWIM 3 LANES + LC*	6:00 - 7:30 AM FITNESS SWIM SHALLOW ONLY	1:30 - 2:30 PM REC SWIM WHOLE POOL
11:45 AM - 1:15 PM REC SWIM WHOLE POOL	11:45 AM - 1:15 PM REC SWIM WHOLE POOL	11:45 AM - 1:15 PM REC SWIM WHOLE POOL	11:45 AM - 1:15 PM REC SWIM WHOLE POOL + LC*	11:45 AM - 1:15 PM REC SWIM WHOLE POOL	
4:30 - 6:00 PM REC SWIM WHOLE POOL	1:15 - 2:30 PM TRANS & ALLIES SWIM DEEP ONLY	1:25 - 2:30 PM WOMEN ONLY REC SWIM WHOLE POOL	4:30 - 5:30 PM REC SWIM WHOLE POOL	4:00 - 5:30 PM REC SWIM WHOLE POOL	
9:15 - 10:30 PM REC SWIM WHOLE POOL	4:30 - 5:30 PM REC SWIM WHOLE POOL	4:30 - 6:00 PM REC SWIM WHOLE POOL	9:15 - 10:30 PM FITNESS SWIM SHALLOW ONLY		
	9:15 - 10:30 PM FITNESS SWIM SHALLOW ONLY	9:15 - 10:30 PM FITNESS SWIM WHOLE POOL + LC*			

SUNDAY

10:15 - 11:15 AM
WOMEN ONLY REC SWIM
WHOLE POOL

2:30 - 4:30 PM
REC SWIM
WHOLE POOL

*LC = LONG COURSE (6x50m set up)

SCHEDULE SUBJECT TO CHANGE

Download the Carleton University Ravens App, to view up-to date changes or cancellations.

Mobile App | Carleton Athletics

ParaSwim

Our **Intro to Para Swimming** program aims to provide individuals with disabilities the opportunity to learn and improve competitive swimming skills in a safe and welcoming environment, starting at whatever level of experience and skill they may possess.

Para swimming features **athletes with physical, visual, and intellectual impairments**.

Fall 2025

Group 1 (age 9 – 16yrs) **Saturdays** 11:50 am-12:35 pm

Group 2 (age 14+yrs) **Saturdays** 12:45-1:30 pm

Fall Sessions: Sept. 20th, 27th, Oct. 4th, 25th, Nov. 8th, 15th, 29th, Dec. 6th

Cost: (8) sessions – \$100.00 Community Members

\$0.00 FREE- Carleton University Students

Lifesaving Program



National Lifeguard Recertification



National Lifeguard Certification Course & Camps



Lifesaving Sport Coach Level 1



Lifesaving Society Swim Instructor



Lifesaving Society Standard First Aid Instructor



Lifesaving Society National Lifeguard Instructor



Lifesaving Examiner



Lifesaving & Emergency First Aid Instructor



Junior Lifeguard Camps



Bronze Star + Basic First Aid CPR-A Courses & Camps



Bronze Medallion + Emergency First Aid CPR B Courses & Camps



Bronze Cross + Standard First Aid CPR-C/AED Courses & Camps

Adult Programs



Learn to Swim Level 1 (Women Only)



Learn to Swim Level 2 (Women Only)



Learn to Swim Level 3 (Women Only)



Private & Semi-Private Lessons (Women Only)



Learn to Swim Level 1 (Adults)



Learn to Swim Level 2 (Adults)



Learn to Swim Level 3 (Adults)



Private & Semi-Private Lessons (Adult)



Masters Swimming: Early Birds (Weekday & Saturday Mornings)



Masters Swimming: Whitecaps (Weekday Evenings)

First Aid & CPR

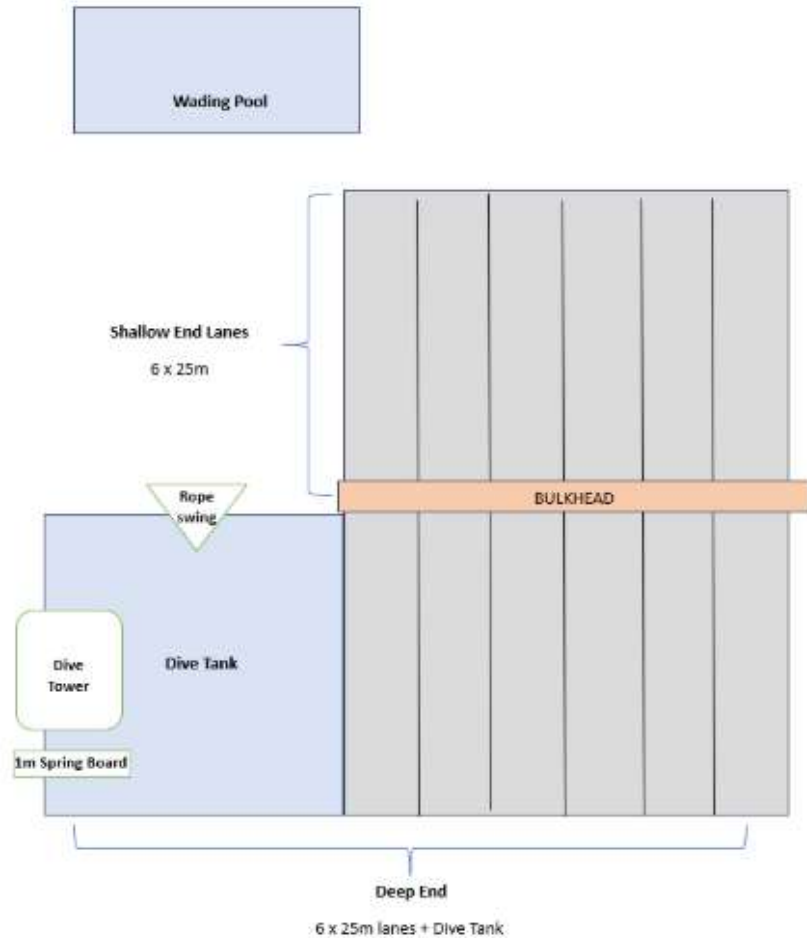


Airway Management



Standard First Aid, CPR-C/AED: Certification & Recertification

Pool Rental



25% discount for academic groups

Additional information:

<https://athletics.carleton.ca/aquatics/>
Aquatics@carleton.ca

Sonia Tanguay

Senior Disabilities Coordinator, Paul Menton Centre for
Students with Disabilities

Welcome to the PMC!



Registering with the Paul Menton Centre

- Obtain documentation of disability (complete [forms on our website](#) with a Regulated Health Professional or submit a psycho-educational assessment for a Learning Disability)
- Fill out the [PMC appointment request form](#) to schedule an intake appointment
- Complete pre-intake paperwork
- Meet with a Disabilities Coordinator to discuss accommodations and supports



Academic Accommodations

- **Academic accommodations** are supports and services provided to help students access the curriculum and validly demonstrate learning.
- They are intended to level the playing field without compromising academic standards or essential requirements in a course or program.
- NOT modifications to fundamental skills or knowledge (essential requirements)
- NOT intended to guarantee success for the student
- NOT intended to make it “easier” compared to classmates

Services and Supports

- **Groups**

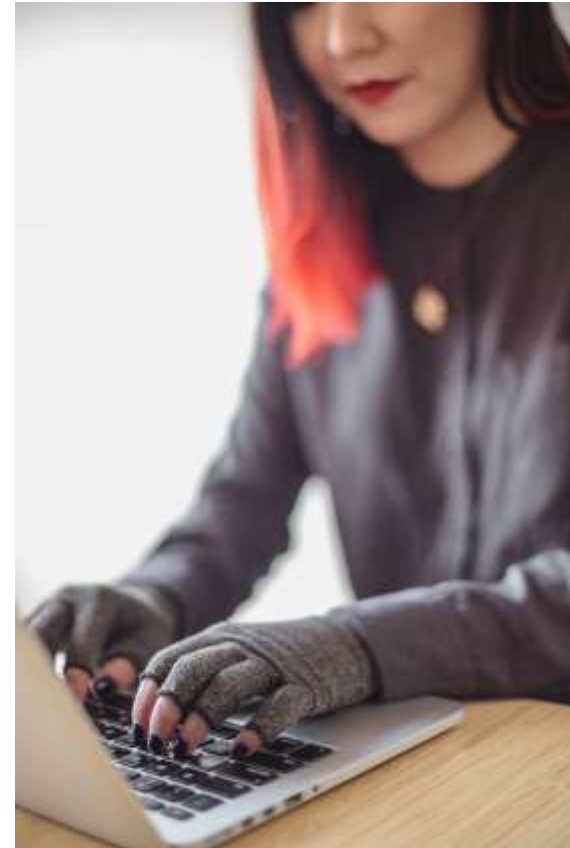
- Grad Student Writing Group
- ADHD
- Learning Strategies Workshop Series
- *Group Counselling and Workshops – Health and Counselling Services

- **Other services**

- Learning Strategy Sessions
- Assistive Technology Sessions
- Wellness Counselling
- Mentorship
- Notetaking Services
- Tutoring
- Alternative format

For More Information...

- If you have any questions, please contact our Front Desk at pmc@carleton.ca or 613-520-6608



If you ever have questions or concerns,
talk to us!

We're here to help.

Graduate Studies, 512 Tory



Build your Carleton experience in less than 60 seconds

EXPLORE OUR GRADUATE PROGRAMS



Discover what Carleton can offer you

