

# NIPISSING

## UNIVERSITY

STUDENT DEVELOPMENT AND SERVICES

2025 - 2026

## Supporters' Guide

A guide to supporting your student's transition to Nipissing University.



# Welcome!

Welcome to Nipissing University! Congratulations, you are now an important part of supporting your new Laker's success. Your continued support will be vital in many aspects of their Nipissing University experience: a smooth transition, achieving their goals, and finding their way in this new chapter of their journey.

## Purpose of This Guide

Whether you are family, chosen family, or a friend, your support has already helped your student reach this exciting milestone. This guide is here to help you navigate the transition with them—in ways that are affirming, supportive, and meaningful for everyone involved. It is created with you and your student in mind, so that your student can succeed and achieve their goals, and so that you can feel confident in how to best support them. Nipissing University offers numerous resources and support services to students, but your student may also look to you for advice. As they embark, remember that the staff and faculty at Nipissing University are also committed to ensuring the most successful and positive experience for your student.





# Transitioning and Adapting to University

The transition to university marks an exciting and sometimes overwhelming time for students. They may experience changes in academic expectations, new social environments, increased independence, and the challenges of managing their own time, finances, and responsibilities. As a supporter, it's important to be a steady source of encouragement while allowing your student the space to grow, explore, and learn through this new chapter.

## Student Privacy

University students are considered independent adults. While your support remains invaluable, it's important to respect their privacy and autonomy. In accordance with Ontario's Freedom of Information and Protection of Privacy Act (FIPPA), Nipissing University cannot share academic, financial, or personal information without the student's written consent. Nipissing University also protects the privacy of student personal health information in accordance with the Personal Health Information Protection Act (PHIPA). Encourage open communication, but remember that fostering independence is part of their growth.



# Understanding the New Student Experience

There is so much to gain from Nipissing University. Experience tells us that as much learning takes place outside the classroom as inside and encompasses so much more than simply earning a university degree. Students are offered a supportive community and engaged professors to ensure they have a chance to grow, learn, and lead.

Every student experience is unique. Nipissing University fosters an environment where each individual is welcomed and encouraged to explore their interests and passions, while connecting with others and learning about multiple perspectives. Students are learners, but they are also leaders: they bring new perspectives to faculty and peers in their areas of study. Nipissing University strives to foster this environment of learning and leading, both inside and outside of the classroom.





# The Student Life Cycle

While each student has unique experiences, there are trends among students that are evident throughout the academic year. This will provide a general understanding of some of those common trends on a timeline, to help you support your student or spark conversation with them about their experiences. Keep in mind that these are only general guidelines and trends based on broad student experiences, so you should always speak to your student about their personal experiences and how they prefer to be supported.

## June

- Students accept their Offer of Admission on the Ontario Universities' Application Centre (OUAC) website by June 2, 2025.
- For students coming straight from high school, they must complete their Residence application and submit the \$400 deposit by June 2, 2025 to guarantee their spot.
- Students receive an invite to the New Student Orientation (NSO) and registration for NSO opens June 15, 2025.
- Course registration for students with transfer credits opens mid-June. Students will be provided with information on how to register for their courses.

## July

- New Student Orientation (NSO) takes place on July 3, 2025 and July 4, 2025 and students who have registered may choose to attend one of those days.
- Course registration for students without transfer credits opens on July 7, 2025. Students will be provided with information on how to register for their courses.



## August

- Students will likely gather supplies and prepare for their move.
- Some students might create a budget for the semester or for the year.
- Many students move to North Bay and get settled in their new home. Some students disconnect with friends as they move to other schools.
- Orientation Welcome Learning & Social (OWLS) Week takes place the week of August 25, 2025.



## September

- First day of classes is September 2, 2025.
- September 15, 2025 is the final day to register for FA (Fall) and WI (Winter) courses.
- Students experience new routines, social interactions, and navigate different academic expectations than they might be used to.
- Homesickness and some stress is common in the first few weeks as students adjust.

## October

- Thanksgiving Day is October 13, 2025, the university will be closed and there are no classes that day.
- The fall study week takes place October 14-17, 2025, and there are no classes on those days.
- Some students experience homesickness and challenges with returning back to school after time at home.
- October 31, 2025 is the "drop deadline", the last day to withdraw from FA (Fall) courses without academic penalty.
- Some students have midterms and may experience elevated levels of stress.



## November

- November 11, 2025 is Remembrance Day, the university is closed and there are no classes on that day.
- Final papers are common as students enter into the final few weeks of FA (Fall) courses before exam season.
- November 28, 2025 is the final day of regular FA (Fall) classes before make-up classes & exams begin.
- Students begin thinking about upcoming exams.
- Burnout can set in as fatigue and stress levels heighten.

## December

- Make-up classes for stat holidays take place December 1-3, 2025.
- Final exam period for FA (Fall) courses take place December 4-18, 2025.
- New students may experience stress as they navigate final exams.
- Once exams are over, some may feel discouraged and tired, while others might experience relief and anticipation for the winter break.

## January

- WI (Winter) classes begin on January 5, 2026.
- The final day to register for WI (Winter) courses is January 16, 2026.
- Students might set new goals and routines for the second semester.
- Cold weather and shorter days can affect mood, and some students might feel more tired than they did at the beginning of their first semester.
- Students settle back into academic habits after the break.



## February

- February 6, 2026 is the last day to withdraw from FW (Fall/Winter "full-year") courses without academic penalty.
- The university is closed for Family Day on February 16, 2026 and there are no classes on that day.
- Winter study week takes place February 17-20, 2026.
- Some students have midterms and may experience elevated levels of stress.
- Students might experience mid-winter blues and feelings low motivation.

## March

- March 6, 2026 is the "drop deadline", the last day to withdraw from WI (Winter) courses without academic penalty.
- Final papers pick up pace as students head into the end of the second semester, and they may feel fatigued and stressed.
- Students begin thinking about the upcoming summer and plans for the next academic year.
- Students may feel stress thinking about summer employment and housing for the next year.

## April

- April 3, 2026 is the final day of regular classes for WI (Winter) and FW (Fall/Winter) courses.
- The university is closed on April 3, 2026 for Good Friday and April 6, 2026 for Easter Monday.
- Make-up class for Good Friday takes place on April 7, 2026.
- The final exam period for WI (Winter) and FW (Fall/Winter) courses takes place from April 8-24, 2026.
- Students experience feelings of stress relating to final exams, and some experience relief and excitement in completing the academic year.





# Supporting Students

Nipissing University is committed to ensuring the success of each and every student. Services are student-focused and we work to ensure access to services are barrier-free and accessible to all students. As a supporter, your student might seek advice from you. Here, we provide you with a compiled list of several services offered to students. The list is not extensive and there are several more service offerings, but it provides a starting point for you to help direct your student. Additional information can be found online at [nipissingu.ca](http://nipissingu.ca).

## Questions About:

### Academic Advising

Course Selection

Transfer Credits

Graduation Requirements

Academic Audit

Program Requirements

## Contact:

[advising@nipissingu.ca](mailto:advising@nipissingu.ca)

[internationaladvising@nipissingu.ca](mailto:internationaladvising@nipissingu.ca)

---

### Access and Inclusion

[nusuccess@nipissingu.ca](mailto:nusuccess@nipissingu.ca)

---

### Athletics

Varsity Sports

Club Sports

Intramural Sports

Gym Pass

Athletics Centre

Lakers Shop

Main Control Desk: (705) 474-3450 Ext. 4397

[Staff Directory](#)

## Questions About:

### Campus Bookstore

Textbooks  
School Supplies

## Contact:

nipissingu@bkstr.com

---

### Canadian Shield Health Care Services

Primary Care  
Illness  
Disease Prevention

info@canadianshieldhealth.com

### Online Booking

Primary Care Physician Services:  
705-618-7233 Ext. 1105

---

### Finance Office

Tuition & Payments

finance@nipissingu.ca

---

### Financial Aid

Scholarships & Bursaries  
OSAP

finaid@nipissingu.ca

---

### International Mobility

Exchange/Study Abroad Programs  
Global Skills Opportunity

internationalmobility@nipissingu.ca

---

### International Student Support

internationalsupport@nipissingu.ca

---

### Library

Research Help  
Book & Material Borrowing  
Treaty Learning Centre (run through  
Office of Indigenous Initiatives)

libraryhelp@nipissingu.ca

---

### Mental Health and Wellbeing

Individual & Group Counselling  
Peer Support  
Dibaadan  
Student Intervention Services

mhwellbeing@nipissingu.ca



## Questions About:

[Meal Plans - Sodexo](#)

---

[Nipissing University Student Union](#)

Student Governance

Student Events

Student Concerns

Food Bank

Student Health Plan

---

[Enjigiyang, the Office of  
Indigenous Initiatives](#)

Events (i.e. Welcome Back Pow Wow)

& Student Lounge

Sacred Space (smudge)

Cultural Supports & Guidance (visiting  
Elder)

Indigenous Foundations Program

Bidaaban Community Service Learning

Peer Mentorship

---

[Office of the Registrar](#)

Course Registration

Transcripts

Proof of Enrolment

Academic Calendar

---

[Orientation](#)

[Off-Campus Living](#)

---

[Residence](#)

## Contact:

[Online Contact Form](#)

---

hello@nusu.com

Student Health Plan:

health@nusu.com

---

biindgen@nipissingu.ca

registrar@nipissingu.ca

orientation@nipissingu.ca

offcampusliving@nipissingu.ca

---

residence@nipissingu.ca

## Questions About:

### Summer Accommodations

### Sexual Violence Prevention and Education

Service Navigation  
Academic Accommodation Assistance  
Education  
Workshops

### Student Accessibility Services

Permanent/Long-Term Accommodation Support  
Temporary/Short-Term Accommodation Support  
Adaptive Technology  
Documentation Assistance

### Student Learning and Transitions

Academic Supports  
Math & Science Assistance  
Academic Writing Assistance  
Peer Tutoring  
Academic Workshops  
Career Services  
Mature/Transfer Student Support

### University Technology Services

Technological Support  
Webadvisor Support  
BlackBoard Support  
Microsoft Office 365  
Password Issues  
Student Card/Bus Pass

## Contact:

stay@nipissingu.ca

svsupport@nipissingu.ca

consentbelongshere@nipissingu.ca

sas@nipissingu.ca

slt@nipissingu.ca

### [Create a Help Desk Ticket](#)

helpdesk@nipissingu.ca





# On-Campus & Community Opportunities for Students

As a supporter, you have a bird's eye perspective on your student's academic and social experience at Nipissing University. Whatever your student's interests - or if they are looking to get volunteer experience to bolster them for the stages ahead - we are here to provide you with an overview of what North Bay has to offer!

## Academics

- Student societies, program-specific clubs, and student clubs - no matter what your student is majoring or interested in, there is a student society or club for them. A list of student societies and clubs is available through [NUSU](#).
- Research opportunities - as your student moves forward in their academic career at Nipissing University, more research opportunities will become available! To keep up-to-date with research opportunities through the [Research webpage](#).

## Sports and Staying Active

- [Lakers home games](#) - support the Lakers Men's and Women's teams by attending games! Students can attend home games for free.
- [Intramurals](#) - recreational sports such as basketball, volleyball, ultimate frisbee, and soccer are available!



## Arts and Culture



- On-campus - [Reflection Gallery](#) (located at the NUSU Student Centre), [Nipissing Theatre Club](#)
- Local opportunities - [North Bay Arts, Culture and History](#).
- Galleries - [White Water Gallery](#), [WKP Kennedy Gallery](#), [Downtown Gallery Hop](#), [Art Fix Nipissing](#) (free arts drop-ins and workshops)

## Nipissing University Student Union (NUSU)

- [NUSU Crew](#) - a volunteer group of Nipissing University students who are dedicated to informing the student body about issues impacting students, and events happening on campus.
- [Student Governance](#) - students can become involved in a variety of ways, including on a Board of Directors or as Student Executives!

## Volunteering

There are many opportunities to volunteer for local non-profit organizations, charities, and within Nipissing University. Many activities are also approved by the Record for Student Development (RSD), an internal record that accompanies your student's transcript and helps boost their resume.

Check out [Charity Village](#) for a directory of North Bay organizations that need volunteers.





# Safety and Security

Nipissing University is committed to the safety and security of all students. Campus Security provides the following services:

- On-Duty Officers 24/7
- Cell: 705-498-7244 or 705-471-2488
- Assistance with reporting and documenting any incident/accidents on-site
- Emergency phones and emergency buttons
- Surveillance camera
- First-Aid & AED trained personnel
- Parking lot safety
- Campus Safety Walk Program: 705-494-9192
- Security Services Office (Daytime) Telephone Number: 705-474-7600 Ext. 5505

Students are encouraged to download the Nipissing Safe App on their smartphone. The app is a hub of information for students about the safety and security services and includes quick links to the emergency phone numbers and the Campus Safety Walk Program.



# Frequently Asked Questions

## GENERAL SUPPORT

**What's the best way I can support my student during their first semester?**

Offer encouragement, celebrate small wins, and check in without pressure. Listen openly and give your student space to grow as they adjust to independence.

**My student hasn't been calling as often as I expected. Should I be worried?**

It's normal for students to communicate less as they find their routine. A short message from you can go a long way—silence can indicate they are adjusting and 'finding their groove'.

**How often should I visit or expect them to come home?**

There's no set rule. Some students enjoy regular visits; others need more space. Have an open conversation and respect their preferences.

**What's a good way to stay connected during the semester?**

Try a midterm care package, a phone call, or a supportive message. Simple gestures show you're thinking of them without adding pressure.

**How can I stay informed about campus life without relying on my student?**

Sign up for the Supporter Newsletter for updates, seasonal tips, and news.



## ACADEMICS

### What is the Academic Calendar?

The Academic Calendar outlines degree requirements, program structures, university policies, and key academic dates.

[View the Academic Calendar](#)

### What supports are available if my student is struggling academically?

Academic Advising, peer tutoring, writing support, and faculty office hours are all free and available. Encourage students to seek help early.

### How can my student contact Academic Advising?

They can connect via email or join the same-day waitlist for an appointment.

[Connect with an Advisor](#)

### Where can students get help with course planning?

- First-year students, visit the New Student Resources page: [New Student Course Resources](#)
- Transfer students: Advisors will reach out before registration with an academic audit. In the meantime: [Transfer Student FAQ](#)

### How can I help my student stay on top of their schedule?

Ask reflective questions like: "What's coming up this week that you're preparing for?" This encourages planning and ownership.

### What if my student wants to drop a course or change programs?

That's okay! Transitions are part of the journey. Encourage them to talk to Academic Advising and Career Services before deciding.

## What's the difference between Honours Specialization, Specialization, and Major?

These refer to how focused a degree is in a particular subject. Honours Specializations require more subject-specific courses and are mandatory for some programs like Concurrent Education. More details are in the Academic Calendar.

## Can my student add a Minor?

Yes. A Minor requires 18 credits in a specific subject. It must be declared when applying to graduate (not after), and overlapping courses may require substitutions.

[View Minor Requirements](#)

## How does my student register for courses?

Registration notices are sent to their Nipissing email. Fall/Winter info usually comes in late May, Spring/Summer in early March. Encourage regular email and WebAdvisor checks.

## What are electives?

Electives are courses taken outside of the program requirements, chosen by the student. Students often use elective credits to achieve additional goals such as majors, minors, certificates and/or teaching subjects. When trying to select electives, students can look at specific courses and course descriptions using WebAdvisor or the Academic Calendar.

## WELLNESS

### What mental health resources are available?

Free confidential counselling, group sessions, and wellness programs are available at no cost to students. The Nipissing Safe App also provides support tools. Encourage your student to reach out themselves.

I'm worried about my student's wellbeing. What can I do?

Encourage them to contact Mental Health & Wellbeing. While university staff cannot share details with supporters, they're there to help students directly. Students can book appointments online, or walk-in to Student Development and Services (B210).

What if my student is facing a personal or family crisis?

Student Development and Services (SDS) offers compassionate support, referrals, and academic accommodations. The student must reach out directly. Students can book appointments online, or walk-in to Student Development and Services (B210).

## **PRIVACY & INDEPENDENCE**

Can I access my student's grades, finances, or class schedule?

No. Due to FIPPA regulations, the university cannot release personal information without written consent from the student.

I'm paying their tuition—shouldn't I have access?

Legal privacy still applies. It's best to maintain open, respectful conversations with your student about shared expectations.







Student Development and Services  
100 College Drive, North Bay, ON P1B 8L7  
tel: (705) 474-3450 x. 4136  
fax: (705) 495-2850  
email: [sds@nipissingu.ca](mailto:sds@nipissingu.ca)

