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Build skills

Future Smart

Professional Skills Development Program

Gain the skills needed to transition from graduate studies to successful careers.

torontomu.ca/future-smart

GRAD Career Skills

Workshop series

Gain practical skills to assist your career journey.

[Sign up today](#)

Graduate Leadership Institute

Workshop series

Sessions empower graduate students through building leadership capacity. Individual appointments also available.

torontomu.ca/graduate-leadership-institute

Design Your Life

Winter 2026

Navigate life's ambiguity and design careers full of joy and meaning through design thinking.

Engage and connect

GRADContests

Fall 2025

Annual contests showcase creativity and experiences of graduate students.

torontomu.ca/grad-contests

GRADTalks

Fall 2025 and Winter 2026

Fun, interactive events featuring expert speakers and contemporary topics.

torontomu.ca/grad-talks

3MT®(Three-Minute Thesis) Competition

Winter 2026

Present your research in three minutes or less using only one slide! Improve your presentation skills and win cash prizes!

torontomu.ca/3MT

GRADMentors

Fall 2025 and Winter 2026

Mentor an undergraduate student exploring grad studies and connect with industry professionals.

torontomu.ca/grad-mentors

Prioritize well-being

Graduate Thriving in Action (GTiA)

Workshop series

Join Dr. Diana Brecher and Venus Bali for a wellness workshop series designed with graduate students and postdocs in mind.

torontomu.ca/thriving-in-action

GRADArt Break

TBA

Recharge, rest and reflect with your peers through creative activities!

torontomu.ca/art-break

Getting Started	Graduate Student Guide	Scholarships and Awards	Significant Dates
Begin your graduate journey by registering for classes, preparing for a successful term, and accessing essential tools and support to start your studies confidently. torontomu.ca/getting-started	Explore an online guide summarizing the policies, fees, procedures and services you'll need to know as a TMU graduate student. torontomu.ca/graduate-student-guide	Find out about scholarships and awards available each academic year to graduate students. torontomu.ca/grad-scholarships-awards	See important dates and curriculum descriptions for the academic year including fee deadlines, convocation and more. torontomu.ca/grad-calendar

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