

Updated: Aug. 2023

**Build  
skills!**

**Future Smart**

*Professional Skills Development Program*

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

[torontomu.ca/future-smart](https://torontomu.ca/future-smart)

**GRADSkills**

*Workshop series*

Build your toolbox of professional skills and competencies and earn a digital badge.

[torontomu.ca/grad-skills](https://torontomu.ca/grad-skills)

**Graduate Leadership Institute**

*Workshop series*

Sessions empower graduate students through leadership, impact and skills development. Individual appointments available.

[torontomu.ca/graduate-leadership-institute](https://torontomu.ca/graduate-leadership-institute)

**GRADVision Fundamentals**

*Fall 2023*

Experiential leadership program invites graduate students to consider solutions of transformative change for social issues.

[torontomu.ca/grad-vision](https://torontomu.ca/grad-vision)

**Engage  
and  
connect!**

**GRAD Contests**

*Fall 2023*

Annual contests showcase creativity and experiences of graduate students.

[torontomu.ca/grad-contests](https://torontomu.ca/grad-contests)

**GRADTalks**

*Fall 2023 and Spring 2024*

Fun, interactive events featuring expert speakers and contemporary topics.

[torontomu.ca/grad-talks](https://torontomu.ca/grad-talks)

**GRADLeaders**

*Fall 2023*

A changemaking leadership program with community-organizing training and professional development.

[torontomu.ca/grad-leaders](https://torontomu.ca/grad-leaders)

**3MT® (Three-Minute Thesis) Competition**

*Winter 2024*

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

[torontomu.ca/3MT](https://torontomu.ca/3MT)

**Prioritize  
well-being!**

**Graduate Thriving in Action (GTiA)**

*Fall 2023*

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

[torontomu.ca/thriving-in-action](https://torontomu.ca/thriving-in-action)

**GRAD Art Break**

*TBA*

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

[torontomu.ca/art-break](https://torontomu.ca/art-break)

**Graduate Student Guide**

Explore an online guide summarizing the policies, fees, procedures and services you'll need to know as a Toronto Met graduate student.

[torontomu.ca/graduate-student-guide](https://torontomu.ca/graduate-student-guide)

**Graduate Scholarships and Awards**

Find out about scholarships and awards available each academic year to graduate students.

[torontomu.ca/grad-scholarships-awards](https://torontomu.ca/grad-scholarships-awards)

**Significant Dates**

See important dates and curriculum descriptions for the academic year including fee deadlines, convocation and more.

[torontomu.ca/grad-calendar](https://torontomu.ca/grad-calendar)

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