

The Georgian at ILAC Student Council is pleased to present you with this free student planner.

You will find important dates, a general college student services directory, a project planner, a well-being planner and more!

**Have an incredible year!**

**IF FOUND, PLEASE RETURN TO:**

Name:

Email:

Phone:



**GIS**SC  
GEORGIAN AT ILAC STUDENT COUNCIL

**2024**

**STUDENT  
PLANNER**

# WHO WE ARE



The Georgian at ILAC Student Council (GISC) is **your student voice on campus**. Driven by students, elected by the student body, and supported by staff, GISC is dedicated to enhancing student life.

The Georgian at ILAC Student Council (GISC) is a Student Council elected to represent the Georgian at ILAC student community. The GISC team is committed to working on behalf of the student body by putting forward ideas and solutions that will benefit current and future Georgian at ILAC students.

# FEELING BAD? NO WORRIES!



Georgian at ILAC Students have access to **two insurance providers**, GCSA and Guard.me.

**MAKE SURE TO GET BOTH OF YOUR HEALTHCARE CARDS!**



**SCAN THE QR CODE TO LEARN HOW TO DOWNLOAD YOUR HEALTHCARE CARDS.**



Your plan covers prescription drugs, vision care, paramedical practitioners, dental exams, mental health & wellness, and more!

## MY WELLNESS PLAN MENTAL HEALTH & WELLNESS

Did you know you also have a mental health and wellness program, including online counselling?

Check it out at  
[www.org.inkblottherapy.com/georgian](http://www.org.inkblottherapy.com/georgian)

# Talk to a counsellor!

**24/7 support**



# HOW TO USE YOUR PLANNER

## PROJECT PLANNER

This project planner will help you stay organized for each project.

Complete for each project!

## SELF-CARE PLANNER

This self-care planner will help you create a schedule to make sure you're taking care of yourself.

Complete for each semester.

## BOOK LIST

Complete the book list page to create a one-page reference for the textbooks you will require for the entire semester.

Complete for each semester.

## TIMETABLE

Fill out your timetable for the semester to help you manage your time.

Complete for each semester

## SEMESTER PLANNER

The semester planner is a great tool to help you see what your upcoming projects are at a glance.

The majority of the time you will be managing multiple deadlines in multiple courses so having a solid breakdown will allow you to prioritize the time necessary to complete all tasks while delivering your best work.

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Unleash your crativity! 

## My goals for this semester:

Education

Personal

Education

Personal

## How do I want to feel?

## What can I do to make this happen?

## Places to go this semester:

# PROJECT PLANNER

Use this page to plan your next project

Project:	Due date:
Goals/Objectives:	% of grade:
Ideas planning:	

Action/steps	Due	Done

# SELF-CARE PLANNER

Use this page to plan your well-being exercises to create a weekly routine.

	Self-care	Movement	Nourishment	Learning
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

# WINTER 2024 TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
Noon							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							

# BOOKLIST

Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:

# January 2024

To do:

Personal Project:

Notes:

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



# January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 1

To do and due today:

TUESDAY 2

To do and due today:

WEDNESDAY 3

To do and due today:

THURSDAY 4

To do and due today:

FRIDAY 5

To do and due today:

SAT 6

SUN 7



# January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 8

To do and due today:

TUESDAY 9

To do and due today:

WEDNESDAY 10

To do and due today:

THURSDAY 11

To do and due today:

FRIDAY 12

To do and due today:

SAT 13

SUN 14



# January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 15

To do and due today:

TUESDAY 16

To do and due today:

WEDNESDAY 17

To do and due today:

THURSDAY 18

To do and due today:

FRIDAY 19

To do and due today:

SAT 20

SUN 21



# January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 22

To do and due today:

TUESDAY 23

To do and due today:

WEDNESDAY 24

To do and due today:

THURSDAY 25

To do and due today:

FRIDAY 26

To do and due today:

SAT 27

SUN 28



# January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 29

To do and due today:

TUESDAY 30

To do and due today:

WEDNESDAY 31

To do and due today:

Notes:



# February 2024

To do:

Personal Project:

Notes:

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

# February

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

This week I'm grateful for:

Weekly goals:

## Your week at a glance

THURSDAY 1

To do and due today:

SUNDAY 4

FRIDAY 2

To do and due today:

SATURDAY 3

Notes:



# February

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 5

To do and due today:

THURSDAY 8

To do and due today:

TUESDAY 6

To do and due today:

FRIDAY 9

To do and due today:

WEDNESDAY 7

To do and due today:

SAT 10

SUN 11





# February

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 12

To do and due today:

THURSDAY 15

To do and due today:

TUESDAY 13

To do and due today:

FRIDAY 16

To do and due today:

WEDNESDAY 14

To do and due today:

SAT 17

SUN 18



# February

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 19

To do and due today:

TUESDAY 20

To do and due today:

WEDNESDAY 21

To do and due today:

THURSDAY 22

To do and due today:

FRIDAY 23

To do and due today:

SAT 24

SUN 25



# February

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 26

To do and due today:

THURSDAY 29

To do and due today:

TUESDAY 27

To do and due today:

WEDNESDAY 28

To do and due today:

Notes:



# March 2024

To do:

Personal Project:

Notes:

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

This week I'm grateful for:

Weekly goals:

## Your week at a glance

FRIDAY 1

To do and due today:

SATURDAY 2

SUNDAY 3



# March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 4

To do and due today:

TUESDAY 5

To do and due today:

WEDNESDAY 6

To do and due today:

THURSDAY 7

To do and due today:

FRIDAY 8

To do and due today:

SAT 9

SUN 10



# March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 11

To do and due today:

TUESDAY 12

To do and due today:

WEDNESDAY 13

To do and due today:

THURSDAY 14

To do and due today:

FRIDAY 15

To do and due today:

SAT 16

SUN 17



# March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 18

To do and due today:

TUESDAY 19

To do and due today:

WEDNESDAY 20

To do and due today:

THURSDAY 21

To do and due today:

FRIDAY 22

To do and due today:

SAT 23

SUN 24





# March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 18

To do and due today:

TUESDAY 19

To do and due today:

WEDNESDAY 20

To do and due today:

THURSDAY 21

To do and due today:

FRIDAY 22

To do and due today:

SAT 23

SUN 24



# March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 25

To do and due today:

TUESDAY 26

To do and due today:

WEDNESDAY 27

To do and due today:

THURSDAY 28

To do and due today:

FRIDAY 29

To do and due today:

SAT 30

SUN 31



# April 2024

To do:

Personal  
Project:

Notes:

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 1

To do and due today:

THURSDAY 4

To do and due today:

TUESDAY 2

To do and due today:

FRIDAY 5

To do and due today:

WEDNESDAY 3

To do and due today:

SAT 6

SUN 7



# April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 8

To do and due today:

TUESDAY 9

To do and due today:

WEDNESDAY 10

To do and due today:

THURSDAY 11

To do and due today:

FRIDAY 12

To do and due today:

SAT 13

SUN 14



# April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 15

To do and due today:

TUESDAY 16

To do and due today:

WEDNESDAY 17

To do and due today:

THURSDAY 18

To do and due today:

FRIDAY 19

To do and due today:

SAT 20

SUN 21



# April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

This week I'm grateful for:

Weekly goals:

## Your week at a glance

MONDAY 22

To do and due today:

TUESDAY 23

To do and due today:

WEDNESDAY 24

To do and due today:

THURSDAY 25

To do and due today:

FRIDAY 26

To do and due today:

SAT 27

SUN 28



# April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 29

To do and due today:

TUESDAY 30

To do and due today:

Notes:







Unleash your crativity! 

## My goals for this semester:

Education

Personal

Education

Personal

## How do I want to feel?

## What can I do to make this happen?

## Places to go this semester:

# PROJECT PLANNER

Use this page to plan your next project

Project:	Due date:
----------	-----------

Goals/Objectives:	% of grade:
-------------------	-------------

Ideas planning:

Action/steps	Due	Done

# SELF-CARE PLANNER

Use this page to plan your well-being exercises to create a weekly routine.

	Self-care	Movement	Nourishment	Learning
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

# SUMMER 2024 TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
Noon							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							

# BOOKLIST

Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:

# May 2024

To do:

Personal  
Project:

Notes:

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

This week I'm grateful for:

Weekly goals:

# Your week at a glance

WEDNESDAY 1

To do and due today:

THURSDAY 2

To do and due today:

FRIDAY 3

To do and due today:

SATURDAY 4

SUNDAY 5

Notes:



# May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

This week I'm grateful for:
Weekly goals:

# Your week at a glance



MONDAY 6

To do and due today:

THURSDAY 9

To do and due today:

TUESDAY 7

To do and due today:

FRIDAY 10

To do and due today:

WEDNESDAY 8

To do and due today:

SAT 11

SUN 12



# May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 13

To do and due today:

TUESDAY 14

To do and due today:

WEDNESDAY 15

To do and due today:

THURSDAY 16

To do and due today:

FRIDAY 17

To do and due today:

SAT 18

SUN 19



# May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

This week I'm grateful for:
Weekly goals:

# Your week at a glance

MONDAY 20

To do and due today:

TUESDAY 21

To do and due today:

WEDNESDAY 22

To do and due today:

THURSDAY 23

To do and due today:

FRIDAY 24

To do and due today:

SAT 25

SUN 26





# May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 27

To do and due today:

TUESDAY 28

To do and due today:

WEDNESDAY 29

To do and due today:

THURSDAY 30

To do and due today:

FRIDAY 31

To do and due today:

Notes:



# June 2024

To do:

Personal  
Project:

Notes:

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

This week I'm grateful for:

Weekly goals:

# Your week at a glance

SAT 1

SUN 2



MONDAY 3

To do and due today:

WEDNESDAY 5

To do and due today:

THURSDAY 6

To do and due today:

TUESDAY 4

To do and due today:

FRIDAY 7

To do and due today:

# June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 10

To do and due today:

TUESDAY 11

To do and due today:

WEDNESDAY 12

To do and due today:

THURSDAY 13

To do and due today:

FRIDAY 14

To do and due today:

SAT 15

SUN 16



# June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 17

To do and due today:

TUESDAY 18

To do and due today:

WEDNESDAY 19

To do and due today:

THURSDAY 20

To do and due today:

FRIDAY 21

To do and due today:

SAT 22

SUN 23



# June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 24

To do and due today:

TUESDAY 25

To do and due today:

WEDNESDAY 26

To do and due today:

THURSDAY 27

To do and due today:

FRIDAY 28

To do and due today:

SAT 29

SUN 30



# July 2024

To do:

Personal  
Project:

Notes:

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 1

To do and due today:

TUESDAY 2

To do and due today:

WEDNESDAY 3

To do and due today:

THURSDAY 4

To do and due today:

FRIDAY 5

To do and due today:

SAT 6

SUN 7





# July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 8

To do and due today:

TUESDAY 9

To do and due today:

WEDNESDAY 10

To do and due today:

THURSDAY 11

To do and due today:

FRIDAY 12

To do and due today:

SAT 13

SUN 14



# July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 15

To do and due today:

THURSDAY 18

To do and due today:

TUESDAY 16

To do and due today:

FRIDAY 19

To do and due today:

WEDNESDAY 17

To do and due today:

SAT 20

SUN 21



# July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 22

To do and due today:

TUESDAY 23

To do and due today:

WEDNESDAY 24

To do and due today:

THURSDAY 25

To do and due today:

FRIDAY 26

To do and due today:

SAT 27

SUN 28



# July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 29

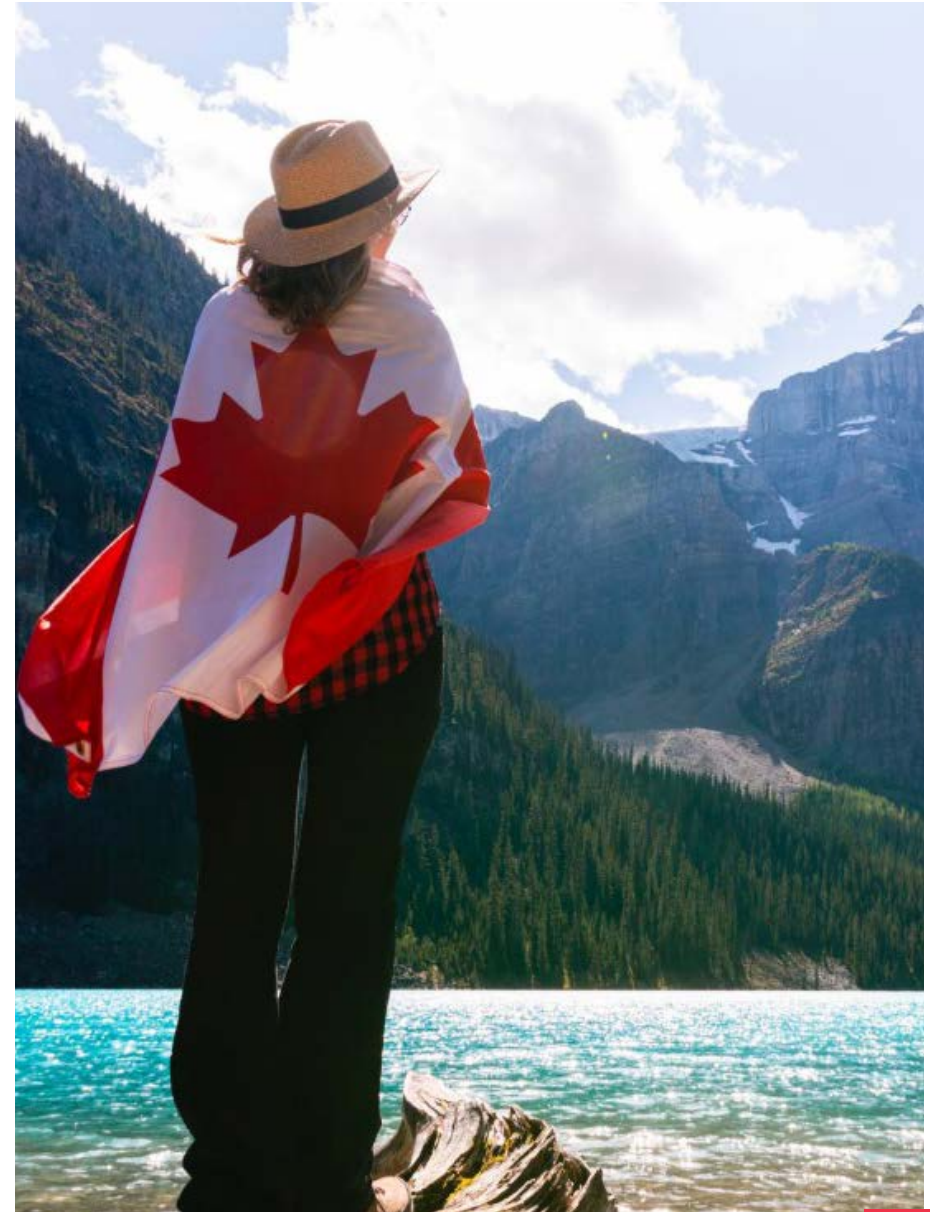
To do and due today:

TUESDAY 30

To do and due today:

WEDNESDAY 31

To do and due today:



# August 2024

To do:

Personal  
Project:

Notes:

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



# August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

This week I'm grateful for:

Weekly goals:

## Your week at a glance

THURSDAY 1

To do and due today:

FRIDAY 2

To do and due today:

SATURDAY 3

SUNDAY 4

Notes:



# August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 5

To do and due today:

THURSDAY 8

To do and due today:

TUESDAY 6

To do and due today:

FRIDAY 9

To do and due today:

WEDNESDAY 7

To do and due today:

SAT 10

SUN 11



# August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 12

To do and due today:

TUESDAY 13

To do and due today:

WEDNESDAY 14

To do and due today:

THURSDAY 15

To do and due today:

FRIDAY 16

To do and due today:

SAT 17

SUN 18





# August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 19

To do and due today:

THURSDAY 22

To do and due today:

TUESDAY 20

To do and due today:

FRIDAY 23

To do and due today:

WEDNESDAY 21

To do and due today:

SAT 24

SUN 25



# August

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 26

To do and due today:

TUESDAY 27

To do and due today:

WEDNESDAY 28

To do and due today:

THURSDAY 29

To do and due today:

FRIDAY 30

To do and due today:

SAT 31





Unleash your crativity! 

## My goals for this semester:

Education

Personal

Education

Personal

## How do I want to feel?

## What can I do to make this happen?

## Places to go this semester:

# PROJECT PLANNER

Use this page to plan your next project

<i>Project:</i>	<i>Due date:</i>
<i>Goals/Objectives:</i>	<i>% of grade:</i>
<i>Ideas planning:</i>	

<i>Action/steps</i>	<i>Due</i>	<i>Done</i>

# SELF-CARE PLANNER

Use this page to plan your well-being exercises to create a weekly routine.

	<i>Self-care</i>	<i>Movement</i>	<i>Nourishment</i>	<i>Learning</i>
<i>MON</i>				
<i>TUE</i>				
<i>WED</i>				
<i>THU</i>				
<i>FRI</i>				
<i>SAT</i>				
<i>SUN</i>				

# FALL 2024 TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
Noon							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							

# BOOKLIST

Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:
Class:	Books:

# September 2024

To do:

Personal  
Project:

Notes:

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

# September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 2

To do and due today:

TUESDAY 3

To do and due today:

WEDNESDAY 4

To do and due today:

THURSDAY 5

To do and due today:

FRIDAY 6

To do and due today:

SAT 7

SUN 8



# September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 9

To do and due today:

TUESDAY 10

To do and due today:

WEDNESDAY 11

To do and due today:

THURSDAY 12

To do and due today:

FRIDAY 13

To do and due today:

SAT 14

SUN 15





# September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 16

To do and due today:

TUESDAY 17

To do and due today:

WEDNESDAY 18

To do and due today:

THURSDAY 19

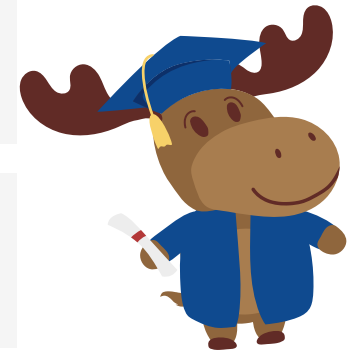
To do and due today:

FRIDAY 20

To do and due today:

SAT 21

SUN 22



# September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 23

To do and due today:

TUESDAY 24

To do and due today:

WEDNESDAY 25

To do and due today:

THURSDAY 26

To do and due today:

FRIDAY 27

To do and due today:

SAT 28

SAT 28

MON 30

To do and due today:



# October 2024

To do:

Personal  
Project:

Notes:

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week I'm grateful for:

Weekly goals:

# Your week at a glance

TUESDAY 1

To do and due today:

WEDNESDAY 2

To do and due today:

THURSDAY 3

To do and due today:

FRIDAY 4

To do and due today:

SATURDAY 5

SUNDAY 6

# October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 7

To do and due today:

THURSDAY 10

To do and due today:

TUESDAY 8

To do and due today:

FRIDAY 11

To do and due today:

WEDNESDAY 9

To do and due today:

SAT 12

SUN 13



# October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 14

To do and due today:

TUESDAY 15

To do and due today:

WEDNESDAY 16

To do and due today:

THURSDAY 17

To do and due today:

FRIDAY 18

To do and due today:

SAT 19

SUN 20



# October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 21

To do and due today:

TUESDAY 22

To do and due today:

WEDNESDAY 23

To do and due today:

THURSDAY 24

To do and due today:

FRIDAY 25

To do and due today:

SAT 26

SUN 27



# October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 28

To do and due today:

TUESDAY 29

To do and due today:

WEDNESDAY 30

To do and due today:

THURSDAY 31

To do and due today:

Notes:





# November 2024

To do:

Personal Project:

Notes:

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	25	27	28	29	30	



# November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

This week I'm grateful for:

Weekly goals:

# Your week at a glance

FRIDAY 1

To do and due today:

SATURDAY 2

SUNDAY 3



# November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 4

To do and due today:

TUESDAY 5

To do and due today:

WEDNESDAY 6

To do and due today:

THURSDAY 7

To do and due today:

FRIDAY 8

To do and due today:

SAT 9

SUN 10



# November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 11

To do and due today:

TUESDAY 12

To do and due today:

WEDNESDAY 13

To do and due today:

THURSDAY 14

To do and due today:

FRIDAY 15

To do and due today:

SAT 16

SUN 17



# November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 18

To do and due today:

TUESDAY 19

To do and due today:

WEDNESDAY 20

To do and due today:

THURSDAY 21

To do and due today:

FRIDAY 22

To do and due today:

SAT 23

SUN 24



# November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 25

To do and due today:

TUESDAY 26

To do and due today:

WEDNESDAY 27

To do and due today:

THURSDAY 28

To do and due today:

FRIDAY 29

To do and due today:

SATURDAY 30



# December 2024

To do:

Personal  
Project:

Notes:

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



# December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 2

To do and due today:

THURSDAY 5

To do and due today:

TUESDAY 3

To do and due today:

FRIDAY 6

To do and due today:

WEDNESDAY 4

To do and due today:

SAT 7

SUN 8





# December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

This week I'm grateful for:
Weekly goals:

# Your week at a glance



MONDAY 9

To do and due today:

TUESDAY 10

To do and due today:

WEDNESDAY 11

To do and due today:

THURSDAY 12

To do and due today:

FRIDAY 13

To do and due today:

SAT 14

SUN 15



# December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 16

To do and due today:

TUESDAY 17

To do and due today:

WEDNESDAY 18

To do and due today:

THURSDAY 19

To do and due today:

FRIDAY 20

To do and due today:

SAT 21

SUN 22



# December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

This week I'm grateful for:

Weekly goals:

# Your week at a glance

MONDAY 23

To do and due today:

THURSDAY 26

To do and due today:

TUESDAY 24

To do and due today:

FRIDAY 27

To do and due today:

WEDNESDAY 25

To do and due today:

SAT 28

SUN 29



# December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

This week I'm grateful for:

Weekly goals:

# Your week at a glance

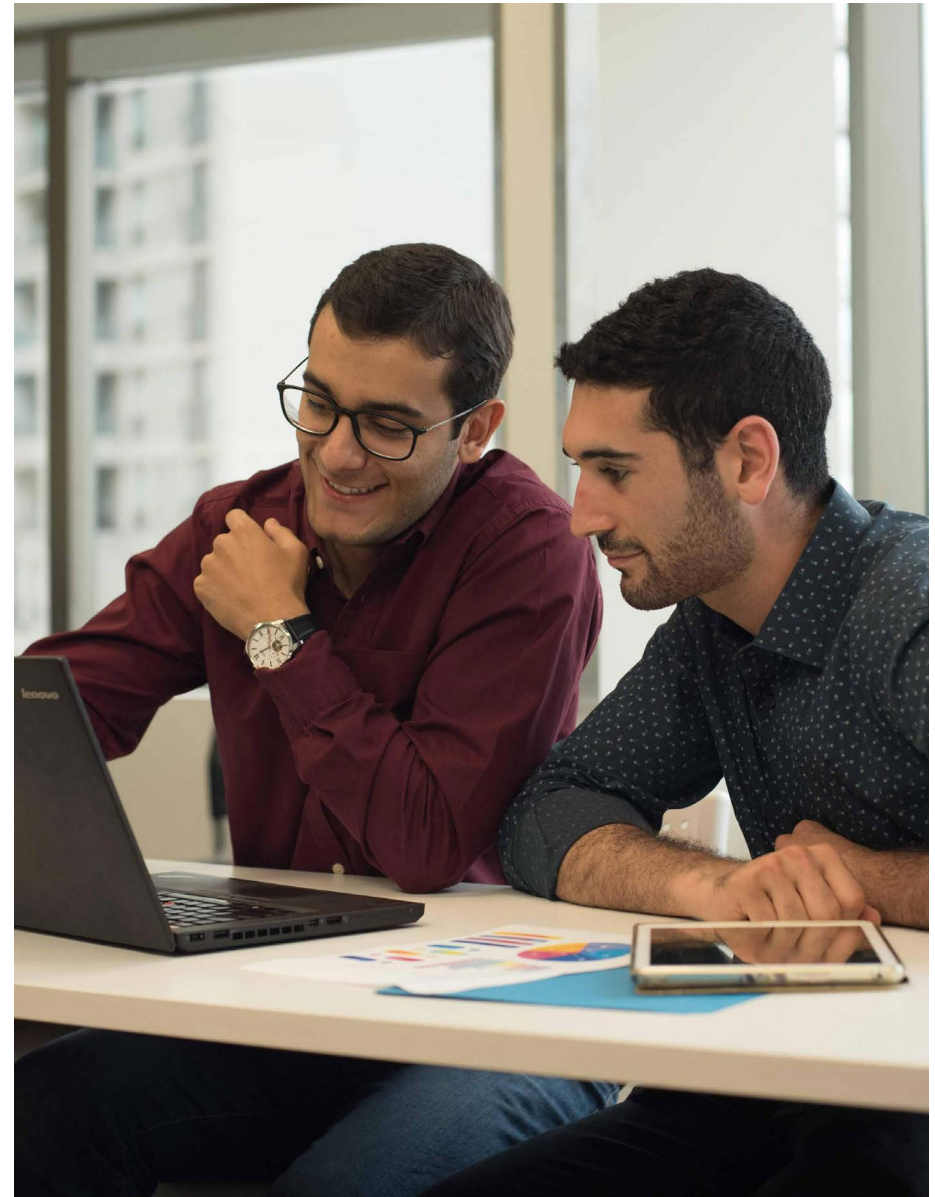
MONDAY 30

To do and due today:

TUESDAY 31

To do and due today:

Notes:



# Georgian@ILAC 2024

# IMPORTANT DATES

January						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

New Year's Day | **January 1st, Monday**

Family Day | **February 19th, Monday**

Winter Study Week begins  
**February 26th to March 1st**

Good Friday | **March 29th, Friday**

Victoria Day | **May 20th, Monday**

Summer Study Week begins  
**June 24th - 28th**

Canada Day | **July 1st, Monday.**

August Civic Holiday | **August 5th, Monday.**

Labor Day | **September 2nd, Monday.**

Thanksgiving | **October 14th, Monday.**

Fall Study Week begins  
**October 21st - 25th**

Christmas Day | **December 25th, Wednesday**

Boxing Day | **December 26th, Thursday.**

# BILL PAYMENTS CHECKLIST

Use this page to keep track of what monthly bills you have and if you have paid them. Below is a sample of a completed row.

Due Date	Bill	Amount	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Feb 1st	Rent	\$500	X X											

# SPECIAL DAYS

The page below will help you keep track of your friends' special days. Fill them in below!



# IMPORTANT

# CONTACTS

Name: \_\_\_\_\_ Department: \_\_\_\_\_  
Room: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Help with: \_\_\_\_\_

Name: \_\_\_\_\_ Department: \_\_\_\_\_  
Room: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Help with: \_\_\_\_\_

Name: \_\_\_\_\_ Department: \_\_\_\_\_  
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# IMPORTANT

# CONTACTS

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# Georgian @ ILAC Directory

## Academic Advising

Plan your future

[academicadvising@georgianatilac.com](mailto:academicadvising@georgianatilac.com)

## Academic Program Assistant

Challenges affecting your classes

[academicsupport@georgianatilac.com](mailto:academicsupport@georgianatilac.com)

## Admissions

Study at Georgian at ILAC

[admissions@georgianatilac.com](mailto:admissions@georgianatilac.com)

## Co-op and Career Services

Career planning, job search, interview preparation

[careerservices@georgianatilac.com](mailto:careerservices@georgianatilac.com)

## Health and Wellness

Mental health, stress and anxiety, counselling

[healthcare@ilac.co](mailto:healthcare@ilac.co)

## Immigration Services

Studying in Canada information, immigration advice

[immigration@georgianatilac.com](mailto:immigration@georgianatilac.com)

## Office of the Registrar

Registration, fees, deferrals, refunds, scholarships

[registrar@georgianatilac.com](mailto:registrar@georgianatilac.com)



## Peer Mentorship Program

Community building, peer-to-peer discussion, understanding Canada

[peermentors@georgianatilac.com](mailto:peermentors@georgianatilac.com)

## Student Council

College clubs, class representative, events

[studentCouncil@georgianatilac.com](mailto:studentCouncil@georgianatilac.com)

## Student Housing

Roomstay, homestay, rentals

[info@casacanada.com](mailto:info@casacanada.com)

## Student Services

Orientation, convocation, health insurance, ID cards

[studentservices@georgianatilac.com](mailto:studentservices@georgianatilac.com)

## Student Success

Continue your studies at Georgian at ILAC

[studentsuccess@ilac.com](mailto:studentsuccess@ilac.com)

## Student Tutoring Program

Improve your marks, learn from senior students, one-on-one learning

[tutoring@georgianatilac.com](mailto:tutoring@georgianatilac.com)