

# Winter 2025 Instagram Live Sessions

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## Virtual Instagram Live Sessions

We will host daily [Instagram Live sessions](#) from Monday, Jan. 6 to Friday, Jan. 31. All Instagram Lives will take place at 12 p.m. unless otherwise indicated.

Follow the [@senecapoly](#) Instagram account to attend.

Get Involved in Student Life – Mentoring, Wellness and more	Jan. 6
Office of the Registrar – 12 p.m.	Jan. 7
Student Advising – 1 p.m.	Jan. 7
COM 101 VS COM 111 – Enrolling in your communication course	Jan. 8
Meet The Service Hub, Your One-Stop-Shop	Jan. 9
International Student Support – Immigration and Settlement – 12 p.m.	Jan. 10
MorCare – International Student Insurance – 1 p.m.	Jan. 10
Seneca Works – Global Learning and Engagement – 12 p.m.	Jan. 13
Seneca Works – HELIX – 1 p.m.	Jan. 13
Seneca Residence	Jan. 14
Seneca Libraries – 12 p.m.	Jan. 15
Sandbox – 1 p.m.	Jan. 15
Supporting a Sexual Violence Disclosure – 12 p.m.	Jan. 16
Gender Based Sexual Violence Ambassador Team – 1 p.m.	Jan. 16
Seneca Works – Career Development – 12 p.m.	Jan. 17
Seneca Works – Experiential Learning – 1 p.m.	Jan. 17
Counselling and Accessible Learning Services	Jan. 20
Learning Centre Tutoring Services	Jan. 21
Student Conduct	Jan. 22
First Peoples@Seneca	Jan. 23
Faculty of Continuing Education (Part-Time Studies)	Jan. 24
Seneca Student Federation	Jan. 27
Reconciliation & Inclusion Team – 12 p.m.	Jan. 28
Student Support Groups – 1 p.m.	Jan. 28
Financial Aid	Jan. 29
Academic Pathways	Jan. 30
Seneca's Office of Sustainability	Jan. 31

tags : student-life, student-news