

RESEARCH AND VOLUNTEER OPPORTUNITIES

January 17th, 2024
5:30 pm

AGENDA - To Get Your Resume Shining!

- Volunteer Opportunities at York
- Unpaid/Volunteer Research Opportunities
- Paid Opportunities
- Hospital Volunteering/Research
- Recreational Opportunities



WHO ARE WE?

- Hemish Ahuja
 - 2nd-year Physics & Computer Science
 - Haha1007@my.yorku.ca
- Ailiya Rizwan
 - 4th-year Biology student
 - ailiya@my.yorku.ca
- Yashna Manek
 - 4th-year Mathematics for Education & French Studies
 - ymanek@my.yorku.ca

Our Volunteer and Research Experiences

Hemish Ahuja: 2nd Year Physics and Comp Science: [My LinkedIn](#)

- Peer Mentor
- Science Student Ambassador (SSA)
- Undergraduate Research
 - York Science Scholars Award (YSSA) - Dr. Randy Lewis (1st Year summer)
 - EXPLORE (UAlberta - Dr. Saeed Rastagoo) (2nd Year fall and winter (now))
 - Goethe University (Germany) this summer.
- President (and Ex Vice President) at The Physics Society at YorkU (PSYU) - (We're hiring)
- Undergraduate Chair - SAC - The Canadian Association of Physicists (CAP)
- Member of 'CAP Medal for Excellence' Committee
- Class Rep for many classes, SSC and Much more...

Our Volunteer and Research Experiences

Yashna Manek - 4th Year Mathematics for Education & French Studies

- Peer Mentor
- Science Student Caucus → Petitions, Senate & CEAS
- York University Senate → Tenure & Promotions & Appeals
- Science Student Ambassador
- Bethune College Council → General Member, VP Social, EVP
- Robert Everett Exceptional Leadership in Student Governance Award Recipient for 2023

Our Volunteer and Research Experiences

Ailiya Rizwan - 4th Year Biology

- Peer Mentor
- Class Representative for CHEM2020 & MATH1505
- Science Student Caucus → EDI, Senate & Appeals Committee
- York Science Scholars Award → Dr. Krylov's Chemoresistance Group
- Science Student Ambassador
- President of Women in White Coats
- Etobicoke General Hospital → Emergency, COVID Screener, Diagnostic Imaging
- Sick Kids Child Life Volunteer

Volunteer Opportunities at York



Student Ombuds Services (SOS)

Volunteer Positions + Free Services

- Peer Mentor <https://www.yorku.ca/colleges/bethune/help/peer-mentoring/>
 - Office Hours: Mon-Fri 10am-3pm at Bethune's Peer Mentor Office
- Peer Tutoring at LSB 104
 - Winter Schedule:
<https://www.yorku.ca/colleges/bethune/help/tutoring/schedule/>
- Class Representatives → Host informal study sessions; liaise between prof/student
- Apply: <https://www.yorku.ca/colleges/bethune/get-involved/volunteer-positions/>

Student Ombuds Services (SOS)

- Peer-Assisted Study Sessions (PASS):
 - Winter Schedule: <https://www.yorku.ca/colleges/bethune/help/pass/>
 - Apply for this PAID position here:
<https://www.yorku.ca/colleges/bethune/get-involved/paid-positions/pass-leader-recruitment/>
 - Must attend lectures & have weekly sessions

Bethune College Council (BCC)

- Elections in October for two First-Year reps as well as any vacant positions
 - General elections in March for all other positions
 - President, EVP, VP Athletics, Outreach Directors, Commuter Directors + 4 General Members
- Office: 122 Norman Bethune College (In the basement across from JCR)
- Host social events + intramurals (more on this later)
- Provide club funding/office space if affiliated
- <https://www.bethunedragons.ca>
- Instagram: @bethunecollege



Our beautiful outreach directors woوو

York Federation of Students (YFS)

YFS is the student union & hold elections → PAID

- Organize events like YorkFest, Frost Week, Multicultural week etc
- Wellness Centre
- Printing Services
- Club funding + supports

RedPack → <http://www.yfs.ca/redpack>

- Volunteer Program run by YFS
- Events Teams, Campaigns & Equity Team, Wellness Team

Employment opportunities

Office Location: 336 FSC

- Mon-Fri, 10am-6pm
- <https://www.yfs.ca/>



Student Community and Leadership Development (SCLD)

- SCLD <https://www.yorku.ca/sclد/join-our-team/> → PAID
 - Assist students with their transition into university life + growth & engagement throughout their time at the university
- Student Academic Success
- Student Organizations
- Learning Skills Services
- Media & Communications
- Student Engagement
- Student Transition & YODA
- Student Leadership
- Student Life Ambassador

FSc Science Student Ambassadors

- A student-based Science ambassadorship program that educates the external community about the Faculty of Science at York University.
- Recruitment events like Spring Open House, Explore Science, Tours
- Panel events like YSSA apps, Getting Research Experience @York, What can I do with a Biology degree? etc.
- Apply beginning of June
- <https://www.yorku.ca/science/students/current-students/science-student-ambassadors-ssa/>



York International Volunteers

- Student Engagement Volunteer
- Global Peer Mentors
- Global Outreach Volunteers
- Orientation Volunteer
- Monthly Commitment: 8-12 hours
- <https://yorkinternational.yorku.ca/leadatyi/>

International Research Opportunities

- OBW | Ontario/Baden-Württemberg, Germany
- ORA | Ontario/Rhône-Alpes, France
- <https://yorkinternational.yorku.ca/additional-opportunities/>

YUConnect

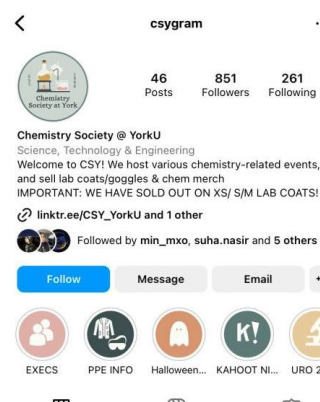
- York's hub for co-curricular activities
- Register as an official member, log hours, elections, forms
- Browse over 500 clubs at York:

<https://yorku.campuslabs.ca/engage/>

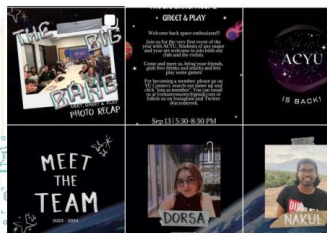
YU cONnect

Let's Highlight Some Clubs!

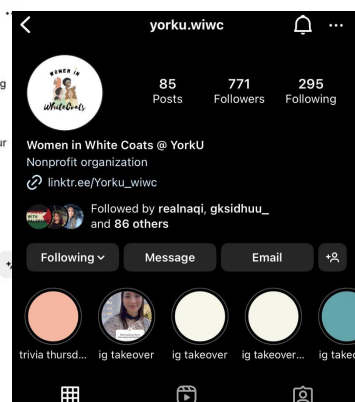
Chemistry Society



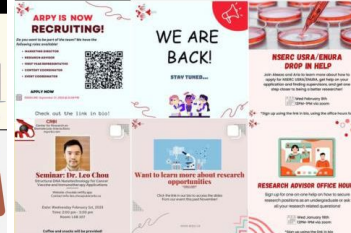
Astronomy Club



Women in White Coats



Association For Research Placement




Home to the largest telescope on a
Canadian university campus!

Allan I. Carswell Observatory OBSERVATORY TOUR

WEDNESDAY JAN 10, 5-7 PM ET

Visit: yorku.ca/science/observatory
for more information & tickets

 Petrie Science &
Engineering Building,
3rd Floor

yorkuobservatory



80
Posts

499
Followers

45
Following

Allan I. Carswell Observatory
Observatory

- Allan I Carswell Observatory located at York University 🇨🇦
- Housing a 1-metre telescope 📡
- In person and online events!

www.yorku.ca/science/observatory

Professional dashboard

776 accounts reached in the last 30 days.

Edit profile

Share profile



AIR



In-person e...



Merch 🌟



Online events



Tour captur...



Volunteering at a Hospital



<http://mackenziehealth.ca/>

<http://www.hrh.ca/BecomeaHumberRiverVolunteer>

<https://www.williamoslerhs.ca/en/who-we-are/apply-to-volunteer.aspx>

<http://www.stmichaelshospital.com/volunteer/index.php>

<http://sunnybrook.ca/content/?page=volunteer-application>

<https://www.mountsinai.on.ca/patients/volunteer>



Unpaid/Volunteer Research





Sometimes it's not always about the money, getting an Unpaid or Volunteering position can go a long way...
Especially without prior research experience, aim for an unpaid position so that you can get a paid position eventually.

- Me

Volunteering for a professor

- **Research the Professor's Work:** Familiarize yourself with the professor's research to demonstrate genuine interest.
- **Highlight Relevant Skills:** Clearly communicate skills that make you suitable for the research.
- **Flexible Schedule:** Emphasize your availability and willingness to accommodate the professor's schedule.
- **Express Long-term Interest:** Communicate your commitment and alignment with academic and career goals.
- **Attending Office Hours:** Attend office hours to discuss your interest face-to-face.
- **Understand Expectations:** Seek clarity on time commitment, tasks, and prerequisites.
- **Showcase Initiative:** Propose specific ways to contribute based on your skills and interests.
- **Follow Up Appropriately:** Send a polite follow-up if you don't receive a response.
- **Explore Funding Opportunities:** Inquire about potential funding for your involvement (NSERC, ENURA, DURA, RAY, Work/Study, YSSA etc.) (More on this later)
- **Building a Portfolio Or Resume:** Create a detailed portfolio highlighting your achievements.
- **Professionalism in Communication:** Maintain professionalism in all communications, using proper email etiquette. Sample email ahead-

Sample Email

Dear [REDACTED]

I am an undergraduate student at York University completing a double major in psychology and biology. I will be starting my fourth year in September 2015 and would like to do my honours thesis.

After volunteering in a Biology research lab for the past year and [REDACTED]

realized that my research interests lie in the [REDACTED]

[REDACTED] I found that your research on [REDACTED]

was particularly

interesting. Furthermore, I find it appealing that [REDACTED]

[REDACTED]. On that note, I would like to inquire whether you are currently accepting honours thesis students for the 2015/2016 year. If so, I was wondering if you would be available anytime next week to discuss this possibility?

I would like to mention that I have previous research experience [REDACTED]

[REDACTED] My psychology GPA is [REDACTED] I have attached my unofficial transcript and resume for your consideration. I have also attached a writing sample I submitted as an assignment for the course PSYC 3260 Cognition. Thank you in advance for your consideration and I look forward to hearing from you.

Kind regards,

Dear Professor Tommy Vicetti,

I hope this email finds you well. My name is [Peter Parker], and I am currently a [3rd Year] student majoring in [Hons. Physics] at York. I am writing to express my strong interest in your research and inquire about potential volunteering opportunities within your lab.

I have been following your work on [Quantum Gravity] and am particularly fascinated by [Quantum Black holes]. The depth and impact of your research align closely with my academic interests, and I am eager to contribute to your ongoing projects.

I possess a strong background in [PHYS 3040, PHYS 2213], which I believe would be valuable for your team. I understand your time is valuable, and I would be grateful for the opportunity to discuss potential collaboration further. I am available to meet during your office hours, and I can also provide any additional information or references you may require.

Thank you for considering my application. I am excited about the possibility of contributing to your research, and I look forward to the opportunity to discuss this further.

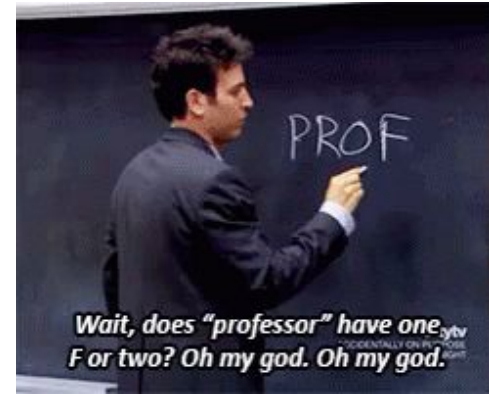
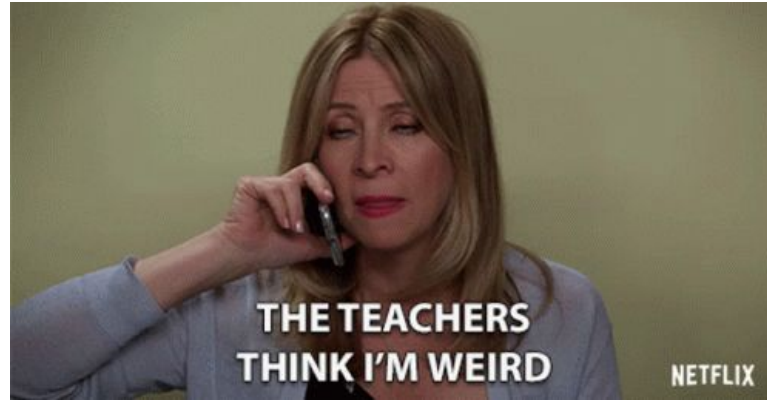
Best Regards,

[Friendly Neighbourhood Spiderman]

[123456789] (Your YorkU Student Number)

[Peter.Parker@My.yorku.ca] (Always use your YorkU email)

Let's say bugging your professors for an internship didn't work!



Here is what you can do-



PHYSICS/ASTRONOMY PROJECT PHYS 4310 3.0

- Fall/Winter/Yearlong terms available
- Open to students in the final year of
 - Physics, Applied Physics Astronomy streams of an Honours Physics and Astronomy program.
- 1 term: 3 credits
- Example of project areas:
 - Atomic physics - Professor Kumar, Professor Marko
 - Particle Physics - Professor Taylor
 - Computational electromagnetism
 - BioPhysics
 - You are free to work outside York during this! And get credits for it!
 - In short, work - where you like it and where you can find it!

https://www.yorku.ca/science/physics/wp-content/uploads/sites/188/2023/03/PHAS_Handbook-FW-2023-2024-2023-07-05-update.pdf

Experiential Learning Opportunity through Research and Exchange (EXPLORE)

PHYS 3600 3.0 (Yet a Year Long Course)

- Opportunity to Collaborate with an international research team (UAlberta, MIT, Goethe)
- Admittance to the course is by application only
- Offered as a year long course
- Open to all undergraduate and MSc students (even outside of Physics and Astronomy!)
- Boosts your python skills
- Research themes:
 - Theoretical and/or computational physics
 - Astrophysics
 - Quantum Gravity and other among a few things

Ontario Universities Program in Field Biology (OUFPB)

- OUPFB is a collaborative program that allows undergraduate students from participating universities to take field courses in various locations and topics of biology.
- OUPFB aims to provide students with hands-on experience in conducting field research, as well as enhancing their knowledge and skills in different areas of biology.
- OUPFB offers approximately 19 different field courses by 16 universities, covering diverse ecosystems and cultures, such as tropical rainforests, deserts, marine environments, and African savannas. Research fields are located around the world (Costa Rica, Brazil, Bahamas etc.)
- Application found on website <http://www.oupfb.ca/>
- York BIOL 4001: <https://www.yorku.ca/science/biology/course/field-courses/>
- Deadline to apply: Wednesday January 31st at 4 pm

Recent Email Update on the OUFB :

This email is to let you know that our summer field course applications will open on **Monday January 29 at 9 am**, and close on **Wednesday January 31st at 4 pm**. Please apply early for this round of early bird spots!

You will find the application links and additional information on the biology website: [Field Courses 2024 - Department of Biology \(yorku.ca\)](#)

We are offering:

1. The blended Summer 1 Term **Urban Watershed Management and Biodiversity Course** will run again over 5 weeks starting Monday May 6. Lectures will be remote and laboratories will be in person. You will receive a kit for free (but are responsible for the tuition for the course).

For more information and to apply: [Field Course Category A - Department of Biology \(yorku.ca\)](#)

2. **The Ontario Universities Program in Field Biology** (<http://www.oupfb.ca/modules.html>) offers in-person field courses within Canada, the US and other countries. We have early bird, priority spots reserved in 9 of the 19 modules. Students are responsible for the ancillary costs of the field course, in addition to tuition.

For more information and to apply: [Field Course Category B- Offered In Person 2023 - Department of Biology \(yorku.ca\)](#)

The Research Term Courses

- Chemistry, BioChem and Bio majors have access to these Research Experience Terms- [link](#)
- Can be taken during any year/semester of study
- Taken part time while taking courses (5~10 hours/week)

ZERO CREDITS (PASS/FAIL) ON TRANSCRIPT

- Must make arrangements with professor before enrolling
- Submit personal essay/report on your work at the end of practicum

GREAT WAY TO GET YOUR FOOT IN THE DOOR!

Independent Study/Honors Thesis and CO-OPs

Biology, Kinesiology, Chemistry, Math & Stats

- Most Hons. majors are required to write an Undergrad Thesis in your 4th year - Look at your department pages
- Each department requires the student to be in the respective Honours program and to have completed >84 credits
- Biology: Biology Major GPA of at least 6.0
- Psychology: PSYC 1010, 2030, 2020 OR 2021/2022
- Chemistry: no other specific requirements
- Kinesiology: no other specific requirements
- Arrange project details with professor, Grading system is determined beforehand with professor

Look early! (Nov/Dec/Jan of the year before)

Finally, now Let's talk paid positions-



NSERC USRA, ENURA, and DURA

Natural Sciences and Engineering Council of Canada - Undergraduate Summer Student Research Awards / Earle Nestmann Undergraduate Research Awards / Dean's Undergraduate Research Awards

Summer research assistant studentships for undergraduate students

Application deadline is in Feb 2024 (TBD) so you must find a professor well before this deadline

Pay: \$8,400 (\$6,000 from NSERC + \$2,400 from your supervisor and faculty)

Application package includes forms + Research Statement + Transcript

At York, students can apply for NSERC starting summer of 1st year

https://www.nserc-crsng.gc.ca/Students-Etudiants/UG-PC/USRA-BRPC_eng.asp

NSERC INFORMATION SEMINAR

- Stay tuned for the Faculty of Science NSERC information session... likely in early February
- Presentation slides from 2023:
<https://www.yorku.ca/science/wp-content/uploads/sites/31/2023/02/FSc-NSERC-USRA-ENURA-2023-InfoSession.pdf>



NSERC
CRSNG

YORK FINANCIAL AID EMPLOYMENT

RAY (Research At York): Eligible undergraduate students will have the opportunity to participate in research projects with faculty members and/or fellow students, while receiving compensation at a competitive rate

Work Study: On-campus part-time job opportunities for eligible full-time undergraduate students. Provide support to their relevant department/faculty in clerical, administrative and technical capacities.

Leadership Engagement & Ambassadorship Program (LEAP) supports high profile contributions and engagement activities on campus that are focused on such things as peer mentoring, ambassadorship and advising. Ex. YU Start Leader, Student Recruitment Ambassadors and Peer Educators/Mentors.


<https://experience.yorku.ca/home/home.htm>

<https://sfs.yorku.ca/work-study-programs>

Recreational Opportunities




Recreational Activities




THE OFFICIAL SITE OF YORK UNIVERSITY ATHLETICS & RECREATION

YORK LIONS


[Sign Up](#) [Log In](#)




Group Fitness




Lifestyle Programs




Aquatics




First Aid Certification Courses




Fusion IM




Fitness & Lifestyle Certifications & Courses




Child and Youth Programs




Personal Training and Nutrition Services




Sport Clubs



Pride Shop Online



Varsity Tryouts



Drop In Recreation

[f](#) [t](#) [e](#)

[^](#)

NEWS

TWEETS

Intramurals

Three Levels:

- Tier A – Competitive
- Tier B – Semi-competitive
- Tier C – Recreational

Register through the Bethune Athletic Committee
[@bethuneathletics](#)

YORK U LIONS

INTRAMURAL ASSISTANT: Provide administrative support with statistics, standings, rules, points, staff training and evaluation.

INTRAMURAL CONVENOR: Hiring, training and scheduling of officials, participant identification verification, player eligibility, field/court inspection and equipment inventory as well as appropriate incident management and reporting.

INTRAMURAL OFFICIALS/REFEREES: Ball Hockey, Basketball, Broomball, Cricket, Flag Football, Futsal, Handball, Innertube Basketball, Innertube Water Polo, Rugby, Soccer, Volleyball

Note: These positions are part of the Work/Study program

<http://www.yorkulions.ca/index.aspx>



SUMMARY

- There are plenty of opportunities available
- Use the time now to get your resume, cover letters and reference letters ready
- Start searching for projects that interest you
- Approach professors early to see if they have positions available
- Try to get good grades!



THANK YOU FOR LISTENING!

ANY QUESTIONS?