

SUMMER ORIENTATION 2021



health

YORK
UNIVERSITÉ
UNIVERSITY



WELCOME

Meet Your Zoom Moderators & MCs!



Land Acknowledgement

“York University recognizes that many Indigenous Nations have long standing relationships with the territories upon which York University campuses are located that precede the establishment of York University. York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been care taken by the Anishinabek Nation, the Haudenosaunee Confederacy, and the Huron-Wendat. It is now home to many First Nation, Inuit and Métis communities. We acknowledge the current treaty holders, the Mississaugas of the Credit First Nation. This territory is subject of the Dish with One Spoon Wampum Belt Covenant, an agreement to peaceably share and care for the Great Lakes region.”

Let's get to know more about you!

Visit: www.menti.com

- What ethnic background(s) do you identify with?
- How are you feeling about entering York University? What feelings come up for you?

Question: What do you think this tells us about you all as students transitioning to York?

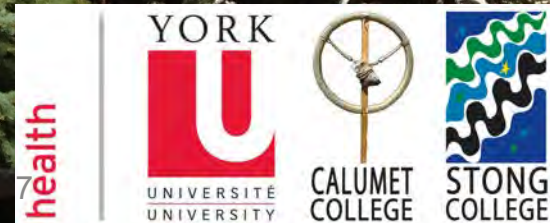


<https://www.travelweekly.com/Travel-News/Travel-Agent-Issues/Diversity-perception-and-reality>

20/20/20 Break



Connecting With Your College



Your College Head



Jennine Rawana

Head of Calumet College

calumet.yorku.ca/

Calumet & Stong Colleges Student Success Programs

INSPIRING LEARNING, LEADERSHIP, AND CITIZENSHIP



To learn more, please
visit: <https://ccscss.info.yorku.ca/online-student-support/>

What is a College?

*“Your College is
your home in a big university”*



- ✓ A place to meet others, volunteer, study, access resources and programs
- ✓ A place to help you be successful at York

How Can Calumet College Help Me Succeed at York?

College Main Office

- Student Success Programs
- Community/ personal development events

College Councils

- Student Voice
- O-Week
- Social events
- Athletics
- Swag

CC Clubs

- College Affiliated Clubs (UPSA, SAHMPI, GHSA)

Student Space

- Study (SC 111)
- Social (eg CC 100)
- Wellness Lounge

Jennine's Tips for Success!



Time for Breakout Rooms!



health



Online Learning Supports & Addressing Discrimination



Online Learning Support

Calumet & Stong Colleges Services

- Peer Tutoring
- Peer Mentoring
- P.A.S.S (Peer-Assisted Study Sessions)
- Visit: <https://calumet.yorku.ca/supporting-students-online/>

Learning Skills Services

- Study tips, strategies & more!
- Visit: <https://www.yorku.ca/scld/remote-learning/>

Addressing Discrimination

The success of our students depends on our collective willingness and ability to listen, to be kind, to look after ourselves and each other, to work together, and to lead with [Respect, Equity, Diversity and Inclusion](#). We do not condone or tolerate racism, prejudice or discrimination at Calumet & Stong Colleges. We are committed to supporting our Peer Leaders and Student Organizations and our York and CCSC community to stop anti-Black racism and systemic discrimination of all kinds. We will also collaborate with others to strengthen our student success programming to help our Colleges and students foster a just and fair world. For more information and to connect with us, visit: <https://ccscss.info.yorku.ca/online-student-support/#squelch-taas-toggle-shortcode-content-14>) or email scchelp@yorku.ca.

Academic Honesty



SENATE POLICY ON ACADEMIC HONESTY

"Academic honesty requires that persons do not falsely claim credit for the ideas, writing or other intellectual property of others, either by presenting such works as their own or through impersonation. Similarly, academic honesty requires that persons do not cheat (attempt to gain an improper advantage in an academic evaluation), nor attempt or actually alter, suppress, falsify or fabricate any research data or results, official academic record, application or document."

IT'S NOT JUST PLAGIARISM

The offering for sale of, buying of, and attempting to sell or buy test banks (banks of test questions and/or answers), or any course specific test questions/answers is not permitted in the Faculty of Health. Any student found to be doing this may be considered to have breached the Senate Policy on Academic Honesty. In particular, buying and attempting to sell banks of test questions and/or answers may be considered as “Cheating in an attempt to gain an improper advantage in an academic evaluation” (article 2.1.1 from the Senate Policy) and/or “encouraging, enabling or causing others” (article 2.1.10 from the Senate Policy) to cheat.

Refer to your E-Class website for course materials and announcements. Avoid using websites not approved by York, WhatsApp groups or social media sites to get course information, as these sources may violate York's academic integrity guidelines, and all users could be penalized.

ACADEMIC HONESTY RESOURCES

- ***Senate Policies:***

<http://secretariat-policies.info.yorku.ca/>

- ***Academic Integrity Module:***

<https://spark.library.yorku.ca/academic-integrity-what-is-academic-integrity/>

- ***Faculty of Health Academic Honesty PPT:***

<http://health.info.yorku.ca/files/2012/10/Academic-Honesty-Presentation-FINAL-COPY-April-18-2013.pdf>

STUDENT RIGHTS AND RESPONSIBILITIES



The following is an excerpt from the Student Code of Conduct, specifically sections 4a and 4b:

“The following behaviours are prohibited. This list is not exhaustive but provides examples of breaches of the standard of conduct. This Code deliberately does not place violations in a hierarchy. The University views all complaints made under the provisions of this Code as serious.”

4a. Breaking federal, provincial or municipal law, such as: breaking into University premises; vandalism; trespassing; unauthorized use of keys to space on campus; unauthorized possession or use of firearms, explosives, or incendiary devices; possession or consumption of, or dealing in, illegal drugs; smoking of legal substances outside designated areas; cruelty to animals; theft of University or private property including intellectual property; unauthorized copying of documents; possession of stolen property.

4b. Threats of harm, or actual harm, to a person's physical or mental wellbeing, such as: assault; verbal and non-verbal aggression; physical abuse; verbal abuse; intimidation; sexual assault; harassment; stalking; hazing.

STUDENT RIGHTS AND RESPONSIBILITIES: RESOURCES

- ***Student Conduct and Responsibilities:***
<https://calendars.students.yorku.ca/2020-2021/student-conduct-and-responsibilities>
- ***Code of Student Rights and Responsibilities (CSRR):***
<https://calendars.students.yorku.ca/2020-2021/code-of-student-rights-and-responsibilities>
- ***Student Rights and Responsibilities:***
<http://oscr.students.yorku.ca/student-conduct>

20/20/20 Break





Student Success Programs & Calumet College



Calumet & Stong Colleges (CCSC)

Student Success Programs



Orientation & Transition

- Orientation
- Student Welcome Events
- Mentoring



Academic Support Programs

- Course Representatives
- Peer Assisted Study Sessions (P.A.S.S.)
- Peer Tutoring



Leadership & Professional Development

- Health & Wellness
- Leadership Coaching
- Work and Volunteer Opportunities
- Career Exploration
- Awards & Recognition
- Agents of Change



Community Building & Development

- Student, Staff & Faculty Advisory
- Student Engagement and Partnership
- Indigenous Circle
- Alumni & Fellow Engagement
- Research and Program Development
- College Celebrations
- Colleges @2020 events
- On-Campus Partnerships
- Off-Campus Community Engagement

Leadership, Exploration & Development (LEAD)

What is LEAD?

- The purpose of this program is to foster a culture of leadership and citizenship among all students affiliated with Calumet and Stong Colleges
- LEAD offers hands-on workshops and training opportunities for peer leaders and students



LEAD Training

1

Emerging Leadership Training (ELT)

Designed for
new students
and students
interested in
getting involved
at Calumet and
Stong Colleges
(CCSC)

2

Foundational Peer Leadership Training (FPLT)

Designed for
peer leaders
and is
mandatory for
all CCSC peer
leaders

3

Advanced Peer Leadership Training (APLT)

Designed for
students
engaged in
leadership
experiences

4

LEAD Essentials

Designed for
groups and
student
organizations

5

EXEC YU

In development
New offering for
peer leaders in
executive
positions

LEAD

What are the benefits of getting involved?

- Helps you find your passion /discover new interests
- Provides a sense of mattering
- Creates connections
- Enhances your self-confidence
- Makes your university life more fun

LEAD

Where can I find more information?

- LEAD training sessions will be offered throughout the summer once the schedule is finalized you will find the details here <https://ccscss.info.yorku.ca/lead/>

Please direct questions to scchelp@yorku.ca

Peer Assisted Study Sessions (PASS)

What is PASS?

- Weekly group sessions led by trained peer leaders who have taken and aced the course
- Sessions are held online (zoom platform) and are free
- Sessions are collaborative, fun and interactive

What are the benefits of PASS?

- PASS is a time saver and focuses your study efforts
- Be introduced to different learning skills and strategies
- Gives you an opportunity to practice example questions
- Helps you build a stronger understanding of key concepts and themes

- 32 • Connect with like-minded peers

Summer 2021 PASS

What courses are being supported in Summer 2021?

- 1.SU: PSYC 1010, Section A
- 2.S1: PSYC 2021, Section A and Section B
- 3.S2: PSYC 2022, Section M

When do PASS sessions start?

- Week of May 17, 2021

Where can I find more information?

- PASS session promotional material will be posted on eClass for those courses being supported by PASS
- Visit the PASS webpage to find the summer schedule and course offerings <https://ccscss.info.yorku.ca/pass/> or email scchelp@yorku.ca

PEER ASSISTED STUDY SESSIONS

PASS
Online

PSYC 1010
Sections A

Thursdays • 12:00pm – 2:00pm

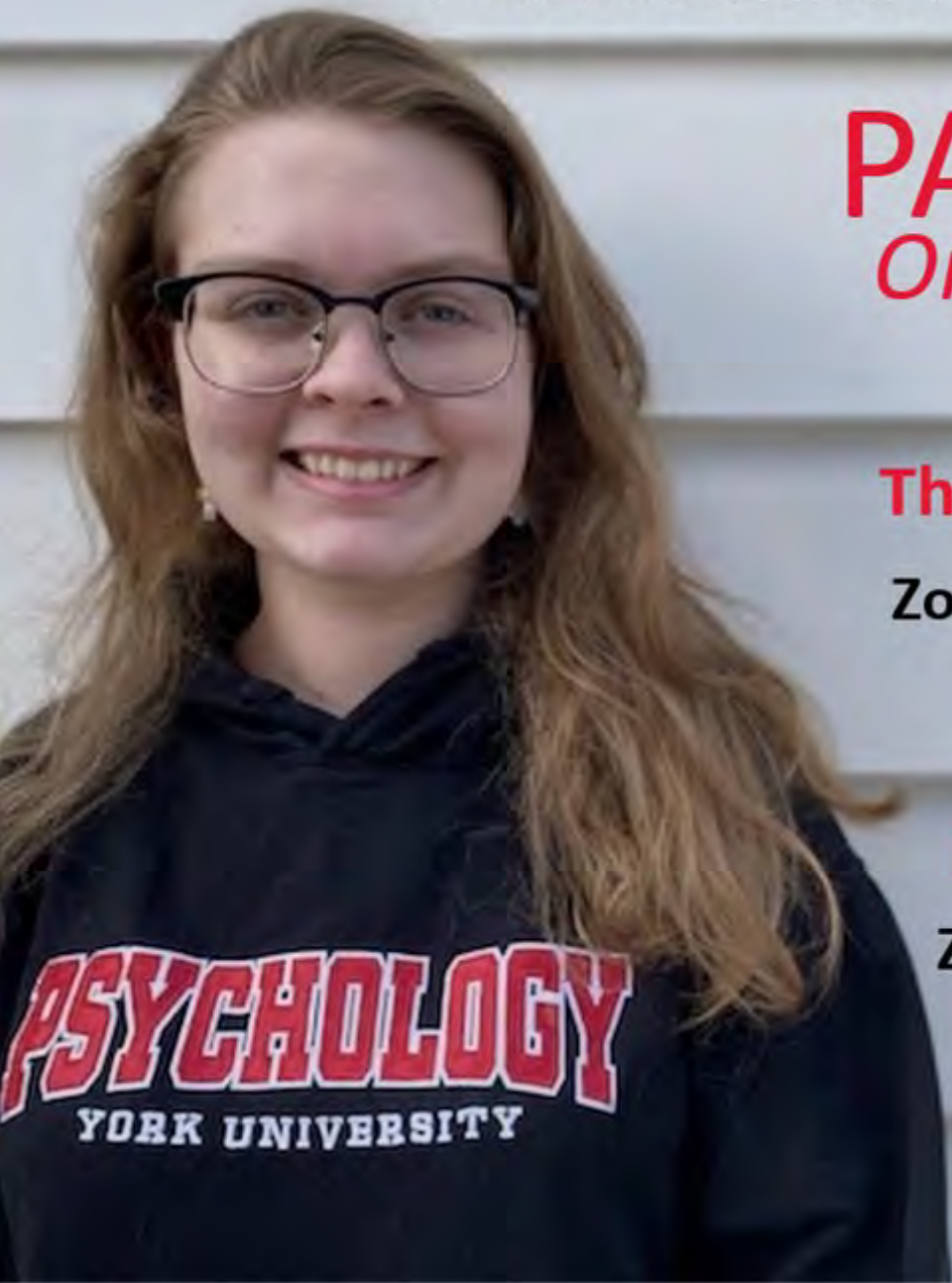
Zoom Meeting ID: 981 3995 1350

Password: 671340

Fridays • 12:00pm – 2:00pm

Zoom Meeting ID: 915 8770 1706

Password: 980020



Course Representative Program

Course Representatives

- Making announcements about various events, studying tips, and ways to get more involved within the university's community
- Communicating and strengthening the ties between both the course director and students
- Organizing unfacilitated study session

Course Representative Program

Key Responsibilities

- Attend mandatory FPLT and APLT trainings
- Attend weekly meetings with peer course representatives, course representative coordinators, and student success coordinator
- Prepare a maximum of 3 minutes presentation with the slides provided by the student success team
 - In online courses, depending on class operation, you would be asked to record your presentation, or present your slides in synchronous class
- Fill out weekly report
- Organize unfacilitated study session upon requests

<https://ccscss.info.yorku.ca/ccsc-student-success-programs/>



Calumet College Council

CCC

Calumet College Council (CCC)

Services offered include:

- Social spaces
 - Intramural sports
 - Social events
 - Affiliated academic clubs
 - Wellness Lounge
 - Calumet College apparel
- **Website:** <https://www.calumetcollegecouncil.ca/>
 - **Email:** president.calumetcc@gmail.com
 - **Instagram:** <https://www.instagram.com/calumetcollege/>
 - **YU Connect:** <https://yorku.campuslabs.ca/engage/organization/calumetcollegecouncil>

Calumet College Resource Kit:

<https://docs.google.com/document/d/1Mxm3-76wClGKRIAHOgo6j1ZqtP7wgUFO8cvtrVcBZyU/edit>



MAIN ROOM BIO BREAK

Goal Setting & Planning

Take this 5-minutes break as a time for you to reflect on your university goals and how you can use the resources/services you learned about to achieve those goals!



What is my overall goal during my first year at university?

Create A Vision

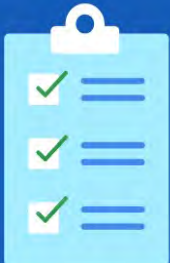
Think **BIG** about your passions and virtues, then outline a vision of what inspires you and what you aspire to be at the end of your work and personal life.

Set S.M.A.R.T. Goals

Set **Specific, Measurable, Assignable, Realistic, and Time-related** goals; Be as detailed and concise as possible. By using the S.M.A.R.T method (George T. Doran), you can maximize achievability through accountability and a sense of direction.

Develop Habits & Skills

To achieve your BIG vision, you must think small: Break down your goals into smaller, challenging steps so you can focus on them without becoming overwhelmed. Think of specific actions you can take to learn and achieve your goals.



1

What skills do I have?

2

What skills do I aim to develop?

3

What resources can help me achieve my goals?

Take action!

Welcome Back!

Program-affiliated Student Clubs & UPD Presentations



UPSA

The Undergraduate Psychology Student Association

Who are we?

- Student-run organization
- Provides **academic, social, and personal support**
- Foster an active and engaged community
- All of our services are run by volunteers, and are **100% free!**

Our Services

Peer Mentoring

- Support positive and effective university transition

Peer Tutoring

- One-on-one tutoring to supplement students' academia

Community Relations

- Create a sense of community through social events and workshops

Marketing

- Offer creative, engaging, and informative content on social media platforms (Insta, FB) to connect psyc students with the resources for their success

Peer Mentoring



- The peer mentoring (PM) program at Calumet and Stong Colleges provides **free one-on-one and group mentoring** to undergraduate students in the Faculty of Health
- The PM program helps psychology undergraduate students successfully transition and navigate their way into York University
- Peer Mentors are recruited and **well-trained** from upper-level students who have proven to be **knowledgeable, experienced, and motivated** to assist students in their own university journey as a psychology major

- Incoming first-year Psychology students are **matched with a peer mentor**
- These mentors are in the same program as the incoming students, are available to answer questions, give advice, help incoming students adapt to university life, etc
- To continue our support of students during these difficult times, UPSA will offer peer mentoring services through **online platforms** (email and zoom calls)
- Check out our **website and social media** for more details on how to access our services!

Peer Mentoring

Why should I use peer mentoring?

- To **learn about your degree and the different paths available** to you!
 - This is especially paramount for PSYC students, considering the versatility of the degree
- To **ease your university transition** and improve your academic performance
 - Learn about the appropriate services and resources relevant to your unique circumstances
- To **create and foster a community** with your peers and upper-year students through group activity!

Peer Tutoring



- The Peer Tutoring (PT) Program at Calumet and Stong Colleges is a program that provides **free one-on-one academic services** to undergraduate students in the Faculty of Health
- Peer Tutors also construct student-made **mock exams** and other additional services for historically challenging courses
- Peer Tutors are recruited and well-trained from **amongst upper-level students** who have successfully passed and attained a minimum of **grade A** in the courses they support and a minimum cumulative GPA of B+

- In order to continue our support of students during these difficult times, UPSA will offer Peer Tutoring services through **online platforms** (Drop-in hours on Zoom)
- Check out our **website and social media** for details on how to access our services!

Peer Tutoring



Why should I use peer tutoring?

- University is fundamentally different in its expectations from students, **demanding more in less time**
- Our tutors can **teach you learning strategies** to increase your efficiency
- Many concepts in psychology are complex, and not easy to understand. **Our tutors can help**
- Our services are **100% entirely free!**

Courses Offered

PSYC 1010 Introduction to Psychology

PSYC 2010 Writing in Psychology

PSYC 2020 Statistical Methods I and II

PSYC 2021 Statistical Methods I

PSYC 2022 Statistical Methods II

PSYC 2030 Research Methods

PSYC 2110 Developmental Psychology

PSYC 2120 Social Psychology

PSYC 2130 Personality

PSYC 2230 Motivation

PSYC 2260 Cognition

PSYC 3140 Abnormal Psychology

PSYC 3265 Memory

*Note that this list continues to change each year, depending on the diversity of our tutors and their knowledge of different courses.

Community Relations

- The Community Relations (CoRe) department provides **career and academic-oriented** workshops and events
- Provide **social events** to help students connect with each other and build meaningful relationships within the YorkU community
- Keep students **connected**

CoRe's objectives are:

- Create opportunities for students to be active and engaged members
- Build a sense of community within the psychology department
- Foster a culture of growth, development, collaboration and inclusion

Past Events

Career-oriented events

Meet The Profs

Interact with professors in a more personalized setting

Clinical vs. Counselling Psychology

Understand the commonalities and differences between the most sought-out graduate programs

Guide to Graduate School

Learn more about graduate school, the application process, and the daily routine of students

Pathways to Psychology

Explore the different career paths associated with psychology

Socials

- **Game Night**
- **Movie Night**
- **Get PSYC'd Social**

Learn

- **Watch and Learn**
- **Learning Lounge**
- **Mental Health Matters**

Marketing

- Provides **up-to-date, informative,** and **engaging social media content** to students by:
 - Sharing mentoring and tutoring content through our socials
 - Creating informative videos on YouTube and IGTV
 - Monitoring and expanding UPSA's online presence
 - Interacting with students online
 - Producing fun and informative podcasts

Check out our podcast!

What's UP(SA)?

Our podcast aims to engage with students and provide helpful information online

Available on:



Spotify



Anchor



Google Podcast



Overcast

Or check out our website

upsa.club.yorku.ca

Contact Us



Email

General Inquiries

upsaemy.yorku.ca

Mentoring Department

upsamentorship@gmail.com

Tutoring Department

upsa.tutorse@gmail.com

Community Relations Department

upsavolunteer@gmail.com

Marketing Department

upsayt@gmail.com

Socials



Website

upsa.club.yorku.ca



Instagram

[@upsayorku](https://www.instagram.com/upsayorku)



Facebook

[@UPSAYork](https://www.facebook.com/UPSAYork)



Spotify

[What's UP\(SA\)?](https://open.spotify.com/track/What's%20UP(SA)?)



YouTube

[UPSA YorkU](https://www.youtube.com/channel/UCPSAYorkU)



LinkedIn

[Undergraduate Psychology Student Association](https://www.linkedin.com/company/Undergraduate%20Psychology%20Student%20Association)

Get Involved with Us!

- We recruit volunteers **multiple times throughout the year**
- Volunteers assist our organization in **multiple ways** (event planning, poster decoration, organizational tasks)
- Volunteers who commit to **a number of hours** per semester are entitled to **awards, recognition, and reference letters**
- Make sure to follow us on all social media platforms to stay updated on our recruitment cycles!

**Sign up to our listserv
for all updates on
UPSA including new
volunteer
opportunities:**

bit.ly/UPSAnewsletter



BSIP
BLACK STUDENTS IN
PSYCHOLOGY



Image courtesy of Microsoft Stock Images ©



Who we are?



Mission:

*Advocacy, Inspiration and Engagement of our
Black student community*

Vision:

*A representative, and vibrant community of
Black professionals and academics within the
Psychological discipline.*

What we do?



Programs:

- *Group Mentorship Sessions*
- *Collaborative opportunities*

Events:

- *Panels*
- *Movie Nights*
- *Black History Month Activities and Panels*
- *Workshops*
- *Let's Talk with Dr. Herbert*
- *Many more!*





How to
join us:

Executive positions:

- *Nominations and campaigns*
 - *Elections*
- *Additional details on socials*

Volunteer committees:

- *Year reps*
- *Media and Communications*
- *Programs and Events Team*





How to
contact us:

Get in touch with us on all platforms:

Instagram: @bsip_yu

Twitter: BSIP_YorkU (@BYorku)

Facebook: *Black Students in Psychology at
York University*

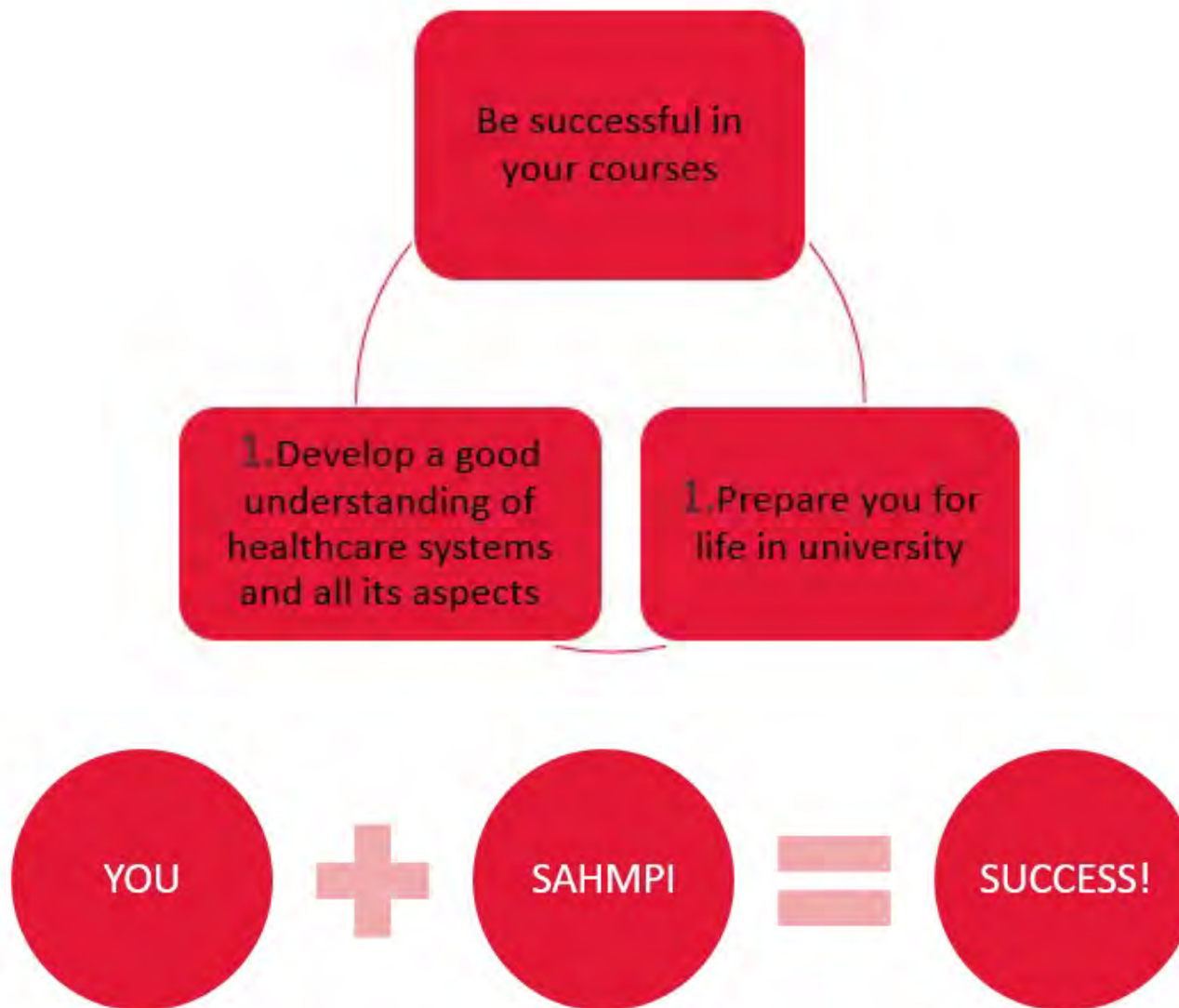
Email: bsip.yorku@gmail.com

Website:

www.bsipyorku.weebly.com



About us



Peer Mentoring Program

Mission

- To provide one-on-one support to new incoming students in SHPM
- To help them achieve a successful transition into university life at York
- To help them navigate through their first year and offer guidance both academically and socially

Benefits

- Our Peer Mentors have been trained to give you constant support throughout the school year
- They are available to you both through weekly group session and one-on-one communications
- They will be responsible for contacting, answering questions, giving advice about university life and relaying information and resources to SHPM students

Peer Mentoring Coordinator 2021/2022



Emma Gurevich (she/her)

-Peer Mentor Coordinator for
SAHMPI 2021-22

-Peer Mentor SU21

-Email: emgur@my.yorku.ca

Peer Tutoring Program

Mission

- To provide free one-on-one academic support to students in SHPM
- Specifically in these courses:
 - **HLST 1010:** Foundations of Health Studies I
 - **HLST 1011:** Foundations of Health Studies II
 - **HLST 2300:** Statistical Methods in Health Studies
 - **HLST 2040:** Health Informatics 1: Introduction to Health Informatics

Benefits

- Our Peer Tutors are well-trained upper year students who have achieved the minimum cumulative GPA of a A/B+ in the courses they are tutoring.
- They are available to you through one-on-one appointments.

Our Office

- Find us in room **126C in Calumet College**
- Office hours are available by appointment

Contact Information

Feel free to ask any question by emailing the following accounts :

- **General Inquiries:** sahmpi.yorku@gmail.com (*inquiries about Peer Tutoring are also welcomed here)
- **Peer Mentoring Inquiries:** emgur@my.yorku.ca (Emma Gurevich)
- **Peer Tutoring Inquiries:** bayleyt@yorku.ca (Bayley Tepperman)
- Or through our social media.

Social Media



Facebook -

<https://www.facebook.com/groups/SAHMPI/>

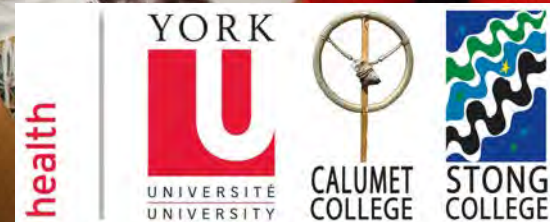


Instagram - @sahmpi.yu



Succeeding in PSYC:

Welcome from the Undergraduate Program Director



Four Year Degree



health | YORK U

<https://www.youtube.com/watch?v=FiguixmGWzw&t=3s>

Insights into Microvascular Dysfunction with
Metabolic Syndrome:
the Importance of Multi-Scale Validity

Insights into
the Inn

Succeeding in SHPM:

Welcome from the Undergraduate Program Director



Important Information

Program Pathways:

- 90 credit BHS
- 120 credit honours BHS
- 120 credit honours BHS with specialization (HM, HP, IS)

Role of OSAS (Office of Student & Academic Services)

- Degree progress + academic advising
- Book appointments yearly to ensure you are on track – course prerequisites are strictly enforced

SHPM Main Office (shpm@yorku.ca)

- Enrolment permissions, missed test documentation
- Other degree-related questions



<https://www.youtube.com/watch?v=CBGi-Nq4lg4&feature=youtu.be>

Upper Year Student Panel



Upper Year Student Panel- Thursday



Kashish

- 4th year of Health Informatics
- Co-President of the Student Association of Health Management, Policy and Informatics (SAHMPI)



Ronnie

- 4th Year Psychology Major
- President of Calumet College Council (CCC)



Jean-Marc

- 4th year specialized Honors Psychology
- President of the Black Students in Psychology Association (BSIP)



Kiana

- Executive Vice President with the Undergraduate Psychology Students' Association (UPSA)

Upper Year Student Panel- Friday



Jean-Marc

- 4th year specialized Honors Psychology
- President of the Black Students in Psychology Association (BSIP)



Ronnie

- 4th Year Psychology Major
- President of Calumet College Council (CCC)



Peyman

- 4th year Honours Psychology
- Co-President of the Undergraduate Psychology Student Association (UPSA)
- CCSC Peer Mentoring Coordinator

How much do you know about the Colleges?

Let's test your knowledge!

Visit www.menti.com and test your knowledge!

PSYCH CODE: 8673 0271

SHPM CODE: 2305 2610

Wrap-Up



E-class: SU 2021 Virtual Resource Hub, Faculty of Health

Getting Started at YorkU!

- YU Card
- My Online Services
- Accessing Courses
- Using Zoom

Pages: 3 Files: 2

Orientation & Transition

What is Orientation?

York University Virtual Summer Orientation offers a wide variety of Orientation programming for all new and incoming students. It is a great way to meet new people, discover campus resources, and learn all about your degree while providing you with a smooth transition into university.

Summer Orientation is for all new incoming students, including transfer, mature, international, and exchange students.

Orientation events and Resource provided below include:

- Summer International Student Virtual Orientation
- Academic Orientation: (sessions A and B)
- York 101 Youtube Playlist

Pages: 3 URLs: 2

Calumet & Stong Colleges Student Success Programs

Calumet & Stong Colleges offers a variety of **free** Student Success Programs including, but not limited to:

- **Peer Tutoring:** Drop-in tutoring in several courses, ranging from core courses to the historically difficult classes.
- **Peer Mentoring:** Mentoring connects well-trained upper-year students with first-year and transfer students to help them transition into university.
- **Course Representatives:** Well-trained students who make class announcements to encourage classmates to engage in their own personal success.
- **Peer Assisted Study Sessions (P.A.S.S.):** Involve upper level academically successful students who facilitate study sessions in courses that are known to be historically challenging.

Files: 1 Pages: 2

Events this Month

Calumet & Stong Colleges Events Calendar: [Here](#)

Please consult the following websites for additional workshops and services elsewhere on campus: [Career Centre](#), [Learning Skills](#), [CDS Personal Consulting Services](#) and [Libraries](#).

Pages: 5

Your Feedback Please!

Visit: <https://baseline.campuslabs.ca/you/suorientation2021>

Follow Calumet College on Social Media!

Facebook -

<https://www.facebook.com/calumet.york/>

Instagram - @calumet.york

goSAFE App

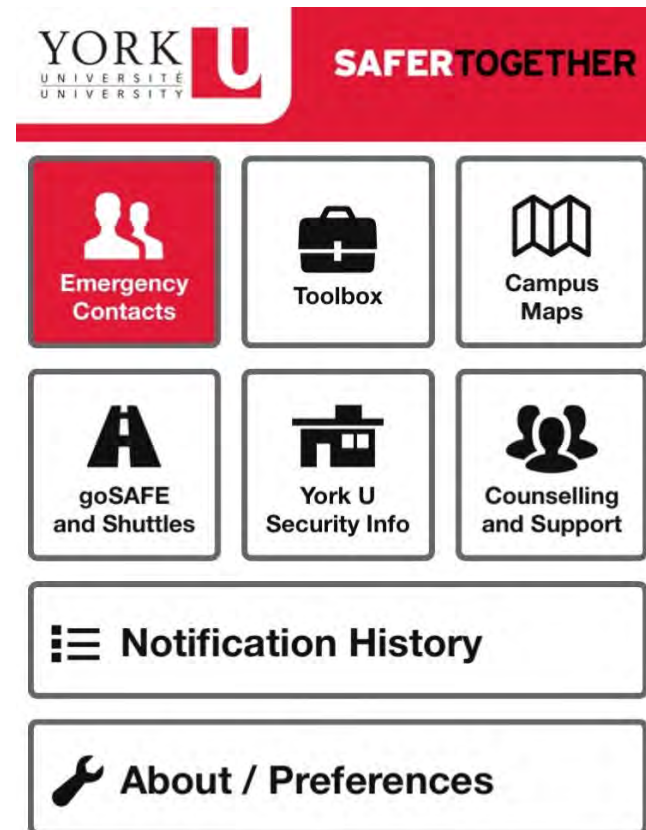
goSAFE teams accompany York community members to and from any on-campus location, such as the Village Shuttle pick-up hub, parking lots, bus stops or residences. Upon request, goSAFE staff will gladly wait with you until your bus or transportation arrives or your car starts and will strive to meet you at your pick-up location within 10 minutes of your call

To contact goSAFE, you can:

- Call 416-736-5454, or from your office phone at extension 55454
- Use any on-campus payphone (it is a free call!)
- Use any Blue Light Emergency Phone and ask for goSAFE Use any on-campus Safety Phone and push the black goSAFE button

To download the app, check:

<https://www.yorku.ca/safety/app/>



My Student Support Program (SSP)

- Additional Mental health & well-being support service for international students
- Provides international students with immediate and/or ongoing support
- Speak with a counsellor
- Can download MY SSP at:
 - Apple App Store
 - Google Play Store



<https://myssp.app/ca/home>

Closing Remarks

