Fall ORIENTATION 2021

WELCOME
Meet Your Zoom Moderators & MCs!
Zoom Overview
Rename Yourself

1. Click the “Participants” button
2. Find your name on the list and place your cursor on your name.
3. Clicking more, then clicking rename, and then naming yourself first to identify that you are a student, followed by your first and last name. For example, “Student, John Doe”. 
Key Zoom Functions

• Move mouse to bottom of Zoom window to see options bar.

• **Mute/Unmute** - Turn your microphone on and off.

• **Start/Stop Video** – Turn your camera on and off.

• **Participants** – See who is in your meeting room.

• **Chat** – Send text messages to participants and ask questions.

• **Reactions** – React to presentations with a thumbs up or clapping emoticon.
Closed Captioning & View Options

• To turn on subtitles, click "CC" button at the bottom of your zoom screen

• To get a better view of the slides and presenters: go to the very top of your window, click “View Options”, and then click “Side-by-Side Mode.” (Gallery or Speaker view)
“York University recognizes that many Indigenous Nations have longstanding 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”
Breakout Rooms!

**An invitation will pop-up on your screen to join your assigned breakout room. Please accept the invitation to join the room!**
Bio Break

IT'S TIME FOR A
WELLNESS BREAK!

HAD A CHANCE TO STRETCH TODAY?

Get moving and stretch!

Try stretching between each zoom session!
Welcome Back, Academic Honesty & UPD Presentations
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):**

- **Student Rights and Responsibilities:**
  http://oscr.students.yorku.ca/student-conduct
Succeeding in Kinesiology & Health Science: Welcome from the Undergraduate Program Director
Q & A Wrap-up & Poll
Bio Break

It's time for a Wellness Break!

Had a chance to stretch today?
Get moving and stretch!

Try stretching between each zoom session!
College Resources, Student Clubs & Menti Quiz
Connecting With the CCSC College Heads
Your College Heads

Mazen Hamadeh
Head of Stong College
stong.yorku.ca/

Jennine Rawana
Head of Calumet College
calumet.yorku.ca/
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
Calumet & Stong Colleges Student Success Programs

INSPIRING LEARNING, LEADERSHIP, AND CITIZENSHIP

CC&SC’s Strategic Plan, Vision, Mission and Values

Orientation & Transition

Academic Support

Leadership & Professional Development

Community Building & Development

To learn more, please visit: https://ccsscs.info.yorku.ca/online-student-support/
Calumet & Stong Colleges Student Success Programs

Orientation & Transition
- Orientation
- Mentoring Student
- Welcome Events

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

Leadership & Professional Development
- Health & Wellness
- LEAD with us
- Work and Volunteer Opportunities
- Career Exploration
- Awards & Recognition
- Agents of Change

Community Building & Development
- Student, Staff & Faculty Advisory
- Student Engagement & Partners
- Indigenous Circle
- Alumni & Fellow Engagement
- Research & Program Develop.
- College Celebrations
- Colleges @2025 events
- On-Campus Partnerships
- Off-Campus Community Engagement
Program Development Across Student Lifecycle

Recruitment
- Academic Orientation and Transition
  - Academic Support
- Health and Wellness

LEAD with us
- Indigenous Circle; Community Engagement and Wellbeing (CEW)
- Agents of Change
- Career Exploration

Graduation

EDI • AODA • Marketing, Media and Branding • Alumni and Fellow Engagement • Partnering with Student Clubs/Councils
How Can Stong College Help Me Succeed at York?

<table>
<thead>
<tr>
<th>College Main Office</th>
<th>College Councils</th>
<th>SC Clubs</th>
<th>Student Space</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Student Success Programs</td>
<td>• Student Voice</td>
<td>• College Affiliated Clubs (NSAY, NSTAMP, 2NA, KAHSSO)</td>
<td>• Study (SC 111)</td>
</tr>
<tr>
<td>• Community/personal development events</td>
<td>• O-Week</td>
<td></td>
<td>• Social (SC 101 &amp; 203)</td>
</tr>
<tr>
<td></td>
<td>• Social events</td>
<td></td>
<td>• Wellness Lounge</td>
</tr>
<tr>
<td></td>
<td>• Athletics</td>
<td></td>
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<tr>
<td></td>
<td>• Swag</td>
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</tr>
</tbody>
</table>
Mazen & Jennine’s Tips for Success

Connect & Get Involved

Access Resources

Academic Integrity

Study Groups

Be Well and Practice Self Care

Develop Citizenship

Foster resilience

Practice Self Care
Leadership, Exploration & Development (L.E.A.D)
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
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
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/](https://ccscss.info.yorku.ca/lead/)

Please direct questions to [scchelp@yorku.ca](mailto:scchelp@yorku.ca)
Course Representative Program
Course Representative Program

Course Representatives:

• Make class announcements about studying tips, events, and ways to get involved within the university’s community

• Communicate and strengthen ties between the course director and students

• Organize nonfacilitated study sessions

• EClass Student Success Discussion Forum
Course Representative Responsibilities

- Attend mandatory trainings
- Attend weekly meetings with peer CRs, CR Coordinators
- Practice & deliver 3 mins (pre-designed) presentation
  - May present live or record a video
- Organize nonfacilitated study session
- Post on eClass

Find out more about the CR program: https://cccssinfo.yorku.ca/course-representative-program/
Stong College Student Government (SCSG)
Kinesiology and Health Science Student Organization

Presented by: KAHSSO Peer Leaders
Meet Your Peer Leaders!
What is KAHSSO?

KAHSSO stands for the Kinesiology and Health Science Student Organization.

We are a student-led group with the vision of assisting all York University KINE students!
Our Vision

Our vision is to provide all KINE students with opportunities to integrate into the YorkU community. We wish to help students succeed both professionally and academically.

Our 3 goals:

1. Help 1st year students successfully transition into university
2. Foster a sense of belonging and equity to all KINE students
3. Help with the transition out of university by developing skills and friendships
The 4 Branches OF KAHSSO

1. Peer Mentoring Program
2. Peer Tutoring Program
3. KAHSSO Ambassadorship
   ▪ Ambassadors
4. Discover You
   ▪ Peer Coaches
5. Alumni Network
Peer Tutoring Program

General Structure:

• Drop-in sessions provided for ALL core Kine courses
• Occurs over Zoom Monday-Friday from 10am-6pm
• Tutoring hours must not conflict with course time
• Mock exams available for ALL core KINE courses
• Regular study events before midterms

We thrive to assist students as best as we can so that they can achieve a high level of academic and professional success using our resources.

Note that our tutoring service does not act as a replacement for attending class or receiving help from your professors or TA’s, we are simply here for additional support!
Peer Tutoring Program

Our Tutors:

Our tutors are upper year students that have all undergone Foundational Peer Leadership Training and Tutoring specific training.

ALL courses are tutored by students who have received either A or A+ grade in the respective course they are tutoring.

They are students who are passionate about what they teach and strive to help others
# Sample Peer Tutoring Schedule

**SUMMER 2020**

**PEER TUTORING SCHEDULE**

Sessions will begin on Monday, May 25th and will be taking place over Zoom.

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 – 11:30</td>
<td>KINE 2031 (Anatomy)</td>
<td></td>
<td></td>
<td></td>
<td>KINE 2031 (Anatomy)</td>
</tr>
<tr>
<td>11:30 – 12:00</td>
<td>Peer Tutor: Nasimi</td>
<td>Peer Tutor: Zamir</td>
<td></td>
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</tr>
<tr>
<td>12:00 – 12:30</td>
<td>Zoom Meeting ID: 982 8700 6209</td>
<td>Zoom Meeting ID: 929 2037 7194</td>
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<td></td>
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<tr>
<td>12:30 – 1:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 – 1:30</td>
<td>KINE 2031 (Anatomy)</td>
<td></td>
<td>KINE 3030 (Biomechanics)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 – 2:00</td>
<td>Peer Tutor: Minahil</td>
<td>Peer Tutor: Kabilan</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 – 2:30</td>
<td>Zoom Meeting ID: 997 8871 4450</td>
<td>Zoom Meeting ID: 971 8914 1279</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:30 – 3:00</td>
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<td></td>
</tr>
<tr>
<td>3:00 – 3:30</td>
<td>KINE 2031 (Anatomy)</td>
<td></td>
<td>KINE 3030 (Biomechanics)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30 – 4:00</td>
<td>KINE 3030 (Biomechanics)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00 – 4:30</td>
<td>Peer Tutor: Arish</td>
<td>Peer Tutor: Pooya</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:30 – 5:00</td>
<td>Zoom Meeting ID: 912 0609 7017</td>
<td>Zoom Meeting ID: 916 0432 6328</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*The meeting passwords can be found on Moodle under their respective courses.*

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**Fall 2021**

Peer Tutoring Schedule will be Released Shortly on our Social Media!
What is Peer Mentoring?

• Upper-level undergraduate students mentor KINE students, and especially incoming students, to help them successfully transition to York.

• Mentoring is a process in which an experienced individual helps another person develop his or her goals and skills.

• This is done through Group Sessions where KINE students connect with one another and their mentors through various learning activities as well as a series of time-limited, confidential, one-on-one conversations during office hours.
Peer Mentoring Program

Objectives:

• Help improve academic performance of students utilizing the Peer Mentoring Program and refer/encourage further use of other campus resources through weekly newsletters and emails, Group Sessions and officer hours

• Facilitate personal development of Peer Mentors and Mentees through cross-mentoring and guide Mentees toward a path of success as defined by their own personal standards

• Cultivate and refine Peer Mentor’s consultation, facilitation, and leadership skills

• Act as a liaison between incoming first year students to build a sense of community when in-person meetings are not possible through Group Sessions
Sample Group Sessions Schedule

Peer Mentoring Group Session Schedules will be released on KAHSSO’s social media on a **weekly** basis!

### Peer Mentor Schedule

<table>
<thead>
<tr>
<th>PEER MENTORS</th>
<th>DATE AND TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>HADI AND TAHMINA</td>
<td>MAR 1ST, 6:30PM-7:30PM</td>
<td>CONVERSATIONS WITH A PHYSIOTHERAPIST</td>
</tr>
<tr>
<td>ALEXANDER AND PARMIN</td>
<td>MAR 2ND, 4:30PM-5:30PM</td>
<td>HOW I GOT INTO THE ATHLETIC THERAPY STREAM!!</td>
</tr>
<tr>
<td>RAMNEET, PRIYANKA &amp; ANCILLA</td>
<td>MAR 3RD, 1:30PM-2:30PM</td>
<td>THE LIFE OF A REGISTERED NURSE MID PANDEMIC</td>
</tr>
<tr>
<td>NATASHA AND CHIMDI</td>
<td>MAR 4TH, 2:30PM-3:30PM</td>
<td>HOW TO STUDY ABROAD</td>
</tr>
<tr>
<td>EMILIA AND ZAHRA</td>
<td>MAR 4TH, 5:00PM-6:00PM</td>
<td>ZUMBA SHAKE N’ BAKE</td>
</tr>
<tr>
<td>LEO AND YASAMAN</td>
<td>MAR 5TH, 5:00PM-6:00PM</td>
<td>HOW TO STAY MOTIVATED!</td>
</tr>
</tbody>
</table>
Peer Mentoring Newsletters get released on a weekly basis!
Follow our Peer Mentoring Instagram Page

@kahssopm
KAHSSO Events

General Structure:
• Connect with Kinesiology community at York U
• Cater events to needs of student body + of other coordinators (PM/PT)
• Facilitate and create events that would aid in skill building for students
• Engage incoming students into Kinesiology community and give exposure to different clubs/events

Goals for this year:
• Support the Kinesiology community with the transition to online, hybrid, and on-campus resources
• Help incoming students get early exposure to clubs + events
KAHSSO Events

Ambassador Program

→ Students come together to prepare events for Kinesiology community
→ Engage community with events pertaining to job interviews, career exploration, opportunities to grow soft skills, etc.
→ Update and provide resources on social media outlets (Instagram, Facebook, etc.)
→ Help Kinesiology community at York integrate into new online system
KAHSSO Events

Events we have planned for Fall/Winter 2021-2022

- General Interview Workshop
- Multiple Mini Interview Workshop
- CASPer Information Session
- Trivia Night for first and upper year courses
- Mental Health Awareness
- Self-care Strategies in Action
- Talk with the Prof
- Anti-Oppression Events
- and much more!
Discover You Program

• The Discover You Program is aimed at connecting graduating high school students with Peer Coaches and Kine alumni

• Peer Coaches are trained volunteers who lead workshops on:
  • General Interview Skills
  • Leadership & Professional Development
  • Presentation and Online Interview Skills
  • Meaningful Living

• Discover You creates a community of leaders and helps high school students establish practical skills that will help them excel throughout their undergraduate and professional careers
Alumni Network

- The Alumni Network aims to connect current York University Alumni with current Kinesiology students.
- Alumni from a wide range of professions can mentor current students through various initiatives:
  - Online Panels
  - Q&A Sessions
  - Conversation Café
  - Guest Speaking Opportunities
  - Professional Development Workshops (GI, Discover You Summit)
KAHSSO’s Website
KAHSSO’S Website

Welcome to Kinesiology and Health Science Student Organization (KAHSSO)

KAHSSO is affiliated with the school of Kinesiology and Health Science and Stong College. We work collaboratively with Stong College, Kinesiology and Health Science Department and Stong College Student Government to bring the best service to the Kinesiology student body. We are committed to helping you enhance your university experience by targeting both the social and academic aspects of your learning. Please browse around the website to get introduced to our academic programs and social events.

https://kahsso.club.yorku.ca/
KAHSSO Social Media
FREE Giveaway
Follow us on our Social Media

Kinesiology and Health Science Student Organization (York)

@KAHSSSOYU
Kinesiology and Health Science Student Organization

Member Since November 2018

To promote and encourage participation in the academic, athletic, cultural, and social activities within the York University community.
To organize programs and activities which augment the professional preparation of Kinesiology students within and external to the York University community.
To ensure that students receive proper representation on the committees and councils within the School of Kinesiology and Health Science.

https://tinyurl.com/kahssoyuconnect
How to enter KAHSSO’s AOD Raffle

Steps:

● Follow our Instagram Page at @kahsssoyu

● Press the like button on our latest post

● Fill this form out: https://tinyurl.com/KAHSSOraffle

● You’re now a part of our raffle!
How much do you know about the Colleges?

Let’s test your knowledge!
Visit https://tinyurl.com/KINE-MENTI and test your knowledge!

*Enter code or visit link provided in the chat!
Student Panel
Feedback Survey & Wrap-Up
Your Feedback Please!

Visit:
https://tinyurl.com/AO21SURVEY
E-class: Fall 2021 Virtual Resource Hub, Faculty of Health

Visit: tinyurl.com/eclasseaccess

Enrolment Key: Fall2021
Follow Stong College on Social Media!

Facebook - https://www.facebook.com/yorkustongcollege/

Instagram - @stong.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