MAIN ROOM
BIO BREAK
About Your MCs

A LITTLE BIT
ABOUT me...
Online Learning Supports

Calumet & Stong Colleges Services
• Peer Tutoring
• Peer Mentoring
• P.A.S.S (Peer-Assisted Study Sessions)
• Visit: https://ccscss.info.yorku.ca/online-student-support/

Learning Skills Services
• Study tips, strategies & more!
• Visit: https://lss.info.yorku.ca/online-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://calumet.yorku.ca/supporting-students-online/#squelch-taas-toggle-shortcode-content-1](https://calumet.yorku.ca/supporting-students-online/#squelch-taas-toggle-shortcode-content-1) or email [scchelp@yorku.ca](mailto:scchelp@yorku.ca).
go to www.menti.com
Connecting With Your College
Connecting With Stong

Welcome from the College Head
WELCOME TO STONG COLLEGE
Mazen Hamadeh
College Head, Kinesiology & Health Science Prof
What is a College?
“Stong College is your home in a big university”

✔ A place to study, meet others, volunteer, and access resources & programs

✔ A place to help you be successful at York
WE’RE HERE TO HELP YOU ACHIEVE ALL AROUND SUCCESS!

Stong College Values… Student Centric  Collaborative
Mentoring   Engaged   Bold
Stong College Programs

• Kinesiology + Neuroscience
• Nursing - 2nd Entry
• Nursing - Collaborative
How Can Stong College Help Me Succeed?

Main Office
- Student Success Programs
- Community /personal development

Student Government
- Student Voice
- O-Week
- Social Events
- Athletics
- Swag

Stong College Clubs
- Faculty Clubs (KAHSSO, NSAY)
- Affiliated Clubs (Ascend Network, EIM, 2NA)

Student Space
- Study (JCR-111)
- Social (Lounge-112)
- Wellness Lounge
Calumet & Stong Colleges
Student Success Programs

INSPIRING LEARNING, LEADERSHIP, AND CITIZENSHIP

Orientation & Transition
Academic Support Programs
Leadership & Professional Development
Community Building & Development

CC&SC’s Strategic Plan, Vision, Mission and Values
Calumet & Stong Colleges
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
Tips for Success

- Get Involved
- Study Groups
- Practice Self Care
- Develop Citizenship
- Be Optimistic & Realistic
- Connect
- Access Resources
Stong College - Student Success Programs

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

https://www.youtube.com/watch?v=hk7-UsSIHgQ
Stong College Student Government

https://www.youtube.com/watch?v=FyzXjPdogg4&feature=youtu.be
Induction Ceremony
Stong College Induction Ceremony

“I pledge to strive to achieve the 5 goals we emphasize at Stong College:

• I pledge to be engaged in my own learning experience to foster my academic and personal success,
• I pledge to explore and use the resources at Stong College and on campus,
• I pledge to be engaged in the Stong College community,
• I pledge to be kind to myself and my fellow Spartans, and
• I pledge to actively contribute to strengthening our communities by engaging in mentoring relationships”
You are now a Stong Spartan!
WELCOME TO NURSING @ YORK!

August 26, 2020
Nursing Students Association of York (NSAY)

- To serve as an organized liaison between the students and faculty of York University School of Nursing.
- To provide peer support within the nursing student body during their transition and encourage student participation in professional nursing organizations.
- To participate in outreach programs that involve local and global communities.
- To coordinate social events for nursing students and faculty.

Lounge/Office: B27A, HNES Building (Basement)
Email: nsay@my.yorku.ca
Website: http://nsay.student-org.yorku.ca/
Facebook: https://www.facebook.com/groups/nsayork/ (Nursing at YorkU/NSAY)
Professional Nursing Organizations

RNAO
Registered Nurses' Association of Ontario
The Registered Nurses’ Association of Ontario is the professional association representing registered nurses, nurse practitioners and nursing students in the province of Ontario, Canada.

Why join?

- Advocacy
- Professional Community
- Learning and Career Advancement
- Knowledge Leadership
- Free Services
- Discounts
The Canadian Nursing Students’ Association is proud to represent all nursing students from across Canada.

What we do:
- Act as the national voice of Canadian nursing students
- Increase the legal, ethical, professional, and educational aspects which are an integral part of nursing
- Attend a National conference every January where nursing students from across Canada come to meet
  - The conference discusses current social issues such as indigenous health, mental health, and healthcare for LGBTQIA individuals (held in British Columbia in 2018)
- Initiate various activities during Nursing Students’ Week

We are looking for: two (2) new, enthusiastic and committed individuals to fill the positions of Class Representative and Associate Delegate (2-year commitment). Contact us at york@cnsa.ca!
Nursing Students Association of York (NSAY)

- **Events**
  - Meet the Profs, Career Fair, YUNAN Alumni Night
  - Paint Night, Movie Night, Game Night, Sweater Design Contest
  - Nursing Formal

- **Involvement**
  - Class/Cohort Representatives
  - RNAO Representative
  - CNSA Delegates
  - Events Committee

*Applications and elections for Cohort Representatives begin in September 2020*
NSAY Outreach Initiatives

As a community of future nurses, together, we can contribute towards improving the determinants of health for those in our local and international community.

Your drop in the bucket will help to fill it!
Local Outreach Initiative

Romero House

About: In Toronto, Romero House provides housing, social and emotional support, food, clothing, and personal care items to individuals and families who have claimed refugee status.

NSAY’s Involvement:

- To conduct on-campus campaigns to collect the following items: lotions, shampoos, toothpaste, toothbrushes, winter socks, & tablecloths.
- To participate in Romero House’s Christmas Hamper Program.
Other Outreach Considerations

- **Local Initiative: ‘Reach Out’**
  - An interaction session between York University Nursing Students and aspiring nursing students, in secondary school.

- **International Initiative: Collaboration with the York University Nursing International Trip (YUNIT) Organization**
  - Support YUNIT in attaining supplies for overseas nursing initiative.
What is NSTAMP?

- Student-led association that collaborates with SoN and CCSC to assist incoming and current Second-Entry, Collaborative and IEN students

- Four committees:
  - Peer Mentoring
  - Peer Tutoring
  - Lab Facilitation
  - Student Ambassadors
In collaboration with Calumet and Stong Colleges, Peer Mentors provide support to new nursing students through “intentional matching.” They connect nursing students with resources, share their experiences, and help them navigate through their student experience and transition into York University.
Peer Tutoring

- Peer Tutors are trained upper year nursing students who have excelled in the selected courses.
- In collaboration with Calumet & Stong Colleges, they will be providing support to nursing students who need academic help with specific courses that we offer during the semester.
In Collaboration with the Nursing Simulation Center (NSC) and the guidance of Dr. Nicholson, Lab Facilitators guide nursing students in perfecting their nursing skills through lab sessions.
Student Ambassadors

- Assist nursing students by planning and organizing engaging events that will benefit them in the present and the future
NSTAMP’S PAST EVENTS
Battle of the Brains W20
INTRODUCING
ONSTAMP
2020/2021
Limitation is nothing more than a mentality that too many good people practice daily until they believe it’s reality.

— ROBIN SHARMA

ZAINAB VERSI

President

**this is me**

**PROGRAM:** BSCN
**COHORT:** COLLABORATIVE, SENECA & YORK
**YEAR:** FOURTH
**NURSING INTERESTS:** EMERGENCY, CRITICAL CARE & TRAUMA NURSING
**HOBBIES:** ADRENALINE FUELLED ACTIVITIES AND ANY ACTIVITIES THAT INVOLVE SPORTS & FITNESS
**FUN FACT:** I WAS BORN AND RAISED IN TANZANIA
On your life’s journey you are never denied but only redirected

MARY BAHANI
Vice President

Vice-President

This is me

PROGRAM: BSCN
COHORT: IEN
YEAR: FOURTH
NURSING INTERESTS: PEDIATRIC AND MATERNAL CARE
HOBBIES: READING, DANCING, BAKING & HIKING
FUN FACT: I LOVE PIGGIES!

Unknown
Peer Mentor Coordinator

Life is only as good as your mindset.

Unknown

GRACE WEICHEL
Peer Mentor Coordinator

Program: BSCN
Cohort: Second Entry
Year: First
Nursing Interests: Community & Women's Health
Hobbies: I love to cook, workout, & Netflix & Chill
Fun Fact: I lived in Australia for 3 years

This is me
Peer Tutor Coordinator

“

What counts is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.

Nelson Mandela

"Sharif Opoku"
Peer Tutor Coordinator

"This is me"

Program: BSCN
Cohort: Collaborative, Seneca & York
Year: Fourth
Nursing Interests: Cardiology, Oncology, Neurology, & Surgical Nursing
Hobbies: Reading, working out, playing soccer
Fun Fact: I was born in Ghana and I learned how to swim in Grade 10!
NSC Lab Director

"Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest."

JOSEHA 1:9

BUSOLA FRIDAY
NSC Lab Director

this is me

PROGRAM: BSCN
COHORT: COLLABORATIVE, SENECA & YORK
YEAR: FOURTH
NURSING INTERESTS: CRITICAL CARE, ONCOLOGY AND SURGICAL NURSING
HOBBIES: COOKING, SINGING, WATCHING NETFLIX & YOUTUBE, LISTENING TO MUSIC & PODCASTS
FUN FACT: I ENJOY EATING PEANUTS
Finance Director

"Do not lose hope nor be sad, just be patient, with gracious patience, for good comes to those that remain steadfast.

ISHAQ AHMED
Finance Director

PROGRAM: BSCN
COHORT: SECOND ENTRY
YEAR: FIRST
NURSING INTERESTS: CRNA, ICU
NURSING, YOUTH MENTAL HEALTH
HOBBIES: WORKING OUT/SPORTS,
STARTUP INVESTING, ROAD TRIPS
FUN FACT: I WORK HARD SO MY CAT
CAN LIVE A BLISSFUL, LAVISH LIFE!
Co-Ambassador Coordinator

Hakuna Matata

Selini Jayawickrema
Ambassador Coordinator

This is me

Program: BSCN
Cohort: Collaborative, Seneca & York
Year: Third
Nursing Interests: Emergency & Mental Health
Hobbies: Badminton, Soccer, & Baking
Fun Fact: I was born in Sri Lanka
Co-Ambassador Coordinator

No one said it would be easy, they only said it would be worth it.

MAE WEST

CORINA LEE
Ambassador Coordinator

this is me

PROGRAM: MA IN PHILOSOPHY
COHORT: N/A
YEAR: 1ST YEAR MASTERS STUDENT
NURSING INTERESTS: PSYCHIATRY, BIOETHICS, ADDICTIONS, ETHICS OF CARE, ANATOMY AND PHYSIOLOGY
HOBBIES: LEARNING, GARDENING, MEANINGFUL CONVERSATIONS, PLAYING PIANO
FUN FACT: OBSESSED WITH CATS AND BREAKFAST FOODS
The future belongs to those who believe in the beauty of their dreams.

ELEANOR ROOSEVELT

CHIARA ARENA
Social Media Director

Program: Collaborative
Cohort: Collaborative, Seneca & York
Year: Fourth
Nursing Interests: Pediatrics & Acute Care
Hobby: I love to bake multi-tier cakes
Fun Fact: I’ve swam with dolphins

this is me
Social Media Co-Director

"I’d rather regret the things I have done, rather than the things that I haven’t."

LUCILLE BALLE

OLIVIA CARVALH AIS
Social Media Director

this is me

PROGRAM: BSCN
COHORT: COLLABORATIVE, SENECA & YORK
YEAR: FOURTH
NURSING INTERESTS: PEDIATRIC AND LABOR AND DELIVERY
HOBBIES: SCRAPBOOKING, WORKING OUT AND BAKING
FUN FACT: I HAVE A TWIN SISTER
2020/2021 Events

Battle of the Brains

Join us and your fellow nursing students to put your nursing knowledge and skills to the test!

Date & Time:
Thursday August 15 @ 6PM
Zoom ID: 123
Register now at:
https://example.com/ist-virtual-2023

Stay tuned for our next BaB coming soon!!

THE EXECUTIVE MIXER

read, educate, & share

BLACK LIVES MATTER

WE STAND TOGETHER
Upcoming Events!!

- Meet & Greet with Nursing Professors and Students
- Anti-Racism Weekly Posts & Workshop Series
- Health & Fitness Series
- Battle of the Brains – Virtual Version
- Nursing Alumni Event Series
Stay Connected with NSTAMP!!

Follow us on:

- Instagram: @nstampyorku (We’re doing a GIVE-A-WAY!!)
- Facebook: http://fb.me/YU-NSTAMP
- TikTok: @nstampyorku
- Email: nstamp.yorku@gmail.com
- Website: https://nstamp.club.yorku.ca/
- Join NSTAMP on YU Connect: https://yorku.campuslabs.ca/engage/

(Sign in - Search NSTAMP - Click Join)
How much do you know about the Colleges?

Let’s test your knowledge!
Visit www.menti.com and test your knowledge!
TAKE A BODY BREAK!

- Insert a short break every hour or half hour of studying
- Helps maintain productivity
- Offers you a chance to stretch
- Allows you to focus and concentrate
- Creates a sense of progress

Learning Skills Services
Body Break: Desk Yoga

https://www.youtube.com/watch?v=tAUf7aajBWE
Succeeding in NURS COLLAB:
Welcome from the Undergraduate Program Director
Closing Remarks
Sign up for the Welcome Ceremony!

York Orientation Day (YOD) Welcome Ceremony is on Tuesday, September 8th 2020, and we will meet you there through Zoom!

The YOD Welcome Ceremony is a great way for students to be welcomed to the wider York community, beyond their Faculty and College.

To register, log on to the YU START platform (yustart.yorku.ca) and click on the red button “Sign up for Orientation.”
Your Feedback Please!

Visit:

https://tinyurl.com/HHAO20
Follow Stong College on Social Media!

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

Instagram - @stong.york