



Stong College

Parent & Family Orientation 2016

Saturday, September 3, 2016

Welcome to York University



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Master of Stong College

stong.yorku.ca/

Who are we?



Stong College

English, Professional Writing, Creative Writing

Kinesiology and Health Science

Nursing

stong.yorku.ca/

Transition can be difficult



Average High School grades are $> 80\%$

Average 1st-year university grades $\sim 65\%$

...how can you avoid this or make it more manageable?

Success at University



Interview of 2000 Harvard students showed:

- **Making connections** is very important for university career – with students, faculty, university
- ***Study groups*** are rewarding
- Students with the best grades are usually involved in one or two **extracurricular events**

ACADEMIC RESOURCES

Course-specific Resources



- Peer Assisted Study Sessions (PASS)
- Peer Tutoring
- The Health Aid Network

stong.yorku.ca/programs/

stong.yorku.ca/pass/

stong.yorku.ca/peer-tutoring/

www.facebook.com/kahsso

stong.yorku.ca/health-aid-about-us/

Peer Assisted Study Sessions

- Facilitated by PASS Leaders; peer leaders who have done well ($\geq A$) in the same course and are well trained
- 2 x 90-minute review sessions of important concepts
- Location: SC 201
 - KINE 2011, 2031, 2050, 3012 & 3030
 - PSYC 2021



stong.yorku.ca/pass/

Peer Tutoring



KAHSSO

- Free tutoring in core KINE courses
- Peer Tutors: peer leaders who have done well ($\geq A$) in the same course and are well trained
- Location: SC JCR (SC 111)

stong.yorku.ca/peer-tutoring/

kahsso.club.yorku.ca/

<https://www.facebook.com/kahsso>

HealthAid Network



- Class Representatives
- Get mentored by upper-level students
- Develop leadership and academic skills
- Make announcements in class on how to succeed in 1st year, host study groups and manage a Facebook group
- 1000 level courses
 - KINE 1000
 - NURS 1900, 2522, 3515 (section B only)
 - PSYC 1010
 - HLST 1010, 1011

<http://stong.yorku.ca/health-aid-about-us/>

Transitioning & Networking



- York Orientation Day
- Frosh Week (College Council/Government)

<http://orientation.yorku.ca/>

<http://yustart.yorku.ca/>

stongcollegesg.com/

York Orientation Day



- Wed Sept 7th, 2016
- Incoming, new students meet peers, Peer Leaders, graduate students, staff, professors and alumni
- Familiarize themselves with campus resources and the campus

<http://orientation.yorku.ca/>

stongcollegesg.com/

Frosh Week



- Sat Sept 3rd – Sun Sept 11th, 2016
- Incoming, 1st-year students bond with upper-level students/peers
- Establishes a strong bond with college/York
- Builds long-lasting friendships
- Helps students transition socially

www.stongcollegesg.com/

stongcollegesg.com/#!/frosh/cjg9

facebook.com/StongSpartans

Career, Personal Development, and Health & Wellness



- Create Your Future (Workshops)
- Agents of Change
- Workshops
- Health and Wellness

stong.yorku.ca/create-your-future/

stong.yorku.ca/agents-of-change/

stong.yorku.ca/events/

Create Your Future



Workshops:

- Career focused
- Graduate student panels
- Alumni
- Profs



stong.yorku.ca/create-your-future/

Agents of Change



- Students create their own health initiative project
- Funded by Faculty of Health
- Categories: physical, mental and sexual health, or any of the social determinants of health
- Students receive training
- Agents of Change

stong.yorku.ca/agents-of-change/

Workshops



- Personal Counselling Services (Transition to University, Coping & Resilience, Test Anxiety, etc..)
- Fellows Corner (My Path to Research/Academia, etc..)
- Career Centre
- Library (How to Write a Scientific Abstract, Power Searching in Medicine, etc..)
- Other

stong.yorku.ca/events/

September Workshops & Events



- Tue Sept 13: Breakfast with the Master & Fellows
- Tues Nov 1: Challenging Negative Thinking
- Wed Nov 2: Math & Science Problem Solving Skills
- Tues Nov 8: Building Resilience
- Tues Nov 15: Mindful Ways To Manage Emotions
- Tues Nov 22: Managing End of Term Stress

New events are posted regularly: stong.yorku.ca/events/

Health and Wellness



- Holistic wellness = academic, emotional, environmental, financial, intellectual, nutritional, occupational, physical, social, and spiritual
- Peer Health Educators based in the college
- Wellness programming
- Health and wellness based activities incorporated into York Orientation Day

Mentoring Support



- Peer Mentors
- Graduate Peer Mentors (GPMs)
- Fellows
- Alumni

stong.yorku.ca/grad-peer-mentors/

tinyurl.com/gpmrequest

stong.yorku.ca/fellows/

Peer Mentors (PMs)



- Upper-level undergraduate students
- Trained
- Mentor lower-level incoming 1st-year students to help them transition into York
- Available to Stong College students
 - KINE (KAHSSO): kahsso.club.yorku.ca/
 - NURS (NSAY): nsay.student-org.yorku.ca/
 - EN, PRWR, CRWR: *contact your depart*

Graduate Peer Mentors (GPMs)



- Graduate Students or Graduates
- Mentor upper-level students on post-graduation career options
- Available to Stong College students
 - KINE
 - NURS
 - EN, PRWR, CRWR: *please contact your department*

stong.yorku.ca/grad-peer-mentors/

tinyurl.com/gpmrequest

Fellows



- Profs, staff and alumni
- Contribute to intellectual/co-curricular life
- Mentor undergraduate students on developing academic & leadership skills
- Available to Stong College students
 - KINE, NURS
 - EN, PRWR, CRWR

stong.yorku.ca/fellows/

Alumni



- Recent and past graduates
- Mentor students on post-graduation career options
- Available to Stong College students
 - KINE
 - NURS
 - EN, PRWR, CRWR

SOCIAL NETWORK

Student Societies & Clubs



York University has over 300 recognized clubs

- FHSC: facebook.com/fhscyork
- KAHSSO: facebook.com/kahsso
- NSAY: yorku.collegiatelink.net/organization/NSAY
- The Ascend Network: facebook.com/TheAscendNetwork
- Exercise is Medicine
- Friends of MSF York
- I for Awareness
- Students for Partners in Health

yuconnect.yorku.ca/

stong.yorku.ca/student-clubs/

Student Government



Is the voice of students in each college

- SCSG: stongcollegesg.com/
- Social events
- Discounted tickets:
 - Sports events
 - Montreal Trip
 - Blue Mountain Ski Trip
 - Blue Jays game

Intramurals



- Many intramural sports at York
- Get involved: either recreationally or competitively
- The Torch:
Stong College has
won the Torch 30 times!



#WEARESTONG

stongcollegesg.com/#!/intramurals/c12jy

College Facilities



- Study Hall (SC 111)
 - peer tutoring for KINE, PSYC
- PASS
 - SC 101, 201
- Group Study Space
 - SC Dining Hall
- Meeting Space
 - SC 101, 201, 329
 - CC 214

Andrew Lawlor

President

Stong College Student Government



Stay Connected



Stong College

Facebook: facebook.com/yorkustongcollege

Twitter: twitter.com/YorkUStong

Website: stong.yorku.ca/

Email: scchelp@yorku.ca

Phone: 416-736-5132

York Academic Services

York Academic Services



KINE Student Academic Advising offices

- First-year course selection, program requirements, changing majors, university regulations, petitions.
- **Bethune College 341**
- Contact Mary Saad at saadmary@yorku.ca

<http://kine.info.yorku.ca/>

York Academic Services



Faculty Student Academic Advising offices

- Office Student & Academic Services (OSAS)
 - 235 Calumet
 - For KINE and PSYC students

<http://stong.yorku.ca/advising/>

York Academic Services



Program-specific undergraduate departments

- Enrolling into a specific course
- Course performance summary for academic petitions
- Final Exam Deferred Standing Agreement forms
- Science departments and locations:
<http://kine.info.yorku.ca/>

York Academic Services



Dept.-based Student Societies & Clubs

- A full list of clubs and societies at York for students to explore their academic interests and network with others is in the link the below

<http://yuconnect.yorku.ca/>

<http://stong.yorku.ca/student-clubs/>

<http://bethune.yorku.ca/clubs>

<http://kahsso.club.yorku.ca/>

York Academic Services



Steacie Library reference desk

- Help with: finding online articles, using science databases, Mendeley, citation styles
- Librarians from the Steacie Library also conduct workshops at Stong College:
 - Get Organized with Mendeley
 - Power Searching in Web of Science
 - Power Searching in Medicine

<http://www.library.yorku.ca/cms/steacie>

York Academic Services



Learning Commons @ Scott Library (2nd floor)

- Research Desk
 - How to find, evaluate and use scholarly books, journal articles and e-resources
- Writing Desk:
 - Writing analytically, structuring written work
- Learning Skills Desk:
 - Improving reading and note-taking skills, building critical thinking skills

<http://www.library.yorku.ca/cms/learning-commons/assist/>

York Academic Services



SPARK

(Student Papers & Academic Research Kits)

- Online guide to academic/research papers
- Home to 13 modules that will guide and teach users how to build a research paper
- Within these modules there are links and reference to several resources such as the Learning Commons, Scott Writing Center and Mendeley

<http://www.yorku.ca/spark/>

York Academic Services



Career Centre

<http://www.yorku.ca/careers>

- Workshops
 - Career exploration, Job search, Professional etiquette, Further education

<http://www.yorku.ca/careers/services/workshops.htm>

- Individual appointments
 - Interview Practice Session, Résumé or Cover Letter Feedback Session

http://www.yorku.ca/careers/students/individual_appointments.html

York Academic Services



Career Centre

<http://www.yorku.ca/careers>

- Online Job Posting system
 - Search for and apply to on campus and off campus jobs
 - <http://www.yorku.ca/careers/online/system/>
- Job advising sessions at Bethune College
 - BC 206, Wednesdays 1-4 pm
 - <http://bethune.yorku.ca/services/>

York Non-academic Services

York Non-academic Services



Student Success Centre

- Office: S172 Ross
- Health education and promotion
 - Health Ed Peer Team plans programs on and around campus focusing on health topics
 - Mental Health conference, SafeTalk
- Leadership development
 - Lectures, events, conferences and retreats
 - Leadership certificate program

<http://www.yorku.ca/scld>

York Non-academic Services



YU Connect

- Provides campus involvement opportunities
- Co-curricular record – documents participation in clubs, events and programs

<http://yuconnect.yorku.ca>

York Non-academic Services



Counseling & Disability Services (CDS)

- Room N 110, Bennett Centre for Student Services
- Counselors available to respond to students
 - Group counseling
 - Individual counseling sessions
- Workshops:
 - Stress Management
 - Mental Health tune up
 - Reducing anxiety

<http://www.yorku.ca/cds/pcs>

York Non-academic Services



Mental Health Disability Services (MHDS)

- Provides academic support to students with mental health disabilities
- Does not include treatment
- Provides students with appropriate referrals
- Not meant to replace mental health support available in the community
- Registration at
<http://mhds.info.yorku.ca/registration/>

<http://mhds.info.yorku.ca/>

York Non-academic Services



York Atlas

- Phone and email directory for York staff
- Quick way to find location of different program departments and professors' offices

<http://mocha.yorku.ca/atlas/servlet/atlas>

York Non-academic Services



Security Services

- Phone extension x33333
- In case of emergency
 - Call York Security
 - Call 911

<http://gosafe.info.yorku.ca/>

York Non-academic Services



Security Services

- goSAFE service
 - Safe escort on foot from any on-campus location
 - 416-736-5454 or ext. 55454
 - Download the goSafe app on your phone
 - GoSAFE yellow poles

<http://gosafe.info.yorku.ca/>

York Non-academic Services

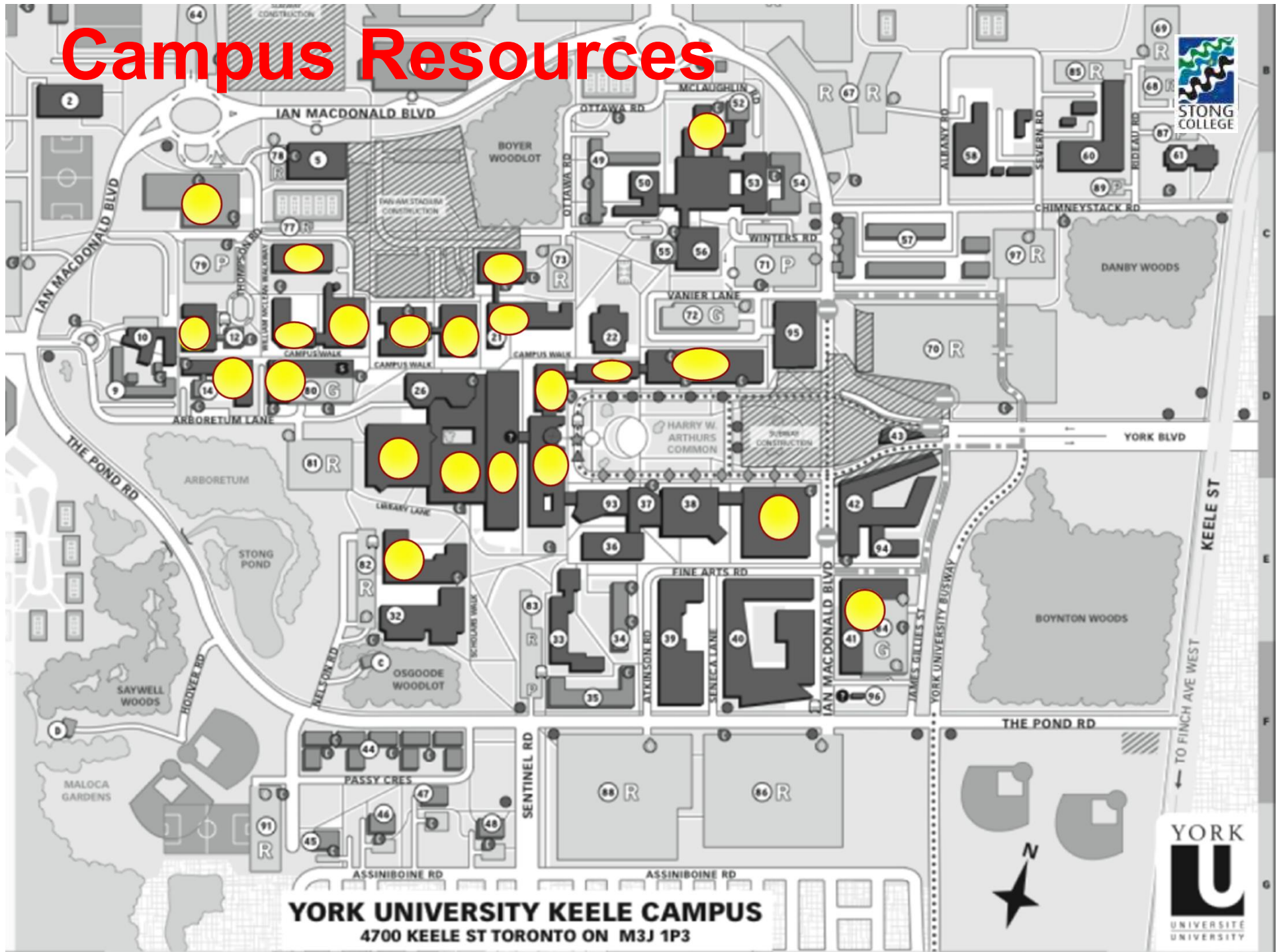


Security Services

- Off-campus Shuttle Bus
 - Provides transportation to off-campus housing in the Village
 - Runs from Monday to Friday (6pm to 2am)
 - Operating schedule:

www.yorku.ca/gosafe/newcampusshuttle.html

Campus Resources



Thank You!