Find a partner and discuss the following:

Why did you choose your program?
What drew you specifically to York University?

What did you do this summer? Share any fun or interesting highlights!
Find a partner and discuss the following:

What are your academic and personal goals for this year?

What is your earliest memory?
Find a partner and discuss the following:

What is your biggest worry about entering university? How do you plan on overcoming this fear?

Who is somebody you admire and why?
Find a partner and discuss the following:

What are some study tips that have worked for you in the past?

Tell your partner about an embarrassing experience!
Find a partner and discuss the following:

*What is one of your biggest accomplishments?*

If you could pick up one new skill in an instant, what would you choose?
In a group of 4, discuss the following:

What are you most excited about entering university?

What is one thing that you want to do this year, that you’ve never done before?
In a group of 4, discuss the following:

What university classes are you looking forward to do this year, that you’ve never done before???

Do you have any phobias?
In a group of 4, discuss the following:

What courses or subjects are you anxious about?

If you could live in any country, where would you live?
In a group of 4, discuss the following:

*What student club or teams are you thinking of joining this year?*

*If you had one extra hour of free time a day, how would you use it?*
In a group of 4, discuss the following:

What’s your dream job?

What is something unexpected that has changed about you in the last few years?
In a group of 8, discuss the following:

When you were a kid, what did you want to be when you grew up? Did that change?

Favourite movie or TV show? Why?

(no spoilers!)
In a group of 8, discuss the following:

Are you living on or off campus? Have you explored York?

Favourite place you have travelled, and why?
In a group of 8, discuss the following:

What do you personally do to help yourself get over stressful periods?

Where have you worked in the past? What did you enjoy the most?
In a group of 8, discuss the following:

*What is something you are confused about as you start your school year?*

Share any misadventures you have experienced at school or with friends.
In a group of 8, discuss the following:

What do you want to accomplish, when you finish here at York?

What are you looking forward to most about today?
Unique but Not too Unique
Connecting Stories
Land Acknowledgement

“York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto (Toronto) has been caretaken by the Anishinabek Nation, the Haudenosuanee Confederacy, the Wendat, and the Metis. It is now home to many Indigenous Peoples. We acknowledge the current treaty holders and the Mississaugas of the New 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”
# York Orientation Day 2018 Schedule

School of Kinesiology and Health Science

<table>
<thead>
<tr>
<th>Time</th>
<th>Overview</th>
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| 2:00pm - 3:30pm | Academic and College Programming  
|                 | - Small Group Activity and Q&A Period from KINE Profs OR Students  
|                 | - Energizers                                                              |
| 3:30pm - 5:00pm | College Programming at Tait  
|                 | - Induction Ceremony  
|                 | - Succeeding in KINE: Welcome from the Undergraduate Program Director  
|                 | - Welcome from the Stong College Head                                     |
| 5:00pm - 6:00pm | Faculty of Health Dinner                                                  |
| 6:00pm - 6:30pm | Parade to Lion’s Stadium                                                  |
| 6:30pm - 8:00pm | Welcome Ceremony                                                          |
A LITTLE ABOUT ME!
Think, Pair & Share

Pull out your phones, visit www.menti.com
Tips from KINE Peer Mentors & Leaders OR Professors
Yoga is a great relaxation tool.

While studying, take a break and practice simple yoga poses to help refresh your mind.
Snacks!
Tips from KINE Professors OR Peer Mentors & Leaders
Body Break: Five Traits
LET'S TRAVEL TO
TAIT MCKENZIE!
“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!
Succeeding in KINE
Welcome from the Undergraduate Program Director
Welcome to Stong College!

Video: Opportunities & Resources at Stong
Connecting With Stong
Welcome from the College Head
WELCOME TO STONG COLLEGE
Mazen Hamadeh
College Head, and Kinesiology & Health Science Prof

York Orientation Day
September 4th, 2018
As a student, you might ask...

What is a COLLEGE?

How can my College help me to SUCCEED at York?
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!

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

INSPIRING LEARNING, LEADERSHIP, AND CITIZENSHIP

Orientation and Transition

Academic Support Programs

Colleges’ Strategic Plan, Vision, Mission, Values

Leadership Exploration and Development

Community Building and Development
Stong College
Student Success Programs

- Orientation
  - Welcome Events
  - Peer Mentoring

- Health & Wellness
- L.E.A.D. Workshops
- Work and Volunteer Opportunities
- Career Exploration
- Awards & Recognition
- Agents of Change

- Course Reps
  (we’re recruiting!)
- Peer Assisted Study Sessions (P.A.S.S.)
- Peer Tutoring

- Indigenous Circle
- Alumni & Fellows
- Community Partners
Campus Resources
York Libraries

Learning Commons @ Scott Library

Research Desk (2nd floor)
• Learn to find, evaluate and use scholarly books, journal articles and e-resources

Writing Desk
• Learn to write analytically & structure written work

Learning Skills Desk
• Improving reading and note-taking skills, building critical thinking skills

http://www.library.yorku.ca/cms/learning-commons/assist/
Personal Counseling Services

Student Counselling and Development (SCD)

- Room N 110, Bennett Centre Counselors available to respond to students
- Individual and group counseling
- Good2talk.org 1 866 925 5454

Workshops

- Stress management
- Mental health tune-up
- Reducing anxiety

http://pcs.info.yorku.ca/
Student Accessibility Services

Disability Services
• You can register with them to obtain educational support
  • Alternative exams
  • Library accessibility services
  • Bursaries

• Have a Disability Services App
• Have a designated gym in Tait

http://ds.info.yorku.ca
Faculty of Health/OSAS

Need academic advising?

Office of Student & Academic Services (OSAS)

• 235 Calumet College
• Academic Advising for all Faculty of Health students
• Appointment-based advising
• Academic Petitions, selecting courses, degree requirements

http://health.yorku.ca/current-student-information/
Tips for Success

- Connect
- Get Involved
- Study Groups
- Access Resources
- Practice Self Care
- Be Optimistic & Realistic
- Develop Citizenship
WE WILL SEE YOU AT DESTINATION GRADUATION!
Wednesday, September 12th, 2018
8:30 – 10:30 AM
Tait Mackenzie Gym

Stong College
Facebook: https://www.facebook.com/yorkustongcollege
Twitter: https://twitter.com/YorkUStong
Website: http://stong.yorku.ca/

Location: Stong College, Rm 314; Calumet College, Rm 301
Email: scchelp@yorku.ca    Phone: 416-736-5132
Thank you to our Peer Leaders and Volunteers!

stong.yorku.ca
WELCOME TO YORK!
https://baseline.campuslabs.ca/yu/yod2018

Your Feedback Please!
Dinner on the Ross Podium!
Welcome Ceremony