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
YORK ORIENTATION DAY
AT CALUMET COLLEGE

WELCOME
Land Acknowledgement

“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 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”
<table>
<thead>
<tr>
<th>Time</th>
<th>Overview</th>
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<tbody>
<tr>
<td>2:00pm – 5:00pm</td>
<td>Academic &amp; College Programming</td>
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<tr>
<td>(Breaks in between</td>
<td>• Rotation 1: Your Psychology Department</td>
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<td>each rotation)</td>
<td>• Rotation 2: Your Calumet College Head and Peer Leaders</td>
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<td>• Rotation 3: Your Peer Mentors and Peer Leaders</td>
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<td>• Rotation 4: Your Calumet College Council</td>
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<td>5:00pm - 6:00pm</td>
<td>Faculty of Health Dinner</td>
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<td>6:00pm - 6:30pm</td>
<td>Parade to Lion’s Stadium</td>
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<td>6:30pm - 8:00pm</td>
<td>Welcome Ceremony</td>
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A Little About Me
Welcome to Psychology!

Dr. Joel Goldberg,
Chair, Dept of Psychology
psychair@yorku.ca
Rock Paper Scissors
Rock: Very aggressive, symbolized by the fist. Players subconsciously think of rock as a weapon and will rely on it when other strategies are not working. Rock is a typical opening move for rookies, especially for men, since rock is associated with strength and fortitude. Knowing this, a good opening move against a novice is often paper.

Scissors: Some aggression, as they are sharp and dangerous, but also useful craft tools. Represent controlled aggression used as a clever throw—often when someone is confident or winning.

Paper: The most subtle move. An open hand is passive, peaceful, and friendly. Some players won’t use this when falling behind because it may symbolize weakness.

Neil Farber, Psychology Today, April 2015
Win – stay strategy

1. Winners tend to stick with the same action that led to their success. We repeat what works. So, if you lose with rock (they played paper), they’ll play with paper again next and so you should go with scissors.

Lose – shift strategy

2. Losers change their strategy and move to the next action (clockwise: R – P – S) in the sequence. If they lose with rock (you played paper), they’ll play paper next. So you should play scissors.

Wang et al, Scientific Reports, 2014
Be a rock. When the going gets tough, the tough get going…
Scissors cut to the essentials. They remind us to use our sharp critical thinking skills to see things differently, using evidence as a basis for exploring the world and ourselves.
1. Pretend you are the instructor and make up your own test questions about the material you need to learn.

2. Spread out your studying over days, don’t just try and ‘cram in’ facts the night before the test.
An Astronaut’s Guide to Life on Earth

Our 2018 QS World University ranking is in the top 100 of all Psychology Departments in the World.
Our Program And You

• **New and Revised Program**
• **Our goal:**
  – *Prepare you for the Workforce*
  – *Prepare you for Graduate School*
  – *Prepare you for Post-Graduate Programs*
You will be an Expert User of Psychology

• In-depth knowledge about Psychology as a behavioural science and a discipline
• Critical thinking, writing and communication skills
• Training in data analysis and evidence-based research
• In-depth understanding of the human brain, mind, and relationships - across the lifespan
Some of You Will be Inspired to Become…

➢ Clinical Psychologist
➢ Counselling Psychologist
➢ Community Psychologist
➢ Neuropsychologist
➢ Experimental Psychologist
➢ Sport Psychologist
➢ Forensic Psychologist
➢ Professors of Psychology
Some of You Will be Inspired to Become…

- Rehabilitation Therapist
- Child and Youth Worker
- Research Coordinator
- Human Resources Specialist
- Applied Behaviour Analyst
- Counsellor (e.g., addictions, bereavement)
- Registered Psychotherapist
- Public Relations Specialist
Some of You May Want to Continue with Other Post-Graduate Programs

➢ Medicine, Veterinary Science, Dentistry
➢ Optometry
➢ Occupational Therapy
➢ Law
➢ Social Work
➢ Business (MBA)
➢ Teaching
Areas of Study

- Social & Personality Psychology
- Child & Adolescent Psychology
- Clinical & Health Psychology
- Memory, Learning & Cognition
- Brain, Behaviour & Neuroscience
- Research & Quantitative Psychology
The Starting Point

*Introduction to Psychology 1010 – a taste of everything!*

Prof. Jubis

Prof. McCann

Prof. Mongrain

Prof. Goldberg
Program Choices

• Bachelors Degree (90 credits/3 years)
• Honours BA/BSc (120 credits/4 years)
  – Psychology Major + Other Minor
  – Double Major (Psych + Other Major)
• Specialized Honours BA/BSc
  – Planning post-graduate career in psychology and/or research
• York-Seneca Rehabilitation Program
Four Year Degree

1st Year
- PSYC 1010
- General Education Requirements

2nd Year
- Writing in Psychology
- Research Methods
- Statistics

3rd Year
- Abnormal Psych
- History of Psych
- Developmental
- Health Psych
- Community
- Psych of Women

4th Year
- Advanced seminars
- Small classes
- Presentations
- Capstone or Honours Thesis
Psychology Department Website

Department of Psychology

Faculty of Health

Undergraduate Program
Graduate Program
York-Seneca Program
Specialized Honours
Research
Contact Us
Faculty of Health Home

Psychology
Real World Thinking

Psychology is located at Behavioural Science Building, 4700 Keele Street, Toronto ON

Psychology is the scientific study of mind and behaviour viewed from social, developmental and biological perspectives.

Our undergraduate program is a gateway to graduate school in Psychology, leading to a career as a clinical...
Where is the Psyc. Dept. located?

- Undergraduate Office: Room 291/292 BSB
Being and becoming engaged!

• Experiential education (EE) – connecting course content to hands-on experiences
  - *Within the classroom* (e.g., guest speakers, ‘clickers!’ & technologies, break-out groups, practicing skills)
  - *Outside the classroom* (e.g., field trips, interviews, community placements)

• Volunteer in labs doing research

• Become involved on campus (e.g., UPSA, Calumet; campus days/events; Psychology Undergraduate Mentorship Program – ‘PUMP’)
Tips for Success

• Attend classes - take notes (hand-written), don’t fall behind
• Check your email regularly (messages from Undergrad Office, Psych Dept & your Professors)
• Don’t assume any course will be “easy”
• Make use of all the resources - PASS; Peer Mentoring; Moodle (course website)
• REMEMBER: At University, YOU are responsible for you! *We are here to help, it's up to you to ask...*
• Don’t hesitate to reach out and ask for help!!
In closing....
Your Psychology 1010 Professor
Menti Meter
Pull out your phones, visit www.menti.com
Presentation #2
Your Calumet College Head and Peer Leaders
CALUMET COLLEGE

York Orientation Day

Jennine Rawana, Head of Calumet College
Associate Professor, Psychology

September 4, 2018
As a student, you might asked…

What is a COLLEGE?

How can my College help me to SUCCEED at York?
What is a College?

“Calumet 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
Faculty of Health Colleges

CALUMET COLLEGE
- Global Health
- Health Studies

STONG COLLEGE
- Psychology
- School of Nursing
- School of Kinesiology and Health Science
How Can Calumet and Stong Colleges Help Me Succeed at York?

CCSC Main Office
- Student Success Programs
- Community/personal development events

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

CCSC Clubs
- College Affiliated Clubs (GHSA, KAHSSO, NSAY, SAHMPI, UPSA, etc.)

Student Space
- Study (SC 111)
- Social (eg CC 100)
- Wellness Lounge
Calumet & Stong Colleges
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
Calumet & Stong Colleges 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
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
Jennine’s Tips for Success!

- Practice Self Care
- Get Involved
- Connect
- Find Your Talents
- MyMail & Add Signature
- Get Outside your Comfort Zone
- Develop Citizenship
- Access Resources
Questions & Contact

• Email: scchelp@yorku.ca
• In person: Calumet College, Rm 301; Stong College, Rm 314
• Phone: 416-736-5132
• Social Media: Facebook, Twitter, Instagram; Calumet and Stong Student Council and Colleges
Thank you to our Peer Leaders and Volunteers!
calumet.yorku.ca
How much do you know about Calumet College?
Let’s play KAHOOT!
Yoga is a great relaxation tool. While studying, take a break and practice simple yoga poses to help refresh your mind.
Snacks!
Undergraduate Psychology Students’ Association
Who we are

Student-run organization

Provide academic, social, and personal support

Foster an active and engaged community
<table>
<thead>
<tr>
<th>Services UPSA provides</th>
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<tbody>
<tr>
<td><strong>Peer Mentoring</strong></td>
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<td>Support positive and effective university transition</td>
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<tr>
<td><strong>Peer Tutoring</strong></td>
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<tr>
<td>One-on-one tutoring to supplement students’ academia</td>
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<tr>
<td><strong>Community Relations</strong></td>
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<tr>
<td>Create a sense of community through social events and workshops</td>
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Peer Mentoring

- The Peer Mentoring (PM) Program at Calumet and Stong Colleges is a program that provides free one-on-one mentoring to undergraduate students in the Faculty of Health.

- For PSYC students, the PM Program helps Psychology undergraduate students successfully transition and navigate their way in York University.
Peer Mentoring

- Peer Mentors are recruited and well trained from amongst 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 student, and are available to answer questions, give advice, and help incoming students adapt to university life.
Peer Mentoring

The Peer Mentoring Program Objectives are:

• Help improve academic performance of students utilizing the Peer Mentoring Program and refer/encourage further use of other campus resources

• Foster and strengthen the bond between younger and older students alike and develop alternative learning strategies

• 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
Peer Tutoring

- The Peer Tutoring (PT) Program at Calumet and Stong Colleges is a program that provides **free one-on-one academic service** to undergraduate students in the Faculty of Health.

- 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+**.
Peer Tutoring

The Peer Tutoring Program’s objectives are:

• Improve students’ academic performance in core required and/or historically challenging courses

• Enhance students’ study skills

• Develop leadership capacity by training Peer Tutors on leadership skills
Courses offered

**PSYC 1010** Introduction to Psychology
**PSYC 2020** Statistical Methods I and II
**PSYC 2021** Statistical Methods I
**PSYC 2022** Statistical Methods II
**PSYC 2030** Research Methods

**PSYC 2120** Social Psychology
**PSYC 2130** Personality
**PSYC 2230** Motivation
**PSYC 3140** Abnormal Psychology
Community Relations

- The Community Relations (CoRe) department provides career and academic oriented workshops/events

- Provide social events to help students connect with each other and build meaningful relationship within the YorkU community

- Keep students connected and up-to-date through social media
Community Relations (CoRe)

The 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, and inclusion
Upcoming UPSA events

- Get Psych-ed! Social (October 4th)
- ParTEA with the Profs (TBA)
- Trivia Night (November 19th-23rd)
Volunteering with UPSA

• We recruit volunteers at the beginning of each semester
• Volunteers assist our organization in multiple ways (event, tabling, postering, etc)
• Volunteers who commit to a number of hours per semester are entitled to awards, recognition, and reference letters
Contact us through

upsa@yorku.ca or
upsarecruitment@gmail.com

@upsayork

facebook.com/UPSAYorkU
Our Location

- **Peer Mentors:** The New Student Centre 317
- **Peer Tutors:** Drop-In Sessions at Stong 111 (Junior Common Room)

For our updated drop-in schedule please visit [http://upsa.club.yorku.ca/](http://upsa.club.yorku.ca/)
Body Break: Five Traits
Presentation #4
Your Calumet College Council
Calumet College Council (CCC)
“I pledge to strive to achieve the 5 goals we emphasize at Calumet 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 Calumet College and on campus,

• I pledge to be engaged in the Calumet College community,

• I pledge to be kind to myself and my fellow Cougars,

• I pledge to actively contribute to strengthening our communities by engaging in mentoring relationships”
Congratulations!
You Are Now A Calumet Cougar!
Agenda

● What is Calumet College Council? & What do we do?
● Meet your Calumet College Council 2018-2019
● Social Orientation (Frosh Week)
● Frosh Schedule
● Student Space in Calumet?
● Social Events
● Intramurals
● Contact Us
Hello! My name is Rocky and you might be wondering what is Calumet College Council and what do they do?
Calumet College Council

AJ Ramanathan
President
Executives

Collin Zinn
Executive Vice President

Frances Gontoulas
Vice President of Finance

Amanda Sampson
Vice President of Programming
Executives

Vikram SIngh  
Co - Vice President of Athletics

Daniella Johnson  
Vice President of Communications

Daanish Mohammed  
Co - Vice President of Athletics
Representatives

Ariana Louise Ang
Commuter Representative

Vivienne Okon
Senior & Alumni Representative

Safwath Farooqi
Academic Representative
Committees

Athletics

Claire Saramaki

Celia Vercillo

Ronnie O’Connor
Committees
Programming

Seena Mozaffari

Antonella Ross
Committees
Communications

Gabriel Boyer
Calumet College Council

Vivian Vuong
Secretary

Alex Tran
Speaker
Calumet College Council

Alejandra Tobar
YFS Director

Najma Osman
Webmaster

Bridget Asamoah
Chief Returning Office
Orientation Chairs

Renae Facey
Co - Orientation Chair

Daniella Johnson
Co - Orientation Chair
<table>
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<tr>
<th>Time</th>
<th>Sat</th>
<th>Sun</th>
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**Activities:**
- **Sat:** Residence move ins and ice breakers, Welcome BBQ, Opening ceremonies rules of fresh, Wet & Wild Glendon Carnival, Residence orientation.
- **Sun:** SLEEP, SLEEP, SLEEP.
- **Mon:** SLEEP.
- **Tues:** SLEEP, Breakfast, GLOFEST, Scavenger Hunt.
- **Wed:** Breakfast, CC Athletics event, Mini games RM 100.
- **Thurs:** Breakfast, York Orientation day, York Lion, Painting your pride.
- **Fri:** Breakfast, The Pilot Project, The Lineup, Speed Friending, Why You Gotta Be Healthy, Condom Olympics.
- **Sat:** SLEEP.
- **Sun:** SLEEP.

**Additional Events:**
- Coffee House
- Karaoke
- Picnic with Schulich
- Boat Cruise
- York Lion
- York Orientation Day
- GLOFEST
- Wet & Wild Glendon Carnival
- Residence orientation
- Opening ceremonies rules of fresh
- Welcome BBQ
- Residence move ins and ice breakers
Social Events

- Welcome Week
- Blue Jays Game
- Halloween Haunt
- Multiple Free Small Scale Events
- Montreal Trip
- Calumet College Formal
Intramurals
Contact Us

Feel free to email me at:

president.calumetcc@gmail.com

Follow us on Instagram: @calumetcollege

Join our Frosh Facebook page:

www.facebook.com/groups/calumetfrosh2018/

Check out our website:

www.calumetcollegecouncil.com/
That's all Folks!
#CalumetCougars
Closing Remarks

calumet.yorku.ca
https://tinyurl.com/2018newstudents

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