Stong College

York Orientation Day 2016
Academic Orientation
KINE & NURS

Wednesday, September 7, 2016

Welcome to York University

Mazen Hamadeh

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 ~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

stong.yorku.ca/programs/

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/

PASS

Peer Assisted Study Sessions

- Facilitated by PASS Leaders; peer leaders who have done well (≥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 (≥A) in the same course and are well trained
- Location: SC JCR (SC 111)

NSAY

- In development: *please contact NSAY*

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

stong.yorku.ca/

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 dept.*

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: *contact your dept.*

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

stong.yorku.ca/programs/

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
- Students Supporting UHN
- Students Supporting SickKids

yuconnect.yorku.ca/

stong.yorku.ca/student-clubs/

Who's Who?

A - FHSC **B -** KAHSSO **C -** NSAY

D - The Ascend Network

E – Friends of MSF

F - KINE Undergraduate Director

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https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=0ahUKEwihybm89PvOAhXD44MKHQYtAAIQjRwIBw&url=https%3A%2F%2Fwww.pinterest.com%2Fscrappmom%2Fonly-one-percent%2F&bvm=bv.131783435,d.amc&psig=AFQjCNEa7aXf1M4HU_zIHwTqiUy4iB0djA&ust=1473291438063645&cad=rjt

Andrew Lawlor

President
Stong College Student Government

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

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/onlinesystem/

- 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/

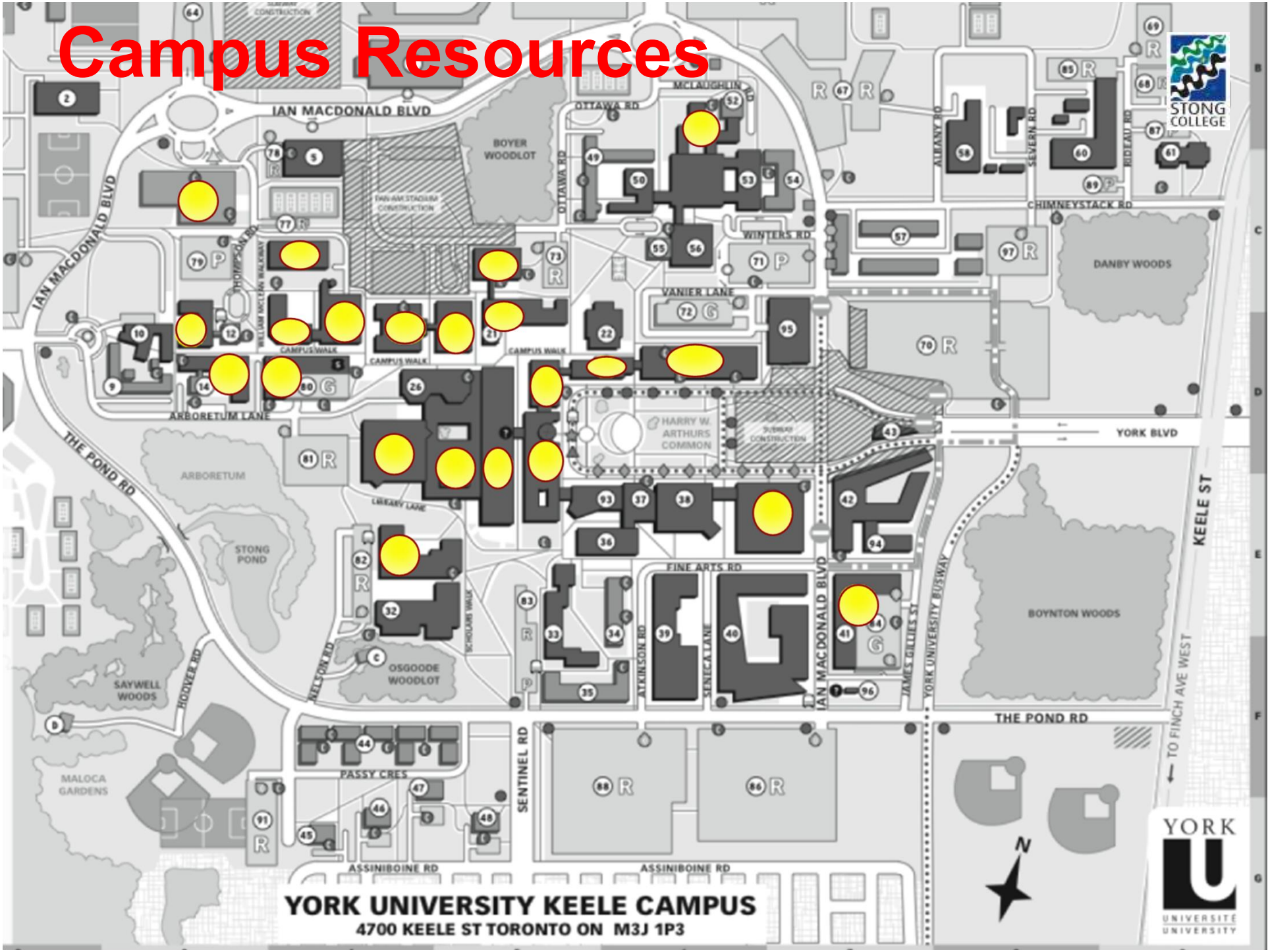
York Non-academic Services

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!

Instructions…

KINE students … stay seated

NURS 2nd Entry …
head to HNES 038

(via Bergeron Centre)

(please walk on mats only)

Instructions…

NURS Collab …

1st group: head to CLH D

(via Campus Walk)

(please walk on mats only)

Instructions…

NURS Collab …

2nd group: head to CLH D

(via Campus Walk)

(please walk on mats only)

Frank Rubino

President
KAHSSO

Dr. Michael Connor

Undergraduate Program Director
School of Kinesiology and Health Science

KINE Students

STONG COLLEGE

Head to … Stong College

Follow leads to specific rooms # on your bracelet

(please walk on mats only)

YORK UNIVERSITÉ UNIVERSITY