

REALLY, REALLY USEFUL STUDENT GUIDE

Print me! This guide is designed to be small enough to print and fit in your pocket.

STUDENT LIFE

Where can I keep up-to-date on what's happening at Founders?

Founders College website:

<https://www.yorku.ca/colleges/founders/>

Instagram: [@FoundersCollege](#)

Twitter: [@FoundersYorkU](#)

Facebook:

<facebook.com/FoundersCollegeAtYorkU>

Founders College Student Council:

www.founderscouncil.ca

Snapchat: *Phoen6ixFC*

Instagram: [@Founderscouncil](#)

Twitter: [@FoundersCollege](#)

Facebook:

<facebook.com/founderscouncil65>

Where can I find Founders College Student Council?

121B Founders College (first floor)

Where can I hang out between classes?

The Lounge - 004 Founders College
(basement/courtyard level)

Where can I find the College Head and Administrative Staff?

216 Founders College (second floor)

416 736 5148 | founders@yorku.ca

Where is my professor's office?

Find your professor's office and contact information by using York Atlas:

<https://atlas.cafe.uit.yorku.ca/atlas/servlet/atlas>

Where can I find and purchase textbooks?

York University Bookstore

<https://www.bookstore.yorku.ca/>

416-736-5701 | askyub@yorku.ca

Where can I find a quiet place to study?

Arthur Haberman Room (023 Founders College)
Junior Common Room (024E Founders College)

I'm hungry, where can I eat?

York Lanes:

<https://www.yorklanesmall.com/>

First Student Centre:

<http://yusc.ca/food-court/>

York Dining Directory:

<https://www.yorku.ca/foodservices/dining-directory/>

Where can I workout on campus?

From sports to gyms to fitness classes - did we also mention the pool? - the Tait McKenzie

Centre is the place to visit:

<https://yorkulions.ca/index.aspx>

416-736-5185 | taitmck@yorku.ca

SUPPORT SERVICES

I could really use a student mentor to help me navigate life at York.

If you already have a Founders PAL (Peer Academic Leader) make an online appointment with them using the **Founders 101 eClass** page (<https://eclass.yorku.ca/>) or visit them in person at **Central P.A.R.C. (102 Founders College)**.

If you don't have a PAL but would like to be partnered with one, please visit:

<https://www.yorku.ca/colleges/founders/support/peer-academic-leaders/>

Email: fcmentor@yorku.ca

Where can I find counselling and other support for my mental and physical well-being?

Student Counselling, Health & Well-being is here to help.

<https://counselling.students.yorku.ca/>

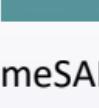
416-736-5297



Good2Talk is a free, confidential helpline for Ontario post-secondary students, providing professional counselling and information, and referrals for mental health, addictions and well-being. It operates 24 hours every day of the year.

Phone: 1-866-925-5454

Text: GOOD2TALKON to 686868



keep.meSAFE
by guard.me

Keep.meSAFE provides international students and students residing outside of Ontario with

access to free, real-time and appointment-based support from anywhere in the world in any language.

www.keepmesafe.org

Call toll-free:

1-844-451-9700 (Canada & USA)

1-416-380-6578 (international)

Where can I go if I need academic accommodation and support due to a disability?

Student Accessibility Services provides students with academic accommodation and support:

<https://accessibility.students.yorku.ca/>

416-736-5755 | sasinfo@yorku.ca

Where can I find help with courses if English isn't my first language?

Visit the ESL Open Learning Centre

<https://www.yorku.ca/laps/eslolc/>

416-736-5134 | eslolc@yorku.ca

Where can I find information and resources for mature / part-time students?

Atkinson Centre for Mature &

Part-Time Students

<https://acmaps.info.yorku.ca/>

416-736-5770 | acmaps@yorku.ca

SAFETY

I have a late class and don't relish the thought of walking alone to residence, or car, or waiting for the bus.

Call goSAFE at 416-736-5454

<https://www.yorku.ca/safety/gosafe/>

What should I do in an emergency?

Call 911

How can I contact York Security?

URGENT - 416-736-5333 or ext. 33333

GENERAL - 416-650-8000 or ext. 58000

safety@yorku.ca

<https://www.yorku.ca/safety/>

Safety App: <http://safety.yorku.ca/mobileapp/>

TRANSPORTATION

How do I get to and from campus without a car?

Public Transportation options, Shuttle Services and more:

<https://www.yorku.ca/transportation/>

How do I get a parking permit?

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

ACADEMIC INFO

When do classes start? And what are the important dates I should know?

<http://www.registrar.yorku.ca/enrol/dates/>

Where can I look up course information?

<https://w2prod.sis.yorku.ca/Apps/WebObjects/cdm>

Is there a hub to view my grades, course calendar and student finances?

Find all that and more at my.yorku.ca

Where can I go for academic advising?

Faculty of Liberal Arts & Professional Studies

(LA&PS) Academic Advising

New Students: 416-736-5011

Current Students: 416-736-5222

lapsadv@yorku.ca & laps@yorku.ca

yorku.ca/laps/support/academic-advising

Office of Student and Academic Services

Faculty of Environmental & Urban Change

416-736-5252 | euadvise@yorku.ca

yorku.ca/students/resources-and-services

Where is the library, what are their hours and how can they help me?

Find answers to those questions and more at:

<https://www.library.yorku.ca/web/>

