YORK ORIENTATION DAY
AT CALUMET COLLEGE

WELCOME
“York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto (Toronto) has been care taken by the Anishinabek (a-nish-na-bek) Nation, the Haudenosuanee (ho-dee-no-sho-nee) 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 2017 Schedule

**School of Health Policy and Management**

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| 2:00pm – 4:00pm | **Academic & College Programming**  
  - Connecting with your College: Welcome from the Calumet College Master  
  - Succeeding in HPM: Welcome from the Chair & Undergraduate Program Director  
  - Meet Your HLST 1010 & 1011 Professors  
  - Health and Wellness for Academic Success: Growth Mindset  
  - Getting Involved within HPM, Calumet College, and York |
| 4:00pm - 5:00pm | Scavenger Hunt                                                                                                                                  |
| 5:00pm - 6:00pm | Faculty of Health Dinner                                                                                                                       |
| 6:00pm - 6:30pm | Parade to Lion’s Stadium                                                                                                                       |
| 6:30pm - 8:00pm | Welcome Ceremony                                                                                                                                |
#WeAreYU
A LITTLE ABOUT ME!
BODY BREAK
Get Up & Dance!

The Evolution of Mom Dancing
Connecting with your College
Welcome from the Calumet College Master
Welcome from the Chair
Program Presentation
Welcome from the SHPM Undergraduate Program Director
Meet your HLST 1010 and 1011 Professors!
Yoga is a great relaxation tool. While studying, take a break and practice simple yoga poses to help refresh your mind.
HEALTH AND WELLNESS FOR ACADEMIC SUCCESS: GROWTH MINDSET
Growth Mindset vs. Fixed Mindset
Discuss the following scenario first from a FIXED mindset, then from a GROWTH mindset

Scenario 1

Making friends is a big part of the university experience. As new students, you might find it difficult to make friends in a large class setting.

What does a fixed mindset look like regarding putting yourself out there to meet new people?

How can an introvert use the growth mindset to approach other students to make new friends?
Discuss the following scenario first from a FIXED mindset, then from a GROWTH mindset

Scenario 2

Someone comes to you and tells you about a required SHPM course that is very difficult and a large proportion of the last class received a C or lower. How can you exercise a growth mindset in approaching this difficult class? Especially as it is a required course, that you must take to graduate.
Getting Involved
A message from SAMPHI and CCC
Closing Remarks

calumet.yorku.ca
http://ca.studentvoice.com/yu/yod17

Your Feedback Please!
Dinner on the Ross Podium!
Welcome Ceremony
SHPM SCAVENGER HUNT!