Stong and Calumet College

Winter Orientation 2017

Wednesday, January 4, 2017.
Welcome to York University

Mazen Hamadeh
Master of Stong College
stong.yorku.ca/

Jennine Rawana
Master of Calumet College
calumet.yorku.ca/
Who are we?

Stong College

English, Professional Writing, Creative Writing
Kinesiology and Health Science
Nursing

stong.yorku.ca/
Who are we?

Calumet College
Psychology
Health Policy and Management
Global Health

calumet.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/
calumet.yorku.ca/programs/
Course-specific Resources

• Peer Assisted Study Sessions (PASS)
• Peer Tutoring
• The Health Aid Network

stong.yorku.ca/programs/
calumet.yorku.ca/programs/
stong.yorku.ca/pass/
stong.yorku.ca/peer-tutoring/
www.facebook.com/kahsso/
stong.yorku.ca/health-aid-about-us/
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
  • Location: SC 309
    • PSYC 2021A, 2021B

stong.yorku.ca/pass/
calumet.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)

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/
http://calumet.yorku.ca/health-aid-about-us/
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/
calumet.yorku.ca/agents-of-change/
stong.yorku.ca/events/
calumet.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

stong.yorku.ca/agents-of-change/
calumet.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/

calumet.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

stong.yorku.ca/
calumet.yorku.ca/
Mentoring Support

• Peer Mentors
• Graduate Peer Mentors (GPMs)
• Fellows
• Alumni

[Links to websites]
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 depart

• Available to Calumet College students
  • PSYC (UPSA): calumet.yorku.ca/clubs
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: please contact your department

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/
calumet.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

- **NSAY**: [yorku.collegiatelink.net/organization/NSAY](yorku.collegiatelink.net/organization/NSAY)
- **GHSA**: [https://yorku.collegiatelink.net/organization/globalhealthSA/about](https://yorku.collegiatelink.net/organization/globalhealthSA/about)
- **SAHPMI**: [https://yorku.collegiatelink.net/organization/sahmpi](https://yorku.collegiatelink.net/organization/sahmpi)
- **UPSA**: [https://yorku.collegiatelink.net/organization/undergraduatepsychologystudentsassociation](https://yorku.collegiatelink.net/organization/undergraduatepsychologystudentsassociation)
- **KAHSSO**: [facebook.com/kahsso](facebook.com/kahsso)
- **FHSC**: [facebook.com/fhscyork](facebook.com/fhscyork)

yuconnect.yorku.ca/
calumet.yorku.ca/student-clubs/
Student Societies & Clubs

York University has over 300 recognized clubs

- The Ascend Network: facebook.com/TheAscendNetwork
- Exercise is Medicine
- I for Awareness
- Students for Partners in Health
- Friends of MSF York

yuconnect.yorku.ca/
stong.yorku.ca/student-clubs/
Student Government

Is the voice of students in each college

- SCSG: stongcollegesg.com/
- Social events
- Discounted tickets:
  - Sports events
  - Blue Mountain Ski Trip
  - Blue Jays game
Student Government

Is the voice of students in each college

- CCC: calumetcollegecouncil.com/
- Social events
- Discounted tickets:
  - Sports events
  - Blue Mountain Ski Trip
  - Raptors game
Intramurals

- Many intramural sports at York
- Get involved: either recreationally or competitively
- The Torch:
  Stong College has won the Torch 30 times!

[link]
stongcollegesg.com/#!intramurals/c12jy

Facebook: Calumet Athletics
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
Andrew Lawlor
President
Stong College Student Government
Krista Gokool
President
Calumet College Council
Stay Connected

Stong College

Facebook: facebook.com/yorkustongcollege

Twitter: twitter.com/YorkUStong

Website: stong.yorku.ca/

Email: scchelp@yorku.ca

Phone: 416-736-5132
Stay Connected

Calumet College
Facebook: facebook.com/calumetcollegecouncil
Twitter: twitter.com/calumetcollege
Website: calumet.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 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 (2\textsuperscript{nd} 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/
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/sclsd
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/registration/)

[http://mhds.info.yorku.ca/](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
Thank You!