

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



health

YORK
U
UNIVERSITÉ
UNIVERSITY


STONG
COLLEGE

Connecting Stories



WELCOME TO NURSING

YORK ORIENTATION DAY
AT STONG COLLEGE



health



Land Acknowledgement

“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 Haudenosuane (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 2018 Schedule

School of Nursing

Time	Overview
2:00pm - 5:00pm Snack Break at 3:30pm	Academic & College Programming <ul style="list-style-type: none"> ● Form Small Groups ● Stong Induction Ceremony ● Welcome from your College Head & Council ● All About Nursing ● Break Time! ● Panel Discussion: YUNSMP, RNAO, CNSA, Nursing Alum ● Trivia Competition
5:00pm - 6:00pm	Faculty of Health Dinner
6:00pm - 6:30pm	Parade to Lion's Stadium
6:30pm - 8:00pm	Welcome Ceremony

A LITTLE ABOUT ME!



health





TAKING CARE OF YOUR MENTAL HEALTH



Two of these statements are TRUE, one isn't. Which one is FALSE?

QUESTION 1:

- a) Mental health means being free from mental illness and stress related emotional problems in order to function at your best
- b) Mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental
- c) Maintaining mental health involves emotional well-being, including giving yourself permission to take a break from your worries and concerns

The FALSE statement is

- a) Mental health means being free from mental illness and stress related emotional problems in order to function at your best

The TRUTH is

- Everyone has mental health
- “Mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental.... Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance.”

Two of these statements are TRUE, one isn't. Which one is FALSE?

QUESTION 2:

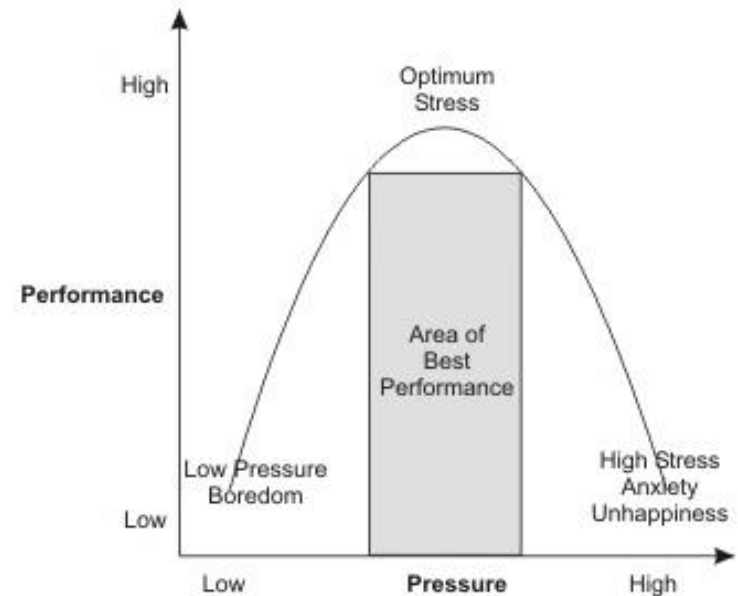
- a) Our goal is to eliminate stress
- b) Stress can motivate us to perform better
- c) High levels of stress can negatively impact our performance

The FALSE statement is

- a) Our goal is to eliminate stress

The TRUTH is

- Eustress is the good stress that motivates you to continue working - everyone needs a little bit of stress in their life in order to continue to be happy, motivated, challenged and productive
- Bad stress, or distress, is when the good stress becomes too much to bear or cope with



The Inverted-U relationship between pressure and performance

Two of these statements are TRUE, one isn't. Which one is FALSE?

QUESTION 3:

- a) 1 in 5 people in Canada will experience a mental health problem or illness in any given year
- b) Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group
- c) 30% of people with a mental health problem or illness won't seek help for fear of being labeled

The FALSE statement is

c) 30% of people with a mental health problem or illness won't seek help for fear of being labeled

The TRUTH is

60% of people with a mental health problem or illness won't seek help for fear of being labeled. This is indicative of the persistent stigma of mental health and illness.

Source: camh.ca (2016). Mental Illness and Addictions: Facts and Statistics. Retrieved from:
http://www.camh.ca/en/hospital/about_camh/newsroom/for_reporters/Pages/addictionmentalhealthstatistics.aspx

Two of these statements are TRUE, one isn't. Which one is FALSE?

QUESTION 4:

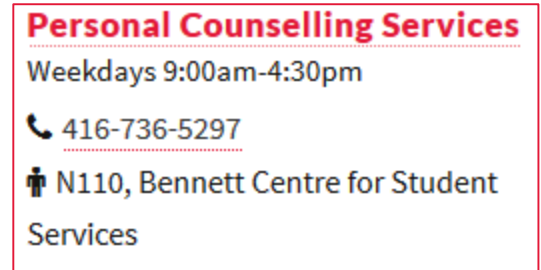
- a) York has professional counsellors on campus that students can access for free
- b) Good2Talk is a club on campus that facilitates mental health debates
- c) Being active, taking notice, connecting, giving, and learning are recommended ways to maintain mental health and well-being

The FALSE statement is

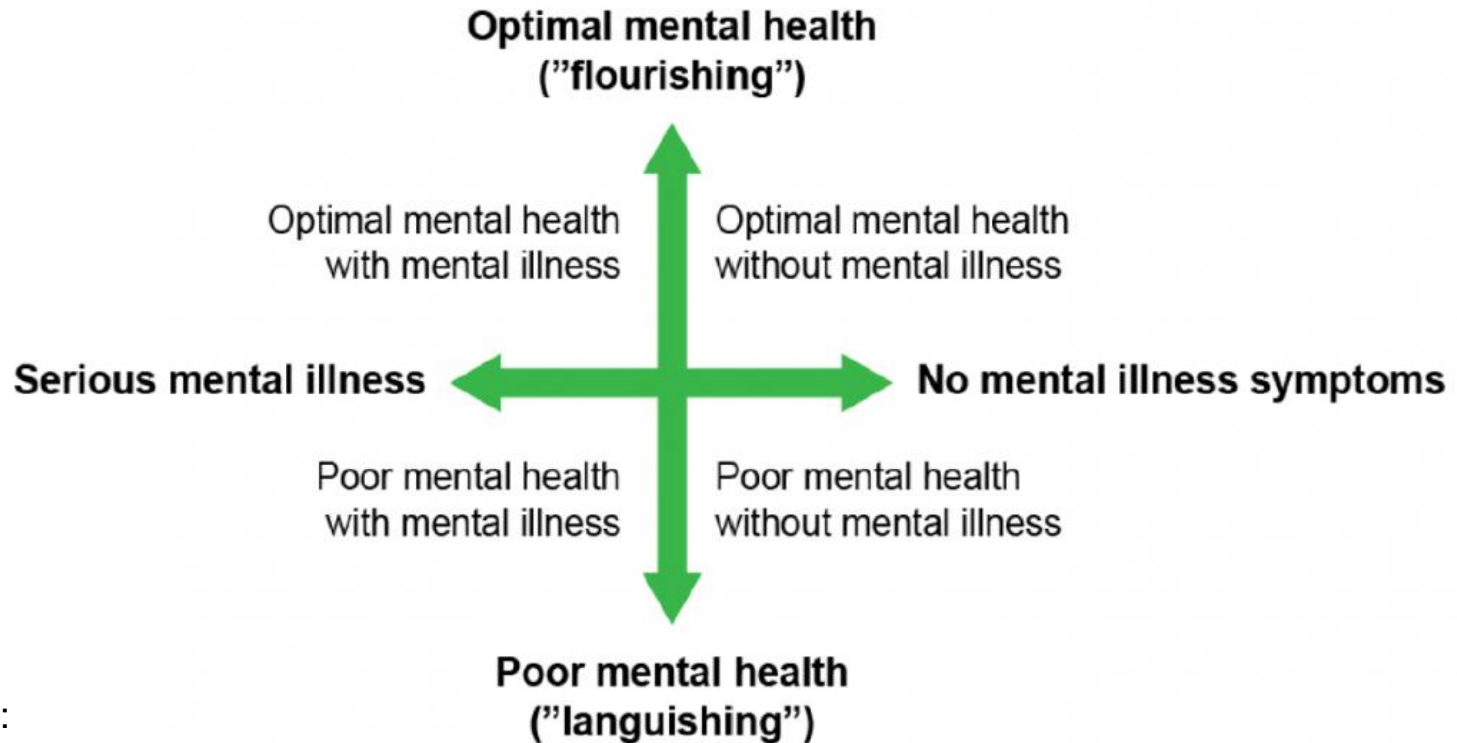
b) Good2talk; is a club on campus that facilitates mental health debates

The TRUTH is

- **Good2Talk** is a 24 hour, free, anonymous, toll-free mental health help-line for post-secondary students in Ontario. They offer professional counselling, information and referrals for mental health, addictions and well-being
- **Personal Counselling Services** is located at the Bennett Centre for student services. PCS offers individual, group, and couples therapy for a variety of issues including abuse, depression, and self-esteem and more



Dual Continuum Model of Mental Health and Mental Illness



Source:

(Dual Continuum Model of Mental Health and Mental Illness; McKean, 2011; taken from Report of the Provostial Advisory Committee on Student Mental Health (2014).)

Resources: Mental Health and Wellness at York

- **Good 2 Talk** (for post-secondary students)
1-866-925-5454
- **Toronto Distress Centres** (416-408-4357 or 408-HELP)
- **Ontario Mental Health Helpline** (1-866-531-2600)
- **Multilingual Distress Lines**
- **Student Counselling & Development (SCD)**
N110 Bennett Centre for Student Services
(416-736-5297)
- **Learning Skills Services**
Scott Library Learning Commons Hub
(416-736-5144)
- **Student Accessibility Services**

The advertisement for WellTrack features the logo at the top left, including the phone number 1-800-457-1012 and the website URL welltrack.com. The main heading is "Interactive Self-Help Therapy" with a subtext: "Join the community of over 500,000 students who use WellTrack to take control of their mental health." Below this is a smartphone displaying the "MoodCheck" app interface, which includes a mood wheel and various tracking options. To the right of the phone are three icons with text: a hand icon for "Deal with stress, anxiety and depression", a bar chart icon for "Monitor your mood", and a gift icon for "Free online platform". A testimonial states: "The companion, MoodCheck, helps you monitor your mood, an important part of your overall well-being." A yellow "SIGN UP" box contains two steps: "1. Go to yorku.welltrack.com/register" and "2. Sign up using your @my.yorku.ca email address". At the bottom, there are logos for the App Store and Google Play, and the York University logo.

Stong College Student Government



Stong College Induction Ceremony

“I pledge to strive to achieve the 5 goals we emphasize at Stong 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 Stong College and on campus,***
- I pledge to be engaged in the Stong College community,***
- I pledge to be kind to myself and my fellow Spartans, and***
- I pledge to actively contribute to strengthening our communities by engaging in mentoring relationships”***

You are now a Stong Spartan!



Welcome From Your College

...A Message From The Head & Council



Mazen Hamadeh

College Head, and Kinesiology & Health Science Prof

• **ENGAGEMENT** • **BOLD** • **STUDENT-CENTRIC**

ORIENTATION
PEER ASSISTED
STUDY SESSIONS
PEER TUTORING
THE HEALTHAID NETWORK
PEER MENTORING
HEALTH AND WELL-BEING

York Orientation Day
September 4th, 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?

“Stong College is your home in a big university”



- ✓ A place to study, meet others, volunteer, and access resources & programs
- ✓ A place to help you be successful at York

WE'RE HERE TO HELP YOU ACHIEVE ALL AROUND SUCCESS!

***Stong College Values...* Student Centric Collaborative
Mentoring Engaged Bold**

How Can Stong College Help Me Succeed?

Main Office

- Student Success Programs
- Community /personal development

Student Government

- Student Voice
- O-Week
- Social Events
- Athletics
- Swag

Stong College Clubs

- Faculty Clubs (KAHSSO, NSAY)
- Affiliated Clubs (Ascend Network, EIM, 2NA)

Student Space

- Study (JCR- 111)
- Social (Lounge- 112)
- Wellness Lounge

Stong College

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**



Stong College

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/Cohort Reps (we're recruiting!)**
- Peer Assisted Study Sessions (P.A.S.S.)
- Peer Tutoring
- **Indigenous Circle**
- **Alumni & Fellows**
- **Community Partners**



Campus Resources



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](http://Good2talk.org)

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



Tips for Success

Connect

Get Involved

Study Groups

Access Resources

Practice Self Care

Be Optimistic & Realistic

Develop Citizenship



Stay Connected



Stong College



Facebook:

<https://www.facebook.com/yorkustongcollege>

Twitter: <https://twitter.com/YorkUStong>

Website: <http://stong.yorku.ca/>

Location: Stong College, Rm 314;
Calumet College, Rm 301

Email: scchelp@yorku.ca

Phone: 416-736-5132



Insights into Microvascular Dysfunction with
Metabolic Syndrome:
the Importance of Multi-Scale Validity

Insights into
the Inn

All About Nursing & Group Question Discussion



Now, a video from your Stong College Student Government



health



Snack Break!



We will
resume in
10 minutes!

health



BODY BREAK

Nursing Dancing



health

YORK
UNIVERSITY

STONG
COLLEGE

Panel Discussion



Source: <http://nsay.student-org.yorku.ca/>

Now a video from Stong College Student Government



health





WELCOME TO NURSING @ YORK!

September 4, 2018

Nursing Students Association of York (NSAY)

- To **serve as an organized liaison** between the students and faculty of York University School of Nursing.
- To **provide peer support** within the nursing student body during their transition and **encourage student participation** in professional nursing organizations.
- To **participate in outreach** programs that involve local and global communities.
- To **coordinate social events** for nursing students and faculty.

Lounge/Office: **B27A, HNES Building (Basement)**

Email: nsay@yorku.ca

Website: <http://nsay.student-org.yorku.ca/>

Facebook: <https://www.facebook.com/groups/nsayork/> (Nursing at YorkU/NSAY)



Nursing Students Association of York (NSAY)

- Events

- Meet the Profs, Career Fair
- Paint Night, Movie Night, Game Night, Sweater Design Contest
- Nursing Formal

- Involvement

- Class/Cohort Representatives
- RNAO Representative
- CNSA Delegates
- Peer Mentors/Tutors
- Events Committee





**SECOND ENTRY
NURSING ASSOCIATION**
AT YORK UNIVERSITY



“The (2NA) Second-entry Nursing Association is a one stop shop for second-entry students. Our mission to provide professional connections, mentorship, social and academic support. We also serve the second-entry students in connecting students with NSAY, YUSNMP, RAO and CNSA as well as the School of Nursing.”

RNAO



The Registered Nurses' Association of Ontario is the professional association representing registered nurses, nurse practitioners and nursing students in the province of Ontario, Canada.

Why join?

- Advocacy
- Professional Community
- Learning and Career Advancement
- Knowledge Leadership
- Free Services
- Discounts

CNSA



The Canadian Nursing Students' Association is proud to represent all nursing students from across Canada.

What we do:

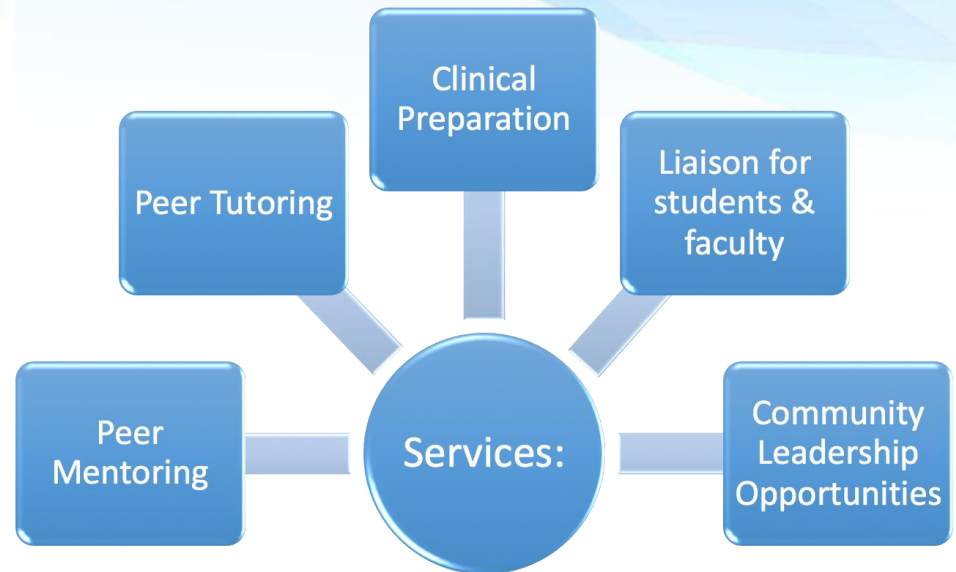
- Act as the national voice of Canadian nursing students
- Increase the legal, ethical, professional, and educational aspects which are an integral part of nursing
- Attend a National conference every January where nursing students from across Canada come to meet
 - The conference discusses current social issues such as indigenous health, mental health, and healthcare for LGBTQIA individuals (held in British Columbia in 2018)
- Initiate various activities during Nursing Students' Week

We are looking for: two (2) new, enthusiastic and committed individuals to fill the positions of Class Representative and Associate Delegate (2-year commitment). Contact us at york@cnsa.ca!



YU Student
Nurse Mentorship
Program

YUSNMP is a student-run organization that focuses on helping students succeed each step of their educational journey from transitioning into nursing school to graduation.



Find us on FB @ [YorkU 2nd Entry Nursing Peer Mentors](#) & [YorkU Collaborative Nursing Peer Mentors](#)
Emails: (2nd Entry) yu2epm@gmail.com & (Collaborative): yucnpm@gmail.com

NSAY Outreach Initiatives

As a community of future nurses, together, we can contribute towards improving the determinants of health for those in our local and international community.

Your drop in the bucket will help to fill it!



Local Outreach Initiative



Romero House

About: In Toronto, Romera House provides housing, social and emotional support, food, clothing, and personal care items to individuals and families who have claimed refugee status.

NSAY's Involvement:

- To conduct on-campus campaigns to collect the following items: **lotions, shampoos, toothpaste, toothbrushes, winter socks, & tablecloths.**
- To participate in Romero House's **Christmas Hamper Program.**

International Outreach Initiative



ADRA Canada

About: A charity and relief organization that conducts **The Maternal, Newborn and Child Health (MNCH) Project**, which seeks to improve and save the lives of mothers and children, in remote and vulnerable areas of **Cambodia, Myanmar, Philippines, and Rwanda** by:

- Improving access to and quality of health services
- Supporting better nutrition for women, children, and families

NSAY's Involvement:

- **From September to April**, to conduct on-campus fundraising towards : **construction & renovation of health centres; training; nutrition and/or ambulance.**

York University Nursing International Trip (YUNIT)

YU NIT is a team of professionals that provide international aid and allows nursing students to understand the role and impact of humanitarian relief agencies.

**WORKING AS “YU NIT” FOR A HEALTHIER
WORLD**



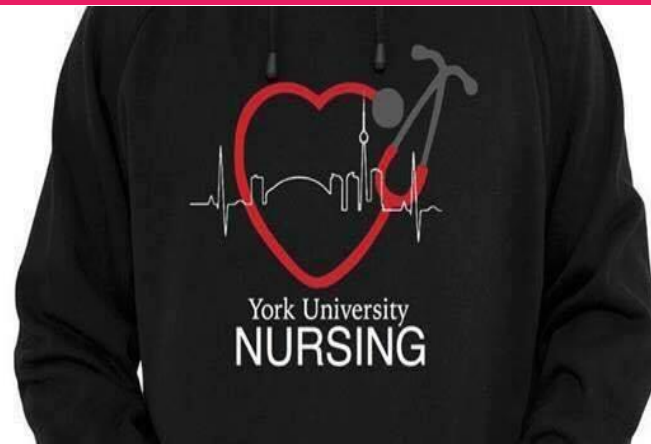
Want to experience this global health trip?

Email: genevieve.yunit@gmail.com

(or contact NSAY)



-- Q&A --



KAHOOT.IT

Ready to join?

Join at kahoot.it and enter the game PIN

88 Players

Kahoot!

Start

Kahoot!

Game PIN

Enter

Kahoot!

Game PIN

Enter

Kahoot!

Game PIN

Enter

Kahoot!

Game PIN

Enter

Get your phone, tablet or laptop out now!

Create your own kahoot for FREE at getkahoot.com



Closing Remarks

stong.yorku.ca



<https://baseline.campuslabs.ca/yu/yod2018>

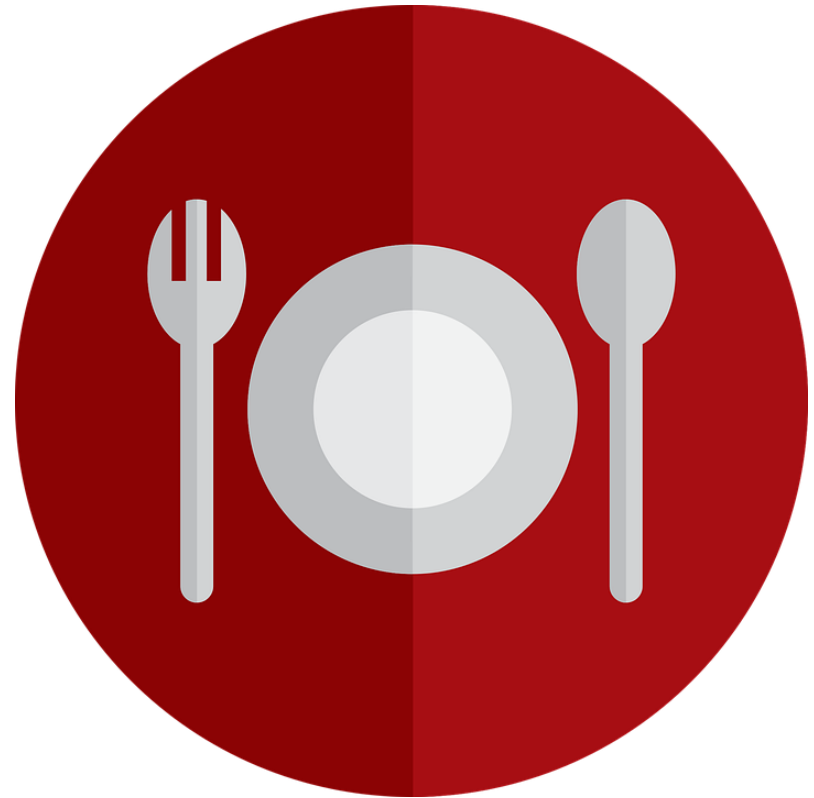
Your Feedback Please!



health



Dinner on the Ross Podium!



Welcome Ceremony



health

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