

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



CALUMET
COLLEGE

Connecting Stories



health

YORK
U
UNIVERSITÉ
UNIVERSITY



CALUMET
COLLEGE

YORK ORIENTATION DAY AT CALUMET COLLEGE



health | YORK
UNIVERSITÉ
UNIVERSITY 

WELCOME

Land Acknowledgement

“York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been care taken by the **Anishinabek Nation, the Haudenosuane 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

Psychology

Time	Overview
2:00pm – 5:00pm (Breaks in between each rotation)	Academic & College Programming <ul style="list-style-type: none">● Rotation 1: Your Psychology Department● Rotation 2: Your Calumet College Head and Peer Leaders● Rotation 3: Your Peer Mentors and Peer Leaders● Rotation 4: Your Calumet College Council
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

YORK
U
UNIVERSITY
UNIVERSITY



CALUMET
COLLEGE



Presentation #1

Your Psychology Department



Welcome to Psychology!

Dr. Joel Goldberg,
Chair, Dept of Psychology
psychair@yorku.ca



YORK



redefine THE POSSIBLE.

UNIVERSITÉ
UNIVERSITY



Rock Paper Scissors



Psychoanalytic Perspective

Rock: Very **aggressive**, symbolized by the fist. Players subconsciously think of rock as a weapon and will rely on it when other strategies are not working. Rock is a typical opening move for rookies, especially for men, since rock is associated with strength and fortitude. Knowing this, a good **opening move against a novice is often paper**

Scissors: Some aggression, as they are sharp and dangerous, but also useful craft tools. Represent controlled aggression used as a clever throw—often when **someone is confident** or winning.

Paper: The most subtle move. An open hand is passive, peaceful, and friendly. Some players **won't use this when falling behind** because it may symbolize weakness.

Neil Farber, Psychology Today, April 2015

Psychology Research – Probabilities Perspective

Win – stay strategy

1. Winners tend to stick with the same action that led to their success. We repeat what works. So, if you lose with rock (they played paper), they'll play with paper again next and so you should go with scissors.

Lose – shift strategy

2. Losers change their strategy and move to the next action (clockwise: R – P – S) in the sequence. If they lose with rock (you played paper), they'll play paper next. So you should play scissors.

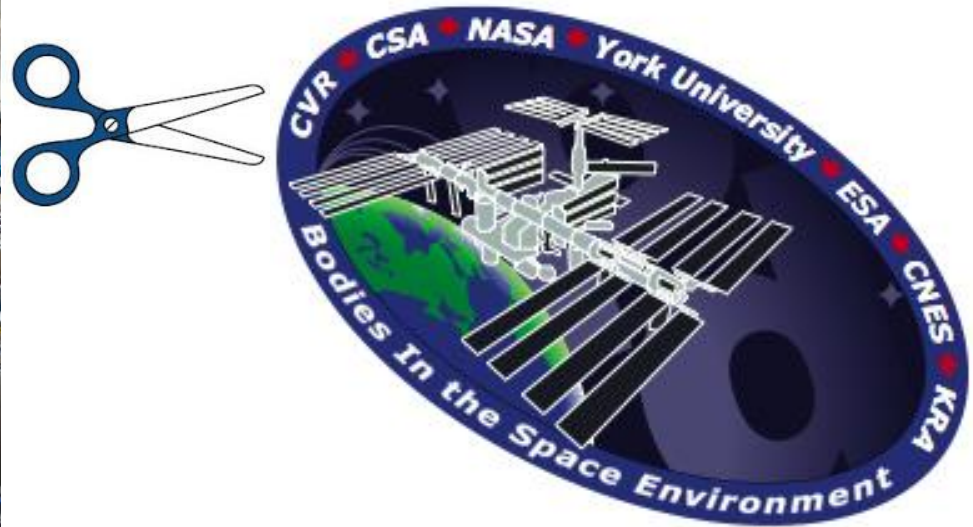
Wang et al, Scientific Reports, 2014

Rock



Be a rock. When the going gets tough, the tough get going...

Scissors



Scissors cut to the essentials. They remind us to use our sharp critical thinking skills to see things differently, using evidence as a basis for exploring the world and ourselves.

Paper



1. Pretend you are the instructor and make up your own test questions about the material you need to learn.
2. Spread out your studying over days, don't just try and 'cram in' facts the night before the test.

An Astronaut's Guide to Life on Earth



Our 2018 QS World University ranking is in the top 100 of all Psychology Departments in the World

Your UPD

health



CALUMET COLLEGE

Department of Psychology
Faculty of Health

Dr. Karen Fergus
Undergraduate Program Director

VARI HALL

September 4, 2018



Our Program And You

- *New and Revised Program*
- *Our goal:*
 - *Prepare you for the Workforce*
 - *Prepare you for Graduate School*
 - *Prepare you for Post-Graduate Programs*

You will be an Expert User of Psychology

- In-depth knowledge about Psychology as a behavioural science and a discipline
- Critical thinking, writing and communication skills
- Training in data analysis and evidence-based research
- In-depth understanding of the human brain, mind, and relationships - across the lifespan

Some of You Will be Inspired to Become...

- Clinical Psychologist
- Counselling Psychologist
- Community Psychologist
- Neuropsychologist
- Experimental Psychologist
- Sport Psychologist
- Forensic Psychologist
- Professors of Psychology

Some of You Will be Inspired to Become...

- Rehabilitation Therapist
- Child and Youth Worker
- Research Coordinator
- Human Resources Specialist
- Applied Behaviour Analyst
- Counsellor (e.g., addictions, bereavement)
- Registered Psychotherapist
- Public Relations Specialist

Some of You May Want to Continue with Other Post-Graduate Programs

- Medicine, Veterinary Science, Dentistry
- Optometry
- Occupational Therapy
- Law
- Social Work
- Business (MBA)
- Teaching

Areas of Study



**Social & Personality
Psychology**



**Child & Adolescent
Psychology**



**Clinical & Health
Psychology**



**Memory, Learning
& Cognition**



**Brain, Behaviour
& Neuroscience**



**Research & Quantitative
Psychology**

The Starting Point

Introduction to Psychology 1010 – a taste of everything!



Prof. Jubis



Prof. McCann



Prof. Mongrain



Program Choices

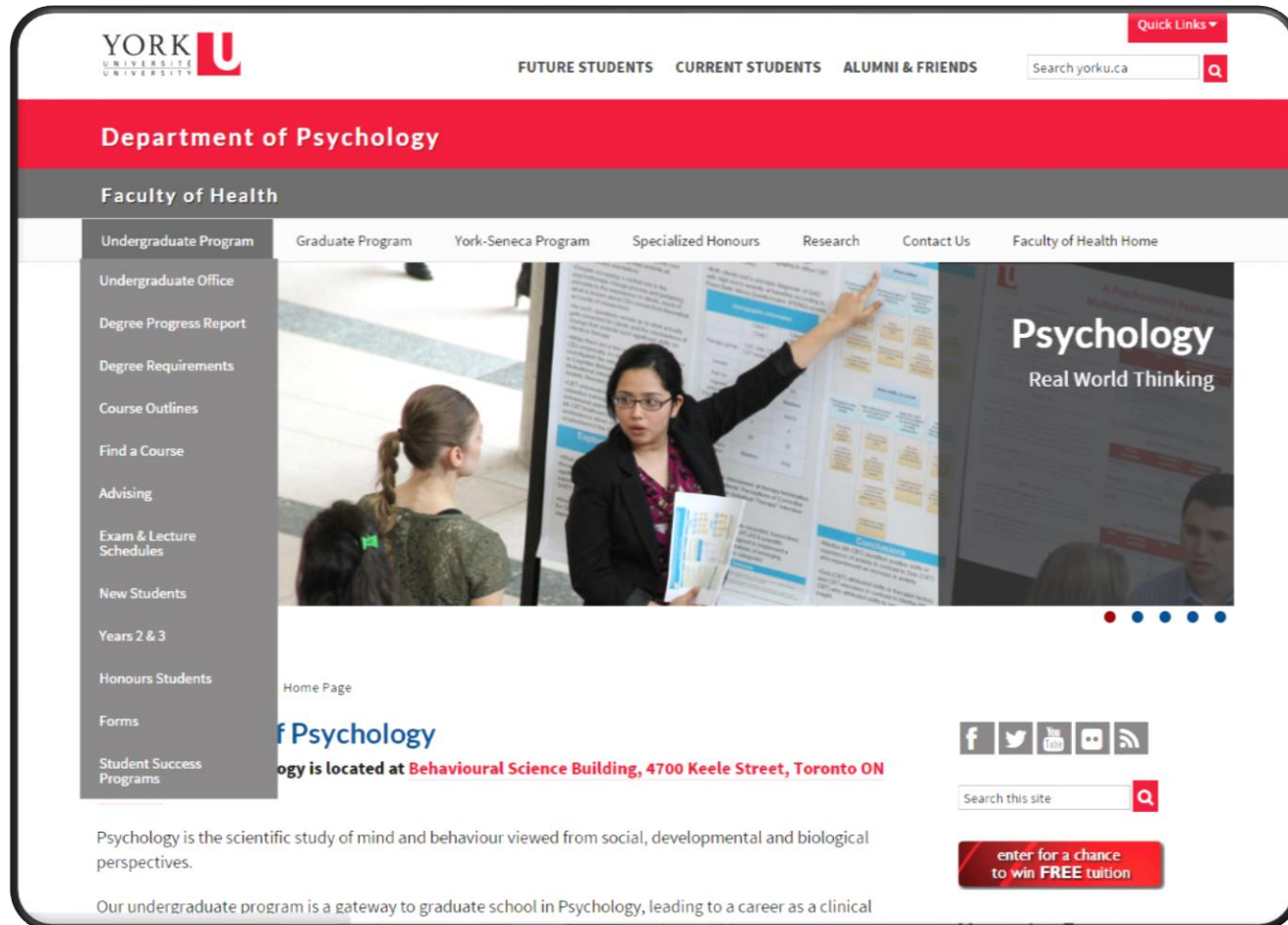


- **Bachelors Degree** (90 credits/3 years)
- **Honours BA/BSc** (120 credits/4 years)
 - Psychology Major + Other Minor
 - Double Major (Psych + Other Major)
- **Specialized Honours BA/BSc**
 - Planning post-graduate career in psychology and/or research
- **York-Seneca Rehabilitation Program**

Four Year Degree



Psychology Department Website



The screenshot shows the Psychology Department website for York University. At the top left is the York University logo. To the right are navigation links for 'FUTURE STUDENTS', 'CURRENT STUDENTS', and 'ALUMNI & FRIENDS', along with a search bar containing 'Search yorku.ca'. A red banner below the navigation reads 'Department of Psychology'. Underneath is a grey bar for 'Faculty of Health' with a menu for 'Undergraduate Program' (Graduate Program, York-Seneca Program, Specialized Honours, Research, Contact Us, Faculty of Health Home). The 'Undergraduate Program' menu is open, listing options like 'Undergraduate Office', 'Degree Progress Report', 'Degree Requirements', 'Course Outlines', 'Find a Course', 'Advising', 'Exam & Lecture Schedules', 'New Students', 'Years 2 & 3', 'Honours Students', 'Forms', and 'Student Success Programs'. The main content area features a large image of a student pointing at a poster titled 'Psychology Real World Thinking'. Below the image is a 'Home Page' link and a blue 'Psychology' heading. A red text box states 'Psychology is located at Behavioural Science Building, 4700 Keele Street, Toronto ON'. Social media icons for Facebook, Twitter, YouTube, Instagram, and RSS are present, along with a 'Search this site' bar. A red button at the bottom right says 'enter for a chance to win FREE tuition'. The page footer includes the 'health' logo and the York University and Calumet College logos.

Where is the Psyc. Dept. located?



- Undergraduate Office: Room 291/292 BSB

Psychology Undergraduate Office

**Student
Advisor**



Valerie Thomas



Jennifer Malisani
Administrative Assistant



Vanessa Perschini

**Undergrad
Program
Assistant**

**Undergraduate
Program
Assistant**



Ling
Cheng



**Administrative
Secretary**

Sabrina Iantorno

Being and becoming engaged!

- Experiential education (EE) – connecting course content to hands-on experiences
 - *Within the classroom* (e.g., guest speakers, ‘clickers!’ & technologies, break-out groups, practicing skills)
 - *Outside the classroom* (e.g., field trips, interviews, community placements)
- Volunteer in labs doing research
- Become involved on campus (e.g., UPSA, Calumet; campus days/events; Psychology Undergraduate Mentorship Program – ‘PUMP’)

Tips for Success

- Attend classes - take notes (hand-written), don't fall behind
- Check your email regularly (messages from Undergrad Office, Psych Dept & your Professors)
- Don't assume any course will be "easy"
- Make use of all the resources - PASS; Peer Mentoring; Moodle (course website)
- REMEMBER: At University, YOU are responsible for you! *We are here to help, its up to you to ask...*
- **Don't hesitate to reach out and ask for help!**

In closing....



Your Psychology 1010 Professor



health

YORK
U
UNIVERSITÉ
UNIVERSITY



CALUMET
COLLEGE

Menti Meter

Pull out your phones, visit www.menti.com



Presentation #2

Your Calumet College Head and Peer Leaders



CALUMET COLLEGE

York Orientation Day

Jennine Rawana, Head of Calumet College
Associate Professor, Psychology



September 4, 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?

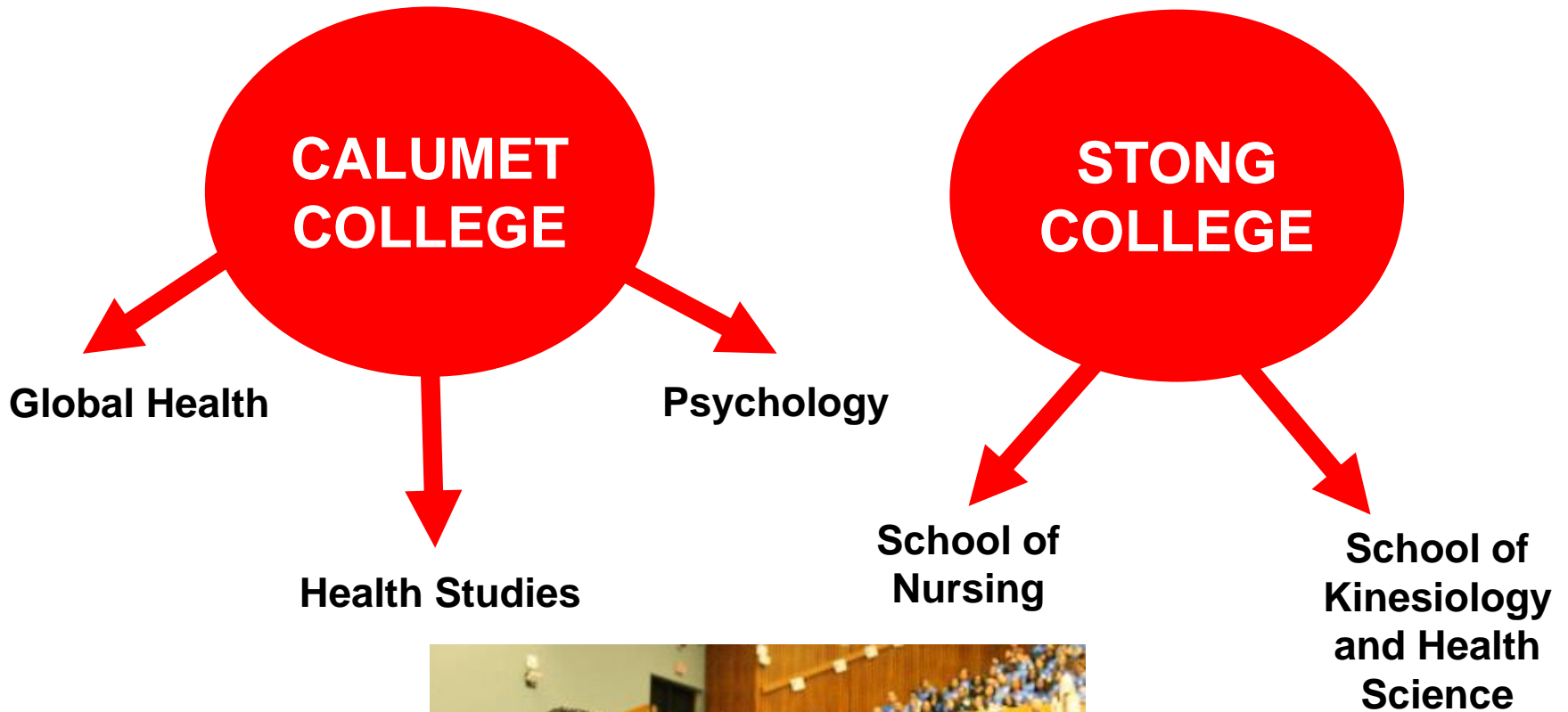
“Calumet College is your home in a big university”



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



Faculty of Health Colleges



How Can Calumet and Stong Colleges Help Me Succeed at York?

CCSC
Main
Office

- Student Success Programs
- Community/ personal development events

CCSC
Councils

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

CCSC
Clubs

- College Affiliated Clubs (GHSA, KAHSSO, NSAY, SAHMPI, UPSA, etc.)

Student
Space

- Study (SC 111)
- Social (eg CC 100)
- Wellness Lounge

Calumet & Stong Colleges Student Success Programs

INSPIRING LEARNING, LEADERSHIP, AND CITIZENSHIP



Calumet & Stong Colleges Student Success Programs

- **Orientation**
- Welcome Events
- Peer Mentoring

- Health & Wellness
- L.E.A.D. Workshops
- Work and Volunteer Opportunities
- Career Exploration
- Awards & Recognition

58 Agents of Change



- **Course 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

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



Jennine's Tips for Success!



Questions & Contact

- **Email:** scchelp@yorku.ca
- **In person:** Calumet College, Rm 301; Stong College, Rm 314
- **Phone:** 416-736-5132
- **Social Media:** Facebook, Twitter, Instagram; Calumet and Stong Student Council and Colleges





Thank you to our Peer Leaders and Volunteers!

calumet.yorku.ca





How much do you know
about Calumet College?

Let's play KAHOOT!



BODY BREAK

Yoga is a great relaxation tool. While studying, take a break and practice simple yoga poses to help refresh your mind



health

YORK
UNIVERSITY
UNIVERSITY



Snacks!



health | **YORK**
U
UNIVERSITÉ
UNIVERSITY



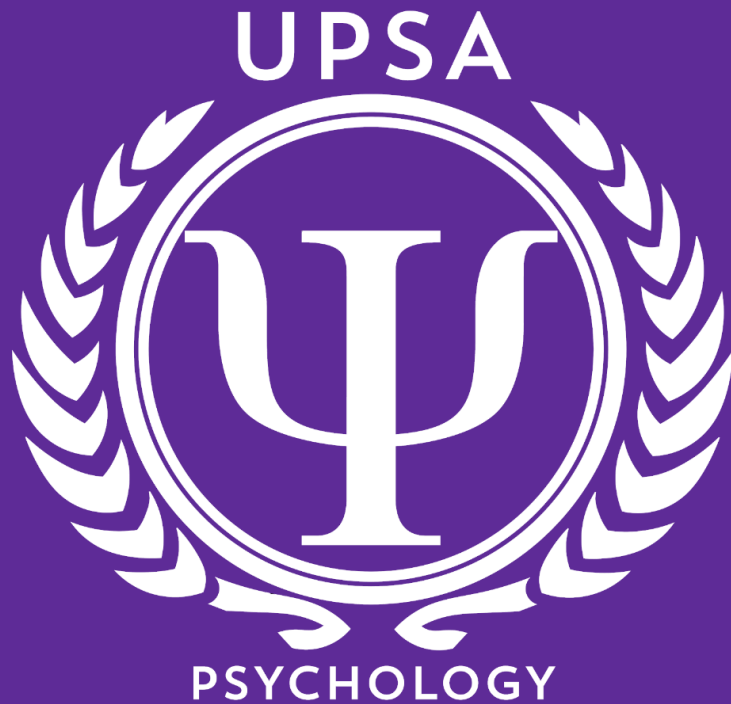
CALUMET
COLLEGE



Presentation #3

Your Peer Mentors & Leaders





Undergraduate
Psychology
Students'
Association

Who we are

Student-run organization

Provide academic,
social, and personal
support

Foster an active and
engaged community



Services UPSA provides

Peer Mentoring

Support positive and effective university transition



Peer Tutoring

One-on-one tutoring to supplement students' academia



Community Relations

Create a sense of community through social events and workshops



Peer Mentoring

- The Peer Mentoring (PM) Program at Calumet and Stong Colleges is a program that provides free one-on-one mentoring to undergraduate students in the Faculty of Health
- For PSYC students, the PM Program helps Psychology undergraduate students successfully transition and navigate their way in York University



Peer Mentoring

- Peer Mentors are recruited and well trained from amongst upper-level students who have proven to be knowledgeable, experienced, and motivated to assist students in their own university journey as a psychology major
- Incoming first-year Psychology students are matched with a peer mentor. These mentors are in the same program as the incoming student, and are available to answer questions, give advice, and help incoming students adapt to university life



Peer Mentoring

The Peer Mentoring Program Objectives are:

- Help improve academic performance of students utilizing the Peer Mentoring Program and refer/encourage further use of other campus resources
- Foster and strengthen the bond between younger and older students alike and develop alternative learning strategies
- Facilitate personal development of Peer Mentors and Mentees through cross-mentoring and guide Mentees toward a path of success as defined by their own personal standards



Peer Tutoring

- The Peer Tutoring (PT) Program at Calumet and Stong Colleges is a program that provides **free one-on-one academic service** to undergraduate students in the Faculty of Health
- Peer Tutors are recruited and well trained from **amongst upper-level students** who have successfully passed and attained a minimum of **grade A in the courses** they support and a **minimum cumulative GPA of B+**



Peer Tutoring

The Peer Tutoring Program's objectives are:

- Improve students' academic performance in core required and/or historically challenging courses
- Enhance students' study skills
- Develop leadership capacity by training Peer Tutors on leadership skills



Courses offered

PSYC 1010 Introduction to Psychology

PSYC 2020 Statistical Methods I and II

PSYC 2021 Statistical Methods I

PSYC 2022 Statistical Methods II

PSYC 2030 Research Methods

PSYC 2120 Social Psychology

PSYC 2130 Personality

PSYC 2230 Motivation

PSYC 3140 Abnormal Psychology



Community Relations

- The Community Relations (CoRe) department provides career and academic oriented workshops/events
- Provide social events to help students connect with each other and build meaning relationship within the YorkU community
- Keep students connected and up-to-date through social media



Community Relations (CoRe)

The CoRe's objectives are:

- Create opportunities for students to be active and engaged members
- Build a sense of community within the psychology department
- Foster a culture of growth, development, and inclusion



Upcoming UPSA events

- **Get Psych-ed! Social** (October 4th)
- **ParTEA with the Profs** (TBA)
- **Trivia Night** (November 19th-23rd)



Volunteering with UPSA

- We recruit volunteers at the beginning of each semester
- Volunteers assist our organization in multiple ways (event, tabling, postering, etc)
- Volunteers who commit to **a number of hours** per semester are entitled to awards, recognition, and reference letters



Contact us through



upsa@yorku.ca or
upsarecruitment@gmail.com



[@upsayork](https://www.instagram.com/upsayork)

Instagram



[facebook.com/UPSAYorkU](https://www.facebook.com/UPSAYorkU)



Our Location

- **Peer Mentors:** The New Student Centre 317
- **Peer Tutors:** Drop-In Sessions at Stong 111 (Junior Common Room)

For our updated drop-in schedule please visit
<http://upsa.club.yorku.ca/>



Body Break: Five Traits

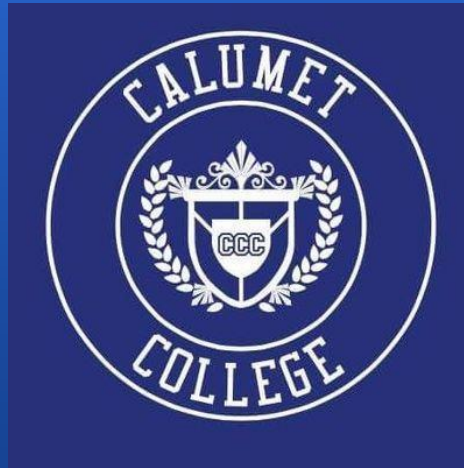


Presentation #4

Your Calumet College Council



Calumet College Council (CCC)



Calumet College Induction Ceremony

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

Congratulations!
You Are Now A Calumet Cougar !



health



Agenda

- **What is Calumet College Council? & What do we do?**
- **Meet your Calumet College Council 2018-2019**
- **Social Orientation (Frosh Week)**
- **Frosh Schedule**
- **Student Space in Calumet?**
- **Social Events**
- **Intramurals**
- **Contact Us**



Hello! My name is Rocky and you might be wondering what is Calumet College Council and what do they do?



Calumet College Council



AJ Ramanathan
President

Executives



Collin Zinn
Executive Vice President



Frances Gontoulas
Vice President of Finance



Amanda Sampson
Vice President of Programming

Executives



Vikram Singh
Co - Vice President of Athletics



Daniella Johnson
Vice President of Communications



Daanish Mohammed
Co - Vice President of Athletics

Representatives



Ariana Louise Ang
Commuter Representative



Vivienne Okon
Senior & Alumni Representative



Safwath Farooqi
Academic Representative

Committees

Athletics



Claire Saramaki



Celia Vercillo



Ronnie O'Connor

Committees

Programming



Seena Mozaffari



Antonella Ross

Committees

Communications



Gabriel Boyer

Calumet College Council



Vivian Vuong
Secretary



Alex Tran
Speaker

Calumet College Council



Alejandra Tobar
YFS Director



Najma Osman
Webmaster



Bridget Asamoah
Chief Returning Office

Orientation Chairs



Renae Facey
Co - Orientation Chair



Daniella Johnson
Co - Orientation Chair



The central graphic features a stylized tiger head with yellow eyes and a white muzzle, set against a background of colorful palm fronds in shades of green, yellow, and red. The word "CALUBANA" is written in large, white, outlined letters at the top. Below the tiger head, the text "CALUMET COLLEGE 2018" is displayed. The entire graphic is surrounded by a blue background with falling confetti in various colors.





CALUBANA

FROGH 2018

f t i o
@CALUMETCOLLEGE



1st Day of Class 2nd Day of Class 3rd Day of Class

	SAT	SUN	Mon	TUES	WED	THUR	FRI	SAT	SUN
8AM		SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	BREAKFAST	SLEEP	SLEEP
9AM	RESIDENCE MOVE INS AND ICE BREAKERS 	BREAKFAST 	GLOFEST 	SCAVENGER HUNT 	BREAKFAST 	ZUMBA		SLEEP	SLEEP
10AM									
11AM	PARENT ORIENTATION 9:30-1PM 								EARN YOUR BUCKS
12PM							SPEED FRIENDING 	WASAGA 	
1PM	WELCOME BBQ 	WET & WILD 	GLENDON CARNIVAL 		CC ATHLETICS EVENT 	CUPCAKE DECORATING 			
2PM									
3PM	RESIDENCE ORIENTATION			YORK ORIENTATION DAY 				THE PILOT PROJECT 	
4PM		OPENING CEREMONIES RULES OF FROSH CHEER OFF	BREAK	PIZZA PARTY WITH BETHUNE 					
5PM					BREAK	BREAK			
6PM		SWEET ESCAPE 			MINI GAMES RM 100 	PRINT YOUR PRIDE 	BREAK		
7PM			BREAK				WHY YU GOTTA BE HEALTHY CONDOM OLYMPICS 	BREAK	BOAT CRUISE
8PM				BREAK		YU SOCCER GAME 			
9PM	CALUMET COLLEGE CALUBANA SAKES AND LATTES CALUMET PARTY 	NORTHERN LIGHTS DEER WARS VANER PARTY 	FOUNDERS QUAD NUIT BLANCHE FOUNDERS PARTY 		COFFEE HOUSE 	KARAOKE 	PICNIC WITH SCHULICH 		
10PM									
11PM							DIRTY WINDO 		
12AM									
1AM									

HTTP://WWW.CALUMETCOLLEGE.COUNCIL.COM/





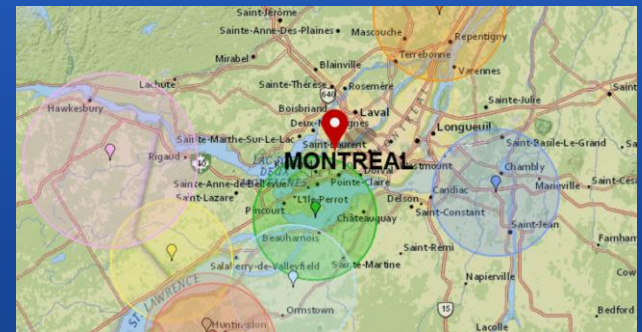
100



Apple

Social Events

- Welcome Week
- Blue Jays Game
- Halloween Haunt
- Multiple Free Small Scale Events
- Montreal Trip
- Calumet College Formal



Intramurals





Contact Us



Feel free to email me at:

president.calumetcc@gmail.com

Follow us on instagram: [@calumetcollege](https://www.instagram.com/calumetcollege)

Join our frosh facebook page:

www.facebook.com/groups/calumetfrosh2018/

Check out our website:

www.calumetcollegecouncil.com/





That's all Folks!

#CalumetCougar

health



CALUMET
COLLEGE



Closing Remarks

calumet.yorku.ca



<https://tinyurl.com/2018newstudents>

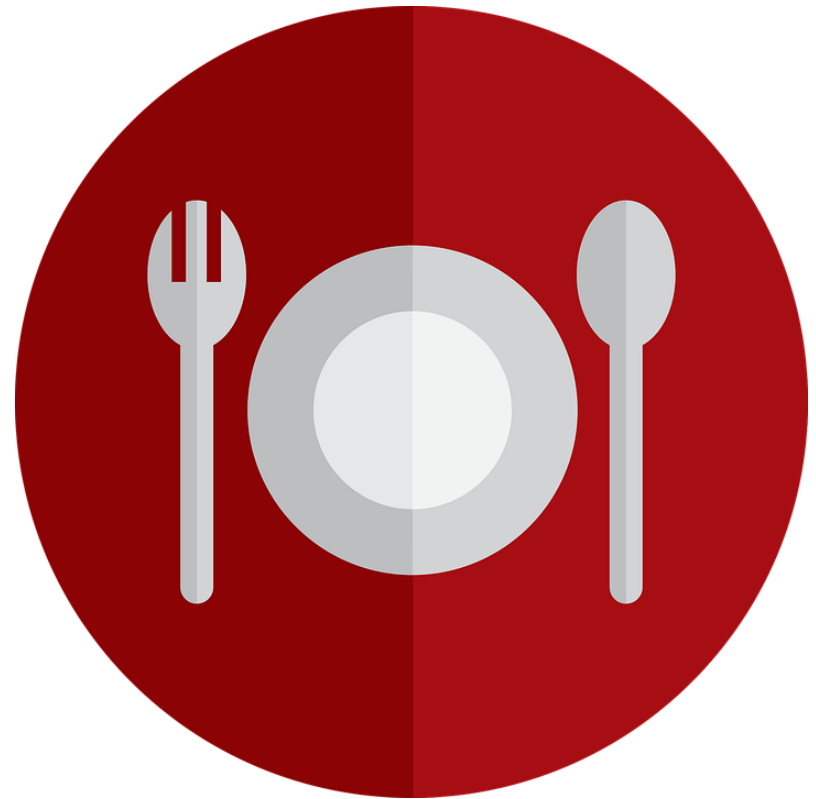
Your Feedback Please!



health



Dinner on the Ross Podium!



Welcome Ceremony



health

YORK
U
UNIVERSITÉ
UNIVERSITY

