

YORK ORIENTATION DAY AT CALUMET COLLEGE



health



WELCOME

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 Haudenosuantee (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

Time	Overview
2:00pm – 4:00pm	<p>Academic & College Programming</p> <ul style="list-style-type: none"> • 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!



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BODY BREAK

Get Up & Dance!

The Evolution of Mom Dancing



Connecting with your College

Welcome from the Calumet College Master



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UNIVERSITY



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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

Create your own kahoot for FREE at getkahoot.com

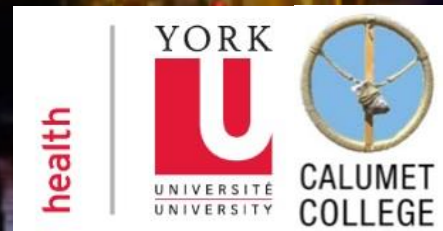
Get your phone, tablet or laptop out now!

The advertisement features a central image of a laptop displaying the Kahoot! lobby with 88 players and a 'Start' button. In front of the laptop, four hands hold various mobile devices (two tablets and two smartphones) showing the Kahoot! app interface with a 'Game PIN' input field and an 'Enter' button. The background is white, and the text 'Ready to join?' is in a blue box at the top. At the bottom, a dark grey banner contains the text 'Get your phone, tablet or laptop out now!'. To the right, a large smartphone is shown vertically, displaying the same app interface. The Kahoot! logo is prominently displayed on all devices.

Welcome from the Chair

Program Presentation

Welcome from the SHPM
Undergraduate Program Director



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

Insights into
the Inn

Meet your HLST 1010 and 1011 Professors!



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BODY BREAK

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

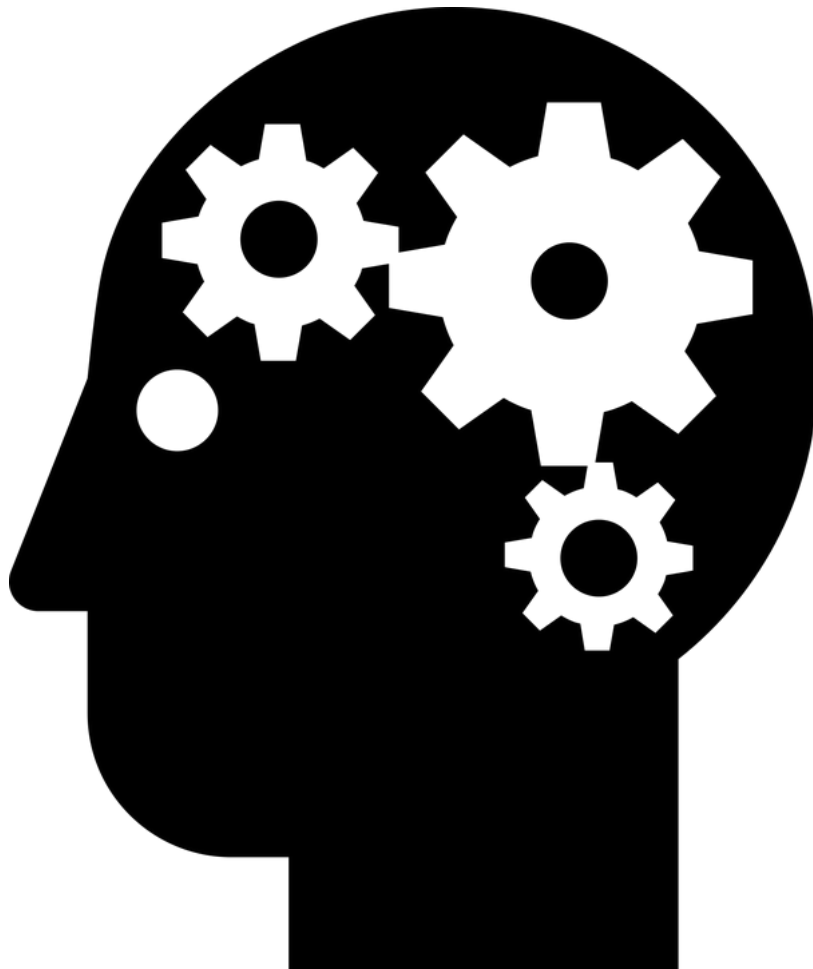




HEALTH AND WELLNESS FOR ACADEMIC SUCCESS: GROWTH MINDSET



Growth Mindset vs. Fixed Mindset



Small Group Discussion



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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



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Closing Remarks

calumet.yorku.ca



#CalumetCougar

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<http://ca.studentvoice.com/yu/yod17>

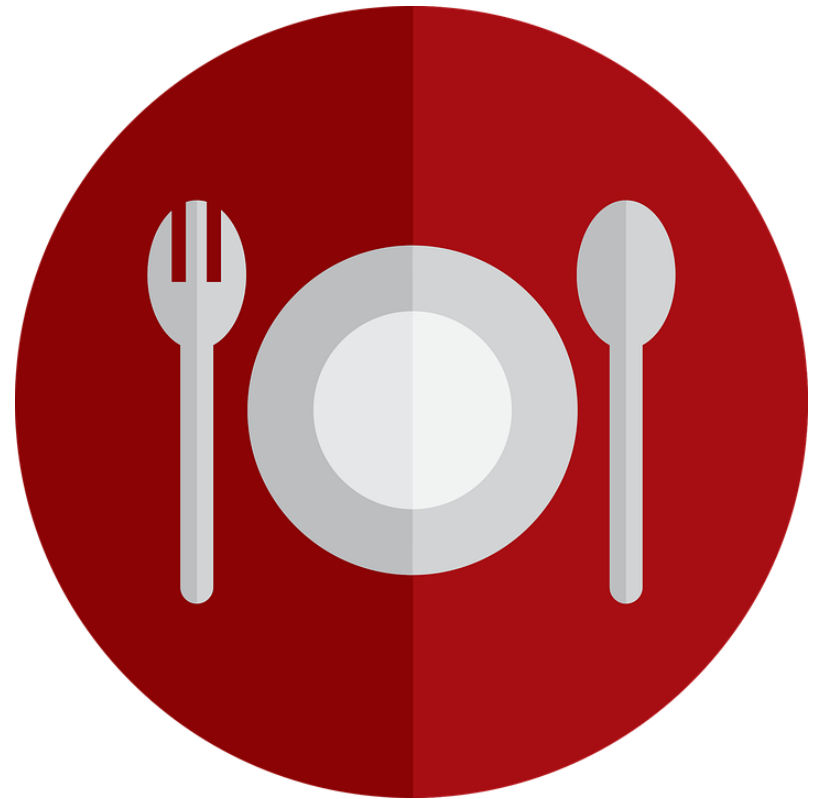
Your Feedback Please!



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Dinner on the Ross Podium!



Welcome Ceremony



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SHPM SCAVENGER HUNT!

