

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 2017 Schedule

School of Nursing

| Time | Overview |
|---|--|
| 2:00pm - 5:00pm Snack Break at 3:30pm | Academic & College Programming <ul style="list-style-type: none">● Connecting with your College: Welcome from the Stong College Master● Succeeding in Nursing: Welcome from the Undergraduate Program Director● All About Practicums: Meet the Nursing Practicum Coordination Office● Question & Answer Period● Break Time!● Taking Care of your Mental Health● Panel Discussion: YUNSMP, RNAO, CNSA, Nursing Alum |
| 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!



health



BODY BREAK

Get Up & Dance!

The Evolution of Mom Dancing



Succeeding in Nursing

Welcome From The Undergraduate Program Director



health



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

Insights into
the Inn

All About Practicums

Meet the Nursing
Practicum Coordination
Office



Nursing Q&A

We want to hear from you!



Connecting With Your College

...A Message From The Master



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!

Snack Break!



We will
resume in
10 minutes!

health



BODY BREAK

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



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Getting Involved

A message from NSAY and SCSG



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

Source: Canadian Mental Health Association. (n.d.). Your Mental Health. Retrieved August 14, 2017, from <http://www.cmha.ca/mental-health/your-mental-health/>

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:

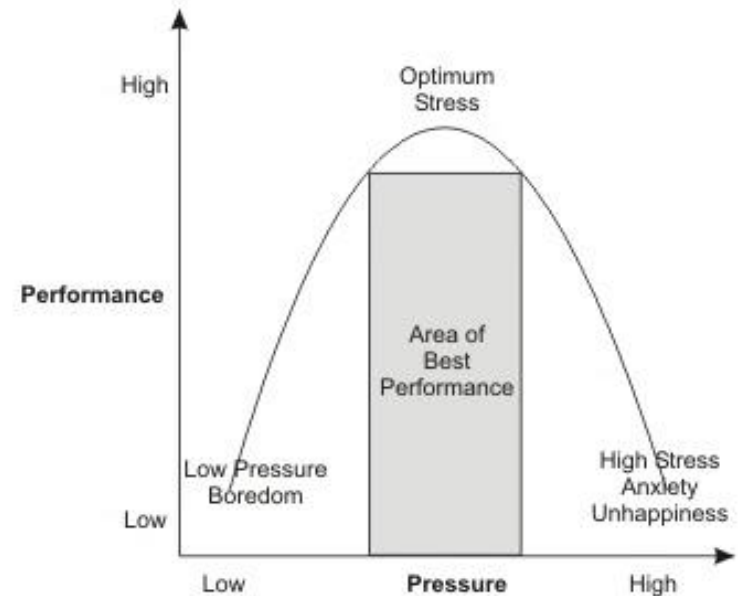
- a) Our goal is to eliminate stress
- b) Stress can motivate us to perform better
- c) High levels of stress can negatively impact our performance

The FALSE statement is

- 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:

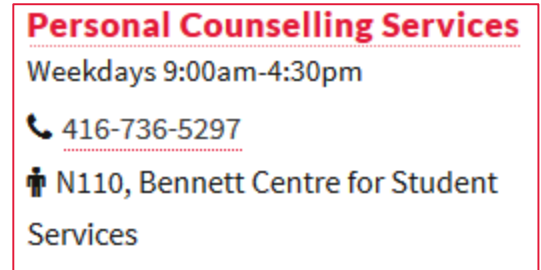
- a) York has professional counsellors on campus that students can access for free
- b) Good2Talk is a club on campus that facilitates mental health debates
- c) Being active, taking notice, connecting, giving, and learning are recommended ways to maintain mental health and well-being

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



Panel Discussion



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

Panelists

Danny Wang – Alumni Rep

Caitlyn Leung – CNSA Rep

Meagan Grafe – RNAO Rep

Patricia Fueta – YUSNMP Rep



Closing Remarks

stong.yorku.ca



#StongSpartans



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

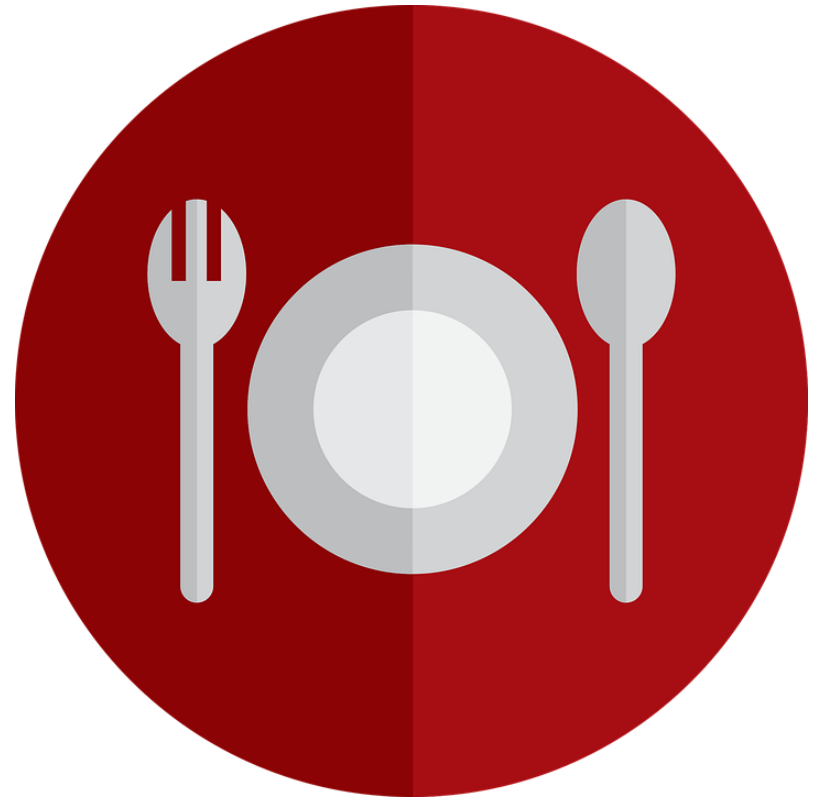
Your Feedback Please!



health



Dinner on the Ross Podium!



Welcome Ceremony



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