

# YORK ORIENTATION DAY AT CALUMET COLLEGE



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# 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

## Psychology

Time	Overview
2:00pm – 4:00pm  (Including a Snack Break)	Academic Programming <ul style="list-style-type: none"><li>● Succeeding in PSYC: Welcome from the Chair &amp; Undergraduate Program Director</li><li>● Meet Your PSYC 1010 Professors</li><li>● Tips for Success from Upper Year Psychology Students</li><li>● Interactive Activities</li></ul>
4:00pm - 5:00pm	College Programming <ul style="list-style-type: none"><li>● Connecting with your College: Welcome from the Calumet College Master</li><li>● Health and Wellness for Academic Success: Gratitude</li><li>● Getting Involved within PSYC, Calumet College, and York</li></ul>
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



# Welcome From the PSYC Chair



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Welcome from the Undergraduate Program Director

# Succeeding in PSYC



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

Insights into  
the Inn

# Meet your PSYC 1010 Profs



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*Break time!*



We'll be  
back in 15  
minutes!

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# Tips from Upper Year PSYC Students



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# Think, Pair & Share



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# Post your answers to the Word Cloud on [www.menti.com](http://www.menti.com)

- What is one thing you are excited about in starting PSYC at York?
- What is one thing you are nervous about in starting PSYC at York?
- What is one resource/tool/strategy that you will use to help you succeed at York?

# BODY BREAK

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



# Connecting with your College

Welcome from the Calumet College Master



# KAHOOT.IT

Ready to join?

Join at [kahoot.it](https://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](https://getkahoot.com)

Get your phone, tablet or laptop out now!

The advertisement features a central image of a laptop displaying the Kahoot! game 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. The app interface includes the Kahoot! logo, a 'Game PIN' input field, and an 'Enter' button. A blue banner at the top asks 'Ready to join?'. A dark grey banner at the bottom encourages users to 'Get your phone, tablet or laptop out now!'. To the right, a large smartphone displays the app's main screen with the Kahoot! logo, a 'Game PIN' input field, an 'Enter' button, and a footer that says 'Create your own kahoot for FREE at [getkahoot.com](https://getkahoot.com)'.



# Getting Involved

A Message from UPSA and CCC

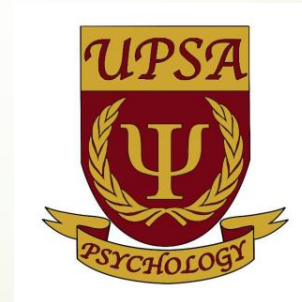


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# Welcome to Psychology At York!

Calumet College & Undergraduate Psychology Student  
Association





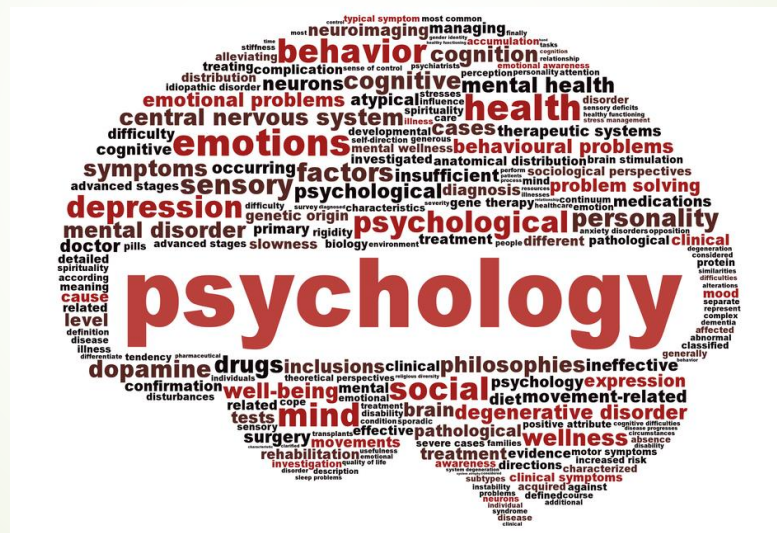


# What do you think Psychology is?

- Reading people's mind?
- Hypnosis?
- Laying on a bed while talking to someone about your feelings?

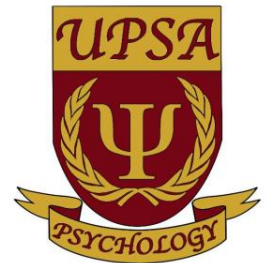
**yes, i am studying psychology.**  
no, that doesn't mean i can read your mind.

Psychology is the study of our mind and its functions in connection to behaviour...



# Undergraduate Psychology Student Association

- Who are we?
- What do we do?
- What are some of our events?
- How to get in contact with us?





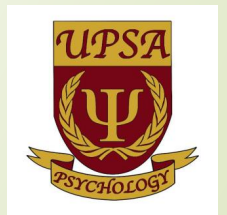
# What Can I do with a Psychology Degree?

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Psychiatrist</li><li>• Psychologist</li><li>• Social Worker</li><li>• Counselor</li><li>• Child and Youth Worker</li><li>• Professor</li><li>• Rehabilitation Specialist</li><li>• Teacher</li><li>• Athletic Therapy</li><li>• Business School</li><li>• Medical School</li></ul> | <ul style="list-style-type: none"><li>• Behavioral Analyst</li><li>• Community Justice Worker</li><li>• Corrections Officer</li><li>• Human resources</li><li>• Labor relations</li><li>• Lawyer</li><li>• Marketing Manager</li><li>• Public Relations</li><li>• Dental/Optomety School</li><li>• Research Specialization</li></ul> |
|--|--|

**The opportunities are endless!!**

# Undergraduate Psychology Student Association

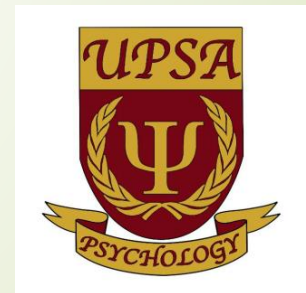
- A student led organization centralized around Psychology
- Dedicated to supporting, guiding and connecting the students in undergraduate psychology student association
- In association with Calumet College, Faculty of Health and Psychology Department





# What do we do?

- ▶ Provide tutoring to students every year for free!!
  - Volunteer opportunities in your upper years for those interested in becoming a tutor
  - Help in creating a long lasting tutor and tutee relationship



## What do we do?

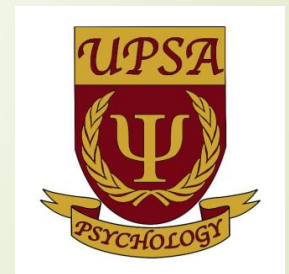
- ▶ Hold great events every year!
  - Meet the Grads
  - Meet the Profs
  - Fun Social Event
  - Mock GRE Session

and many more...



## What do we do?

- ▶ Create a community for psychology students
  - Opportunity to become a member and stay up to date with all upcoming events and activities
  - Opportunity to volunteer and meet other psychology students





# How to get in contact with us?

- Calumet College Room 126 B
- Contact Us!
  - Tutoring: [upsa.tutors@gmail.com](mailto:upsa.tutors@gmail.com)
  - Membership/Volunteering: [upsavolunteer@gmail.com](mailto:upsavolunteer@gmail.com)
  - Mentorship: [upsamentoring@gmail.com](mailto:upsamentoring@gmail.com)
  - General Questions?: [upsa@yorku.ca](mailto:upsa@yorku.ca)

**Follow us on Facebook and Twitter:**

**Facebook: Upsa YorkU**

**Twitter: UPSAYorkU**



# HEALTH AND WELLNESS FOR ACADEMIC SUCCESS: GRATITUDE



# “The Happiness Advantage: Linking Positive Brains to Performance”



The Happiness Advantage by Shawn Achor

# Let's Play the Gratitude Challenge!



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# Instructions

- Form groups of 4 with the persons seated near you.
- Open a blank email on your device (or use a pen & paper if you have it). In two minutes list as many things as you can that you are grateful for.
- Email these answers to yourself.
- In your groups, discuss what strategies you will use to maintain a positive mindset and use the Happiness Advantage to help you succeed in your first year at York.





# Closing Remarks

[calumet.yorku.ca](http://calumet.yorku.ca)



# #CalumetCougar

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

# Your Feedback Please!

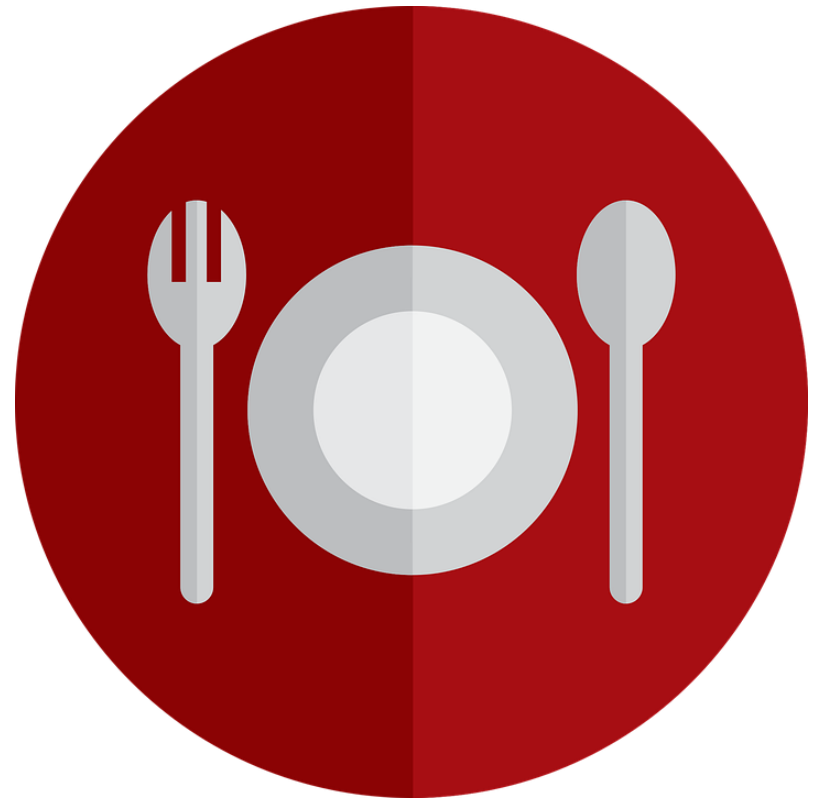


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# Dinner on the Ross Podium!

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# Welcome Ceremony



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