



Stong College

Orientation Express 2016

Academic Orientation

KINE, NURS & EN



Tuesday, September 13, 2016



Welcome to York University



Mazen Hamadeh

Master of Stong College

stong.yorku.ca/

Who are we?



Stong College

English, Professional Writing, Creative Writing

Kinesiology and Health Science

Nursing

stong.yorku.ca/

Transition can be difficult



Average High School grades are $> 80\%$

Average 1st-year university grades $\sim 65\%$

...how can you avoid this or make it more manageable?

Success at University



Interview of 2000 Harvard students showed:

- **Making connections** is very important for university career – with students, faculty, university
- ***Study groups*** are rewarding
- Students with the best grades are usually involved in one or two **extracurricular events**

ACADEMIC RESOURCES

Course-specific Resources



- Peer Assisted Study Sessions (PASS)
- Peer Tutoring
- The Health Aid Network

stong.yorku.ca/programs/

stong.yorku.ca/pass/

stong.yorku.ca/peer-tutoring/

www.facebook.com/kahsso

stong.yorku.ca/health-aid-about-us/

PASS



Peer Assisted Study Sessions

- Facilitated by PASS Leaders; peer leaders who have done well ($\geq A$) in the same course and are well trained
- 2 x 90-minute review sessions of important concepts
- Location: SC 201
 - KINE 2011, 2031, 2050, 3012 & 3030
 - PSYC 2021



stong.yorku.ca/pass/

Peer Tutoring



KAHSSO

- Free tutoring in core KINE courses
- Peer Tutors: peer leaders who have done well ($\geq A$) in the same course and are well trained
- Location: SC JCR (SC 111)

NSAY

- In development: *please contact NSAY*

stong.yorku.ca/peer-tutoring/

kahsso.club.yorku.ca/

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

HealthAid Network



- Class Representatives
- Get mentored by upper-level students
- Develop leadership and academic skills
- Make announcements in class on how to succeed in 1st year, host study groups and manage a Facebook group
- 1000 level courses
 - KINE 1000
 - NURS 1900, 2522, 3515 (section B only)
 - PSYC 1010
 - HLST 1010, 1011

<http://stong.yorku.ca/health-aid-about-us/>

Transitioning & Networking



- York Orientation Day
- Frosh Week (College Council/Government)

<http://orientation.yorku.ca/>

<http://yustart.yorku.ca/>

stongcollegesg.com/

York Orientation Day



- Wed Sept 7th, 2016
- Incoming, new students meet peers, Peer Leaders, graduate students, staff, professors and alumni
- Familiarize themselves with campus resources and the campus

<http://orientation.yorku.ca/>

stongcollegesg.com/

Frosh Week



- Sat Sept 3rd – Sun Sept 11th, 2016
- Incoming, 1st-year students bond with upper-level students/peers
- Establishes a strong bond with college/York
- Builds long-lasting friendships
- Helps students transition socially

www.stongcollegesg.com/

stongcollegesg.com/#!/frosh/cjg9

facebook.com/StongSpartans

Career, Personal Development, and Health & Wellness



- Create Your Future (Workshops)
- Agents of Change
- Workshops
- Health and Wellness

stong.yorku.ca/create-your-future/

stong.yorku.ca/agents-of-change/

stong.yorku.ca/events/

Create Your Future



Workshops:

- Career focused
- Graduate student panels
- Alumni
- Profs



stong.yorku.ca/create-your-future/

Agents of Change



- Students create their own health initiative project
- Funded by Faculty of Health
- Categories: physical, mental and sexual health, or any of the social determinants of health
- Students receive training
- Agents of Change

stong.yorku.ca/agents-of-change/

Workshops



- Personal Counselling Services (Transition to University, Coping & Resilience, Test Anxiety, etc..)
- Fellows Corner (My Path to Research/Academia, etc..)
- Career Centre
- Library (How to Write a Scientific Abstract, Power Searching in Medicine, etc..)
- Other

stong.yorku.ca/events/

September Workshops & Events



- Tue Sept 13: Breakfast with the Master & Fellows
- Tues Nov 1: Challenging Negative Thinking
- Wed Nov 2: Math & Science Problem Solving Skills
- Tues Nov 8: Building Resilience
- Tues Nov 15: Mindful Ways To Manage Emotions
- Tues Nov 22: Managing End of Term Stress

New events are posted regularly: stong.yorku.ca/events/

Health and Wellness



- Holistic wellness = academic, emotional, environmental, financial, intellectual, nutritional, occupational, physical, social, and spiritual
- Peer Health Educators based in the college
- Wellness programming
- Health and wellness based activities incorporated into York Orientation Day

Mentoring Support



- Peer Mentors
- Graduate Peer Mentors (GPMs)
- Fellows
- Alumni

stong.yorku.ca/grad-peer-mentors/

tinyurl.com/gpmrequest

stong.yorku.ca/fellows/

Peer Mentors (PMs)



- Upper-level undergraduate students
- Trained
- Mentor lower-level incoming 1st-year students to help them transition into York
- Available to Stong College students
 - KINE (KAHSSO): kahsso.club.yorku.ca/
 - NURS (NSAY): nsay.student-org.yorku.ca/
 - EN, PRWR, CRWR: *contact your dept.*

Graduate Peer Mentors (GPMs)



- Graduate Students or Graduates
- Mentor upper-level students on post-graduation career options
- Available to Stong College students
 - KINE
 - NURS
 - EN, PRWR, CRWR: *contact your dept.*

stong.yorku.ca/grad-peer-mentors/

tinyurl.com/gpmrequest

Fellows



- Profs, staff and alumni
- Contribute to intellectual/co-curricular life
- Mentor undergraduate students on developing academic & leadership skills
- Available to Stong College students
 - KINE
 - NURS
 - EN, PRWR, CRWR

stong.yorku.ca/fellows/

Alumni



- Recent and past graduates
- Mentor students on post-graduation career options
- Available to Stong College students
 - KINE
 - NURS
 - EN, PRWR, CRWR

SOCIAL NETWORK

Student Societies & Clubs



York University has over 300 recognized clubs

- FHSC: facebook.com/fhscopyork
- KAHSSO: facebook.com/kahsso
- NSAY: yorku.collegiatelink.net/organization/NSAY
- The Ascend Network: facebook.com/TheAscendNetwork
- Exercise is Medicine
- Friends of MSF York
- I for Awareness
- Students for Partners in Health
- Students Supporting UHN
- Students Supporting SickKids

yuconnect.yorku.ca/

stong.yorku.ca/student-clubs/

Who's Who?

- A - FHSC B - KAHSSO
- D - The Ascend Network
- E - Friends of MSF
- F - KINE Undergraduate Director

C - NSAY

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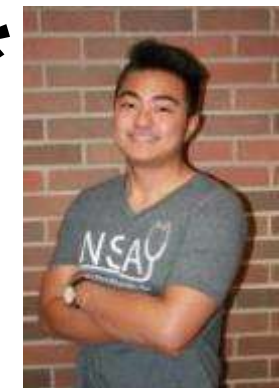
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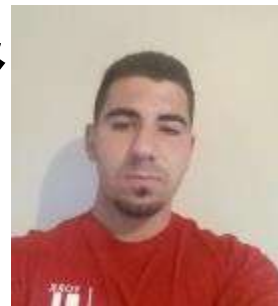
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Andrew Lawlor

President

Stong College Student Government



Student Government



Is the voice of students in each college

- SCSG: stongcollegesg.com/
- Social events
- Discounted tickets:
 - Sports events
 - Montreal Trip
 - Blue Mountain Ski Trip
 - Blue Jays game

Intramurals



- Many intramural sports at York
- Get involved: either recreationally or competitively
- The Torch:
Stong College has won the Torch 30 times!



#WEARESTONG

stongcollegesg.com/#!/intramurals/c12jy

College Facilities



- Study Hall (SC 111)
 - peer tutoring for KINE, PSYC
- PASS
 - SC 101, 201
- Group Study Space
 - SC Dining Hall
- Meeting Space
 - SC 101, 201, 329
 - CC 214

Stay Connected



Stong College

Facebook: facebook.com/yorkustongcollege

Twitter: twitter.com/YorkUStong

Website: stong.yorku.ca/

Email: scchelp@yorku.ca

Phone: 416-736-5132

York Academic Services

York Academic Services



KINE Student Academic Advising offices

- First-year course selection, program requirements, changing majors, university regulations, petitions.
- **Bethune College 341**
- Contact Mary Saad at saadmary@yorku.ca

<http://kine.info.yorku.ca/>

York Academic Services



Faculty Student Academic Advising offices

- **Office Student & Academic Services (OSAS)**
 - 235 Calumet
 - For KINE and PSYC students

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

York Academic Services



Program-specific undergraduate departments

- Enrolling into a specific course
- Course performance summary for academic petitions
- Final Exam Deferred Standing Agreement forms
- Science departments and locations:
<http://kine.info.yorku.ca/>

York Academic Services



Dept.-based Student Societies & Clubs

- A full list of clubs and societies at York for students to explore their academic interests and network with others is in the link the below

<http://yuconnect.yorku.ca/>

<http://stong.yorku.ca/student-clubs/>

<http://bethune.yorku.ca/clubs>

<http://kahsso.club.yorku.ca/>

York Academic Services



Steacie Library reference desk

- Help with: finding online articles, using science databases, Mendeley, citation styles
- Librarians from the Steacie Library also conduct workshops at Stong College:
 - Get Organized with Mendeley
 - Power Searching in Web of Science
 - Power Searching in Medicine

<http://www.library.yorku.ca/cms/steacie>

York Academic Services



Learning Commons @ Scott Library (2nd floor)

- Research Desk
 - How to find, evaluate and use scholarly books, journal articles and e-resources
- Writing Desk:
 - Writing analytically, structuring written work
- Learning Skills Desk:
 - Improving reading and note-taking skills, building critical thinking skills

<http://www.library.yorku.ca/cms/learning-commons/assist/>

York Academic Services



SPARK

(Student Papers & Academic Research Kits)

- Online guide to academic/research papers
- Home to 13 modules that will guide and teach users how to build a research paper
- Within these modules there are links and reference to several resources such as the Learning Commons, Scott Writing Center and Mendeley

<http://www.yorku.ca/spark/>

York Academic Services



Career Centre

<http://www.yorku.ca/careers>

- Workshops
 - Career exploration, Job search, Professional etiquette, Further education

<http://www.yorku.ca/careers/services/workshops.htm>

- Individual appointments
 - Interview Practice Session, Résumé or Cover Letter Feedback Session

http://www.yorku.ca/careers/students/individual_appointments.html

York Academic Services



Career Centre

<http://www.yorku.ca/careers>

- Online Job Posting system
 - Search for and apply to on campus and off campus jobs
 - <http://www.yorku.ca/careers/onlinesystem/>
- Job advising sessions at Bethune College
 - BC 206, Wednesdays 1-4 pm
 - <http://bethune.yorku.ca/services/>

York Non-academic Services

York Non-academic Services



Student Success Centre

- Office: S172 Ross
- Health education and promotion
 - Health Ed Peer Team plans programs on and around campus focusing on health topics
 - Mental Health conference, SafeTalk
- Leadership development
 - Lectures, events, conferences and retreats
 - Leadership certificate program

<http://www.yorku.ca/scld>

York Non-academic Services



YU Connect

- Provides campus involvement opportunities
- Co-curricular record – documents participation in clubs, events and programs

<http://yuconnect.yorku.ca>

York Non-academic Services



Counseling & Disability Services (CDS)

- Room N 110, Bennett Centre for Student Services
- Counselors available to respond to students
 - Group counseling
 - Individual counseling sessions
- Workshops:
 - Stress Management
 - Mental Health tune up
 - Reducing anxiety

<http://www.yorku.ca/cds/pcs>

York Non-academic Services



Mental Health Disability Services (MHDS)

- Provides academic support to students with mental health disabilities
- Does not include treatment
- Provides students with appropriate referrals
- Not meant to replace mental health support available in the community
- Registration at <http://mhds.info.yorku.ca/registration/>

<http://mhds.info.yorku.ca/>

York Non-academic Services



York Atlas

- Phone and email directory for York staff
- Quick way to find location of different program departments and professors' offices

<http://mocha.yorku.ca/atlas/servlet/atlas>

York Non-academic Services



Security Services

- Phone extension x33333
- In case of emergency
 - Call York Security
 - Call 911

<http://gosafe.info.yorku.ca/>

York Non-academic Services



Security Services

- goSAFE service
 - Safe escort on foot from any on-campus location
 - 416-736-5454 or ext. 55454
 - Download the goSafe app on your phone
 - GoSAFE yellow poles

<http://gosafe.info.yorku.ca/>

York Non-academic Services

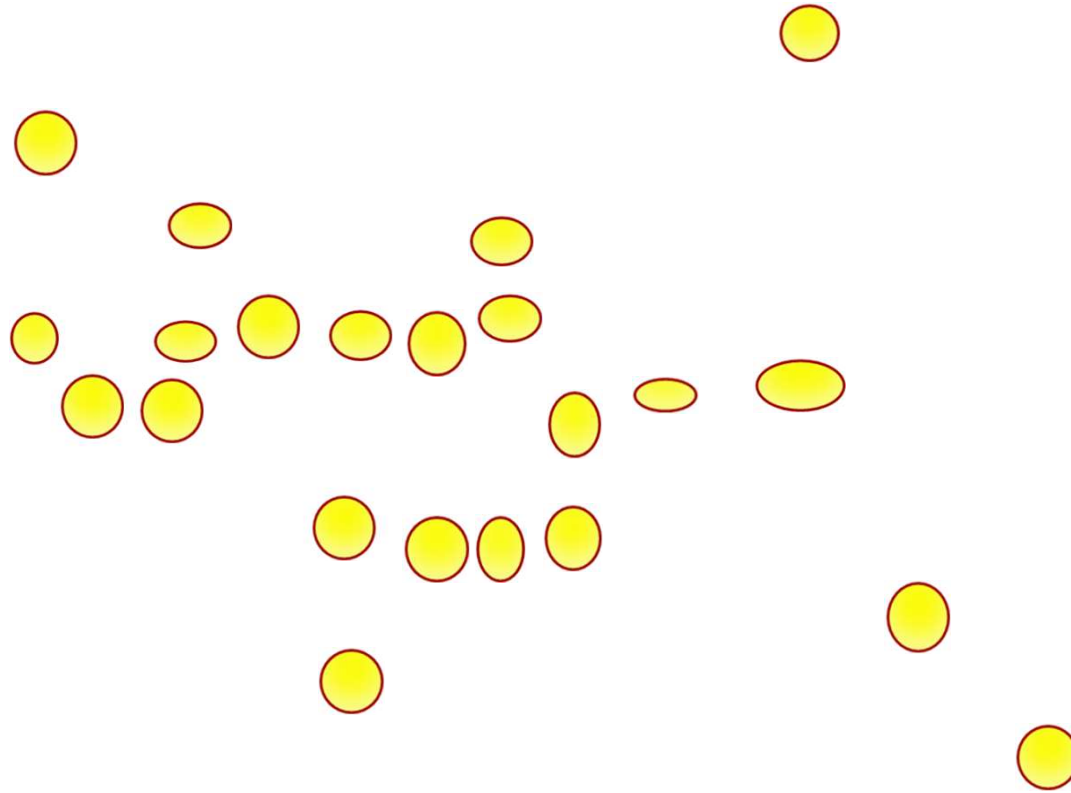


Security Services

- Off-campus Shuttle Bus
 - Provides transportation to off-campus housing in the Village
 - Runs from Monday to Friday (6pm to 2am)
 - Operating schedule:

www.yorku.ca/gosafe/newcampusshuttle.html

Campus Resources



Thank You!

Instructions...



KINE students ... stay seated

NURS 2nd Entry ...

head to HNES 038

(via Bergeron Centre)

(please walk on mats only)

Instructions...



NURS Collab ...

1st group: head to CLH D
(via Campus Walk)

(please walk on mats only)

Instructions...



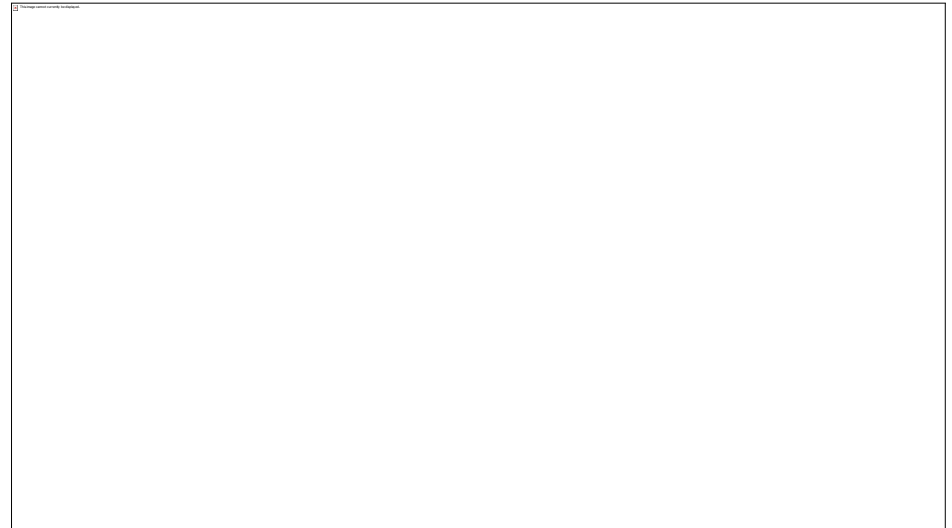
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Frank Rubino

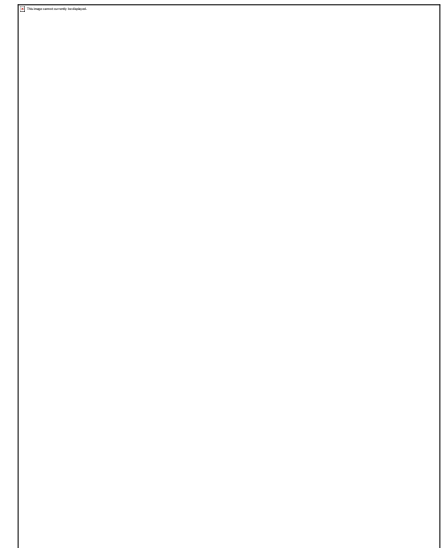
President
KAHSSO



Dr. Michael Connor

Undergraduate Program Director

School of Kinesiology and Health Science



KINE Students



Head to ... Stong College

**Follow leads to specific
rooms # on your bracelet**

(please walk on mats only)