



FINDING RESEARCH & VOLUNTEER OPPORTUNITIES

Bethune SOS Seminar

Presenters: Isabella, Murad, Foram

Date: Wednesday, September 25 2024

- Note: This presentation contains hyperlinks to websites. The presentation will be posted online under the Bethune College Workshops webpage: <https://www.yorku.ca/colleges/bethune/events-workshops/workshops/>



MEET OUR MENTORS

Isabella G.

Murad I.

Foram O.



Overview

- Our Volunteer and Research Experience
- Why get Involved? Volunteer? Research?
- Steps to getting Involved/Volunteer/Research
- Opportunities at York (Unpaid/Volunteer/Paid)
- Research Opportunities at York
- Hospital Volunteering/Research
- Recreational Opportunities
- Summary
- Q&A



Our Volunteer and Research Experience

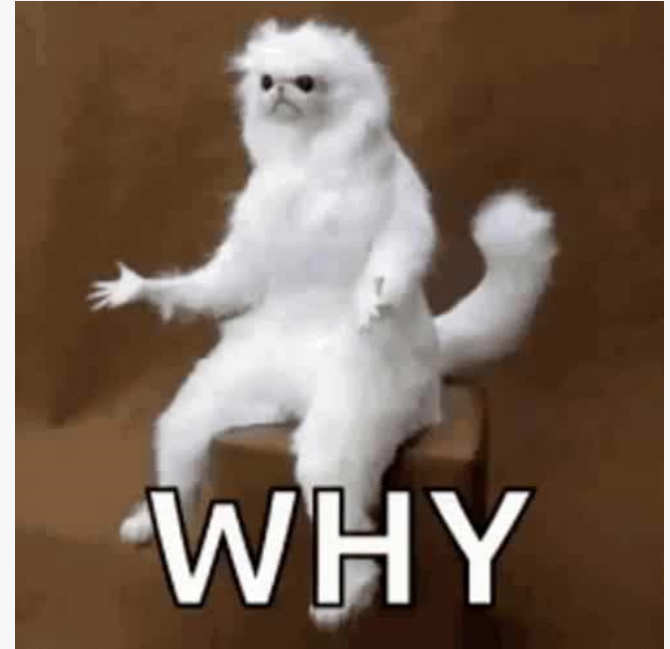
Why get Involved?

- **Learn & Explore Interests**
- **Gain experience**
- **Working towards a Future Goal** (Academia, Research, Professional School)
- **Network & Make Connections**
- **Make money**



So then...why volunteer?

Sometimes it's not always about the money! Getting an unpaid or volunteer position can go a long way... Especially without prior research experience, aim for an unpaid position so that you can get a paid position eventually, so you'll gain relevant experience.



General Steps

1. Do your research, seek out opportunities (YOU ARE HERE!)
2. Craft your application materials (CV/resumé, cover letter)
3. Apply

Ongoing:

- Maintaining GPA
- Networking





Student Ombuds Services (SOS)

<https://www.yorku.ca/colleges/bethune/about/sos/>

- **Peer Mentor**

- Disseminate information and run programs at Bethune College
- Office Hours: Mon-Fri 10am-4pm at Bethune's Peer Mentor Office

- **Peer Tutoring**

- Tutoring students in select 1st and 2nd year science courses

- **Class Representatives**

- Host informal study sessions; liaise between prof/student

- **Peer Assisted Study Sessions (PASS)**

- **PAID position**, must attend lectures and weekly sessions

- **Program Coordinator and Summer Positions**

- **PAID position**, candidates have ideally held past SOS positions and are familiar with Bethune



Bethune College Council (BCC)

<https://www.bethunedragons.ca>

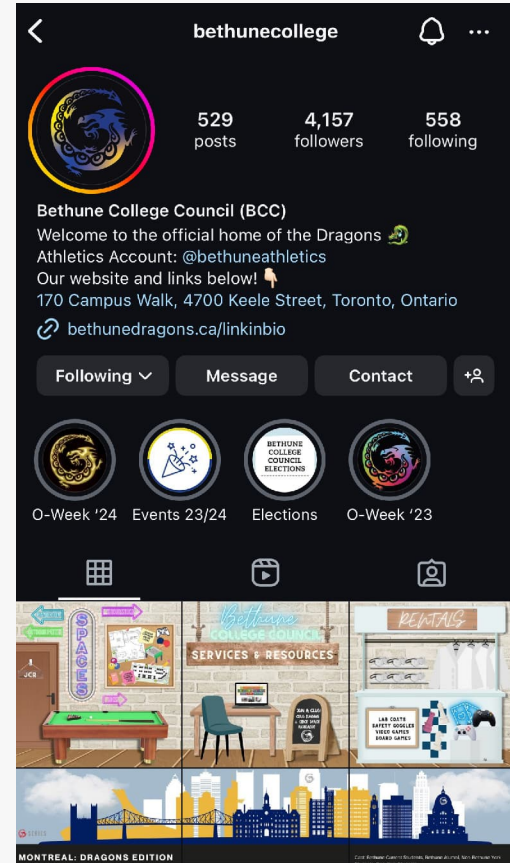
● Elections

- **October:** 2 First-Year Reps + any other vacant positions
- **March:** President, EVP, VP Athletics, Outreach Directors, Commuter Directors, 4 General Members

● Office 122BC (in the basement)

● Host social events + intramurals (more on this later)

● Provide club funding/office space if affiliated





York Federation of Students (YFS)

<https://www.yfs.ca/>

- **Student Union** → election-based, paid
 - **RedPack** → volunteer program <http://www.yfs.ca/redpack>
 - **Employment opportunities** → <https://www.yfs.ca/jobs>
-
- **Organize events** (YorkFest, Multicultural week etc...)
 - **Wellness Centre**
 - **Discounted services** (printing, tickets, discount codes)
 - Online or Services Office (106 FSC)
 - **Club funding + supports**
 - **Office Location: 336 FSC**
 - Mon-Fri, 10am-6pm





Student Community and Leadership Development (SCLD)

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

- **Assist students with their transition into university life and growth + engagement throughout their time at university**
- **Student Engagement**
 - Student Governments, Student Clubs, Leadership Development
- **Student Life Teams (paid)**
 - Student Engagement
 - Student Leadership
 - Student Life Ambassador
 - Student Life Assistant – Markham Campus
 - Student Organizations
 - Student Transition

-
- Communications & Marketing
 - Atkinson Centre for Mature and Part-Time Students
 - Black Excellence York University (BE YU)
 - Learning Skills Services
 - Office of the University Registrar

FSc Science Student Ambassadors

<https://www.yorku.ca/science/students/current-students/science-student-ambassadors-ssa/>

- **A student-based Science ambassadorship program that educates the external community about the Faculty of Science at York University**
- **Host**
 - **Recruitment events:** Spring Open House, Explore Science, Tours
 - **Panel events:** YSSA applications, Getting Research Experience at York, What can I do with a Biology degree? etc...
- **Applications open in June**



York International Volunteers

<https://yorkinternational.yorku.ca/leadaty/>

- Global Outreach Volunteers
- Orientation Volunteers
- Global Outreach Volunteers
- Orientation Volunteers



International Research Opportunities

<https://yorkinternational.yorku.ca/additional-opportunities/>

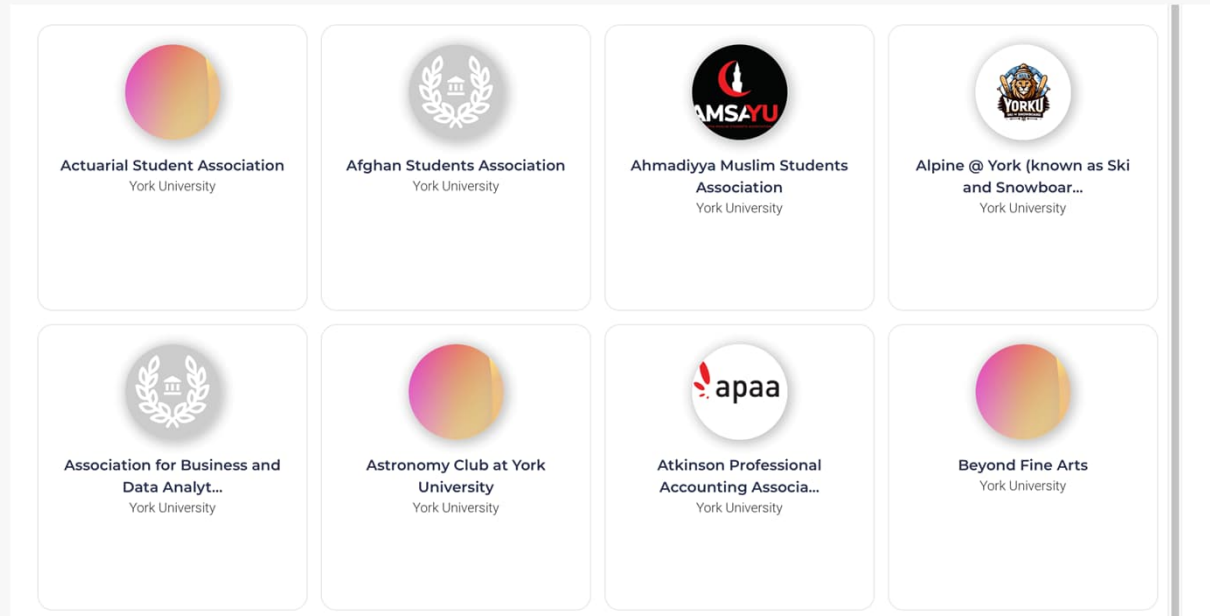
- **OBW | Ontario/Baden-Wurttemberg, Germany**
- **ORA | Ontario/Auvergne-Rhône-Alpes, France**
- **Connect with [York International](#) for more information:**
 - Location: 200 York Lanes | Email: goglobal@yorku.ca



YFS Clubs Directory & Rubric

<http://www.yfs.ca/clubsdirectory> & <https://hellorubric.com/app-store/>

- **YFS has recently rolled out a new tool for their clubs: Rubric**
 - When you download the Rubric App, you can join new clubs, events, save with student deals, get merch, make new friends, etc...
- You can also browse YFS ratified clubs on their website:





YUConnect

<https://yorku.campuslabs.ca/engage/>

- York's hub for co-curricular activities
- Register as an official member, log hours, elections, forms
- Browse over 500 clubs at York

NOTE: The university is rolling out a new program in the Winter semester.



Let's Highlight Some Clubs!

Mithra (Skincare & Dermatology Club)

Women in Whitecoats

Chemistry Society

Astronomy Club

The image shows a grid of four Instagram profiles. Each profile includes a header with the club name, a bio, a link to their website, and a grid of posts. The posts feature various promotional materials such as recruitment posters, event announcements, and educational content.

- Women in Whitecoats (@yorku.wiwc):** 101 posts, 905 followers, 314 following. Bio: Women in White Coats @ YorkU Community. Website: linktr.ee/yorku_wiwc.
- Chemistry Society (@csygram):** 48 posts, 996 followers, 245 following. Bio: Chemistry Society @ YorkU Science, Technology & Engineering. Website: yorku.campuslabs.ca/engag... and 2 more.
- Astronomy Club (@acyuatyork):** 192 posts, 478 followers, 49 following. Bio: Astronomy Club York University. Website: linktr.ee/Mithra.Yu.
- Mithra (@mithra.yu):** 69 posts, 342 followers, 61 following. Bio: Mithra YorkU Club Community. Website: linktr.ee/Mithra.Yu.

The post grid includes:

- Recruitment posters for "WE ARE HIRING" and "WE ARE OFFICIALLY HIRING".
- Event announcements for "WORLD HEALTHY DAY", "AIHS-WIWC CASE COMPETITION & CONFERENCE", "Meet The Executive Team", "Ready for our first event?", "ORBITING OPINIONS", "Meet The Team!", "Welcome To Astronomy Club at York University 2024-2025", and "Meet the Team!".
- Product and service information for "Carbuncle", "Alopecia Awareness Month", "Heavy Usage of Makeup", and "The Impact of Dairy".
- Other posts include "Reminder", "LAB COATS AND GOGGLES", "CSY EXECUTIVE APPLICATIONS ARE OPEN!", and "COLOURING IN CHEMISTRY".



Allan I. Carswell Observatory

Home to the largest telescope on a Canadian university campus!

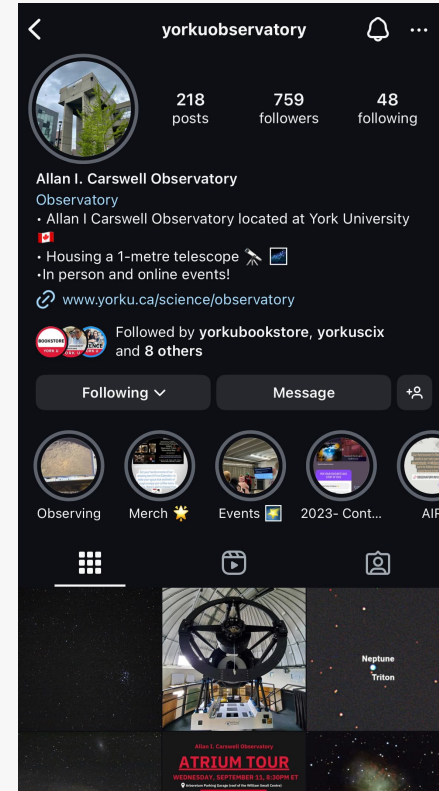


Location:

Petrie Science &
Engineering
Building, 3rd Floor

Upcoming Events

Event Name	Date & Time
RASCTO Follow Along	September 18th at 7:30pm Youtube
OPV	September 23rd at 9:00pm Youtube
Observatory Tour	September 25th at 8:30pm Tickets
Observatory TeleTube Event	September 27th at 7:30pm Youtube





Volunteering at a Hospital

Mackenzie Health (Mackenzie Richmond Hill, Cortellucci Vaughn)	https://www.mackenziehealth.ca
William Osler (Brampton Civic, Etobicoke General, Peel Memorial)	https://www.williamoslerhs.ca/en/who-we-are/apply-to-volunteer.aspx
Unity Health (St. Joseph's, St. Michaels, Providence)	https://unityhealth.to/get-involved/volunteer-at-unity-health/
Sunnybrook (Bayview, Holland-Bloorview, St. John's Rehab)	https://sunnybrook.ca/content/?page=volunteer-opportunities-roles-positions
Sinai Health (Mount Sinai, Hennick Bridgepoint)	https://www.sinaihealth.ca/volunteer-at-sinai-health
Humber River Health	https://www.hrh.ca/volunteer/



Volunteering for a Professor

- **Research the Professor's Work:** Familiarize yourself with the professor's research to demonstrate genuine interest.
- **Highlight Relevant Skills:** Clearly communicate skills that make you suitable for the research.
- **Flexible Schedule:** Emphasize your availability and willingness to accommodate the professor's schedule.
- **Express Long-term Interest:** Communicate your commitment and alignment with academic and career goals.
- **Attending Office Hours:** Attend office hours to discuss your interest face-to-face.
- **Understand Expectations:** Seek clarity on time commitment, tasks, and prerequisites.
- **Showcase Initiative:** Propose specific ways to contribute based on your skills and interests.
- **Follow Up Appropriately:** Send a polite follow-up if you don't receive a response! Send more than 1 if you aren't hearing back from professors in a while. Visit their office!
- **Explore Funding Opportunities:** Inquire about potential funding for your involvement (NSERC, ENURA, DURA, RAY, Work/Study, YSSA etc.) (More on this later)
- **Building a Portfolio Or Resume:** Create a detailed portfolio highlighting your achievements.
- **Professionalism in Communication:** Maintain professionalism in all communications, using proper email etiquette. Sample email ahead!



Sample Email

Dear [REDACTED]:

I am an undergraduate student at York University completing a double major in psychology and biology. I will be starting my fourth year in September 2015 and would like to do my honours thesis.

After volunteering in a Biology research lab for the past year and [REDACTED] realized that my research interests lie in the [REDACTED]

I found that your research on [REDACTED]

was particularly

interesting. Furthermore, I find it appealing that [REDACTED]

[REDACTED]. On that note, I would like to inquire whether you are currently accepting honours thesis students for the 2015/2016 year. If so, I was wondering if you would be available anytime next week to discuss this possibility?

I would like to mention that I have previous research experience [REDACTED]

[REDACTED] My psychology GPA is [REDACTED]. I have attached my unofficial transcript and resume for your consideration. I have also attached a writing sample I submitted as an assignment for the course PSYC 3260 Cognition. Thank you in advance for your consideration and I look forward to hearing from you.

Kind regards,



Dear Professor Tommy Vicetti,

I hope this email finds you well. My name is [Peter Parker], and I am currently a [3rd Year] student majoring in [Hons. Physics] at York. I am writing to express my strong interest in your research and inquire about potential volunteering opportunities within your lab. I have been following your work on [Quantum Gravity] and am particularly fascinated by [Quantum Black holes]. The depth and impact of your research align closely with my academic interests, and I am eager to contribute to your ongoing projects.

I possess a strong background in [PHYS 3040, PHYS 2213], which I believe would be valuable for your team. I understand your time is valuable, and I would be grateful for the opportunity to discuss potential collaboration further. I am available to meet during your office hours, and I can also provide any additional information or references you may require. Thank you for considering my application. I am excited about the possibility of contributing to your research, and I look forward to the opportunity to discuss this further.

Best Regards,

[Friendly Neighbourhood Spiderman]

[123456789] (Your YorkU Student Number)

[Peter.Parker@my.yorku.ca] (Always use your YorkU email)

Let's say bugging your professors for an internship or lab position didn't work!



Here's what you can do-



Volunteering/Unpaid Opportunities



Physics/Astronomy Project PHYS 4310 (3.0)

<https://www.yorku.ca/marko/PHYS4310/index.htm>

- **Fall/Winter/Yearlong terms available**
- **Open to students in the final year of**
 - **Physics, Applied Physics Astronomy streams of an Honours Physics and Astronomy program.**
- **1 term: 3 credits**
- **Example of project areas:**
 - **Biophysics - Dr. Bergevin**
 - **Atomic Physics Experiment - Dr. Hessels**
 - **Computational electromagnetism (pedagogy-related) – Dr. Horbatsch**
 - **Atomic and Molecular Physics Theory Dr. Kirchner**
 - **More-Carlo simulations in Statistical Mechanics/Quantum Systems Dr. Koniuk**
 - **You are free to work outside York during this! And get credits for it!**
 - **In short, work - where you like it and where you can find it!**



Experiential Learning Opportunity through Research and Exchange (EXPLORE) PHYS3600 (3.0) *Year-Long Course*

- **Opportunity to Collaborate with an international research team (UAlberta, MIT, Goethe)**
- **Admittance to the course is by application only**
- **Offered as a year long course**
- **Open to all undergraduate and MSc students (even outside of Physics and Astronomy!)**
- **Boosts your python skills**
- **Research themes:**
 - Theoretical and/or computational physics
 - Astrophysics
 - Quantum Gravity and other among a few things



Ontario Universities Program in Field Biology (OUFPB)

<https://www.yorku.ca/marko/PHYS4310/index.htm>

- Collaborative program that allows undergraduate students from participating universities to take field courses in various locations and topics of biology.
- Provides students with hands-on experience in conducting field research, as well as enhancing their knowledge and skills in different areas of biology.
- ~19 different field courses by 16 universities, covering diverse ecosystems and cultures, such as tropical rainforests, deserts, marine environments, and African savannas. Research fields are located around the world (Costa Rica, Brazil, Bahamas etc.)
- Application found on website <http://www.oufpb.ca/>
- York BIOL 4001: <https://www.yorku.ca/science/biology/course/field-courses/>
- Applications typically open in January



Research Term/Practicum Courses

Chemistry: <https://www.yorku.ca/science/chemistry/undergraduate/current-students/research-opportunities/research-term-course/>

Biology: <https://biology.yorku.ca/files/2021/05/Research-Practicum.pdf>

- **Chemistry, Biochemistry and Biology majors have access to these Research Experience Terms**
- **Can be taken during any year/semester of study**
- **Taken part time while taking courses (5~10 hours/week) ZERO CREDITS (PASS/FAIL) ON TRANSCRIPT**
- **Must make arrangements with professor before enrolling**
- **Submit personal essay/report on your work at the end of practicum**

GREAT WAY TO GET YOUR FOOT IN THE DOOR!



Independent Study/Honours Thesis and CO-OP

BIOLOGY, KINESIOLOGY, CHEMISTRY, MATH & STATISTICS

- **Most Hons. majors are required to write an Undergrad Thesis in your 4th year - Look at your department pages**
- **Each department requires the student to be in the respective Honours program and to have completed >84 credits**
 - Biology: Biology Major GPA of at least 6.0
 - Psychology: PSYC 1010, 2030, 2020 OR 2021/2022
 - Chemistry: no other specific requirements
 - Kinesiology: no other specific requirements
- **Arrange project details with professor, Grading system is determined beforehand with professor**

Look early! (Nov/Dec/Jan of the year before)



Paid Opportunities



NSERC USRA, ENURA, and DURA

Natural Sciences and Engineering Council of Canada – Undergraduate Summer Student Research Awards
Earle Nestmann Undergraduate Research Awards
Dean's Undergraduate Research Awards

- **Summer research assistant studentships for undergraduate students**
- **Application deadline is in Winter (Jan or Feb, TBD) so you must find a professor well before this deadline**
- **Pay: \$8,400 (\$6,000 from NSERC + \$2,400 from your supervisor and faculty)**
- **Application package includes forms + Research Statement + Transcript**
- **At York, students can apply for NSERC starting summer of 1st year**

https://www.nserc-crsng.gc.ca/Students-Etudiants/UG-PC/USRA-BRPC_eng.asp

NSERC Information Seminar

<https://www.yorku.ca/science/research/usra-summer-2024/>

- Stay tuned for the Faculty of Science NSERC information session, likely in early February...
- Presentation slides from 2024
 - <https://www.yorku.ca/science/wp-content/uploads/sites/31/2024/01/FSc-USRA-ENURA-2024-Feb-6-FINAL.pdf>





York Financial Aid Employment

- **RAY (Research At York):** Eligible undergraduate students will have the opportunity to participate in research projects with faculty members and/or fellow students, while receiving compensation at a competitive rate
- **Work Study:** On-campus part-time job opportunities for eligible full-time undergraduate students. Provide support to their relevant department/faculty in clerical, administrative and technical capacities.
- **Leadership Engagement & Ambassadorship Program (LEAP)** supports high profile contributions and engagement activities on campus that are focused on such things as peer mentoring, ambassadorship and advising. Ex. YU Start Leader, Student Recruitment Ambassadors and Peer Educators/Mentors.

<https://experience.yorku.ca/home/home.htm>

<https://sfs.yorku.ca/work-study-programs>

Recreational Opportunities





Recreational Activities



[Varsity Athletics](#)

[Campus Recreation](#)

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[Alumni](#)

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RECREATION

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AQUATICS

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SPORT CLUBS

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STAY CONNECTED

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Intramurals

Three Levels:

- **Tier A – Competitive**
- **Tier B – Semi-Competitive**
- **Tier C – Recreational**

Register through the Bethune Athletic Committee @bethuneathletics



YorkU Lions

INTRAMURAL ASSISTANT: Provide administrative support with statistics, standings, rules, points, staff training and evaluation.

INTRAMURAL CONVENOR: Hiring, training and scheduling of officials, participant identification verification, player eligibility, field/court inspection and equipment inventory as well as appropriate incident management and reporting.

INTRAMURAL OFFICIALS/REFEREES: Ball Hockey, Basketball, Broomball, Cricket, Flag Football, Futsal, Handball, Innertube Basketball, Innertube Water Polo, Rugby, Soccer, Volleyball

Note: These positions are part of the Work/Study program

<http://www.yorkulions.ca/index.aspx>



Summary

- **There are plenty opportunities available**
- **Use the time now to get your resume, cover letters and reference letters ready**
- **Start searching for projects that interest you**
- **Approach professors early to see if they have positions available**
- **Try to get good grades!**





Advice from our Mentors



**How did you learn about
the opportunities you are
currently involved in?**



Professors are not responding to my emails. How do you connect with them to ask about opportunities?



**How did you learn about the
research that York
Professors are conducting?**



[https://www.yorku.ca/scie
nce/research/research-
areas/](https://www.yorku.ca/science/research/research-areas/)



HAVE ANY QUESTIONS?

Send us an email:

BCMENTOR@YORKU.CA

Visit:

bethune.yorku.ca