

UPCOMING EVENTS @ CCSC



Check out our events calendar for upcoming events and activities by scanning the QR code below:



SCAN
ME!



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@stong.york



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Calumet & Stong Colleges HH Orientation Conference

2024

August 29, 2024

SCAN QR CODE
FOR THE ORIENTATION WEBSITE



OR VISIT:
tinyurl.com/HHA02024



Welcome

Calumet & Stong Colleges (CCSC) and the Faculty of Health supports your university journey and successes through various events, activities, and student success programs.

Conference Itinerary

- 1** 12:15 PM - 1:00 PM **Student Registration**
Prepare your registration QR code and show it before entering Session A.
- 2** 1:00 PM - 2:30 PM **Session A**
Get to know your academic program by meeting with faculty members, peer leaders, and staff.
- 3** 2:45 PM - 3:45 PM **Session B**
Choose between the variety of student success sessions we have prepared for you. Note that some sessions are repeated in Session C.
- 4** 4:00 PM - 5:00 PM **Session C**
Choose between the variety of student success sessions we have prepared for you.
- 5** 5:00 PM - 6:00 PM **Club Fair**
Meet and get to know your student clubs and councils by visiting their tables. Learn more about what they offer and how to be involved in the student community.

Map and Wayfinding

The Faculty of Health Orientation Conference is held in three (3) different buildings. Refer to this page to know which building to go and to know your way around the Keele Campus.



Sessions will be hosted in these buildings:

- Curtis Lecture Halls (CLH)
- Vari Hall (VH)
- Accolade West (ACW)



Scan for the York-Keele Campus Map

Quiet Room

- Vari Hall Room 1152

The Quiet Room is a calm and quiet space for Conference attendees. The space may be used for quiet meditation, prayer, reflection, and emotion regulation during the Conference.

Hours: 1:00pm - 4:30pm



Academic Program Sessions

Below are the required sessions to attend based on your academic program.

A

1:00 PM - 2:30 PM

Connect with fellow students, faculty, and peer leaders to learn about your academic program and discover resources at Calumet and Stong Colleges and York University for your success.

Global Health

- Curtis Lecture Hall, Room B

Health Studies (Policy, Management, Digital Health)

- Curtis Lecture Hall, Room A

Kinesiology & Health Science

- Session 1: Accolade West, Room 109
- Session 2: Accolade West, Room 206

Nursing: How to Survive & Thrive in Nursing School

- Vari Hall, Room C

Psychology

- Session 1: Curtis Lecture Hall, Room D
- Session 2: Curtis Lecture Hall, Room I

Student Success Program Sessions

Below are programs hosted by the CCSC Student Success Team and community partners at York University to ensure that you are well-equipped as you navigate and enjoy your university life. Please choose one session per period.

B

2:45 PM - 3:45 PM

Please choose a session that best fits your needs and interests.

Untangle with Zentangles: Writing to the Future You!

- Curtis Lecture Hall, Room A

Join the Health & Wellness Team at Calumet & Stong Colleges for a rejuvenating Zentangle workshop. Discover creative relaxation, explore wellness resources, and learn to manage school stress effectively.

How to Anatomy

- Curtis Lecture Hall, Room B

This session explores conquering university-level Anatomy beyond memorization. Peer Tutors, Mentors, and Ambassadors will share study techniques, course language, and success strategies for Anatomy and university life.

Taking Care of Your Brain: Study Strategies that Work

- Curtis Lecture Hall, Room C

This workshop helps students manage university life by introducing study techniques like the Pomodoro method, debunking multitasking myths, and emphasizing sleep. Learn to study smarter, not harder.

Growth Mindset: Building a Stronger Brain & Effective Goal Setting

- Curtis Lecture Hall, Room D

Discover the power of a growth mindset in this workshop. Learn how to develop skills, set effective goals, and cultivate a mindset for success through mindset theory and brain science.



The Questions I Wish I'd Asked, The Risks I Wish I'd Taken

- Curtis Lecture Hall, Room E

Join a panel of upper-level students answering your questions about transitioning to university life and achieving academic success.

Student Success Starts at Home: How Supporters Can Help Students Thrive

- Curtis Lecture Hall, Room F

Strong support from family or significant others boosts student success. Join our session to learn strategies for fostering the student-supporter relationship, aiding personal growth, resilience, and academic achievement.

It Starts with YU: Fostering Healthy Relationships and Boundaries in the Workplace

- Curtis Lecture Hall, Room G

This workshop covers building healthy professional relationships, setting boundaries, self-advocacy, recognizing when others need support, and connecting them to appropriate resources.

Time Management

- Vari Hall, Room A

Where does the time go? How much study time is enough? Learn practical, personalized approaches to managing your time that work for you.

BOLD Ideas: Breaking Barriers - Impactful Involvement for Academic Success

- Vari Hall, Room B

Getting involved in campus activities enhances social connections, academic performance, and career prospects. It fosters a sense of belonging, develops essential skills, and provides networking and experiential learning opportunities.

The First Year Journey: Turning Your Vision Into Reality

- Vari Hall, Room C

This session guides participants in creating vision boards to align personal and academic goals with core values. Through self-reflection and visualization, attendees craft a personalized vision board for university success.

Black Student Success: Community Building, Networking and Belonging at York

- Vari Hall, Room D

Join us to meet fellow Black students in the Faculty of Health, gain degree navigation tips, and learn about resources for academic and professional success. We look forward to welcoming you!

From Stage-Fright to Spotlight: Strategies for Stress-Free Public Speaking

- Accolade West, Room 004

Explore why public speaking makes us nervous and learn strategies to turn anxiety into confidence. Join us for practical tips and an interactive activity to improve your presentation skills.

Look at it Another Way: Exploring Ways to See Things From Other Perspectives

- Accolade West, Room 005

Many of us live within our own mindset, but considering other perspectives unlocks new ideas and solutions. In this workshop, you'll explore values, improve communication, and practice seeing different viewpoints.

Unlocking Success in Your First-Year Courses

- Accolade West, Room 006

Unlock academic success in this session for incoming students. Learn syllabus mastery, lecture prep, note-taking strategies, and effective study techniques. Connect with Peer Tutors for insider tips and build supportive connections.

C

4:00 PM - 5:00 PM

Please choose a session that best fits your need.

Untangle with Zentangles: Writing to the Future You!

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Join the Health & Wellness Team at Calumet & Stong Colleges for a rejuvenating Zentangle workshop. Discover creative relaxation, explore wellness resources, and learn to manage school stress effectively.



Pathways to Success: First-Generation Perspectives and Strategies

- Curtis Lecture Hall, Room B

Join our panel as first-generation students share success strategies and insights on overcoming challenges in university. Everyone is welcome to learn, connect, and support the first-generation experience.

Taking Care of Your Brain: Study Strategies that Work

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Effective Reading Strategies

- Vari Hall, Room A

Academic reading is different than reading for pleasure - it's an active process! Learn how to identify important information and practice strategies to become a more effective and efficient reader.

Career Spotlight: Your York Advantage - Networking, LinkedIn, and Campus Connections

- Vari Hall, Room B

Start your York University journey with confidence! Join George Wong, CHRP, to learn networking, LinkedIn strategies, and explore extracurricular opportunities. Gain tools to connect, join clubs, and find leadership roles.

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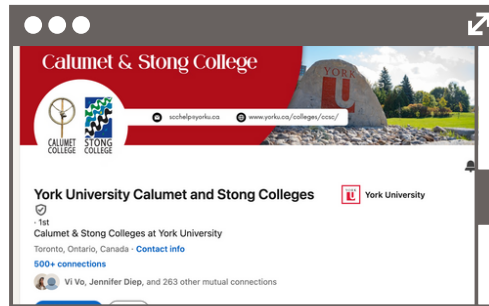
Get to Know the Presenters

Our presenters are comprised of peer leaders, alumni members, faculty, and staff in the York community. Check out their bios and LinkedIn profiles by scanning the QR code:



Connect with us on LinkedIn!

Widen your connection and strengthen your networking skills by connecting with Calumet & Stong Colleges on LinkedIn.



Student Councils

Calumet College Council (CCC)

CCC represents the students affiliated with Calumet College and registered in the Psychology, Global Health, and Health Studies. CCC hosts events, trips, and intramurals throughout the year as well as welcomes students in the Calumet College 100 (JCR) during office hours for games and chill activities.



Scan the code to visit CCC's website



@calumetcollege



calumetcollegecouncil.ca

Stong College Student Government (SCSG)

Stong College Student Government (SCSG) represents all of the students of Stong College - they strive to enrich the lives of the Stong student body through social and academic events. Join and interact with SCSG members at the Spartan's Lounge during office hours.



Scan the code to visit SCSG's website



@stong.college



stongcollegesg.com



Meet the Student Clubs

Black Students in Psychology (BSIP)


BSIP is a student-led club advocating for Black students, aiming to boost representation and support within the Health sector.

 @bsip_yu



Black Student Mentorship Program (BSMP)

The Black Students Mentorship Program aims to improve Black representation in graduate Psychology and other Faculty of Health programs.

 @bsmp.yorku



Canadian Black Nurses Alliance (CBNA)

CBNA supports and empowers Black nursing students at York University to inspire the next generation of Black nurses.

 @cbna.yorku



Discover You

Discover You is an independent York U organization dedicated to support student success using interactive modules delivered by our peer coaches.

 @discoveryou_yorku



Faculty of Health Student Caucus (FHSC)

FHSC enhances the Faculty of Health by expanding networks, offering leadership opportunities, and addressing student feedback to bridge gaps.

 @fhscopyorku



Global Health Students' Association (GHSA)

GHSA supports York's Global Health undergraduates with social, academic, networking, tutoring, and mentoring services.

 @ghsayu



Kinesiology and Health Science Student Association (KAHSSO)


KAHSSO supports Kinesiology students at York by collaborating with departments and Stong College to offer engaging opportunities and services.

 @kahssoyu



Nursing Student Association at York (NSAY)


NSAY supports academic & professional growth, fostering an inclusive, equitable environment for nursing students.

 @nsayyorku



Nursing Student Tutoring, Ambassadorship, and Mentorship Programs (NSTAMP)

NSAY fosters academic and professional growth, providing an inclusive and equitable environment for nursing students.

 @nstampyorku



Student Association of Health Management, Policy, and Informatics (SAHMPI)

SAHMPI provides peer tutoring and mentoring for classes, adjustment, and general university support.

 @sahmpi.yu



Undergraduate Psychology Student Association (UPSA)

UPSA supports academic success and professional development through guidance, opportunities, and social events.

 @upsayorku



