

10:25:43 I'm, I'm actually going to get my screen sharing started.

10:25:50 Oh, I'm going to press this meeting is recorded so just be prepared for that really aggressive zoom voice.

10:26:22 Can you all see my.

10:26:27 Oh,

10:26:27 here we go. Can you all see my slides now.

10:26:30 Okay, good. Thanks.

10:28:00 We're just gonna wait a couple minutes and let some more folks in before we get started right at 1030, so.

10:28:06 Sit tight, and we'll get started in a couple minutes.

10:30:11 Hi there for everyone who just joined us we're going to wait one more minute before we get started, just to make sure everyone can join our zoom call this morning.

10:31:17 Alright everyone, we're going to get started now.

10:31:21 Feel free to turn your cameras off if that makes you more comfortable as you listen in today.

10:31:28 Yeah, so I'm going to introduce myself to start Hello my name is Kate Hollefreund my pronouns or she her or you can use my name Kate, and I am the orientation program manager here at UVic, and I'm very excited that you're able to join us this morning.

10:31:44 Well this morning in Victoria if you're calling in from somewhere else in the world, good afternoon, good evening and good night to you all.

10:31:53 Yeah, I was mature student at UVic before I started my role with orientation so I'm hoping there's a couple of mature students on the call, but we also have some panelists today who were who are transfer students at the University of Victoria, and

10:32:11 they are going to be talking a little bit about their experience, and we'll be taking some questions as well.

10:32:17 I'd like to begin today's session with the way that we do here at the University of Victoria, and that is with the territory and land acknowledgement.

10:32:28 So I wanted to start by acknowledging with respect to the Lekwungen peoples whose traditional territory the university stands and the Songhees, Esquimalt, WSANEC peoples whose historical relationships with the land continue to this day.

10:32:44 As we start, and as you start your journey with us here today. It's really important for us to carry that with us through our journey and to think about what lands that you're on as you call in from zoom today.

10:32:56 And we're really, really excited. In September to be welcoming you to campus and onto campus and onto Lekwungen territories, and really excited for you to experience the space, and the relationships.

10:33:12 That's the indigenous peoples here in the community have with the university and with the territories.

10:33:19 have with the university and with the territories. Yes So today's panel session is going to have a couple of segments so we're going to check in and see where you're all from, and we are going to work with our transfer students and introduce them those

10:33:37 those panelists who will be answering our questions. We've also prepared a bunch of questions that we commonly get from new students coming in during a during Kovats are some of the things that you may be thinking about if you're joining campus virtually,

10:33:53 to be able to to connect with your university experience during these, these extraordinary times that we're in a couple of notes about zoom.

10:34:05 Like I said for a few of you, a couple minutes ago, you're more than welcome to keep your camera off.

10:34:08 If that's most comfortable for you. You can click this by, or you can do this by clicking the stop video icon on the bottom left of your zoom screen.

10:34:17 You can also change your zoom name by hovering over your zoom picture, and then ellipses those triple dots will pop up, and you can click on that and click to rename yourself.

10:34:35 And feel free to customize your pronouns your faculty or what year you're entering and also you'll see at the bottom of the screen that I have closed captioning on so that you're able to follow along.

10:34:41 If that doesn't work for you, that's okay you can check the closed captions or live transcript at the bottom of your screen and opt out of that service.

10:34:53 And that's the end of my slides for the session and we should go back to seeing ourselves and seeing some, some blank screens and that's okay.

10:35:03 The the videos that are on today are our transfer students, and we're going to start by by getting to know them. So, I'm going to ask if our transfer students on the panel can introduce your name, your year, your area of study, a brief summary of your

10:35:24 music student experience so far. And if you've come from somewhere else to the campus, or your unique experience, let us know where you're where you started from.

10:35:34 And we'll start with our friend, Eileen,

10:35:39 Yeah, so my name is Eileen Morales, I am. Technically, fourth year.

10:35:46 Now that has been a year since I started you back again, because I transferred from a college in Oregon.

10:35:53 So I went to college there and then I came. As an international student actually for my first term. And then I decided that I loved it so much and that I wanted to stay here so I got my residency and transferred again.

10:36:08 And so here I am so I'm majoring in biology and I'm mining anthropology, And I'm thinking of going into

10:36:19 pass it on to Mario.

10:36:22 Thank you, Eileen, um, I am. My name is Mario, I am a Mexico student, I came here for almost five years ago, my fields are Pacific Asian Studies and political science.

10:36:33 I just finished that double major. Like one week ago I'm so excited for that. And, yeah, my experience of UVic was very amazing To be honest, like I was able to take a lot of opportunities at the university offers such as going on exchange, I went

10:36:50 to China, which is kind of like my area of focus.

10:36:54 I was just like learning Chinese there, you know like, I'm also other experiences such as internships, also to China. And, you know, it's just like great to be able to be in another country studying in another language.

10:37:08 And as a transfer and mature student I'm not really sure but like I really always found myself like at home at UVic, and I really hope you guys, you guys can too.

10:37:20 And I'm going to pass it on to Mahayla.

10:37:23 Hi everyone, my name is Mahayla and I am an English major. I have a bit of a complex transfer credit situation I'm kind of second year kind of third year.

10:37:35 I completed to post secondary programs before starting at UVic in the fall of 2020.

10:37:41 Before I started at UVic.

10:37:43 American Sign Language in depth studies, and interpreting program for sign language.

10:37:48 So that's kind of my background but I'm focusing on English here because that's another passion of mine, and I've done two semesters that UVic so far, and I'll be taking a summer one as well so I'm just getting into my studies.

10:38:03 And, interestingly, I have yet to physically be at UVic as a student I've been all completely online at home in the mainland.

10:38:11 So just bear in mind that all of my answers will be from a purely online student perspective.

10:38:22 Thanks.

10:38:22 Great, thanks to you three almost so I'm actually here located on UVic so it looks like our panelists and host are close by but coming from originally from a few various locations away like Oregon and Mexico and lower mainland.

10:38:38 We'd like to know where our participants are zooming in from today someone if you could pop into the chat, where you are joining us from today so we can get an idea where you are coming from.

10:38:51 So you can pop that in the chat now.

10:38:54 Oh and joy, for sure, I'll message you afterwards and I'll try to help. Help. Hopefully I can help you with that.

10:39:09 Washington and just outside of Vernon so not too far away Mill Bay and Kelowna Hello Greg and Victoria Saskatoon chilliwack Williams Lake China Verna v.

10:39:25 so near and far that's super exciting. Oh, someone who is also from Mexico. This is really great to hear that you're joining us from all over the world so that's one really exciting thing about having a zoom call is we can tune in from wherever it is,

10:39:37 we are.

10:39:40 So welcome you all, we're going to get started with questions, and I am just going to mention there was a question already from joy to Eileen about the residency status so that's a great question and a question we often get from some of our international

10:39:55 students. So just so you know, we can you know maybe stay after and chat with Eileen will have a couple of minutes but also International Student Services is a great place on campus to connect with All Things like study permits work visas residency status

10:40:12 taxes in Canada all of these great things that some of our international students may be experiencing.

10:40:19 So the questions we're going to start with we have pre collected.

10:40:24 And so we are actually going to start with the first question which is what were some of the most effective actions that you took to integrate into the UVic community.

10:40:38 Eileen would you start with that question for us.

10:40:42 Um, yeah. So, like I said, I actually took a gap year after my first international term and then I came back and everything was online, so I understand that it's kind of like really hard to do the usual kind of connection things but you haven't really

10:40:58 tried their best to offer these opportunities to still connect with other people. And so what I did was that I immediately like looked at whatever was available so like close everyone tearing and work, and I found this awesome, amazing opportunity to

10:41:15 join this program that was newly created just for this situation that we were in called the new student Connect program. And to that program, I met many amazing people such as Mahayla and Mario.

10:41:31 And so, I personally think that just going now especially now, when it's so hard to kind of like plaster posters everywhere so people can see them, but I think a lot of it has to be on yourself and you to go out and to look for so definitely join clubs

10:41:47 I joined like the cape up club for example, I know Kate and I especially love k pop.

10:41:53 So if you're into that you might find a club that really interests you, so definitely be on the lookout for those things.

10:42:02 Great. Thanks, Eileen, do you actually want to mention what is the new student Connect program. And when does it start running again.

10:42:12 Yes, Sorry, sorry about that.

10:42:15 The new student Connect Program is a program that's meant for the first year students who are coming into Uvic, and who are unfortunately unable to be on campus for obvious reasons and so this program was created in order to create this community and

10:42:30 environment for students to, you know, for us to help them kind of feel at home and try to give them like the full university experience as best as we can.

10:42:39 So we set up one on ones with students, for example you join pods with other students and then for every pod you have a pod leaders. So, for example, I was appointed leader, and I was set up events for the students and also have one on ones with them,

10:43:17 in, thanks Eileen Mahayla you join the new student Connect program as a transfer student is that right, and was that sort of your best way that you integrated into the campus community.

10:43:29 Yeah, that was really lovely actually Mario was my pod leader so we had some discussion times throughout the semester, which were super helpful to just know that somebody is there when you're kind of you're like at home doing all your studies by yourself,

10:43:45 it can feel kind of sad sometimes so it was nice to have these one on ones where, if I had a question about something I could ask my partner, it was more me like hey I'm wondering about this because, like if you're on campus you can feel like you can

10:43:59 find people or that kind of stuff but if you're on your own it's, it can be a little, there's quite a bit of distance so it was nice to have that connection with being able to sit down and talk with someone over zoom.

10:44:11 And then there were also events and stuff that were organized for my pod, so yeah that's exciting to I don't know if mario can probably explain them better than I can.

10:44:23 but um, yeah, it's really great experience.

10:44:27 Thanks Mahayla, Mario What about you, what ways Did you integrate into the university community and you feel free to touch on your student connects but feel free to chat about any other opportunities that that you took to integrate into the VIP community.

10:44:41 Thanks, Kate and Mahayla, I think I'm gonna first talk about my personal experience, I was there for three years prior to the pandemic. And I think the very best way was always through clubs.

10:44:55 I cannot stress how important it is to join any kind of club. I was part of the squash Club, which is like really good for keeping healthy you know maintaining like you know do an exercise and stuff and you can also get to meet a lot of people from many

10:45:07 different places. and at the same time I was part of like a cultural Club, which is a Latino club, you know, and funnily enough, that's where I met my, my girlfriend then, you know, three years ago, and yeah that's that's always a good way to get to know

10:45:21 people and also try different cultures. I know there's also the the Indian club and I think once we went to a party like they had for do it or something and it was really fun really different you know you got to experience things that you would not in

10:45:34 your own country, and you get it all as UVic. Maybe not right now but definitely it's going to start happening more often. And also, like I mentioned previously that I went to China I went through it, because there's a group called Isaac, they are

10:45:49 not like a yoga club, they have a unique branch, which is, you can try that it's always great, you know, to just be trying different things and talking about the student Connect program.

10:46:01 We had, like, It was a challenge you know because we had to create an environment that was like, interesting and fun for students. And it was like trial and error you know just always trying to have something that interests you guys, and I think we, at

10:46:17 the end we kind of like, got to know what works best. And I'm really excited to see how that's gonna play out in August, because we already have some experience in the program.

10:46:27 And we have learned a lot from you from what do you want from what you think it's best, and we're going to implement it. This next August. Also, if this program can be in person instead of only online, that's going to be definitely something that you

10:46:41 want to attend to. That's going to be really fun and you're gonna get to meet so many people on because yeah there's challenges doing it online. But if this program was in person, and I was a first year student or transferring.

10:46:55 This would have definitely been the best point of contact ever to the university and the people.

10:47:00 That's what I can say about that.

10:47:07 Thanks Mario, that's great. Um, and then I'm curious about in your online classes, and we'll go back to Mario to start this one and we go in reverse order.

10:47:17 How have you stayed connected online with students in your classes or within your faculty were Have you is really the question and that online environment.

10:47:26 I'm going to be really honest I did not have a lot of communication with other students.

10:47:33 It was mostly through like forums and comments that the professor's set up in their courses. I think that was a really interesting and really effective tool that the professors were using.

10:47:45 And yeah I got to like know some people kind of you know but like it was merely academic, um, what I can say though is like I had way much more correspondence with my professors and I usually would.

10:47:57 And this really opened some doors for me to get to know them and for them to share some of the opportunities that we could get at the university with me.

10:48:07 And I think this is something that I really want to share with you guys like if you're just getting into UVic always stay in touch with your professors, like, you can get so many benefits that you could not, they can just show you like opportunities

10:48:20 for doing graduate school or maybe some field school or some research opportunities whatever you are looking to just don't be shy. Just talk to your professors like there's nothing to lose literally just like an email, and that that's going to really

10:48:34 open doors for you.

10:48:41 That's great. Thank you, Mario, and in an in person context it's totally cool to email your professors as well as one of the ways to stay connected with them I think that's sort of the way that I did when I was a mature student was, was I felt more comfortable

10:48:51 starting with email before I felt comfortable talking to my professor in class but that was just my preference area.

10:48:58 May Mahayla Have you been connecting at all with any of the folks in your class in English over the past year.

10:49:05 Yes, actually, I'm one of my English classes this semester or this just past semester was completely asynchronous so that felt a little bit strange because there wasn't going to be any peer connection at all but the prof actually set up discussion groups

10:49:20 for us so that we could come together and they were consistent groups as well which was really nice to have the same people, I mean if you have a good group it's nice to have the same people, to discuss the texts together and also establish that connection

10:49:36 because I find with online classes you kind of lose that hallway chatter or like before class or on breaks where you're like hey was assignment really tough for you to or like that kind of connection.

10:49:48 So having consistent discussion groups was really helpful to just feel connected to other students during classes.

10:49:56 But I've also found, like outside of my faculty and outside school as well, that I've connected more with my friends from previous programs or like my friends from other work experiences or those kinds of things through this pandemic situation and I feel

10:50:10 like when I moved to you that I'll have a stronger connection with those people as well that like, it would be okay to be like hey you want to have a zoom dinner because now that's like the norm.

10:50:20 So even though I'm not going to be in the same place as my friends who are at home. I'll have like a stronger connection with them when I move.

10:50:31 Great, thank you. Eileen Do you have anything to add on this question or topic.

10:50:38 Oh, yes, so I was gonna say in terms of like classes.

10:50:44 First of all, with connecting to students like with class especially that I am not confident in.

10:50:50 Like if somebody hasn't already done it. I will initiate a study group. Because, more than likely if I want to study group bunch of other people do as well.

10:51:01 And for me, study groups have been, especially for like the last and for the online classes and for my last classes they have been such a huge help.

10:51:11 And you meet people who are probably taking the same classes as well who are probably going to keep taking the same classes next term. And then you got a solid connection where you can be like oh if you're taking this class so maybe we can set up such

10:51:25 a group again for the next term, you know, so I was kind of scary to like initiate these kind of things and like maybe nobody wants to, but it doesn't hurt and honestly I've never had a time where I set up a study group, and nobody joined it because a

10:51:39 lot of people are most likely looking for this that if you have been lastly I also wanted to mention that for your faculties.

10:51:47 There's usually like some kind of club specific for your like faculty so like for I know for like for anthropology, there's like boys, that is specifically for anthropology majors so definitely look for those kind of groups.

10:52:01 If you want to go into meeting people that are, you know, relating to the matrix that you go into.

10:52:09 Awesome great suggestion, Eileen those students societies and clubs and course psych course unions within your faculty or your department What does Boaz stand for Eileen Do you remember I can't remember and I was an anthropology students.

10:52:27 But it's a really fun play off of the anthropological theorist, boss. So that's a little bit of fun but yeah there's like a chemistry students society.

10:52:38 and then within engineering there's a bunch of like competition teams such as like submersible underwater vehicle like teams that students get together and then in business folks get together, and with the commerce students society so if you want to connect

10:52:53 that's a great way to do so.

10:52:55 Thanks, Eileen and folks.

10:53:12 Yeah, so the first thing this is like the easiest one because I am not a math person.

10:53:20 math is not my strong point and any.

10:53:24 And so I find myself I found that there was a math and stats Center. This was called.

10:53:31 So for those of you who have trouble with for example with calculus and stats. There's a center specifically for this that has tutors, they're working at specific hours.

10:53:53 That and are still on right now and have like their own system of how they're working online.

10:53:49 But basically you can go and set up a time with tutors to go and get help with your homework or for studying, they will obviously give you answers or anything like that but they'll help you walk through it, so that you understand the material so it's

10:54:03 definitely a extra nice help in that area.

10:54:21 And then I also wanted to mention like this is like this fun little thing that I find out on essays, there's apparently, like, a se calculator, threw up that you can do that sets up like certain days on gives you a deadline on sections of the SLA should

10:54:30 you should finish by the time, so that you get it finished by the time, it's two, which I thought was super nice especially on online because a lot of it you know you got to set up yourself, you're kind of set up your own goals and it's a good way to

10:54:46 really keep on track, so that you're not leaving that as a for the last minute.

10:54:50 So definitely look for a calculator essay.

10:55:05 If you want, I think I can find the link for you but stuff like that there's like all kinds of resources.

10:55:02 Through you, but you can probably just search through the

10:55:08 you know, that's great, thanks Eileen if you can find that link. If you could pop it in the chat, otherwise it's probably something like googling UVic sa calculator or timeline calculator might be helpful and that's a service I didn't even know about

10:55:22 so I love finding out about those things as well.

10:55:24 Sarah actually has a question about physics support and physics help.

10:55:30 And we do have that it is separate from math because it's the math and stats.

10:55:36 Help Center, but there is physics support as well so I'm actually going to continue this question by throwing it to Mario to talk about any of the resources they've checked in with and then I'm just going to quickly Google the link to the physics support

10:55:50 and pop that into the chat.

10:55:52 Mario.

10:55:54 Thank you. So I think for me the most useful resources were like the ISS.

10:55:59 Because, like, with them you can check what's up with like the, the exchanges, which I really encourage you guys to go and exchange like you're already paying your tuition, it's basically the same price or you can even get funded for going somewhere else.

10:56:13 And you can also check if you're an international student like me, they help you check almost every aspect of immigration like your documents.

10:56:23 What's going to happen after you graduate your postgraduate work permit. And I really recommend that you check that with time. Also, I really, really advise you to go to your, your study advisor.

10:56:38 Early on, so you can plan your academic life, you know that that's going to help you so much because that's going to help you have everything clear and in mind you're going to know what courses you need to take when to take them, and if you structure

10:56:52 it, you're not gonna end up like me you know having to take another semester and then maybe another one because you could not take that course, and India and you can just add a lot of time real quick.

10:57:03 So, go to your student advisor and just be sure to have all your economic life planned out. I think that's one of the key things I want to highlight.

10:57:14 That's great. Thanks Mario and international students service you're right they are amazing for all of those business pieces of being an international student.

10:57:23 They also run the global community which is a fantastic way to get connected as a, as a, an international students so they run conversation cafes, where you can practice in English conversations with a fluent English speaker or a first language, English

10:57:40 speaker, they also have a global community mentorship program which connects you in a couple of other international students with a global community mentor, as well they do run some fantastic social connection activities and workshops.

10:57:56 Another Academic Resource that is also really helpful is the Academic Writing Center, which is also located in the Library and Learning Commons and has transitioned to a virtual environment.

10:58:07 During Covid, and they're able to really help and support. When you have some essay writing or have questions about things like that, as well.

10:58:16 Each department and each faculty does have a librarian assigned to their area. So you can look that up just googling music libraries and subject librarians, is what they're called and so if you have questions about things like you have to do a bibliography

10:58:34 items, specifically as a sociology student, things like that, then one you can check out the book library because they include information on bibliography.

10:58:44 There's the Academic Writing Center that can help or for those subjects specific pieces so if you're specifically doing the bibliography for that subject.

10:58:52 You know you can get advice support and expertise from your from from the library and in your subject matter expert or tips on research and things like that so that's super super helpful.

10:59:02 I'm going to move on to the next question.

10:59:08 Which is what supports or resources have you used on campus for other things such as maintaining health and wellness. I know you've talked about getting involved already but I'm curious if any of you have connected with the health and wellness services

10:59:18 on campus. And if you haven't, maybe.

10:59:22 Are there any that you recommend that maybe you've heard of friends, utilizing or connecting with Mario we're going to go back to you on this one.

10:59:32 Yep, so I will mostly focused on more like the physical part of this.

10:59:38 I think CARSA is a great place where you can go and try a lot of different activities they have like, really cool.

10:59:45 Like, kind of like little mountain where you can rock climb. That's pretty cool. You also have like all the different sports that you can think of you know there's badminton.

10:59:55 There's 10 minutes there squash. There's the gym as well.

10:59:58 You can also form part of the multiple teams that you have because if you're if you're into that, but they also have like yoga sessions Pilati they have many different activities which are very good and I think students we should take our time you know

11:00:12 know to not only unwind but also you know like, stay physically active. Because especially right now online. We were just sitting down all day right and they can have like really bad repercussions on our like back or anything.

11:00:29 So yeah, moving, is really important. And once you can come back to university, you can make so many friends by just going to car so you know, exercising having fun.

11:00:40 And if you don't want to get the membership to CARSA, though there's like the, I forgot the name but there's like a, like a free accessible gym right, McKinnon is that the name yeah McKinnon.

11:00:51 And there's also a pool there. I always wanted to go there and swim but I never did. It's too late now but you should take the opportunity if you can.

11:01:04 Great, thanks. I was just popping those names into the chat, Eileen What about you.

11:01:11 Yeah, to bounce off of that I was thinking of the multi faith center in terms of the opposite side of that the physical both so like just emotionally and spiritually.

11:01:23 There's a multi faith center where they hold all kinds of events mainly I know of like meditation sessions for example, especially online they're still doing that as well.

11:01:35 It's every I don't remember what days they were but there's definitely you can look up online as well.

11:01:56 to take part in the meditation session so it's always, I'm still trying to go to, but I haven't yet, but that's definitely another place to go if you're looking for more of like just a place to wind down because as Mario said, This time around, burnout

11:02:04 is a thing online fatigue is a thing.

11:02:08 So that's just another resource as well.

11:02:13 That's great. Thank you, I'm multifaith also has the incredibly popular pet cafes.

11:02:19 So when he returned back to an on campus context I know they're so excited to invite puppies, of them to campus to the multi vape center which is a fantastic sort of stress release but also like a community connection piece so if you love puppies.

11:02:34 Checking out the pet cafes with multifaith would be fantastic Mahayla I know you haven't been on campus yet, do you have anything to add to this question, or do you feel like it's sort of covered off some of the things that you know about UVic, and

11:02:48 maintaining health and wellness.

11:02:51 I feel like most things have been covered but I am really excited for all the trails and walking places around UVic when I got there, I went there last summer just to like take a peek around the campus and spend some time, and it was just beautiful

11:03:05 and I'm just so excited to spend some really great time in Finnerty gardens and just walk around and the beautiful, beautiful campus.

11:03:15 That's a great tip, it is absolutely stunning here on campus, my virtual background is some of the flowers that are currently in bloom in Finnerty gardens I went on Friday for a bit of a walk and the azaleas and the rhododendrons are in bloom.

11:03:29 There's also a forest on campus, called mystic Vale it's sort of like a little mini veil with tons of beautiful trees and it's a really popular walking spot, both for UVic students but also community members and so again if you like puppies.

11:03:44 you can usually see folks walking their dogs through mystic veil and you can get some like puppy snuggles in there as well. We're just a tent is a 10 minute walk down to down the hill to Cadboro Bay, which is a beautiful beach.

11:03:58 So, yeah, I love that Mahayla I can't wait for you to get on campus to explore some of the nature.

11:04:04 Throughout the different seasons. So, that's fantastic tip.

11:04:09 Moving on to the next question.

11:04:13 And we'll go back to Mahayla for this one. What is your strategy to be successful in your courses.

11:04:21 Super good question, um, my strategy for being successful for me all comes down to scheduling and organizing. I know that to be successful, I have to be organized and on top of my game with that, especially with asynchronous courses that don't have any

11:04:37 live zoom time or like lifetime with your professors.

11:04:42 I found that to be really like both super liberating and also a little bit daunting, because you have all of the time for yourself to figure out when you do your, your classwork So, really, just prioritizing that you actually get that asynchronous courses

11:05:00 done so I'm trying to schedule my asynchronous courses as synchronous courses a little bit so like really making sure that I'm spending the amount of time I'm supposed to on those courses, and something that kind of ties into health and wellness a little

11:05:18 bit with this question for me is making sure that I have a bit of a break between when I'm doing my classwork, and when I'm doing my homework. Because normally like you leave school after you've done your stuff all day, and then you go home to do your

11:05:33 stuff and whatever that is, it's a class or it's a walk or however you get you in from but it's a little bit of a brain break. And I found that if I don't give myself that brain break between actual classes and my homework that I just get so overwhelmed,

11:05:46 so whether it be a walk or anything like that, really just kind of breaks up my day.

11:05:54 And also successful in courses to talk with your professors and your TA it's like really have that dialogue with them I've had awesome success with going to office hours, that's been amazing so really taking advantage of that.

11:06:11 Yeah, so successes organization, taking brain breaks and communication with props.

11:06:18 Awesome. Thank you. I love how you summed your three points up at the end to I was like, so we have the thesis the beginning we went through and then we wrapped it all up meeting titles, that's fantastic.

11:06:30 Eileen I'm wondering if we can throw to you now the same question, as far as your strategy for being successful.

11:06:38 Yeah, so I'm obviously always want to say like, this is obviously very personal for everyone like it's you. In the end you figure out what's best for you, but for me personally, my agenda is my life.

11:06:57 I keep track of everything, all the deadlines, and as Mahayla said for online classes, a lot of them are going to be asynchronous so a lot of it's going to be on you and getting that stuff done in a timely manner.

11:07:10 So obviously set up goals and like I said, I found that as a company which was a lifesaver because otherwise I think I would have pushed for later and it's so easy to do that everyone so really find those things that work for you put post it notes I've

11:07:24 done that set up alarms for meetings and things if you're doing other things outside of school.

11:07:33 Yeah, so things like that that's kind of what I've done.

11:07:38 So it might be helpful for you but like I said like me and I think it's just, everyone has like what works for them best. I found that I always avoided online classes before but when I started doing this year I found really like it works really well with

11:07:53 how I study, so I'm not gonna be like staying inside all the time like, I don't like that. But I think I'll continue to do online classes because for me just the flexibility to switch really well.

11:08:07 Yeah, that's what I had to add on to that.

11:08:11 Thanks Eileen, and I'm going to throw to Mario now, same question.

11:08:16 Okay, thank you. I think Mahayla and Eileen already talked a lot about it I think they cover almost every aspect, I can just draw from my personal experience, I think I was two different students in Pacific interest studies and in political science in

11:08:30 political science, you know I had just come to this country I was just new to everything, studying English was a big thing and it was so hard greeting or everything in a different language and.

11:08:41 And also I was to be honest just taking it really chill I was just, you know, having fun, enjoy University, you know, and I got me in the 70s you know low 70s like I was always like b minus c plus, which is nothing amazing and I was completely unstructured

11:08:56 just, you know like, passing my time, you know, but in this second major which is Pacific nation studies, I did like 180 degree change, and I was super structured I was basically doing what Mahayla Did you know like.

11:09:13 Basically, I have like a Google Calendar, where I put set of time, you know, where I want to do each course each day. So let's say I would wake up like at nine and then do the first course from 930 to 1130 and I would not, I would not stop until I finished

11:09:26 that of course it wasn't not like two hours but it was more like an hour and a half, that took me to do which course. And after that I would just you know reward myself with some time on wind have lunch, whatever.

11:09:39 And I would always try to finish before one or 2pm so I could have the rest of the day, either for me to just try to do something. My, my job or go take a walk or somewhere else.

11:09:51 And I think this structure, really helped me because like on my second degree I got a in everything you know. And you can see the change in the approach I took to the courses, and I can say like you know I'm not a morning person.

11:10:06 I am not a very responsible person either, but having that structure, made me one, you know, so it's not about like who I am, more like how I did things, and having the structure really really changed my academic life you know and the results are evident,

11:10:21 you know, so if I could do it with my credentials of like, 70, average you know like I think most people can do it too. So don't be discouraged online classes are an opportunity to start really strong in terms of your grades, this can really help you

11:10:39 boost your grades, and it's all about how you approach it so yeah just recommend to be structured that's how I think.

11:10:49 Thank you.

11:10:52 Thank you. Um, a couple things that I want to add is just as a mature student I took some of the pieces that had worked for me when I was younger was studying and apply those.

11:11:02 So I know that most of you are transfer mature students so there must have been strategies that you've used already where you have been successful.

11:11:10 But thinking about you as a different context and sort of making sure that you're sort of learning the UVic equivalence so for example like the math and stats Assistance Center may have been called something different at your last institution.

11:11:23 So giving yourself a little bit of grace through that transition time in your first term at UVic is really important. So you're going to want to get into our learning management system which is called bright space, checking out your course syllabus

11:11:37 from your professor and reading through those pieces I think are really important because you'll get a little bit of sort of that you that context, through those pieces of information so you can kind of translate from your previous institution.

11:11:52 The other thing about giving yourself some Grace is it as a transfer student it can sometimes take a term, or a term and a half to really get your footing at a new institution so again, giving yourself grace, if you have some fluctuation in your grades,

11:12:06 that is, okay that's actually totally normal. Whenever you make a transition, either as a first year student or as a transfer student or as a mature student coming back, and again that scheduling as a mature student is really important for me I was working

11:12:20 full time so I was attending university as a part time student, and I had relationships and a household that that you know, those sorts of other obligations that sometimes if you're transferring straight out of your first or second year you might not

11:12:33 have. So some of those balancing pieces were really important to schedule. And then there were times where I would go off schedule and really give myself a break.

11:12:43 The other beautiful thing about starting at UVic. In May, is that it's summer so you're starting your your term here in a summer context as long as you're in the global north.

11:12:55 That is, if you're the global south that it may be winter for you but it's great to take your laptop outside if you have that opportunity in summer and and catch wherever it is that you're that you are to take some study time outside.

11:13:11 If it's nice and warm or were lovely where it is that you're that you're zooming in from for this summer term.

11:13:19 If you have any questions feel free to add them into the chat will continue to monitor them as we go through some of the prepared questions but will always jump to those chat questions if you have any that come up.

11:13:31 So here's another question about coursework. This is a huge thing happens all throughout UVic, and those are group projects.

11:13:41 So we often hear a lot about that experience and navigating group projects so I'm curious. We'll start with Mario. What has your experience been with group projects and what advice might you have to be successful in navigating that type of assignment.

11:13:58 I think usually we think that group project suck because you know there's a lot of.

11:14:04 I think I would recommend what Eileen said, you know, just be the one who has like the initiative you know be the one who's like Yo guys, let's talk about this, you know, get a group chat anywhere you can like discord or email, or even set up a zoom call

11:14:25 and everybody just meets in and talks about the project and you have deadlines, you establish deadlines for it. This will help everybody stay in tune, you know, on what you have to do and just be really coordinated and establish a channel for communication.

11:14:43 I think that is essential for group projects. And one thing that is an advantage about online is that, you know, if everybody's in that group. There's no way they're not going to check the messages you know it's not like they're not going to show up.

11:14:55 And if they do not show up at least you have their the written evidence that you did communicate with them or at least you try to and if there's any issue with that you can just talk to your to your professor and show them you know like I made this group

11:15:11 chat, I try to get this going. These are the evidence you know you can see it here, and you most likely, people will cooperate, they will coordinate and your project is just going to be maybe more efficient and effective but it would have been in in person.

11:15:26 That's my experience at least, and. But yeah, thank you.

11:15:33 That's great. And sometimes those group projects are super amazing I've made some fantastic friends and then sometimes it's like to have you doing all of the work.

11:15:41 And as someone who hires students in my office whenever we have a conflict question that is the example that they give because group projects can be can be just a different levels of participation that folks are into Mahayla Have you had group projects

11:15:57 that you've it. And do you have any tips that build upon what Mario has already said, Yeah, I think that everything that Mario said is absolutely right on the nose.

11:16:09 I think that also. It's just so important to do the work yourself. So show up prepared and be ready to work.

11:16:23 Because if other people aren't then you can get the ball rolling and you can be the one taking the initiative and getting things going because it's just there's nothing worse than sitting in like a silent zoom breakout room or a silent conversation, like

11:16:34 if you have done the work, then you can get the ball rolling and you can have those conversations and holding people accountable to participating.

11:16:45 Yeah.

11:16:46 That's great. Thanks, Eileen What about you.

11:16:50 Um, yeah so for.

11:16:59 I haven't had too many projects I've definitely done like I said like the study groups and I think the most teachers set up a forum, right for the classes where you can post questions, where the teachers and the teachers can answer but I usually use that

11:17:09 as well, to just post like. Does anyone want to join a study group, make a study group with me I'll leave my email. Email me and then from there, I'll be like, do for discord Facebook, Instagram, I got all so that we can stay connected in some way like

11:17:27 Mario and Mahayla said like really have a structure though sometimes you do have to take the initiative, I think I've talked about this before but like I don't not usually like gung ho about being leader but sometimes you know depending on the, the role

11:17:47 they have to take in a group, sometimes you have to take that role.

11:17:51 right if you want to have a successful project or a study group so just initiating the thing making a plan I know for my study group for my final. For example, someone in the she did a study group and if at first was just like, nobody was turned on the

11:18:05 camera and nobody was turning on their boys and I was like oh no this is not going so well.

11:18:11 So I just just, you know, stay to something like there's a quiz about we go over that and you know everybody got comfortable eventually, we had a plan we can go over the quiz and then we're going to meet tomorrow to go over the practice final.

11:18:27 So, um, yeah so I know it's kind of like daunting sometimes but eventually you find that a lot of people are feeling the exact same way as you.

11:18:47 thank you yeah that's like, I like, I like that you pointed out that like sometimes people are uncomfortable at the start joining like virtually to do a study group and that like you sort of figure it out and add that structure structure and then also

11:18:41 And

11:18:53 how you mentioned like they might be nervous like you are and I think that that's a really big piece about being at a new institution is that you may be a little bit nervous but so is everyone else around you.

11:19:04 But one of the things I know transfer amateur students sometimes experience at you Vic is sort of the perceived notion that or the perception that there are sort of like existing groups on campus that are like harder to come in when you come in at second

11:19:19 year or third year or you know whatever in between your you might be because of transfer credits, and that it may be hard to break into those groups but it's totally okay it's kind of like when you end up in a class that kind of like every class when

11:19:33 it starts kind of starts from zero though. Some students may have you know had classes with each other but they're super open to new folks joining their groups and so it may seem quite daunting at first, but remember that like, it's actually okay to strike

11:19:48 up that first conversation and and you know take a couple deep breaths because everyone is kind of nervous about who their partner might be on a project or like finding others to do a study group, and it doesn't really matter which year, you are and that

11:20:03 just striking up a conversation with someone is is totally cool.

11:20:09 And it does totally work and if that person isn't responsive, then you try someone else so most folks are really really welcoming here and super open to to working together on pieces for your courses so I hope that doesn't that isn't something that worries

11:20:26 you, because it is definitely something you can you can definitely be successful app.

11:20:34 I'm moving on to the next question is, we're all we've got about 10 minutes left so we're going to do two more questions and then some wrap up pieces and Eileen I'm going to go back to you first.

11:20:48 What do you wish you had known at the beginning of your studies at you back.

11:20:56 Oh, um, I guess the first thing that I can think of is I kind of spoke about this already but like online classes like I know a lot of people are like really like not excited about it, don't like it and that's fair.

11:21:09 Right, but I always avoided it and I always thought the same even though I never took them, but always thought that I would just like not do well on them.

11:21:16 But I found that it actually worked really well for me personally.

11:21:23 Um, so I actually do plan to continue to take online classes, if I can be an on campus, it's fun. I'm still gonna go on campaigns I love.

11:21:33 But I definitely just want to say like, I wish I knew that that's still resource to take online classes, especially if you have a really busy schedule, or just the way you learn like I'm told visual learner and I don't really like retain a lot of information

11:21:48 to live lectures like the first time like I usually have to go and watch like a recording or something and you case.

11:21:54 So I just personally found online classes to be very helpful in that way.

11:22:00 So definitely find what works best for you, I guess, really look for and try out these different things look for what works better for you to understand the material.

11:22:17 And yeah, I think.

11:22:19 Yeah,

11:22:22 sounds good. And I'm going to follow that question up still with you. This will be the second question, do you have any music or student life hacks that you couldn't do without.

11:22:36 Life Hacks.

11:22:38 Is it the essay calculator again. Yeah.

11:22:46 I didn't know about it until this year as well.

11:22:49 But for those of us who just.

11:22:53 I'm a procrastinator a visual learner, everything going against you.

11:22:58 It just really sets up like to your rough draft by this date for you search your stuff by this stage, that kind of thing really sets up as Mario said a structure to be successful.

11:23:12 That's great. Thank you.

11:23:15 Mahayla I'm going to ask you that first question What do you wish you had known at the beginning of your studies at UVic.

11:23:23 Well, I wish I had known my first full year was going to be online, but.

11:23:29 But more generally speaking, what we've touched on before my one of my notes here is that everybody is uncomfortable in breakout rooms and like everybody is uncomfortable when things first get started.

11:23:41 So really like if you're trying to give yourself some time to a climate eyes to this new kind of learning because it does take a while to like lose the nerves and just sink into what this experience is going to be.

11:23:53 And something else is just go to office hours because especially online, I've had prof say to me that like hardly anyone shows up. So I've had probably spend like 20 minutes chatting with me about stuff, which is just amazing.

11:24:10 So, and it totally depends on the Prophet depends on everything but, um, they're really happy to help and they want you to learn and do all in their class so if you show up to office hours and you're like, nice and you have your questions all lined out,

11:24:29 it's just it's so great. That's what I wish I had known at the beginning.

11:24:28 That's awesome. I was the kind of student, I had no idea what questions that I had for my profs, so I was very much just go to the prompts be like, I don't I'm not sure what I'm doing on this assignment.

11:24:41 Can you help me, and they're used to that too if you don't have the questions that's totally okay. One of the added or a couple of the added bonuses about connecting with your professors is one that is the number one indicator of academic success is if

11:24:55 you're connected with your professors that and going to class so not skipping classes, those are your two academic success indicators.

11:25:04 Three, you may get to know your professor and their research area a little bit more, maybe super interesting for you and that can sometimes lead to undergraduate research, like assignments or opportunities or like lab work or work study with that Professor,

11:25:22 and they've really become mentors, if, if you're really getting along and really jazzed by their research and the subject content.

11:25:30 And if you're not jazz it's just really so good to connect with your professor to to get that information because I find that motivation is so hard when you're super not jazzed by the professor and not just by the coursework, which is definitely happens

11:25:43 so those are those are super important. I'm going to go back to you Mahayla, do you have any you vet, or student life hacks that you couldn't do without

11:25:55 to the library website has a ask us chat box, which is amazing, and I try to get my homework done pretty early in the evening, but they will wait a sec tried is there they're still at 830 for if you have questions, which is awesome.

11:26:14 So I've asked them for help with like citations and also Research Help, which is just amazing they've been able to help me find some secondary sources and stuff for certain essays, which is just fantastic.

11:26:26 And then another life hack is the first year grading standard for papers.

11:26:35 It is for English but also just generally for papers and first first year, and I refer to that quite regularly because they have descriptions of what each grade paper would be so like this is a be paper this isn't a paper but they have like quite lengthy

11:26:47 descriptions of what makes it a certain paper, and also letter grades have one word descriptors, which I try not to like, connect myself to my letter grades and like it doesn't matter it's whether and I'm learning but the words are really helpful so you

11:27:06 wrote a solid paper or you wrote an excellent paper like those kinds of things really work for me, I can pop the link in the chat to.

11:27:15 That's awesome. Thank you so much. Mario. First question for you What do you wish you had known at the beginning of your studies at you Vic.

11:27:24 Okay, is there any way we could start by the other question because that's the one I was thinking of just right now I'm fine. What are your student life hacks.

11:27:32 Student Life Hacks, um, yeah. At the beginning, I wish I could have really gone more to the Center for Academic Writing because back home.

11:27:41 We don't pay that much attention to like how to properly side and the reference, you know, and on my very first year I played your eyes because I did not add like the quotation marks, and they failed me a whole course just because of that.

11:27:57 And I remember I was really pleased because I was like, I've been doing fine I've been doing well you know like I just, I'm not used to this kind of lifestyle, and they were so strict with it and you know unfortunately I like a pretty strict professor

11:28:09 and it was just bad luck there you know but like you definitely don't want to be in that situation so really use your arm, the institutions there like the Center for Academic Writing is really useful resource, you should take advantage of that.

11:28:23 And secondly, I think that there's like a thing that's called the cap report, which you can check and you can access it anytime, and it's going to show you exactly what you need to do in your universe in your major, it's going to show you all each class

11:28:39 that you need to take and this will help you structure and plan your university entirely.

11:28:46 I did not check this and as a result, I ended up taking one extra year of courses that I really didn't need to take on, you should definitely avoid that, especially if you're an international students, you're going to end up paying so much unnecessarily

11:29:01 I mean yet the knowledge was great and I am, maybe we'll do it again, kind of, because I learned so many things, you know, just be sure to check your cap report, you can do it anytime is for free.

11:29:11 Just have to access it on your Student Services page I think that is a really key thing I want you guys to know. And just another thing to that one thing.

11:29:23 One thing that I have been doing is like on my Google Calendar. I just jot down all the important deadlines.

11:29:30 If I have a paper coming if I have like a, like a short essay. Anything I can just check it on my Google Calendar and see what's coming ahead so I can plan with time.

11:29:40 I'm also really important. If you don't need to be taken a lot of courses, I would recommend you not to take a lot of courses. There's no need to go quickly you know like enjoyed this time it's probably one of the best periods of my life.

11:29:53 I wish it kind of was longer, but it was five years. It was long enough. But yeah, if I could have taken it slower, I would definitely have, if you can take four courses, or even three of your local just chill you know take it slow your rates will go

11:30:09 up, you will get a better understanding of your what you're learning. If you take five six courses like I did every single time you're going to end up super stressed, you're not gonna really retain the information you're just memorizing so you can get

11:30:22 a good grade, you know, just to get done quickly and I believe you can enjoy it better if you take a chill.

11:30:30 And now for the other, the first question why would Why would I wish I could have known as a first year student.

11:30:36 To be honest, when I came into to Canada, I was pretty nervous I was, you know, a foreign person here I was really stressed that having to learn everything all over again in English, you know, and I could not speak fluently.

11:30:51 It took me four years you know to get the hang of it, I'm still gonna have to learn so much more, but to all the international people that I see here. I just wanted to let you know that you will get it, eventually, you know like, you will get floor and you will

11:31:04 be able to communicate. Of course it's going to be a little bit difficult and maybe a little bit embarrassing at first but like you should not care about this you know you always speak one language you're going to have a second or me but maybe even third,

11:31:16 you know, so where that was pride, you know like, don't be ashamed of that don't ever be ashamed of that you know and don't feel like a foreigner here, in this country, you know, this is a very multicultural country very open to just feel like it's your

11:31:29 So just feel like it's your new home, you know, make it your new home. And when you come to UVic, make sure you can take all the resources that they give to you know, not because, not just because you're not a local, it doesn't mean that you're not

11:31:41 entitled to all the benefits. So check for funding, check for scholarships, check for work on campus, all the opportunities are yours, and for everybody, you know.

11:31:51 So, in terms of like fonts and scholarships. Yeah, like locals have so many, so all of your local students really take advantage of your funding Okay, there's so much.

11:32:02 Usually it goes unused, and that's something that should worry as you know because we're paying a lot. So, we should take every single advantage that we can.

11:32:16 As for international students stay in touch with your with your professors because that's how you get the best opportunities. And lastly, if you're going to work, I would rather I would encourage you to work on campus on something related to your major,

11:32:27 instead of working like there's so many things you can do for work right. And I think I wasted a lot of time working somewhere else, you know, what it could have honestly been working, something that will give me some credentials later on, you know, and

11:32:43 working and university can definitely help you to do that. And you can get better wages you can get better hours more flexibility so work at Campus, you know, it's the best option.

11:32:54 To be honest, and I think you just need to apply to the, what's it called work study program, but just complete that application and you will get so much more benefits than if you're working in the outside economy.

11:33:10 I think those are the things I wish somebody could have told me, and yeah just, you know, you're going to do it, you're going to make it either. Whether your local or international, you know, just take a chill.

11:33:22 Enjoy your time at university it goes by so quickly, and just prepare, prepare for, plan ahead. That is what I wish someone could have told me.

11:33:32 Thank you.

11:33:34 Thank you, Mario. We're a couple minutes over source so delighted that you're able to most of you were able to say, I just want to thank our panelists so much for sharing their insight on their experiences and I want to thank you all for coming to this

11:33:49 transfer a mature student panel, feel free to stay behind if you have any individual questions we'll stay on this call for another five minutes or so, and on your way out we have a quick poll that we're hoping that you can answer.

11:34:04 So I'm just going to make that go live now.

11:34:08 that go live now. It should I hope you can all see it now if you could answer your questions that would be great. And just so you know we have a break and then we will have a transfer mature student specific speed friending activity, and about just under an hour

11:34:22 hour now and super excited for you to be able to come back and connect with each other. That one will be a cameras on session so I hope to see you in an hour and that will be facilitated by two of our current UVic students so thank you so much, and

11:34:37 hopefully we'll see you soon.

11:34:56 Yeah, If anyone still on the call and has any questions for us. You're welcome to ask.

11:35:02 Or if any of our panelists have to go you're welcome to head out as well.