

Transfer Student Panel - Transcript

January Orientation 2021

10:30:09 Just going to wait another few seconds for folks to join us in this transfer student panel session.

10:30:17 So we'll be ready to start in about 30 seconds to a minute.

10:30:51 Alright, so we are going to get started. Make sure you get comfortable. And thank you so much for coming to join us in this transfer student panel for January orientation today.

10:31:04 My name is Kate Hala freind, I am the orientation coordinator on campus which means I'm responsible with a team of individuals for organizing orientation for all of our new students, my pronouns are she, her, or you can use my name Kate, as my pronoun.

10:31:19 When referring to me You're asking me questions, and I was a university student in anthropology.

10:31:28 Here at you Vic. I graduated several years ago, and during my journey I was actually a mature student so I was someone who came back and completed my journey.

10:31:37 When I was in my late 20s and early 30s.

10:31:41 So I get really excited when I get to meet transfer students, because often with transfer students they're also folks in there who are mature students as well so I can absolutely relate to your exciting experience.

10:31:55 What we're going to do, as we start today something that's really, really important to the university into the place where we live here in Victoria where the university resides and that's a territory acknowledgement.

10:32:06 So here you Vic, we acknowledge with respect to look young and peoples whose traditional territory the university stands and the song he's Sky Mall and Masonic nation and peoples, whose historical relationships with the land here continue to this day.

10:32:22 day. And that's a really great moment to start our session by thinking about the space where the university's on and thinking about the space where you are right now maybe zooming in from, and just thinking about all of the transfer students who have

10:32:39 followed the same journey you have over the years in their learning journey. So, really important to start with our territory acknowledgement today, as part of our session.

10:32:51 I do want to give you some notes on zoom, as we get started, so please feel free to turn your camera off if you like I'm, I'm sure you might be ready to hide a little bit if it's your Sunday morning, but feel free to leave it on if you'd like to, I do

10:33:08 also like seeing smiling faces as we chat with you. That can be quite nice. If you need any help turn off your video it is the stop video icon on the bottom left of your zoom screen.

10:33:20 You can also change your zoom name by hovering over your zoom picture, they'll be in ellipses So those three little dots will appear. You can click on it and you can click to rename yourself so feel free to customize with your pronouns, perhaps your faculty

10:33:34 or the year of study that you're going in, or going into or starting tomorrow.

10:33:39 That, that would be great.

10:33:41 I have turned on live closed captions for the session.

10:33:45 If you would like to turn them off, you can find the closed closed caption or live caption button to the bottom right of your screen. And from there you can turn them off, but also feel free to leave them on.

10:33:58 Sometimes it's easier to read those if anything happens with the audio at all, and also please note that this session is being recorded and will be posted later on for anyone who wasn't able to attend or if you want to come back and you forgotten something

10:34:14 and want to refer to anything from the session,

10:34:19 we are actually going to start with a really simple activity.

10:34:25 We are going to annotate my next slide, which is a map of the world, and we just want to get an idea of where you're zooming in and joining us from. We're often used to having orientation in person, but this time we are all joining each other potentially

10:34:43 from various locations.

10:34:45 So I'm going to turn the annotate function on.

10:34:48 So, hopefully I'm going to ask Eileen to give me a thumbs up if Eileen can see the annotate function and the map properly on zoom, you can go in and you can draw make a circle at a text with your name, where there is a stamp function that you can click

10:35:03 on and you can like, pull it up, put a little like hearts on, you know where you are a checkmark or a star from where you're zooming in from Kate, I actually was trying to tell you that actually the slides are not coming up like fully for me I don't know

10:35:20 if it's for anybody else but going like the list of the slides right now like you don't actually have it in presentation mode. Oh that's so good to know.

10:35:29 I think I have too many. Oh wow, okay, I see what you.

10:35:35 Thank you, you know.

10:35:51 you're good. So I'm going to stop share and then I'm just going to reshare it so thank you all for your patience and your grace for this Sunday morning zoom fail on my part.

10:35:52 So, here we go, we're gonna go share screen screen three, and from beginning.

10:36:02 Oh, no.

10:36:08 Okay.

10:36:15 What can you see now I lean, same thing.

10:36:19 Got it.

10:36:20 Same thing.

10:36:31 One more second a bear with me and folks are still joining the call so please if you're joining the call bear with me I'm having a bit of a zoom moment here.

10:36:47 Does that look into you Eileen.

10:36:51 I'm not seeing anything. Okay, that's great. So here's what I'm going to say, we are not going to annotate the map. At this point, but if you can pop into the chat to all, and just pop in the city that you're joining in from and we'll all be able to see

10:37:07 where everyone is joining us from, so I'm so sorry for my zoom fail. We've got folks joining us, open it sending to me privately so I'm just going to read it out really quickly, we've got Victoria, people coming in from Calgary.

10:37:22 Lots of folks from Calgary someone joining us from Hawaii, White Rock from Japan can eat you I Hello from Japan lady Smith Chicago, Illinois, Mexico.

10:37:34 So, that is fantastic.

10:37:36 I'm so excited that you're joining us from all these Delta someone's joining us from Beijing so we've got some really different time zones happening so it might be your Sunday night well it is our Sunday morning.

10:37:51 All right. So, I have now switch the chat so you can chat to everybody and not just to me.

10:37:59 We have someone joining us from Russia, welcome. Thank you so much I love what an amazing international group it is. And so sorry that I failed you on the map annotation.

10:38:11 But that's okay.

10:38:12 So we've started by hearing a little bit about where you're coming from and now what we want to do is we want to find out about our panelists and where our panelists are joining us from.

10:38:23 So, I'm going to start with. Eileen, Eileen Can you introduce yourself where you transferred from what you're studying, I'm a little bit about where are where you're at right now.

10:38:34 Sure saying hi everyone my name is Eileen what I do is I am a third year at you Vic.

10:38:48 Even though I've technically only been up for about a year and that is because I transferred from community college in Oregon. About a year ago I took a gap year because I initially started as an international student for my first term at you Vic and

10:38:56 then I decided to get my residency so I got my residency now and this is technically my first term back so it's been a learning experience, to say the least.

10:39:07 I'm majoring in biology and mining and anthropology, which I've just finally declared myself.

10:39:16 Well that's a bit of an issue but more on that later. Yeah, well that's great, thank you so much Eileen. I'm Mario I'm wondering if you could introduce yourself.

10:39:27 Next, please. Sure. Thank you, Kate. Well my name is Mario, I'm a fifth year international student from Mexico. I heard somebody else from hears from Mexico.

10:39:35 Hello. Hola.

10:39:37 And, um, yeah so I transferred from a university called Buskirk yoga back home on my first year, and I'll be here for five years now, and my first major was political science.

10:39:48 My second major is specific in Asian studies with a concentration in China, and well as for career I would like to someday going to research, and perhaps you in politics.

10:39:59 So I'm very nice to be here. Thank you for having me Kate.

10:40:04 Thank you so much Mario. Up next, introducing herself is Jessica.

10:40:12 Hi, I'm Jeff, I am a fourth year nursing student. I transferred from Colson college last January so I've been at you back for just a little over a year now and will be here and graduating in the spring.

10:40:28 I'm sure lots of you are transferring from promotion so I love chatting about that transition. And I'm actually not at you Vic per se this semester I'll be in the hospitals.

10:40:40 But, yeah, I'm really happy to be here and I also am part of a kind of club or a student society so I'm happy to talk about that later on as well.

10:40:54 That's awesome. Thank you, Jessica. So now you've all had a chance to meet our three transfer student panelists. We're so excited to have them here today on their Sunday and you on your Sunday so thank you so much, how we're going to do this is we have

10:41:09 collected some of the common themes and questions that transfer students have when coming to you, Vic and also when coming to you, Vic during Colvin, we were able to run some surveys and polls and advanced to find out what we thought the majority of transfer

10:41:23 students might be interested in hearing. There is also the opportunity for you to ask questions to the specific panelists or to the panel in general. So, we will start.

10:41:37 We will start with the pre prepared questions. And while we're going if you have a question as we go. We'll be able to monitor the chat as we go and and bring your questions in, and then at the end if we finish up with are prepared questions we can also

10:41:50 open it up for any emerging emerging questions as well.

10:41:55 So to start, one of the biggest themes that we got from students not just transfer students is making connections at university and really integrating into that unit community.

10:42:06 So we're going to start with all three of our panelists with the question What were some of the most effective actions that you took to integrate into the Vic community and Eileen Would you be able to start again.

10:42:25 And with myself, um, yeah, absolutely. In fact this is like one of the most important things for me especially this term because knowing I was coming into a strange situation.

10:42:37 And because I don't know anybody this is I just moved back in fact, so I thought it was very important to this so what I did was I automatically went and started looking for opportunities where I can integrate myself.

10:42:50 You got to put yourself a little bit out there.

10:42:53 Sometimes and whether that's like clubs or things I kind of did that my first year as well I joined like the hip hop club if you're going to keep up.

10:43:02 The Japanese club all that kind of stuff. And then this term, I joined a program that's for first years called the new student Connect program.

10:43:11 I can delve into them more if anybody's curious, but basically it's allowed me to meet, not only first years, but just other college students as well so really finding those opportunities so much going on at you think that, you know, explore.

10:43:29 That's awesome. Thank you and there is a clubs and chorus union clubs and coursing and days coming up later this week on discord with the university Victoria students society so I definitely recommend checking that out as well.

10:43:41 I am also a K pop fan so love that.

10:43:46 Mario What about you, on the actions that you took to integrate and get to know people as part of the the community.

10:43:53 Okay so pretty much like Eileen, I think, for me part clubs was a big deal for me, particularly like the Latin American club, um, that was a special for me you know because, like, as a Latina like, you cannot like look for your community, right.

10:44:07 So they're like a, like a group of friends and funny, funny fact on wonderful were like Latino nice that we hosted at Felicia test which is a campus pub.

10:44:17 That's where I met my girlfriend three years ago. So, very interesting place to make connections. And also, another two clubs that I was part of is like the mentoring cafe, which is like a place where if you are interested in learning the Mandarin language

10:44:34 or practice if you know a little bit that's a really good place because you if you're like a native speaker, you can go there to help people who are learning like me, and if you're learning, you could help by native speakers right.

10:44:46 And also there's Isaac, which is like a private club will not private club. It's not like from the university, but through them, I went to on a cultural cultural exchange to China, and that's how my interest in the country started you know like, then

10:45:01 I was like oh my god I want to learn the language and, and then you know a whole a whole new like world open for me. So yeah, go to the clubs.

10:45:12 That's fantastic. Thank you. I am actually going to ask both of you to maybe pop into the chat the names of the clubs that you might have got involved with and the name of that like new student Connect program, and I sec, and those sorts of things just

10:45:25 so it keeps a little running tally I think I've opened the chat up to be public so that folks can refer back to those groups that you may have been involved with Jessica, how about you.

10:45:38 So as I mentioned in my intro, I am one of the CO presidents of the you Vic nursing student society and that was a way for me to connect with my program which is just under 200 students, where we all connect and we advocate for like our learning and that

10:45:57 was a really great way for me to know my cohort, but I didn't realize that it would introduce me to a lot of other presidents and members of other students society so right now, the economic students society is trying to do a blood drive competition between

10:46:16 different students societies. And so that's something that we've gotten to know and nursing students are known to kind of relate with engineering students a lot so we tried to organize like different sort of fundraisers, or multiple, like when we were

10:46:32 allowed to meet in person.

10:46:35 Like meetups and so I think that students societies that as well as clubs are really good way to get to know people within your program and with, like other programs as well.

10:46:45 And then, just like Mario was saying felicitous was a really great place to meet people, I have attended some of their trivia nights there so when that gets back underway like I've met some of my really great friends, they're like going to Harry Potter

10:47:00 trivia or friends trivia, and it's just a really fun way to relax and like still stay connected so I would highly suggest any of those.

10:47:12 Awesome. Thank you, Jessica.

10:47:16 And I'm actually going to go back. Because, Eileen mentioned the student connect and Mario is also jumped in saying that's a particularly good idea during these times so I'm just wondering if you could one of you could just chat about the new student

10:47:29 Connect program, we're going to talk about a little bit more dream speed friending later this afternoon if you're joining us for the undergraduate students social, but I think it's great to mention when a student Connect is Eileen Would you be able to

10:47:41 share that with us. Yes, absolutely. Um, so the new student Connect program is a new program that started this year specifically to in response to the pandemic.

10:47:52 Because we realized that a lot of the first year students won't have the same experience that the rest of us probably had for our first year. And so it's been created so that we can kind of help first year students get the best out of their college experience,

10:48:08 and try to connect them with other students the best way we can. So we kind of just talk to them as like a sort of a mentor, kind of program has been really fun so you can just hang out with first years or be there to help them or have one on ones on

10:48:23 them.

10:48:24 In case they need.

10:48:27 Basically,

10:48:30 was to add something else. Yeah, Mario.

10:48:34 I think you summed it up pretty well, but yeah like it. I think it's like a really good resource right now like you're trying to find friends, because like, We cannot go out at all right, it's basically like the social side of yubikey if you want to see

10:48:48 it that way. So, in case you want to join. We'll see you there than.

10:48:54 Awesome. And yes, you can definitely opt in.

10:48:58 As a January start student.

10:49:00 Most of the, the pods are the groups of students with their engage leader.

10:49:07 Most of them are by faculty, but there are some different experiential things that you can get involved with.

10:49:13 So, there's activities like pride for the queer community that you can connect on the hub with that.

10:49:31 aren't just within your program. There are ways to connect with certain identities that you may hold or intersections that you may hold or interest that you have.

10:49:39 So, It is a great, great program.

10:49:42 Yeah. So that leads me to the next question. And the next question is so we talked a lot about clubs and course unions and things like that, volunteering.

10:49:52 But I'm wondering about during Cove Ed, how you've been able to stay connected with the community in a virtual way.

10:50:01 So how have you maintained connections with those peers or anyone outside of your faculty in, in an online environment.

10:50:10 I wonder if we could start with Mario this time.

10:50:15 Well okay, I think, pretty much my connections with my friends have been reduced to text messages, you know, perhaps even sometimes with a couple friends we just go online and have like a plan mangoes, that's basically our like greatest interaction.

10:50:35 Besides that, well, since I am like a team lead other string Connect program. I think that's where I have my connection with most students actually. But besides that I've been trying not to really go out, you know as often.

10:50:50 What all, what would you Eileen. What can you tell us about it.

10:50:55 I kind of like the same idea I like to think that because I've also been away from my family even before that so I can get used to like, you know, doing schedule like FaceTime calls and making sure to get in touch with family and friends.

10:51:14 When I can so you're not feeling very disconnected. But definitely, I gotta say this program I know we keep saying it really does help because you're out it's allowing you to just connect with people and just not, you know, always on your screen, doing

10:51:30 other things, and just getting the chance to socialize.

10:51:34 But yeah, an animal crossing.

10:51:40 That's great. And I know that some students have like forms like discord channels or things like that where they're able to like just chatting connect with each other.

10:51:49 So, I, one of the suggestions is to be open to making friends or like reaching out to someone in your classes during the first week or stopping into some of the winter welcome activities or speed friending today and exchanging some contact information

10:52:02 with folks and then playing some of those games or connecting, going to the online clubs and course unions, fair will be really really important because those clubs and core students will be able to let you know how you can connect virtually with them.

10:52:14 But someone who's not in the new student Connect program Jessica I'm wondering if you can chat about like how do you stay connected with, with the folks in your cohort, or with your course union, and your professors during the the virtual environment.

10:52:31 Yeah, so we definitely because we're sort of our own like little program we do kind of stick to ourselves for the most part, our course union does meet like monthly to every six weeks in a similar call to this, which is really helpful and then some of

10:52:49 our roles meet with the rest of the UVSS, and just kind of we liaise with faculty twice per semester. And then in terms of like personally because we are in hospitals, we actually are allowed to see each other.

10:53:07 So that's always nice to have like a socially distance lunch, or like a walk on a break is always a really nice thing and it does help you feel more connected when you can see your classmates or your friends in person but in a safe way.

10:53:26 And then lastly, like, I use like Snapchat calls or like the Facebook Messenger has like a group option now where you can like build a big group up on Facebook and do a video call and like, for example, like a lot of us did that for like a secret santa

10:53:42 for Christmas. So I think that zoom is, or Facebook is probably the best way like when you can see your friends and experience them like virtually but actually talking to their face is always nice.

10:53:59 Absolutely. Thank you. I'm moving on from some other connection questions, we're going to talk about some of the supports and resources that you Vic.

10:54:07 So I am curious, and we're going to start with, Eileen on this one, about what supports or resources on campus have you used for your academics.

10:54:17 Yes. So, one of the classes that you know I have difficulty with and I'm sure I'm not the only one is math.

10:54:27 So you Vic has this awesome center called the Math and Science Center, where you can literally go and I mean of course you're not going to give you answers for yourself so if you're looking for people to give you answers that's not where to go, but those

10:54:39 definitely like people who know what they're doing and they can help you kind of lead along and great tutoring center. And I think on top of that there was also like a separate Tutoring Center at the library.

10:54:54 Once upon time I don't know if it's happening now.

10:54:57 But that was also somewhere ways to go all the time for math, but all kinds of help. I mean, there's also academic advising if you're looking for help on deciding on what courses to take in fact I got to do that tomorrow so highly suggest that, as well.

10:55:19 That's great. Um, would you pop the information it's the M sack so math stats assistant center, and that's located in the Library and Learning Commons here on campus but they have moved all of those services virtually.

10:55:34 So you can access the library and all of the support resources resources in the morning comments virtually the same with academic advising, and there are other supports in the Library and Learning Commons.

10:55:44 There's the Center for Academic communication which can really help with resources information and support, if you're writing papers.

10:55:52 Need help building bibliography, those sorts of things in your classes, highly recommend utilizing those services, and definitely checking them out.

10:56:03 Mario would you chat with any of the academic resources that you may have tapped into here at You bet.

10:56:10 Sure, so uh, I think, talking to the academic advisor was pretty significant for me because like I wish I could have done it more seriously and more often at the beginning of my son student life because I can I was taking courses that I didn't needed

10:56:33 to. And if I had gone and planned.

10:56:30 My, my, my student life, it would be so much better and more efficient.

10:56:35 Basically I think I took like one whole year of courses that I didn't need to. Although like I learned a lot, you know, but like, it could have been focused on another thing right.

10:56:45 And also I think the ISS International Student Services was really useful.

10:56:51 It can they can help you with like a lot of things from immigration to things like your study permit or work permit or anything related to like international students needs that they're going to be so helpful and they're so nice.

10:57:06 That's awesome thank you yeah International Student Services also has space in the Library and Learning Commons and also run socio cultural programming, through their global community so they have fantastic bevy of services, and you're right Mario they

10:57:21 are my favorite people to work with on campus, they're super nice and super fun.

10:57:26 Jessica. What about you, for I any academic resources.

10:57:31 Yeah. Um, I definitely there's like an equivalent to the math and stats center that's like the writing, and in nursing we've had quite a few papers do so.

10:57:43 They're so helpful and even when we first went virtual for our learning like all my end of term papers from January session last year like you can like set up like an online meeting with them or you can just send your paper, and like, explain what you

10:57:59 would like them to do with it and they'll send you back edits, and that is just it's so helpful like if you haven't had someone edit your papers before, or you're used to like having a friend like it's nice to have someone who has that lens of an editor

10:58:11 to go through your paper I think that that's really helped a lot of my peers and myself, writing habits. And then I highly suggest like there's all on the cubic Library website, you can ask a librarian, a question.

10:58:26 And that is so helpful the librarians at you Vic are such a good resource like it is like a treasure trove of knowledge they can help you with what you want to research they can help you with your limiters they can help you with so many things just to

10:58:40 narrow down your searches when you're trying to gather information for a research paper or, you know, trying to, like, figure out how to say a certain thing a certain way, they are just such a resource and I definitely didn't utilize those enough.

10:58:57 And then again with the library.

10:59:00 Thinking mostly online because I know you guys won't be in there person, but you can use someone, and someone is like the yubikey libraries like search engine.

10:59:13 and you can actually like choose a citation and it was like make your entire reference list. And yes, you still need to like look over it, but that to me that saved me so much time.

10:59:25 So if you're looking for hacks like that like the librarian will really help you. And then one other service that I have used so much in this last six months is the career preparation people.

10:59:43 They're like, their own kind of little area, and they will help with your resume with your cover letter with just like interview tips you can meet with them via zoom I had two meetings with a man named Jeremy peers, he is 10 out of 10, so good at his

10:59:56 job, and if you are, you know, in, like any of us, Mario or Eileen like we're all kind of leaving at the end of our programs here. And if you just want to feel confident as a professional leaving a degree program.

11:00:13 They are the people to go to because they will help you prepare and give you the tools to feel like a professional while you're leaving like student hood.

11:00:24 That's fantastic, a lot of really talented tangible resources there and I love that you're naming names of people to connect with on campus but Career Services, you're right is absolutely fantastic.

11:00:35 And they're always super keen to support you, because that's what they do.

11:00:40 I'm Jessica, I'm going to throw a question from our audience, your way. And I think it, it is specific to nursing but I think it applies to anybody when they're transferring into really like that feeling of how do I connect with folks when they're potentially

11:00:56 already in a form cohort are already like these groups already exist.

11:01:01 The question specifically is Jessica What do you recommend for someone transferring from the College of the Rockies into the third year nursing cohort from from commotion to meet the classmates so I guess transferring them when most people are coming

11:01:14 from a different school, as they transfer in.

11:01:17 Yeah, Yeah, I definitely have like first hand experience with that.

11:01:22 You have a course called 350 I think it's a community course, and you're in groups for this whole course, and that was the course where I actually met some of the people that weren't from commotion.

11:01:36 And we only had I think like three to 10 people from college of the Rockies and then one other college from the Yukon I believe, and it was really I think difficult at the beginning for those people to make those connections, but I know at least one or

11:01:53 two people, like they really put themselves out there in their group work because you will be put into groups. And just like make those connections like it is the perfect time to gather, friends, and if you're feeling a little tentative about it.

11:02:11 The way that commotion students transfer is in commotion we were all in cohorts of like between 30 and 40. And then once you go to you. That's all scattered so you are even with the people that you like know and love and have spent three years with.

11:02:27 So just so you know you're not alone. We are all meeting new people from different cohorts and different sections. And so I would say that just utilize your group work to really make friends and like reach out to people within the cohort because they

11:02:41 will be responsive for sure.

11:02:45 Great. Thank you, Jessica and great question. From the crew.

11:02:52 In, who are part of this session today. So thank you.

11:02:56 I'm.

11:02:56 Um, I'm going to ask him sort of flip this over from the academic resources and actually asked about health and wellness resources or other areas of getting involved on campus, if you've gotten involved with that.

11:03:09 Mario, would you be able to speak to that to start.

11:03:13 Okay. So in all times, I think I was going a lot to casa, because like they have like not only the gym but you can, I was part of the squash club in case someone is interested squash is like a great sport it's not too difficult to learn, and the people

11:03:29 who are like part of the squash club are pretty nice and there's all kinds of levels you know from beginners to like really pause. And they also, there's also like the whole side of the courts where there's like basketball courts, or.

11:03:45 There's also a ping pong and tennis, and even badminton. So, yeah, you can try any racquet sports actually I like them, almost all and yeah just have to book it with time and then you can have like access to everything.

11:03:59 There's also the pool, I never really used it that much, but it's included in your tuition. So once this is over like why not to go and take a swim right.

11:04:08 I'm also like casa, like the gym is pretty nice. They have pretty good equipment and it's clean, it's spacious and you're probably going to find a lot of your friends there.

11:04:17 I'm not really sure how it operates right now. I think you do have to like a plan everything I had you know they call them my thing like 72 hours prior to go in or 2448.

11:04:29 Something about. Um, but yeah like it's a pretty decent game actually yeah so that's that's one thing.

11:04:36 Yeah, that's great and Carson is also operating things like online sessions for some other like exercise and fitness classes. So you can access it that way and you're right Maria there are Mario there are some pieces there that as long as you go to the

11:04:50 castle website and I wonder if mario after we finished chatting you can pop that into the chat as well and it can it can outline what some of those online opportunities are as well as like what the safety protocol is for accessing Karissa and the pool

11:05:07 and areas right now because they are doing some in person very safe stuff masks are mandatory and daily coven health checks, things like that, but that protocol will all be included on the website for a casa, and cardio stands for the Center for athletics

11:05:21 recreation and special abilities.

11:05:25 Jessica What about you have you access to any resources surrounding health and wellness at the campus at all.

11:05:31 Yeah, I have used the counseling services, and they moved to virtual or a phone call service as well. And they do, or what they were doing back in last spring was, they would hold a certain number of appointments.

11:05:51 I was like emergency appointments so you could show up like just in the morning and then you could schedule an appointment later on so I'm sure that there's probably some sort of logistics to doing that, as well.

11:06:04 But they do like phone appointments.

11:06:04 And I find them really helpful if you're just kind of struggling like this has been a really tough time for everyone. And if you just want to talk about it and you know just kind of like process and reflect on your own feelings and it is a lot to carry

11:06:17 a course load. And just, I personally found the lack of boundary between my home life and my school work life was very difficult because you're doing everything in your home now.

11:06:31 And so having that time for someone to listen and understand you is really really important and really good for your mental health. And then I personally haven't used this service but some of my friends have gone to the.

11:06:46 I'm not sure if it's a church but it's like an all religion like everyone can go there and there's actually gardens behind that area as well.

11:06:54 And you can like walk through it and it's just like a really safe, like place to I'm not sure what the rules are as well with Koba there but I'm sure walking outside is totally fine and it's just like a really safe spiritual place if you just want to

11:07:07 like ground yourself. And that's on campus.

11:07:12 That's fantastic yeah that's it's multifaith services, and right next to where they're located on campus is the Finnerty gardens and one of the things that they just don't really recommend at anytime when you're feeling down or stressed or even when you're

11:07:26 you're feeling good is to do a walk in nature and be around trees and things like that but it's especially especially pointing right now because it is especially timely right now that it is connected to the multi faith services and multifaith Services

11:07:40 has moved their programs online. So they're running all of the like morning meditation and like noontime meditation programs they also run a pet cafe.

11:07:51 When in person where they bring in dogs from the community and students income and distress by hanging out with puppies, or older dogs as well so that's a great resource to suggest, and yeah counseling has continued to do online and phone appointments,

11:08:11 as well they've implemented a new program called support Connect.

11:08:16 So you can just google UX support connect and that is a 24 seven mental health support line.

11:08:24 So, if you find that you're struggling or you find that you're in distress. There is 24 seven support for you through the university through the support Connect program.

11:08:34 And that's, you know, you phone, your phone in and you're able to access a counselor, right away.

11:08:40 And also be referred to other resources that can help you.

11:08:44 Yeah, really important. Eileen What about you,

11:08:50 um yeah they kind of mentioned the the big things but the other thing I actually wanted to mention is something that's coming up soon and that's wellness week.

11:08:59 For those of you who don't know, that's on the, I think started to 18, and it quite literally surrounds on different areas of wellness.

11:09:07 This kind of all kinds of workshops and activities and events that are happening, such as like I'm interested in doing like the introduction to meditation workshop that I can register for, so I totally would recommend checking that out and I was actually

11:09:22 getting the link right now so send that in the chat for you guys.

11:09:26 So definitely skim them.

11:09:37 That's awesome. It's going to be a fantastic program and that's coming up pretty quick and you might meet some people through some of those programs as well. I'm going to move on to the next question which is really about your coursework we want to know what's going on in the classes

11:09:45 what's going on in the classes so I'm actually going to ask a couple questions together so that you can sort of give your overview of those pieces and the first is what is your strategy to be successful in online courses, one, and two, how do you engage

11:09:58 with instructors professors or ta in an online environment, those those would be the two that I put put together and I'm wondering if Jessica if you could start, start us off.

11:10:10 So, being successful in online programs is definitely tough I would say big emphasis on time management.

11:10:21 Also there's apps, I think there's a couple of apps that are almost like meditation timers, and they can actually be used for like how long people can focus for.

11:10:32 And so if you set like a timer on how long you want to work like let's say 25 minutes, an hour and then it will give you the amount of time your brain needs a break, or like you need to get up and move your body and I find that those sorts of things to

11:10:45 Try to help you like keep on track. I've also found moving locations in my house very helpful. Like, I can't, you know be doing research on my bed. And I know that lots of people are in like one bedroom apartments are living in areas that aren't, but

11:11:01 if you can set up an area where you can move. I find that really really helpful just to keep focused and then in terms of staying in touch with your th or your props.

11:11:14 Obviously the nursing program is a little bit different because our classes are quite small there about 3040 people.

11:11:21 But I find like reaching out to them and just setting up a zoom call just to express like your concerns your strengths, your weaknesses and anything that you want them to know about your learning style.

11:11:32 I also know that there's, I can't remember what it's called. It used to be called, it's like an academic learning service that right next to the library and they give like support to students that have, you know, need extra time on tests, or they need,

11:11:48 you know, help with, you know, papers and like that sort of stuff where they need more time to do math like if you have any sort of barrier to creating equal equity amongst like test writing or paper writing.

11:12:07 I would highly recommend reaching out to them I have lots of friends that use their service and it really helps.

11:12:14 De stress them and let them focus on what they need to focus on.

11:12:19 Yeah, that's fantastic. I think you're talking about the Center for Accessible learning lovingly called cow on campus. We use a lot of acronyms that you Vic, so sorry about that in advance, and you're right, as a, as a student.

11:12:33 I had anxiety, and had a diagnosed condition that was a barrier to my studies I registered with the Center for Accessible learning and was able to receive some accommodations that were appropriate and supporting the anxiety about I experience around school

11:12:47 and around studying. And you're right they can do. There's things like note taking service there's things like longer time on exams and different support pieces, definitely check out their website, Center for Accessible learning because you do need to

11:13:02 register for that service, and they're fantastic, they do also have some other learning support services on a fee based system if you're if you're not part of the cow registered program so there are some peer tutors and some like learning strategy support

11:13:20 that you can access there, but sometimes there is a small fee associated with that in order to run the program.

11:13:27 But if you do have a diagnosis or you are working with something like anxiety or other barriers to your end, education, then, then, those would be free, through the Center for Accessible learning.

11:13:42 Hmm.

11:13:42 I want to check in with one of our other panelists Mario about you what, what's your strategy been for online courses and what about engaging with professors lab instructors and ta is in an online environment.

11:13:54 Okay so pretty similar to Jessica I think it all comes down to planning and productivity, you know, I'm, I'm personally like a night owl I love staying up super late, but it's not gonna work for this semester and actually I managed to fight that instinct

11:14:11 last term. And I was waking up super early, like, I don't know not super early like 8am, you know, just like a shower have breakfast and then I set up, like, because most of my coaches are asynchronous right so then I don't need to, you know, pop into

11:14:25 a zoom call at a certain time, but still I define like a certain time, and in days for each course right so I don't know like Mondays I had this course from 10 to 12 and Tuesdays this course from like, same time to 12.

11:14:40 I try to keep it all early in the morning, in the afternoon. So by like maybe two, three I'm done with, like all school work related stuff. And then I can just, you know, have time for myself you know go out on a walk or do some exercise, talk to my parents

11:14:59 or whatever. But I think that that was key you know like organizing my time and setting.

11:15:04 Assigning like a time for studying each course that was so useful. And also, you should write down everything on your calendar like I'm actually going to do it right now, after this session because like some professors in the syllabus they give us all

11:15:19 their deadlines right like for midterms projects essays everything so what I do is like I just go into my Google calendar which is like a free resource you get and then I just write it down as an event, you know, March 13, an essay and I just write it

11:15:36 there and it's going to be there you know so I can just go on my phone and check what's going to come up for this week or the next you know month, and I can be prepared for that that is that has been so useful, and it was incredibly successful for me,

11:15:48 this past term. Um, but otherwise without doing that I don't think I would have gotten you know good grades at all. Um, and as for communication with the teachers.

11:16:00 In my first major I didn't really have a lot of communication with my teachers because I thought that was not necessary not useful, but I was so wrong like on my second major, which is Pacific and Asian Studies.

11:16:12 I've had so much communication with my professors, and I can see how that immediately has like an impact on my grades at least you know because they feel how I'm, you know, responsive how much, how I am always you know there and so they have me on their

11:16:27 you know, they know like I'm a, I'm a student that maybe if not bright, I am always there you know being like a constant right. So the best ways to do that.

11:16:38 Since we cannot go face to face I think it's by emails. To be honest, like, just writing a lot of emails with them.

11:16:47 Getting them to know you that has been super useful to me. There's also office hours.

11:16:53 If you're not shy, then you can just pop into their office hours and talk to them. I think that would not be bad, because also like a lot of professors can give you a really good career advice you know because like they got to where they are, you know,

11:17:06 through a lot of experience, and if they can share some of that with you for free you know you don't have to buy like a course online or anything. You got them right there right so use those office hours, get the most experienced you can out of them,

11:17:32 know, the most knowledge, because, although online can be challenging. The it also brings a lot of advantages, you know, and I think we should definitely use them.

11:17:33 Awesome. Thank you.

11:17:35 Before I move on I just wanted to note that in the chat. One of our session attendees did include a link to an app I think it's called the be focused focused timer so sort of spinning off of what Jessica was mentioning about those timers, helping you

11:17:52 to study there is a concrete resource right there suggested by one of our fantastic nutrients for students. So, thank you.

11:18:00 Yeah, I'm going to turn it, Eileen, anything that you want to touch on, with regards to online courses and Strategies for Success. Yeah.

11:18:10 So they kind of like the ball and everything. Um, this is always a difficult question because everybody learns differently, right, and I always tell, especially as my first year students like it's a journey to figure out what works best for you.

11:18:27 Not necessarily going to work for you if it works for me, but for me, like, I prefer writing everything else, like my agenda is my life.

11:18:37 Having a to do list for like each day like I write my deadlines as Mario said before, like that's the first thing I do is write down the deadlines for all my classes.

11:18:45 So that I have in my head.

11:18:48 If I post a script for you like putting them everywhere I don't know you know for reminding alarms for meeting because you know have a lot of meetings or for classes, it's really easy to forget and I hear that a lot about how it's a lot more of a self

11:19:04 responsibility and self.

11:19:07 Studying so really began a good strategy for you I think it's really important if you want to succeed in online learning.

11:19:17 Absolutely. And I think one of the things that we say an orientation is that you have as a transfer student you've had things that have been successful for you in the past.

11:19:25 So remember to always play off of those strengths and sort of sit down and reflect on okay what were the specific strategies that work for me before I came to you, Vic and how can I maybe like leverage those you think is going to be a different institution

11:19:38 than where you were at so also please be gentle with yourself in that academic transition, we will see that there is an adjustment period for transfer students so just even being aware that like, you're ready to hit the ground running with with your studies

11:19:54 that you Vic but giving yourself a little bit of grace and being gentle with yourself about that transition because there is still a bit of a transition is you get used to the new lingo the new culture different styles potentially if you're transferring

11:20:07 in from another university there's the cultural element, if you're coming from another country. So making sure that you allow yourself the time to make that adjustment to know that it, it doesn't always happen immediately, and that this is this is a common

11:20:20 experience the literature for transfer students say that 96% of transfer students do need to take a bit of an adjustment period in their first term so don't be too hard on yourself if you find yourself, maybe some of the strategies you use before aren't

11:20:34 quite enough and you need to add something else in or you need to make that adjustment it's totally a Okay, so, so yeah, remember that as well.

11:20:45 Um, I guess, whenever we're getting towards the end of the session here. I'm going to ask you, what would you What do you wish that you had known at the beginning of your studies at you Vic.

11:21:00 Eileen I'm wondering if you could take that, like if you could go back and tell yourself something that you wish you knew specific to you back at the start, what would it be actually like the first thing I can think of and it's kind of crazy because it's

11:21:13 it's online learning, actually, because I've avoided it for most of my life.

11:21:20 Because I always thought like I wouldn't be good at it. But now that I'm forced to take online learning I actually learned that I'm quite like it and I'm quite good.

11:21:32 So really I just want to say like I wish I knew that a lot for a lot of my classes because I am an anthropologist will like anthropology classes where has like a lot of reading.

11:21:42 I think those are really great to take online and and allows you to have a little bit more flexibility for like the rest of your life.

11:21:49 I'm definitely for sciences though like probably best on campus but one of the things I wish I knew was that online learning is actually not so bad. Maybe not full time.

11:22:01 But definitely an option for like your other major reading glasses.

11:22:07 Awesome. That's great. Yeah definitely online is such an adjustment for some of us but there are also a online learning isn't anything new, there are universities that are like at the basket.

11:22:18 In Canada is completely online so there are lots of resources to be able to check in with that online learning but I love that, that what you would have told yourself about making that space with your anthropology courses and things like that.

11:22:32 Jessica What about you as a nursing student. What do you wish at the start of your yubikey Germany you had known,

11:22:40 I think that we were pretty well prepared coming in, just because it is like a continuation of the the program that we've kind of been groomed to take.

11:22:52 I wish I had known, like I wish I had looked more into, like the content of the courses that I was going to take, so that I had kind of like a better preface coming in because I felt sort of, like, oh, we're taking a research course Why are we taking

11:23:09 a research course like I just, I, I sort of felt like from the get go when I transition that I was sort of behind the eight ball. And then, similar to, I think what you were saying, Kate is that yes you need to play off the strength that you had but it

11:23:26 might not work like some of the stuff that I was using at commotion didn't work when I came to you back. And so, instead of like just putting your nose to the grindstone and like just trying to like get through it and like, do it all yourself like reach

11:23:41 out like open up like find those resources that we've talked so much about, because the more things that you let into your life, the easier it will become you'll find more resources, you'll find more tools to get you through it and I think that just like

11:23:55 believing in yourself and that you can do it and don't be afraid of failure, like it's much better to just go in and think like my best will be good enough or regardless of what it is and, you know, you really have to, especially with online learning,

11:24:10 like Eileen was saying like, you have to be self motivated so that belief in yourself just like practicing that is really important, because you are missing that, that in person connection with people.

11:24:24 Absolutely. That's fantastic. Um, someone recently said to me, You don't have to be perfect to be amazing.

11:24:30 So if you're you know sort of beating yourself up over it if you're if you're struggling It's okay, reach out for help and and you'll grow, so it's it's a positive even when it's hard sometimes Mario What about you.

11:24:45 Alright so, in contrast to Jessica, I think I was not prepared at all for my transition to, you know, from Mexico to Canada super different systems cultural language whatever right and i can i wish i was more prepared but anyways I came here you know

11:25:00 I was just like 19 years old, living on my own, in a new country everything was new right. Um, but some thing that I would really have like to do at the beginning was study planning, you know, like, there's a thing called the cap report, which is like

11:25:17 a tells you every single course that you need to take in your major or minor, you know. So if you can figure that out as soon as possible, try to do that, you know, don't, don't wait until the third fourth year as I did.

11:25:31 That will save you so much time, it's going to be much more efficient. And, yeah, that is a huge thing you can do for yourself you're going to be so glad you did it.

11:25:41 You can just go to your academic advisor, you can do it online. It's going to save you a lot of time and money.

11:25:46 Second thing, I had a big issue with plagiarism on my first semester. Because, you know, I think that's, that varies depending on culture, right. So in my university in Mexico, they did not focus that much on plagiarism.

11:26:03 And just for tiny mistake you know that I thought it was like tiny but it's pretty bad here you know like quotation marks.

11:26:12 And I got an end for our course and also be really careful with that do use the resources we have given you to, to learn how reference properly.

11:26:20 That's going to save you so much because there's so many essays coming your way. You know, I'm not trying to scare you. I'm just saying like, you know, have that in mind.

11:26:28 Right.

11:26:31 and use all the resources you can to make sure you are referencing correctly. And third, um, I wish I could have gotten into, like, exchanges, like sooner, in my, in my student life you know because I was doing an exchange in China, when Cole would happen

11:26:49 you know, so then I could not finish it and now I only had half of it. But as soon as things were back to normal honestly it's a great experience on you because some pretty cool exchanges with almost anywhere in the world you know and don't be afraid

11:27:04 you know it's really one of the best experiences, you know, to go to another university a whole new language you know if you're already a universe, an international student of music.

11:27:13 You know, it's still super cool to go to yet another country a different culture different everything.

11:27:18 You will not regret them. And I think that is, that is what I have to say.

11:27:27 Yeah.

11:27:27 That's great. And, yeah, when you mentioned plagiarism there is academic maintaining academic integrity and a comedian classroom is very different than some other cultures so.

11:27:37 So, International Student Services and of course the libraries and Learning Commons all have resources in order to support you maintain academic integrity, for sure.

11:27:47 Did I touch on all of the panelists for that question. I mean, did I get to you. Yeah, I started okay we're good. We've covered that off. Um, I think, I'm to close things out I'm just going to check if there's any other questions and it doesn't look like

11:28:01 there are, but if there are questions that you have.

11:28:05 We'll hang out here for a couple of extra minutes. If you want to chat with us and ask questions.

11:28:12 If you have specific questions about services like how do I get my one card. Some of those like more like things that you need to do this week checklist type items.

11:28:21 We do have a q amp a going on our Instagram account, all day today so you can send in your questions.

11:28:29 The Instagram account is at, you Vic, your one.

11:28:38 So, yeah, you can definitely check that out there.

11:28:38 And then make sure that you come back for speed friending this afternoon, we've got a bit of an hour long break for the speed friend Dean and that's an opportunity for you to get to know other students who are starting at the same time, opportunity for

11:28:53 you to exchange contact information to stay in touch maybe make some of those study groups together, or at least get to know someone and maybe you can attend clubs and course union days together, virtually, those types of things so I'm definitely looking

11:29:07 forward to seeing some of you for speed friend being a little bit later on.

11:29:13 We're just about to close out now but I thought I would ask if you have one last thing. Eileen Jessica and Mario in that order that you'd like to share with our new transfer students that you back.

11:29:26 I'm actually there's a question from row one here. Oh great if there's any particular clubs or services that have found especially useful as a political science student.

11:29:35 Yeah, be sure to, because the clubs change every year right so check for the latest.

11:29:41 Political Science Club, either on Facebook or, or on any social media, you know, and something that I really wish I could have done is kind of form part of like the the study.

11:29:53 I mean, the UPS Senate, you know you can run from positions you can be a member of the board on, I would have really liked to have done that with time but I did not do that but check that out.

11:30:04 There's also a political science department where you can actually refer position so over there so check that out that's that's really useful.

11:30:15 Hey, thank you yeah Pope the political science student union is one of the most active clubs and course unions on campus. And my understanding is they're also continuing to be very, very active virtually as well.

11:30:29 We do have another question just about two of my courses haven't been scheduled yet. Should I be worried about that or should it be figured out this week, it will be figured out this week through your professor they should send out a syllabus or reach

11:30:41 out to you about any scheduling, or whether or not that that course or program is going to be a synchronous.

11:30:50 Some of some folks are popping out of the chat and saying thank you and heading out but I just wanted to see. Jessica or Eileen some final goodbyes to our transfer students.

11:31:02 Feel free to unmute yourself. Yeah. And just to touch on that last comment I wasn't even registered for like two weeks. When I started last January, and everything got worked out, it was, it did become smooth, so don't worry about it and you can always

11:31:16 call admissions, like registered the register's office, and they're super helpful as well so I wouldn't panic about that if you can see it on your page then it should be alright.

11:31:28 But other than that, for any one who is a future nursing student or interested in any sort of like course union. I have been running mine for over a year now.

11:31:41 So, if you want to ask me any questions. My name is the exact same on Facebook, and I'm in most of the nursing groups. So feel free to reach out and message me or you can message me on here right now I'll be here for the next couple of minutes.

11:31:58 But good luck to everybody.

11:32:01 It should be an interesting semester I know the three of us have already lived through a one or two, all online semesters and it is challenging but remember to stay connected.

11:32:14 Eileen any final thoughts.

11:32:18 There is another question I'm just gonna.

11:32:21 Great, that's okay. If people need to go they can go but if they want to stay for some more questions I think I've got another one or two questions. I actually link, the UV SS Facebook page, a lot for students because they talked a lot about the clubs

11:32:47 unions and they are in charge of like a lot of events and things. So if you want to get connected and integrate yourself in the community that's a good one to like follow any clubs or unions they probably have their own page as well, clubs, relating to

11:32:51 your own program for example I know for anthropology there's bas

11:32:59 for

11:32:59 something with anthropology.

11:33:01 I'm not actually part of it but okay.

11:33:04 That would be another option. Great, things like that.

11:33:10 Um, there was a question that got sent privately to me, it was just about I don't know how to get into tutorials, and it's been a while since I've been in any anthropology or social sciences tutorials Eileen Can you answer that.

11:33:22 Yes tutorials.

11:33:24 So usually, at least for like the last class I took the professor will tell you specifically how to join us tutorials, I know some of them kind of just give you like the link and on their bright spaces, so have a bunch of links for your classes for tutorials

11:33:39 for their office hours.

11:33:41 So definitely wants to have that all posted up they might not get, but they definitely will have the information so I would email your professor if you're worried like right now.

11:33:51 But otherwise, I think, for the most part you find all that information on your brace to pieces.

11:33:59 Can I just say something very international students while they're still here.

11:34:03 Okay, so. As an international student I feel like something that has helped me a lot was like, just, you know, use your translator for everything, there's a lot of work that we don't know.

11:34:14 And it's completely normal. You know, when I first got here I was like man I'm never gonna be able to do this, there's so many words in English that I didn't know, and I had to do so much translating but it's better to do it earlier than later because

11:34:27 you're going to use it, you know for three four years, and also for speaking you know most of us will be shy at first being like oh my god like I cannot do this you know I'll never be able to speak properly, you will get there eventually.

11:34:40 You know, I really felt so myself. I was like super shy, especially in classes in courses where, you know, the teacher asked me something and I was like man I have the idea in my head, but I don't know how to express it in words, you know, in English

11:34:51 but it's going to come to you eventually Don't worry, but do translate do search for words, you know. Also another thing.

11:34:59 Check YouTube tutorials for everything you know, any kind of topic you want to know about. Don't just stay with what the teachers give you go into YouTube check, a lot of tutorials, and that's going to help you so so much for referencing, There is another

11:35:14 tool called Citation Machine. In, you can just, you know, type in Citation Machine, and you will be able to do all your referencing super clearly super easily and you will not make any plagiarism mistakes.

11:35:27 Okay. And don't worry like you will get this. Eventually, okay, it's going to happen and you're going to do great Don't be afraid. Okay.

11:35:35 That's awesome. Thank you. Um, lots of concrete tips. Thank you everyone for joining us. I'll leave the call, open, but you're welcome to go now we all just I have to.

11:35:51 I have to say welcome to you, Vic and, and thank you so so much for being a part of this I am just going to pop up a quick poll for anybody who's still here, which is just going to ask you after attending this session, do you feel more prepared as a transfer

11:36:03 student at you Vic, yes, no, or you could be unsure if you can pop that in as you leave, that would be fantastic. And thank you to our panelists, really, really appreciate your insight and experience.

11:36:16 Thank you. Mario I'm not sure if you can answer Julia's question in the chat.

11:36:23 She was just looking for groups that like my Connect her with other people who want to be like active or outdoors or anything like that. I was mostly just in nursing group so I don't think that my experience really lends to that we did have like a run

11:36:38 club but that was I think per program.

11:36:42 I mean, you can literally find any kind of groups on Facebook, you know, just go like type you Vic and some kind of group and chances are that you will find something about it you know you be cape up and you'll find something unique running club.

11:36:55 There's sailing clubs or swimming clubs there's clubs for anything, you know, and if you're brave, you can even start your own club, you know, that's an option as well.

11:37:08 Awesome.

11:37:10 Yeah, I began a student who was doing like canoeing or kayaking or something so literally anything.

11:37:16 Yeah, do you think outdoors club is awesome.