

SUMMER 2021

TRANSITION GUIDE

Global Peer Program - York International



LET'S MOVE FORWARD!!!

This Transition Guide will equip incoming second-year students like you with necessary information on how to handle the academic workload and future plans.

Congratulations! You've made it through your first year of university! This is a great accomplishment. However, during this time of year, you might be asking yourself "Now what?" or "Where do I go from here?".

Going into the second year may seem a little daunting, but as long as you're prepared for what's ahead there is no reason why you can't succeed. Our Peer Mentors will share with you what to expect during your transition from first to second year, and a few things you can do to make sure you do as well as you can.

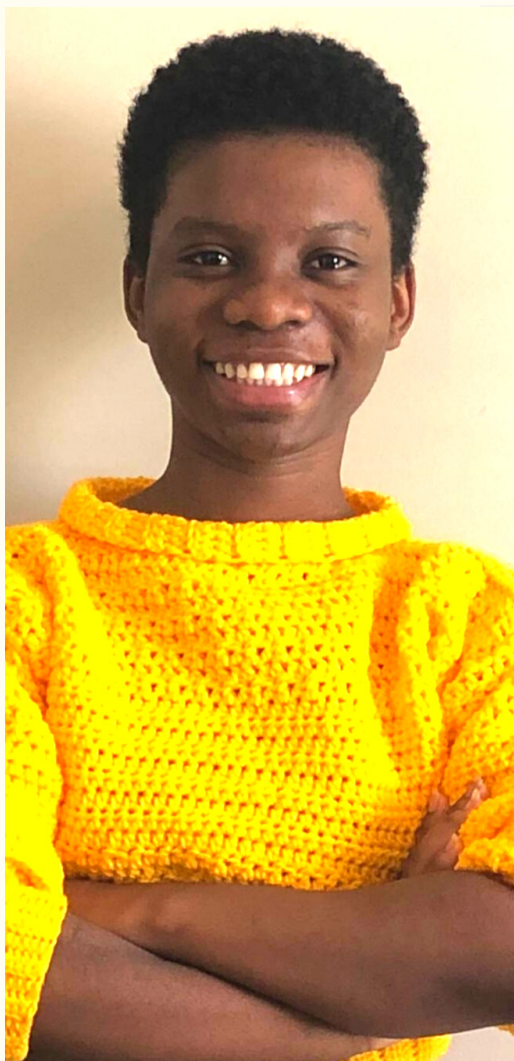
Have a great summer!

ACADEMIC AND CAREER PLAN

By: *Emmanuella Sowah*

Course Enrolment

To find the specific course enrolment date, go to the York University Online Services webpage and click on "Enrolment windows", sign in, and click on "My Enrolment Access times". Make use of "RateMyProfessor" to get an overview of the professors before deciding on which class section to enroll in. Also, don't forget to check the prerequisites of the courses you want to take.



Emmanuella Sowah - Peer Mentor

Research Internship Early

As most companies accept upper-year interns, use your first and second years to know more about the companies, attend networking events hosted by these companies, build connections with people in the companies, find out what they require in their interns (GPA, leadership skills, extracurricular activities...), work on your resume and interview skills, be confident in yourself when you finally decide to apply.

Networking

One way to get the dream internship in your dream company is through networking. Join your program-specific clubs as these clubs usually host networking events with companies in the industry. Also, join other fun clubs, make friends, and take on leadership experiences. Demonstrated leadership skills are highly required by companies.

Participate in college activities and endeavor to manage your time effectively. Attend events that will be of great benefit to your future career.

It's never a bad idea to have as many networks and connections as possible. Create a LinkedIn profile if you don't have it already and make good use of that as well.

PREPARE YOUR SKILL SET, PREPARE YOURSELF

By: Shivam Nagpal

In the words of Warren Buffett, "You can increase your worth by at least 50% if you improve your communication skills - both verbal and written".

The best way to gain experience while studying is through internship/co-op programs. Employers offering such programs recognize the lack of professional work experience that a student might have. Hence, they expect students to have basic soft skills. These include communication, critical thinking, leadership, teamwork, to name a few. So, take a step this year to develop your soft skills. Attend as many seminars as you can, connect with employers, lead your group projects. Invest your time and effort now to reap the reward in the future!



Shivam Nagpal - Peer Mentor



Udichi Das - Peer Mentor

FIND A SUMMER JOB

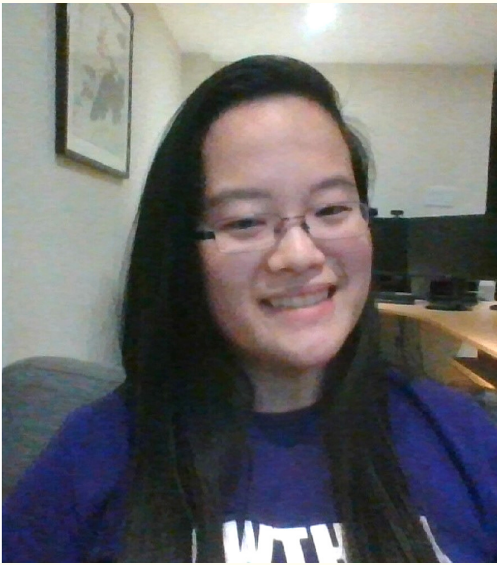
By: Udichi Das

Summer is a great time to get those extra bucks in! Getting a job in retail or other blue-collar workspaces is pretty convenient. I got my first job when I walked into a store unknowingly wearing my university hoodie and was met by a fellow York student who was an employee there. Later, I ended up being his employee referral!

You never know what connections you may find in the quest of finding a job, but even if you don't have any connection, just gather some courage, take a bunch of well-written resumes and smartly walk into stores to talk to the manager! You can do it! Once you do it the first time, it gets much easier! Also, apply to as many places as you can both online and offline. The more the merrier! All the best!

FIND AN EXCHANGE PROGRAM & GO ABROAD!!

By: Kitty Yin



Kitty Yin - Peer Mentor

Hello,

I strongly encourage you to apply for exchange with Go Global in your second year. Going on exchange is a life-changing experience that will be a valuable asset to your degree.

You will learn a lot, open your mind, and challenge your perspectives - and your regular tuition will pay for it!

I went to Bordeaux, France, which was eye-opening.

<https://yorkinternational.yorku.ca/go-global/>

MAKE TIME FOR SELF-REFLECTION

By: Mahbod Ebrahimi

To every student entering their second year, let's do a self-reflection on your first year. It is a form of personal analysis that allows you to bring your future plan into alignment with what you wish it to be. This self-reflection could be upon your study plan or how you applied your skills to handle it. It's okay to make mistakes, but don't make the same mistake twice. Thinking about what worked and what didn't will help to have a much more productive second year.



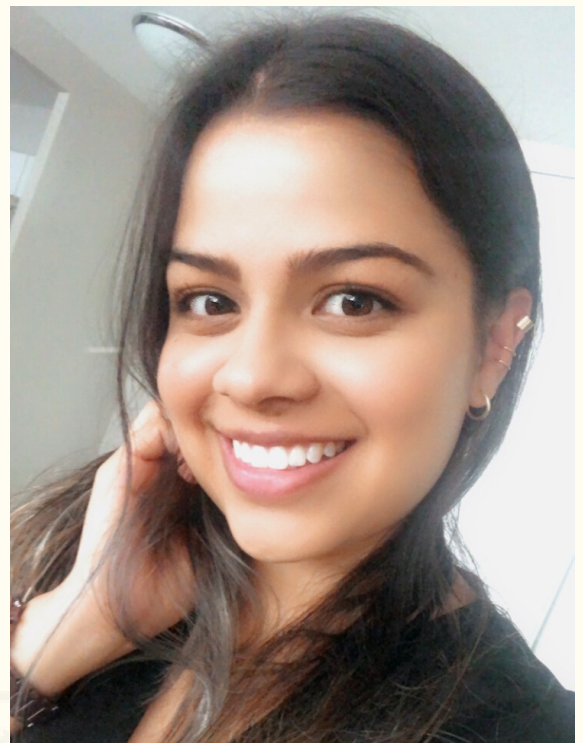
Mahbod Ebrahimi - Peer Mentor

PLAN A HEALTHY STAY-AT-HOME ROUTINE

By: *Manuela Perez Guzman*

Trying to follow a routine will make you feel more in charge of your life while avoiding bad habits. I always plan my week around my classes, work and study sessions, but I prioritize healthy habits such as having a morning and night routine.

I would suggest you start a morning routine that consist of meditating for 15 minutes, writing down on a gratitude journal and exercising for at least 1 hour. It will help you to have a clear mind and get the energy to achieve your daily goals. At night, you might do a self-care routine with some face masks and a long shower to help you get into the relaxation state.



Manuela Perez Guzman - Peer Mentor

SUMMER RETREAT !!!

By: *Ferzeen Ansari*

This summer is going to be different, but it can't hold us from enjoying the best time of the year and freshen up our energy! Here are some handpicked retreat ideas I am planning for myself this summer:



Ferzeen Ansari - Peer Mentor

- Play virtual games with friends
- Visit parks (6 feet apart, of course!)
- Take on a new activity such as rollerblading, cycling, scooting, skateboarding, etc
- Go on long drives
- Re-design my backyard
- Do a BBQ
- Play a new sport (basketball, soccer, hockey, etc)
- Pick up a new hobby together with friends (knitting, sewing, painting, reading)

And I strongly encourage you do make your own list to enjoy your summer. You deserve it!!

MOVING CHECKLIST DURING PANDEMIC

By: Eugene Ting

For all international students travelling to Canada soon, here are the few things to remember:



Eugene Ting - Peer Mentor

1) Make sure to check out the YorkU Quarantine Information website for more details about the process and requirements prior to and after arriving in Canada. [Link available here.](#)

2) Stay in close contact with YorkU Quarantine centre to answer your concerns. Contacts: quarantine@yorku.ca

3) In order to enter Canada as a student, you must attain the following requirements:
a) Valid Study Permit
b) You must be attending a designated Learning Institutions (DLI), and YorkU is part of the approved list!

And, do keep in mind that you should **double-check all the requirements with our Immigration Advisors**. Contact them at iadvisor@yorku.ca.

YORK INTERNATIONAL IS HERE TO SUPPORT YOU!

The York University Quarantine Program includes the 3-night stay at a government-authorized hotel that must be completed at the beginning of the mandatory 14-day quarantine.

Please visit [York International - Quarantine Information](#) and choose the option that best describes your situation.

However, we strongly encourage you to consider delaying your travel plans until the number of cases decreases in Ontario.



ON-CAMPUS HOUSING

By: *Susanna (Baaba) Nunoo*

On-campus housing is a great place to stay as a new student coming from another country. It is a way to make new friends, learn about new cultures, good security, enjoy varieties of food because of the wide range of restaurants on the campus, and enjoy campus resources (library, athletic facilities, support services, and others).

Also, with the wide variety of residences, you can choose one that fits your lifestyle. It helps you to familiarize yourself with the campus better and become more involved in campus activities. Don't hesitate to ask questions because there are so many people to help.

Do visit the [York Housing Website](#) for more information!



Susanna Nunoo - Peer Mentor



Sheel Achnani - Peer Mentor

OFF-CAMPUS HOUSING

By: *Sheel Achnani*

I would suggest everyone look at Kijiji for housing. Also, there are a lot of pages on Facebook for accommodation for students. They are very helpful. And another tip would be to contact the property manager for the lease for the house/room. That is also a good option. Many property managers, especially in the York village, would help you find a good place. And the last tip would be asking your friends if they know someone who would help you with the place.

However, there are rental scams. So, do keep in mind that you need to **research a place carefully before moving in or signing any kind of contract!**
