

GPP NEWSLETTER

April 2022

Monthly Global Peer
Program Highlights



IN THIS ISSUE

It's the last month of the Academic session 2021/2022, YAY! We are glad you have all come this far with different kinds of struggles you have encountered and have solved them. I believe everyone is trying to finish the semester safely and get it over with the final examinations. It has been a long journey and we are proud of you all. In this newsletter, we will be discussing some strategies on exam preparation, time-management and self-management and introducing On-Campus summer activities and opportunities (Volunteering, work/study positions, orientation, clubs you could join, possible upcoming sport activities, events). A few of York International Peer Mentors will also be sharing their testimonials, telling you a few of the challenges they have faced this year and how they have overcome them, their Global Peer Mentor Experience and their upcoming summer plans. We are all looking forward to finishing the semester and having our summer break, hang in there, nail your exams, and enjoy the break to the fullest. For those who will be taking summer classes, see you in the summer and for those who won't be taking summer classes, see you in the Fall/Winter 2022/23 session!

**ALL THE BEST, YORK LIONS.
YOU GOT THIS!!**

UPCOMING EVENTS

[GNL Community of Practice Meeting](#)

Apr.1|10:00AM

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[Virtual Coffee Break](#)

Apr.1 | 11:00AM

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[Virtual Coffee Break](#)

Apr.6| 11:00AM

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[Health Focus: Healthy Eating and International Students](#)

Apr.7 | 11:00AM

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[Pre-Departure Travel Risk Management Training](#)

Apr.8 | 3:00PM

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[Virtual Coffee Break](#)

Apr.8|2:00PM

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[OSAP Information for Exchange](#)

Apr.25|11:00AM

EXAM PREPARATION, TIPS & TRICKS

SELF CARE DURING EXAM SEASON

Exam Season can be a stressful time of year for students. Thus, it is good to take care of your mental and physical Health. Below are some tips for self-care during exam season:

MAKE A STUDY PLAN

Identify the time of the day you work best, make a study timetable around that time and stick to it.

SCHEDULE BREAKS

Schedule breaks in between and use your break time to do something de stressing that gets you out of the study space.

Study break ideas: Take a walk, quick shower, Cook, stretch / meditate, Paint / draw , tidy up your room, Talk to a friend / family.

GOOD NUTRITION

It is important to eat well and have healthy snacks and food to get your brain the nutrition it needs. Junk foods will make you feel sluggish and tired.

SLEEP = SANITY

Aim for 6 - 8 hours of sleep daily to increase focus and memory consolidation. cutting your sleep to pull an allnighter can be a barrier to your learning process.

BE KIND TO YOURSELF AND ASK FOR HELP WHEN NEEDED

If you find yourself feeling anxious about an exam, reach out to someone.

Talk to your friends or family.

Reach out to your professors or TAs when needed.

We, your [GPP Peer Mentors](#) are always here for you.

York's [Student counselling, Health & Well being](#) are also available to support you.

RELATED RESOURCES

To help prepare for the exams:

- [Reading & Notetaking](#)
- [Exam Prep](#)
- [Learning Commons](#)
- [LSS Workshop](#)
- [The writing center](#)

s. Health & Well-being:

- [Managing Academic Stress](#)
- [Student Counselling](#)

EXAM PREPARATION, TIPS & TRICKS

ACADEMIC INTEGRITY 101

Academic Integrity can be a perplexing concept especially if you are an international student. It can have different meaning in different cultural backgrounds.

DO'S IN ACADEMIC INTEGRITY

- Use Quotation marks when using another person's words directly and cite the source.
- Use citations when paraphrasing another person's ideas (not exact words).
- Get familiar with citation styles APA, MLA, Chicago.
- Read and understand the York Senate Policy on Academic Integrity to ensure you know what is and is not considered a breach of academic honesty.

DON'TS IN ACADEMIC INTEGRITY

- Copy answers on a test/quiz or other assignments from someone else.
- Do someone else's work for them.
- Give someone the test/quiz answers or get the answers from someone in advance.
- Pay someone/a company to do the work for you.
- Copy thoughts/ideas from other sources without citing your source – even if you are paraphrasing those.

York has a lot of resources that can help you understand the concept of academic integrity and stay academically integral throughout your program.

The writing center is a great place to enhance your writing skills that offer research development, essay writing, editing and citation help. If you are struggling in understanding and doing your assignment, the writing center is the right place to go to.

In addition, **the LSS workshop** offers an opportunity to help you learn important skills like how to prepare for exams, manage stress, study efficiently and more.

RELATED RESOURCES

- [SPARK](#) (Student Paper & Academic Research Kit)
- [Learning Commons](#)
- [Writing Center](#)
- [ESL Open Learning Centre\(OLC\)](#)

PEER MENTOR TESTIMONIALS

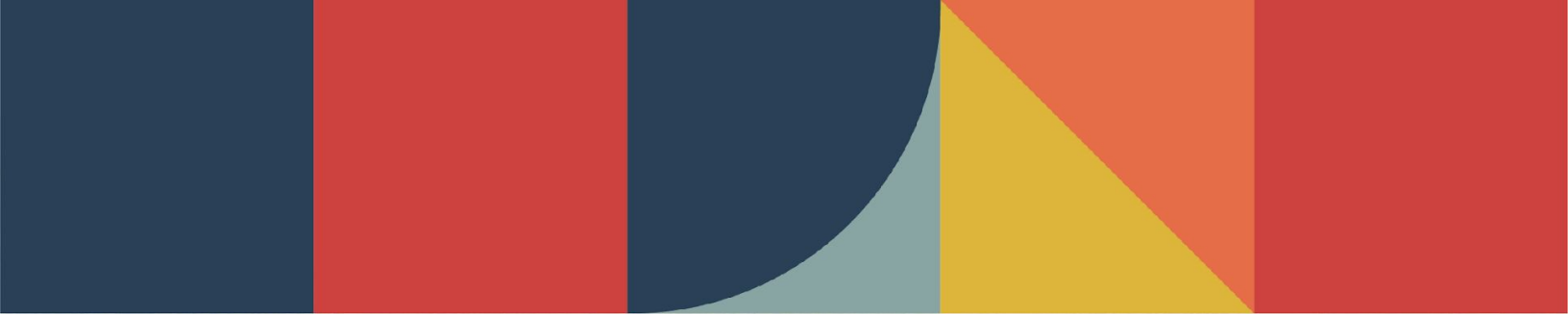
KRISHIKA GUPTA (She/Her)

I am a fourth-year information technology student from India graduating in spring 2022. I am a Global Peer Mentor at York International for the last two years. My experience has been very rich and I have gained leadership and mentorship proficiency. I am also a Peer Mentor with New college and has been actively involved as a volunteer on campus with multiple clubs and organization. I work as a LA&PS HERO Ambassador at the Dean's Office with the Student Awards and Academic Integrity Team. Being an international student, I have a lot on my plate. I have to juggle my academics, part-time jobs, volunteer commitments and my social life. Dealing with the stress that comes with being an international student can be challenging. Nevertheless, we international students frequently overlook the importance of rest, self-care, and our mental well-being. When I started at York, I struggled to maintain a healthy work-life balance. I often felt overworked, and I was worried about burning out. In my volunteer roles and my work-study position, I practice effective time management skills, and I am improving my work-life balance. I have also made some lifestyle changes to lift my mood and cope with the stress of student life.



BIRUK BELACHEW

Returning in person after 2 years was difficult at first. I struggled with Waking up early to go to school, finding my way around at York and managing my time. But, I was able to improve them overtime. I started going to bed early to be able to wake up in the morning. Also, asking people for directions and using york's interactive map made it easier to find my way around campus. Lastly, Making a time table for all my activities helped me save more time and keep track of my assignments.



PLACES TO VISIT IN SUMMER

SABA HAJIBANDEH (She/Her):

Kayaking on Toronto Island is an adventurous outdoor experience to do in summer if you like to stay active while exploring nature! This place is minutes away from downtown Toronto and is a great spot to relax and enjoy the view.



BIRUK BELACHEW:

Ripley’s Aquarium has marine and freshwater habitats from around the world. Located in downtown Toronto, It is a great place to be amazed by deep sea animals and have memorable adventures with your friends.



KRISHIKA GUPTA (She/Her):

If you have love for history like me and are passionate about exploring some royal historical places especially here in Toronto, I would definitely recommend checking out Casa Loma which is a Gothic Revival style mansion and garden in the middle of Toronto. It is now a beautiful historical house museum and landmark. Go check out this place in summer and get some beautiful pictures clicked.

