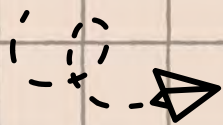


# **PAPER PLANES**



***Keeping Up With The  
York University Community***

*Published by the **Global Peer Program***

**NOVEMBER '22 EDITION**





# CONTENTS:

- Midterm/Finals Study Preparations
- Get Involved at York & Building a Community
- Safety Measures & Scam Awareness

# IN THIS ISSUE:

It's November already people! Time is really flying so fast and we are almost past Midterm season. Pat yourselves on the back if you have completed all the assignments and midterms and if you have not, well, this Newsletter might be beneficial for you as we have some Midterm and Final preparation tips and resources. If you are looking for ways to be more involved in the York community and clubs, then we have on-campus activities and club resources. Last but not the least, we didn't forget about your safety as students here in Canada and York University.

This November edition includes Midterm tips and tricks, resources, on-campus opportunities and communities, and safety measures.



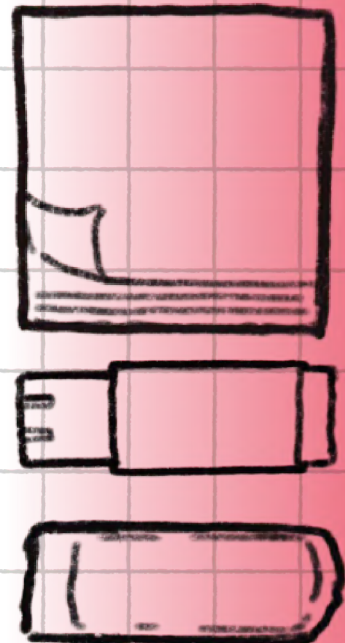
# UPCOMING EVENTS:

York International calendar:

UHIP Drop-in Hours

International Student Advising

Sustainable and Inclusive Internationalization Virtual Conference 2022





# EXAM PREP & TRICKS:

## Midterm/Final Study Preparation Tips

**Academic integrity:** As an international student, understanding the importance of academic integrity can be confusing. Some of my friends in first year had to attend meetings with the Dean and professor because they unknowingly plagiarised their assignments and some exams. To avoid that, York provides various resources which can help you make sure that you're not breaching academic integrity and maintain authenticity throughout your program. If you still want to know more about Academic Integrity, go to their website

### Here are some preparation steps you can take:

#### Before the exam:

- Get a good night's rest (Around 7-8 hours of sleep) before the day of your exam because your body and mind need enough time to recharge to do well on your exam.
- Pack your essential items like pencils, erasers, calculators (if needed), Kleenex, Chapstick, and student card in a tiny little bag the night before. Hence, it is easy for you to access before the exam.
- The most important part before your midterm is to eat a nutritious breakfast to fuel your mind and body with energy. Make sure not to eat a heavy but small breakfast.
- Arrive at least 15-25 minutes early at your assigned exam location. This will allow you time to find a seat and take a breather before the exam.

#### During Your Exam:

- Take out your supplies and have them beside you and make sure to get comfy.
- As soon as the exam begins, try to recall any information that might be too difficult to remember. This could range from formulas to definitions or keywords.
- Make sure to read all the instructions carefully and have all your exam booklets and are not missing any paper. During your exam make sure to allocate your time properly. Do not spend too much time on one question and try coming back to harder questions after you have completed the simpler ones. At the end, give yourself time to go over the exam.





**Below are some YorkU exam resources:**

**Writing Centre**

(The writing center offers writing support programming. Go to the writing center to work on your reading, writing, and thinking skills.)

**Prepping for the exam (PDF)**

(Useful tips to help you prepare for your exams and make sure you have a successful, and less stressful, exam period.)

**Learning Skills Workshop**

(They offer interactive workshops to help you learn skills that are essential in University.)

**After Your Exam:** Make sure to relax, give yourself some time to decompress, and rest. Reflect on your exam, and try to see what study strategies worked and did not work. And finally, reward yourself, go out and have fun with your friends.

**Get Involved with YU (On Campus opportunities and finding community on-campus)**

It might be challenging to stay engaged on campus as a student while attending classes and juggling all of your other responsibilities, but you can still find activities in between your busy schedule if that is what is keeping you from participating in various York University events. Some of you might also be unsure about how to participate on campus. I'd like to discuss the simple things you can do to get involved in the York community in this piece.

**1)Attend Workshops**

Numerous workshops are available at York University all year long. An average workshop lasts between 1-2 hours. Therefore, I suggest attending some of the courses that are given if you have approximately 2 hours to spare during the day. These courses are excellent for honing your academic skills, and they are also excellent for building relationships. Introduce yourself to others around you and the instructors leading the session if you want to make the most of your time. By taking the initiative, you could build a valuable connection with a participant.

**2)Become a mentor**

There is a leadership opportunity on-campus called "Student Success Peer Mentors" allows students to serve as student-coaches for their fellow classmates, helping their growth and advancement toward their intended goals and objectives. They participate in a range of leadership and coaching seminars while serving as York University's student ambassadors.If you would like to support other mature students and help with the transition from work/home to university with first-year students, then you can participate in the **ACMAPS Peer Mentorship Program.**

## Interactive Workshops

These workshops provide both online and live classes to help you develop the skills necessary to succeed academically. All York University students from all programmes and years are welcome to attend the seminars, which are intended to teach you how to better manage your time, effective ways to learn and study, catch up with readings and course work, etc.

Check out their [Event Calendar](#)

You can also become a mentor through your faculty or through your college. Visit the various faculty websites to view their mentor programs: **York University Faculties**

## 3) Don't Miss Out on Open House Events

You might have noticed throughout the first couple months of school that several faculties or student organisations were hosting Open House events. In essence, these are "meet & greet" events where you may chat with staff from one of York's colleges, a student organisation like YUMSO, a student service like the Career or Writing Centre, or a student club like the Writing Centre.

You're mostly attending the Open House to learn more about the group, after all. Whether there are any lectures or lecturers, pay attention to them to decide if you want to participate further. Getting engaged might be as easy as noting the website so you can learn when they are hosting activities for which you can volunteer. You might perhaps tell a representative that you would want to assist but that you are limited in your availability owing to other obligations. Open House events often include beverages and little bites for you to nibble on while you make your rounds.

## 4) Clubs & Associations

By participating, you may build a network in your area of expertise and meet individuals who are already employed in the profession you wish to pursue. By inviting speakers and lecturers as guests, as well as holding networking events, several on-campus clubs and organisations may introduce you to key figures in the field. Students benefit from this by making contacts that may assist begin their professional careers.

You can check out all the clubs at York on [YU Connect](#).





## Safety Protocol and Services on Campus: GoSafe and Scam awareness

Along with all the exciting resources and things to do at York, we also have to ensure our safety. Knowing the available resources will help us all at the right time.

**goSAFE:** goSAFE is one of the largest student employers on campus. They also offer you the opportunity to give back to the York community while also earning money. York University students staff the software company goSAFE, which is easily identifiable with its red jackets or goSAFE T-shirts. You can always rely on safe teams to accompany you to and from any on-campus location, such as the Village Shuttle pick-up hub, parking lots, bus stops or residences. They will be available at your pick-up location within 10 minutes of your call and will be happy to wait with you until your bus or transportation arrives or your car starts.

How to reach goSAFE?

- Call 416-736-5454, or from your office phone at extension 55454
- Use any on-campus payphone (it is a free call!)
- Use any Blue Light Emergency Phone and ask for goSAFE
- Use any on-campus Safety Phone and push the black goSAFE button

**SafetyApp:** The university has designed an app for York University students, faculty, and staff that provides one-stop access to all University safety resources, including a direct call to campus security and goSAFE, as well as information regarding the campus shuttle and other campus safety-related services. The app also has a feature called push notifications and the safety alert feature that allows it to communicate emergency situations directly with users.

Here are download links for [AppStore](#) and [GooglePlay](#)



## **Mentor testimonials:**

### **Vanshika Arora**

Hi everyone! I am Vanshika, a 3rd year Biomedical Science student at York. I am a new Peer Mentor. I am from India. Hope that you all enjoy reading the Newsletter we created.

### **Parina Taneja:**

Hi everyone! I am a 1st year international student from India and a new Peer Mentor. My major is Human Resource Management.

### **Yulik Smieszek:**

Hey everyone! I am a 4th year Film Production international student for Poland. This Newsletter might be helpful for both International and Domestic students.

### **Muhammad Sadman Alam:**

Hello everyone! I am a 5th year domestic student studying Information Technology.

### **Aradya Singh (Ethan):**

Hi everyone! I am a 3rd year Computer Science international student. I am a new Peer Mentor and I am happy to be joining the team.

***Stay tuned for our December Newsletter to read about more exciting content***

