

# Welcome to LEAP Canada

Our "Debunking Misconceptions" & University of British Columbia webinar will begin shortly!



# Agenda

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1

Overview of LEAP	Debunking Misconceptions Panelists	Panel Discussion	Q / A Period
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Break	UBC Panelists	Panel Discussion	Q / A Period
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# Overview of LEAP

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- We're dedicated to helping students **learn** more about the post-secondary institution they have committed to through our speaker panels focused on student life, academics, extra-curriculars, soft skills, and more
- We want to **empower** students to find their own personal brand and be confident heading into their first year of university, which will be full of life-changing experiences
- We **assist** students in the process of applying, choosing the right post-secondary institute for them, and transitioning to university life through our resource portals and mentorship program
- We want to **prepare** students - through insight and guidance - to be ready for an unforgettable post-secondary experience, no matter where they are headed

## Debunking Misconceptions Panelist

### Constanza Farias

University of Toronto Scarborough

4th Year, Health Studies, Major in Population Health and Psych

- Crisis Responder and Peer Mentor at **Kids Help Phone**
- **Founder at WeLink** - an inclusive platform for the youth collective care revolution
- Interests: dance, mental health, and theology



## Debunking Misconceptions Panelist

### Saad Shaikh

Western University

2nd Year, Health Sciences with Major in Biology

- Former residency **Health and Wellness Commissioner at Western**
- **Public Health Delegate** for HOSA Canada
- Currently volunteering at **Markham Stouffville Hospital** for COVID-19 relief efforts
- Love playing basketball and traveling



## Debunking Misconceptions Panelist

### Sam Hou

McGill University

Recent Graduate, Economics

- Current **Business Development Analyst at Next Gen HQ**
- Incoming MSc candidate
- Obtained internship experience in multiple industries e.g. sports management, asset management, and consulting
- Interests: basketball, fitness, entrepreneurship, and snowboarding



## Debunking Misconceptions Panelist

### Malak Al-Hadidi

McMaster University

2nd Year, Honours Life Sciences

- (Highschool) Former **Student Council Member**, **Model UN** delegate, and **Kindergarten Teacher Assistant**
- Participated in various research competitions such as **SciNapse**
- Incoming **Pharmacy Assistant**
- My hobbies include visual art, baking, and tennis!



# PANEL DISCUSSION

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- Grades
- University Culture
- Work-Life Balance
- Transition to University





# Grades

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## Getting a 4.0 GPA is impossible

- (Malak) It is not impossible, but it is also not easy
  - ◆ You must have the right discipline and study “smart” towards that goal with consistency
- (Sam) Attend ALL classes, go to TA sessions, visit Prof during office hours, and adopt effective habits

*Your first midterm grades will be bad*

*You will experience a drop in grades*



# Grades

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## The professors you have will largely affect your grades

- (Malak) This kind of mindset is very common among students and it is problematic
  - ◆ Profs and TA's have different styles of teaching
  - ◆ As students it is expected that we adapt to them and do our best
  - ◆ They do not affect your grades as much as you do
- (Sam) Understand your strengths and weaknesses

*Grades aren't as important in university than in high school*



# Culture

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As a university student, you are constantly studying, getting minimal sleep, broke, and everyone around you is highly competitive

- (Saad) Every student is trying to reach a high GPA
  - ◆ But students are constantly trying to help each other
- (Constanza) Yes and no
  - ◆ Generally unspoken culture that glamorizes this lifestyle but that doesn't mean you have to subscribe to it - reach out and find supportive spaces early!



# Culture

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Certain universities are more cut-throat or competitive  
and would be harder to achieve a 4.0 GPA



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## Most university students skip classes

- (Constanza) **Myth** mindset of skipping classes can lead to a more stressful end of term
  - ◆ However prioritizing classes is something that will help support your learning and wellbeing

*In university, you will lose high school relationships and friendships*



# Work-Life Balance

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You have to study all the time if you want good grades,  
therefore, it is not possible to have a social life

- (Sam) While difficult, social life, good grades, and sleep **is possible**
  - ◆ What are your non-negotiables?
  - ◆ Become a master of your calendar (Sunday)
- (Constanza) **Myth**
  - ◆ This is where you have to check in with yourself and your life circumstances and determine what is possible for you to have
  - ◆ PLAN it out to achieve sustainable balance
- Group studying is a way to get the best of both worlds



# Work-Life Balance

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Students in competitive programs (e.g. IB, AP, TOPS) have an easier time in university compared to mainstream students



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# Transition to University

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If you're an average student (e.g. B student, 1-2 ECs), you won't be able to get into your dream university

- Your application makes all the difference
- Most universities want to see high grades in the required and recommended high school courses for the program you want to go into
  - ◆ Do your research!





# Transition to University

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It is better going to an out-of-province university compared to in-province university

- Everything comes with its pros and cons
  - ◆ Really depends on the individual
  - ◆ Cost is a big factor





# Q&A PERIOD

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Feel free to ask any questions in the chat box!



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# CONTACT US

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Sam Hou

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Malak Al-Hadidi

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# UPCOMING WEBINARS

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July 28 - Jobs, Internships, and Research & Queens

August 4 - Summer 2020 To-Dos & McMaster

August 11 - Impacts of COVID-19 & Brock

August 18 - General & McGill

August 25 - University Prep: Incoming High School Graduates & Waterloo/Laurier



# British Columbia Youth Council

The **BC Youth Council** provides a platform for BC youth to fight for change that benefits youth, through **representation, development, and support.**

Tune into BCYC's **MENTAL HEALTH WEBINAR SERIES:**

## Myths about mental health we need to dispense

July 25th | 12PM PST

Find more information about the webinar on Instagram **@bcyouthcouncil**



# QUICK BREAK

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Thank you for joining us in PART I of the webinar!  
We will be back in a couple minutes to discuss **University of British Columbia** specific questions.

# Overview of LEAP

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# Agenda

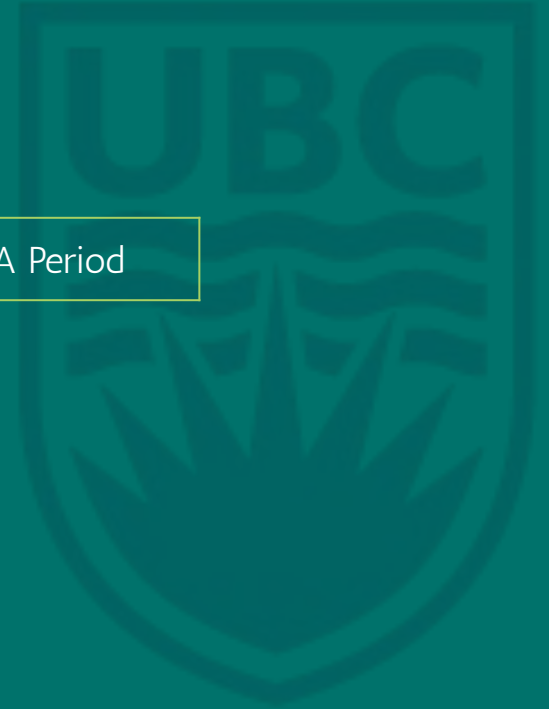
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UBC Panelists

Panel Discussion

Q/A Period





## University of British Columbia Panelist

### Kelly Liu

University of British Columbia  
2nd Year, Sauder School of Business

- Current **Sustainability Creative Content Director at CUS Sustainability**
- Upcoming **Jumpstart** and **Imagine Day Leader** and **Collegia Advisor** for UBC first-year events
- Planning to complete a concentration in **Sustainability and Social Impact**
- Love exploring beauty and fashion



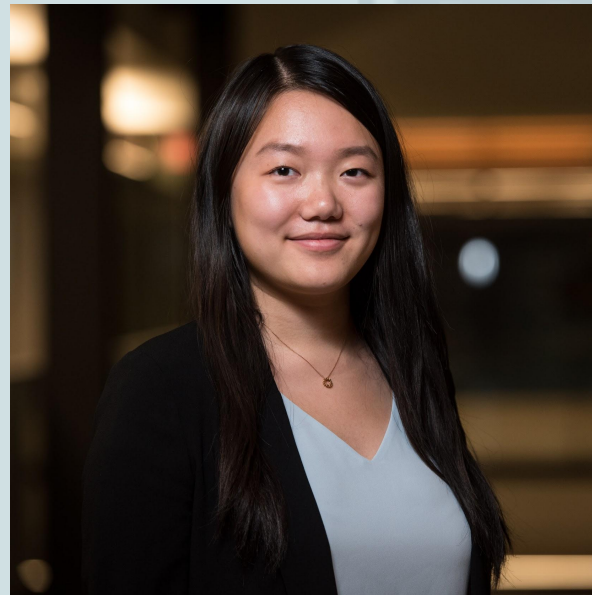
## University of British Columbia Panelist

### Catherine Yang

University of British Columbia

Recent Grad, Sauder School of Business, Finance

- Incoming **Investment Banking Analyst** at **CIBC** after previously interning there
- Alum of the **Portfolio Management Foundation**, a student-run investment fund



## University of British Columbia Panelist

# Katrina del Rosario

University of British Columbia

4th Year, Sauder School of Business, Marketing

- Current Marketing Coordinator with **Flywheel Digital**
- Former **First Year Residence Advisor** and **Commerce Peer Advisor**
- Social Media Marketing Associate with **WALO** and Google Ads Challenger with **AWHL**
- Love volunteering at organizations that support education and human rights



## University of British Columbia Panelist

### Maria Serban

University of British Columbia  
2nd Year, Food, Nutrition and Health

- Current Imagine Day **Orientation Leader**
- Former **UBC Nutrikids Volunteer**: hosted and organized nutrition workshops in elementary school classrooms
- Former Mentee in the **LFS Tri-Mentoring Program**
- Love exploring all things related to cooking, baking, food, and nutrition



## University of British Columbia Panelist

### Tiffany Chu

University of British Columbia  
2nd Year, Cognitive Systems

- Working at **Byte Camp** as a computer science day camp leader
- **Coding Instructor** at Dolphin Kids Achievement Programs
- Team Captain of the Richmond Ambassadors for **Project Pulse**
- Member of UBC's dragon boat team
- Enjoy learning new computer languages and passionate about environmental conservation



# PANEL DISCUSSION

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- To start off...
- Academics
- Residence
- Experiences: Internships, Clubs, ECs
- Financial Aid: Scholarships, Bursaries, Awards



# To start off...

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## Why did you choose UBC?

- (Kelly) The campus is beautiful
  - ◆ Many career-related resources offered and opportunities to gain experience
- (Catherine) I love Vancouver and UBC is a great school close to home
- (Maria) I really liked the majors available in my program at UBC
- (Tiffany) I loved how connected it is to nature
- (Katrina) The community
  - ◆ My brother went to UBC and shared how he experienced numerous clubs and life-changing organizations UBC had to offer



## To start off...

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What are common mistakes that first years make? What advice would you give to your first-year self?

- (Kelly) Unable to find a schedule that works for themselves
  - ◆ I would tell my first-year self to not base my studying habits on what others do
  - ◆ Everyone studies differently
- (Catherine) Overloading yourself and comparing yourself to others





## To start off...

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What are common mistakes that first years make? What advice would you give to your first-year self?

- (Maria) Not seeking help in advance
  - ◆ I would tell my first-year self to go to professor and TA office hours as often as possible
- (Tiffany) Forgetting about the resources that university has to offer
- (Katrina) Not balancing your courses/education with your personal health
  - ◆ I would tell my first-year self to remember that your faculty has all your course related answers and they're free!



## To start off...

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How is the social life, environment, and culture like at UBC and in Vancouver?

*Best parts about campus?*



# Academics

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## Specific bird courses for first-years and notable professors?

- (Kelly) ECON 101 with Khan, LING 101
- (Catherine) Gateman, EOSC, beginner language courses
- (Maria) CHEM 121 and CHEM 123 are not the easiest courses but are great in Erin Lindenberg's class
- (Katrina) COMM 290 with Greg Werker, COMM 101 with Conor Topley and Dr. Z



# Academics

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How was your program in terms of difficulty?

*How was learning online at UBC?*



# Experiences: Internships, Clubs, and ECs

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What was your involvement in clubs, ECs, and sports during the first two years?

- (Kelly) CUS Sustainability as Sustainability Creative Content Director, Collegia, Jumpstart
- (Catherine) Portfolio Management Foundation, Sauder Summit
- (Maria) UBC Nutrikids, LFS Tri-mentoring program, Collegia, Jumpstart
- (Katrina) JDC West as a Social Member, REC Intramurals basketball and volleyball player



# Experiences: Internships, Clubs, and ECs

How is the co-op program at UBC?



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# Residence

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What was your residence experience like at UBC?

*Meal-plan system?*



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# Residence

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## How was the transportation for getting around campus? Any recommendations for commuters?

- (Kelly) For busses that come often, if all the seats are full and your bus ride is long, wait for the next bus to get a seat
- (Catherine) There's a campus bus and try to plan around busy hours if possible
- (Maria) If possible, avoid having long class days that span from 8am-5pm
  - ◆ Long days can be draining, even more so if you have a long commute
- (Katrina) Try your best to navigate through peak times!





# Financial Aid: Scholarships, Bursaries, Awards

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What are some resources to find financial aid both externally and at UBC?

- (Kelly) Provincial student loans
- (Catherine) By-application scholarships
- (Maria) There are UBC financial aid advisors who can guide you to scholarships, bursaries or faculty-specific financial aid
- (Katrina) Scholarships don't just end in high school





# Q&A PERIOD

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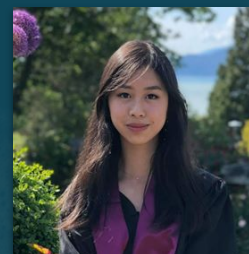
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Tiffany Chu

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# THANK YOU!

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We hope our webinar was helpful to you and we hope to see you next time! Don't hesitate to email us any of your questions to [info.leap20@gmail.com](mailto:info.leap20@gmail.com) or check us out at [www.leapcanada.org](http://www.leapcanada.org).

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